

# WOMEN'S ARTISTIC GYMNASTICS DEVELOPMENT PROGRAM OPTIONAL CODE OF POINTS

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## USA GYMNASTICS EXTENDS ITS DEEPEST APPRECIATION TO THE FOLLOWING CONTRIBUTORS TO THE 2022-2026 OPTIONAL DEVELOPMENT PROGRAM

For the design, preparation, and presentation of the Development Program  
Optional rules and deductions for 2022-2026:

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**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. All break time will now be compensated; therefore, the judge MUST remain on the grounds of the venue.
- w. In conjunction with Meet Director, assess the situation to make an appropriate call regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.).

**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 at **State meets and above and at the discretion of the Meet Director at local or Invitationals. If a heat sheet is not used, the Chief Judge must document both scores, the average score, and any neutral deductions.**
- 10. Confirms when a gymnast may continue the exercise from the point of interruption after a technical/equipment failure and determines when the 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 point of interruption.**
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

<b>CHIEF JUDGE DEDUCTIONS</b>	
<u>0.10</u>	<b>Overtime</b>
<u>0.10</u>	<b>Coach standing between or next to equipment throughout exercise</b> Example: between UB or next to BB
<u>0.10</u>	<b>Failure to mark the FX boundary line on additional mats</b> <ul style="list-style-type: none"> <li>Applies to any mat which covers the FX boundary line.</li> </ul>
each time <u>0.10</u>	<b>Out of bounds</b> Any part of the body touching outside of the FX border marking.
each time <u>0.10</u>	<b>Failure to present before and after exercise.</b> Before: Gymnast required to present to CJ before exercise. After: Gymnast required to present, either to the apparatus or to a judge.
<u>0.20</u>	<b>Gymnast fails to begin exercise within 30 sec.</b> (after CJ signals to begin)
<u>0.20</u>	<b>Unsportsmanlike conduct of gymnast</b> (after warning).
<u>0.20</u>	<b>Incorrect padding</b> (gymnast wearing heel / hip pads on UB) <ul style="list-style-type: none"> <li>If CJ notices heel pads prior to gymnast's mount, a warning <b>MUST</b> be given.</li> <li>However, if gymnast wears heel pads during her exercise (whether or not the CJ warned her previously), deduction <b>MUST</b> be taken.</li> </ul>
<u>0.20</u>	<b>Failure to observe specified warm-up time</b> (after a warning). <ul style="list-style-type: none"> <li>Deduction is taken from event score or may be taken from team score on that event at Dev Nationals or team competitions.</li> <li>Deduction applies only to practice of an element(s). <ul style="list-style-type: none"> <li>✓ If gymnast is preparing for a skill or dismount when time is called, she may continue to finish skill(s) and / or dismount without penalty.</li> <li>✓ No deduction for jumping on board and / or briefly touching apparatus immediately prior to competition on UB or BB.</li> <li>✓ Refer to VT and FX sections for specific allowable procedures.</li> </ul> </li> <li>If gymnast fails to leave the apparatus after "time" has been called, timer <b>MUST</b> warn gymnast by announcing "time exceeded".</li> <li>If gymnast remains on apparatus, timer reports infraction to CJ, who then deducts <u>0.20</u> from average score.</li> <li><b>Warming up on mat after a fall (NO warning will be given)</b></li> </ul>
<u>0.20</u>	<b>Technical verbal cues by coach or teammate(s) to own gymnast</b> (after a warning). <ul style="list-style-type: none"> <li>Judge(s) <b>MUST</b> hear words.</li> <li><u>EXAMPLES</u> of technical cues: "hollow", "pull", etc.</li> <li><u>EXCEPTION</u>: If gymnast is competing on apparatus and coach instructs her by giving specific information on what to do during the routine (for example, what comes next in the routine or to repeat a missed requirement), a deduction of <u>0.20</u> is taken from the average without a warning.</li> <li>This deduction is only taken once, regardless of the number of cues given.</li> </ul>
<u>0.20</u>	<b>Coach sprays water or adds chalk to UB once exercise has begun (No warning will be given)</b> <ul style="list-style-type: none"> <li>This does not apply if the athlete has fallen and is off the equipment.</li> </ul>

## SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

0.20

### **Incorrect attire** (after a warning)

- Deduction applied to first event competed if NOT corrected / removed, etc.
  - Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken.
  - Deduction is taken one time ONLY.
1. Acceptable attire:
    - a. One-piece leotard with or without sleeves.
      - Leg cut of the leotard MUST be below the pelvis / hip bone.
    - b. Unitards with long legs to ankle or **short length**, with or without sleeves.
    - c. **Shorts** or Tights (**capri length or longer**) may be worn **under or over** the leotard. They may be black, match the leotard, or be the athlete's skin tone. **Small manufacturer's branding allowed, with no embellishments.**
    - d. Head covering (if attached to leotard or unitard and fits snugly overhead)
      - Not to impose a safety hazard to gymnast.
    - e. **Bra straps may be black, match the leotard, be the gymnast's skin tone, or clear.**
    - f. Only stud earrings are allowed in any part of ear.
      - All other piercings MUST be removed, not just covered with tape or a bandage.
  2. Unacceptable / inappropriate / incorrect attire:
    - a. Backless leotards
      - Unless any open area(s) is/are filled in with mesh or flesh-colored fabric, a leotard is considered backless when any open area(s) visually extend(s):
        - 1) lower than two inches (approximately) below the bottom of the scapula (shoulder blade).
        - 2) wider than the vertical midpoint of the scapula.
    - b. Visible underwear (~~including sports bras~~)
      - If underwear is visible due to cut of the leotard, warn the gymnast's coach. If gymnast does NOT correct it, take a deduction on subsequent event.
      - Underwear, ~~including sports bras~~, should NOT be intentionally visible throughout the entire routine. However, if briefs ~~or bra straps~~ show due to activity, do NOT take a deduction.
      - COMMON SENSE SHOULD PREVAIL.
    - c. Unacceptable jewelry
      - Necklaces and bracelets NOT allowed during warm-ups or competition. EXCEPTION: Medical bracelets MUST be covered by athletic tape.
      - Any non-stud earrings. NOT allowed during warm-ups or competition.
    - d. Spaghetti straps
      - Straps MUST be a minimum of 2 cm. (7/8") wide.
    - e. Bare midriff
    - f. Elastic waistbands traditionally worn as training aids.
      - EXCEPTION: This does NOT include medically necessary bandages.
    - g. Tennis Shoes are NOT appropriate gymnastics footwear.**
    - h. Ear buds/pods are NOT allowed to be worn while on the competitive equipment.**
  3. Failure to wear a competitor number when required.
    - EXCEPTION: At Level 9 East / West Championships and Level 10 Nationals, gymnast MUST wear a competitive number during competition, unless performing a back spin on BB or FX, in which case coach MUST show number to judges.
  4. Hair should be secured away from face – should NOT obscure vision of apparatus.

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# SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

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



## 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 and medical assessment is complete.
        - 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 and medical assessment is complete.
        - 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.



#### **D. FLASHING OF START VALUES (SV) AT OPTIONAL COMPETITIONS**

1. Is required at ALL Development Program optional Level 6 / 7 / 8 / 9 / 10 competitions.
2. The SV can be flashed or written on the gymnast's competition card.
3. It is the individual judge's responsibility to provide her / his own SV flashing units unless they are provided by the meet host.
4. Procedures for flashing Start Value:
  - a. Each judge should independently determine a SV.
  - b. The SV and final score should be recorded on judging slip and sent via the runner to CJ.
  - c. Each judge should flash the SV on the SV flashing unit as soon as CJ receives ALL judges' score slips (or all judges have entered their score into electronic scoring system).
  - d. Judges do NOT have to agree on the SV. A conference MAY be called to determine if SV needs to be adjusted, either up or down.
  - e. If SV is changed as result of a conference, adjusted SV must be re-flashed.

#### **E. RE-EVALUATION OF EXERCISE / TIME FRAME FOR CHANGING A SCORE**

1. Once final average score is submitted to scoring system, it may NOT be changed unless there is an inquiry. However, CJ is allowed to change a score after submission to scoring system if:
  - a. A neutral deduction (such as out of bounds or overtime) was inadvertently not applied.
    - This change MUST occur prior to the end of the rotation.
  - b. A data entry error was made.
  - c. Judge mistakenly evaluated using incorrect rules in sessions containing mixed levels.
    1. Routine may be re-evaluated using appropriate rules to determine correct SV and specific compositional deductions, based on judges' shorthand.
    2. Judging panel MUST notify Meet Referee and scoring personnel that re-evaluation is to occur.
2. In the case of b. and c. above, this change MAY occur within five minutes of the end of competition for that session.
3. The coach MUST be notified of score change, and if possible, a new score should be displayed to public.
4. At State and above Championships, in extenuating circumstances, Meet Referee has the authority to allow a judging panel to review a routine to verify that SR(s) were fulfilled, and any Restricted elements were not performed.
  - a. The coach MUST be notified that a review will occur.
  - b. No additional deductions are allowed to be taken by a judge after review if the SR(s) in question is (are) awarded.

**I. VALUE PARTS (VP)****A. DIFFICULTY VALUES**

Elements possess different difficulty values, and are given their values in the *Dev COP* as follows:

- |                                  |   |
|----------------------------------|---|
| 1. "A" VP = easy difficulty      | 0.10 pt.                                  |
| 2. "B" VP = medium difficulty    | 0.30 pt.                                  |
| 3. "C" VP = high difficulty      | 0.50 pt.                                  |
| 4. "D" VP = very high difficulty | +0.10 pt. (only for "D" Bonus)            |
| 5. "E" VP = highest difficulty   | +0.20 pt. (only for "E" Bonus-L10)        |
|                                  | <b>+ 0.10 pt. (only for "E" Bonus-L9)</b> |

**B. REPLACEMENT PARTS**

Higher VPs can replace lower VP, but NOT the reverse. Replacement is on a one-to-one basis, regardless of point value.

- At Level 10, "D"/"E" elements may replace a required VP of "A" / "B" / "C" and still earn "D/E" Bonus.
- At Level 9, ONLY the first allowable or restricted element performed is eligible for "D/E" Bonus.
  - ONLY the first restricted "D/E" and all allowable "D/E" elements receive "C" VP credit and may replace a required VP of "A" / "B" / "C".

**C. RECOGNITION (COUNTING) OF VALUE PARTS**

Any element listed in the *Dev COP* may receive VP credit two times in an exercise, provided that the repeated element occurs 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 listed in the *Dev COP*, whether it received VP credit or not.)

- Two connections containing the same two elements, but in a different order, will be considered different. All elements will receive VP credit.
- If repeated element is connected to an element that does not receive VP credit because it was the third time performed, the entrance or exit of repeated element will still be considered different. VP credit can be awarded.

- Exact same single element was performed a second time with same entrance and exit.

EXAMPLE (BB): 

- Flic-Flac step-out ("B") from a stand to finish in lunge, STOP, repeats Flic-Flac step-out from a stand to finish in a lunge ("O"),
    - ✓ No VP credit for second Flic-Flac, due to same entrance and exit
- If same element is performed a third time, or is performed a second time in exact same connection:
    - VP credit is NOT awarded.
    - No Special Requirement (SR) credit awarded.
      - Must receive VP credit to fulfill SRs.
    - No Connection Value (CV) Bonus awarded (if applicable) since it does NOT receive VP credit.

**C. GENERAL DEDUCTIONS (UB, BB, FX)**

For faults in technique, execution, amplitude, and artistry

<b>SMALL FAULTS</b>	Each time <u>0.05</u>	<b>Flexed / sickled feet</b> during VP elements
	Up to 0.10	<b>Deviation from straight direction on landing</b>
	Up to 0.10	<b>Arm swings on landing to maintain balance</b>
	Up to 0.10	<b>Legs crossed during twisting VP elements</b>
	Up to 0.10	<b>Brush / touch of foot / feet on apparatus or mat</b>
	<u>0.05</u> <u>0.10</u>  <u>0.10</u>	<b><u>LANDS WITH FEET APART</u></b> <ul style="list-style-type: none"> <li>No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.</li> </ul> <b>Lands with feet hip-width apart or closer, but never joins the feet (heels)</b> <b>Lands with feet further than hip-width apart</b> <ul style="list-style-type: none"> <li>If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for the step(s).</li> </ul> <b>If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.</b>
	Up to 0.10	<b>Slight hop, or small adjustment of feet on landing</b> <ul style="list-style-type: none"> <li>UB / BB dismounts: staggered feet on landing of elements</li> <li>FX: a small, controlled step forward from forward acro or small, controlled step backward from backward acro to lunge is allowed with no deduction.</li> </ul>
	Ea. <u>0.10</u> - <u>0.15</u> (max <u>0.40</u> )	<b>Small or medium step(s) on landing</b>
<b>MEDIUM FAULTS</b>	Up to 0.20	<b>Leg or knee separations</b>
	Up to 0.20	<b><u>INSUFFICIENT EXACTNESS OF BODY POSITIONS</u></b> <b>Insufficient tuck position</b> (Ideal = minimum of 90° bend in both hips and knees)
	Up to 0.20	<b>Insufficient pike position</b> (Ideal = minimum of 90° bend in the hips, 91°-135° = insufficient pike)
	Up to 0.20	<b>Insufficient stretched position</b> (Ideal = straight 180° position), but greater than 135° is considered stretched body position. a. Arch = up to 0.20 b. Hip angle (136°-179°) = up to 0.20
	Up to 0.20	<b>Failure to maintain stretched body position (pikes down)</b>
	Up to 0.20	<b>Incorrect body posture on landing</b> of elements or dismount
	Up to 0.20	<b>Insufficient split when required</b> (dance / non-flight acro elements)
	Up to 0.20	<b>Incomplete turn / twist</b>
	Up to 0.20	<b>Additional trunk movements to maintain balance / control upon landing</b> of UB / BB dismounts and FX acro elements. <ul style="list-style-type: none"> <li>Apply to “stuck” landings with trunk movements to avoid steps.</li> </ul>
	Each <u>0.20</u> (max <u>0.40</u> )	<b>Large step or jump on landing</b> (approximately 3 feet or more)

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

LARGE FAULTS	Up to 0.30	<b>Bent arms in support</b> - on any one element (90° bend or greater = max <u>0.30</u> )
	Up to 0.30	<b>Bent legs - on any one element</b> (90° bend or greater = max <u>0.30</u> )
	Up to 0.30	<b>Additional movements to maintain balance / control</b> on the BB
	Up to 0.30 + 0.50	<b>Squat on landing</b> (hips <del>even with or</del> lower than the knees) <b>Lands Vault / Acro element / Dismount in squat position, then falls</b>
	Up to 0.30	<b>Brushes / touches the mat with one or two hands</b> (no support)
	Up to 0.30	<b>Insufficient extension (open) of body prior to landing</b> <ul style="list-style-type: none"> <li>Applies to UB / BB dismounts and BB / FX acro elements in tuck / pike position</li> </ul>
	Up to 0.30	<b>Insufficient height of Salto dismount</b> (UB / BB)

VERY LARGE FAULTS	<u>0.50</u>	<b>Support on mat with one or two hands</b>
	<u>0.50</u>	<b>Fall on mat to knee(s) or hips</b>
	<u>0.50</u>	<b>Fall onto or off</b> apparatus, or upon landing dismount, fall against apparatus <ul style="list-style-type: none"> <li>Apply all execution and/or amplitude deductions leading to a fall.</li> <li>Do NOT deduct for BALANCE errors leading to a fall.</li> </ul>
	<u>0.50</u>	<b>Fall / failure to land on the bottom of the feet first on elements or dismount</b> <ul style="list-style-type: none"> <li>No VP / No SR / No Bonus credit / No compositional credit</li> </ul> <b>NOTE:</b> If the gymnast lands on bottoms of feet and hands or knees simultaneously, award VP and SR credit, if appropriate.
	<u>0.30</u>	<del><b>Never initiates salto on dismount</b></del> — <del>considered no dismount</del>
	<u>0.50</u>	<b>Spotting assistance during an element</b> <ul style="list-style-type: none"> <li>No VP / No SR / No Bonus credit / No compositional credit</li> </ul>
	<u>0.50</u>	<b>Spotting assistance upon landing of dismount element</b> <ul style="list-style-type: none"> <li>Award VP, SR and compositional credit</li> <li>No Bonus</li> </ul>
	<u>0.50</u>	<b>Fall after assistance (spot) on element or dismount</b>
	<u>0.50</u> for fall only	<b>Coach catches a falling gymnast on element or dismount</b> a) No deduction for spot

## A. CLARIFICATION ON STEPS ON LANDING:

- A **small** step-close is considered one **small** step and receives a 0.10 deduction.  
**A medium step-close would receive a 0.15 deduction.**  
 A very small step-close or other small foot movement would receive a 0.05 deduction.  
**EXAMPLES** of one **small/medium** step (0.10 - 0.15):
  - Gymnast lands with feet together, then takes one step forward, sideward, or backward on the *right* foot; then returns *right* foot to join *left* foot, OR
  - Gymnast lands with feet together, then takes one step forward, backward, or sideward on the *right* foot; then steps with *left* foot to join *right* foot.
- If gymnast is out of control or has additional movements to maintain balance after step(s), additional deductions may be applied.
- There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if steps result in a fall, deduct only 0.50 for fall.
  - If gymnast lands an UB or BB dismount with feet a maximum of hip-width apart, there is no deduction, provided heels slide together on controlled extension. If entire foot slides or is lifted off mat to join, it is considered a small step.
  - If gymnast lands with feet apart or staggered and then continues to take steps, deduct only for steps. Deductions for landing with feet apart / staggered are to be applied only when gymnast “sticks” the landing on UB / BB dismounts, VT and on an isolated Salto or the last Salto in an Acro pass on FX.

**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. <b>VALUE PARTS (VP)</b>	2.20	2.00	1.60	1.10	0.80
B. <b>SPECIAL REQUIREMENTS (SR)</b>	2.00	2.00	2.00	2.00	2.00
C. <b>BONUS</b>	0.50	0.30	0.00	0.00	0.00
D. <b>EXECUTION, COMPOSITION * AND ARTISTRY (BB, FX)</b>	5.30	5.70	6.40	*6.90	*7.20

10.00      10.00      10.00      10.00      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 starting score:

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

**1. DEDUCT from the SV for each level.**

a. Missing Value Parts (VP)

b. Missing Special Requirements (SR) (0.50 each)

~~c. Exercise is without a dismount (0.30) No longer a deduction.~~

d. Performance of restricted elements (0.50 each)

**1) Restricted elements will be considered in chronological order.**

ONLY the first restricted element in the exercise may be:

a) Awarded VP credit.

b) Awarded SR, if applicable.

c) Awarded CV Bonus, if applicable.

d) Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives "0" VP credit the first time.

e) Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.

**2) Any additional restricted element performed at Level 8 and 9 whether or not it meets the requirement to receive VP credit, or any restricted element at Level 6 and 7 that is performed or attempted (even if attempt is incomplete):**

a) Deduct 0.50 from SV for restricted element.

b) No VP credit awarded.

c) No SR credit awarded.

**3) All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.**

**STEPS IN DETERMINING THE START VALUE (continued):**

**2. ADD any Bonus**

- a.** 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.
- 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.
- c.** Level 6 / 7 / 8 are NOT eligible for Bonus. Maximum SV is 10.0.

#### D. EXAMPLES OF DETERMINING A START VALUE:

- | 1. | LEVEL 10  | 3 "A" | 3 "B" | 2 "C" = 8 required VALUE PARTS (VP) |
|----|---|-------|-------|-------------------------------------|
|    | 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, **competitive apparatus or personal equipment**, occurring through no fault of gymnast or coach, gymnast may choose to: **See A. and B. below.**

**Examples of equipment failure include:**

- broken or completely torn handgrips
- music failure**
- the UB cable tension slips while an athlete is competing (AFTER the coach has tightened the tension prior to the start of the routine)**
- the BB end cap detaches while an athlete is in the process of a dismount (the end cap falling off during any other point in the athlete's routine would not be considered equipment failure)**

### 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.

### III. INQUIRIES

**A. THE COACH IS ALLOWED to see the four (or two) scores of her / his individual gymnast.**

**B. IF THE COACH HAS A QUESTION regarding an exercise during competition:**

1. Chief Judge (or Meet Referee) should advise coach to submit an inquiry form to officially receive information. There should be no casual conversation during the competition between coach and judge regarding evaluation of an exercise.
2. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if an inquiry should move forward. The video would follow the same criteria of questions listed below.

**C. INQUIRIES ON OPTIONAL ROUTINES ARE LIMITED to questions regarding:**

1. Start Value (SV)
2. Neutral deductions
3. Falls
4. Unusual occurrences
5. Specific flat (NOT “up to”) compositional deductions.

**D. INQUIRIES MUST BE LEGIBLY WRITTEN ON THE OFFICIAL INQUIRY FORM**

By the coach and submitted within five minutes of the completion of that event rotation to Meet Director or Meet Referee. Meet Director will then forward it to Meet Referee, who gives it to Chief Judge of apparatus in question.

1. No fee may be charged to submit an inquiry.
2. Coaches need to be aware that an inquiry allows for a second evaluation of exercise which may result in:
  - a. no change in score.
  - b. score being raised.
  - c. score being lowered.

Chief Judge and panel judge(s) will respond, providing only the information requested. After Chief Judge has completed the response to the inquiry, Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.

3. Coach may NOT approach the judge regarding the inquiry during the competition.

**E. VIDEO REVIEW**

See the USA Gymnastics *Women’s Rules and Policies* for video review regulations.

**F. JURY OF APPEALS**

See the USA Gymnastics *Women’s Rules and Policies* for video review regulations.

