

WOMEN'S ARTISTIC GYMNASTICS DEVELOPMENT PROGRAM OPTIONAL CODE OF POINTS

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

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Optional rules and deductions for 2022-2026:

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SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

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

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0.20

Incorrect attire (after a warning)

- Deduction applied to first event competed if NOT corrected / removed, etc.
 - Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken.
 - Deduction is taken one time ONLY.
1. Acceptable attire:
 - a. One-piece leotard with or without sleeves.
 - Leg cut of the leotard MUST be below the pelvis / hip bone.
 - b. Unitards with long legs to ankle, with or without sleeves.
 - c. Ankle-length tights worn under **or over** the leotard (that match the leotard or the athlete's skin tone). **Small manufacturer's branding allowed, with no embellishments.**
 - d. Solid black shorts (small manufacturer's branding allowed) with no embellishments.
 - May be worn over **or under** leotard and length MUST be above knee or shorter.
 - e. Head covering (if attached to leotard or unitard and fits snugly over head)
 - Not to impose a safety hazard to gymnast.
 - f. Clear bra straps.
 - g. 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. Failure to wear a competitor number when required.
EXCEPTION: At Level 9 East / West Championships and Level 10 Nationals, gymnast MUST wear a competitive number during competition, unless performing a back spin on BB or FX, in which case coach MUST show number to judges.
 4. Hair should be secured away from face – should NOT obscure vision of apparatus.

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SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

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

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D. PANEL JUDGES

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

E. JUDGING ASSISTANTS

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

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

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

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

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

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

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

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

B. REPLACEMENT PARTS

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

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

C. RECOGNITION (COUNTING) OF VALUE PARTS

Any element listed in the *Dev COP* may receive VP credit two times in an exercise, provided that the repeated element occurs in a different connection:

(i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections in which it is preceded or followed by a different element listed in the *Dev COP*, whether it received VP credit or not.)

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

EXAMPLE (BB): 

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

C. GENERAL DEDUCTIONS (UB, BB, FX)

For faults in technique, execution, amplitude, and artistry

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

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

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

A. CLARIFICATION ON STEPS ON LANDING:

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

VI. BONUS - SPECIFIC GUIDELINES

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

A. OPTIONAL EXERCISE REQUIREMENT FORMULA

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

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

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

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

C. STEPS IN DETERMINING THE START VALUE:

The competitive level of the gymnast determines the starting score:

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

1. DEDUCT from the SV for each level.

- a. Missing Value Parts (VP)
- b. Missing Special Requirements (SR) (0.50 each)
- c. Exercise is without a dismount (0.30)
- d. Performance of restricted elements (0.50 each)

1) Restricted elements will be considered in chronological order.

ONLY the first restricted element in the exercise may be:

- a) Awarded VP credit.
- b) Awarded SR, if applicable.
- c) Awarded CV Bonus, if applicable.
- d) Level 8 and 9 ONLY: A restricted element may be repeated if the element receives "0" VP credit the first time.
- e) Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.

2) Any additional restricted elements performed at Level 8 and 9 that meet the requirements to receive VP credit, or any restricted element at Level 6 and 7 that is performed or attempted (even if attempt is incomplete):

- a) Deduct 0.50 from SV for restricted element.
- b) No VP credit awarded.
- c) No SR credit awarded.

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

STEPS IN DETERMINING THE START VALUE (continued):

2. ADD any Bonus

a. Level 10 is eligible to earn Bonus for both CV and “D/E” Bonus, with a minimum of +0.10 for “D/E” and a minimum of +0.10 for CV. The remaining 0.30 may be earned by “D/E” Bonus or CV Bonus.

Maximum SV is 10.00.

1) If the exercise contains +0.50 in CV Bonus and no “D/E”, the SV will be 9.90.

2) If the exercise includes +0.60 or more total Bonus with one “E” element (BB / FX = Acro “E”), the exercise is eligible for an additional Bonus of +0.10. Shall be flashed as +0.10 along with SV, NOT included in the SV.

a) Each judge adds the Bonus to her / his score and MUST visibly (by means of a placard or other signage) indicate that the additional Bonus was awarded.

b) If using paper score slips, the judge should also indicate in writing any Bonus awarded.

3) If the exercise contains +0.60 or more in “D/E” Bonus, but no CV Bonus, the SV will be 9.90 and is NOT eligible for the additional +0.10 Bonus.

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

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

1) 0.30 CV, OR +0.20 CV and +0.10 for the first allowable or restricted “D/E” (UB – any D/E; BB/FX – Acro D/E).

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

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

b. Additional restricted “D/E” elements performed later in exercise will NOT be considered for Bonus.

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

3) Allowable “D/E’s” and the first restricted “D/E” count as “C” in Connection Value Principles.

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

III. INQUIRIES**A. THE COACH IS ALLOWED to see the four (or two) scores of her / his individual gymnast.****B. IF THE COACH HAS A QUESTION regarding an exercise during competition:**

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

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

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

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

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

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

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

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

E. VIDEO REVIEW

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

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

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

IV. JUDGE INADVERTENTLY MISSES THE EXERCISE

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

A. WITH A 2-JUDGE PANEL:

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

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

B. WITH A 4-JUDGE PANEL:

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

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

V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

A. TAKE STEPS TO STOP THE BLEEDING IMMEDIATELY

- Cover wound as soon as possible.

B. A BLEEDING WOUND (OR ANY OTHER INJURY DUE TO A FALL) does NOT give gymnast the right to repeat exercise. **Once the wound is covered, the gymnast may resume exercise from point of interruption.**

C. FALL TIME EXCEEDED:

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

D. IF THERE IS BLOOD ON ANY EQUIPMENT OR MATS

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

E. THE COACH AND GYMNAST HAVE THE RIGHT TO DETERMINE

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

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

WOMEN’S DEVELOPMENT (DEV) PROGRAM OPTIONAL VAULT RULES

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

WARM-UP PROCEDURES: Time starts – when gymnast stands on table to do skill / jump off OR
When gymnast begins running towards table / touches springboard.

Revised 4.22

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

I. APPARATUS SPECIFICATIONS / RULINGS

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

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

B. DEVELOPMENT PROGRAM VAULT VALUE CHARTS

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

C. USE OF TAPE OR CHALK ON TABLE, RUNWAY, OR HAND PLACEMENT MAT

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

D. VAULT RUNWAY

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

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

E. HAND PLACEMENT MAT

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

F. "SAFETY ZONE" MAT

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

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

1. NOT allowed at any optional level.
2. Junior Board "Pre-School" type board (35 5/8" X 23 5/8" X 9 1/2") is NOT allowed.
3. If used, Vault is VOID.

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

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

Approx. 3/4 inch	2 cm
4 inches	10 cm
4 1/2 inches	12 cm
8 inches	20 cm
9 inches	24 cm

Revised 7.23

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

II. GENERAL INFORMATION

A. SUPPLEMENTAL APPROACHES:

1. Gymnast is allowed three attempts (running approaches) to successfully complete one or two Vaults.
2. A balk is a running approach that results in a fall during the run, stops mid-run, runs off the runway, or contacts the board or the Vault table without coming to rest or support on top of the Vault table.
 - A balk will count as one of the three attempts to complete one or two Vaults.
3. One balk is allowed in the three attempts / approaches without penalty.
4. Second or third balk counts as a VOID (“0” score) Vault.
5. Fourth attempt is NOT allowed.
6. EXAMPLES of incomplete / VOID Vaults:
 - a. Gymnast rebounds from board, has flight and places her hands on top of the Vault table to shift her weight over her hands in support, but does not drive her heels overhead, and finishes in a squat stand on the table or lands back down on the board.
 - b. Gymnast has flight from board to an almost inverted handstand position, runs out of momentum and steps down onto Vault table or lands back down on the board.
 - c. Gymnast’s steps are off on the run, she cannot slow down her horizontal speed and ends up in a “belly slide” on top of the Vault table.

B. DETERMINING THE FINAL SCORE for LEVELS 6 / 7 / 8 / 9 / 10

1. The gymnast has the right to perform one or two Vaults.
2. The Vaults may be the same or different.
3. Each Vault is scored and averaged separately.
4. The better score is counted.

	Gymnast performs:	Final Score LEVELS 6 / 7 / 8 / 9 / 10
a.	- Approach #1: Runs + Balks - Approach #2: Runs + Balks - Approach #3: Completes Vault #1 No more Attempts allowed	Count the score of the one Vault performed Vault #1
b.	- Approach #1: Completes Vault #1 - Approach #2: Runs + Balks - Approach #3: Completes Vault #2	Count the Vault with the higher score
c.	- Approach #1: Runs + Balks - Approach #2: Runs + Balks - Approach #3: Runs onto board, but does NOT go over Vault Table (Balks) OR vaults without signal from judge	2nd Balk = Void Vault #1 3rd Balk / vaults without signal = Void Vault #2 Final score = “0”
d.	- Approach #1: Runs into Table (Balks) - Approach #2: Completes Vault #1 - Approach #3: Runs + Balks	Count the score of the one Vault performed Vault #1
e.	- Approach #1: Completes Vault #1 - Approach #2: Runs onto board, but does NOT go over Vault Table (Balks) - Approach #3: Runs-Performs a Vault but does NOT land on bottom of feet first = Void	Count the score of the Vault #1
f.	- Approach #1: Completes Vault #1 - Approach #2: Runs + Balks No 3rd Approach due to injury	Count the score of the Vault #1

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

C. ANNOUNCEMENT OF INTENDED VAULT and PERFORMANCE OF WRONG VAULT

1. Before beginning approach, gymnast or coach must designate the correct Vault to be performed by announcing name of Vault or by flashing Vault number indicated on the Development Program Vault chart for the specific level.
 - a. The Vault number MUST be visually displayed at any sanctioned competition utilizing a 4-judge panel.
 - Display by using score flashing unit, white board, chalk board, etc.
 - b. At all other competitions, the Vault name OR number may be audibly communicated to judges.
 - c. CJ will signal gymnast to Vault as soon as intended Vault has been flashed or announced by coach.
2. There is no deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific level of the gymnast.
3. The Vault performed determines the Start Value (SV), NOT the Vault number flashed or announced.
4. The body position that is demonstrated for the majority of the Vault will determine which Vault has been executed.
 - EXAMPLE for Level 10:
Vault announced is a Tsukahara stretched (layout):
Gymnast performs the backward Salto by first piking, then showing a stretched position, and then piking again. Since the majority of the Vault was performed in a pike position, the SV will be 9.50 for the piked Tsukahara, rather than 9.70 for the stretched Tsukahara.

