



Women's Development Program Compulsory Exercises

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2021-2029 Women's Development Program - Compulsory:

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Check this site often, especially in June/July/August of each year for any recent updates and replacement pages. Please be aware that this document is also available as a downloadable "eBook" and as an online digital version, both of which are updated as quickly as possible as well.

This second printing includes all replacement pages as posted by June 16, 2021

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LEVEL 1 VAULT ~ EVALUATION POINTS

1. Run accelerates, shows good form and technique and maintains speed to the board for the **STRETCH JUMP**.
2. The arms swing forward to a completely extended shoulder position with the feet on the board in front of the body and show a tight straight body position during the **STRETCH JUMP**.
3. Achieves a vertical **HANDSTAND** position with the arms straight before and during the **FALL TO STRAIGHT-LYING POSITION**.
4. Maintains a straight-hollow body position from support in **HANDSTAND** to **STRAIGHT-LYING POSITION** with the legs together and feet pointed throughout the **FALL TO STRAIGHT-LYING POSITION**.

LEVEL 1 VAULT ~ DEVELOPMENTAL SKILLS

1. Running Form / Technique

Run with a slightly forward lean, keeping the elbows bent comfortably at 90° and the front knee reaching toward horizontal with a 90° bend, lifting the heels to the buttocks.

Emphasis is on form, not speed at this level.

2. Handstand hops on the floor

SP: Gymnast starts in a half kneel position with the *right* foot in front and *left* shin behind flat on the floor, *left* foot pointed or flexed.

Arms: Backward-diagonally low.

Swing both arms forward-upward to place the hands on the floor shoulder-width apart with a slightly closed shoulder angle.

Simultaneously kick the back leg backward-upward.

Keeping the arms straight, open the shoulders quickly to create a “block” on the floor to arrive in a handstand.

The body remains tight and straight as the legs join approaching vertical, with hips extended, and the head neutral.

Execute a forward roll out of the handstand encouraging the development of rotation.

3. Squat onto stacked mats

Using a short run approach of 3-5 steps, hurdle onto a vault board.

Reach forward toward a stack of mats approximately waist-height and tuck the legs to land in a squat stand, feet between the hands.

Arms: Remain straight and the legs and knees are together.

Extend the legs to finish in a straight stand.

LEVEL 1 VAULT ~TABLE OF PENALTIES

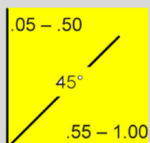
STRETCH JUMP onto a minimum of 16 inches of matting **(value – 5.00)**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between springboard and mat stack or leaning against/bearing weight on the mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge, Chief Judge deducts from average of next completed vault
Run and Board Contact	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> / VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position during jump	
	Up to 0.30	● Arch
	Up to 0.50	● Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the Mat Stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	Arch
	Each phase Up to 0.50	Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	• Contact from 1° to 45° past vertical
	0.55 – 1.00	• Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack; CJ deducts if at least 1/2 of panel sees only one hand touch
	VOID	No hand contact on the mat stack

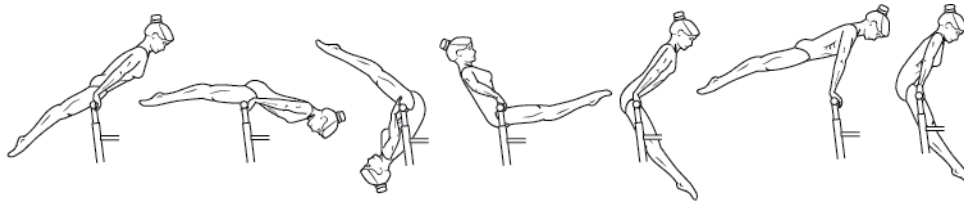


Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height
Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or Medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30 <u>+ 0.50</u>	Squat on landing (hips even with or lower than knees) Lands Vault in squat position, then falls
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)

- If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

Revised 7.23 & 7.24

5. FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)



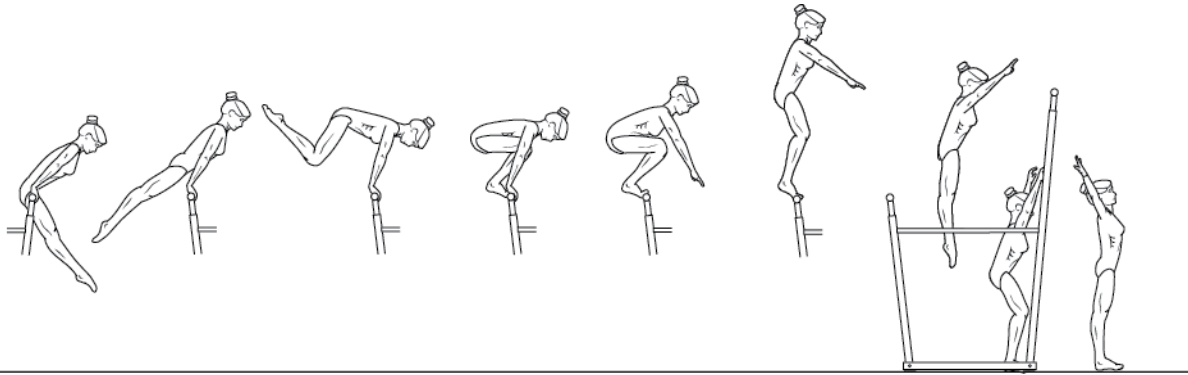
Press down against the bar, extending the body until the thighs touch the bar. Lift the heels to initiate the fall forward, maintaining a straight-hollow body position (no arch). Continue to lift the heels as the body pikes quickly to circle the bar, executing a **FRONT HIP CIRCLE**. A slight arm bend during the circle is acceptable. As the circle nears completion, shift the hands to the top of the bar, straightening the arms, to finish in a front support with the legs/feet in front of the bar (body slightly piked). Maintain straight legs and a neutral head position throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to immediately execute a **SMALL CAST** with legs together.

Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral. Upon completion of the small cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)
Points of emphasis: <i>straight arms and legs throughout with good body position on the CAST</i>			

6. CAST SQUAT-ON **OR PIKE-ON**, STRETCH JUMP DISMOUNT (0.60)



Immediately **CAST** again with straight arms and legs together. Bend the legs (no specific degree of bend is required) **or keep the legs straight** and place the balls of the feet on the bar between the hands in a tuck (**or pike**) position to execute a **SQUAT-ON or PIKE-ON**. If a **PIKE-ON** is performed, the legs are allowed to bend after initial contact with the bar to facilitate the STRETCH JUMP DISMOUNT.

From the tuck (**or pike**) position on the low bar, immediately **JUMP** up toward the High Bar to execute a **STRETCH JUMP** off the bar. No contact with the high bar is allowed. Maintain a tight body position in the air and land in demi-plié in a balanced and controlled position (“stick”).