**G. SCORE REVIEW at sectional / state qualifying meets and State Championships.**

1. For qualification purposes, if, after the completion of the last event, a gymnast’s All-Around score is 0.10 or less than the qualifying score to State or Regional Championships, the coach may submit an inquiry for gymnast’s lowest scoring event (regardless of the order in which that event was performed).
2. Any change of score is official and would be included in official results.
3. Score review process does NOT APPLY:
  - a. for mobility purposes
  - b. if qualification to State / Regional Championships is by percentage or designated number per age division
  - c. for an Individual Event Specialist (IES)
  - d. qualification to Level 9 Eastern/Western or Level 10 National Championships

#### IV. JUDGE INADVERTENTLY MISSES THE EXERCISE

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

##### A. WITH A 2-JUDGE PANEL:

The gymnast has two options after coach is advised of the score of the judge who evaluated the whole routine:

1. Accept that score, OR
2. Repeat exercise after a reasonable period of rest. If gymnast elects to repeat, score of second routine will count.

##### B. WITH A 4-JUDGE PANEL:

Final score is determined by entering a score for judge who missed the routine that is equal to highest score given by the three other judges and then averaging the two middle scores, as usual. This method gives gymnast the benefit of having the highest possible score and there is no need for the option to repeat exercise.

**C. IN EITHER CASE,** Chief Judge should consult with Meet Referee, who will then notify coach of gymnast's options.

#### V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

##### A. TAKE STEPS TO STOP THE BLEEDING IMMEDIATELY

- Cover wound as soon as possible.

**B. 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 exercise from point of interruption.**

##### C. FALL TIME EXCEEDED:

If the 45-second fall time on VT, UB or BB is exceeded before the wound can be covered, then the exercise is terminated.

##### D. IF THERE IS BLOOD ON ANY EQUIPMENT OR MATS

After the gymnast finishes her routine, blood must be removed prior to beginning next gymnast's routine.

##### E. THE COACH AND GYMNAST HAVE THE RIGHT TO DETERMINE

If gymnast can continue routine after the fall (within fall time limitations).

##### F. MEDICAL ASSESSMENT: ALL EVENTS

If an athlete requires medical assessment due to injury, they may complete the routine and/or resume competition within the same session once medically cleared. A 30-second touch warm-up may be allowed upon return.

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

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## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction <b>VOID</b>	Balk #1: run approach without coming to rest or support on top of the table <b>Balk #2 or Balk #3</b>
	<b>VOID</b>	Gymnast runs onto board, steps up onto Vault table or rebounds from board to come to rest / support on table
	<u><b>0.50</b></u>	<b>Vaults without signal from chief judge</b> • CJ deducts <u>0.50</u> from average of next completed Vault
	<u><b>0.50</b></u>	<b>Coach standing between board and table</b> <u>EXCEPTION</u> : no deduction if gymnast performs a Group 4 / 5 (Round-off entry) Vault at Levels 8 / 9 / 10.
	<b>VOID</b> <u><b>1.00</b></u>	<b>Spotting assistance during the vault</b> <u>EXCEPTION</u> : Level 8 ONLY • Spotting assistance during second flight phase of Salto vaults ONLY
	<u><b>0.50</b></u> <u><b>0.50</b></u>	<b>Spotting assistance upon landing</b> • Fall after assistance, additional deduction taken
	<u><b>0.50</b></u> for fall only	<b>Coach catches a falling gymnast</b> • No deduction for the spot
	<b>up to 0.30</b>	<b>Insufficient dynamics</b> (speed / power)
	<u><b>0.20</b></u>	<b>Failure to punch board simultaneously with two (2) feet</b>
	<b>EVENT VOID</b>	<b>Restricted vault performed</b> for Level 8 / 9
	<b>VOID</b>	<b>Use of alternative springboard</b> (trampoline-like / junior board- <b>"Pre-School"</b> type / inflatable rebounding device)
	<b>VOID</b>	<b>Fail to use Safety Zone mat for Round-off entry vaults</b>
FIRST FLIGHT PHASE	<b>up to 0.10</b>	<b>Incorrect foot form</b> (flexed / sickled)
	<b>up to 0.10</b> <b>up to 0.20</b> <b>up to 0.30</b>	<b>INCORRECT LEG FORM</b> Legs Crossed Legs Separated Legs Bent
	<b>up to 0.20</b> <b>up to 0.30</b>	<b>POOR TECHNIQUE</b> Excessive Arch Hip Angle
	<b>up to 0.30</b>	<b>Incomplete LA turn</b>

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## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
<b>SUPPORT / REPULSION PHASE</b>	up to 0.10	<b>POOR TECHNIQUE</b> <b>Staggered / alternate hand placement on all vaults,</b> <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with $\frac{3}{4}$ - 1/1 turn – on Salto off
	up to 0.20	<b>Shoulder angle</b>
	up to 0.20	<b>Excessive arch</b>
	up to 0.20	<b>Alternate repulsion from hands on all vaults,</b> <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with $\frac{3}{4}$ - 1/1 turn – on Salto off
	up to 0.30	<b>Legs bent (in support) or early tuck (Salto vaults)</b>
	each <u>0.10</u> (max 0.30)	<b>Step(s) with hand(s)</b>
	<u>0.30</u>	<b>Hop(s) with both hands simultaneously</b>
	up to 0.30	<b>Failure to pass through vertical</b>
	up to 0.50	<b>Bent arms</b> (bent 90° or more = maximum deduction) • Slight lead-arm bend allowed on Group 3 vaults
	up to 0.50	<b>Too long in support</b> • Applies to Level 8 / 9 / 10 non-Salto vaults from any group
	up to <b>0.30</b>	<b>Prescribed LA turn begun too early</b>
	up to 1.00	<b>Angle of repulsion</b> • Applies to Level 8 / 9 / 10 non-Salto vaults from any group • Determined by the angle created from the hands to the body part that is furthest past vertical.  If the gymnast leaves the Vault table: • By vertical • <b>1° to 45° past vertical</b> • 46° past vertical to horizontal
	No Deduction	
	<b>0.05 – 0.50</b>	
	<b>0.55 – 1.00</b>	
	<u>1.00</u>	<b>Touch with only one hand on the table.</b> • <del>CJ takes the deduction if half of the panel sees only one hand touch</del>
	<u>2.00</u>	<b>Head contacting table</b> • Includes <u>0.50</u> deduction for extreme arm bend
	<b>VOID</b>	<b>No hand contact on the table</b>

Revised 7.23 & 8.24



### 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. No longer a deduction.

### 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).

1. Board, mount trainer mat, or panel mat must be removed as soon as possible after gymnast has mounted.

- a.** Attempt without mounting is considered a “balk”.

- b.** Two attempts allowed to mount UB without penalty.

- No touch of board and / or UB or run under the UB 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 3<sup>rd</sup> approach)

"D" Mount awarded + 0.10 "D/E" bonus at Level 9 or 10.

EXAMPLE:      1st Attempt:    Run, balk, no mount performed

2nd Attempt: Run, balk, no mount performed

3rd Attempt: Run, balk, no mount performed (0.50 deducted for 3<sup>rd</sup> approach)

No mount performed; athlete must climb onto UB to begin exercise.

- d. Fourth approach NOT permitted.**

- e. Run and touch board and / or UB or run under UB without mounting, deduct 0.50 (considered a FALL).

- Acceptable to walk / run under LB to mount with jump to HB from between Bars.

- f.** Round-off entry mount attempt, performs only the Round-off:

- 1) Deduct 0.50 for a fall, contact made with board, which is considered part of the apparatus.

- 2) May repeat the mount and receive appropriate VP credit.**

- 3) Second attempt results in successfully performed mount; bonus could be awarded (if applicable).

EXAMPLE:

Round-off in front of LB - Flic-Flac through handstand phase on LB mount ("D") + Stalder circle backward to handstand with  $\frac{1}{2}$  (180°) turn to regular or mixed grip ("C")

$$\text{"D"} + \text{"C"} = +0.10$$



- 3. Mounts the bars, realizes the setting is incorrect:**

- a.** May dismount the UB and has 45 seconds to re-adjust and re-mount the bars.

- b. Deduct 0.50 for a fall from the apparatus.**

- 4. Mounts that are preceded by one element prior to take-off from board will be allowed:**

- Evaluation begins after the feet leave the mounting apparatus.

**B. DISMOUNTS**

1. All dismounts must be performed from the designated bar in the element description to receive VP credit.  
**EXAMPLE:** Underswing (toe-on) to salto forward tucked dismount from LB. LB NOT a choice listed:
  - a. "0" VP credit.
  - b. Deduct 0.50 missing dismount SR.
  - ~~c. Deduct 0.30 from SV for no dismount.~~
2. "A" / "B" / "C" / "D" / "E" Flyaway dismounts
  - a. Retain difficulty value regardless of starting position.
  - b. Appropriate body positions must be maintained to retain VP credit, as listed in *Dev COP* or updates.
3. Dismount element without a salto - Level 6 / 7 / 8 / 9 / 10:
  - a. Deduct 0.50 for missing dismount SR.
  - ~~b. Do NOT deduct 0.30 for no dismount. No longer a deduction.~~
4. Dismount element of no value
  - a. NOT listed in the *Dev COP*  
**EXAMPLE:** Salto initiated from the feet
    - 1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
    - ~~2) Deduct 0.30 from SV for no dismount.~~
  - b. Restricted or additional restricted element performed (no VP)  
**EXAMPLE:** Level 7 performs a "C" dismount
    - 1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
    - 2) Deduct 0.50 from SV for restricted dismount.
    - ~~3) Deduct 0.30 from SV for no dismount.~~
5. Leaves apparatus (terminates exercise early, intentionally, or due to a fall):
  - a. Deduct 0.50 from SV for missing the dismount SR specific to each level.
  - ~~b. Deduct 0.30 from SV for no dismount.~~
  - c. Deduct 0.50 for the fall from apparatus (with or without an actual fall onto the mat).
  - d. CJ deducts 2.00 from average score if fewer than five VP elements are performed.
6. 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 applicable).
    - 2) Deduct 0.50 from the SV for missing the dismount SR specific to each level.
    - ~~3) Deduct 0.30 from SV for no dismount.~~
    - 4) Deduct 0.50 for the 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 applicable).
    - 2) Deduct 0.50 from SV for NOT performing a dismount SR specific to each level.
    - 3) Deduct 0.50 for the fall.
    - 4) Deduct for any other execution / amplitude errors.
    - ~~5) Do NOT deduct 0.30 for no dismount. No longer a deduction.~~

**REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)****5. Uprises to Handstand (HS) (#2.303)**

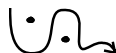
- a. Uprise backward to HS
  - 1) Must be completed within 20° of vertical to receive “C” VP credit.
  - 2) Deduct 0.05 if the HS finishes within 11° to 20° of vertical.
- b. Uprise backward to HS - fails to finish within 20° of vertical:
  - 1) Closed shoulder angle finishing in a clear support - recognize it as:  
(#2.203) Uprise backward to clear support on HB, award “B” VP credit.
    - a) Body finishes in a clear support but below horizontal, deduct up to 0.20 for insufficient amplitude.
    - b) Body finishes in a front support (hips on HB) followed by an immediate cast or back hip circle followed by a cast - deduct 0.30 for extra cast. Back hip circle is awarded “A” VP credit.
  - 2) No closed shoulder angle (by pulling the shoulders in over the HB to a clear support), do NOT award VP credit since there is no such element listed in the *Dev COP*.
- c. Uprise backward to clear support on HB (“B”) followed directly by a Group 3 / 6 / 7 circling element to HS (with or without 180° turn) may be counted as two elements “B” + “C” or one “C” element, to the benefit of the gymnast.

**6. Elements with flight arriving in support on LB (NOT in HS)****(#2.205, #3.203, #3.303, #4.204, #4.304, #5.303)**

- a. Insufficient amplitude deduction - up to 0.20 is used to evaluate the height of the release over the LB, not necessarily the angle of arrival.
- b. Counterswing or Giant swing forward on the HB - straddle or pike with flight backward over LB to grasp LB:
  - 1) Proper technique is to catch LB in an extended body position from shoulders to hips.
  - 2) Acceptable to maintain a pike in the hips.
- c. Underswing (toe-on), clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
  - 1) Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
  - 2) Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.

**7. Elements with flight arriving in HS on LB**

- a. Handstand MUST finish within 20° of vertical on LB
  - 1) To receive higher VP credit.
  - 2) Deduct 0.05 if release element does NOT finish within 10° of vertical but is within 20° of vertical.
- b. Handstand finishing 21° or more from vertical, recognize as the lower valued element.  
**EXAMPLE:**  
**#2.305 (“C”)** Counterswing backward in straddle with flight to HS on LB but arrives at an angle of 30° from vertical upon LB contact.
  - 1) Award “B” for **#2.205** Counterswing backward in straddle with flight over LB to grasp LB
  - 2) No deduction for insufficient amplitude would be applied.



**REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)****8. Circles to handstand and circle swings to handstand**

EXAMPLES of circles: Clear hip, Stalder, Weiler kip, etc.

EXAMPLES of circle swings: Giant swings forward and backward, L grip Giants, sole circle backward piked, clear sole circle backward piked, etc.

- a. Handstand between 1° – 20° from vertical, award the VP as listed in the *Dev COP*.
- b. Handstand between 11° – 20° from vertical, deduct 0.05.
- c. Angle achieved between 21° – 45° from vertical, award the lower VP (if applicable) as listed in the *Dev COP*.

No deduction for insufficient HS angle would be applied.

EXAMPLE: Clear hip circle, finishing at 45° from vertical.

- Award “B” VP credit for a clear hip circle.
  - No deduction for insufficient amplitude would be applied.
  - d. Circle finishes below 45° from vertical, award the lower VP (if applicable) as listed in the *Dev COP*.
    - 1) Deduct up to 0.20 for insufficient amplitude. Deduct 0.20 for horizontal (90°) or below.
    - 2) EXCEPTION – **#3.204** Clear hip circle to clear support (“B”):  
Deduct up to 0.40 for insufficient amplitude.
      - 0.05 – 0.25 from 46° – 89° from vertical
      - 0.30 at horizontal (90°)
      - 0.35 – 0.40 under horizontal
- NOTE: Hips contacting the bar, considered back hip circle – “A” (**#7.101**)  
No SR credit for 360° clear circle - Level 6 / 7 / 8.
- e. Circles or circle swings that do NOT finish within 20° of vertical on upswing (fall):
    - No VP credit awarded, incomplete element.
    - Deduct 0.50 for fall.
- EXAMPLES: any circle or circle swing (clear hip, Stalder, pike sole circle, etc.) that does NOT pass over the bar, but finishes short of 20° from vertical and falls off.

**9. Backward, forward, and L grip Giants:**

- a. Giant circle backward (**#4.202**) must be completed within 20° of vertical to receive “B” VP credit as listed in the *Dev COP*.
  - 1) Starting position does NOT need to begin in HS. VP credit awarded if completed to within 20° of vertical.
  - 2) Giant circle backward does NOT reach 20° and falls
    - a) No VP credit awarded
    - b) Deduct 0.50 for fall.
  - 3) Giant circle swing forward or Giant circle forward in L grip must be completed within 20° of vertical. If not:
    - a) No VP credit awarded (3/4 Giant circle forward is not a listed element).
    - b) 3/4 Giant circle forward, hops grip and continued with exercise:
      - ✓ No VP credit awarded.
      - ✓ Deduct 0.10 for composition.

**I. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS**

1. **#1.414 Mount - Jump with ½ (180°) turn with extended body to HS on LB (“D”):**
  - MUST be performed to a stretched HS on LB with legs together (NOT straddled) before moving into another position.
2. **#4.202 Giant circles backward (“B”) - Accelerated Giant circles backward into a release element or dismount are technically acceptable.**
  - a. Accelerated Giants use a “hollow arch” technique and produce an “elliptical” shape rather than a symmetrical circle.
  - b. NOT required to pass through a stretched vertical position.
  - c. Execution errors such as bent arms / legs are unacceptable and will be deducted.
  - d. Giant circle backward performed with a splitting of legs through vertical, placing feet alternately to initiate an underswing type element = no deduction. Considered an acceptable technique to accomplish a late toe-on.
3. **#4.102 LB - Giant circle backward (“A”) and forward (“B”):**  
Permissible to bend knees as the body circles under LB
  - a. Legs MUST begin to straighten as soon as possible and MUST be completely straight and body stretched by vertical.
  - b. All Giant circles performed on LB with extended body / legs throughout will receive the same value as corresponding Giant circle performed on HB.
4. **Large release elements: MUST show a balance between height and rotation.**  
EXAMPLES:

**#5.405** Giant circle forward – salto forward straddled – HB (Jaeger) (“D”)  
**#4.407** Giant circle backward – release with ½ turn to salto forward straddled – HB (Deltchev) (“D”)  
**#4.407** Giant circle backward – salto backward piked with ½ turn – HB (Gienger) (“D”)

  - a. Deduct for insufficient amplitude for very little flight or very late hand release.
    - ✓ Hips are above HB level = No deduction
    - ✓ Hips at HB level = 0.05
    - ✓ Hips below HB level = 0.10 – 0.20
  - b. Deduct up to 0.10 for under-rotation of flight element if, after catching bar, hips / legs do NOT continue to rotate backward to a fully extended, stretched position.
  - c. Single bar releases performed on LB will receive one difficulty value lower than if performed on the HB.
5. **Circle elements with release from LB to HB and counter movement forward in flight:**

**#3.301** LB – Clear underswing – release/counter forward in flight to hang on HB (“C”)  
**#6.305** LB – Stalder backward – release/counter forward in flight to hang on HB (Ray) (“C”)  
**#7.310** LB – Sole circle backward piked – release/counter forward in flight to hang on HB (“C”)  
**#7.313** LB – Clear pike circle backward – release/counter forward in flight to hang on HB (“C”)

  - a. MUST show balance between height and rotation. Look for good height with hips rising, approaching the level of HB and hips / legs rotating backward.
  - b. Deduct up to 0.10 for under-rotation of flight elements if, after catching LB **HB**, hips / legs do NOT continue to rotate backward to a fully extended, stretched position.
6. **#2.205 Counterswing backward in straddle or pike with flight over LB to hang on LB (“B”)**  
**#5.303 HS on HB – swing down forward in regular or reverse grip - straddle or pike flight backward over LB to hang on LB (“C”).**  
 Must show good flight (distance between hips and LB) to a hand grasp on LB.
  - a. Catch in extended position from shoulders to hips. It is acceptable to maintain pike in hips. An exception to principle for determining the angle by the line from shoulders through hips and feet.
  - b. Feet may be placed on LB for sole circle or “toe-on” action AFTER flight and hand grasp. If feet hit LB first, or hands and feet hit LB simultaneously = “A”.
  - c. Feet contact mat on glide (following LB grasp), apply appropriate execution deductions on glide kip, but award appropriate VP credit for straddle back.
  - d. Simultaneously hand grasp and foot contact on mat, deduction applied to flight element, NOT glide.

NOTE: Any elements from HB to LB followed by glide kip, apply principles (b.), (c.), (d.)



**SELECTED INDIVIDUAL ELEMENT REQUIREMENTS (continued)**

7. **#3.203 (“B”); #3.303 (“C”) - Underswing (toe-on) with ½ (180°) turn and flight over LB to hang on LB**  
**#4.204 (“B”); #4.304 (“C”) - Long swing (bail) with ½ (180°) turn and flight over LB to hang on LB**
- From hang = (“B”), from HS (“C”)
  - Must show good flight (distance between hips and LB) to grasp LB.
  - a. Catch in extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
  - b. Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.
- See #6 regarding contacting bar or mat with feet.  
 NOTE: #4.204 (“B”) receives “C” when directly connected to “D” or “E” release element.
8. **#3.207 - Weiler kip circle (Clear hip circle forward to clear support) (“B”)**  
**#3.407 - Weiler kip handstand (Clear hip circle forward to HS) (“D”)**
- a. Performed in reverse grip (undergrip), starting from near HS position.
    - ✓ Usually follows Giant circle forward or cast HS with hop-grip change.
    - ✓ Shows a reverse circling pattern of clear hip circle backward to HS.
  - b. Acceptable for mid-to-lower thighs to touch bar on ascending phase of circle. Weiler kip should NOT resemble a kip, cast HS, which allows for upper thighs, hips, and abdomen to contact bar.
  - c. “Dropping-in” phase from a handstand is the inherent difficulty.
    - If element prior to Weiler kip does NOT achieve HS phase (within 20° of vertical), no VP credit for that element and no CV Bonus can be awarded.  
 EXAMPLE: 3/4 Giant circle forward or cast-hop to 45° from vertical, then “drops in” to begin forward circle for Weiler kip.
      - Incomplete Giant circle forward or incomplete cast-hop to 45° have no difficulty value; therefore, no +0.10 CV Bonus for “C” + “D.”
  - d. Weiler kip does NOT circle to within 20° of vertical - award “B” for performing #3.207 Weiler kip to clear support.
  - e. Weiler kips may be performed with legs straddled (hips bent) or legs together (hips extended) to receive respective VP credit.
9. **#4.406 - Pak salto from HB hang – Salto backward stretched → LB clear support (“D”)**
- a. Ideal amplitude – hips at HB level at peak of salto
  - b. Should finish in definite clear front support position on LB
  - c. Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.
  - d. Full support on feet on mat between the bars after catching LB - Award VP credit for Pak salto (“D”). Deduct 0.50 for a fall. No Bonus awarded.
  - e. Full support on the feet on the mat in front of LB (past vertical line of LB) - fall is considered on glide, NOT Pak salto.
10. **#6.204 Stalder circle backward to clear support (“B”)**  
**#7.209 Pike sole circle backward to clear support (“B”)**
- a. Do NOT require an open hip angle at completion but should show an opening of shoulder angle on upward part of circle.
  - b. Consider the line from shoulders to hips when evaluating amplitude of body. (This is an exception to the principle for determining angle by the line from shoulders through hips & feet).
  - c. #6.104 Clear straddle circle backward to clear support (“A”) is described as a straddle seat circle to straddle “L” position, with no opening of shoulder angle.
11. **#8.505 - Double salto backward stretched (Double layout flyaway) (“E”)**  
 Body shape maintained throughout majority of salto determines body position.
12. **#8.103 - Flyaway dismounts (“A”)**  
 All flyaway dismounts MUST be initiated from the HB to receive VP credit
13. **#3.401 LB Clear hip circle through HS with flight to hang on HB (Shaposhnikova) (“D”)**  
**#6.405 LB Stalder backward through HS with flight to hang on HB (“D”)**  
**#7.410 LB Pike sole circle backward through HS with flight to hang on HB (Maloney) (“D”)**
- Backward swing does NOT achieve a minimum of horizontal = up to 0.10 deduction.