D. PERFORMANCE OF A VAULT WITHOUT A SIGNAL FROM THE CHIEF JUDGE

1. Vault is NOT scored, even if both judges see it.
2. Gymnast has the opportunity to perform two more Vaults.
3. CJ applies a 0.50 penalty to the average of the next completed Vault.
4. The penalty may or may NOT affect the final score.

EXAMPLES:

Approach # 1 – Runs / vaults over table without being signaled to start

Approach # 2 – completes Vault #1, scores 9.00, receives penalty of – 0.50 for a score of 8.50

Approach # 3 – completes Vault #2, scores 9.00, which will be her final score.

E. COACHING DEDUCTIONS

1. All judges take the 0.50 deduction for spot (assistance) upon landing.
2. If the coach assists during the Vault, the Vault will be scored “0” (VOID).
 - EXCEPTION (Level 8 ONLY): if the coach spots (assists) the gymnast during the post-flight phase of a Salto Vault, the Vault is scored. Each judge applies a deduction of 1.00.
3. All judges deduct 0.50 if the coach stands between the board and the Vault apparatus (inside the domain of the apparatus).
 - EXCEPTION: NO DEDUCTION is taken for the coach standing between the board and the Vault table if gymnast is performing a Round-off entry Vault (Levels 6 / 7 / 8 / 9 / 10).
 - There is NO DEDUCTION if the coach, when standing between the board and the Vault table, makes contact with the Safety Zone mat or inadvertently touches the Vault table.
4. The coach may speak to the gymnast between Vaults without penalty but may NOT give verbal coaching cues during the Vault.
 - Coach may ask for the score of the first Vault prior to the second Vault.
5. If the coach catches a falling gymnast:
 - a. Do NOT deduct for the spot.
 - b. Deduct 0.50 for the fall only.

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SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

MISCELLANEOUS VAULT RULES (continued)

10. Vault clarifications

Group 1 (forward entry without Salto)

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

Group 3 (Tsukahara entry)

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

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

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

11. Warm-up procedures

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

12. Timing falls

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

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction	Balk #1: run approach without coming to rest or support on top of the VT table
	VOID	Balk #2 or balk #3
	0.50	Vaults without signal from chief judge <ul style="list-style-type: none"> CJ deducts <u>0.50</u> from average of next completed Vault
	0.50	Coach standing between board and table <ul style="list-style-type: none"> <u>EXCEPTION</u>: no deduction if gymnast performs a Round-off (Yurchenko) entry Vault
	VOID	Spotting assistance during the vault
	0.50	Spotting assistance upon landing <ul style="list-style-type: none"> No deduction for coach assisting / spotting after landing
	up to 0.30	Insufficient dynamics (speed / power)
	VOID	Vault performed is not one of the allowable choices
	VOID	Fail to use a mat stack for landing
	VOID	Fail to use Safety Zone mat for Round-off entry Vaults
VOID	Use of alternative springboard (trampoline-like / junior board- Pre-School type / inflatable rebounding device)	

FIRST FLIGHT PHASE	up to 0.10	Incorrect foot form (flexed / sickled)
		INCORRECT LEG FORM
	up to 0.10	Legs crossed
	up to 0.20	Legs separated
	up to 0.30	Legs bent
		POOR TECHNIQUE
up to 0.10	Failure to maintain neutral head position	
up to 0.20	Excessive arch	
up to 0.30	Hip angle	

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

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

SUPPORT / REPULSION PHASE	up to 0.10	POOR TECHNIQUE Staggered / alternate hand placement on all Vaults, except Tsukahara Failure to maintain neutral head position Shoulder angle Excessive arch Alternate repulsion from hands on all Vaults, except Tsukahara Legs bent	
	up to 0.10		
	up to 0.20		
	up to 0.20		
	up to 0.20		
	up to 0.30		
	each <u>0.10</u> (max 0.30)		Step(s) with hand(s)
	<u>0.30</u>		Hop(s) with both hands simultaneously
	up to 0.30		Failure to pass through vertical
	up to 0.50		Bent arms (bent 90° or more = maximum deduction) • Slight lead arm bend allowed on Tsukahara Vaults
up to 0.50	Too long in support		
up to 1.00	ANGLE OF REPULSION • Determined by the line from the hands through the hips (center of mass). If there is a shoulder angle, measure from the shoulders to hips. If the gymnast leaves the table: • By vertical • 1° to 45° past vertical • 46° past vertical to horizontal		
No Deduction			
0.05 – 0.50 0.55 – 1.00			
<u>1.00</u>	Touch table with only one hand. • CJ takes the deduction from the average score if half of the panel sees only one hand touch.		
<u>2.00</u>	Head contacting the table • Includes <u>0.50</u> deduction for extreme arm bend.		
VOID	No hand contact on the table		

SECOND FLIGHT PHASE	up to 0.10	Fail to maintain neutral head position
	up to 0.10	Incorrect foot form (flexed / sickled)
	up to 0.10	INCORRECT LEG FORM Legs crossed Legs separated Legs bent
	up to 0.20	
	up to 0.30	
	up to 0.20	Brush or hit of body on far end of table
	up to 0.30	Failure to create rotation
	up to 0.20	Insufficient length When evaluating length, consider size of the gymnast, type of Vault, where the hands contact the table, location of the center of mass upon initial contact of mat stack, and overall trajectory (amplitude) of the 2nd flight phase; NOT just the distance from where the gymnast first makes contact on the Mat Stack in relation to the end of the Vault table.
	up to 0.50	Fail to maintain prescribed body position
	up to 0.50	Insufficient height
No Deduction	The arm position when leaving the table will NOT be evaluated.	

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

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

LANDING	up to 0.50	Incorrect body posture on landing <ul style="list-style-type: none"> Does not apply to Level 7 athletes who chose to land on their back instead of their feet.
	<u>0.20</u>	Lands on feet alternately (one then the other) <ul style="list-style-type: none"> When only one foot touches the mat, the deduction would take place for leg separation only.
	<u>0.50</u> up to 0.10 each <u>0.10</u> (max <u>0.40</u>) each <u>0.20</u> (max <u>0.40</u>)	FRONT HANDSPRING ENTRY Lands and falls back against the table Slight hop, small adjustments of feet back towards table Steps back towards the table (per step with maximum of 4) Large step or jump back towards the table (approximately 3 feet or more)
	VOID	Fail to land on any part of the bottom of the feet first - Front Handspring entry Vault
	<u>0.50</u> up to 0.10 Ea. <u>0.10</u> – <u>0.15</u> (max <u>0.40</u>) each <u>0.20</u> (max <u>0.40</u>)	ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY Lands and falls forward against the table Slight hop, small adjustments of feet forward towards the table Small or medium step(s) forward towards the table (per step with maximum of 4) Large step or jump forward towards the table (approximately 3 feet or more)
	<u>1.00</u> No deduction	Fail to land on any part of the bottom of the feet first - Tsukahara / Yurchenko entry Vaults: - Level 6 - Level 7
	up to 0.30	Deviation from straight direction <ul style="list-style-type: none"> Determined by initial contact with mat
	VOID	Salto performed after landing
	VOID	Landing on top of vault table (in a sitting, lying or standing position)
	<u>1.00</u>	Failure to land on top of mat stack

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SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction VOID	Balk #1: run approach without coming to rest or support on top of the table Balk #2 or Balk #3
	VOID	Gymnast runs onto board, steps up onto Vault table or rebounds from board to come to rest / support on table
	<u>0.50</u>	Vaults without signal from chief judge • CJ deducts <u>0.50</u> from average of next completed Vault
	<u>0.50</u>	Coach standing between board and table <u>EXCEPTION:</u> no deduction if gymnast performs a Group 4 / 5 (Round-off entry) Vault at Levels 8 / 9 / 10.
	VOID <u>1.00</u>	Spotting assistance during the vault <u>EXCEPTION:</u> Level 8 ONLY • Spotting assistance during second flight phase of Salto vaults ONLY
	<u>0.50</u> <u>0.50</u>	Spotting assistance upon landing • Fall after assistance, additional deduction taken
	<u>0.50</u> for fall only	Coach catches a falling gymnast • No deduction for the spot
	up to 0.30	Insufficient dynamics (speed / power)
	EVENT VOID	Restricted vault performed for Level 8 / 9
	VOID	Use of alternative springboard (trampoline-like / junior board- "Pre-School" type / inflatable rebounding device)
	VOID	Fail to use Safety Zone mat for Round-off entry vaults

FIRST FLIGHT PHASE	up to 0.10	Incorrect foot form (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM Legs Crossed Legs Separated Legs Bent
	up to 0.20 up to 0.30	POOR TECHNIQUE Excessive Arch Hip Angle
	up to 0.30	Incomplete LA turn

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

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

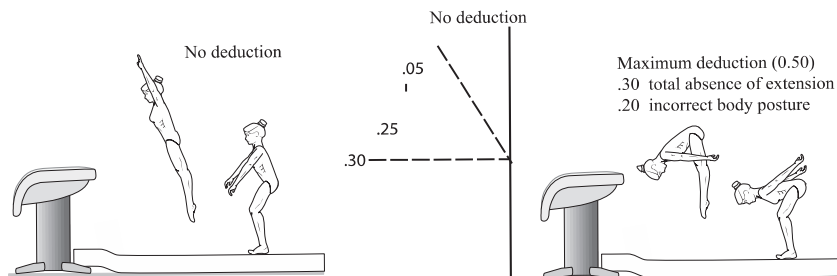
SUPPORT / REPULSION PHASE	up to 0.10	POOR TECHNIQUE Staggered / alternate hand placement on all vaults, <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with ¾ - 1/1 turn – on Salto off
	up to 0.20	Shoulder angle
	up to 0.20	Excessive arch
	up to 0.20	Alternate repulsion from hands on all vaults, <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with ¾ - 1/1 turn – on Salto off
	up to 0.30	Legs bent (in support) or early tuck (Salto vaults)
	each <u>0.10</u> (max 0.30)	Step(s) with hand(s)
	<u>0.30</u>	Hop(s) with both hands simultaneously
	up to 0.30	Failure to pass through vertical
	up to 0.50	Bent arms (bent 90° or more = maximum deduction) • Slight lead-arm bend allowed on Group 3 vaults
	up to 0.50	Too long in support • Applies to Level 8 / 9 / 10 non-Salto vaults from any group
	up to 0.30	Prescribed LA turn begun too early
	up to 1.00	Angle of repulsion • Applies to Level 8 / 9 / 10 non-Salto vaults from any group • Determined by the angle created from the hands to the body part that is furthest past vertical. If the gymnast leaves the Vault table: • By vertical • 1° to 45° past vertical • 46° past vertical to horizontal
	No Deduction	
0.05 – 0.50	• 1° to 45° past vertical	
0.55 – 1.00	• 46° past vertical to horizontal	
<u>1.00</u>	Touch with only one hand on the table. • CJ takes the deduction if half of the panel sees only one hand touch.	
<u>2.00</u>	Head contacting table • Includes <u>0.50</u> deduction for extreme arm bend	
VOID	No hand contact on the table	