Arms: Straight by the ears during the jump and optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

	CAST, SQUAT-ON or PIKE-ON, STRETCH JUMP DISMOUNT (0.60)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		<u>0.50</u>	Touches high bar
Points of emphasis: <i>straight arms with good body position throughout</i>			

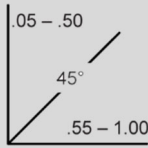
Revised June 12, 2021
 Deleted last deduction on dismount
 “Failure to jump toward the high bar”
 October 2022 Added PIKE-ON
 7.24

LEVEL 4 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> <u>VOID</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) • Level 4 • Level 5
	VOID - Level 4	Use of alternative springboard (trampoline-like) <i>Use of inflatable rebounding device/Junior Board "Pre-School" type (35 $\frac{5}{8}$" X 23 $\frac{5}{8}$" X 9 $\frac{1}{2}$")</i>
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge, Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike
First Flight Phase	See General Faults	

Revised 10.21 & 7.23

Support Phase 	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (failure to leave vault table by vertical – angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical)
	No deduction Up to 0.50 0.55 – 1.00	- Leaves vault table by vertical - Leaves vault table by 01° – 45° past vertical - Leaves vault table by 46° – 89° past vertical
Second Flight Phase	VOID	No hand contact on the vault table
	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.</i>
	Up to 0.50	Insufficient height

Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30 <u>+ 0.50</u>	Squat on landing (hips even with or lower than knees) Lands Vault in squat, then falls
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

- If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
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	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> - <u>0.15</u> (max.) <u>0.40</u>	Small or medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
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	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30 <u>+ 0.50</u>	Squat on landing (hips even with or lower than knees) Lands Vault in squat position, then falls
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

- If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

Revised 7.23 & 7.24

LEVEL 5 – BALANCE BEAM

Time Limit: 1:10

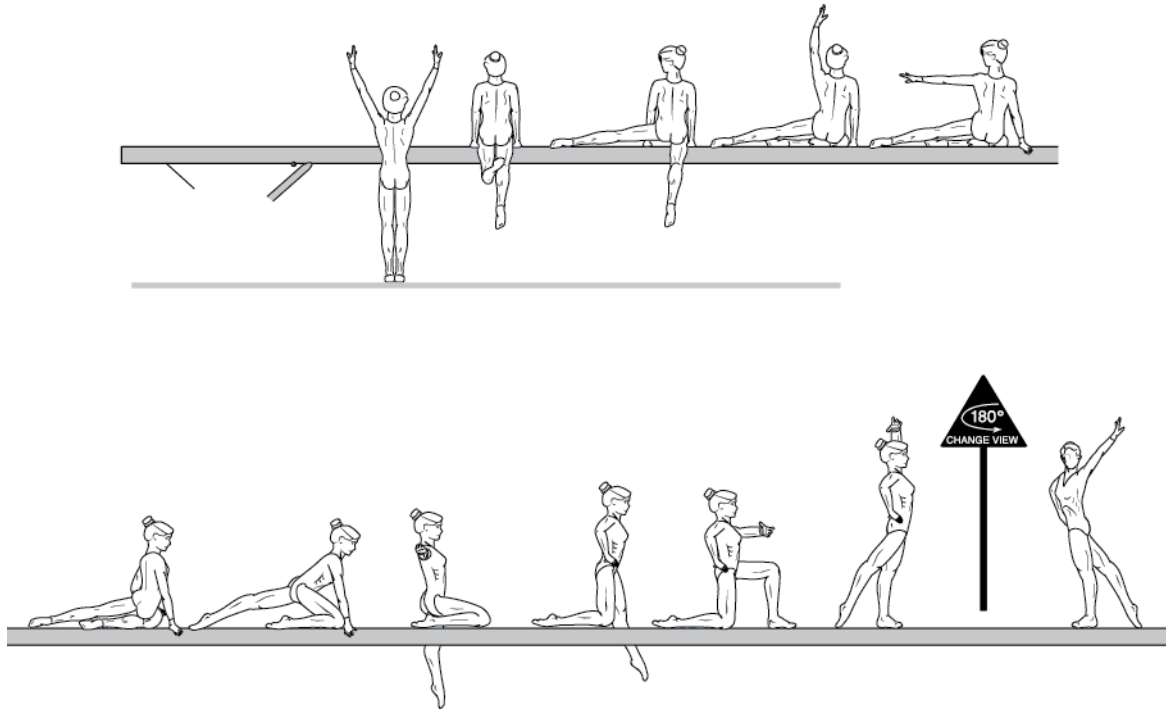
Please note:

- The figures are a guideline to assist with learning the routines. There is flexibility within the text of the routines to allow for choices. Not all of the choices are shown in the pictures. When in doubt, follow the written word of the text.
- **ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT.** All other headings are connections.
- Whenever high position arms are indicated, arms may be curved (crown) or straight.
- Whenever side-middle OR sideward-diagonally-upward arms are indicated, arms may be pressed slightly backward.
- Whenever the text states to “step”, the proper dance technique is to step through the foot (toe, ball, heel) with the feet turned out slightly.
- The routine may be reversed in its entirety; however, **no single element may be reversed unless indicated by an asterisk (*)**.
- Note the figures will always precede the text explanation of the movement.
- To determine if a gymnast is a “*righty* or *lefty*”, first determine the gymnast’s dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing the choreography for a “*right* dominant” gymnast. If teaching a “*left* dominant” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

Starting Position (SP): a board or raised surface (such as a folded panel mat) may be used as a mounting surface but must be removed as soon as possible after the gymnast has mounted.

- The type of acro skill performed in the routine determines where on the beam the gymnast will mount.
- If performing a **backward acro skill**: Start approximately in the center of the beam.
- If performing a **forward / sideward acro skill**: Start with $\frac{1}{4}$ of beam to the *left*. Space the mount so that the *left* foot is close to the end of the beam as the sit position is completed.
- The spacing of the mount should also fit so the **squat turn** later in the routine is performed at the end of the beam.

1. FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand



Place both hands shoulder-width apart on the beam (*left* hand can be straight or sideways) and jump to a **FRONT SUPPORT** with the arms straight and body extended.

As the feet leave the floor, immediately bend the *left* leg backward-upward a minimum of 90° to finish with both knees touching to complete the **FISH POSE MOUNT** (figure 2). It is acceptable for the upper body to be slightly arched, hollowed, or straight.

Press down against the beam and straighten the *left* leg. Lift the straight *left* leg placing the arch of the *left* foot on top of the beam and the heel will be next to the side of the beam. Bend the *right* leg upward and place the side of the *right* foot on top of the beam to arrive in a **stag sit** position with the hips parallel to the beam and the torso straight.

Arms: The *right* hand remains on the beam. As the *right* leg bends into the **stag sit**, lift the *left* arm forward-upward to crown.

Focus: *Left* as the *left* foot is placed on the beam. Forward as the *left* arm moves to crown.

Adjust or turn the *right* hand to grasp the edge of the beam.

Arms: Supply lower the *left* arm sideward-downward to side-middle (*left* arm is in line with the *left* leg).

Focus: *Left*.

Press down with the *right* arm to lift the hips off the beam and turn the torso 90° to the *right*, while placing the *left* hand on the beam beside the *right* hand. The *left* foot remains in contact with the beam. Place the *right* knee on the beam, hips extended. Immediately and sharply lower the straight *left* leg downward beside the beam while simultaneously lowering the hips to sit on the *right* heel. Torso should be erect.

Arms: Lift both arms upward to side-middle.

Focus: Forward.

Raise the buttocks off the heel and extend the hips. Lift the *left* leg forward, bending the knee to place the *left* foot on the beam in front of the *right* knee. The timing of bending the *left* leg is optional. The leg should not kick above the beam before placing the foot.

Straighten both legs to arrive in a **stand** on the *left* leg (foot slightly turned out), with the *right* leg extended backward, *right* foot pointed behind on the beam. At the completion of the stand, turn the torso slightly to the *left*.

Arms: Lower the *right* arm sideward-downward to place the *right* hand on the *right* hip. In a continuous circular motion, lower the *left* arm sideward-downward to low and continue lifting forward-upward through crown. Without pausing, continue the movement by pressing open the *left* arm to finish sideward-diagonally-upward. Palm out.

Focus: *Left* at the completion of the stand.