**III. SPECIFIC COMPOSITIONAL DEDUCTIONS**

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

<b><u>0.10</u></b>	<b>Facing same direction throughout exercise (Level 9 / 10 only).</b> 1. Elements with 1/1 turn will NOT fulfill change of direction. 2. Mount / dismount will NOT fulfill change of direction
<b>each <u>0.10</u></b>	<b>Uncharacteristic elements</b> <b>EXAMPLES:</b> - 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)
<b>each <u>0.10</u></b>	<b>More than one squat / stoop on LB, with or without sole circle, with jump to grasp HB (Level 10 only)</b> 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. <b>EXCEPTION:</b> <ul style="list-style-type: none"> <li>Following fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving <u>0.10</u> deduction.</li> <li>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.</li> </ul>
<b><u>0.10</u></b>	<b>¾ Giant circle forward with or without a grip change</b> 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 <b><u>0.10</u></b> <b><u>0.20</u></b>	<b>Choice of elements (applicable to Level 9 / 10 only)</b> Failure to perform two elements that fulfill two out of <del>three</del> <b>four</b> 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") 4. <b>One single bar release (minimum of "D")</b>  Two out of <del>three</del> <b>four</b> requirements performed. <b>One out of <del>three</del> <b>four</b> requirements performed.</b> <b>None of the <del>three</del> <b>four</b> requirements performed.</b>
<b>up to 0.20</b>	<b>Choice of release elements – not up to the competitive level (Level 10 only)</b> 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
<b>up to 0.20</b>	<b>Lack of elements that achieve (or pass through) vertical (Level 8 only)</b>
<b><u>0.20</u></b>	<b>Lack of two bar changes (Level 10 only)</b> See Level 9 SR #1
<b>up to 0.10</b>	<b>Choice of dismount – not up to the competitive level.</b> 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"> <li>CJ notices heel pads prior to mount; warning must be given.</li> <li>Deduction must be taken if heel pads are worn during exercise (with or without warning).</li> </ul>
	<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"> <li>Fewer than five VP elements</li> </ul>
	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"> <li>There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.</li> </ul> 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"> <li>If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for step(s).</li> </ul>
	<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
	Ea. <u>0.10</u> - <u>0.15</u> (max. <u>0.40</u> )	Small or medium step(s) on landing

**EXECUTION AND AMPLITUDE DEDUCTIONS (continued)**

<b>MEDIUM FAULTS</b>	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"> <li>• Arch</li> <li>• Hip angle (136° – 179°)</li> </ul>
	up to 0.20	Insufficient dynamics throughout – consider: <ol style="list-style-type: none"> <li>1) Insufficient swingful execution – throughout exercise</li> <li>2) Energy NOT maintained – throughout exercise</li> <li>3) Fails to make difficult look effortless</li> </ol>
	<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)

<b>LARGE FAULTS</b>	up to 0.30	1. <b>Bent arms in support</b> – on any one element (90° bend or greater = max <u>0.30</u> )
	up to 0.30	2. <b>Bent legs</b> – 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 <b>+ 0.50</b>	Squat on landing (hips <del>even with or</del> lower than knees) <b>Lands Dismount in squat position, then falls</b>
	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

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

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

### III. SPECIFIC EXECUTION DEDUCTIONS

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

**CONNECTION VALUE (CV) BONUS – (continued)**

**J. CONNECTIONS MAY BE AWARDED + 0.10 or + 0.20 BONUS, according to the applicable Principle.**

**K. CONNECTIONS WILL BE AWARDED CONNECTION VALUE (CV) BONUS:**

1. Each element **MUST** be performed without a fall or spotting deduction.
2. Extra swing between “C” / “D” / “E” elements will break the direct connection; therefore, no CV Bonus may be awarded.
3. Extra swing after the last element in a connection will **NOT** affect eligible CV Bonus.

**L. MAXIMUM AWARDED FOR CONNECTION VALUE (CV) BONUS:**

<b>MAXIMUM CV BONUS</b>	
Level 10	0.40
Level 9	0.30
Levels 6 / 7 / 8	Not eligible

## II. PRINCIPLES FOR AWARDING CONNECTION VALUE (CV) BONUS

### A. LEVEL 10 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS:

1. Mount connection \*\*
2. Connection within the exercise
3. Dismount connection \*\*

\*\* All “C” / “D” / “E” mounts and dismounts may be used for CV Bonus.

“C” + “C”	
Both “C” elements must have either Flight phase or Long Axis (LA) turn of at least 180°	+ 0.10

**EXCEPTION:** Connection of two elements from Groups 3 / 6 / 7- flight or turn is NOT required, but the elements MUST be different.

#### EXAMPLES:

1. Mount: Jump to HS on LB with  $\frac{1}{2}$  (180°) turn (“C”) +  
Clear hip circle backward to HS with  $\frac{1}{2}$  (180°) turn to regular grip (“C”)



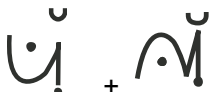
2. Cast to HS with  $\frac{1}{2}$  (180°) turn in HS phase (“C”) +  
Long swing forward with  $\frac{1}{2}$  (180°) turn and flight over LB to hang (“C”)



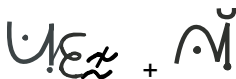
3. Giant circle forward with  $\frac{1}{2}$  (180°) turn in HS (“C”) +  
Double salto backward piked dismount (Flyaway) (“C”)



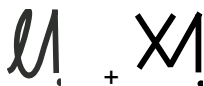
4. Giant circle backward with  $\frac{1}{2}$  (180°) turn in HS to regular **reverse** grip (“C”) +  
Giant circle forward with  $\frac{1}{2}$  (180°) turn in HS to regular grip (“C”)



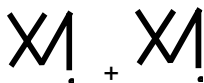
5. Giant circle backward with 1/1 (360°) turn on one arm after HS (Healy – “C”) +  
Giant circle forward with  $\frac{1}{2}$  (180°) turn in HS (“C”)



6. Clear hip circle backward to HS (“C”) +  
Stalder circle backward to HS (“C”)

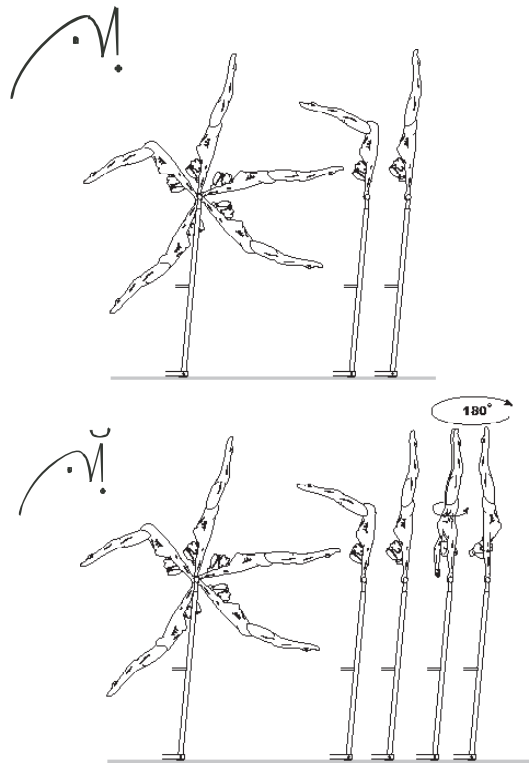

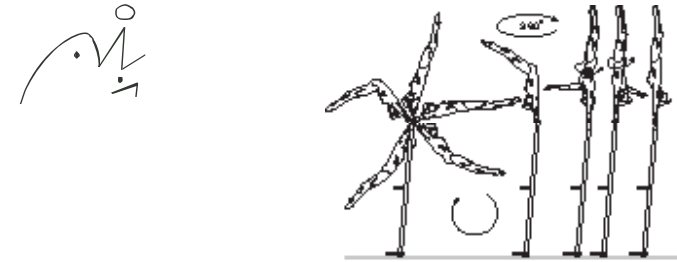
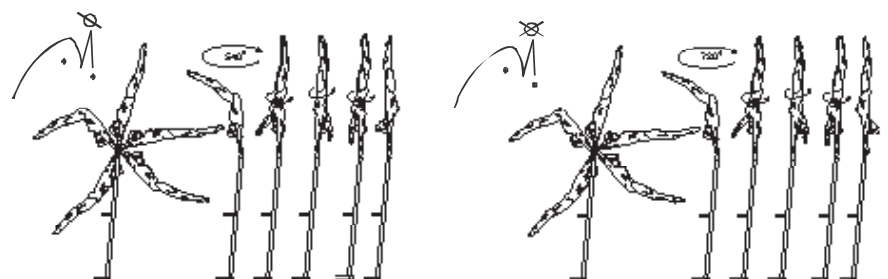


7. Stalder circle backward to HS (“C”) +  
Stalder circle backward to HS (“C”)
  - No CV is awarded – Group 3 / 6 / 7 elements are the same.

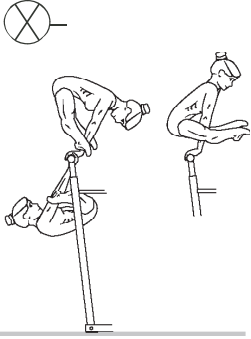
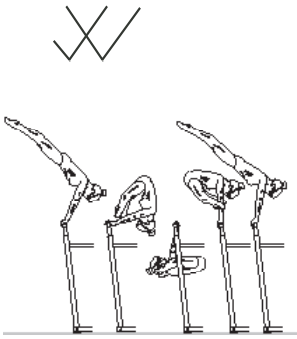
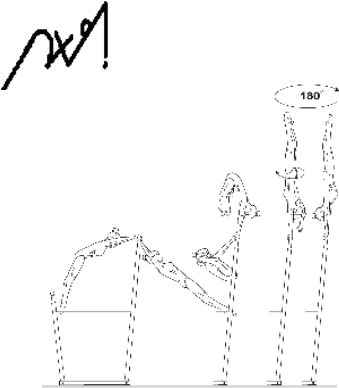

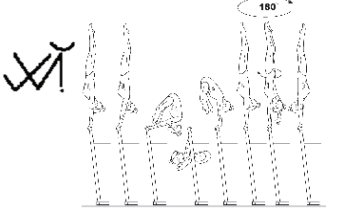
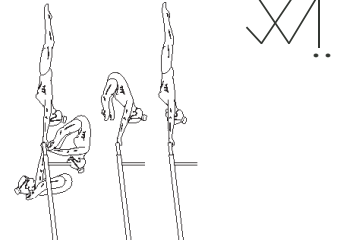
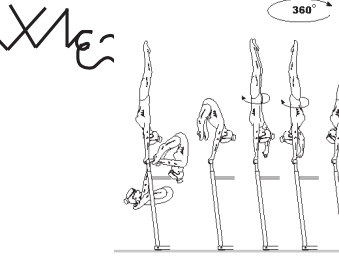
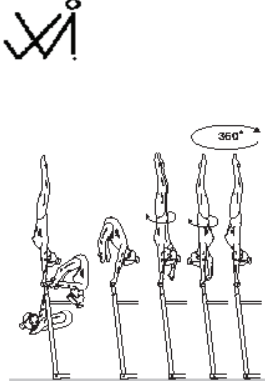




### Group 5 – Giant swings–Circles forward

A	B	C	D	E
5.107	5.207	5.307	<p><b>5.407</b> Handstand on HB – Giant circle swing forward in L grip (rearways) to handstand with piked or stretched body (L grip front giant) through handstand phase, also with 1/2 (180°) turn in handstand phase (Zaytseva)...to regular grip</p> 	<p>5.507 Handstand on HB - Giant circle swing forward in L grip with stretched body (L grip front giant), hop-change to reverse grip to initiate 1/1 (360°) turn completed in handstand phase ....to mixed-L grip (Karpenko)...to L grip (Ling)</p>  <p>(Handstand on HB) - Giant circle swing forward in L-grip with stretched body (L grip front giant) to handstand and 1/1 (360°) turn in handstand phase from L grip on one arm with side flair of free arm (Bi)...to reverse grip</p>  <p>Giant circle swing forward in L grip to handstand with 1½ - 2/1 (540° - 720°) turn</p> 

## Group 6 – Stalder Circles

A	B	C	D	E
<p><b>6.101</b> Clear straddle circle forward on LB or HB to clear straddle “L” support</p> 	<p><b>6.201</b> Stalder forward to clear support</p> 	<p><b>6.301</b> Long kip on HB, passing through clear straddle support – swing/press to handstand, also with 1/2 (180°) turn in handstand phase (Chow)</p> 	<p><b>6.401</b> Stalder forward to handstand</p>  <p>also with 1/2 (180°) turn in handstand phase</p>  <p>Stalder forward with regular (over) grip (Boniforti)</p>  <p>Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip</p> 	<p><b>6.501</b> Stalder forward to handstand with 1/1 (360°) turn in handstand phase</p> 

**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. No longer a deduction.

**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 3<sup>rd</sup> 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 performed  
                       3rd attempt:    Run, balk, no mount performed (0.50 deducted for 3<sup>rd</sup> 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:

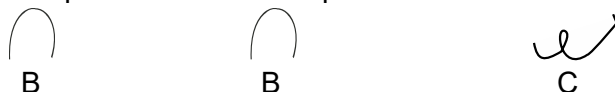
1. Evaluate all elements, including dismount, after final time signal.
2. Dismount element with hand support instead of Salto or Aerial (Level 6 / 7 / 8 / 9 / 10):
  - a. Deduct 0.50 for missing dismount SR.
  - ~~b. Deduct 0.30 for no dismount. No longer a deduction.~~
3. Dismount element of no value
  - a. NOT listed in *Dev COP*  
EXAMPLE: Straddle Jump dismount
    - 1) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - ~~2) Deduct 0.30 from SV for no dismount.~~
  - b. Restricted or additional restricted element performed.  
EXAMPLE: Level 7 performs "C" dismount.
    - 1) Deduct 0.50 from SV for restricted dismount.
    - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - ~~3) Deduct 0.30 from SV for no dismount.~~

**DISMOUNTS (continued):**

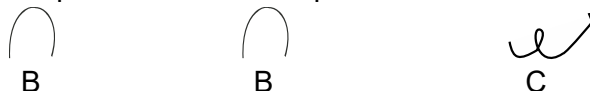
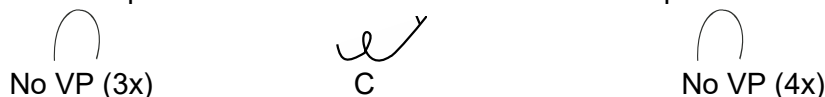
4. Leaves apparatus (terminates exercise early, intentionally or due to a fall):
  - a. Deduct 0.50 from SV for missing dismount SR specific to each level.
  - ~~b. Deduct 0.30 from SV for no dismount.~~
  - c. Deduct 0.50 for fall from apparatus (with or without an actual fall onto mat).
  - d. CJ deducts 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. No longer a deduction.~~

**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. All variations of root Acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position.**
4. 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

**C. ELEMENTS LISTED UNDER the SAME NUMBER WILL BE CONSIDERED the SAME in the following instances:****1. Deletion or addition of same Flic-Flac (pre-connection) does NOT change connection.**EXAMPLES:a. 1st series: Flic-Flac step-out – Flic-Flac step-out – Salto backward stretched with step-out2nd series: Flic-Flac step-out – Salto backward stretched with step-out

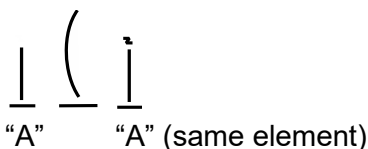
- 1) Salto backward connection considered the same connection in both series.
- 2) Flic-Flac step-out in 2<sup>nd</sup> Series:
  - No VP credit (third Flic-Flac step-out).
- 3) Salto backward in second series:
  - a) No VP credit.
  - b) No CV Bonus.

b. 1st series: Flic-Flac step-out – Flic-Flac step-out – Salto backward stretched with step-out2nd series: Flic-Flac step-out – Salto backward stretched with step-out – Flic-Flac step-out

- 1) Considered two different connections.
- 2) Salto backward receives VP credit twice.
- 3) Flic-Flacs in second series:
  - a) No VP credit (third and fourth repetition).
  - b) No CV Bonus.

**2. Elements with same number performed with different leg positions (same element)**EXAMPLE:

#2.108 Stretched Jump with / without arch – Stretched Jump with change / beat of legs

**D. CONSIDERATION FOR AWARDING VALUE-PART CREDIT WHEN A FALL OCCURS:**

1. Element complete (contact with bottom of feet / foot on top of BB) then falls:
  - a. VP credit awarded.
  - b. Due to fall, no Bonus credit awarded.
  - c. SRs awarded (if applicable).
  - d. If fall occurs on 2<sup>nd</sup> element in acro series, SR awarded.
  - e. Deduct 0.50 for fall, but NOT balance errors which resulted in fall.
  - f. Deduct for execution / amplitude errors.

**CONSIDERATION FOR AWARDING VALUE-PART CREDIT WHEN A FALL OCCURS (continued):**

2. Element incomplete (no contact with bottom of feet / foot on top of BB):
  - a. No VP credit awarded.
  - b. No Bonus credit awarded.
  - c. No SR credit awarded.
  - d. If fall occurs on 2<sup>nd</sup> element in acro series, SR NOT awarded.
  - e. Deduct 0.50 for fall, but NOT balance errors which resulted in fall.
  - f. Deduct for execution / amplitude errors.
3. Failure to land on bottom of feet first on dismount:
  - a. No VP credit awarded.
  - b. No Bonus credit awarded.
  - c. No dismount SR credit awarded.
  - d. No deduction for no dismount.

**EXCEPTION:**

- ~~No Salto action initiated for Salto dismount,~~
- ~~Deduct 0.30 for no dismount.~~

- e. Deduct 0.50 for fall.
- f. 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. **Turns (of 360° or more) on one foot and leaps / jumps / hops with turns (of 360° or more)**

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

- a. Deduct for balance, execution and amplitude.
- b. Completion of turns clarification:
  - 1) Heel drop onto BB = turn completion.
  - 2) VP credit awarded for degree of turn completed, prior to heel drop.

4. **Jumps / leaps / hops with less than 360° turn**

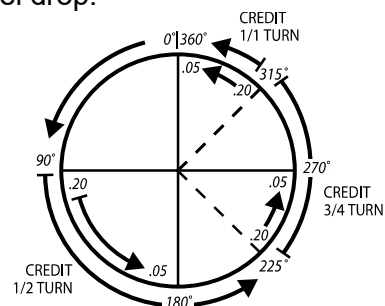
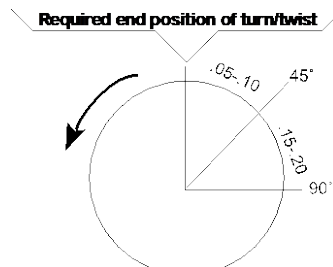
**EXAMPLE:**

Wolf Jump with  $\frac{3}{4}$  (270°) turn – MUST finish minimum of 1° past half-way mark between  $\frac{1}{2}$  (180°) turn and  $\frac{3}{4}$  (270°) turn.

**EXAMPLE:**

Wolf Jump with  $\frac{1}{2}$  (180°) turn, Wolf Jump with  $\frac{3}{4}$  (270°) turn, Wolf Jump with 1/1 (360°) turn:

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





**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.

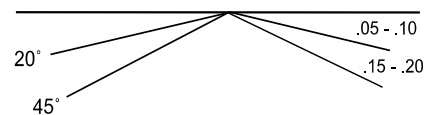
- b. Change of leg position is allowed during the two-second hold of a HANDSTAND.

**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 performed if applicable	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.

- 1) Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.

- 2) Deduct up to 0.20 for insufficient split for a leg separation of 134° or less.

**Award VP as applicable and apply appropriate deductions.**

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

**7. Flight elements**

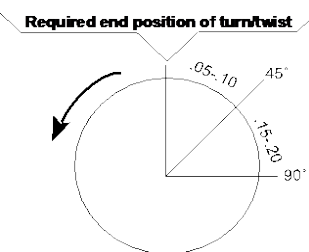
- If flight element fails to show flight (moment when both hands and feet are free of BB) - award VP credit for actual element performed.

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

**8. Dismounts**

- a. Twisting dismounts – 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:

- 1) Award “C” VP credit for **2/1 (720°)** twist.

- 2) Deduct for balance, execution and amplitude.

Clarification: completion of twist:

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

- b. Salto dismounts - incomplete Breadth Axis (BA) turn

- If Salto dismount does NOT land on bottom of feet first:

1. No VP, SR credit awarded.

- 2. Deduct 0.30 from SV for no dismount, if no Salto action initiated.**

- If Salto action WAS initiated = no deduction.