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)	
SECOND FLIGHT PHASE	up to 0.10 Incorrect foot form (flexed / sickled)
	INCORRECT LEG FORM
	up to 0.10 Legs crossed
	up to 0.20 Legs separated
	up to 0.30 Legs bent
	INSUFFICIENT EXACTNESS OF BODY POSITION (TUCK, PIKE, STRETCH)
	up to 0.30 Insufficient tuck
	<ul style="list-style-type: none"> Min. 90° bend in hip & knees Allow open “puck” position during twists in tuck position
	up to 0.30 Insufficient pike (91° – 135°)
	<ul style="list-style-type: none"> Min. 90° bend in hips
	up to 0.30 Insufficient stretch (180° ideal - Greater than 135° = stretched position)
	<ul style="list-style-type: none"> 136° – 179° hip angle (pike) = insufficient stretch Excessive arch
	up to 0.30 Failure to maintain stretched body (pike down of stretched vaults to facilitate landing)
	INSUFFICIENT EXTENSION (OPEN) BEFORE LANDING
<ul style="list-style-type: none"> up to 0.25 Insufficient and / or late extension (tuck / pike vaults) 0.30 Total absence of extension (tuck / pike vaults) 	
up to 0.10 Under-rotation of Salto vaults	
up to 0.10 Insufficient exactness of LA turn	
up to 0.30 Late completion of the twist	
<ul style="list-style-type: none"> Group 1 Vaults, Group 4 / 5 Vaults without Saltos 	
up to 0.20 Brush or hit of body on far end of Vault table	
up to 0.30 Insufficient length	
When evaluating length, consider size of gymnast, type of Vault, where hands contact table, where feet land and overall trajectory (amplitude) of 2 nd flight phase; NOT just distance from where gymnast lands in relation to end of the Vault table.	
up to 0.50 Insufficient height	

CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION

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



EXAMPLE 1: Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for “incorrect body posture on landing”.

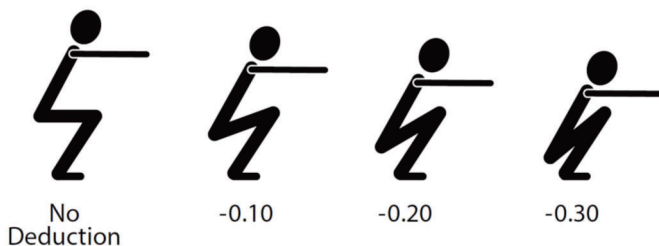
EXAMPLE 2: Gymnast never opens, lands in a full squat position, and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for total absence of extension, **up to 0.30 for squat on landing**, and up to 0.20 for incorrect body posture.

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SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)			
LANDING	up to 0.10	Arm swings to maintain balance (applies to “stuck” landings)	
	up to 0.20	Incorrect body posture	
	up to 0.20	Trunk movement(s) to maintain balance	
	up to 0.10	PRESCRIBED LA TURN INCOMPLETE 1° – 30° missing	
	0.15 – 0.20		31° – 60° missing
	0.25 – 0.30		61° – 89° missing
	Lower value		90° or more missing
	up to 0.30	Deviation from a straight direction <ul style="list-style-type: none"> Determined by initial contact with the mat 	
	<u>0.05</u> <u>0.10</u>	Lands with feet apart <ul style="list-style-type: none"> No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on the controlled extension. Lands with feet hip-width apart or closer, but never joins the feet (heels)	
	<u>0.10</u>	Lands with feet further than hip-width apart Clarifications: <ul style="list-style-type: none"> If upon landing with the feet apart / staggered, the gymnast takes a step(s), deduct only for the step(s). If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.	
	up to 0.10	Slight hop, small adjustments of feet or staggered feet	
	Ea. <u>0.10</u> - <u>0.15</u> max (<u>0.40</u>)	Small or medium step(s) (per step)	
	each <u>0.20</u> (max <u>0.40</u>)	Large step or jump (approximately 3 feet or more)	
	up to 0.30 + 0.50	Squat on landing (hips even with or lower than knees) Lands Vault in squat position, then falls *See below diagram for specific squat deductions.	
	up to 0.30	Slight brush / touch of 1 or 2 hands on mat (no support)	
VOID <u>0.50</u>	Fail to land on any part of the bottom of the feet first <ul style="list-style-type: none"> If gymnast falls, landing on hands and bottom of feet simultaneously, Vault is scored. 		
<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 Vault table		
VOID	Landing on top of the vault table (in a sitting, lying or standing position)		

*Squat on landing deduction guideline:



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SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

CLARIFICATION - STEPS ON LANDING:

1. A **small** step-close is considered one **small** step and receives a 0.10 deduction.
A **medium** step-close would receive a 0.15 deduction.
A very small step-close or other small foot movement would receive 0.05 deduction.
EXAMPLES of one **small/medium** step (0.10 - 0.15):
 - a. The gymnast lands with feet together, then takes one step forward, sideward or backward on the right (R) foot; then returns the R foot to join the left (L) foot, OR
 - b. The gymnast lands with feet together, then takes one step forward, sideward or backward on the R foot; then steps with the L foot to join the R foot.
 - c. If a gymnast lands with feet a maximum of hip-width apart, there is no deduction, provided that she joins (slides) the heels together on the controlled extension.
 - If the entire foot / feet are sliding or lifting off the mat to join, it is considered a small step.
2. If the gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
4. If the gymnast lands with feet apart / staggered and then continues to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the gymnast “sticks” the landing.

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.				
<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>				
<p>1.101 Handspring forward on – repulsion off 8.1</p>			1.501	
<p>1.102 Handspring forward on – 1/2 (180°) turn off 8.2</p>	<p>1.201 Handspring forward on – 1/1 (360°) turn off 8.8</p>	<p>1.301 Handspring forward on – 2/1 (720°) turn off 9.8</p>	1.401	
<p>1.103 Yamashita 8.1</p>	<p>1.202 Handspring forward on – 1 1/2 (540°) turn off 9.2</p>		1.502	
<p>1.103 Yamashita 8.1</p>	<p>1.203 Yamashita with 1/1 (360°) turn off 8.8</p>		1.503	
			<p>1.402 Handspring forward on – 2 1/2 (900°) turn off 10.0 (+0.10 Bonus)</p>	1.403

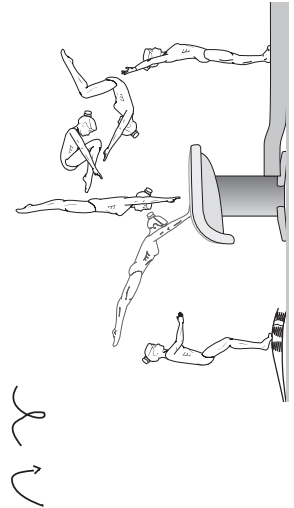
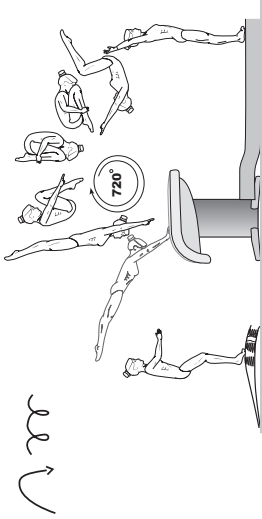
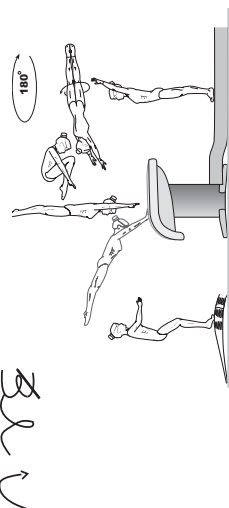
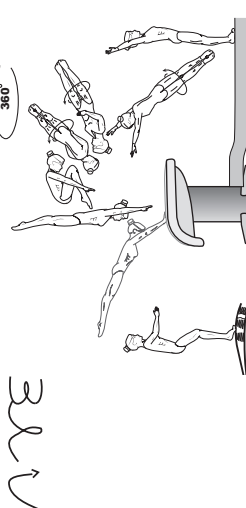
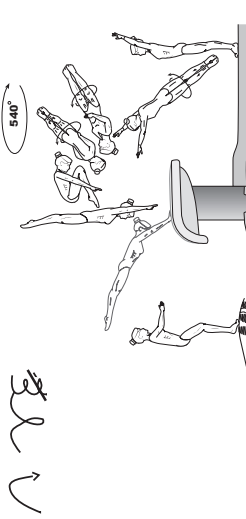
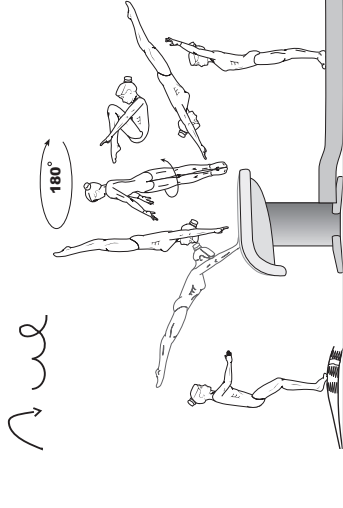
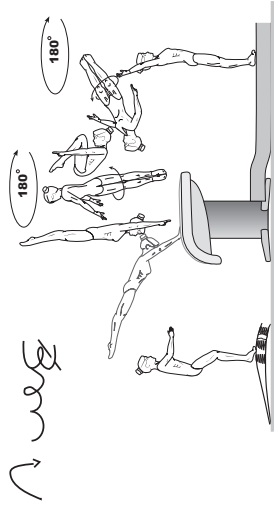
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.			
<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>			
<p>1.104 Yamashita with ½ (180°) turn off 8.2</p>	<p>1.204</p>	<p>1.404</p>	<p>1.504 Yamashita with 2½ (900°) turn off (Kincaid) 10.0 (+0.10 Bonus)</p>
<p>1.105 ½ (180°) turn on – ½ (180°) turn off OR ¼ (90°) turn on – ¾ (270°) turn off 8.2</p>	<p>1.205 ½ (180°) turn on – 1½ (540°) turn off OR ¼ (90°) turn on – 1¾ (630°) turn off 9.1</p>	<p>1.305</p>	<p>1.505</p>
<p>1.106 ¼ – ½ (90°–180°) turn on – repulsion off 7.0</p>	<p>1.206 ½ (180°) turn on – 1/1 (360°) turn off OR ¼ (90°) turn on – 1¼ (450°) turn off 8.7</p>	<p>1.306 ½ (180°) turn on – 2/1 (720°) turn off OR ¼ (90°) turn on – 2¼ (810°) turn off 9.6</p>	