	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale

Points of emphasis:

posture and straight arms in front support and quick rhythm to stand

2. Forward Passé Pose, (*) BACK WALKOVER (150°) (0.60)

OR (*) BACKWARD ROLL TO MINIMUM OF $\frac{3}{4}$ HANDSTAND (0.60)

OR (*) FLIC-FLAC STEP-OUT (0.60)

OR FLIC-FLAC TO TWO (2) FEET (0.60)

OR (*) FRONT WALKOVER (150°) (0.60)

OR (*) ROUND-OFF (0.60)



Demi-Plié the *left* leg and simultaneously swing the straight *right* leg forward to horizontal.

Arms: Lift the *right* arm forward-upward to forward-middle. Simultaneously, by bending and straightening, lower the *left* arm to forward-middle. Palms down.

Bend the *right* leg to touch the *right* foot to the *left* knee in **forward passé** (tap).

Immediately without moving the *right* knee, move the *right* foot slightly forward off the knee and quickly bring it back to **forward passé** (tap).

A slight contraction is allowed (not required) during the passé.

Arms: When the *right* leg arrives in **forward passé**, bend the *right* arm to touch the middle finger inside the *left* arm with the *right* elbow out, palm facing out away from the body. *Left* arm remains forward-middle.

Extend both legs and point the *right* foot on the beam.

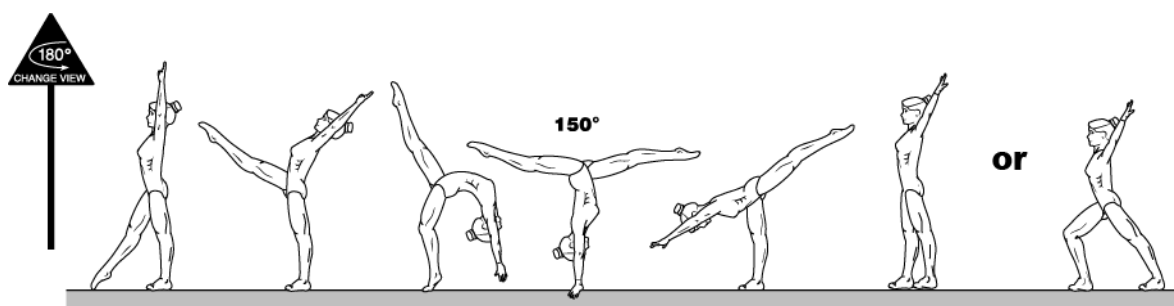
Arms: Open both arms to side-middle on the point, then lift sideward-upward to high in preparation for the acro skill.

Focus: Forward.

The rhythm is a quick kick, tap, tap, point.

If reversing the **BACK WALKOVER**, after the **forward passé pose**, step forward *right* and point the *left* foot forward.

2a. (*) BACK WALKOVER (150°) (0.60)



Lift the *right* leg forward-upward (a slight pause with the leg lifted prior to arching back is acceptable). Anytime during the leg lift, arch the upper back to reach backward, grasping the beam with the hands side-by-side, thumbs on top of the beam. As the *left* foot pushes off the beam, push the shoulders over the hands to execute a **BACK WALKOVER**, passing through a handstand position with a **minimum of 150°** leg separation, shoulders extended.

Focus: On the hands.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot to finish with both legs straight and feet flat on the beam (figure 6) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 7).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)

Points of emphasis:

stretched body alignment through vertical, straight legs

Arms: The movement pattern of the arm swing to initiate the **FLIC-FLAC to TWO FEET** is optional. Remain in high throughout. Open sideward-diagonally-upward on the finish.

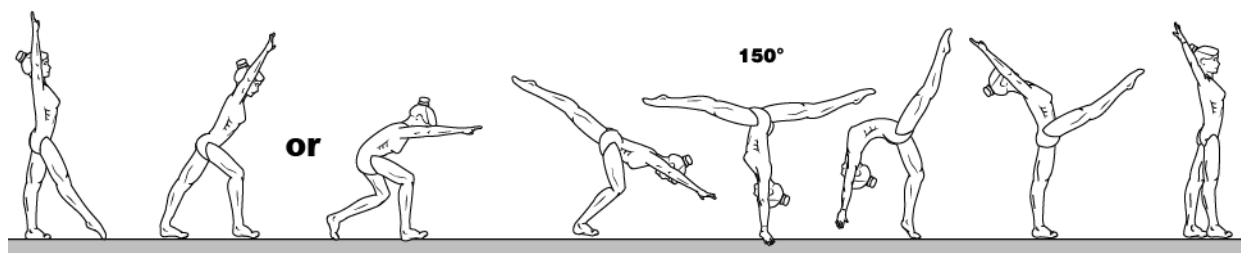
	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties
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Points of emphasis:
straight arms and legs, posture (inverted stretched position)

If the **BACKWARD ACRO SKILL** was reversed, simply return to the text.

If reversing the **FRONT WALKOVER**, after the **forward passé pose**, step forward *right* and point the *left* foot forward.

2e. (*) **FRONT WALKOVER (150°) (0.60)**



Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR “mountain climber entrance” (figure 3) on the *right* leg.

To execute the **FRONT WALKOVER**, lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the beam. Continue to lift the *left* leg backward-upward as the torso lowers.

Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the *right* leg to pass through a split handstand with a **minimum of 150°** leg separation, shoulders extended, with focus on the hands. Continue to open the shoulder angle past the hands and arch the upper back, lowering the *left* leg toward the beam to pass through a bridge position on the *left* foot with straight arms.

Press the *left* hip and thigh forward, push from the hands and stand up to close the *right* foot in front of the *left* foot with both feet parallel.

Arms: Maintain high throughout the skill. Open to sideward-diagonally-upward on the finish.

Focus: Maintain focus on the hands until the second foot makes contact with the beam, then focus forward.

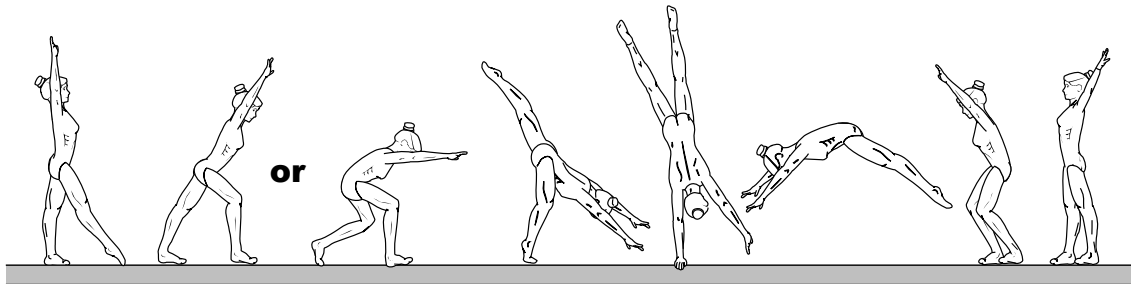
	(*) FRONT WALKOVER (150°) (0.60)	0.10	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)

Points of emphasis:
stretched body alignment through vertical, straight legs

If the **FRONT WALKOVER** was reversed, simply return to the text.

If reversing the **ROUND-OFF**, after the forward passé pose, step forward *right* and point the *left* foot forward.

2f. (*) **ROUND-OFF** (0.60)



Rt. or Lt. foot in front

Transfer the weight onto the *right* foot to execute a *right* lunge OR 'mountain climber entrance' on the *right* leg.