3. 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 VP performed (if applicable)**.
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.
  - d. Greater than 135° angle at hips and greater than 90° at knees - **award VP performed (if applicable)**.
  - b. Deduct up to 0.10 for each error if the extended leg / thigh of bent leg is below horizontal.
  - c. Wolf Jump **MUST** take off from two feet but may land on one foot or two feet.
  - d. 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.
  - c. Split less than 135° = no SR credit for Leap with 180° cross / side split. **Award VP performed (if applicable). Apply appropriate deductions.**
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”).

**LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS (continued)****1. SR #1: Acro series (excluding mount / dismount)**

- a. Elements **MUST** start and finish on BB.

EXAMPLES:

- 1) Round-off, Flic-Flac mount at end + Flic-Flac + Salto backward stretched with step-out.



- Award SR: Acro series starts (Flic-Flac) and finishes (Salto backward stretched) on BB.

- 2) Round-off, Flic-Flac mount at end + Salto backward stretched with step-out.

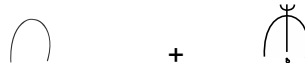


- No SR awarded - Acro series did NOT start (Round-off, Flic-Flac mount) on BB.

- b. Flight to Handstands with two second hold can **ONLY** be used as the last element.

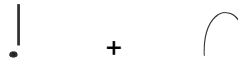
EXAMPLES:

- 1) Flic-Flac step-out ("B") + Flic-Flac with ¼ turn (held two seconds but NOT required) ("C")



- Award SR
- Hold element is last element in Acro series.

- 2) Kick-up to Handstand (hold 2-seconds) ("A") + Flic-Flac step-out ("B")



- First element requires two second hold. Do NOT award SR for Level 8.

- 3) Non-flight Acro element does NOT require two second hold (walkover backward).

- Allowed as first or second element in Level 8 Acro series.
  - No deduction for pause / hold in vertical prior to step-down.
- 4) Press to Handstand does NOT require two second hold.
- Allowed as first element in Level 8 Acro series.
  - Press Handstand mount from stand or straddle "L" is not allowed in an Acro series.
    - Mounts cannot fulfill Acro series SR.

- c. Group 6 – Rolls:

1. Group 6 – rolls with flight may be used in Acro series:

- Level 8 / 9: Dive forward roll to Flic-Flac
- Level 9 / 10: Dive forward roll to Salto backward tucked

2. Non-flight Acro rolls allowed for Level 8 ONLY

EXAMPLE: Free forward roll to Flic-Flac

**LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS** (continued)**2. SR #2: One Leap or Jump that requires 180° cross or side-split**

- MUST achieve minimum of 135° leg separation.
  - No SR awarded with less than 135° leg separation.
  - Deduct up to 0.20 for insufficient split (if leg separation is between 135° and 179°).
- MUST start and finish on BB.
- Performed in series or isolated element.

EXAMPLES:Sissonne Split Leap Straddle-Pike Jump Split Jump + Tuck Jump 

- 180° Split position in cross (front-to-back) or side / straddle) position.
  - Cross position MUST have forward leg extended.
  - No SR awarded if forward leg finishes in Stag position.
  - Award SR if rear leg in Stag position.
- #2.105** - Stride Leap with change of legs to Wolf position ("A"):
  - Does NOT require split position.
  - No SR awarded.

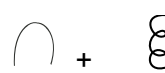

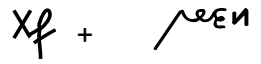

**3. SR #3: Minimum of 360° Turn on one foot (Group 3)**

- Performed in series / isolated element.
- Lower or no VP credit awarded if 90° or more of turn missing. ("B"-Turn → "A"-Turn)
- No SR awarded, if no VP credit.
- #3.505** – 1/1 (360°) Illusion Turn ("E"), award SR (Level 9 / 10 ONLY).

**4. SR #4: Aerial / Salto dismount requirement**

<b>Level 8</b>	Minimum "A"
<b>Level 9</b>	Minimum "B"
<b>Level 10</b>	Minimum "C" <b>OR</b> Dismount "B" directly connected to: <ol style="list-style-type: none"> <li>Acro series with minimum "C" Acro element <b>OR</b></li> <li>Minimum "C" Acro flight / Dance element</li> </ol>

**a. EXAMPLES – Level 10 dismounts:**

- Flic-Flac ("B") +  
Salto backward 2/1 (720°) twist dismount ("C") 
- Aerial Cartwheel ("D") +  
Flic-Flac ("B") +  
Salto backward with 1/1 (360°) twist dismount ("B") 
- Aerial Cartwheel ("D") +  
Gainer Salto tucked with 1/1 (360°) twist (off side) dismount ("B") 
- Switch-leg Leap ("C") +  
Gainer Salto tucked with 1/1 (360°) twist (off side) dismount ("B") 

**b. Dismount of no value / restricted element (Level 8 / 9):**

- Deduct 0.50 for missing dismount SR.
- ~~Deduct 0.30 from SV for no dismount~~
- ~~Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in Dev Code of Points. No longer a deduction.~~

**B. LEVEL 7 BALANCE BEAM SPECIAL REQUIREMENTS**

1. **Acro series (with / without flight), excluding mount / dismount**  
**And**  
**One Acro flight element (isolated / in connection)**
2. **One Leap / Jump that requires 180° cross / side-split**
3. **Minimum of 360° Turn on one foot (Group 3)**
4. **Aerial / Salto dismount, minimum of “A”**

**1. SR #1: Acro requirement - Acro series (with / without flight), excluding mount / dismount + one Acro flight element (isolated / in connection).**

- a. One acro series with minimum two elements:
  - 1) “A” or “B” elements (with / without flight)
  - 2) One element **MUST** achieve / pass through inverted vertical in Handstand support.

**AND**

- b. One Acro flight element
  - 1) Performed in a connection or
  - 2) Performed as an isolated element.

EXAMPLES: – Level 7 Acro SR awarded:

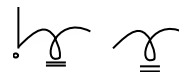
Routine #1: Walkover backward + walkover backward; and Round-off + Salto backward tucked dismount

Routine #2: Walkover backward + Flic-Flac

Routine #3: Flic-Flac + Flic-Flac

- c. Deduct 0.50 if missing either or both Acro series / flight element requirements.
- d. Award Acro SR, if all elements start and finish on BB.
- e. First / second element may use Handstand in any leg position (with / without turn).
  - 1) Handstand without turn, in vertical, without two second hold:
    - a) Technical requirement NOT achieved.
    - b) No VP credit awarded.
    - c) No Acro series SR awarded.
  - 2) Turning Handstand or press Handstand - no hold requirement.
  - 3) First element – Handstand (held two seconds) step-down:
    - a) Directly connected (continuous movement) into next element
    - b) Award Acro series SR.
  - 4) Non-flight Acro element does NOT require two second hold (Walkover, Walkover):
    - a) Allowed as first element in Level 7 Acro series.
    - b) Regardless of hold in vertical prior to step-down.
    - c) No deduction for pause / hold in vertical.
    - d) Walkover backward may be also used as second element in Level 7 Acro series (with or without pause/hold in vertical)
- f. Group 6 – Rolls:
  - 1) May be included in Acro series
  - 2) One element **MUST** achieve / pass through Handstand position.


EXAMPLE: – Level 7 Acro requirement awarded  
 Handstand forward roll + forward roll.



**LEVEL 7 BALANCE BEAM SPECIAL REQUIREMENTS (continued)****2. SR #2: One Leap or Jump that requires 180° cross or side-split**

- a. MUST achieve minimum of 135° leg separation.
  - 1) No SR awarded with less than 135° leg separation.
  - 2) Deduct up to 0.20 for insufficient split if leg separation is between 135° and 179°.
- b. MUST start and finish on BB.
- c. Performed in series or isolated element.

EXAMPLES:

Sissonne  Split Leap 

Straddle-Pike Jump  Split Jump + Tuck Jump 



- d. 180° split position in cross (front-to-back) or side / straddle position.
    - 1) Cross position MUST have forward leg extended.
    - 2) No SR awarded if forward leg finishes in Stag position.
    - 3) Award SR if rear leg in Stag position.
  - e. **#2.105** Stride Leap with change of legs to Wolf position (“A”):
    - 1) Does NOT require split position.
    - 2) No SR awarded.
- 3. SR #3: Minimum of 360° Turn on one foot (Group 3)**
- a. Performed in series / isolated element.
  - b. Lower or no VP credit awarded if 90° or more of turn missing. (“B”-Turn → “A”-Turn)
  - c. No SR awarded if no VP credit.
- 4. SR #4: Aerial / Salto dismount, minimum of “A”**
- a. Performed as isolated element or in direct connection.
  - b. Dismount of no value / restricted element (Level 7):
    - 1) Deduct 0.50 for missing dismount SR.
    - 2) ~~Deduct 0.30 from SV for no dismount.~~
    - 3) ~~Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in Dev Code of Points. No longer a deduction.~~


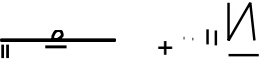
**C. LEVEL 6 – SPECIAL REQUIREMENTS**

1. **Non-flight Acro series (excluding mount / dismount)  
OR one Acro flight element (isolated / in connection)**
  2. **One Leap / Jump that requires 180° cross / side-split**
  3. **Minimum of 360° Turn on one foot (Group 3)**
  4. **Aerial / Salto dismount, minimum of “A”**
1. **SR #1: Acro requirement – non-flight Acro series (excluding mount / dismount) OR one Acro flight element (isolated / in connection).**
    - a. One non-flight Acro series with minimum two elements:
      - 1) “A” or “B” elements (with / without flight)
      - 2) One element MUST achieve / pass through inverted vertical in Handstand support.

**OR**
    - b. One Acro flight element
      - 1) Performed in connection or
      - 2) Performed as isolated element.
    - c. Group 5 / 6 / 7 – Handstands, rolls, walkovers / cartwheels, handsprings, etc.
    - d. MUST start and finish on BB.
    - e. No Acro SR awarded for Acro mount or dismount.
    - f. Handstand in vertical, without turn, without two second hold:
      - 1) Technical requirement NOT achieved.
      - 2) No VP credit awarded.
      - 3) No Acro series SR awarded.
  2. **SR #2: One Leap or Jump that requires 180° cross or side-split**
    - a. MUST achieve minimum of 135° leg separation.
      - 1) No SR awarded with less than 135° leg separation.
      - 2) Deduct up to 0.20 for insufficient split if leg separation is between 135° and 179°.
    - b. MUST start and finish on BB.
    - c. Performed in series or Isolated element.

EXAMPLES:

Sissonne  Split Leap 

Straddle-Pike Jump  Split Jump + Tuck Jump 

    - d. 180° split position in cross (front-to-back) or side / straddle) position.
      - 1) Cross position MUST have forward leg extended.
      - 2) No SR awarded if forward leg finishes in Stag position.
      - 3) Award SR if rear leg in Stag position.
    - e. **#2.105 Stride Leap with change of legs to Wolf position (“A”):**
      - 1) Does NOT require split position.
      - 2) No SR awarded.
  3. **SR #3: Minimum of 360° Turn on one foot (Group 3)**
    - a. Performed in series / isolated element.
    - b. Lower or no VP credit awarded if 90° or more of turn missing. (“B”-Turn → “A”-Turn)
    - c. No SR awarded if no VP credit.

**LEVEL 6 – SPECIAL REQUIREMENTS (continued)**

4. **SR #4: Aerial / Salto dismount, minimum of “A”**
  - a. Performed as isolated element or in direct connection.
  - b. Dismount of no value / restricted element (Level 6):
    - 1) Deduct 0.50 for missing dismount SR.
    - 2) Deduct 0.30 from SV for no dismount.
    - 3) Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in *Dev Code of Points*. No longer a deduction.



**EXECUTION and AMPLITUDE DEDUCTIONS (continued)**

<b>LARGE FAULTS</b>	<b>up to 0.30</b>	<b>Bent arms in support</b> - on any one element
	<b>up to 0.30</b>	<b>Bent legs</b> - on any one element (90° bend or greater = max <u>0.30</u> )
	<b>up to 0.30</b> <b>+ 0.50</b>	<b>Squat on landing</b> (hips <b>even with or</b> lower than knees) <b>Lands Acro element/Dismount in squat position, then falls</b>
	<b>up to 0.30</b>	<b>Insufficient height of Salto dismounts</b>
	<b>up to 0.30</b>	<b>Insufficient extension</b> <ul style="list-style-type: none"> <li>Open of tuck / pike body position prior to landing Acro elements / dismount</li> </ul>
	<b>up to 0.30</b>	<b>Brush / touch landing surface with one or two hands (no support)</b>
<b>VERY LARGE FAULTS</b>	<b><u>0.30</u></b>	<b>Use of supplemental support</b> <u>EXAMPLES:</u> <ol style="list-style-type: none"> <li>Foot / feet remain on mat / board as mount is completed.</li> <li>Foot / feet contact mat in cross straddle-sit during exercise.</li> <li>Foot / feet / leg using base of BB for support on mount / on BB.</li> </ol>
	<b><u>0.50</u></b>	<b>Support on mat / apparatus with one or two hands upon landing</b>
	<b><u>0.50</u></b>	<b>Fall onto BB / off BB onto mat</b>
	<b><u>0.50</u></b>	<b>Fall on or against apparatus</b>
	<b><u>0.50</u></b>	<b>Spotting assistance during an element</b> <ul style="list-style-type: none"> <li>No VP, SR, Bonus</li> </ul>
	<b><u>0.50</u></b>	<b>Fall after spot</b>
	<b><u>0.50</u></b>	<b>Spotting assistance upon landing dismount</b> <ul style="list-style-type: none"> <li>Award VP, SR</li> <li>No Bonus</li> </ul>
	<b><u>0.50</u></b>	<b>Fall after spot</b>
	<b><u>0.50</u></b>	<b>Fall / failure to land on bottom of feet first (Aerials / Saltos / dismounts)</b> <ul style="list-style-type: none"> <li>No VP, SR, Bonus</li> </ul>
	<b><u>0.30</u></b>	<b><del>Never initiates Salto on dismount</del></b>
	<b><u>0.50</u></b>	<b>Fall with simultaneously landing on bottom of feet + hands / knees:</b> <ul style="list-style-type: none"> <li>Award VP, SR (if appropriate)</li> <li>No Bonus</li> </ul>
	<b><u>0.50</u></b> for fall ONLY	<b>Coach catches a falling gymnast on element or dismount</b> <ul style="list-style-type: none"> <li>No deduction for spot</li> </ul>

**III. SPECIFIC EXECUTION DEDUCTIONS**

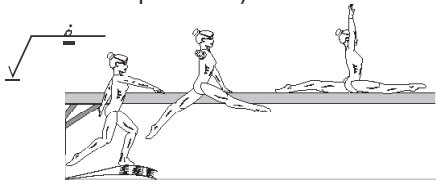
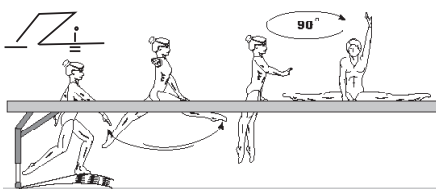
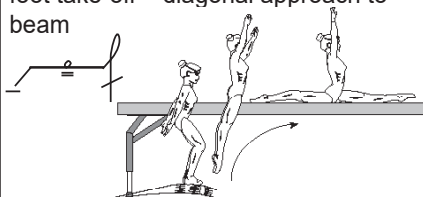
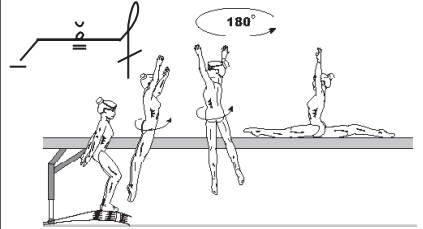
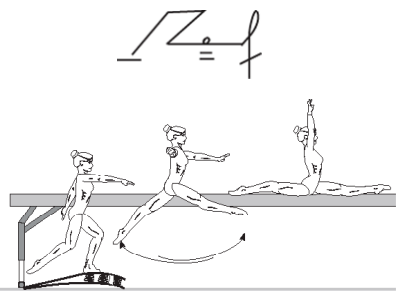
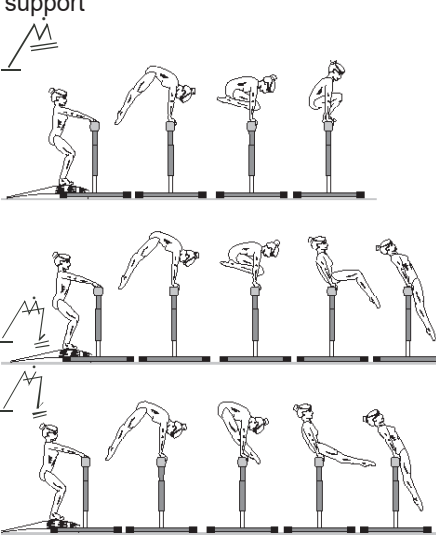
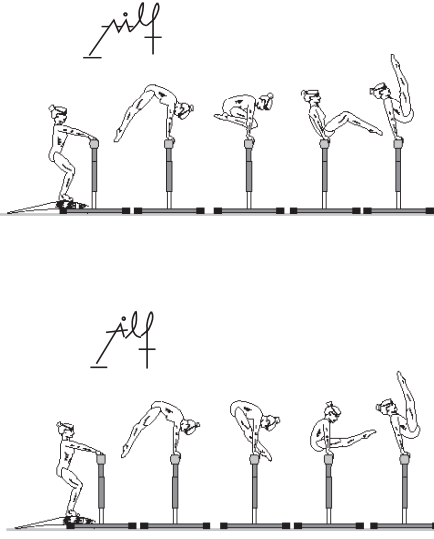
each up to 0.10	<b>Failure to perform Group # 3 turns in high Relevé</b>
each up to 0.10	<b>Lack of precision in Dance VPs</b> <u>EXAMPLES:</u> 1. Lack of definite arm or leg position on turns / Leaps 2. Degree of turn NOT exact
each up to 0.10	<b>Fail to land with feet / legs together on jumps / leaps landing on two feet in side position</b>
	<b><u>CONCENTRATION PAUSES</u></b>
each 0.10	Two seconds
each 0.20	More than two seconds
each up to 0.20	<b>Lack of tempo / poor rhythm between elements:</b> (Dance series / Mixed series / Acro series).
0.05 – 0.10	<b>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</b>
0.15 – 0.20	<b>Torso/trunk deviation in line with BB with or without arm swing between elements</b> • <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: • Arms finish to take-off immediately for 2nd element (legs in plié / NOT pumping)
each 0.20	<b>Support of one leg against side surface of BB to maintain balance</b>
up to 0.30	<b>Additional movements to maintain balance on BB</b>
up to 0.30	<b>Relaxed / incorrect footwork on non-VPs throughout exercise</b>
up to 0.30	<b>Directional error on Gainer Salto dismounts off end of BB</b>
up to 0.30	<b>Incorrect body alignment, position, or posture in non-VPs throughout exercise</b>
0.30	<b>Grasp of BB to avoid a fall</b> • Grasp under BB to facilitate candlestick / roll elements is NOT a deduction.
0.50	<b>Third run approach to mount / touch of springboard without mounting apparatus</b>

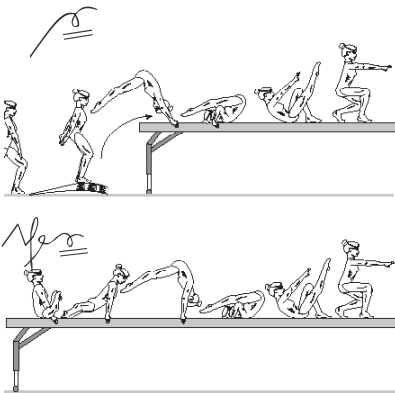

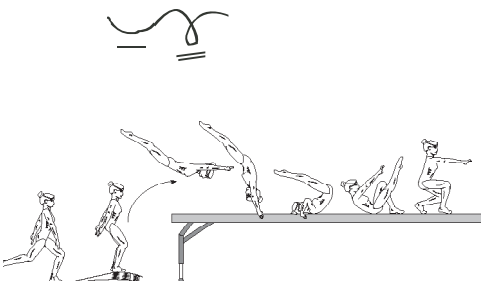
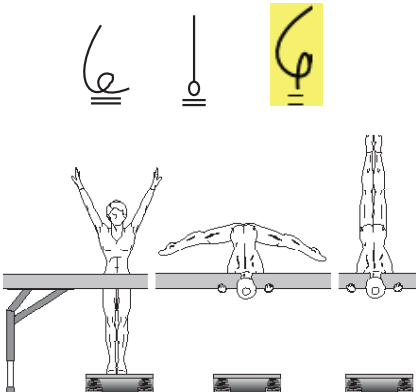
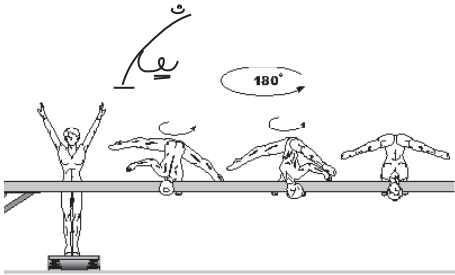
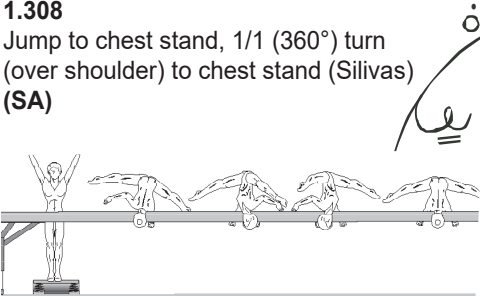
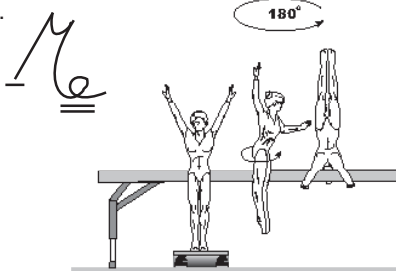
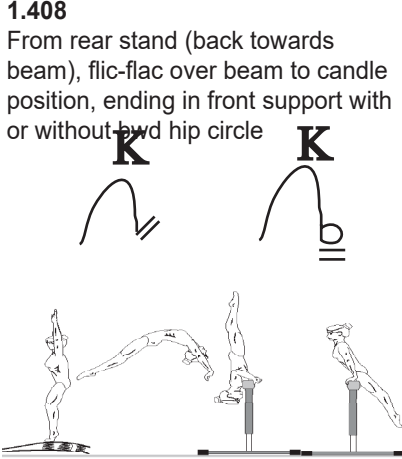
NOTE: Minimum score of 1.00 awarded when routine score is equal to or less than one point.

**IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE**

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

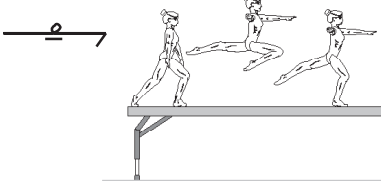
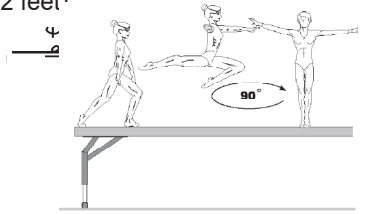
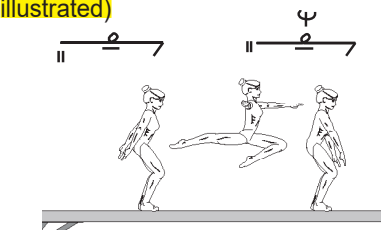
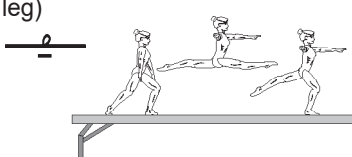

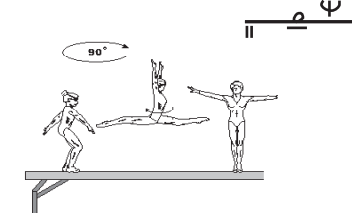
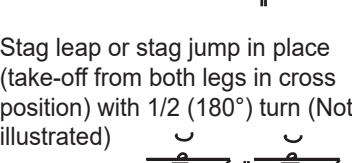

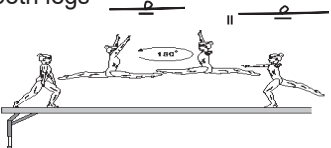

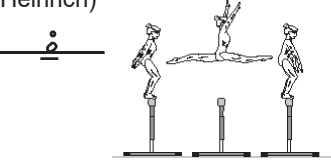
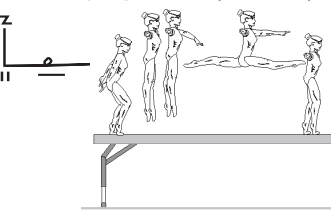
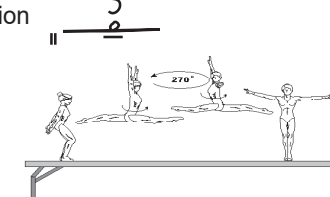
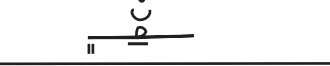
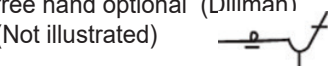
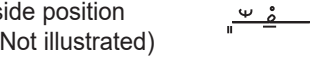

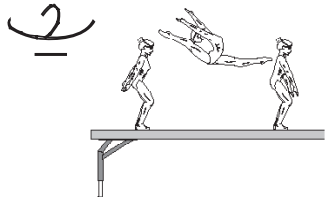
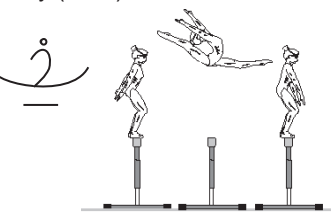
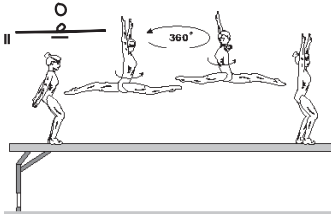
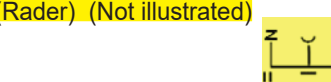
Revised 7.23 & 8.24

Group 1 – Mounts				
A	B	C	D	E
<p><b>1.105 (D)</b> Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</p>  <p>Split leap forward with leg change to straddle split sit sideways with support on one hand</p> 	<p><b>1.205</b></p>	<p><b>1.305 (D)</b> Free jump to cross split sit from two foot take-off – diagonal approach to beam</p>  <p>Free jump with 1/2 (180°) turn to cross split sit from two foot take-off – diagonal approach to beam</p> 	<p><b>1.405 (D)</b> Split leap forward with leg change (180° split) to cross split sit (no hand support) – diagonal approach to beam (Whitney)</p> 	<p><b>1.505</b></p>
<p><b>1.106 (NA)</b> From side stand frontways – jump to tuck stand, or squat or stoop through to rear support</p> 	<p><b>1.206 (NA)</b> From side stand - squat or stoop through to clear pike support (hold 2 seconds)</p> 	<p><b>1.306</b></p>	<p><b>1.406</b></p>	<p><b>1.506</b></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> <p>Acro elements designated by direction:            (FA) Forward Acro            (SA) Sideward            (BKA) Backward Acro            may be used for Composition            (Acro performed in different directions)</p>				

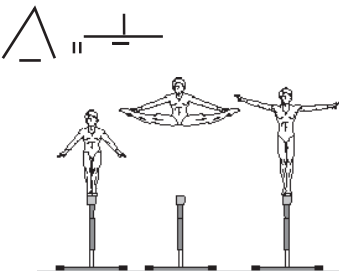
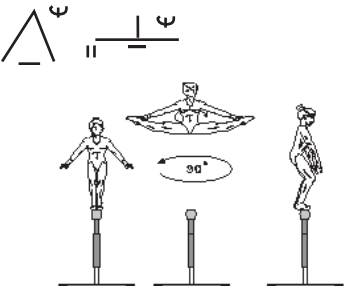
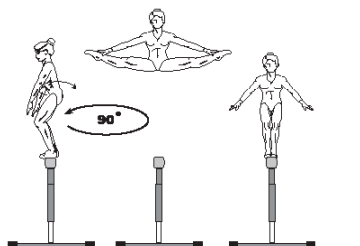
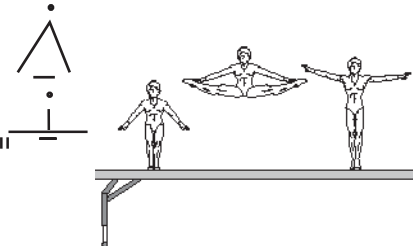
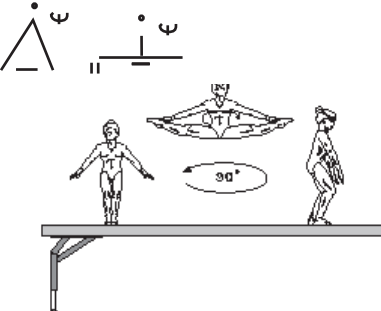
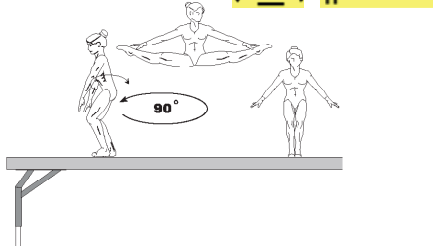
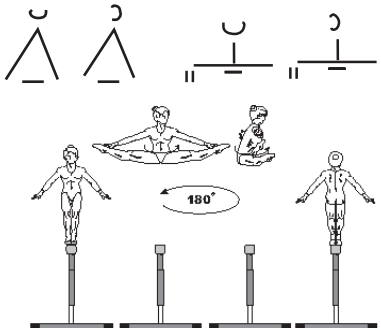
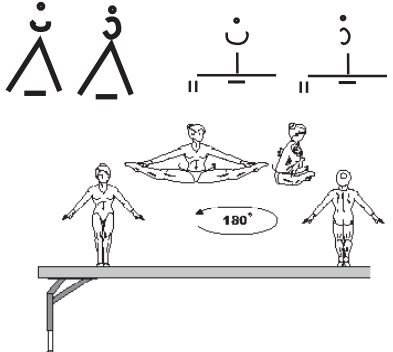
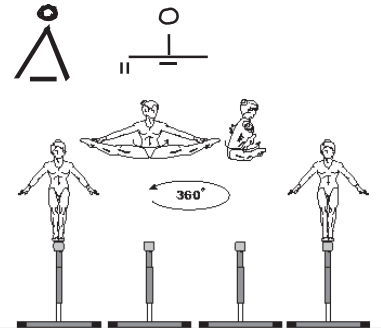
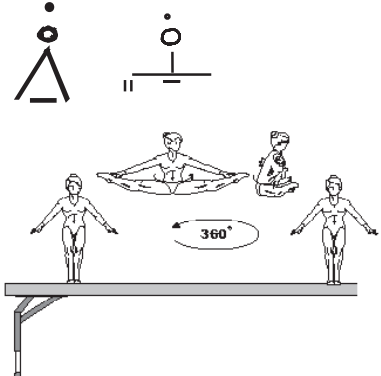
Group 1 – Mounts				
A	B	C	D	E
<p><b>1.107 (FA)</b> Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward</p> 	<p><b>1.207 (FA)</b> Free forward roll at end of beam</p> 	<p><b>1.307 (FA)</b> Hecht roll (extended hip angle in flight phase) – approach at end or diagonal to beam</p> 	<p><b>1.407</b></p>	<p><b>1.507</b></p>
<p><b>1.108</b> Chest, head stand, <b>or shoulder stand</b></p> 	<p><b>1.208</b> Jump to chest stand, 1/2 (180°) turn over shoulder to shoulder stand</p> 	<p><b>1.308</b> Jump to chest stand, 1/1 (360°) turn (over shoulder) to chest stand (Silivas) (SA)</p>  <p>From a rear stand (back toward beam), jump with a 1/2 (180°) turn to chest stand (candle position), ending in front support with or without backward hip circle or other optional exit.</p> 	<p><b>1.408</b> From rear stand (back towards beam), flic-flac over beam to candle position, ending in front support with or without backward hip circle</p> 	<p><b>1.508</b></p>

Revised 7.25

## Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p><b>2.101</b> Stag leap or stag-split leap forward (take-off)</p>  <p>- also with 1/4 (90°) turn to land on 2 feet\</p>  <p><b>Stag or double stag jump in place</b> (take-off from both legs in cross position), also with 1/4 (90°) turn (Not illustrated)</p>  <p><b>* Leaps/hops (1-foot take-off) &amp; jumps (2-foot take-off) with same number are considered different ele.</b>  <b>* Leaps/jumps/hops with same COP number &amp; different degrees of turn (1/2, 1/1, 1 1/2 +) are considered different ele.</b>  <b>* Additional 1/4 turn in a leap or jump does NOT make element different, unless listed in COP under another number.</b>  <b>* Stag/double stag or split variations of leaps &amp; of jumps with same number-considered same ele.</b></p>	<p><b>2.201</b> Split leap forward (straight-leg entry-no stag; take-off from one leg)</p>  <p>From cross position, take-off from both legs, Split jump in place (180° leg separation) to land on two feet</p>  <p>From cross position, take-off from both legs, Split jump with 1/4 (90°) turn after split to land in side stand on two feet</p>  <p>From side position, take-off from both legs, Jump with 1/4 (90°) turn to Split jump in cross position (Not illustrated)</p>  <p>Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180°) turn (Not illustrated)</p> 	<p><b>2.301</b> Split or Stag-split leap or Split jump forward with 1/2 (180°) turn – landing alternately or on both legs</p>  <p><b>Split or stag-split leap forward</b> (take-off from one leg) with 1/4 (90°) turn to straddle position (Side leap)</p>  <p>Split jump in side position with both legs straight or the rear leg bent upward, backward (Heinrich)</p>  <p>Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)</p> 	<p><b>2.401</b> Split jump with 3/4 (270°) turn beginning in cross or side position</p>  <p>From side position, Split jump with 1/2 turn (180°) to finish in side position (Not illustrated)</p>  <p><b>2.301 (C) (continued)</b> Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional (Dillman) (Not illustrated)</p>  <p>From cross position - jump with 1/4 (90°) turn to Split jump in side position (Not illustrated)</p>  <p><b>2.501 (E) (continued)</b> <b>From side stand Ring Jump</b> (rear leg at head height) with 1/2 turn (180°) (Pennucci) (Not illustrated)</p> 	<p><b>2.501</b> From cross stand – Jump to cross split (split over 180°) and backward bending (arch) of upper body (Yang-Bo)</p>  <p>From side stand - jump to cross split (split over 180°) and backward bending (arch) of upper body (Teza)</p>  <p>Split jump from cross or side position with 1/1 (360°) turn – take-off from both feet</p>  <p>From cross position, Jump with change of legs (minimum of 30° leg separation) and 1/4 (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional 1/4 (90°) turn to finish in cross position (Rader) (Not illustrated)</p> 

## Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p><b>2.102</b></p>	<p><b>2.202</b> Straddle-pike jump (Hill) or side-split jump from in cross position – (180°) leg separation</p>  <p>Straddle pike-jump or side-split jump in cross position – (180°) leg separation, with a 1/4 (90°) turn to finish in side position</p>  <p>From side position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation</p> 	<p><b>2.302</b> Straddle-pike jump or side-split jump from side position – (180°) leg separation</p>  <p>Straddle-pike jump or side-split jump in side position – (180°) leg separation, with a 1/4 (90°) turn to finish in cross position</p>  <p>From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in side position – (180°) leg separation</p> 	<p><b>2.402</b> Straddle-pike jump or side-split jump with 1/2 (180°) turn (Borden) or 3/4 (270°) turn from a cross or side position (180°) leg separation (not illustrated)</p>  	<p><b>2.502</b> Straddle-pike jump or side-split jump with 1/1 (360°) turn from a cross or side position with (180°) leg separation</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 <sup>nd</sup> 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	<b>Allowable:</b> All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order.  <b>Restricted:</b> Any additional "C" Dance All Acro "C/D/E" elements	<b>10.0 SV</b>  NOT eligible for Bonus	1 min. 15 sec.
Level 7	1.2. Minimum of two Acro passes - <b>2 Acro passes</b> - 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° <b>cross/side split</b> 4. Minimum 360° Turn on one foot	A = 5 <b>B = 2</b> C = 0 Allowable C's = B value	<b>Allowable:</b> All "A" / "B" elements Any "C" Dance element (unlimited)  <b>Restricted:</b> "D/E" Dance or Acro "C/D/E" elements	<b>10.0 SV</b>  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° <b>cross/side split</b> 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	<b>Allowable:</b> All "A" / "B" elements, Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order.  <b>Restricted:</b> Any additional Acro "C/D/E" Any "D/E" Dance element	<b>10.0 SV</b>  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° <b>cross/side split</b> 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	<b>Allowable:</b> All "A" / "B" / "C" elements Any "D/E" Dance elements, and ONE restricted "D/E" Acro element considered in chronological order.  <b>Restricted:</b> Any additional Acro "D/E" element	<b>9.70 SV</b> <b>Bonus:</b> 0.30 CV <b>OR</b> 0.20 CV; 0.10 D/E  ONLY 1 <sup>st</sup> 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° <b>cross/side split</b> 4. Min. "C" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 3 C = 2	<b>No difficulty restrictions</b>  <b>Extra +0.10 Bonus</b> (NOT in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	<b>9.50 SV</b>  <b>Bonus:</b> <b>Max. of 0.50</b>  (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 14: 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 **8" skill cushion** 4" mat or **2 X 4" mats stacked** 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. All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun.
4. No requirement to remove additional mat(s) from FX area during the exercise.
5. It is NOT permissible to put other marks on the landing mats.

**C. SUPPLEMENTAL MATTING (sting mat and 2 X 4" throw mats 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.

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**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 0.50 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 / **ATHLETE** 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):**

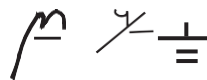
1. CJ deducts 0.30 from average score for “coach on the floor”.
2. Applied ONLY one time, regardless of the number of times coach enters the area.

**LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)**

**SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position (continued)**

- e. **Second (or last) element may land in a prone or split-sit position.**

EXAMPLE: Cat Leap + Tour Jeté to split-sit



- f. **SR awarded if both Group 1 elements are awarded VP credit. Award comparable VP credit to variation of recognizable “root” skill.**

EXAMPLE: Tuck Jump to prone position = “A” for Tuck Jump

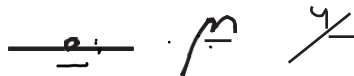
- g. **LEVEL 8 – “D/E” Dance elements CANNOT be used to fulfill SR.**

- Deduct 0.50 from SV for each “D/E” Dance element performed at Level 8.

- h. **Dance passage SR awarded:**

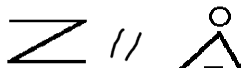
EXAMPLE 1:

Split Leap + Cat Leap + Tour Jeté.



EXAMPLE 2:

Switch-leg Leap, run, run, run, assemblé, Straddle Jump with 1/1 (360°) turn



- i. **No Dance passage SR awarded:**

EXAMPLE 1: Wolf Jump + Straddle Jump.



Missing Leap with take-off from one foot

EXAMPLE 2: Wolf Jump + Cat Leap =



Missing Leap with 180° split

EXAMPLE 3: Split Leap + 1/1 (360°) turn on one foot



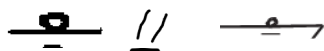
Missing second Group 1 element

EXAMPLE 4: Switch-leg Leap, Flic-Flac to two feet, Side-split Leap:



Acro NOT allowed between Dance elements.

EXAMPLE 5: Split leap, chassé, Stag leap =




Missing two different Group 1 elements  
(Split and Stag leap considered same element)

**LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)****4. SR #4: Salto performed as last isolated Salto or within last Salto connection MUST be:**

- ✓ Minimum “C” Level 10
- ✓ Minimum “B” Level 9
- ✓ Minimum “A” Level 8


EXAMPLE 1:

Level 9: Round-off, Flic-Flac, Salto backward with 1/1 (360°) twist (“B”), Salto forward tucked (“A”)

- SR #4 awarded. 

EXAMPLE 2:

Level 9 / 10 – Handspring forward, Salto forward with 1/1 (360°) twist (“C”) - Round-off, Straddle Jump, Salto forward tucked (“A”)

- Straddle Jump breaks Acro indirect connection. 
- Deduct 0.50 for “A” Salto as last Salto

EXAMPLE 3:

Level 9 / 10 - Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist (“C”), Sissonne (“A”)

- SR #4 awarded. 

**a. Level 8 / 9 / 10 – Last Salto does NOT receive VP credit if one of the following occurs:**

- 1) Performed for third time in the exercise.
  - Deduct 0.50 from SV for missing SR # 4 (no VP)
  - ~~Deduct 0.30 for no attempt to perform last Salto.~~
- 2) Performed for second time in exact same Acro pass or connection.
  - Deduct 0.50 from SV for missing SR # 4 (no VP)
  - ~~Deduct 0.30 for no attempt to perform last Salto.~~

**3) Restricted element (Level 8 / 9)**EXAMPLE – Level 9:

1<sup>st</sup> pass: Salto forward piked (“B”), Round-off, Flic-Flac, double Salto backward tucked (“D”)

2<sup>nd</sup> pass: Round-off, Whip Salto (“A”), Flic-Flac, Salto backward stretched with 1/1 (360°) twist (“B”)

Last pass: Round-off, Flic-Flac, Salto backward stretched with 2½ (900°) twist (“No VP”)

- No VP awarded due to 2<sup>nd</sup> restricted Acro “D” element.
- Deduct 0.50 from SV for more than one restricted element.
- Deduct 0.50 from SV, no SR # 4 (no VP).
- ~~Deduct 0.30 for no attempt to perform last Salto (isolated or within the last Salto connection).~~

**4) Spot during element.**

- Deduct 0.50 from SV for missing SR #4 (no VP)
- Deduct 0.50 for the spot.
- Do NOT deduct 0.30 from SV for no attempt to perform last Salto with VP credit. No longer a deduction.

**Last Salto initiated but does NOT land on bottom of feet first**

- 1) No VP credit awarded
- 2) Deduct 0.50 from the SV for missing SR #4
- 3) Deduct 0.50 for the fall
- 4) ~~DO NOT deduct 0.30 for no attempt at last Salto~~ No longer a deduction.

**b. Last Salto was NEVER initiated.**

EXAMPLE: Final Acro pass: Runs and does NOT attempt to perform Salto element.

- 1) Deduct 0.50 from SV, no SR #4 (no VP).
- 2) ~~Deduct 0.30 from SV for no attempt to perform last Salto.~~
- 3) Deduct 0.50 if a fall occurs

**c. Flight elements (without hand support) that are NOT considered Saltos.**

- 1) Aerials, Saltos landing in sitting, prone, or split-sit position
  - If completed after the last Salto, do NOT deduct for missing SR #4.
- 2) Salto lands on two feet or one foot, lowers with control to one knee = considered a Salto.
  - Award SR / CV (if applicable to that level).