Revised 7.23- 1.106 & 1.206 illustration correction

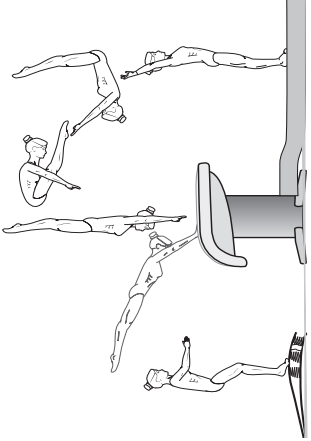
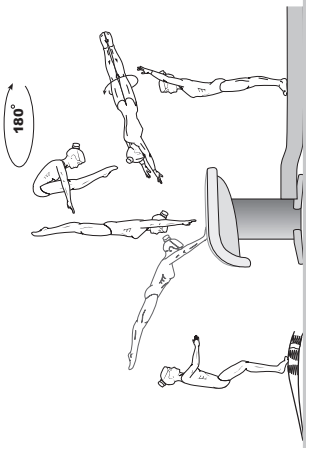
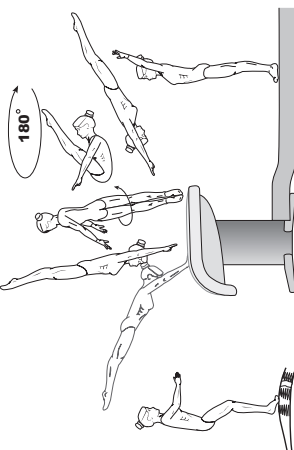
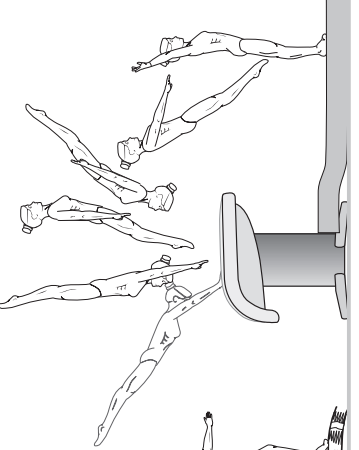
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.			
All values listed refer to Level 10		Refer to Vault Value Charts for Levels 6/7/8/9	
1.107		<p>1.207 1/1 (360°) turn on – Handspring/Yamashita off 8.9</p> <p>EN → NĒ</p>	1.407
1.108		<p>1.208 1/1 (360°) turn on – Handspring ½ (180°) turn off 9.1</p> <p>EN → NĒ</p>	1.408
1.109	<p>Handspring forward onto board – handspring forward on – repulsion off 8.2</p> <p>EN → NĒ</p>		1.409
		<p>1.307 1/1 (360°) turn on – 1/1 (360°) turn off 9.7</p> <p>EN → NĒ</p>	1.507
		<p>1.308 1/1 (360°) turn on – 1/2 (540°) turn off 9.8</p> <p>EN → NĒ</p>	1.508
		<p>1.309 Handspring forward onto board – handspring forward on – 1/1 (360°) turn off 8.9</p> <p>EN → NĒ</p>	1.509

Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.			
All values listed refer to Level 10		Refer to Vault Value Charts for Levels 6/7/8/9	
1.110 Handspring forward onto board – handspring forward on – 1/2 (180°) turn off 8.3 	1.210	1.310	1.410 1.510
1.111 Handspring forward onto board – 1/4 – 1/2 (90° – 180°) turn on – repulsion off 7.1 	1.211 Handspring forward onto board – 1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off 8.3 	1.311 Handspring forward onto board – 1/2 (180°) turn on – 1/1 (360°) turn off OR 1/4 (90°) turn on – 1 1/4 (450°) turn off 8.8 	1.411 1.511
1.112 	1.212	1.312	1.412 1.512

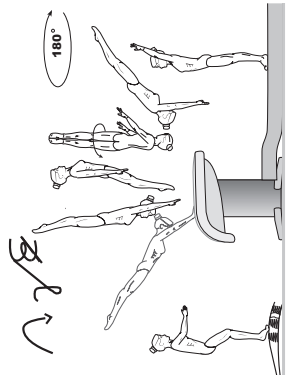
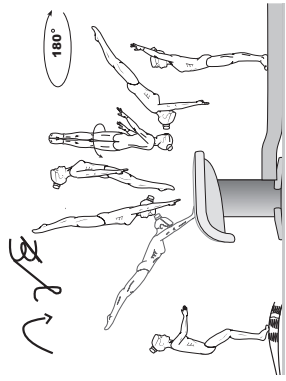
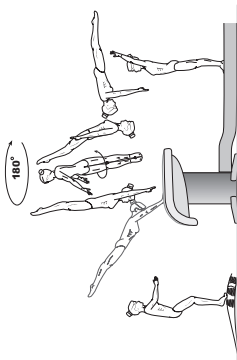
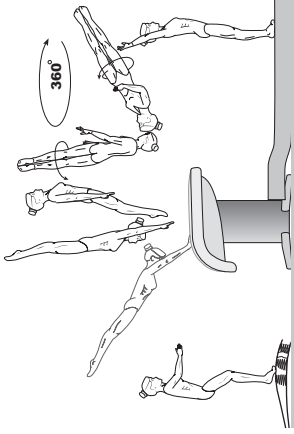
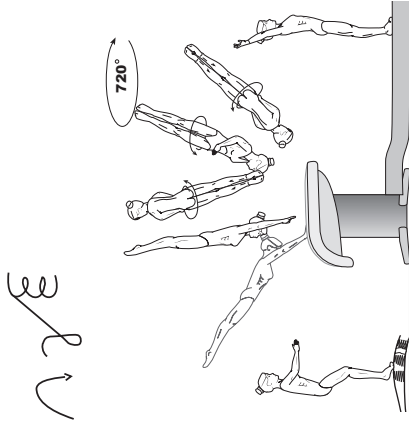
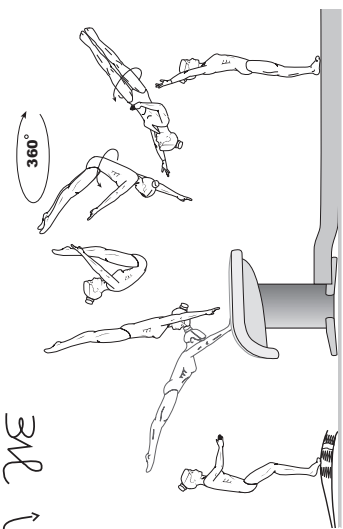
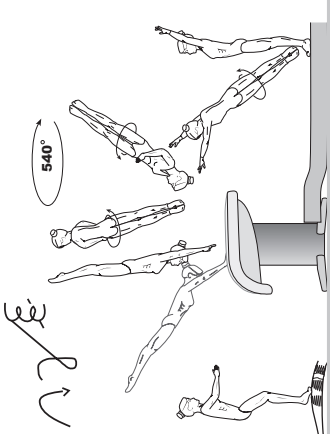
**Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase –
Salto forward or backward with or without L.A turn in second flight phase.**

		<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>	
2.101	2.201	2.301 Handspring forward on – salto forward tucked off 9.8 	2.401		2.501 Handspring forward on – double salto forward tucked off 10.0 (+0.10 Bonus) 
2.102	2.202	2.302* Handspring forward on – salto forward tucked with 1/2 (180°) turn off 10.0* 	2.402 Handspring forward on – salto forward tucked with 1/1 (360°) turn off 10.0 (+0.10 Bonus) 	2.502 Handspring forward on – salto forward tucked with 1 1/2 (540°) turn off 10.0 (+0.10 Bonus) 	
2.103	2.203	2.303 Handspring forward on – 1/2 (180°) turn off, salto backward tucked (Tucked Cuervo) 9.9 	2.403 Handspring forward on – 1/2 (180°) turn off, salto backward tucked with an additional 1/2 (180°) turn (Tucked Cuervo with 1/2 turn) 10.0 (+0.10 Bonus) 	2.503	

**Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase –
Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>		E
2.104	2.204	2.304 Handspring forward on – salto forward piked off 9.9		2.404 Handspring forward on – salto forward piked with 1/2 (180°) turn off 10.0 (+0.10 Bonus)		2.504
2.105	2.205	2.305		2.405 Handspring forward on – 1/2 (180°) turn off, salto backward piked (Piked Cuervo) 10.0 (+0.10 Bonus)		2.505
2.106	2.206	2.306		2.406 Handspring forward on – salto forward stretched off (Ewdokimova) 10.0 (+0.10 Bonus)		2.506

