



Women's Development Program Compulsory Exercises

First Edition: Second printing
Effective August 1, 2021 - July 31, 2029

Revised July 2025

USA Gymnastics extends its deepest appreciation to the following contributors to the
2021-2029 Women's Development Program - Compulsory:

For the design, preparation, and presentation of the compulsory exercises:

The DEVELOPMENT PROGRAM COMMITTEE (DPC):

• Tom Koll	Chairman
• Shane McIntyre JD MacDonald	Region 1
• Ivan Alexov / Tiffany Quincy	Region 2
• Rich Villarreal	Region 3
• Paige Roth	Region 4
• Kittia Carpenter	Region 5
• Jamie Winkler	Region 6
• Linda Johnson	Region 7
• Brad Harris	Region 8
• Christy Naik	USAG-WDP Director
• Annie Heffernon	USAG V.P. Women's Program

For the development of the compulsory deductions:

The DPC & TECHNICAL COMMITTEE (TC):

• Cheryl Hamilton / Linda Thorberg	Chairman
• Gigi Iavarone	Region 1
• L. Mulvihill / J. Henneford / L. Reid	Region 2
• Carole Bunge / Marilyn Blilie	Region 3
• Linda Thorberg / Windee Weiss	Region 4
• Char Christensen / Sue Kane	Region 5
• Pat Panichas	Region 6
• Myra Elfenbein / Jane Caruso	Region 7
• Marian Dykes / Evelyn Chandler	Region 8
• Connie Maloney / Nichole Otterson	USAG-WDP Technical Director

Special Thanks To:

All members of the Development Program Committee and Technical Committee who proofed the text and illustrations over the last three years of refining this book. And to Tom Koll, DP Committee Chair, for his leadership and dedication to this entire project and his unwavering determination to complete the production of all compulsory materials on schedule.

Wally Eyman & Jody Newman for the additional artwork for the library of computer illustrations for the exercises.

Chris Shortway, composer/orchestration of the compulsory music.

Windee Weiss & Eric Pung for the choreography of the Level 5 Balance Beam and Floor Exercise routines.

Tom Koll for the creation of the text and narration on the Floor music.

Cheryl Jarrett & Kittia Carpenter for the preparation of the BB & FX demonstrators for the official filming.

Brad Harris for the preparation of the Vault and Bars demonstrators for the official filming.

Priscilla Hickey for proofing the entire book.

Kent Koven and **Sara Clements** for the official filming and production of the electronic compulsory book.

The Women's Development Program Compulsory book is a living document. As changes are made or errors identified, Compulsory Updates are posted on the USA Gymnastics website on the Women's Development Program Compulsories Updates page.

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

Copyright © 2021 by USA Gymnastics

First Edition; 2nd printing June 2021

All rights reserved.

Use of this publication is expressly subject to the USA Gymnastics TERMS OF USE, a copy of which appears on the USA Gymnastics website, under Women's, Development Program.

No part of this publication may be reproduced, translated, or transmitted in any form or by any means without permission in writing from USA Gymnastics. All requests for permission should be made in writing to:

USA Gymnastics

1099 N. Meridian St., Suite 800

Indianapolis, IN 46204

Executive Editor: Jody Newman

Printed by Sport Graphics, Inc., Indianapolis, IN

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
	<u>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	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

Revised 10.21 & 7.23 & 7.24 & 7.25

LEVEL 1 – BALANCE BEAM

Time Limit: 35 seconds

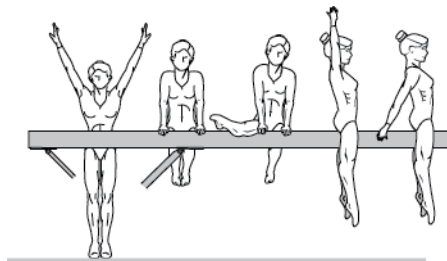
Please note:

- 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.

- Stand facing the beam.
- The spacing of the mount should fit so the tuck sit is near the end of the beam.

1. (*) JUMP TO FRONT SUPPORT MOUNT (0.20)



Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT** to finish with the arms straight and body extended.

Lift the straight *right* leg over the beam with a 90° turn *left*, finishing in a straddle sit facing the length of the beam.

Arms: Move the *left* hand backward beside the *right* hand as the 90° turn is executed. Lift both arms forward-upward to high at the completion of the mount. Reach backward to grasp the beam behind the buttocks with arms straight or bent.

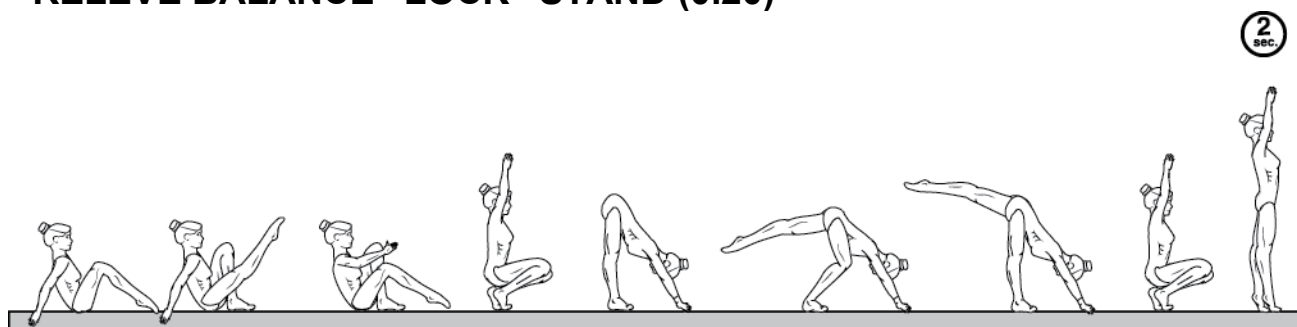
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit

Points of emphasis:

posture and straight arms in front support

If reversing the **NEEDLE LEG KICK**, extend the *left* leg in the “V” sit and step forward *right*, then *left*, to finish in the tuck stand. Then kick the *right* leg backward-upward.