### III. CLARIFICATION REGARDING ACRO PASS(ES) AND DANCE PASSAGES

#### A. DANCE ELEMENT IN ACRO PASS – will break indirect Acro connection.

1. No SR of Acro pass with two Saltos awarded.
2. No CV Bonus for indirect Acro pass.

EXAMPLE:

Round-off + Flic-Flac + Double Salto backward tucked + Straddle Jump + Salto forward tucked



- No 2-Salto pass SR awarded (Straddle Jump breaks connection).

#### B. ACRO ELEMENT BETWEEN DANCE ELEMENTS – DANCE PASSAGE.

1. Acro element will break Dance passage.
2. No CV Bonus awarded (direct connection of two Dance elements).

EXAMPLE:

Switch-leg Leap + Flic-Flac + Straddle Jump with 1/1 (360°) turn



- No Dance passage SR awarded (Flic-Flac breaks Dance passage).

**IV. SPECIFIC FLOOR COMPOSITIONAL DEDUCTIONS – LEVELS 8 / 9 / 10**

- Composition NOT evaluated at Level 6 / 7

<b>A. INSUFFICIENT USE OF THE FLOOR EXERCISE AREA</b>	
up to 0.10	Spatially – floor pattern
<b>B. LACK OF VARIETY IN CHOICE OF ACROBATIC ELEMENTS</b>	
<u>0.10</u>	<b>Failure to perform Saltos in two different directions</b> <ol style="list-style-type: none"> <li>1. Backward and forward / sideward</li> <li>2. Arabian Salto considered Salto forward</li> </ol>
<b>C. LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS</b>	
<u>0.10</u>	<b>Overuse of Dance elements with same shape</b> <ol style="list-style-type: none"> <li>1. More than two elements with wolf / tuck position (with / without turn)</li> <li>2. More than two Straddle Jumps (with / without turn)</li> </ol>
<u>0.20</u>	<b>Lack of turn on one foot, minimum “B”</b>
<b>D. CHOICE OF DANCE ELEMENTS – NOT UP TO THE COMPETITIVE LEVEL</b>	
up to 0.20	See Appendix 15 for specifics.
<b>E. CHOICE OF ACRO SALTOS – NOT UP TO THE COMPETITIVE LEVEL</b>	
up to 0.20	See Appendix 15 for specifics.
<b>F. VALUE OF SALTO PERFORMED AS LAST SALTO OR WITHIN LAST ACRO CONNECTION – NOT UP TO THE COMPETITIVE LEVEL</b>	
up to 0.10	See Appendix 15 for specifics.
<b>G. LACK OF SPECIFIC SALTO VP WITHIN THE EXERCISE</b>	
<u>0.30</u>	Level 8 – Lacks minimum of three “A” Saltos in exercise, <b>in addition to SR #2</b>
<u>0.30</u>	Level 9 – Lacks minimum of “B” Salto in the exercise, in addition to SR #4.
<u>0.30</u>	Level 10 – Lacks minimum of “C” Salto in the exercise, in addition to SR #4.

**I. CHIEF JUDGE DEDUCTIONS**

<b>CHIEF JUDGE DEDUCTIONS</b>	<u>0.10</u>	<b>Overtime</b>
	<u>0.10</u>	<b>Failure to mark the FX boundary line on additional mats</b> • Applied to any mat which covers the FX boundary line
	<b>Each time</b> <u>0.10</u>	<b>Out of bounds</b> • Any part of body touching outside of FX border marking
	<b>(CJ)</b> <u>0.30</u>	<b>Lands Acro element in solid / loose foam pit</b> No VP, SR, Bonus
	<u>0.30</u>	<b>Coach on FX area</b> (inside border markings) • No deduction if coach / athlete 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>0.50</u>	<b>Gymnast leaving the Floor Exercise mat during routine.</b> • This would not be in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
	<del>1.00</del> <u>0.50</u>	<b>Absence of music or music with words or song / speech</b>
	<u>2.00</u>	<b>Complete or incomplete exercise less than 30 seconds</b>

**II. EXECUTION AND AMPLITUDE DEDUCTIONS**

<b>SMALL FAULTS</b>	<b>each time</b> <u>0.05</u>	<b>Flexed / sickled feet on VP elements</b>
	<b>up to</b> 0.10	<b>Slight hop or small adjustment of feet or staggered feet (one foot in front) on landing elements</b>
	<b>up to</b> 0.10	<b>Deviation from straight direction on landing</b>
	<b>up to</b> 0.10	<b>Arm swings on landing to maintain balance</b>
	<b>up to</b> 0.10	<b>Legs crossed during Salto with twist</b>
	<b>each up to</b> 0.10	<b>Incorrect body posture / alignment during Dance VP</b>
	<b>Ea.</b> <u>0.10</u> - <u>0.15</u> (max. <u>0.40</u> )	<b>Small or medium steps on landing</b>

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**EXECUTION AND AMPLITUDE DEDUCTIONS (continued)**

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



**EXECUTION AND AMPLITUDE DEDUCTIONS (continued)**

<b>LARGE FAULTS</b>	up to 0.30	<b>Bent arms in support</b> – on any one element
	up to 0.30	<b>Bent legs</b> – on any one element (90° bend or greater = max <u>0.30</u> )
	up to 0.30	<b>Insufficient extension</b> • Open of tuck / pike body position prior to landing Acro elements
	up to 0.30 + 0.50	<b>Squat on landing</b> (hips <del>even with or</del> lower than knees) <b>Lands Acro element in squat position, then falls</b>
	up to 0.30	<b>Insufficient height of Salto elements</b> 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	<b>Brush / touch landing surface with one or two hands (no support)</b>

<b>VERY LARGE FAULTS</b>	<u>0.50</u>	<b>Support on mat with one or two hands upon landing</b>
	<u>0.50</u>	<b>Fall on mat with knee(s) or hips</b>
	<u>0.50</u>	<b>Fall / failure to land on the bottom of feet first (Aerials / Saltos)</b> • No VP, SR, Bonus
	<u>0.50</u>	<b>Fall with simultaneously landing on bottom of feet + hands / knees:</b> • Award VP and SR (if appropriate) • No Bonus
	<u>0.50</u>	<b>Spotting assistance during an element</b> • No VP, SR, Bonus
	(CJ) <u>0.30</u>	<b>Coach on the FX area</b>
	<u>0.50</u>	<b>Spotting assistance upon landing an element</b> • Award VP & SR. • No Bonus.
	(CJ) <u>0.30</u>	<b>Coach on the FX area</b>
	<u>0.50</u>	<b>Fall after spot</b>

**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"> <li>Lack of definite arm or leg position on turns / leaps</li> <li>Degree of turn <u>NOT</u> exact</li> </ul>
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"> <li>Obvious errors in coordinating music and movement (choreography)</li> </ul>
up to 0.30	Relaxed / incorrect footwork on non-VP (throughout exercise)
up to 0.30	Incorrect body alignment, position, or posture <b>in</b> non-VPs throughout exercise
(CJ) <del>1.00</del> <u>0.50</u>	Absence of music
(CJ) <del>1.00</del> <u>0.50</u>	Music with words / song (whistles, animal / human sounds are allowed)
(CJ) <u>0.30</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)

# USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 10

Effective 8/1/22 – 7/31/26

GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD/BACKWARD	GROUP III TSUKAHARA or ½ → SALTO FORWARD/BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD/BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.1		All Group 3 vaults allow a 90° to 180° LA turn in the first flight	4.101 RO, FF → Repulsion 7.0	Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.2		3.201 Tsukahara Tuck 9.4	4.102 RO, FF → Repulsion ½ 7.7	
1.103 Yamashita 8.1		3.301 F. Hsp onto board- ¼ to ½ → B. Tuck 9.5	4.201 RO, FF → 1/1 8.9	
1.104 Yami → ½ 8.2		3.302 Tsuk Tuck 1/1 9.8	4.202 RO, FF → 1½ (Allen) 9.1	
1.105 ½ → ½ OR ¼ → ¾ 8.2		3.303 Tsuk Pike 9.5	4.203 RO, FF → B. Tuck 9.4	5.101 RO, FF ½ → Hsp off 8.9
1.106 ¼ - ½ → Repulsion 7.0	2.301 Hsp → F. Tuck 9.8	3.304 Tsuk Layout 9.7		5.102 RO, FF ½ → Hsp ½ off 9.1
1.109 FHS onto board, → Repulsion 8.2	2.302 Hsp → F. Tuck ½ 10.0*	3.305 F. Hsp onto board- ¼ to ½ → B. Pike (Zuhlke) 9.6	4.301 RO, FF → 2/1 twist (Allen) 9.7	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.110 FHS onto board, → Hsp ½ 8.3	2.303 Hsp → ½, B. Tuck (Cuervo tuck) 9.9	3.306 ½ → ½, F. Tuck or ¼ → ¼, F. Tuck (land facing out) or Tsuk Tuck ½ 9.7	4.303 RO, FF → B. Tuck 1/1 9.8	5.108 RO, FF 1/1 → Repulsion 8.2
1.111 FHS onto board, ¼ - ½ → Repulsion 7.1	2.304 Hsp → F. Pike 9.9	3.307 ½ → ½, F. Pike or ¼ → ¾, F. Pike (land facing out) or Tsuk Pike ½ 9.8	4.304 RO, FF → B. Pike 9.5	
	2.310 F. Hsp onto board, Hsp. → F. Tuck (llg) 9.9	3.308 ½ → ½, F. Tuck ½ (Shible) or ¼ → ¾, F. Tuck ½ 9.8	4.305 RO, FF → B. Layout 9.7	5.201 RO, FF ½ → 1/1 twist 9.2
	2.311 F. Hsp onto board, Hsp. → F. Pike (Garbarino) 10.0*		4.306 RO, FF → B. Layout 1/1 10.0*	5.202 RO, FF ½ → 1½ twist 9.4
1.201 Hsp → 1/1 8.8	2.402 Hsp → F. Tuck 1/1 10.0		4.307 RO, FF → ½, F. Tuck or RO, FF → B. Tuck ½ 9.8	5.207 RO, FF 1/1 → 1/1 twist 9.3
1.202 Hsp → 1½ 9.2	2.403 Hsp → ½, B. Tuck w/ ½ (Cuervo Tk w/ ½) 10.0		4.308 RO, FF → ½, F. Pike or RO, FF → B. Pike ½ 9.9	5.301 RO, FF ½ → F. Tuck 10.0*
1.203 Yami → 1/1 8.8	2.404 Hsp → F. Pike ½ 10.0		4.309 RO, FF → ½, F. Layout or RO, FF → B. Layout ½ 10.0*	5.312 RO, FF ½ → 2/1 twist 9.9
1.205 ½ → 1½ or ¼ → 1¾ 9.1	2.405 Hsp → ½, B. Pike (Cuervo Pike) 10.0			
1.206 ½ → 1/1 or ¼ → 1¾ 8.7	2.406 Hsp → F. Layout 10.0			
1.207 1/1 → H/Y 8.9	2.407 Hsp → F. Layout ½ or Hsp → ½, B. Layout (Cuervo Layout) 10.0			
1.208 1/1 → ½ 9.1	2.408 Hsp → F. Pike 1/1 (Chusovitina) 10.0	3.402 Tsuk Tuck 1½ 10.0	4.403 RO, FF → B. Tuck ½ 10.0*	5.401 RO, FF ½ → F. Tuck ½ 10.0
1.209 FHS onto board, Hsp. → 1/1 8.9	2.409 1/1 → F. Tuck 10.0	3.403 Tsuk Pike 1/1 9.9	4.406 RO, FF → B. Layout w/ 1½ twist 10.0	5.402 RO, FF ½ → ½, B. Tuck 10.0
1.211 FHS onto board, ½ → ½ OR ¼ → ¾ 8.3	2.410 F. Hsp onto board Hsp. → F. Tuck ½ (Mantle) 10.0	3.404 Tsuk Layout 1/1 10.0	4.407 RO, FF → ½, F. Tuck ½ (Beckman) 10.0*	5.403 RO, FF ½ → F. Pike 10.0
	2.411 F. Hsp onto board Hsp. → F. Pike ½ (Whitman) 10.0	3.405 F. Hsp onto board- ¼ to ½ → B. Tuck 1/1 (Zuhlke) 9.9		5.404 RO, FF ½ → F. Pike ½ 10.0
1.301 Hsp → 2/1 9.8		3.407 ½ → ½, F. Layout or ¼ → ¾, F. Layout (land facing out) or Tsuk Layout ½ 10.0*		5.405 RO, FF ½ → ½, B. Pike 10.0
1.306 ½ → 2/1 or ¼ → 2¼ 9.6				5.406 RO, FF ½ → F. Layout 10.0
1.307 1/1 → 1/1 9.7				5.408 RO, FF 1/1 → B. Tuck 10.0*
1.308 1/1 → 1½ 9.8				5.409 RO, FF 1/1 → B. Pike 10.0*
1.311 FHS onto board, ½ → 1/1 OR ¼ → 1¼ 8.8	2.501 Hsp → Double F. Tuck 10.0	3.504 Tsuk Layout 1½ 10.0	4.503 RO, FF → B. Tuck w/ 2/1 twist 10.0	5.410 RO, FF 1/1 → ½, F. Tuck 10.0
	2.502 Hsp → F. Tuck 1½ 10.0	3.505 Tsuk Layout 2/1 10.0		
	2.507 Hsp → F. Layout 1/1 10.0	3.507 ½ → ½, F. Layout ½ (House) or ¼ → ¾, F. Layout ½ 10.0	4.506 RO, FF → B. Layout w/ 2/1 twist 10.0	5.501 RO, FF ½ → F. Tuck 1½ 10.0
	2.508 Hsp → F. Layout 1½ (Chusovitina) 10.0	3.508 ¼ → ¼, F. Tuck 1½ (Carey) 10.0	4.508 RO, FF → ½, F. Pike ½ (Beckman) 10.0	5.505 RO, FF ½ → ½, B. LO or RO, FF ½ → F. Layout ½ 10.0
1.402 Hsp → 2½ 10.0	2.509 1/1 → F. Pike 10.0	3.509 ½ → ½, F. Tuck 1/1 (Shible) or ¼ → ¾, F. Tuck 1/1 10.0	4.606 RO, FF → B. Layout w/ 2½ twist 10.0	5.509 RO, FF 1/1 → B. Layout 10.0
				5.510 RO, FF 1/1 → B. Tuck 1/1 10.0
1.504 Yami → 2½ (Kincaid) 10.0	2.607 Hsp → F. Layout 2/1 10.0			5.511 RO, FF 1/1 → B. LO 1/1 10.0
	2.609 1/1 twist → F. Layout 10.0			(Tankousheva)
		3.605 Tsuk Layout 2½ 10.0		

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10.

No bonus for the following 10.0 Vaults listed with an asterisk: 2.302, 2.311, 3.407, 4.306, 4.309, 4.403, 4.407, 5.301, 5.408, 5.409

Revised 7.15.2024

**USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 9**

**Effective 8/1/22 – 7/ 31/26**

Revised 7.15.2024

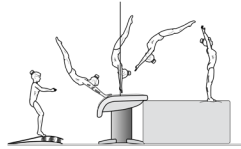
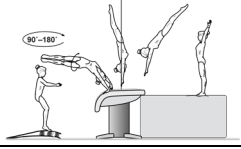
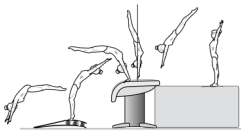
GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD /BACKWARD	GROUP III TSUKAHARA or ½ on → SALTO FORWARD /BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD /BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.5		All Group 3 vaults allow 90° to 180° LA turn in the first flight		Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.6			4.101 RO, FF → Repulsion 7.0	
1.103 Yamashita 8.5			4.102 RO, FF → Repulsion ½ 7.7	5.101 RO, FF ½ → Hsp 8.9
1.104 Yami → ½ 8.6			4.201 RO, FF → 1/1 twist 9.1	5.102 RO, FF ½ → Hsp ½ off 9.1
1.105 ½ → ½ 8.6			4.202 RO, FF → 1½ twist 9.3	5.107 RO, FF 1/1 → Hsp ½ off 9.2
OR			(Allen)	5.108 RO, FF 1/1 → Repulsion 8.2
¼ → ¾				
1.106 ¼ - ½ → Repulsion 7.0			4.203 RO, FF → Back Tuck 9.6	
1.109 FHS onto board, → Repulsion 8.6		3.201 Tsukahara Tuck 9.6		
1.110 FHS onto board, → Hsp ½ 8.7				5.201 RO, FF ½ → 1/1 twist 9.2
1.111 FHS onto board, ¼-½→ Repulsion 7.1				5.202 RO, FF ½ → 1½ twist 9.4
				5.207 RO, FF 1/1 → 1/1 twist 9.3
1.201 Hsp →1/1 9.0				
1.202 Hsp → 1½ 9.4				
1.203 Yami → 1/1 9.0				
1.205 ½ → 1½ 9.3				
or ¼ → 1¾				
1.206 ½ → 1/1 8.9				
or ¼ → 1¼				
1.207 1/1 → H/Y 9.0	2.301 Hsp → Front Tuck 10.0	3.301 F. Hsp onto board- ¼ to ½ → B. Tuck 9.7	4.301 RO, FF → 2/1 twist 9.8	5.301 RO, FF ½ → Front Tuck 10.0
1.208 1/1 → ½ 9.3	2.302 Hsp → Front Tuck ½ 10.0	3.302 Tsuk Tuck 1/1 10.0	4.303 RO, FF → B. Tuck 1/1 10.0	5.312 RO, FF ½ → 2/1 twist off 10.0
1.209 FHS onto board, Hsp. → 1/1 9.1	2.304 Hsp → Front Pike 10.0	3.303 Tsuk Pike 9.7	4.304 RO, FF → B. Pike 9.7	
1.211 FHS onto board, ½ → ½ OR	2.310 Fr. Hsp onto board, Hsp. → Fr. Tuck (Ilg) 10.0	3.304 Tsuk Layout 10.0	4.305 RO, FF → B. Layout 10.0	
¼ → ¾ 8.7	2.311 Fr. Hsp onto board, Hsp. → Fr. Pike (Garbarino) 10.0	3.305 Fr. Hsp onto board, ¼ to ½ → B. Pike 9.8	4.307 RO, FF → ½ off, Fr. Tuck 10.0 or RO, FF → B. Tuck ½	
		(Zuhlke)		
1.301 Hsp → 2/1 10.0		3.306 ½ → ½, Fr. Tuck 10.0 or ¼ → ¼, Fr. Tuck (land facing out) or Tsuk Tuck ½		
1.306 ½ → 2/1 9.8				
or ¼ → 2¼				
1.307 1/1 → 1/1 9.8				
1.311 FHS onto board, ½ → 1/1 OR		3.308 ½ → ½, Fr. Tuck ½ 10.0 (Shible) or ¼ → ¾, Fr. Tuck ½	4.407 RO, FF → ½ turn, Fr. Tuck ½ (Beckman) 10.0	
¼ → 1¼ 9.0				

# USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES

## FOR LEVELS 6 / 7 / 8

Effective August 1, 2022 - July 31, 2026 **Revised 7.15.2024**

### 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	¼ - ½ 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 → ½ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → ½ twist	9.1
1.105	½ twist → ½ twist OR ¼ twist → ¾ twist	9.2
1.106	¼ - ½ twist → repulsion (with flight to feet)	9.0
1.108	¼ twist → ¼ twist (to face outward)	9.0
1.109	FHS onto board → Repulsion (with flight to feet)	9.1
1.110	FHS onto board → Handspring ½	9.2
1.111	FHS onto board, ¼ - ½ twist → Repulsion (w/ flight to feet)	9.1
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1½ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	½ twist → 1½ twist OR ¼ twist → 1¾ twist	9.6
1.206	½ twist → 1/1 twist OR ¼ twist → 1¼ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → ½ twist	9.7
1.209	FHS onto board → Handspring 1/1	9.6
1.211	FHS onto board, ½ twist → ½ twist OR ¼ twist → ¾ twist	9.3
1.301	Handspring → 2/1 twist	10.0
1.306	½ twist → 2/1 twist ¼ twist → 2¼ twist	10.0
1.311	FHS onto board, ½ twist → 1/1 twist OR ¼ twist → 1 ¼ twist	9.5
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 ½	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1½ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF ½ → Handspring	9.2
5.102	RO, FF ½ → Handspring ½	9.4
5.201	RO, FF ½ → 1/1 twist	9.6
5.202	RO, FF ½ → 1½ twist	9.8
5.312	RO, FF ½ → 2/1 twist	10.0




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

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



		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					
	10					
4. 	01					
	02					
	03					
	04					
5. 	01					
	02					
	03					
	04					
	05					
6. 	01					
	02					
	03					
	04					
	05					

		A-.100	B-.200	C-.300	D-.400	E-.500
7. 	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
8. 	01					
	02					
	03					
	04					
	05					
9. 	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					

\* #7.402, 7.403 &amp; 8.402-From a step and from a stand on one leg-swing through are considered different elements

WOMEN'S DEVELOPMENT PROGRAM

		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					
	03					
	04					
	05					
	06					
	07					
4.	01					
	02					
5.	01					
	02					
	03					
	04					
	05					
	06					
	07					
6.	01					
	02					
7.	01					
	02					
8.	01					
	02					
	03					
	04					
	05					
	06					