To execute the **ROUND-OFF**, kick the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90° *left*. Continue to kick the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways, or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **ROUND-OFF** *right*. When the hands are on the beam, the body is in an inverted stretched body position. Push off of the beam with the arms and shoulders. Turn 90° inward to snap down while keeping the ears covered by the arms.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the beam on the snap down. With the legs together and straight, snap the body up while keeping the ears covered by the arms to finish in a straight or demi-plié stand. The foot position on landing is optional. Legs extend straight on the completion of the skill.

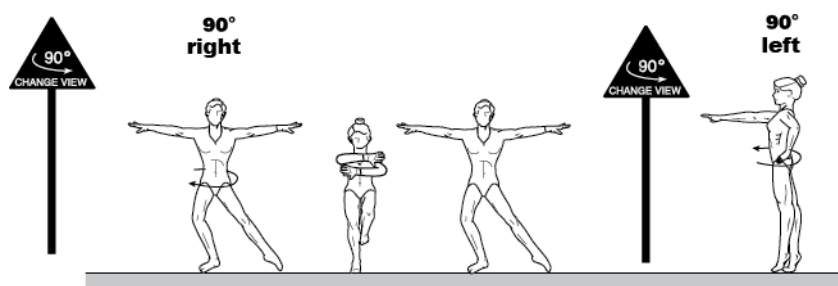
	(*) ROUND-OFF (0.60)	Up to 0.30	Failure to pass through vertical
		0.10	Failure to land on both feet simultaneously
		0.30	Failure to show flight from hands to feet (i.e., hands and feet on the beam at the same time)

Points of emphasis:

Stretched body alignment through vertical, straight arms and legs, flight off hands

If the **ROUND-OFF** was reversed, simply return to the text at the completion of the side lunge.

3. Side Lunge, Forward Passé Pose, Side Lunge, Relevé “Lock” Stand



While turning 90° *right*, take a small step/slide backward (toward the *left* foot) placing the *right* foot sideways on the ball of the foot (relevé not required) on the beam in demi-plié while extending the *left* leg to the side (slightly turned out), pointing the *left* foot on top of the beam to finish in a **side lunge**. If the acro skill used a closed exit, relevé on the *right* foot instead of stepping/sliding and continue with the text as written.

If performing a Round-off: While turning 90° *left*, press on the ball of the *right* foot (relevé is not required) on the beam in demi-plié while extending the *left* leg to the side (slightly turned out), pointing the *left* foot on top of the beam to finish in a **side lunge**.

Arms: Supply lower both arms sideward-downward to side-middle.

While maintaining the *right* leg in demi-plié, bend the *left* leg and point the *left* foot forward to touch the *right* knee (**forward passé pose**). The upper body remains straight. The *left* knee is allowed to twist slightly inward in the **forward passé pose**.

Arms: Move both arms forward to finish with both arms in forward-middle, sharply bent 90°, with one arm on top of the other (hands directly in line with the opposite elbow, either arm on top) slightly separated. The palms are out.

Focus: Optional.

Maintaining the *right* leg in demi-plié, extend the *left* leg to the side (slightly turned out) to return to the **side lunge**.

Arms: Sharply open both arms to side-middle.

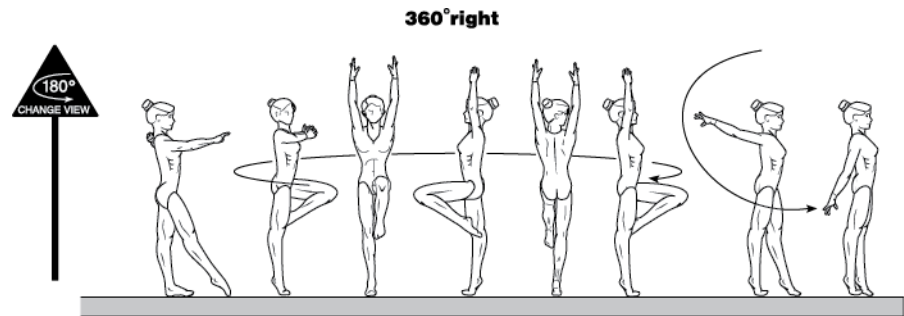
While turning 90° *left*, extend the *right* leg and pull the extended *left* leg backward to finish with the *left* foot in front of the *right* foot in a **relevé “lock” stand**.

Arms: Lower the *left* arm sideward-downward to place the *left* hand on the *left* hip. Supply wave the *right* arm to finish in forward-middle with the palm down.

Focus: Optional.

If reversing the 1/1 (360°) **TURN IN FORWARD PASSÉ**, lower the *right* heel to the beam, then point the slightly turned out *left* foot forward on the beam. In addition, reverse the arm pathway in preparation for the turn.

4. (*) 1/1 (360°) **TURN IN FORWARD PASSÉ** (0.40), Relevé “Lock” Stand



Lower the *left* heel to the beam; then point the slightly turned out *right* foot forward on the beam.

Arms: Move the *left* arm forward-upward to crown and continue this circular action by lowering/opening the *left* arm sideward-downward to side-middle. During the *left* arm circle, the *right* arm either curves to finish in forward-middle-curved OR opens sideward to finish in side-middle. Both arms should complete the movement at the same time.

Transfer the weight onto the *right* foot, using one of the acceptable turn preparations listed in the glossary. Execute a **1/1 (360°) TURN** to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (**FORWARD PASSÉ**). **Mark the position** in relevé at the completion of the turn. The heel is allowed to lower to the beam after marking the position.

Arms: During the **1/1 (360°) TURN**, the arms are in crown. The pathway to move the arms from the preparation to crown is optional.

Step forward *left* in relevé, then close the *right* foot behind the *left* foot in a **relevé “lock” stand**.

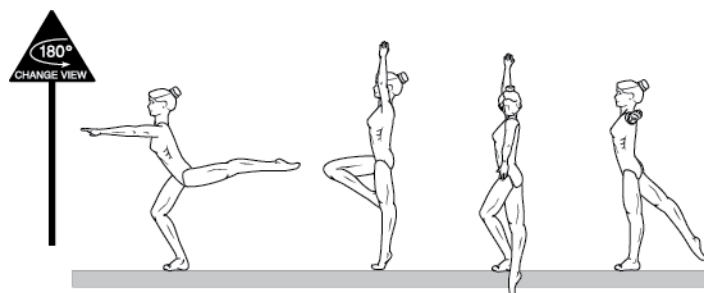
Arms: Arms either circle backward-downward OR sideward-downward to low or backward-diagonally-low.

	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

Points of emphasis:
immediate placement of free leg in forward passé position, high relevé, complete 360° turn, control/balance at completion of turn, coordination of the arms to crown position

If the 1/1 (360°) TURN was reversed, simply return to the text.

5. Backward Kick, Forward Passé Pose, Dip Pose, Stand



Demi-plié the *right* leg while simultaneously kicking the *left* leg backward-upward to a minimum of horizontal to execute a **backward kick**. The torso is allowed to lean forward as long as there is an arch shown in the upper back.

Arms: Lift the *left* arm forward-upward to forward-middle. Simultaneously, lift the *right* arm sideward-upward to side-middle (opposition arms).

Step backward *left* in relevé and bend the *right* knee forward and pull the pointed *right* foot forward to touch the *left* knee on the **forward passé pose**.

Arms: Lift the *left* arm forward-upward to crown. Simultaneously, lift the *right* arm sideward-upward to crown.

Lower the *left* heel and demi-plié the *left* leg. Extend the *right* leg downward crossing the *right* foot behind the *left* foot, sliding the *right* foot along the opposite side of the beam next to the *left* foot to execute the **dip pose** (figure 3).