2. Single leg “V” sit; Tuck stand, Pike stand, (*) NEEDLE LEG KICK (0.40), Tuck stand, RELEVÉ BALANCE “LOCK” STAND (0.20)



Lift and simultaneously bend both legs to finish in a tuck sit on the beam with the toes pointed on top of the beam.

Arms: Remain grasping the beam behind the buttocks.

Extend the *right* leg to pass through a momentary **single leg “V” sit**. Step up onto the *left*, then *right* foot to arrive in a **tuck stand**.

Arms: Push off the beam and move both arms forward-upward to crown.

Extend both legs and place both heels flat on the beam to finish in a **pike stand**.

Arms: While maintaining an open shoulder angle, lower both arms forward-downward to grasp the beam.

Kick the *left* leg backward-upward a minimum of horizontal to execute a **NEEDLE LEG KICK**. (It is acceptable to bend the *right* leg **as well as adjust the hands forward** to initiate the kick.) Step down to return to a **tuck stand**.

Arms: Remain in high throughout the **NEEDLE LEG KICK**. Move to crown on the **tuck stand**.

	(*) NEEDLE LEG KICK (0.40)	Up to 0.10	Lack of continuity from sit to stand
		Up to 0.10	Failure to kick a minimum of horizontal

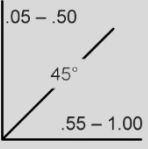
Points of emphasis:

posture and straight legs in NEEDLE LEG KICK

LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

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”)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	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	Assistance of coach from board to mat stack
	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 back
	Up to 0.30	Insufficient dynamics (speed/power)
	(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
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	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
	<u>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	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 back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat
 Support Phase	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	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
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	• Both hands land beyond the tape line
	<u>0.20</u>	• Staggered hand placement: one inside zone, one over the line
Landing Phase	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)
	Failure to finish 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 (landing phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

LEVEL 2 – BALANCE BEAM

Time Limit: 40 seconds

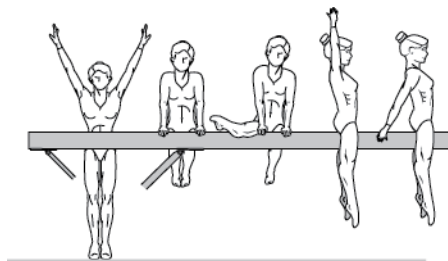
Please note:

- 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.

- Stand facing the beam.
- The spacing of the mount should fit so the tuck sit is near the end of the beam.

1. (*) JUMP TO FRONT SUPPORT MOUNT (0.20)



Place both hands shoulder-width apart on the beam and jump to a **FRONT SUPPORT** to finish with the arms straight and body extended.

Lift the straight *right* leg over the beam with a 90° turn *left*, finishing in a straddle sit facing the length of the beam.

Arms: Move the *left* hand backward beside the *right* hand as the 90° turn is executed. Lift both arms forward-upward to high at the completion of the mount. Reach backward to grasp the beam behind the buttocks with arms straight or bent.

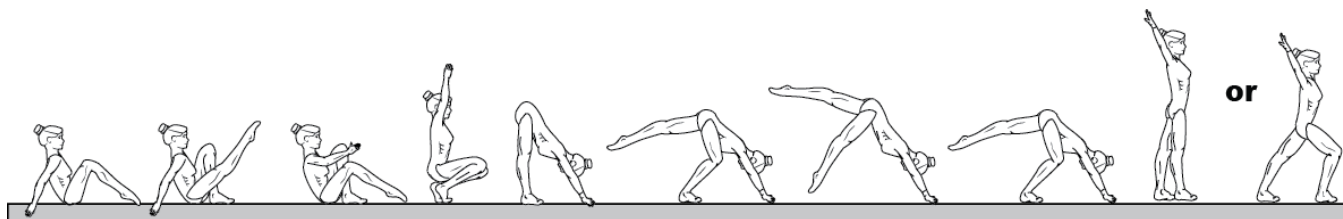
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit

Points of emphasis:

posture and straight arms in front support

If reversing the **SINGLE LEG KICK-UP**, extend the *left* leg and step forward *right*, then *left*, to finish in the tuck stand.

2. Single leg “V” sit, Tuck stand, Pike stand, (*) SINGLE LEG KICK-UP TO STAND (0.40)



Lift and simultaneously bend both legs to finish in a tuck sit on the beam with the toes pointed on top of the beam.

Arms: Remain grasping the beam behind the buttocks.

Extend the *right* leg to pass through a momentary **single leg “V” sit**. Step up onto the *left*, then *right* foot to arrive in a **tuck stand**.

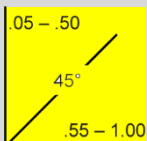
Arms: Push off the beam and move both arms forward-upward to crown.

Extend both legs and place both heels flat on the beam to finish in a **pike stand**.

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)
	<u>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	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; 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 + 2.00 = 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