SR	SR	SR	SR	SR	SR	Content
<b>Level 6</b>	<b>Level 8</b>	<b>Level 6</b>	<b>Level 7</b>	<b>Level 6</b>	<b>Level 7</b>	
1. One cast-min. 45° above Horiz. (Above Horiz. fulfills SR)	1. Min. of one Bar change	1. Non-flight Acro series <b>OR</b> one Acro flight ele. (Isolated/in connection) (excludes mnt/dmt)	1a. Acro series (with or without flight) <b>AND</b>	1. One Acro pass (min.3 directly connected elements, two with flight) Rolls do not fulfill req.	1 & 2 Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements) - One with Salto forward (additional elements allowed) - One Salto must be stretched (bkwd or forw.)	<b>8 7 6</b> A 4 5 5 B 4 2 1 C 0 0 0 SV <b>10 10 10</b>
2. Min. of one Bar change	2. & 3. Two B elem, same or different: - One w/ Flight (not in dmt); <b>OR</b> - One w/ LA turn (not in Mnt./ Dmt) - One "B" 360° Clear circle element from Grp. 3, 6 or 7 (not in Dmt)	2. One Leap/Jump requiring 180° cross or side split (Isolated /in series)	1b. One Acro flight element (Isolated/in connection). (both Acro SRs exclude Mnt/Dmt)	2. 2 <sup>nd</sup> Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2 <sup>nd</sup> diff. conn.)	3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross/side split	Level 6/7/8: Allowable C's = B All Levels: Restricted elements = no VP credit - 0.50 off SV
3. One 360° Clear Circling element from Grp. 3, 6 or 7 (no hips on bar)	4. Salto Dismount, min. of A	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	2. One Leap/Jump requiring 180° cross/side split (Isolated /in series)	3. Dance Passage w/ min. of two diff. Group 1 ele. (direct/indirect conn.) - one a LEAP requiring 180° cross/side split	4. Min. of 360° Turn on one foot (Isolated/in Series)	<b>Missing SR –</b> -0.50 off SV
4. Salto Dismount, min. of A	4. Salto Dmt – Min. of A	4. Aerial/Salto Dmt - Min. of A	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	4. Min. of 360° Turn on one foot (Isolated /in series)	4. Min. "A" Salto-last Isolated/in Last Acro. conn	

Composition – Execution Deductions				Landing – Execution – General	
Uneven Bars	Balance Beam	Floor Exercise	Landing		
<b>Composition (LEVEL 8 ONLY)</b>	<b>Composition (LEVEL 8 ONLY)</b>	<b>Composition (LEVEL 8 ONLY)</b>	<b>Composition (LEVEL 8 ONLY)</b>		
Choice of dismount not up to competitive level $\uparrow$ 1.0	Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd) $\uparrow$ 1.0	Insuff. use of FX area-Spatially (Floor pattern) $\uparrow$ 1.0	Feet hip-width or closer, never join on dmt $\uparrow$ 0.05		
Uncharacteristic elements each $\uparrow$ 0.10	* If the only diff. direction is in dismount $\uparrow$ 0.05	Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level $\uparrow$ 1.0	Slight hop, adjustment of feet, staggered feet $\uparrow$ 1.0		
1/4 fwd. Giant circle (w/ or w/o grip change) each $\uparrow$ 0.10	More than 1 pivot (str. Leg) 1/2 turn thruout exercise $\uparrow$ 0.10	Failure to perform Saltos in 2 diff. directions (bwd & fwd/swd) $\uparrow$ 0.10	Deviation from straight direction $\uparrow$ 1.0		
Lack of elements that achieve (or pass thru) vertical $\uparrow$ 0.20	More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps) each type $\uparrow$ 0.10	More than 2 dance elements of the same shape (tuck/wolf or straddle jumps) each type $\uparrow$ 0.10	Arm swings to maintain balance $\uparrow$ 1.0		
	Spatially - Insuff. use of entire length of beam $\uparrow$ 1.0	Acro Salto elements not up to competitive level $\uparrow$ 0.20	Feet more than hip-width apart $\uparrow$ 0.10		
	Insufficient level changes $\uparrow$ 1.0	Dance elements not up to competitive level $\uparrow$ 0.20	Steps each $\uparrow$ 0.10 - <b>1.5</b> max $\uparrow$ 0.40		
	Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd) each $\uparrow$ 0.05	Lack of Turn on one (1) foot, min. B $\uparrow$ 0.20	Trunk movements for balance (UB/BB dmt. & FX acro) $\uparrow$ 0.20		
<b>Execution</b>	Choice of dismount not up to competitive level $\uparrow$ 1.0	Lack of min. of three (3) "A" saltos in exercise $\uparrow$ 0.30	Incorrect body posture on landing of VPs $\uparrow$ 0.20		
Swing fwd. or bwd. under horizontal each $\uparrow$ 1.0	Acro elements not up to competitive level $\uparrow$ 0.20		Large step or jump (each $\uparrow$ 0.20) max $\uparrow$ 0.40		
Under-rotation of release/flight elements $\uparrow$ 1.0	Dance elements not up to competitive level $\uparrow$ 0.20		Brush/touch of landing surface w/ hand(s) $\uparrow$ 0.30		
Precision of handstand positions throughout $\uparrow$ 1.0	Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) $\uparrow$ 0.20		Squat upon landing $\uparrow$ 0.30		
Insuff. extension of glides/swings into kips ea. $\uparrow$ 1.0	<b>Execution</b>		Spotting assist upon landing Award VP/SR + $\uparrow$ 0.50		
Poor rhythm in elements/connections each $\uparrow$ 1.0	Feet apart on side pos. landing of leap/jumps each $\uparrow$ 1.0		<b>Execution</b>		
Hesitation during jump to HB/swing to HS ea. $\uparrow$ 1.0	Hesitation in jump, press, swing to HS each $\uparrow$ 1.0		Flexed/sickled feet during Value Parts each time $\uparrow$ 0.05		
Touch, brush on apparatus/mat w/ foot/feet ea. $\uparrow$ 1.0	Incorrect body pos./alignment in Dance VPs each $\uparrow$ 1.0		Legs/knees: crossed $\uparrow$ 1.0 separated $\uparrow$ 0.20		
Landing too close to bars on dismount $\uparrow$ 0.10	Lack of precision in Dance elements each $\uparrow$ 1.0		Insufficient exactness of body shape – N, V, / $\uparrow$ 0.20		
Insuff. amplitude of elements (except *) each $\uparrow$ 0.20	Fails to perform Gr. #3 Turns in high relevé each $\uparrow$ 1.0		Failure to maintain stretched body pos. $\uparrow$ 0.20		
Insufficient dynamics $\uparrow$ 0.20	Lands too close to beam on dismount $\uparrow$ 0.10		- Pikes down (UB, BB, FX)		
- Insufficient swingful execution throughout	Concentration pause (2 sec.) each $\uparrow$ 0.10		Incomplete turn/twist each $\uparrow$ 0.20		
- Energy not maintained throughout exercise	Concentration pause (more than 2 sec.) each $\uparrow$ 0.20		Bent arms in support or bent legs each $\uparrow$ 0.30		
- Fails to make difficult look effortless	Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight) each $\uparrow$ 0.20		Fall or support on hand(s) on apparatus or mat $\uparrow$ 0.50		
Hit on apparatus with foot/feet $\uparrow$ 0.20	Insufficient split when required (Dance/Acro elements) $\uparrow$ 0.20		Falls to land- bottom of feet first on Dmt. Fall $\uparrow$ 0.50 + No VP/SR		
Incorrect padding (heel/hip) CJ $\uparrow$ 0.20	Legs not parallel to beam in split/straddle pike pos. $\uparrow$ 0.20		<b>General</b>		
Insufficient height of salto dismount* $\uparrow$ 0.30	Insufficient dynamics $\uparrow$ 0.20		Fail to present before/after (CJ) each time $\uparrow$ 0.10		
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount $\uparrow$ 0.30	Insuff. height of leaps/jumps/hops each $\uparrow$ 0.20		Fail to mark boundary line on mat CJ $\uparrow$ 0.10		
Insuff. Amplitude of casts* $\uparrow$ 0.30	Insuff. height of Acro flights, Aerials & Saltos each $\uparrow$ 0.20		Exceeds Floor Ex. boundary (CJ) each time $\uparrow$ 0.10		
Insuff. Angle of turn completion $\uparrow$ 0.30	Insuff. sureness of performance throughout $\uparrow$ 0.20		Overtime - BB/FX (CJ) $\uparrow$ 0.10		
Hit on mat with foot/feet $\uparrow$ 0.30	Insuff. variation in rhythm/tempo throughout $\uparrow$ 0.20		Coach between bars or next to BB thruout (CJ) $\uparrow$ 0.10		
Grasp on apparatus to avoid a fall $\uparrow$ 0.30	Support of 1 leg against side of beam each $\uparrow$ 0.20		Excessive use of magnesia (chalk) (CJ) $\uparrow$ 0.20		
Intermediate (extra) swing/cast (Max. 0.50 per elem.) $\uparrow$ 0.30	Relaxed/incorrect footwork in non-VPs throughout $\uparrow$ 0.30		Incorrect attire/jewelry (after 1 warning) (CJ) $\uparrow$ 0.20		
Insuff. amplitude of "B" Clear hip circle* $\uparrow$ 0.40	Insuff. height of Salto dismount $\uparrow$ 0.30		Verbal cues by coach/team (after warning) (CJ) $\uparrow$ 0.20		
Full support on foot/feet on mat during exercise $\uparrow$ 0.50	Add'l movements to maintain balance on the beam $\uparrow$ 0.30		Coach instructs gymnast during routine (CJ) $\uparrow$ 0.20		
	Direction of Gainer dmt off end of beam $\uparrow$ 0.30		Failure to begin exer. w/in 30 sec. of CJ signal (CJ) $\uparrow$ 0.20		
	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount $\uparrow$ 0.30		Exceeds warm-up time (after warning) (CJ) $\uparrow$ 0.20		
	Incorr. body alignment/pos./posture in non-VPs throughout $\uparrow$ 0.30		Incorrect apparatus specs (CJ) $\uparrow$ 0.30		
	Grasp of beam to avoid a fall $\uparrow$ 0.30		Board on unpermitted surface (CJ) $\uparrow$ 0.30		
	Use of supplemental support $\uparrow$ 0.30		Failure to remove board after mount (CJ) $\uparrow$ 0.30		
	Artistry/Presentation:		Use of Supplementary mats (CJ) $\uparrow$ 0.30		
	- Lack of variety in choreography $\uparrow$ 1.0		<b>No Dismount</b> from Start Value $\uparrow$ 0.30		
	- Quality of movement reflects personal style $\uparrow$ 1.0		Lands Acro ele. or dmt in Pit (CJ) No VP/SR + $\uparrow$ 0.30		
	- Quality of expression $\uparrow$ 1.0		Spotting Assist on element No VP/SR + $\uparrow$ 0.50		
			Starts exercise before signal (repetition) (CJ) $\uparrow$ 0.50		
			3 <sup>rd</sup> run approach (UB/BB mounts) $\uparrow$ 0.50		
			Coach on FX mat (CJ) $\uparrow$ 0.30		
			Short Exercise (CJ): BB/FX-less than 30 sec. $\uparrow$ 2.00		
			UB- (less than 5 V p) $\uparrow$ 0.50		
			L6 BB ONLY w/ 10 SV (CJ) $\uparrow$ 0.50		
			Exceeds Fall time (UB/BB) CJ Terminates exercise		

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content								
<b>Level 10</b> *Turn/Flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D/E D/D (C-No turn/flight req.)  <b>Level 9</b> (If no turn/ C+C flight—must be different) Turn/Flight C+C				<b>Level 10</b> Min. of 1 C-Flight 2 <sup>nd</sup> diff. Flight,min. B Min. of C element with LA Turn (excludes Mnt/Dmt) Salto Dmt - Min. of C  <b>Level 9</b> 2 Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. Flight – min. C <b>OR</b> min. B element with LA Turn (excludes Mnt/Dmt) Salto Dmt – Min. of B	<b>Acro Flight</b> (Two elements, excluding dmt) B + C* D/E + D/E * (C must be Salto at Lev. 10; At Lev 9 - C must be Salto or Aerial) <b>Acro flight</b> B+ B +C B+B+C+C (3+ elem. Incl. mnt/dmt)) B+B/B+C+D/E Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt <b>2 Dance/Mixed</b> A+D/E B+D/E (excludes dmt) B+C *C+C *Same or different Dance C+D/E <b>Turns</b> A+C (or reverse) All Acro elements used for CV must have Flight			<b>Level 10</b> Acro Series- 2 dir. conn. Flight ele. min. of 1 C; <b>OR</b> E-Flight + A Non-Flight (excl. mnt/dmt) Leap or Jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C <b>or</b> Min. B w/ C conn.  <b>Level 9</b> Acro Series- two directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split 360° Turn on one Foot Aerial/Salto Dmt – Min.B			<b>Acro Indirect</b> A/B+A/B+C C+C (Saltos/Aerials) B+C A+A+D A+D A+E B/C+D/E  <b>Acro Direct</b> B+B B+C (Saltos/Aerials) A +C A/B+D/E A+A+C A+A+D/E C+C  <b>2 *Dance/Mix</b> B+D/E C+D/E *Same or different *C+C dance D/E-Salto + A-Jump (This order only) No CV for a Turn followed by a Jump	<b>Level 10</b> One Acro Pass w/ min. 2 Saltos (same or diff.), dir./indir. conn. w/ Flight elem. w/wo hand support 3 Diff. Saltos (No Aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. of C Salto - Isolated or in Last Salto conn.  <b>Level 9</b> Same as L10 except Min. of B Salto- Isolated or in Last Salto conn.	<table><tr><td><b>10</b></td><td><b>9</b></td></tr><tr><td>A 3</td><td>3</td></tr><tr><td>B 3</td><td>4</td></tr><tr><td>C 2</td><td>1</td></tr><tr><td>SV</td><td>9.5 9.7</td></tr></table> <b>L10:</b> Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX- E Acro ) <b>L9:</b> allowable D/E's=C 1 <sup>st</sup> eligible D/E = +10 D/E Bonus (any UB / Acro BB/FX) <b>&lt;1 Restricted elem =</b> No VP; -.50 off SV <b>No CV/DV w/ fall or spot</b> <b>Missing SR .50 off SV</b>	<b>10</b>	<b>9</b>	A 3	3	B 3	4	C 2	1	SV	9.5 9.7
<b>10</b>	<b>9</b>																						
A 3	3																						
B 3	4																						
C 2	1																						
SV	9.5 9.7																						

Composition – Execution Deductions					Landing – Execution – General				
Uneven Bars					Balance Beam				
Composition					Composition				
Choice of dmt. not up to competitive level	↑.10				Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)	↑.10			
Faces same direction thruout exer (excl.Mt/dmt)	↑.10				* If the only diff. direction is in dismount	↑.05			
Uncharacteristic elements	each ↑.10				More than one pivot (str. leg) ½ turn thruout exercise	↑.10			
More than one squat/sit on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each ↑.10				More than two Dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↑.10			
¾ fwd Giant circle (w/ or w/o grip change)	each ↑.10				Spatially - Insuff. use of entire length of beam	↑.10			
Failure to perform 2 ele. that fulfill 2 of 4 following requirements, (excl. dmt):	each ↑.10				Insufficient level changes	↑.10			
- Forward element (circle/release) (Min. B)					Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05			
- Element from Groups 3, 6, or 7 (Min. B)					Choice of dismount not up to competitive level	↑.10			
- Element w/ min. 180° LA turn, with/wo flight (Min. C)					Acro elements not up to competitive level	↑.20			
- Single Bar release (Min. D)					Dance elements not up to competitive level	↑.20			
Choice of release elements not up to competitive level (Lev. 10 only)	↑.20				Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↑.20			
Lack of two bar changes (Lev. 10 only)	↑.20				<b>Execution</b>				
<b>Execution</b>					Feet apart on side pos. landing of leaps/jumps	each ↑.10			
Insuff. Angle of arrival-Flight to HS on LB	↑.05				Hesitation in jump, press, swing to HS	each ↑.10			
Swing fwd. or bwd. under horizontal	each ↑.10				Incorrect body pos./alignment in Dance VPs	each ↑.10			
Under-rotation of release/flight elements	↑.10				Lack of precision in Dance elements	each ↑.10			
Precision of handstand positions throughout	↑.10				Fails to perform Gr. #3 Turns in high relevé	each ↑.10			
Insuff. extension of glides/swings into kips	↑.10				Landing too close to beam on dismount	↑.10			
Poor rhythm in elements/connections	↑.10				Concentration pause (2 sec.)	each ↑.10			
Hesitation during jump to HB/swing to HS	↑.10				Concentration pause (more than 2 sec.)	each ↑.20			
Touch, brush on apparatus/mat with foot/feet ea.	↑.10				Rhythm of conn. - Dance/Mixed/Acro (not bwd flight)	each ↑.20			
Landing too close to bar on dismount	↑.10				Insufficient split when required (Dance/Acro elements)	↑.20			
Insuff. amplitude of elements (except *)	each ↑.20				Legs not parallel to beam in split/straddle pike pos.	↑.20			
Insufficient dynamics	↑.20				Insufficient dynamics	↑.20			
- Insufficient swingful execution throughout					Insuff. height of leaps/jumps/hops	each ↑.20			
- Energy not maintained throughout exercise					Insuff. height of Acro flights, Aerials & Saltos	each ↑.20			
- Fails to make difficult look effortless					Insuff. sureness of performance throughout	↑.20			
Hit on apparatus with foot/feet	↑.20				Insuff. variation in rhythm/tempo throughout	↑.20			
Incorrect padding (heel/hip)	CJ ↑.20				Support of 1 leg against side of BB	each ↑.20			
Insufficient height of Salto dismount*	↑.30				Relaxed/incorrect footwork in non-VPs throughout	↑.30			
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30				Insuff. height of Salto dismount	↑.30			
Insuff. Amplitude of casts *	↑.30				Add'l movements to maintain balance on the beam	↑.30			
Insuff. Angle of turn completion	↑.30				Direction on Gainer dmt. off end of beam	↑.30			
Hit on mat with foot/feet	↑.30				Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30			
Grasp on apparatus to avoid a fall	↑.30				Incorr. body alignment/pos./posture in non-VPs throughout	↑.30			
Intermediate (extra) swing/cast (Max. 0.50 per elem)	↑.30				Grasp of beam to avoid a fall	↑.30			
Insuff. amplitude of "B" Clear hip circles*	↑.40				Use of supplemental support	↑.30			
Full support on foot/feet on mat during exercise	↑.50				Artistry/Presentation				
					- Lack of variety in choreography	↑.10			
					- Quality of movement reflects personal style	↑.10			
					- Quality of expression	↑.10			
					Music with words/song (CJ)	0.50			
					Absence of music (CJ)	0.50			

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

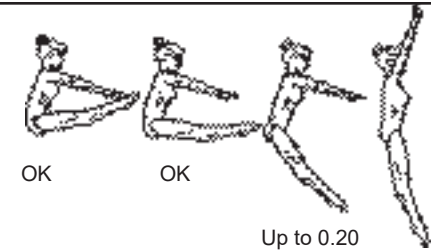
### TUCK JUMP



OK Up to .20 Diff. element

- Evaluation: 90° Hip and knee angle required
- Insufficient tuck position up to 0.20
  - Greater than 135° angle at the hips-  
award VP performed (if applicable)

### PIKE JUMP



Up to 0.20  
Award as applicable

- Evaluation: Minimum of 90° hip angle required
- Insufficient pike up to 0.20
  - Greater than 135° hip angle-  
award VP performed (if applicable)

### WOLF HOP/JUMP



OK Up to .10  
Up to .10 ea. leg Award as applicable

- 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-  
award VP performed (if applicable)

### CAT LEAP



- 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 - award VP performed (if applicable)

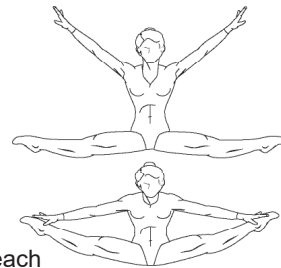
### SIDE SPLIT JUMP/STRADDLE PIKE JUMP

Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split

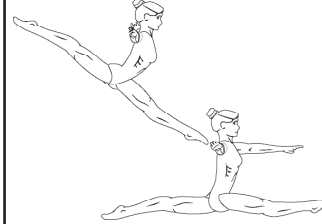
- Insufficient split up to 0.20
- Legs not parallel to beam/floor up to 0.20
- Less than 135° split - award VP performed (if applicable)

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

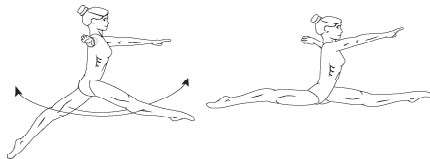


### SISSONNE/SPLIT JUMP



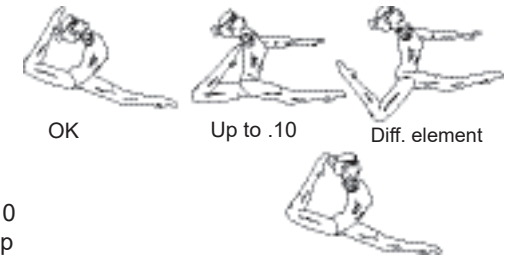
- Evaluation:
- Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°
  - Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split
  - Insufficient split up to 0.20
  - Legs not parallel to beam/floor in split jump up to 0.20
  - Less than 135° split - award VP performed (if applicable)
  - apply appropriate deductions

### SWITCH-LEG LEAP



- 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 VP performed (if applicable)
  - apply appropriate deductions

### RING LEAP/JUMP



- 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 up to 0.10
  - Rear foot at hip height-credit as a split leap/jump or Sissonne 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

### SHEEP JUMP

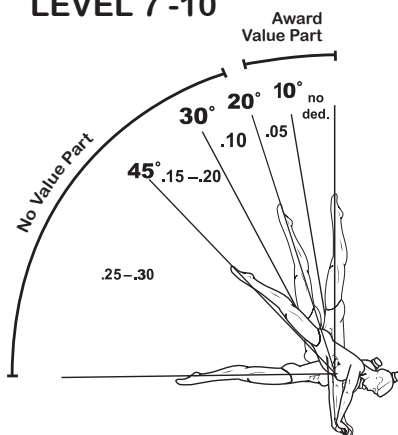
- Evaluation:
- Head release backward past the vertical line is required.
  - Feet expected to be at head height
  - Feet at shoulder or upper back up to 0.10
    - Feet at hip height or no backward head release (regardless of leg height), award VP performed (if applicable)
  - Insufficient arch up to 0.10



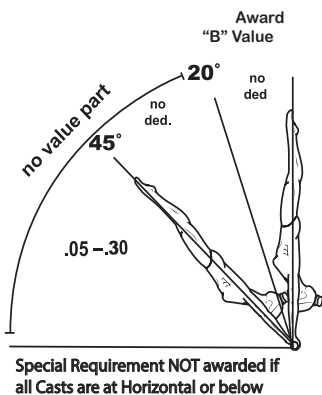
OK Up to .10 Diff. element - insufficient leg Diff. element - due to no Head Release



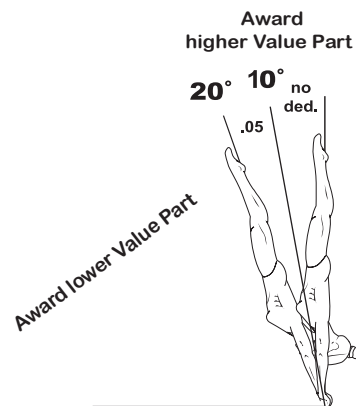
### AMPLITUDE OF CASTS/SWINGS LEVEL 7 -10



### LEVEL 6



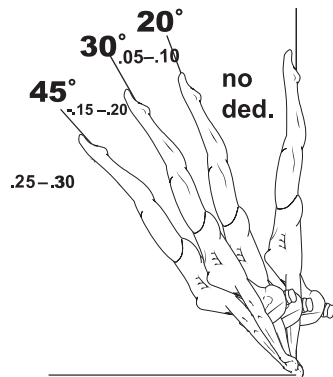
### ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LB



### ANGLE OF BODY AT TURN COMPLETION

For TURNS IN HANDSTAND

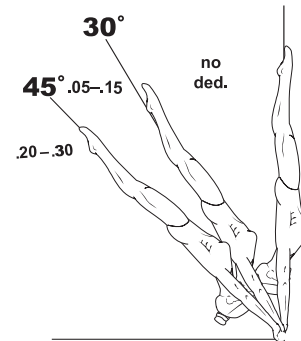
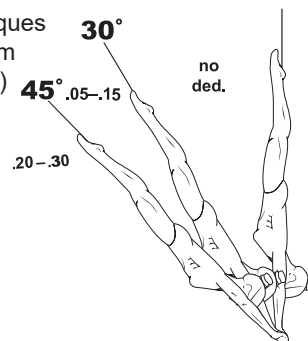
180° pirouettes-all techniques  
360° or more pirouettes turning on both arms  
in handstand phase.