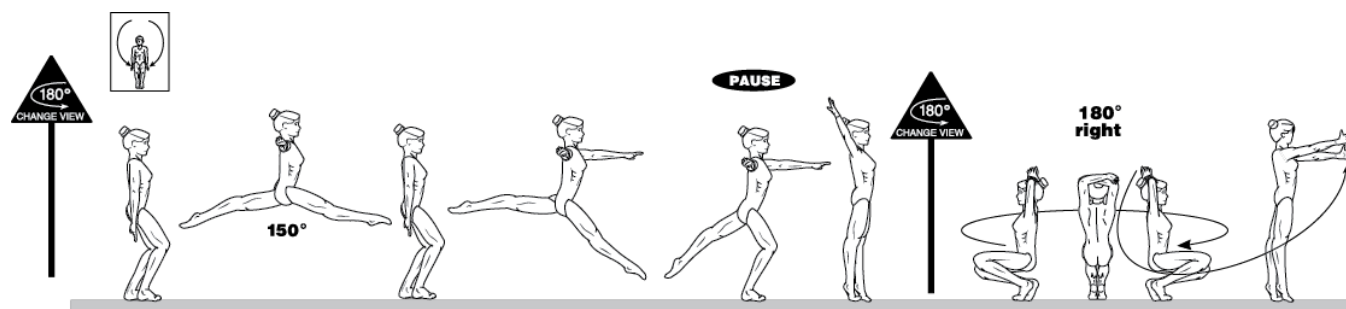
Arms: Lower the *left* arm supply sideward-downward to sideward-diagonally-low. The *right* arm opens to sideward-diagonally-high, palm out.

Focus: *Left*.

Immediately straighten the *left* leg to **stand** with the *right* leg extended backward with the *right* foot slightly off the beam.

Arms: Lift the *left* arm sideward-upward to side-middle. The *right* arm lowers sideward-downward to side-middle.

6. SPLIT JUMP (150°) (0.40), SISSONNE (0.20), Relevé “Lock” Stand, 180° Squat Turn

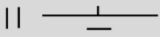


Immediately step forward *right*. Close the *left* foot behind the *right* foot with both heels down and the feet slightly turned out. Demi-plié both legs.

Arms: Lower sideward-downward to low or backward-downward to backward-diagonally low. Push off the beam, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a **minimum of 150°** even leg separation with the *right* leg forward, *left* leg behind.

Land on both feet simultaneously in demi-plié, pressing through the balls of the feet to lower the heels toward the beam, *right* foot in front of the *left* foot with both feet slightly turned out.

Arms: Lift sideward-upward to side-middle during the split jump. Lower both arms sideward-downward during the landing of the jump (the arms may lower anywhere from side-middle to low).

	SPLIT JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
<i>Points of emphasis: posture, amplitude, correct leg alignment with even leg separation</i>			

Insufficient continuity between SPLIT JUMP and SISSONNE	No deduction	
Connection broken between SPLIT JUMP and SISSONNE	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>

SISSONNE (0.20)

Immediately jump or punch off the beam, extending both legs through the hips, knees, ankles, and toes to execute a **SISSONNE**, showing a leg separation with the *right* leg extended forward 45° and the *left* leg extended backward off the beam to a minimum of horizontal.

Land on *right* leg in demi-plié, with the *left* leg extended backward and turned out in a low arabesque position. **Pause.** The emphasis is on good height and posture in both jumps.

Arms: There are two options: Lift the *left* arm forward-upward to forward-middle. Lift the *right* arm sideward-upward to side-middle (opposition), OR lift both arms sideward-upward to side-middle.

Step *left* in relevé, then close the *right* foot behind the *left* in **relevé “lock” stand**.

Arms: Lower both arms sideward-downward to low. Continue lifting both arms forward-upward to high, then open both arms to finish sideward-diagonally-upward.

Immediately lower to a deep squat with the buttocks close to the heels; the torso remains erect.

Arms: Bend both arms 90°, grasping the elbows above the head.

Execute a **180° Squat Turn** to the *right*.

Arms: Remain high above head with both arms bent 90°, grasping the elbows.

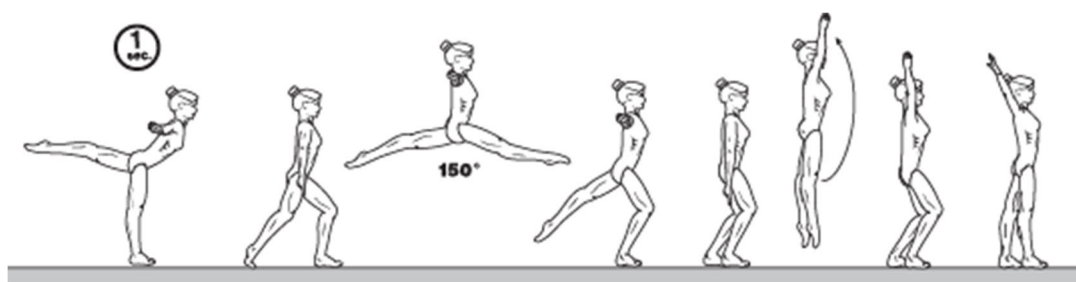
Quickly extend both legs to a relevé stand with the feet slightly apart.

Arms: Circle both arms backward-downward-forward-upward to finish with the *left* arm forward-middle, *right* arm slightly higher than the *left*. Both hands have the palms turned in with the fingers open and spread apart (this should be a sharp/straight dynamic hand movement).

Focus: Slightly *left*.

	SISSONNE (0.20)	Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing
<i>Points of emphasis: posture, amplitude, proper leg alignment</i>			

7. SCALE (ABOVE HORIZONTAL) (0.40), STRAIGHT LEG LEAP (150°) (0.60), STRETCH JUMP (0.20)



Lower the *right* heel to the beam. Keeping the torso erect, lift the turned out straight *left* leg backward-upward as the upper body tilts slightly forward to finish in a **SCALE** with the *left* (rear) leg held **above horizontal**. The *left* hip is allowed to un-square/rotate slightly to show turn out in the **SCALE**. **Hold one second**.

Arms: Move both arms backward to side-middle.

Focus: Forward.

	SCALE (ABOVE HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold one second
Points of emphasis: posture and straight legs			

STRAIGHT LEG LEAP (150°) (0.60)

Raise the torso and take a long, dynamic step (or low straight leg run) forward *left* and swing the straight *right* leg forward-upward, pushing off the beam with the *left* leg.

Swing the *left* leg backward-upward to execute a **STRAIGHT LEG LEAP** with a **minimum of 150°** even leg separation in flight.

Land on the *right* leg in demi-plié with the *left* leg extended backward and turned out in a low arabesque position. The emphasis is on body alignment and height of the leap.

Arms: During the step, lower both arms sideward-downward to finish low at the sides of the body. During and on the landing of the leap, use one of the three acceptable arm positions for leaps listed in the Glossary.

	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
<i>Points of emphasis: posture, amplitude, correct leg alignment with even leg separation</i>			

Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP	No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP	<u>0.05</u>	<u>Note:</u> Refer to the General Faults and Penalties for further explanation of this deduction

STRETCH JUMP (0.20)

Immediately close the *left* foot behind the *right* in demi-plié. Push off the beam, extending both legs through the hips, knees, ankles, and toes with the legs together to execute a **STRETCH JUMP**. During the jump, the inner thighs should press together resulting in the press of the heel of the *right* foot against the front of the *left* foot.

Arms: Lift the arms to crown in the jump. The pathway to crown is optional.