LEVEL 3 – BALANCE BEAM

Time Limit: 55 seconds

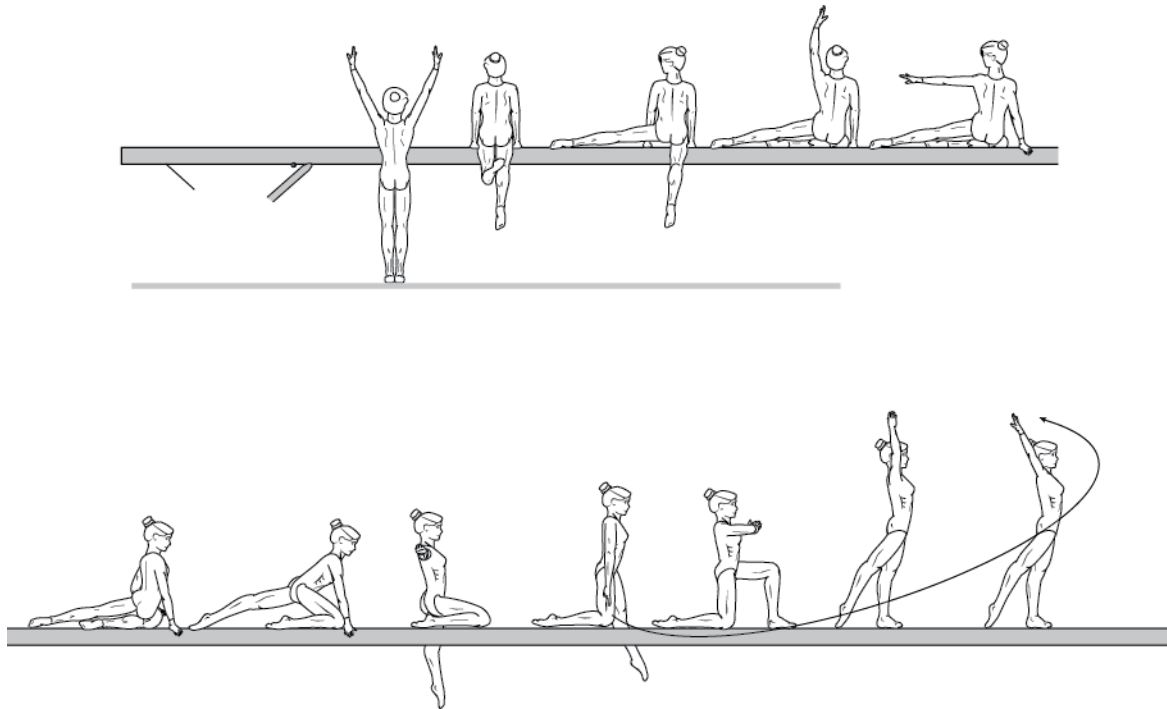
Please note:

- 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.

- Start approximately in the center of the beam.
- The spacing of the mount should fit so the **CROSS HANDSTAND** 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** to finish 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.)

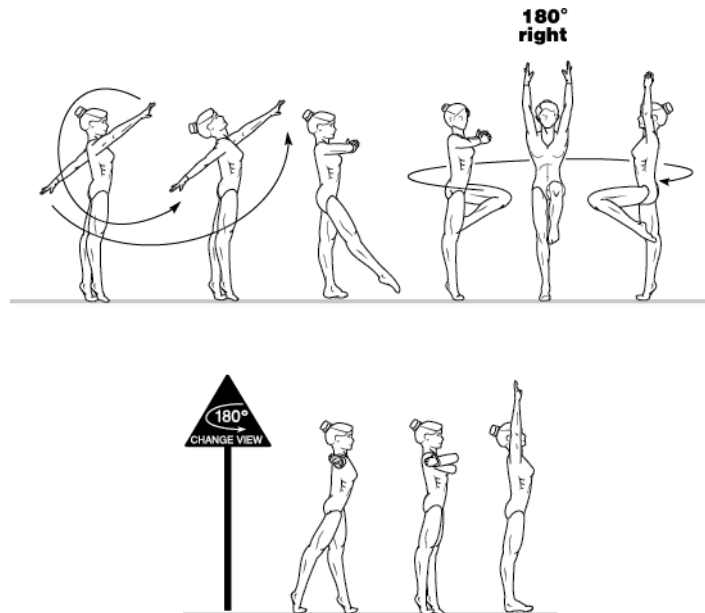
Focus: *Left*.

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.

9. Relevé “Lock” Stand, (*) $\frac{1}{2}$ (180°) TURN IN FORWARD PASSÉ (0.40), Relevé “Lock” Stand, Straight Stand



Press down to relevé on the *right* foot and close the *left* foot behind the *right* foot in **relevé “lock” stand**.

Arms: “Windmill” arms. Circle the *right* arm forward-upward to high and continue to circle backward to low. As the *right* arm begins to circle downward, lift the *left* arm forward-upward to forward-diagonally-upward.

Focus: Forward-diagonally-upward.

If reversing the $\frac{1}{2}$ (180°) **TURN IN FORWARD PASSÉ**, lower the *right* heel and transfer the weight onto the *left* leg. In addition, reverse the arm pattern in preparation for the turn.

Lower the *left* heel, then transfer the weight to the *right* foot using one of the acceptable turn preparations listed in the Glossary.

Arms: There are two options for the arm preparation into the turn.

1. Move both arms to side-middle.
2. Lower the *left* arm to side-middle and lift the *right* arm to forward-middle-curved.

Execute a $\frac{1}{2}$ (180°) **TURN IN FORWARD PASSÉ** 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 this position** in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position.

Arms: The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.

	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (<u>not</u> in forward passé)
		0.30	Use of heel-snap turn technique

Points of emphasis:

immediate placement of free foot in forward passé position, complete 180° turn in relevé, control at completion

If the ½ (180°) TURN IN FORWARD PASSÉ was reversed, simply continue to follow the text as written.

Step forward in relevé on the *left* foot. Close the *right* foot behind the *left* foot in **relevé “lock” stand**, facing corner 6.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

Focus: Optional.

Lower both heels and close the feet side-by-side to a **straight stand**.

Arms: Lift to high.

10. BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor.

Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width to execute a **BACKWARD ROLL**, opening the shoulders to **45° ABOVE HORIZONTAL**.

Maintaining a straight-hollow body position, lower the body to a **PUSH-UP POSITION** with the legs together and the balls of the feet on the floor.