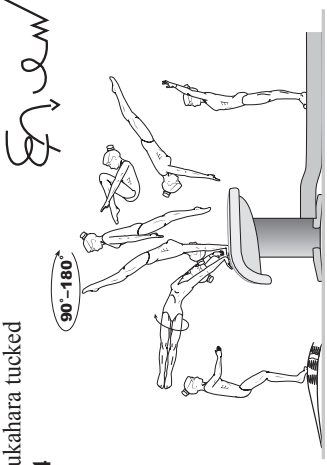
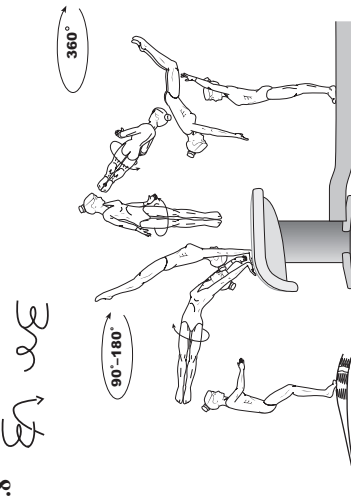
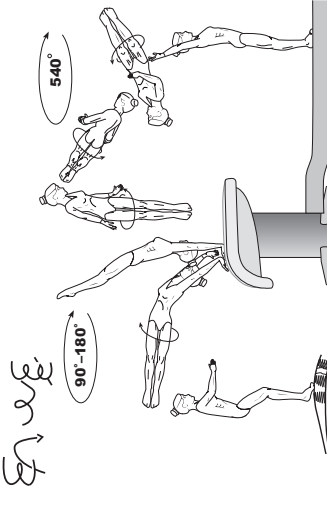
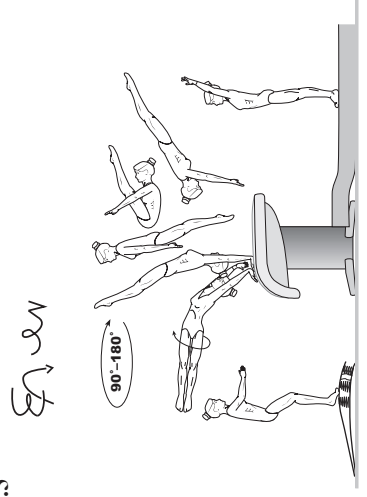
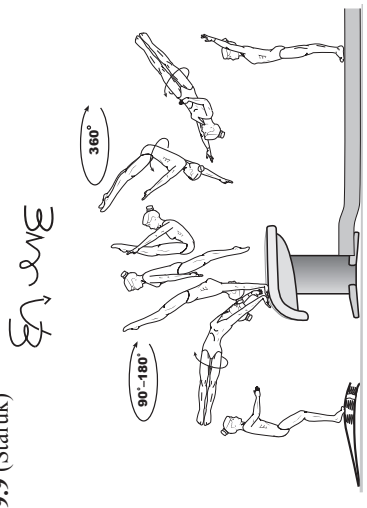
**Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase –
Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>		
2.107	2.207	2.307	2.407	2.507	2.607	
		<p>Handspring forward on – salto forward stretched with 1/1 (360°) turn off 10.0 (+0.10 Bonus)</p>  <p align="center">180°</p>	<p>Handspring forward on – salto forward stretched with 1/2 (180°) turn off (Wang) 10.0 (+0.10 Bonus)</p>  <p align="center">180°</p>	<p>Handspring forward on – 1/2 (180°) turn off, back salto stretched (Cuervo stretched) 10.0 (+0.10 Bonus)</p>  <p align="center">180°</p>	<p>Handspring forward on – salto forward stretched with 1/1 (360°) turn off 10.0 (+0.10 Bonus)</p>  <p align="center">360°</p>	<p>Handspring forward on – salto forward stretched with 2/1 (720°) turn off 10.0 (+0.10 Bonus)</p>  <p align="center">720°</p>
2.108	2.208	2.308	2.408	2.508	2.608	
		<p>Handspring forward on – salto forward piked with 1/1 (360°) turn (Piked Chusovitina with 1/1 turn) 10.0 (+0.10 Bonus)</p>  <p align="center">360°</p>	<p>Handspring forward on – salto forward stretched with 1/2 (540°) turn off (Stretched Chusovitina with 1/2 turn) 10.0 (+0.10 Bonus)</p>  <p align="center">540°</p>			

**Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase –
Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>	
2.109	2.209	2.309	2.409	2.509	2.609
		1/1 (360°) turn on – salto forward tucked off 10.0 (+0.10 Bonus)	1/1 (360°) turn on – salto forward tucked off 10.0 (+0.10 Bonus)	1/1 (360°) turn on – salto forward piked off 10.0 (+0.10 Bonus)	1/1 (360°) turn on – salto forward stretched off 10.0 (+0.10 Bonus)
		 360°	 360°	 360°	 360°
2.110	2.210	2.310	2.410	2.510	2.610
		Handspring forward onto board – hand-spring forward on – salto forward tucked off (Ilg) 9.9	Handspring forward onto board – hand-spring forward on – salto forward tucked with ½ (180°) turn off (Mantle) 10.0 (+0.10 Bonus)		
		 180°	 180°		
2.111	2.211	2.311*	2.411	2.511	2.611
		Handspring forward onto board – hand-spring forward on – salto forward piked off (Garbarino) 10.0*	Front handspring onto board – hand-spring forward on – salto forward piked with ½ (180°) turn off (Whitman) 10.0 (+0.10 Bonus)		
		 180°	 180°		

**Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry)
– Salto forward or backward with or without LA turn in second flight phase.**

3.101	<p>3.201 Tsukahara tucked 9.4</p>  <p>90°-180°</p>	<p>3.301</p> <p>Refer to Vault Value Charts for Levels 6/7/8/9</p>	<p>3.401</p>	3.501
3.102	<p>3.202</p>	<p>3.302 Tsukahara tucked with 1/1 (360°) turn off 9.8</p>  <p>90°-180° 360°</p>	<p>3.402 Tsukahara tucked with 1½ (540°) turn off 10.0 (+0.10 Bonus)</p>  <p>90°-180° 540°</p>	3.502
3.103	<p>3.203</p>	<p>3.303 Tsukahara piked 9.5</p>  <p>90°-180°</p>	<p>3.403 Tsukahara piked with 1/1 (360°) turn off 9.9 (Staruk)</p>  <p>90°-180° 360°</p>	3.503

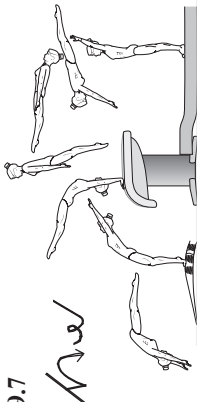
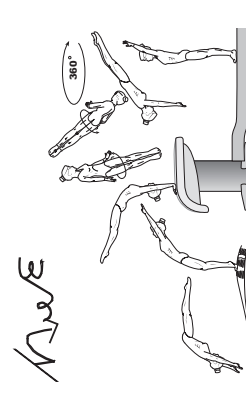
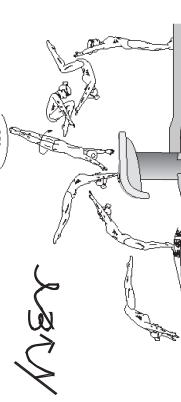
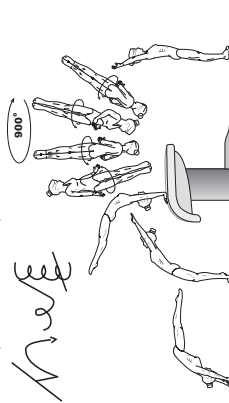
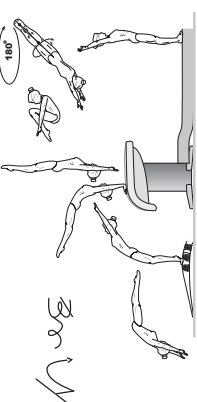
**Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry)
– Salto forward or backward with or without LA turn in second flight phase.**

		<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>	
3.104		3.204	3.304	3.404	3.504
		<p>Tsukahara stretched 9.7</p>	<p>Tsukahara stretched with 1/1 (360°) turn off 10.0 (+0.10 Bonus)</p>	<p>Tsukahara stretched with 1/2 (540°) turn off 10.0 (+0.10 Bonus)</p>	<p>Tsukahara stretched with 2/1 (720°) turn off 10.0 (+0.10 Bonus)</p>
3.105		3.205	3.305	3.405	3.505
		<p>Handspring forward onto board, 1/4 (90°) – 1/2 (180°) turn on – back salto piked (Zuhlke) 9.6</p>	<p>Handspring forward onto board, 1/4 (90°) – 1/2 (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) 9.9</p>	<p>Handspring forward onto board, 1/4 (90°) – 1/2 (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) 9.9</p>	<p>Handspring forward onto board, 1/4 (90°) – 1/2 (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) 9.9</p>
3.106		3.206	3.306	3.406	3.506
		<p>1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) off to salto forward tucked 9.7</p>	<p>1/4 (90°) on – 1/4 (90°) turn off with salto forward tucked (lands facing out) 9.7</p>	<p>1/4 (90°) on – 1/4 (90°) turn off with salto forward tucked (lands facing out) 9.7</p>	<p>1/4 (90°) on – 1/4 (90°) turn off with salto forward tucked (lands facing out) 9.7</p>
		<p>Tsukahara with salto backward tucked with 1/2 (180°) turn 9.7</p>			
					<p>Tsukahara stretched with 2/1 (900°) turn off 10.0 (+0.10 Bonus)</p>

**Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry)
– Salto forward or backward with or without LA turn in second flight phase.**