Land on both feet simultaneously in demi-plié, pressing through the balls of the feet to lower the heels toward the beam, *right* foot in front of the *left* foot with both feet slightly turned out.

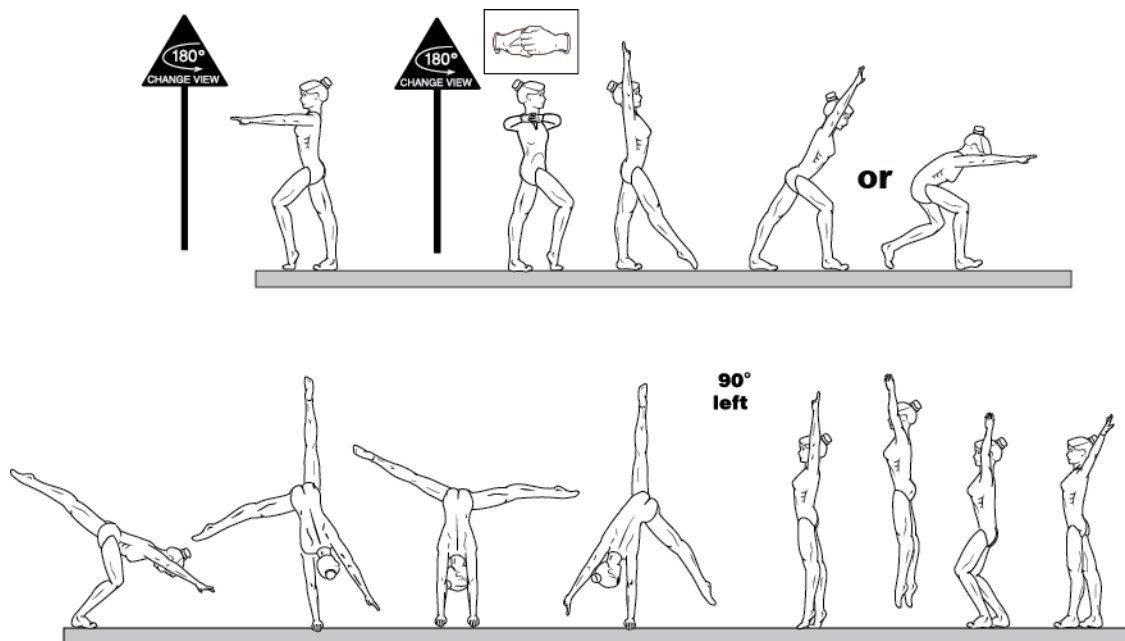
Arms: The arms remain in crown on the landing.

Extend the legs to finish in a straight stand.

Arms: Open to sideward-diagonally-upward.

	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
<i>Points of emphasis: posture, pointed feet and height, good continuity between jumps</i>			

8. Lunge Pose, Lunge Pose, (*) **CARTWHEEL** (0.60), **STRETCH JUMP (PUNCH)** (0.20)



Step backward on the *right* leg to finish in a **left lunge pose** with the *left* foot in forced arch, the *left* knee and both hips forward.

Arms: By bending and straightening, lower both arms forward-downward to forward-middle, palms down.

Step backward on the *left* leg to finish in a **right lunge pose** with the *right* foot in forced arch, the *right* knee and both hips forward. Turn the torso slightly to the *right*.

Arms: While bending the arms toward the chest with elbows out, and forearms parallel to the floor, bring the palms of hands toward each other with the *right* hand closest to the chest. The back of the *right* hand is toward the chest and the palm of the *left* hand is toward the chest. Hook the fingers together (see figure 2) with the palms of the hands facing each other.

Focus: Forward.

Extend the *right* leg and point the *right* foot on the beam.

Arms: Lift both arms up to high.

If reversing the **CARTWHEEL**, after extending the *right* leg, step forward *right* and point the *left* foot forward.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 4) OR “mountain climber entrance” (figure 5) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **CARTWHEEL** *right*.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the beam on the step-down.

	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		<u>0.20</u>	Closing the second foot in front of first foot on landing
<i>Points of emphasis: correct body and head alignment</i>			

Insufficient continuity between CARTWHEEL and STRETCH JUMP	No deduction	
Connection broken between CARTWHEEL and STRETCH JUMP	<u>0.05</u>	<u>Note:</u> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>

STRETCH JUMP (PUNCH) (0.20)

Turn **90°** inward to step down *left* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *left* leg and immediately close *right* behind the *left* foot. Immediately punch off the *right* foot to execute a **STRETCH JUMP (PUNCH)**. Land in demi-plié.

Arms: Remain in high throughout.

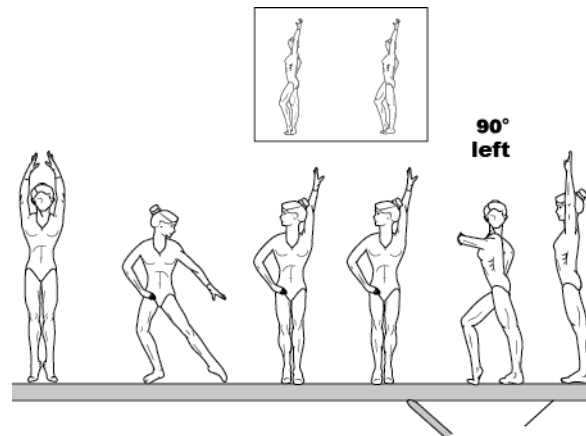
Extend both legs.

Arms: Open sideward-diagonally-upward on the finish.

	STRETCH JUMP (PUNCH) (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
<i>Points of emphasis: posture, show “punching action”, pointed feet and height</i>			

If the **CARTWHEEL** to **STRETCH JUMP (PUNCH)** was reversed, delete the *left* backward step, relevé on both feet and close the *right* foot in front of the *left* foot to the **side relevé stand**.

9. Side Relevé Stand, Side Lunge Pose, Forced Arch Pose, Forced Arch Pose, BACK SALTO TUCKED DISMOUNT (0.60)



While turning 90° to the *left*, step backward *left* in relevé and close the *right* foot beside the *left* foot to finish in a **side relevé stand**. Feet may be parallel or slightly turned out.

Arms: Lift to crown.

Demi-plié the *right* leg while extending the *left* leg to the side (slightly turned out), pointing the *left* foot on top of the beam to execute a **side lunge pose**.

Arms: Lower the *left* arm sideward-downward to sideward-diagonally-low. Simultaneously, lower the *right* arm sideward-downward to place the *right* hand on the *right* hip.

Focus: At the completion of the side lunge, focus on the *left* hand.

Step sideward *left* (flat foot) to move toward the end of the beam. Close the *right* foot next to the flat *left* foot with the ball of the *right* foot on the beam to execute the **forced arch pose** with the *right* foot.

Arms: Lift the *left* arm sideward-upward to high. *Right* hand remains on the hip.

Focus: *Right*.

Lower the *right* heel to the beam and simultaneously lift the *left* heel off the beam to finish in a second **forced arch pose** with the *left* foot.

Arms: *Left* arm remains high. *Right* arm remains on the hip.

Focus: Remains down the beam (*right*).

While turning 90° to the *right*, push down on the *left* foot and snap the *left* heel around to finish with the *left* foot parallel, heel close to or at the end of the beam. As the turn occurs, slide the *right* foot slightly forward to finish with the *right* heel off the beam to a *right* lunge with the *right* foot in forced arch with the *right* knee and both hips forward.