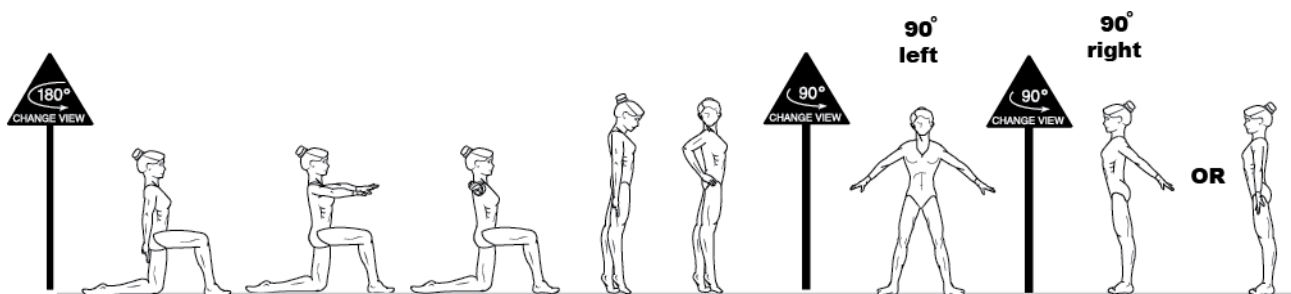
Arms: Remain in high. Interlocking the fingers is not allowed.

Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Hands remain on the floor.

	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)	<u>0.30</u>	Hands placed on floor during “sit” phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		<u>0.20</u>	Failure to show push-up position
		0.40 0.20 (change of element)	Performs a backward roll to handstand
Points of emphasis: straight arms, straight-hollow body in push-up position			

11. ½ Kneeling Pose, Relevé "Lock" Stand, Straddle Stand, Straight Stand



Immediately raise the buttocks off the heels, extend the hips, and lift the *right* leg forward to place the *right* foot flat on the floor, turned out in a **½ kneeling pose** with the *right* ankle aligned in front of the *right* knee with both hips squared forward.

Arms: "Presentation – one continuous motion" lift both arms forward-upward to forward-middle, crossing the wrists with the palms up. Finish the movement by opening both arms sideward to side-middle, palms up (the arms should be open to side-middle as the kneel pose finishes).

Focus: Forward.

Extend both legs, closing the *left* foot behind the *right* foot in a **relevé "lock" stand**.

Arms: Without breaking the continuous motion of the arms, lower both arms sideward-downward to low.

Focus: Down.

Arms: Without hesitation, continue to lift both arms up and place hands on the hips.

Focus: Finish the movement by sharply "snapping" the focus *right* (toward side 1).

Turning ¼ (90°) to the *left*, step *left* (flat) to finish in a **straddle stand** facing side 3. During the turn, shift the weight onto the *right* foot, so both feet are flat and turned out in the **straddle stand**.

Arms: Lower both arms downward to finish sideward-diagonally-downward.

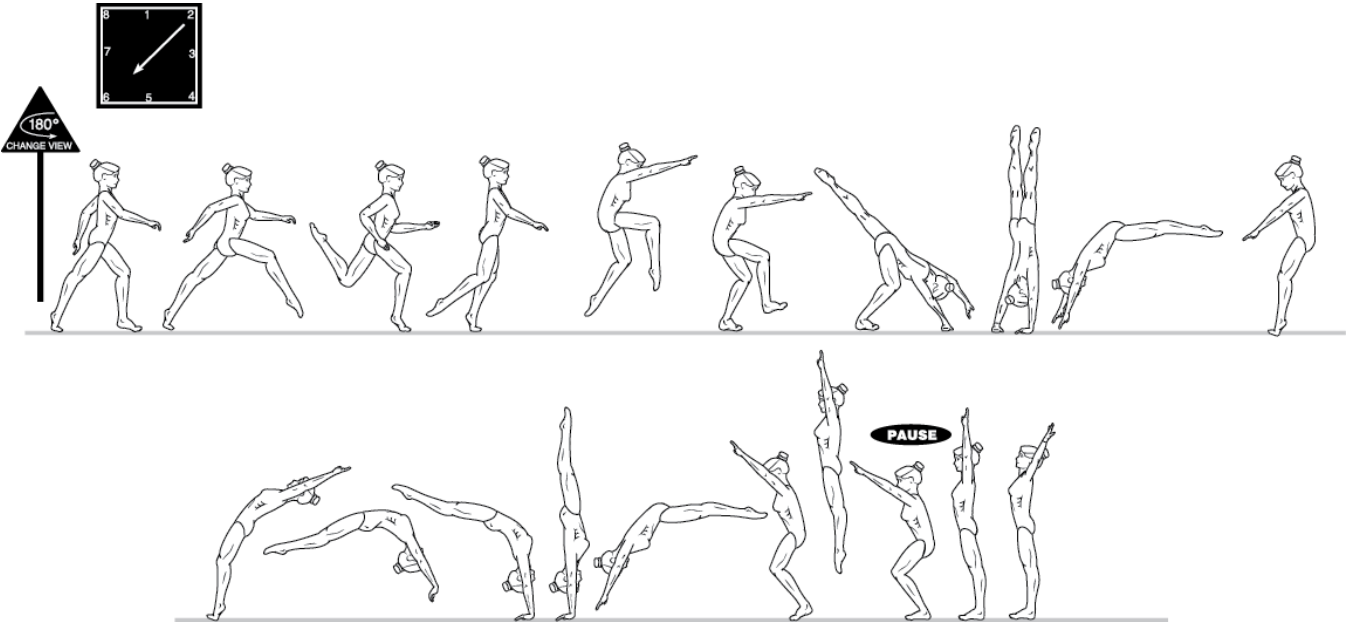
Focus: Forward.

Turning 90° to the *right*, move the *right* foot beside the *left* foot to finish in a **straight stand** (flat or relevé) facing corner 6.

Arms: Move to low or backward-diagonally-low.

Focus: Forward toward corner 6.

12. (*) **ROUND-OFF (0.40), FLIC-FLAC (0.60), Rebound**



Run (no specific number of steps) and hurdle, using one of the acceptable hurdle techniques listed in the Glossary to execute a **ROUND-OFF**.