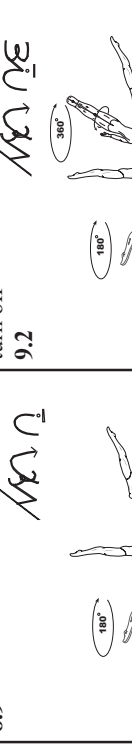


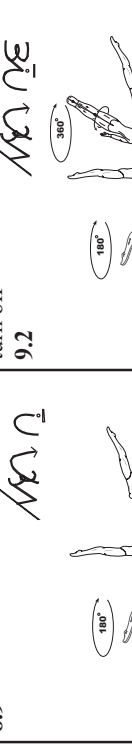

		<i>All values listed refer to Level 10</i>	<i>* = 10.0 vaults</i>	<i>with no bonus</i>	<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>	
3.107	3.207	3.307	3.407*	3.507	3.508	
		<p>1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off, to salto forward piked 9.8</p> <p>1/4 (90°) turn on – 1/4 (90°) turn off to salto forward piked (lands facing out) 9.8</p> <p>Tsukahara with salto backward piked with 1/2 (180°) turn off 9.8</p>	<p>1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off, to salto forward stretched (Phepls) 10.0 *</p> <p>1/4 (90°) turn on – 1/4 (90°) turn off with salto forward stretched (lands facing out) 10.0 *</p> <p>Tsukahara with salto backward stretched with 1/2 (180°) turn off 10.0 *</p>	<p>1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off, to salto forward stretched with 1/2 (180°) turn (House) 10.0 (+0.10 Bonus)</p>	<p>1/4 (90°) turn on – 1/4 (90°) turn off – front salto tucked with 1 1/2 (540°) turn (Carey) 10.00 (+0.10 Bonus)</p>	<p>1/4 – 1/2 (90° – 180°) turn on – 3/4 – 1/2 (270° – 180°) turn off, salto forward tucked with 1/1 (360°) turn (Shible 1/1) 10.00 (+0.10 Bonus)</p>
3.108	3.208	3.308	3.408	3.508	3.509	
		<p>1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off, to salto forward tucked 1/2 (180°) (Shible) 9.8</p>				
3.109	3.209	3.309	3.409			

Group 4 – Round-off entry (Yurchenko) - Repulsion off with or w/out turn OR Salto forward or backward with or without LA turn in second flight phase			
<i>All values listed refer to</i>	<i>Level 10</i>	<i>* = 10.0 vaults with no bonus</i>	<i>Refer to Vault Value</i>
4.101 Round-off, flic-flac on – repulsion off 7.0 	4.201 Round-off, flic-flac on – 1/1 (360°) turn off 8.9 	4.301 Round-off, flic-flac on – 2/1 (720°) turn off (Allen - 2/1 turn) 9.7 	4.501
4.102 Round-off, flic-flac on – repulsion off with 1/2 (180°) turn 7.7 	4.202 Round-off, flic-flac on – 1/2 (540°) turn off (Allen - 1/2 turn) 9.1 	4.302 	4.502
4.103 	4.203 Round-off, flic-flac on – salto backward tucked off 9.4 	4.303 Round-off, flic-flac on – salto backward tucked with 1/1 (360°) turn off 9.8 	4.503 Round-off, flic-flac on – salto backward tucked with 2/1 (720°) turn off (Dungelova) 10.0 (+0.10 Bonus)
4.104 	4.204 	4.304 Round-off, flic-flac on – salto backward piked off 9.5 	4.504

Group 4 – Round-off entry (Yurchenko) – Repulsion off with or w/out turn OR Salto forward or backward with or without L.A turn in second flight phase			
<i>All values listed refer to Level 10</i>		<i>Refer to Vault Value</i>	<i>Charts for Levels 6/7/8/9</i>
4.105		4.405	
4.205	4.305 Round-off, flic-flac on – salto backward stretched off 9.7 	4.405 * = 10.0 vaults with no bonus	4.505
4.106	4.306* Round-off, flic-flac on – salto backward stretched with 1/1 (360°) turn off 10.0 * 	4.406 Round-off, flic-flac on – salto backward stretched with 1/2 (540°) turn off 10.0 (+0.10 Bonus)	4.506 Round-off, flic-flac on – salto backward stretched with 2/1 (720°) turn off 10.0 (+0.10 Bonus)
4.107	4.307 Round-off, flic-flac on – 1/2 (180°) turn off, salto forward tucked (Peneva) 9.8 	4.407* Round-off, flic-flac on – 1/2 (180°) turn off, salto forward tucked with 1/2 (180°) turn (Tucked Beckman) 10.0*	4.607
	4.207		4.606 Round-off, flic-flac on – salto backward stretched with 2 1/2 (900°) turn off (Amanar) 10.0 (+0.10 Bonus) 
			4.607 Round-off, flic-flac on – salto backward stretched with 1/2 (180°) turn off 9.8 


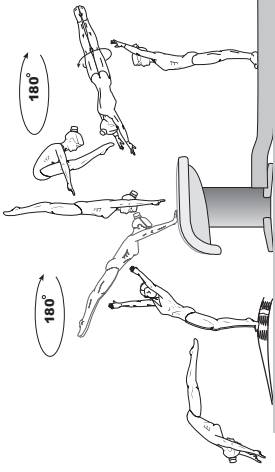
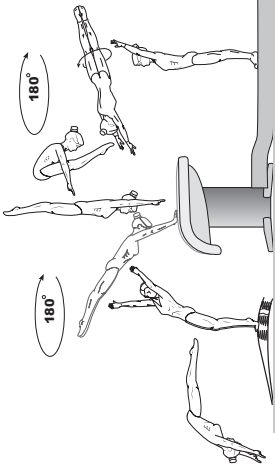

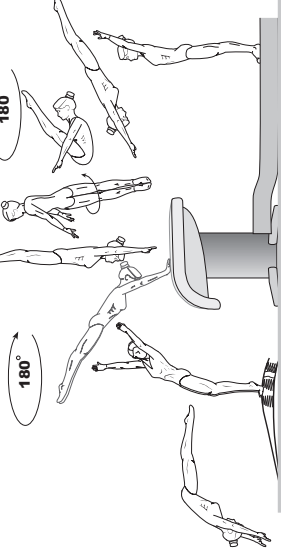

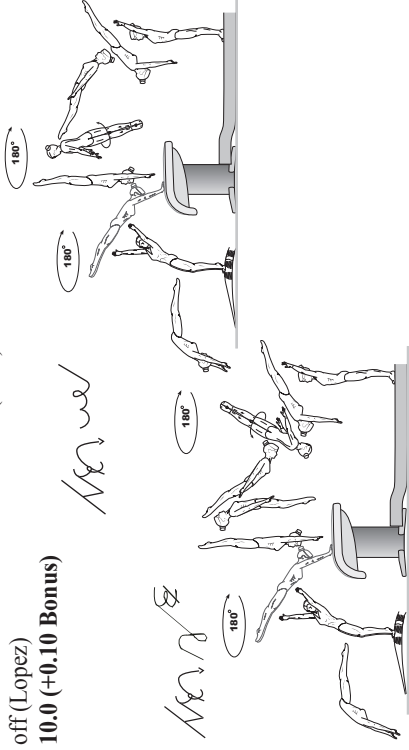

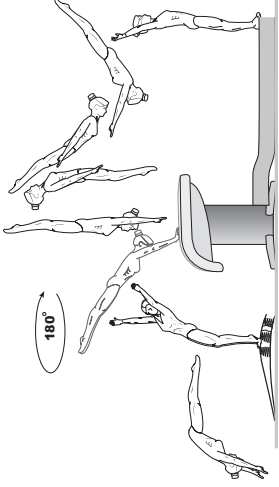
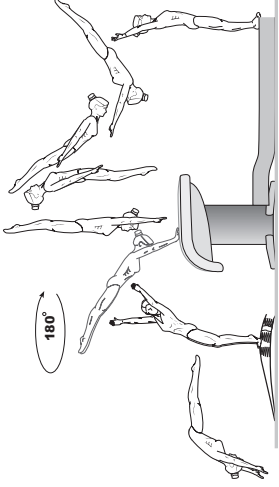
Group 4 – Round-off entry (Yurchenko) - Repulsion off with or without turn OR Salto forward or backward with or without LA turn in second flight phase			
	<i>All values listed refer to Level 10</i>	<i>* = 10.0 vaults with no bonus</i>	<i>Value Charts for Levels 6/7/8/9</i>
		<i>Refer to</i>	<i>Vault</i>
4.108	4.308 Round-off, flic-flac on – ½ (180°) turn off, salto forward piked 9,9 <i>new</i>	4.408 Round-off, flic-flac on – salto backward piked with ½ (180°) turn off 9,9 <i>new</i>	4.508 Round-off, flic-flac on – ½ (180°) turn off, salto forward piked with ½ (180°) turn (Piked Beckman) 10.0 (+0.10 Bonus) <i>new</i>
4.109	4.309* Round-off, flic-flac on – ½ (180°) turn off, salto forward stretched (Hristakieva) 10.0 * <i>new</i>	4.409 Round-off, flic-flac on – salto backward stretched with ½ (180°) turn off 10.0 * <i>new</i>	4.509

**Group 5 – Round-off with 1/2 or 1/1 (180°–360°) turn in entry phase –
Handspring or Salto forward or backward with or without LA turn in second flight phase.**