### ANGLE OF BODY AT TURN COMPLETION

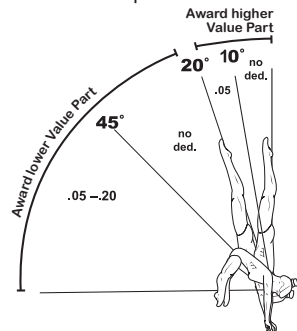
For TURNS IN & AFTER HANDSTAND

540° & more pirouettes-all techniques  
360° pirouettes turning on one arm  
after handstand (Healy technique)

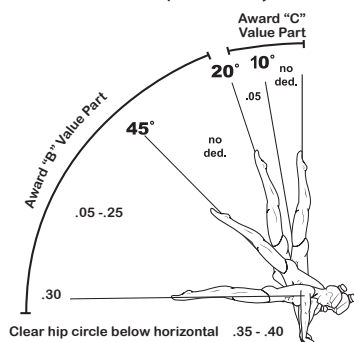


### AMPLITUDE/ANGLE OF COMPLETION OF CIRCLING ELEMENTS

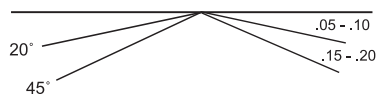
All circle elements except  
Clear hip circle



Clear hip circle only



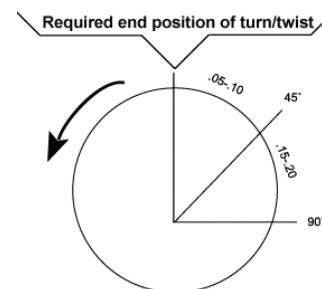
### INSUFFICIENT SPLIT



1° - 20° missing  
21° - 45° missing  
46° or more missing

deduct 0.05 - 0.10  
deduct 0.15 - 0.20  
**award VP performed  
(if applicable)**

### INCOMPLETE TURNS



## Revised 7.15.22

		A	CV	VP
		B	D/E	SR
		C	SV	
		D		
		E		FIN
		A	CV	VP
		B	D/E	SR
		C	SV	
		D		
		E		FIN
		A	CV	VP
		B	D/E	SR
		C	SV	
		D		
		E		FIN

**2022 – 2026 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM - LEVELS 6, 7 & 8**
*Effective August 1, 2022 – July 31, 2026*

SR	SR	SR	SR	SR	SR	Content
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div></div></d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## 2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET LEVELS 8 / 9 / 10

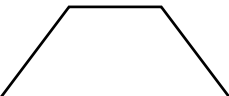



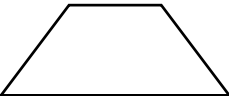
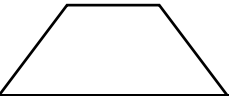
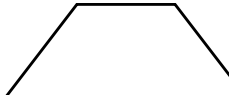

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands for all vaults except: ↑.10 <i>All Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on + Salto off</i> Shoulder Angle ↑.20 Excessive Arch ↑.20 Alternate Repulsion ↑.20 <i>-Except for all Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on - Salto off</i> Legs bent (in support) or early tuck (Salto Vaults) ↑.30 Step(s) w/ hand(s) ea .10 Max .30 Hop(s) w/ both hands simultaneously .30 Failure to pass thru vertical ↑.30 Bent arms ↑.50 (slight lead-arm bend allowed on Grp. 3 vaults) LA turn begun too early ↑.30 <b>Touch with only 1 hand 1.00</b> Head contacting table in support (incl. 0.50 for extreme arm bend) 2.00 No hand contact on table VOID	Incorrect foot form (flexed/sickled) ↑.10 Incorrect Leg form: Crossed ↑.10 Separated ↑.20 Bent ↑.30 Insufficient exactness of Body Pos. ↑.30 • Insufficient N, V • Insufficient stretched pos. * excessive arch ↑.30 * hip angle (136°-179°) ↑.30 Fails to maintain stretch (pikes down) ↑.30 Insuff/late extension of tuck/pike pos. ↑.25 -Total absence of extension .30 Under-rotation of Salto vaults ↑.10 Insufficient exactness of LA turn ↑.10 Late completion of twist ↑.30 (Gr. 1 & Gr. 4/5 w/out Saltos) Brush/hit of body on far end of Vault table ↑.20 Insufficient Length ↑.30 Insufficient Height ↑.50	Lands w/ Feet hip-width or closer; never joins feet/heels together .05 Slight hop/adj. feet/staggered feet ↑.10 Arm swings to maintain balance (on stuck vaults) ↑.10 Lands w/ feet more than hip-width apart .10 Steps each .10 - .15 max .40 Large step/Jump (approx. 3 ft) each .20 max .40 Incorrect Body Posture ↑.20 Trunk movements to maintain balance ↑.20 Squat on landing ↑.30 Brush/touch w/ hand(s) (no support) ↑.30 LA turn incomplete ↑.30 Deviation from straight direction ↑.30 Insufficient Dynamics ↑.30 <b>Failure to punch board sim. w/ 2 feet .20</b> Fall to knees/hips or support on mat with one or both hands .50 Fall against vault table .50 Landing on top of the table in a sitting, lying or standing position VOID Runs onto board/steps up onto Table or rebounds from board to come to rest/support on body parts other than hands VOID Vaults without signal (from average by CJ) .50 Coach between board & table .50 (Except for Gr. 4/5 vaults-no penalty) Spotting assistance during the vault VOID <b>Exception for Lev. 8 Salto vaults:</b> -Spotting assistance during 2 <sup>nd</sup> flight 1.00 -Spotting assistance during 1 <sup>st</sup> flight or Support phase VOID Spotting assistance upon landing .50 Coach catches falling gymnast only .50 - fall Failure to land on bottom of feet 1 <sup>st</sup> VOID Use of alternative springboard VOID No safety zone mat (Gr. 4/5 vaults) VOID
**Line from hands to body part furthest past vertical	<b>For All NON-SALTO Vaults:</b> Too long in support ↑.50 Angle of repulsion - leaves table: By vertical no ded. 1° - 45° .05 - .50 46° - Horizontal .55 - 1.00		

# vault:	SV Ex Score	# vault:	SV Ex Score
# vault:	SV Ex Score	# vault:	SV Ex Score
# vault:	SV Ex Score	# vault:	SV Ex Score
# vault:	Score Ex Score	# vault:	Score Ex Score

**2022 – 26 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM VAULT SCORESHEET - LEVEL 6/7**

1st FLIGHT		SUPPORT/REPULSION		2nd FLIGHT		LANDING/GENERAL	
Incorrect foot form (flexed/sickled) ↑.10		<u>Poor technique:</u>		Failure to maintain neutral head position ↑.10		Incorrect Body Posture on landing ↑.50	
		Staggered/alternate hands-on for all vaults except Tsukahara ↑.10		Incorrect foot form (flexed/sickled) ↑.10		<i>Not applied to L7's landing on back</i>	
<u>Incorrect Leg form:</u>		Failure to maintain neutral head position ↑.10		Incorrect Leg form:		Lands on feet alternately .20	
Crossed ↑.10		Shoulder Angle ↑.20		Crossed ↑.10		If only one foot touches-deduct for leg separation	
Separated ↑.20		Excessive Arch ↑.20		Separated ↑.20		Slight hop/adj. feet toward Table ↑.10	
Bent ↑.30		Alternate Repulsion-all vaults except Tsukahara ↑.20		Bent ↑.30		Steps toward Table each .10 - .15 max .40	
		Legs bent ↑.30		Brush/hit of body on table ↑.20		Large step/Jump toward Table each .20 max. .40	
<u>Poor Technique:</u>		Step(s) w/ hands each .10 (Max. 0.30)		Insufficient Length ↑.20		Deviation from Straight Direction ↑.30	
Failure to maintain neutral head pos. ↑.10		Hop(s) w/ both hands simultaneously Max .30		Failure to create rotation ↑.30		Insufficient Dynamics ↑.30	
Excessive Arch ↑.20		Failure to pass through vertical ↑.30		Failure to maintain prescribed body position. ↑.50		<b>Failure to punch board sim. w/ 2 feet .20</b>	
Hip Angle ↑.30		Bent arms ↑.50		Insufficient Height ↑.50		Land on mat + Fall against Table .50	
		(90° or more = max. ded.)		Arm position when leaving Table No deduction		Failure to land on top of the mat stack 1.00	
		(slight lead-arm bend allowed on Tsukahara vault)				Landing on top of table in a sitting, lying or standing position VOID	
		Too long in support ↑.50				Failure to land on bottom of feet 1 <sup>st</sup> on Front Handspring vault VOID	
		Angle of repulsion:				Failure to land on bottom of feet 1 <sup>st</sup> on Tsuk/Yurchenko for Lev. 6 1.00	
		By vertical no ded. ↑.50				for Lev. 7 No deduction	
		1° - 45° past vertical .05 - .25				<b>1<sup>st</sup> pt. of contact on mat stack head/neck VOID</b>	
		46° past vert. – Horiz. .30 - .50				Salto performed after landing VOID	
		<b>Touch table with only one hand 1.00</b>				Balk #1 No deduction	
		Head contacting table in support (includes 0.50 for extreme arm bend) 2.00				Balk #2 or #3 VOID	
		No hand contact on table VOID				Vaults without signal (from average by CJ) .50	
						Coach between board & table .50	
						(except RO Entry vault-no penalty)	
						Spotting assistance during the vault VOID	
						Spotting assistance upon landing .50	
						(no penalty for spot/assist after landing)	
						Vault performed not one of allowable choices VOID	
						Failure to use a mat stack for landing VOID	
						No safety zone mat (RO Entry vault) VOID	
						Use of alternative springboard VOID	

# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					



## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## BALANCE BEAM

## UP TO 0.20

CHOICE OF BEAM ACRO ELEMENTS (EXCLUDING DISMOUNT) NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8 (C's receive B credit)	LEVEL 9 (D/E's receive C credit)	LEVEL 10 <u>BEAM ACRO FORMULA 1:</u> Routines w/ a maximum of "C" in the Acro Flight Series:	LEVEL 10 <u>BEAM ACRO FORMULA 2:</u> Routines with a "D or E" element in the Acro Flight Series:
No deduction if all criteria met	1. Acro Series w/ 2 "B" Flight 2. Two additional Acro, one a "B"	1. Acro Series w/ 2 Flights, one a "C" 2a. One Salto/ Aerial, OR 2b. One "D/E" Acro Flight w/ hand support * <i>* If Acro series includes a Salto or Aerial, then the additional Acro Flight can be a minimum of "C" w/ or w/out hand support</i>	1a. 2-ele. Acro Flight Series w/ a C-salto, OR 1b. 3-ele. Acro Flight series w/ a C (w/ or w/out hand support) 2. "D/E" Acro Flight (w/ or w/out hand support) 3. Min. of additional "C" salto* or additional D/E Acro Flight (w/ or w/out hand support)  <i>*If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C- Salto.</i>	1. 2-ele. Acro Flight Series w/ min. of one "D or E" Flight 2. One additional "D/E" Acro Flight
0.05	1. Acro Series w/ 2 "B" Flight 2a. Two additional "A" Acro OR 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. 1 additional "C" Acro Flight w/ hand-support	1. 2-element Acro Series w/ C-salto 2. One "D/E" Acro Flight (w/ or w/out hand support)	1. Acro Flight series w/ "D" or "E" ele. 2. Additional C-Salto
0.10	1a. Acro Series w/ 2 "B" flight 2a. One additional "A" Acro OR 1b. Acro Series w/ 1 "B" flight 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. One or more "B" Acro Flight	1a. 2-element Acro Series w/ C-Salto 2a. One additional C-Salto OR 1b. Acro flight series w/out C-Salto 2b. One C-Salto (not in Acro Series) 3b. One "D/E" Acro Flight	1. Acro flight Series w/ "D" or "E" 2. Additional "B" or "C" Flight w/ hand support
0.15	1. Acro Series w/ 1 "B" flight 2. One additional "A" Acro OR 1. Acro Series w/ 2 "B" flight	1. Acro Series w/ 1 or 2 "B" Flight 2. 1 "C" Salto or Aerial	1a. 2-element Acro Series w/ C-Salto OR 1b. Acro Flight Series w/out C-Salto 2b. Only 1 "D/E" Acro Flight	1a. Acro Flight Series w/ "D" or "E" 2a. No additional Acro Flight OR 1b. No Acro Flight Series 2b. Only one "D/E" Acro Flight
0.20 (if all criteria apply)	1a. Acro Series w/ 1 "B" Flight or less difficult, OR 1b. No Acro Flight Series 2. No other Acro	1a. Acro Series w/ 1 or 2 "B" Flight, OR 1b. No Acro Flight Series 2. No other "B" or more difficult Acro	1. No Acro Flight Series, OR Acro Flight Series w/out a Salto or Aerial 2a. No additional "C" or more difficult Salto/Aerial in exercise. OR 2b. Performs only an isolated C-Salto or less difficult <i>Example: Back tuck/Back tuck broken series w/ no other Acro Take 0.20 - the "C" + "O" VP for series can't be used as the additional C.</i>	

## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## BALANCE BEAM

## UP TO 0.20

CHOICE OF BEAM DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction if all criteria met	Minimum of 2 "B's" + 1 "A"	Minimum of 2 "C's"	Minimum of 3 "C's" OR 2 "D/E"
0.05	2 "B's"	1 "C" and 1 "B"	2 "C's" and 1 "B" OR 1 "C" and 1 "D/E"
0.10	1 "B" + 2 "A's"	1 "C"	2 "C's" OR 1 "B" and 1 "D/E"
0.15	1 "B" + 1 "A"	2 "B"	1 "C" and 1 "B" OR 1 "D" or "E"
0.20	Only "A's"	1 "B"	1 "C" OR 2 "B's"

## UP TO 0.10

CHOICE OF BEAM DISMOUNT NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" Acro directly connected to "A" Dismount OR Any "B" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "B" Dismount OR Any "C" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "C" Dismount OR Any "D" or "E" Dismount
0.05	"A" Acro directly connected to "A" Dismount	"A" Acro connected to "B" Dismount OR "B" Dance connected to "B" Dismount	"A" Acro connected to "C" Dismount, OR "B" Dance connected to "C" Dismount, OR Acro Series with a "C" connected to "B" Dismount, OR "D" or "E" Acro Flight connected to "B" Dismount
0.10	Isolated "A" or non-VP Dismount	Isolated "B" Dismount OR Any "A" Dismount	Isolated "C" (or less difficult) Dismount OR "C" Acro Flight or Dance connected to "B" Dismount, or less difficult

*Note: Any Acro Element performed a 3<sup>rd</sup> time (receiving NO Value-Part credit) that is used in a direct connection to a Beam Dismount element may be used to fulfill the Beam Dismount Compositional requirement as a connection. The 0.10 deduction for performing an isolated dismount element is not applied.*

## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10 FLOOR EXERCISE

### UP TO 0.20 CHOICE OF FLOOR ACRO (SALTO) ELEMENTS NOT UP TO THE COMPETITIVE LEVEL – SALTOS MAY BE IN ANY ORDER

- Formulas are based on 4 Saltos performed in a routine; regardless of Direct/Indirect connections or whether saltos are isolated or within an Acro pass.
- There will be an additional 0.05 deduction for each Salto missing from a formula.
- It is impossible to represent all combinations of Saltos. Apply the formula that most closely fits the Saltos performed.

DEDUCTION	LEVEL 8		LEVEL 9		LEVEL 10	
	4 Salto	3 Salto Includes the 0.05 deduction for missing salto	4 Salto	3 Salto Includes the 0.05 deduction for missing salto	4 Salto	3 Salto Includes the 0.05 deduction for missing salto
No deduction (if all criteria met)	B B B A	N/A	C C C A	N/A	D D D A OR D D C B	N/A
0.05	B B A A	B B B -	C C B B	C C C -	D D C A	D D D -
0.10	B A A A	B B A -	C C B A		D C C B	D D C -
0.15	B A A -	N/A	C B B B	C C B -	D C C A	D D B -
0.20	No "B" Saltos Or less than above		No "C" Saltos Or less than above		No "D / E" Saltos Or less than above	

### UP TO 0.20 CHOICE OF FLOOR DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction (if all criteria met)	Minimum of 2 B's + 1 A	Minimum of 2 C's	Minimum of 3 C's OR 2 "D/E"
0.05	2 B's	1 C + 1 B	2 C's + 1 B OR 1 C + 1 D or E
0.10	1 B + 2 A's	1 C	2 C's OR 1 B + 1 D or E
0.15	1 B + 1 A	2 B	1 C + 1 B OR 1 D or E
0.20	Only A's	1 B	1 C OR 2 B's

### UP TO 0.10 VALUE OF SALTO(S) PERFORMED AS LAST ISOLATED SALTO OR W/N LAST ACRO CONNECTION NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	B-Salto	C-Salto OR B+B Direct	D or E-Salto OR C+B Direct (or ↑ difficult) OR C+C Indirect
0.05	A+A (Direct or Indirect)	B+B Indirect OR B+A Direct	C+B Indirect OR C+A Direct
0.10	Isolated A-Salto OR <del>Non-Salto Acro Flight</del>	B+A Indirect (or less difficult conn.) OR Isolated B-Salto or less difficult	C+A Indirect or less difficult conn. OR Isolated C-Salto or less difficult

**2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10  
UNEVEN BARS**

**UP TO 0.20                      LEVEL 10 ONLY: CHOICE OF BAR RELEASE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL**

*When applying this deduction, consider not only the value of the release elements (excluding dismounts), but also:*

- *Type of release*
- *Direct connection to other releases and/or other high value parts*
- *Total number of releases in exercise*

*This chart provides guidelines for routines with 2 release elements. If 3 or more releases are performed, use your judgement when deciding the proper deduction.*

DEDUCTION	LEVEL 10 ONLY
No deduction	Minimum of 2 Different "D or E" Release elements
0.05	1 "D/E" Release Directly connected to "C" Release
0.10	1 Isolated "D/E" Release + 1 Isolated "C" Release
0.15	2 "C's" Directly connected, OR 1 Isolated "D/E" Release + 1 Isolated "B" Release
0.20	2 Isolated "C" Releases, OR 1 "B" and 1 "C" Release element, or less

**UP TO 0.10                      CHOICE OF BAR DISMOUNT NOT UP TO THE COMPETITIVE LEVEL**

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" (or "C" awarded "B") Dismount OR 1 or more "B" elements connected to "A" Salto Dismount	Any "C" (or D/E awarded "C") Dismount	"D" or "E" element connected to "C" Dismount OR "D" or "E" Dismount
0.05		"C or more difficult" element connected to a "B" Dismount	2 "C" elements connected to a "C" Dismount OR "D/E" to "C" connection to a "C" Dismount
0.10	1 "A" element (or non-Value Part) connected to any "A" Dismount	1 "B" element (or less difficult) connected to a "B" (or less difficult) Dismount	1 "C" element (or less difficult) connected to "C" or less difficult Dismount