	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously

Points of emphasis:
body positions and arms by the ears throughout

Immediately jump backward onto the hands in an inverted stretched body position to execute a **FLIC-FLAC**. Push explosively off the floor with the arms and shoulders while simultaneously snapping down to land on both feet in an upright hollow-body position.

Immediately **rebound** with a stretched body. Land in demi-plié in a balanced and controlled position (“stick”). **Pause**.

Arms: High throughout. As the landing of the **Rebound** occurs, the arm position is optional. Extend the legs to finish in a straight stand.

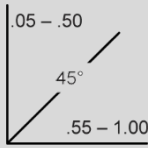
Arms: Move to high, then open to sideward-diagonally-upward.

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> VOID	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
	0.20	Failure to punch board simultaneously with two (2) feet
	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, & 7.25

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

LEVEL 4 – BALANCE BEAM

Time Limit: 1:05

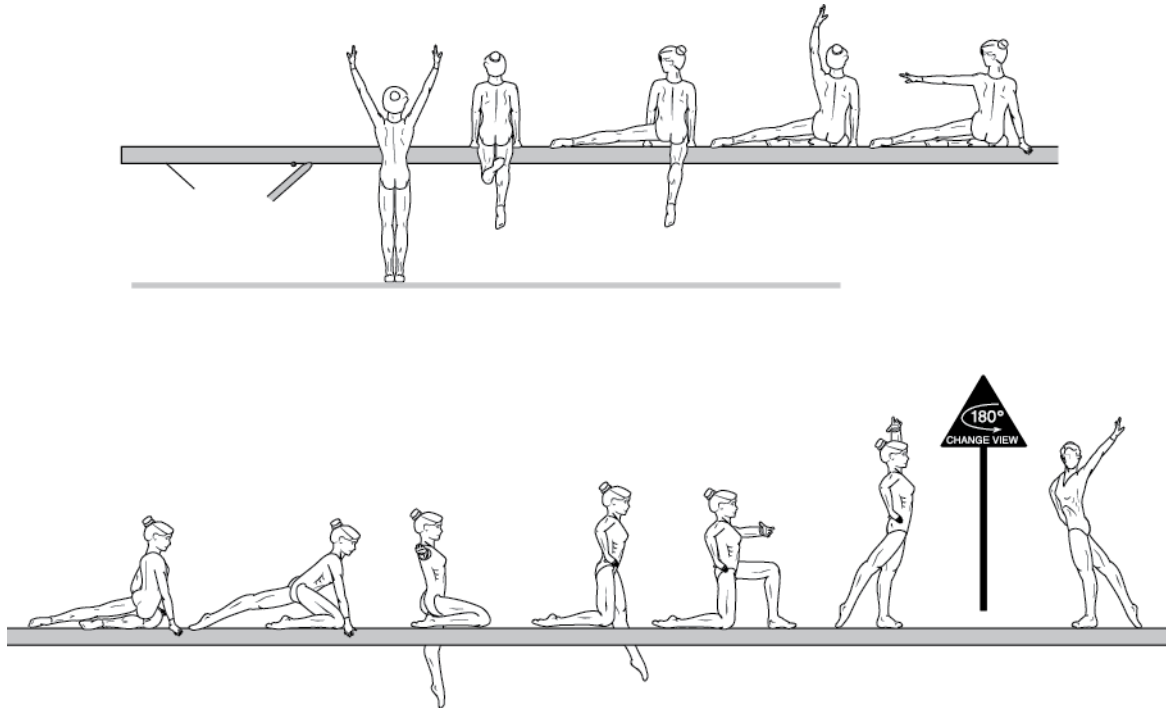
Please note:

- 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.

- Start approximately in the center of the beam.
- The spacing of the mount should 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** to finish 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: Supplely 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.

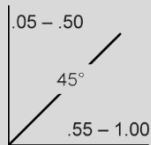
LEVEL 5 VAULT ~TABLE OF PENALTIES

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> <u>VOID</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) • Level 4 • Level 5
	VOID – Level 5	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board “Pre-School” type (35 $\frac{5}{8}$" X 23 $\frac{5}{8}$" X 9 $\frac{1}{2}$")
	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
	0.20	Failure to punch board simultaneously with two (2) feet
	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
--------------------	---------------------------

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
	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

Revised 7.24

As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **FLYAWAY DISMOUNT**, with the salto performed at a minimum of high bar height in a **TUCK, PIKE, OR STRETCHED POSITION**.

If a **TUCK OR PIKE FLYWAY** is performed, extend the hips (and knees in the tuck) quickly in preparation for landing. If a **STRETCHED FLYAWAY** is performed, maintain a straight-hollow body position throughout. Land in demi-plié in a balanced and controlled position (“stick”).

Arms: Optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

	TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction 0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	Insufficient height of salto - At high bar level or above 1° to 44° below the level of the high bar - At 45° below the level of the high bar - Greater than 45° below the level of the high bar
		<u>0.10</u>	Landing too close to the bar
	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	PIKED Flyaway:	Up to 0.20	Insufficient pike of hips (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) - Arch - Hip angle (136° - 179°)
		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)

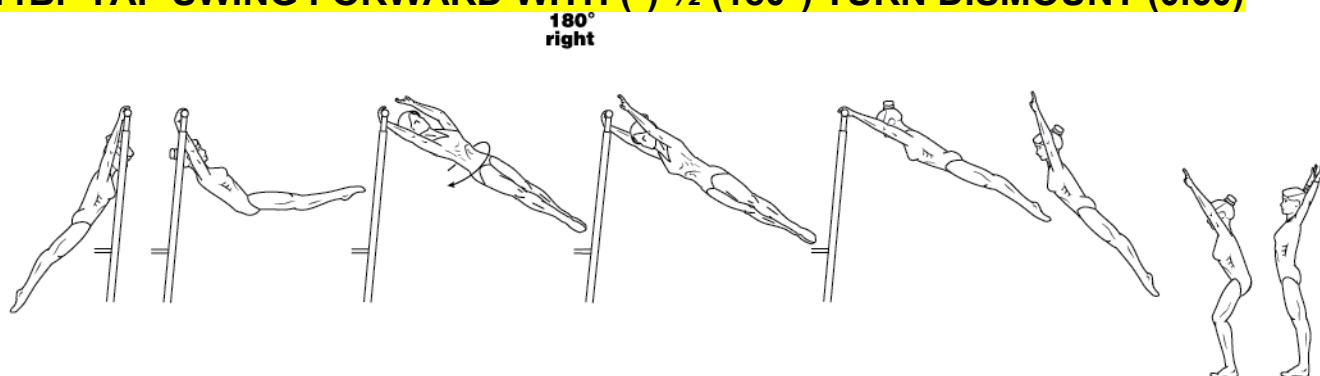
Points of emphasis:

show arch during downward swing and good height on flyaway

*Flyaway (tuck, pike, or stretched) dismount: If the coach spots / assists during the element, **DO NOT** apply the deduction of up to the value of the element. Only deduct 0.50 for the spot in addition to any applicable execution errors.

START VALUE 9.50

11B. TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)



Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain the slight arch through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together, swinging to a minimum of 45° below horizontal while maintaining a straight-hollow body position.

While maintaining good body alignment, kick in the direction of the turn, leading with the toes, knees, hips, then shoulders. Initiate the ½ (180°) turn after the body reaches a minimum of 45° below horizontal, releasing the bar with one hand and turning toward the hand remaining on the bar. The head remains neutral, with the focus on the toes during the initial phase of the turn.

During the final stage of the turn, shift the focus to the high bar where the free hand will make contact. (The hand position is optional.) Contact the bar with the free hand as the turn is completed. Maintain straight arms throughout.

Immediately push against the bar and release the bar to execute the **TAP SWING FORWARD WITH ½ (180°) TURN DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

Arms: Optional on landing.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

	START VALUE 9.50 TAP SWING FORWARD WITH ½ (180°) TURN DISMOUNT (0.60)	0.10	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete ½ (180°) turn prior to re-contact
		0.30	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed

Points of emphasis:

show arch during downward swing and good body position on forward swing into dismount

LEVEL 5 – BALANCE BEAM

Time Limit: 1:10

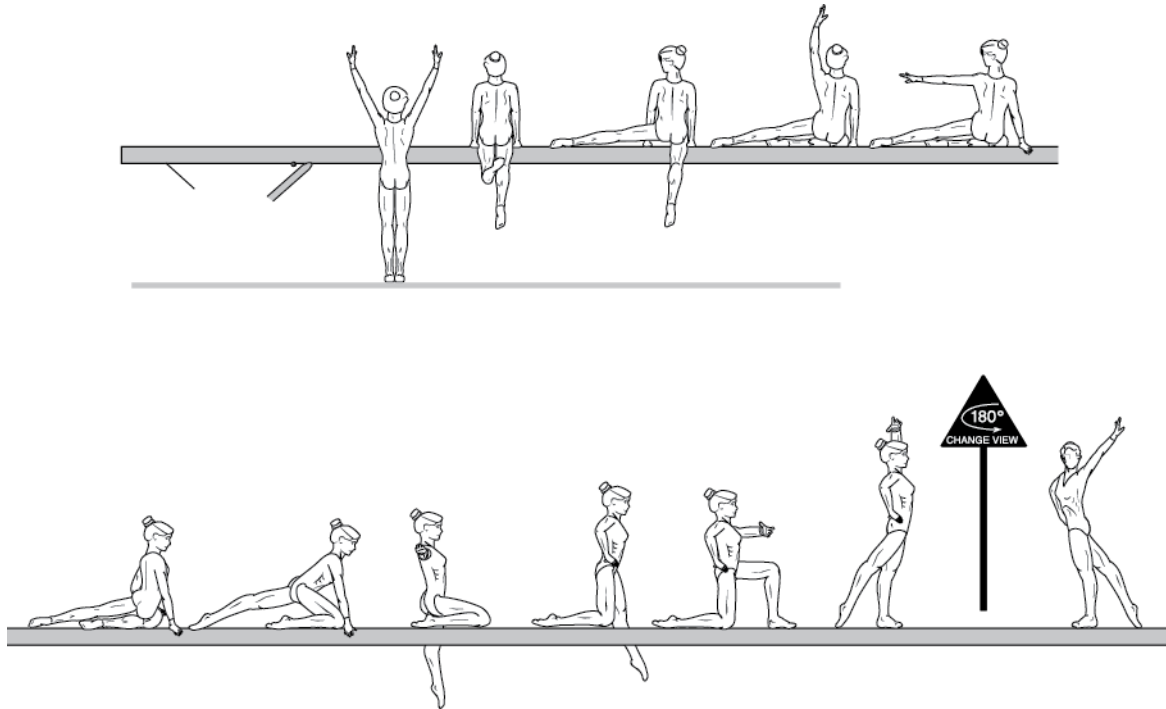
Please note:

- 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** to finish 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.

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>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	<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

Revised 10.21, 7.23, 7.24, 7.25

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
----------	------------	---

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

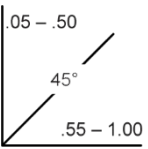
Landing Phase	Up to 1.00	Failure to land in a straight-lying position on the back. Examples for applying this deduction:
	<u>1.00</u>	Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	Gymnast lands on her back 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 2 VAULT ~ TABLE OF PENALTIES

Jump to handstand onto raised mat surface (min. of 16");
Fall to straight-lying position on the back

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/Junior Board "Pre-School" type (35 $\frac{5}{8}$" X 23 $\frac{5}{8}$" X 9 $\frac{1}{2}$")
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	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	Assistance of coach from board to mat stack
	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 back
	<u>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	Up to 0.30	Insufficient dynamics (speed/power)
	(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
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	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 the body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	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 back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat

Support Phase 	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	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
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	• Both hands land beyond the tape line
	<u>0.20</u>	• Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)

Landing Phase	Failure to finish 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 (landing phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

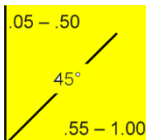
LEVEL 3 VAULT ~ TABLE OF PENALTIES

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
	<u>0.20</u>	Failure to punch board/tramp simultaneously with two (2) feet
	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).