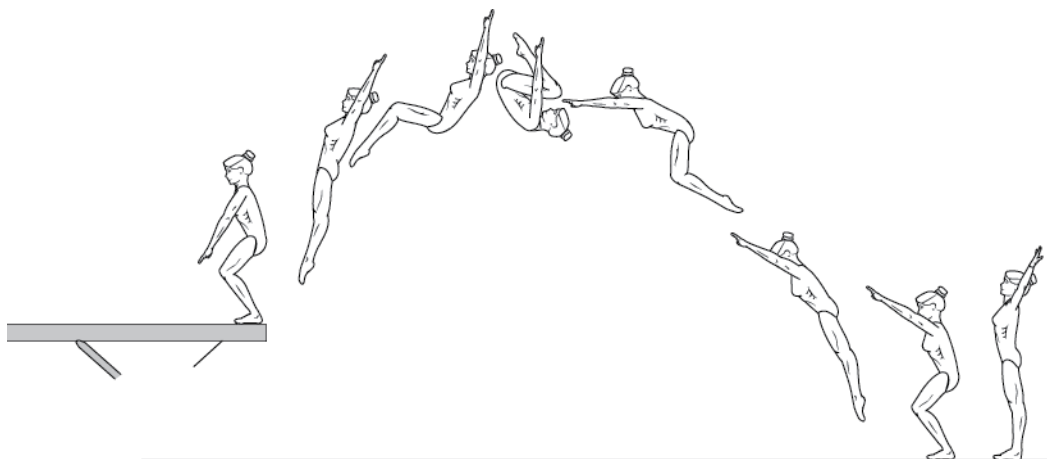
Arms: Lower the *left* arm forward-downward and bend the *left* arm to touch the fingertips of the index and second finger to the *right* shoulder, palm out. The *right* hand remains on the hip.

Focus: *Left*, over the *left* shoulder.

Close the *right* foot to the *left* foot. Actual foot placement is optional.

Arms: Lift both arms forward-upward to high.

BACK SALTO TUCKED DISMOUNT (0.60)



Demi-plié both legs and lower the torso slightly. Extend the torso and dynamically extend the knees while lifting the knees forward-upward to achieve a minimum or 90° tuck position (hip and knee angle). Hand grasp of the legs is optional.

Continue to rotate upward and backward as the hips rotate over the head to execute a **BACKWARD SALTO TUCKED**.

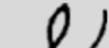
In preparation for the landing, extend the body from the tucked position.

Land in demi-plié in a balanced and controlled position ("stick").

Arms: In preparation and landing for the dismount, the arms are optional.

Extend the legs to finish in a straight stand.

Arms: Move to high, then open to sideward-diagonally-upward.

	BACKWARD SALTO TUCKED (0.60)	Up to 0.30	Insufficient height and extension of jump with hip lift
		Up to 0.20	Insufficient tuck shape of salto
		Up to 0.20	Incorrect posture with control on landing
<i>Points of emphasis: height, shape, landing with good posture</i>			

LEVEL 5 BALANCE BEAM ~ DEVELOPMENTAL SKILLS

1. Cross handstand step down to immediate flic-flac step-out

Transfer the weight onto the *right* foot to execute a *right* lunge OR “mountain climber entrance” on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the beam. Continue to lift the *left* leg backward-upward as the torso lowers.

Reach forward to grasp the beam, placing the hands side-by-side with the thumbs on top of the beam. Push off the beam with the *right* leg to arrive in a **cross handstand** with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands showing a straight line from the wrists to the ankles.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot.

To execute the **flic-flac step-out**, lean backward, bending and extending the knees to jump backward off the beam onto the hands in an inverted stretched body position. Push off of the beam with the arms and shoulders; separate the legs to step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* behind the *right* foot to finish with both legs straight and feet flat on the beam OR to finish in a *right* lunge, pressing the *right* knee and both hips forward.

HAND POSITION ON THE BEAM: Optional.

2. Cartwheel to back salto tucked off end of low beam (dismount preparation)

Transfer the weight onto the *right* foot to execute a *right* lunge OR “mountain climber entrance” on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90° *left*. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **cartwheel right**.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the beam on the step-down.

Turn 90° inward to step down *left* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *left* leg and immediately close *right* behind the *left* foot.

Immediately punch off the *right* foot to execute a **salto backward tucked**. Land in demi-plié.

Arms: In preparation and landing for the dismount, the arms are optional.

Extend the legs to finish in a straight stand.

Arms: Move to high, then open to sideward-diagonally-upward.

3. Round-off to stretch jump off end of low beam (dismount preparation)

Transfer the weight onto the *right* foot to execute a *right* lunge OR “mountain climber entrance” on the *right* leg.

Kick the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching down to place the *right* hand sideways on the beam as the body turns 90° *left*. Continue to kick the *left* leg backward-upward as the torso lowers.

Place the *left* hand on the beam sideways or slightly turned in (hands shoulder-width apart) as the *right* leg pushes off the beam to execute a **round-off right**.

The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the beam on the snap down.

While keeping the ears covered by the arms, turn **90°** inward. Push explosively off the beam with the arms and shoulders while simultaneously snapping down to land on both feet with one foot in front of the other in relevé.

Immediately rebound to execute a **stretch jump**, moving backward beyond the end of the beam. Land on both feet simultaneously in demi-plié on the landing mat.

Extend both legs to a straight stand.

LEVEL 1 VAULT ~TABLE OF PENALTIES

STRETCH JUMP onto a minimum of 16 inches of matting **(value – 5.00)**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault

Run and Board Contact	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> /VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first

Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position during jump	
	Up to 0.30	• Arch
	Up to 0.50	• Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first

HANDSTAND, FALL TO STRAIGHT – LYING POSITION (value – 5.00)

General Faults	Each <u>0.50</u>	Extra kick up to handstand
	<u>2.00</u>	Spotting assistance of coach after gymnast achieves hand support on the mat stack
	5.00/VOID	Performing incorrect element (i.e. forward roll)

Approach	Up to 0.20	Failure to keep ears covered by arms when moving into the handstand
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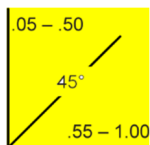
Handstand	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position in handstand	
	Up to 0.30	Arch
	Up to 0.50	Pike
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent

Landing Phase	Up to 1.00	Failure to land in a straight-lying position on the back. Examples for applying this deduction:
	<u>1.00</u>	Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	Gymnast makes any of the above execution errors, then lies back to a straight lying position: - Execution deductions may be applied for the errors, while the gymnast is falling to her back (post- handstand phase) - Evaluation finishes when the gymnast arrives in a straight-lying position

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the Mat Stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	<u>0.05 – 0.50</u>	Contact from 1° to 45° past vertical
	<u>0.55 – 1.00</u>	Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack, Chief Judge deduction, if at least 1/2 of panel sees only one hand touch
	VOID	No hand contact on the mat stack



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or medium Step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30 <u>+ 0.50</u>	Squat on landing (hips even with or lower than knees) Lands Vault in squat position, then falls
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

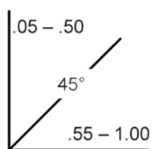
LEVEL 4 & 5 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) • Level 4 • Level 5
	VOID - Level 4 & 5	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike

First Flight Phase	See General Faults
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Revised 10.21 & 7.23

Support Phase 	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least 1/2 of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (failure to leave vault table by vertical – angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical)
	No deduction Up to 0.50 0.55 – 1.00	- Leaves vault table by vertical - Leaves vault table by 01° – 45° past vertical - Leaves vault table by 46° – 89° past vertical
	VOID	No hand contact on the vault table

Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table</i>
	Up to 0.50	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> - <u>0.15</u> (max.) <u>0.40</u>	Small or medium Step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30 + 0.50	Squat on landing (hips even with or lower than knees) Lands Vault in squat, then falls
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

GENERAL FAULTS & PENALTIES

COMPULSORY UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

All elements and connections are intended to be performed with maximum amplitude and execution, in the order as written in the text. Departures from correct technique or performance are to be penalized according to the following table for General Faults and Penalties. Also refer to each event for specific penalties for each Level. Always apply these general penalties if a specific penalty is not indicated.