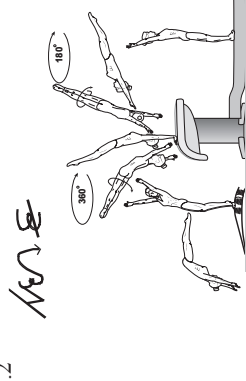
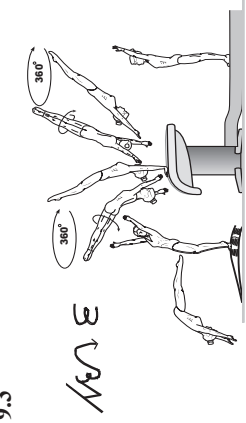
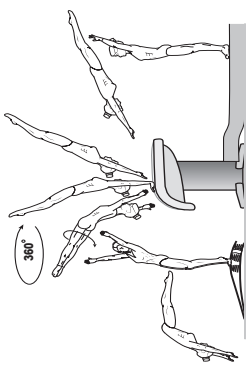
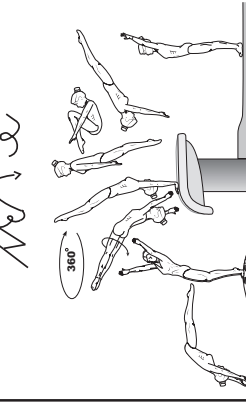
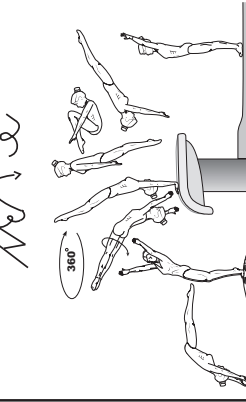
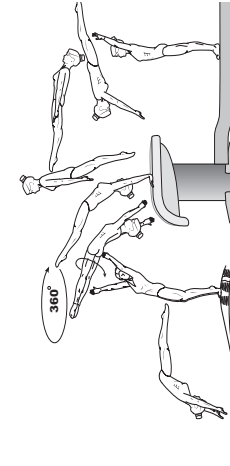
All values listed refer to Level 10	Refer to Vault Value	Charts for Levels 6/7/8/9	
<p>5.101 Round-off, flic-flac with ½ (180°) turn on – handspring off 8.9</p> 	<p>5.201 Round-off, flic-flac with ½ (180°) turn on – handspring 1/1 (360°) turn off 9.2</p> 	<p>5.301* Round-off, flic-flac with ½ (180°) turn on – salto forward tucked off (Ivantcheva) 10.0*</p> 	<p>5.401 Round-off, flic-flac with ½ (180°) turn on – salto forward tucked with ½ (180°) turn off (Servente) 10.0 (+0.10 Bonus)</p> 
<p>5.102 Round-off, flic-flac with ½ (180°) turn on – handspring with ½ (180°) turn off 9.1</p> 	<p>5.202 Round-off, flic-flac with ½ (180°) turn on – handspring 1/2 (540°) turn off 9.4</p> 	<p>5.302 Round-off, flic-flac with ½ (180°) turn on – salto forward tucked (Mroz) 10.0 (+0.10 Bonus)</p> 	<p>5.402 Round-off, flic-flac with ½ (180°) turn on – salto forward tucked with ½ (180°) turn off (Khorkina) 10.0 (+0.10 Bonus)</p>
<p>5.103</p>	<p>5.203</p>	<p>5.303</p>	<p>5.403 Round-off, flic-flac with ½ (180°) turn on – salto forward piked off (Omelianchik) 10.0 (+0.10 Bonus)</p> 

**Group 5 – Round-off with 1/2 or 1/1 (180° – 360°) turn in entry phase –
Handspring or Salto forward or backward with or without LA turn in second flight phase.**

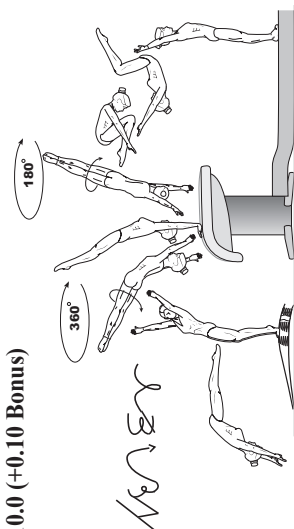
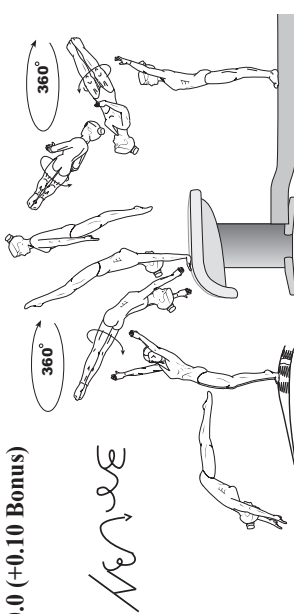
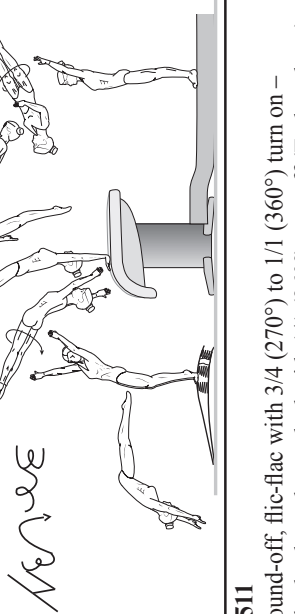

All values listed refer to Level 10
Refer to Vault Value Charts for Levels 6/7/8/9

5.104	5.204	5.304	5.404 Round-off, flic-flac with 1/2 (180°) turn on – salto forward piked with 1/2 (180°) turn off (Podkopayeva) 10.0 (+0.10 Bonus)  	5.504 
5.105	5.205	5.305	5.405 Round-off, flic-flac with 1/2 (180°) turn on – 1/2 (180°) turn off, salto backward piked (Khorkina) 10.0 (+0.10 Bonus)  	5.505 Round-off, flic-flac with 1/2 (180°) turn on – 1/2 (180°) turn off, salto backward stretched or – salto forward stretched with 1/2 (180°) turn off (Lopez) 10.0 (+0.10 Bonus)  
5.106	5.206	5.306	5.406 Round-off, flic-flac with 1/2 (180°) turn on – salto forward stretched off 10.0 (+0.10 Bonus)  	5.506 

Group 5 – Round-off with 1/2 or 1/1 (180° – 360°) turn (180° – 360°) in entry phase – Handspring or Salto forward or backward with or without L/A turn in second flight phase.

		<i>All values listed refer to Level 10</i>		<i>* = 10.0 vaults with no bonus</i>		<i>Refer to Vault Value Charts for Levels 6/7/8/9</i>
5.107 Round-off, flic-flac with 1/1 (360°) turn on – 1/2 (180°) turn off 9.2						
5.207 Round-off, flic-flac with 1/1 (360°) turn on – 1/1 (360°) turn off 9.3		5.307	5.407		5.507	
5.108 Round-off, flic-flac with 1/1 (360°) turn on – repulsion off 8.2						
5.208		5.308	5.408* Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward tucked off (Luconi) 10.0 *		5.508	
5.209		5.309	5.409* Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward piked off 10.0 *		5.509 Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward stretched off 10.0 (+0.10 Bonus)	

**Group 5 – Round-off with 1/2 or 1/1 (180°–360°) turn in entry phase –
Handspring or Salto forward or backward with or without LA turn in second flight phase.**

		<p><i>All values listed refer to Level 10</i></p>	<p><i>Refer to Vault Value Charts for Levels 6/7/8/9</i></p>	
5.110	5.210	5.310	<p>5.410 Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – ½ (180°) turn off, salto forward tucked 10.0 (+0.10 Bonus)</p> 	<p>5.510 Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – salto backward tucked with 1/1 (360°) turn off 10.0 (+0.10 Bonus)</p> 
5.111	5.211	5.311	<p>5.411</p>	<p>5.511 Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – salto backward stretched with 1/1 (360°) turn off (Tankousheva) 10.0 (+0.10 Bonus)</p> 
5.112	5.212	5.312	<p>5.412</p>	<p>5.512</p>
		<p>5.312 Round-off, flic-flac with ½ (180°) turn on – 2/1 (720°) turn off 9.9</p> 		

VI. MOUNT and DISMOUNT REGULATIONS

A. MOUNTS

1. Board, mount trainer mat, or panel mat must be removed as soon as possible after gymnast has mounted.
2. Mount attempts:
 - a. Attempt without mounting is considered a “balk”.
 - b. Two attempts allowed to mount UB without penalty.
 - No touch of board and / or UB or run under the UB on either attempt allowed.


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

EXAMPLE: 1st Attempt: Run, balk, no mount performed
 2nd Attempt: Run, balk, no mount performed
 3rd Attempt: Runs, performs a “D” mount (0.50 deducted for 3rd approach)
 “D” Mount awarded + 0.10 “D/E” bonus at Level 9 or 10.

EXAMPLE: 1st Attempt: Run, balk, no mount performed
 2nd Attempt: Run, balk, no mount performed
 3rd Attempt: Run, balk, no mount performed (0.50 deducted for 3rd approach)
 No mount performed; athlete must climb onto UB to begin exercise.
 - d. Fourth approach NOT permitted.
 - e. Run and touch board and / or UB or run under UB without mounting, deduct 0.50 (considered a FALL).
 - Acceptable to walk / run under LB to mount with jump to HB from between Bars.
 - f. Round-off entry mount attempt, performs only the Round-off:
 - 1) Deduct 0.50 for a fall, contact made with board, which is considered part of the apparatus.
 - 2) May repeat the mount and receive appropriate VP credit.
 - 3) Second attempt results in successfully performed mount; bonus could be awarded (if applicable).

EXAMPLE:
 Round-off in front of LB - Flic-Flac through handstand phase on LB mount (“D”) +
 Stalder circle backward to handstand with ½ (180°) turn to regular or mixed grip (“C”)

“D” + “C” = + 0.10


3. Mounts the bars, realizes the setting is incorrect:
 - a. May dismount the UB and has 45 seconds to re-adjust and re-mount the bars.
 - b. Deduct 0.50 for a fall from the apparatus.
4. Mounts that are preceded by one element prior to take-off from board will be allowed:
 - Evaluation begins after the feet leave the mounting apparatus.

B. DISMOUNTS

1. All dismounts must be performed from the designated bar in the element description to receive VP credit.
EXAMPLE: Underswing (toe-on) to salto forward tucked dismount from LB. LB NOT a choice listed:
 - a. "0" VP credit.
 - b. Deduct 0.50 missing dismount SR.
 - c. Deduct 0.30 from SV for no dismount.
2. "A" / "B" / "C" / "D" / "E" Flyaway dismounts
 - a. Retain difficulty value regardless of starting position.
 - b. Appropriate body positions must be maintained to retain VP credit, as listed in *Dev COP* or updates.
3. Dismount element without a salto - Level 6 / 7 / 8 / 9 / 10:
 - a. Deduct 0.50 for missing dismount SR.
 - b. Do NOT deduct 0.30 for no dismount.
4. Dismount element of no value
 - a. NOT listed in the *Dev COP*
EXAMPLE: Salto initiated from the feet
 - 1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
 - 2) Deduct 0.30 from SV for no dismount.
 - b. Restricted or additional restricted element performed (no VP)
EXAMPLE: Level 7 performs a "C" dismount
 - 1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
 - 2) Deduct 0.50 from SV for restricted dismount.
 - 3) Deduct 0.30 from SV for no dismount.
5. Leaves apparatus (terminates exercise early, intentionally, or due to a fall):
 - a. Deduct 0.50 from SV for missing the dismount SR specific to each level.
 - b. Deduct 0.30 from SV for no dismount.
 - c. Deduct 0.50 for the fall from apparatus (with or without an actual fall onto the mat).
 - d. CJ deducts 2.00 from average score if fewer than five VP elements are performed.
6. Falls on salto dismount: (applies to Level 6 / 7 / 8 / 9 / 10)
 - a. Never initiates salto action and falls **without landing on bottom of feet first:**
 - 1) No VP credit awarded for dismount.
 - Deduct from SV for any missing difficulty requirements (if applicable).
 - 2) Deduct 0.50 from the SV for missing the dismount SR specific to each level.
 - 3) Deduct 0.30 from SV for no dismount.
 - 4) Deduct 0.50 for the fall.
 - 5) Deduct for any other execution / amplitude errors.
 - b. Initiates salto action and falls without landing on bottom of feet first:
 - 1) No VP credit awarded for dismount.
 - Deduct from SV for any missing difficulty requirements (if applicable).
 - 2) Deduct 0.50 from SV for NOT performing a dismount SR specific to each level.
 - 3) Deduct 0.50 for the fall.
 - 4) Deduct for any other execution / amplitude errors.
 - 5) Do NOT deduct 0.30 for no dismount.