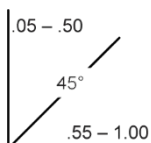
LEVEL 4 & 5 VAULT ~TABLE OF PENALTIES

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 $\frac{5}{8}$" X 23 $\frac{5}{8}$" X 9 $\frac{1}{2}$")
	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
	<u>0.20</u>	Failure to punch board simultaneously with two (2) feet
	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
--------------------	---------------------------

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) - Leaves vault table by vertical - Leaves vault table by 01° – 45° past vertical - Leaves vault table by 46° – 89° past vertical
	No deduction Up to 0.50 0.55 – 1.00	
	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

RHYTHM / DYNAMICS (continued)		
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE		
	Concentration pause(s):	
	Balance Beam	Floor Exercise
Each <u>0.10</u>	Two seconds	Two seconds or more
Each <u>0.20</u>	More than two seconds	
Up to 0.20	Insufficient dynamics – consider • Energy maintained throughout the exercise • Makes difficult look effortless	
Up to 0.30	Missing synchronization of movement with musical beat –	
<u>0.05</u>	Throughout the floor exercise	
<u>0.10</u>	Each time	
<u>0.30</u>	At the end	
<u>0.30</u>	Stop between major elements in an acro (tumbling) pass on floor exercise	

DIRECTION AND PLACEMENT OF ELEMENTS		
BALANCE BEAM & FLOOR EXERCISE		
Up to 0.10	Error in line of direction or spacing of a single element	
Up to 0.20	Error in line of direction of acro, dance or dance/acro connections	
Up to 0.30	Error in line of direction or placement of whole section of floor pattern	

LANDING OF ELEMENTS AND DISMOUNTS		
Landing clarification bar/beam dismounts	NO landing deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension.	
Up to 0.10	Entire foot/feet sliding/lifting off the floor to join heels = a small step	
<u>0.05</u>	*Lands bars/beam dismounts with feet hip-width apart or closer, and never joins the feet (heels)	
Up to 0.10	Lands bars/beam dismounts with slight hop or small adjustment of feet on landing or landing with feet *staggered (one in front of other)	
<u>0.10</u>	*Lands bars/beam dismounts with feet further than hip-width apart	
Up to 0.10	Arm swing(s) on landing to maintain balance	
Up to 0.10	Deviation from straight direction on landing	
Ea <u>0.10</u> – <u>0.15</u> (max <u>0.40</u>)	Small or Medium Step(s) on landing (per step – maximum of 4 steps)	
Each <u>0.20</u> (max <u>0.40</u>)	Large step/jump on landing (approximately 3 feet or more)	
Up to 0.20	Additional trunk movements to maintain balance/control upon landing of bars/beam dismounts and floor acro elements (apply to “stuck” landings with trunk movements to avoid steps)	
Up to 0.20	Incorrect body posture on landing of elements and dismount	
Up to 0.30	Squat on landing (hips even with or lower than the knees)	
+ <u>0.50</u>	Lands acro element/ dismount in squat position, then falls	
Maximum total = <u>0.80</u>		
Up to 0.30	Brushes/touches the apparatus/mat with one or two hands (no support)	
<u>0.50</u>	Support on apparatus/mat with one or two hands upon landing	
<u>0.50</u>	Fall against apparatus or fall on mat to knee(s) or hips	
Up to value of element + <u>0.50</u> for fall	Failure to land on the feet first for UB, BB and FX saltos and/or dismounts = failure to complete a major element	

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

Revised 6.21, 2.23 & 7.23

SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
Up to value of element + <u>0.50</u> for spot	Coach spots / assists (touches) during element *Exception: Level 5 Uneven Bar Dismount- Flyaway (tuck, pike, or stretch) DO NOT apply the deduction of up to the value of the element. Only deduct <u>0.50</u> for the spot in addition to any applicable execution errors.
<u>0.50</u>	Coach spots / assists (touches) on landing only
<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Coach catches a falling gymnast, only deduct for a fall.

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE	
Note: the following penalties must be indicated to the coach by verbal or visual means:	
<u>0.10</u>	Overtime on beam (judging continues after time is called)
Each time <u>0.10</u>	Any part of body touching outside the floor exercise border marking
Each time <u>0.10</u>	Failure to present before and after the exercise - Gymnast is required to present to the Chief Judge before the exercise - Gymnast is required to present at the end of the exercise, but is <u>not</u> required to specifically face a judge when presenting
<u>0.10</u>	Coach standing next to the beam throughout exercise
<u>0.10</u>	Failure to mark the FX boundary line on additional mats Applies to any mat which covers the FX boundary line
<u>0.20</u>	Gymnast fails to begin exercise within 30 seconds after CJ signals to begin
(after warning) <u>0.20</u>	Unsportsmanlike conduct of gymnast
(after warning) <u>0.20</u>	Failure to observe specified warm-up time - Deduction is taken from the event score - This deduction applies only to the practice of an element(s) ✓ If a gymnast is preparing for a skill(s) or dismount when time is called, she may continue to finish the skill(s) and/or dismount without penalty ✓ No deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on UB or BB. - If the gymnast fails to leave apparatus after "time" has been called, the Timer MUST warn gymnast by announcing "time exceeded." - If gymnast remains on apparatus, Timer reports infraction to Chief Judge, who then deducts <u>0.20</u> from the average score.
(after warning) <u>0.20</u> (must be heard by the judge(s))	Technical verbal cues by coach or teammate(s) to own gymnast. <u>Examples</u> of technical cues: "hollow", "pull" etc. <u>Exception:</u> if the gymnast is competing on the apparatus and the 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 - Deduction is taken only once, regardless of the number of cues given
(after warning) <u>0.20</u>	Incorrect attire - Chief Judge notifies Meet Referee of warning given. - Deduction applied to 1st 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