Deduct all execution and/or amplitude errors leading to a fall; however, do not deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element may not exceed the value of the element plus 0.50.

Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required **connections** due to a fall are in addition to execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

If more than half of the major elements in an exercise are performed with assistance of the coach, the score is determined by giving value part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements (including assisted elements).

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY; HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED, UNLESS OTHERWISE STATED.

- To determine if gymnast is a “*righty* or *lefty*”, first determine gymnast’s dominant leap and front split (*right* or *left*). These need to be the same. The text is written describing choreography for a “*right* dominant” gymnast. If teaching a “*left* dominant” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	* Changing, reversing, adding or omitting a small part
<u>0.30</u>	* Changing, reversing or omitting a series of connections
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected dance series on balance beam or floor exercise
Value of element	* Changing a major element
Double the value of element	* Substituting or omitting a major element
Half the value of element	Reversing a major element (if <u>not</u> allowed to be reversed)
Up to the value of element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
No deduction	Repetition of a missed element (start judging at point of interruption)
Up to the value of element	Major element performed with additional turn
* <i>Changing</i> = performing a variation of the element prescribed	
* <i>Substituting</i> = performing a totally different element than the element prescribed	
* <i>Omitting</i> = leaving element out completely (omitted elements may <u>not</u> be performed later in exercise “out of order” or after the last element in the exercise)	
Note: Any step/foot position designated as “ <u>not</u> in relevé” may be performed in relevé without penalty	
SPECIFIC EXECUTION DEDUCTIONS (Taken for each occurrence during the routine)	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
(max <u>0.05</u>)	Taking additional running steps into forward tumbling pass (FX) (This is <u>not</u> applied to the front salto tucked)
Each time <u>0.05</u>	Flexed/sickled feet during major elements
Each time Up to 0.20	Leg or knee separations

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)

(after warning) <u>0.20</u>	Incorrect attire (continued) 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 over the head), not to impose a safety hazard to gymnast. e. Clear bra straps. 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. 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 during competition. 3. Hair should be secured away from face – should NOT obscure gymnast's vision
<u>0.20</u>	Excessive use of magnesia (chalk) or incorrect use of tape VAULT 1. Runway: Athletic tape or Velcro strips (NO CHALK) may be placed on VT runway, provided that such markings are removed no later than end of rotation. ✓ Maximum width of the Velcro strip or athletic tape is 5 cm (2") ✓ Maximum length is 3 feet 2. Vault Table: Use of tape or magnesia (chalk) is NOT permitted on VT table • Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed.

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)	
<u>0.20</u>	Excessive use of magnesia (chalk) or incorrect use of tape (continued) BALANCE BEAM Small chalk markings may be placed on BB (tape NOT allowed) FLOOR EXERCISE 1. Spreading of magnesia on FX area NOT allowed; only small marks allowed. 2. A single-line arc drawn in corner of FX area is acceptable. 3. No Velcro or tape markings are allowed within FX area. 4. Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.
<u>0.20</u>	Coach sprays water or adds chalk to UB once exercise has begun
<u>0.30</u>	Use of unauthorized, insufficient, or additional mats, unauthorized springboard, springboard or mounting mat/block on unauthorized surface, or use of hand placement mat for vault
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.30</u>	Using incorrect apparatus specifications, including incorrect spring configurations
<u>0.50</u>	Starting the exercise before the signal is given: - If the gymnast starts the exercise before the signal is given by the Chief Judge, she should be asked to stop and repeat the performance immediately - Deduct from the repeated performance
<u>1.00</u>	Floor exercise routine performed without music or with music with voice
<u>1.00</u>	Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table Moved to Support Phase Level 3 - 5 Vault
No deduction	Coach between UB throughout exercise or on the floor exercise mat

MISCELLANEOUS JUDGING INFORMATION	
	Allowable range of scores for Compulsory Program 0.20 for scores between 9.50 – 10.00 0.50 for scores between 9.00 – 9.475 0.70 for scores between 8.00 – 8.975 1.00 for all other cases
	Termination of an exercise due to injury: if gymnast performs ½ or less of exercise and does <u>not</u> continue, give credit for elements performed (do <u>not</u> score from 10.00)
	Award a score of 1.00, if the routine results in a score of 1.00 or less

TIMING PROCEDURES	
VAULT	
	- If gymnast falls on 1st Vault attempt, the 45-second fall time begins when gymnast is standing on her feet. If an injury occurs, fall time begins once medical assessment is complete. - Once Fall time begins, gymnast has 45 seconds before CJ will salute for the second vault. After 25 sec. have passed, CJ will announce "20 seconds remaining". After 35 sec. have passed, "10 seconds remaining will be announced. "Time" is announced at 45 seconds. - If the allotted fall time is exceeded, a second vault will <u>not</u> be allowed - The Chief Judge is responsible for monitoring the fall time

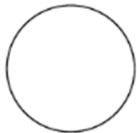
LEVEL 5 BALANCE BEAM ~ TABLE OF PENALTIES

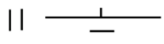
Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

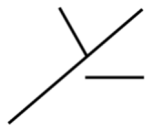
Time Limit: 1:10 Warning: 1:00

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
(OR)			
	(*) BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND (0.60)	Up to 0.20	Failure to attain minimum of ¾ handstand
		<u>0.60</u>	Performing a backward roll step-out (head stays in contact with beam)
(OR)			
	(*) FLIC-FLAC STEP-OUT (0.60)	See General Faults and Penalties	
(OR)			
	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties	
(OR)			
	(*) FRONT WALKOVER (150°) (0.60)	<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
(OR)			
	(*) ROUND-OFF (0.60)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.30</u>	Failure to show flight from hands to feet (i.e., hands and feet on the beam at the same time)

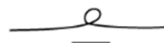
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

Insufficient continuity between SPLIT JUMP and SISSONNE	No deduction	
Connection broken between SPLIT JUMP and SISSONNE	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>

	SISSONNE (0.20)	Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing

	SCALE (ABOVE HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold one second

	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation

Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP	No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>

	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		<u>0.20</u>	Closing the second foot in front of first foot on landing

SYMBOL	ELEMENT	DEDUCTION
Insufficient continuity between CARTWHEEL and STRETCH JUMP	No deduction	
Connection broken between CARTWHEEL and STRETCH JUMP	<u>0.05</u>	<i><u>Note:</u> Refer to the General Faults and Penalties for further explanation of this deduction</i>

	STRETCH JUMP (PUNCH) (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

	BACKWARD SALTO TUCKED (0.60)	Up to 0.30	Insufficient height and extension of jump with hip lift
		Up to 0.20	Insufficient tuck shape of salto
		Up to 0.20	Incorrect posture with control on landing

LEVEL 1 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TUCKED (0.60)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		Up to 0.20	Failure to maintain tuck position as the buttocks touch floor
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	FORWARD PASSÉ BALANCE (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	FORWARD ROLL TUCKED (0.40)	Up to 0.20	Failure to maintain tuck position during forward roll
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	(*) ¾ HANDSTAND (0.40)	See General Faults & Penalties	

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