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. Bra straps may be black, match the leotard, be the gymnasts 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. 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)	
0.20	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.
0.20	Coach sprays water or adds chalk to UB once exercise has begun. • This does not apply if the athlete has fallen and is off the equipment.
0.30	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
0.30	Failure to remove springboard or mounting mat/block after mount
0.30	Using incorrect apparatus specifications, including incorrect spring configurations
0.50	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
0.50	Gymnast leaving the Floor Exercise mat during routine. • 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.
1.00 0.50	Floor exercise routine performed without music or with music with voice
1.00	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 • Whenever a zero score or a 1.00 or greater flat deduction is one of the counting scores, the allowable score range does NOT apply.
	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

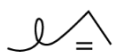
TIMING PROCEDURES	
VAULT	
- If gymnast falls on 1st Vault attempt, the 45-second fall time begins when gymnast is standing on her feet. If an injury occurs, fall time begins once medical assessment is complete. - Once Fall time begins, gymnast has 45 seconds before CJ will salute for the second vault. 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.	

TIMING PROCEDURES (continued)	
UNEVEN BARS	
•	When the gymnast falls to the floor, the 45-second fall time begins when she is standing up on her feet or when medical assessment of an injury is complete.
•	The gymnast has 45 seconds to remount and resume her exercise
•	The Timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
•	When the gymnast remounts the bars (leaves the floor), the 45-second fall time stops
•	A reasonably short period of time is allowed to resume swing
•	If a second fall occurs, an additional deduction of <u>0.50</u> is applied
•	If the 45-second fall time is exceeded, the exercise is terminated
BALANCE BEAM: TIMING THE EXERCISE:	
•	The official beam routine time starts when the gymnast's feet leave the board or mat
•	The official beam routine time stops when the gymnast dismounts and arrives on the mat
•	Warning is called or signaled 10 seconds before the maximum time limit
•	Time is called or signaled at the maximum time limit
•	If gymnast lands at the sound of the second signal, there is no deduction
•	If gymnast lands after sound of second signal, the CJ deducts <u>0.10</u> from average for overtime. As in optional exercises, NO overtime deduction is taken if time is within a fraction of a second over the time allotment. <u>Example:</u> Level 5 beam routine is clocked at 1:10. <u>01</u> to 1:10. <u>59</u> (less than 1:11), do <u>not</u> take the overtime deduction
•	Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise
BALANCE BEAM: TIMING THE FALLS:	
•	When gymnast falls to the floor, official beam routine time stops. The 45-second fall time begins when gymnast is standing on her feet or when medical assessment of an injury is complete.
•	Timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
•	When the gymnast remounts the beam (leaves the floor), the 45-second fall time stops
•	The official beam routine time resumes with the first movement to continue the exercise
•	If a second fall occurs before the official time begins, an additional deduction of <u>0.50</u> is applied
•	If the 45-second fall time is exceeded, the exercise is terminated
•	The official beam routine time does <u>not</u> stop when the gymnast falls on, but <u>not</u> off, the beam
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.

Revised 7.21, 2.23, & 7.25

LEVEL 1 UNEVEN BARS ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP PULLOVER MOUNT (0.60)	Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
	CAST (0.40)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar
	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	CAST, STRADDLE-ON	<u>0.20</u>	Placing feet inside of hands
		<u>0.20</u>	Alternate foot placement
		Up to 0.20	Lack of control in straddle-on
	SOLE CIRCLE DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance
(OR)			
	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	LONG HANG PULLOVER (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Excessive piking of body
		<u>0.30</u>	Failure to maintain overgrip (hands completely release bar)
		<u>1.00</u>	Performing a backward giant circle prior to pulling hips toward bar
		No deduction	Performing a back hip circle at the completion of the long hang pullover
	UNDERSWING (0.60) value combined with First Counterswing	<u>0.20</u>	Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
	FIRST COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)
	SECOND COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(10.0 SV) TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction	Insufficient height of salto
		0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	- At high bar level or above 1° to 44° below the level of the high bar - At 45° below the level of the high bar - Greater than 45° below the level of the high bar
		<u>0.10</u>	Landing too close to the bar

	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing

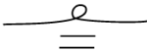
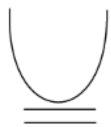
	PIKED Flyaway:	Up to 0.20	Insufficient pike of hips (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing

	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) - Arch - Hip angle (136° - 179°)
		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)

*Flyaway (tuck, pike, or stretched) dismount: If the coach spots / assists during the element, **DO NOT** apply the deduction of up to the value of the element. Only deduct 0.50 for the spot in addition to any applicable execution errors.

(OR)

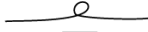
SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(9.5 SV) LEVEL 4 DISMOUNT TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete ½ (180°) turn prior to re-contact
		<u>0.30</u>	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (<u>not</u> in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		<u>0.20</u>	Failure to show push-up position
		<u>0.40 0.20</u> (change of element)	Performs a backward roll to handstand
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLAC TO TWO FEET, Rebound (0.60)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled "stick"
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

LEVEL 4 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) BACK WALKOVER (150°) (0.40)	Up to 0.10	Failure to show continuous leg lift into walkover (leg lifts then drops, stops, 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°)
	(*) FRONT HANDSPRING STEP-OUT (0.60)	Up to 0.10	Alternate/staggered hand placement
		<u>0.10</u>	Joining legs prior to step-out
		Up to 0.20	Flight prior to hand contact (dive)
		<u>0.20</u>	Failure to step-out
		No deduction	Performing a "fast front walkover"
	(*) CARTWHEEL (0.40)	<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
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		<u>0.40</u> (change of element)	Performs a backward roll step-out
	(*) STRETCH JUMP 1/2 (180°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air throughout the stretch jump 1/2 (180°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	STRADDLE JUMP (120°) (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