D. SWING FORWARD or BACKWARD to HANDSTAND PHASE (within 20° of vertical) will be considered separate element. (i.e., Giant circle backward, Giant circle forward)

- EXAMPLE:** **#4.403** Giant circle backward to HS with 1/1 turn in HS (“D”) +
 #4.202 Giant circle backward to HS (within 20° of vertical), slip grip (“B”) +
 #5.403 Swing forward to straddle flight backward to HS on LB (“D”)



E. TWO “A” ELEMENTS ARE AWARDED FOR cast to squat / stoop / straddle on the LB, followed by a sole circle forward or backward to stand on LB:

- #2.102** Cast squat, stoop, or straddle on LB (also to hang on HB) (“A”)
#7.103 Sole circle forward / backward (tuck / pike) on LB / HB (also to hang on HB) (“A”)

F. AWARDED VALUE PART (VP) CREDIT – RELEASE ELEMENT and FALL, consider the following:

1. Grasps or touches bar with one or two hands and then falls:
 - a. VP credit awarded.
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. No Bonus awarded due to the fall.
 - d. SRs will be fulfilled, if applicable.
EXAMPLES:
 - 1) Counterswing backward in straddle or pike with flight over LB, grasps or touches LB and then falls:
 - a) “B” VP credit awarded.
 - b) SRs of flight and bar change (if required) fulfilled.
 - 2) Shaposhnikova (clear hip circle backward on LB to catch HB) grasps or touches bar and then falls.
 - a) “D” VP credit awarded
 - b) SRs of flight and bar change (if required) fulfilled.
 - c) No Bonus awarded due to the fall.
2. Never grasps or touches bar:
 - a. No VP credit awarded (element is considered incomplete).
 - b. Execution and amplitude errors are taken in addition to the fall.
 - c. No bonus awarded due to the fall.
 - d. No SR credit awarded.
 - e. No compositional requirement credit awarded.
 - f. Gymnast may repeat element and if performed successfully, award:
 - 1) VP credit.
 - 2) SR credit.
 - 3) Bonus credit, if applicable.
 - 4) Compositional credit, if applicable.

G. AWARDED VALUE PART (VP) CREDIT – DISMOUNT ELEMENT and FALL:

Landing hands and bottoms of feet simultaneously, award VP credit and deduct 0.50 for fall.

H. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS**EVALUATING THE ANGLE OF THE BODY**

1. When there is a shoulder angle – look at line from the shoulders through mid-point of lowest body part.
2. When there is no shoulder angle (clear hip circle backward to near handstand) – look at line from hands through mid-point of lowest body part.
3. Angle of completion is determined when hips are extended and / or legs are joined. If hips are extended, but legs are NOT fully together at peak of cast or uprise, a deduction for leg separation is applied.

4. **Casts to Handstands (HS)** (legs straddled or together)

Levels 7 / 8 / 9 / 10 – Casts may be performed in any grip.

Refer to Level 6 SRs section for Level 6 cast deductions.

- a. 0° – 10° from vertical
 - ✓ “B” VP is awarded
 - ✓ No deduction for amplitude of cast

- b. 11° – 20° from vertical
 - ✓ “B” VP is awarded
 - ✓ 0.05 deduction

- c. 21° – 30° from vertical
 - ✓ No VP is awarded
 - ✓ 0.10 deduction

- d. 31° – 45° from vertical
 - ✓ No VP is awarded
 - ✓ 0.15 – 0.20 deduction


- e. 46° from vertical and below
 - ✓ No VP is awarded
 - ✓ 0.25 – 0.30 deduction (maximum deduction = horizontal and below)


- f. All casts are expected to achieve HS phase (within 20° of vertical).
 - 1) Including casts prior to #7.310 Underswing (pike sole circle) on LB, release / counter movement forward in flight to hang on HB (toe shoot to HB).
 - 2) Applies to casts into all “underswing-type” dismounts (straddle, pike and clear).

- g. No deduction for insufficient amplitude of cast applied to:


- 1) Casts prior to squat / stoop / straddle on LB (with or without sole circle backward), jump to grasp HB.
- 2) There must be backward swing of legs before placing feet on LB.
- 3) Deduct 0.05 for insufficient amplitude if squat-on is accomplished by merely lifting hips up.

- h. No deduction for insufficient amplitude of cast at Level 7 or 8 if cast is followed by:

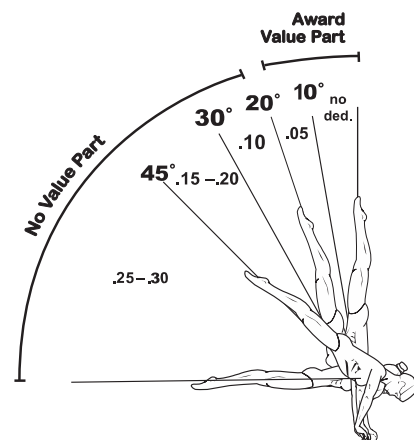
- 1) #2.205 HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB (“B”) 

- 2) #3.203 Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”) 

- 3) #4.204 Long swing forward with ½ turn and flight over LB to hang on LB (“B”). 

- 4) #4.306 Salto roll backward from hang on HB to hang on LB (“Peach” salto) (“C”) 

- a) “Peach” salto can be used by Level 8 as one restricted “C” element. “B” VP credit awarded.
- b) Level 7 NOT allowed to perform “Peach” element (restricted “C”).



REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)**10. Casts, uprisers, and circle elements performed with ½ (180°) turn on the upswing – descend on the same side of the bar:**

- Cast, uprise backward or circle element MUST first reach within 20° of vertical on upswing to receive value as listed in the *Dev COP*.
- Timing of initiation of turn is irrelevant if long swing / circle is completed to within 20° of vertical.
- Angle of completion of turn determines the deduction for late completion when higher VP credit is awarded to root element.
- Element never swings / circles up into the HS phase (within 20° of vertical), but completes ½ (180°) turn, value will be based on value of the root element. Depending upon angle of completion of turn, deductions for late completion may be appropriate.

EXAMPLES:**1) Turns that descend on the SAME side of the bar, angle measured FROM vertical.**

Giant ½	Clear Hip ½	Stalder ½	Pike Sole Circle ½
"C" (4.303) 0° - 10°	"C" (3.305) 0° - 10°	"C" (6.304) 0° - 10°	"C" (7.309) 0° - 10°
"C" (4.303) 11° - 20°	"C" (3.305) 11° - 20°	"C" (6.304) 11° - 20°	"C" (7.309) 11° - 20°
"B" (4.201) 21° - 44°	"B" (3.205) 21° - 44°	"B" (6.204) 21° - 44°	"B" (7.209) 21° - 44°
"A" (4.101) 45° - Horizontal	"A" (3.105) 45° - Horizontal	"A" (6.104) 45° - Horizontal	"A" (7.109) 45° - Horizontal

- Any of the above Forward upswings that finish below horizontal, even if ½ (180°) turn is completed. = NO VP credit
- 2) Cast to 21° – 45° from vertical with ½ (180°) turn (same side of bar) = ("A") (#2.101)
Appropriate deductions for amplitude of cast.
If cast finishes more than 45° from vertical = NO VP credit
even if a ½ (180°) turn is completed.
- 3) Giant circle forward to 21° or more from vertical with ½ (180°) turn = No value

11. Elements with hop-grip change to HS

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

EXAMPLES:

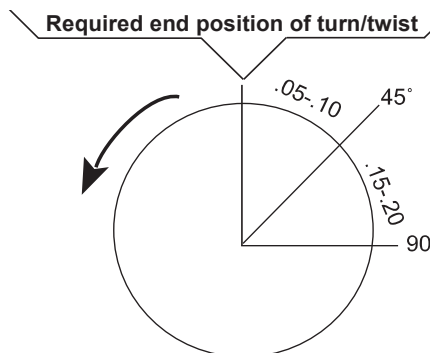
- ✓ Cast and hop to reverse grip on upswing and is NOT within 20° of vertical, then falls - No VP credit is awarded.
- ✓ Clear hip circle - hop on upswing and is NOT within 20° of vertical. No VP credit is awarded.

REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)**ELEMENTS WITH HOP-GRIP CHANGE TO HANDSTAND (continued)**

- 3) Cast (or any forward circle / swing) with legs straddled and hips bent,
- ✓ Hop-grip change must be completed before or by vertical, and
 - ✓ Show HS position with legs closed and hips extended.
- a) Hips are extended through the HS position, but legs are separated throughout or close after vertical, deduct up to 0.20 for leg separation.
- b) Handstand position with extended hips is never achieved:
- ✓ Retain value of the root element (if applicable) and
 - ✓ Does NOT meet requirement for “flight” element.
- d. Hop-grip change occurs after the HS position on the descending (downswing) phase. It will retain value of the root element and will NOT meet requirement of a “flight” element.
EXAMPLE: Cast to HS, pass through vertical over the bar and begin descent phase, hands hop simultaneously to a reverse grip. Award cast to HS (“B”).
- e. Hop-grip change with LA (longitudinal axis) turn
- 1) Hop-grip change to a reverse grip MUST be completed prior to the initiation of the turn to be considered a flight element.
EXCEPTION: Giant circle backward – hop 1/1 (360°) turn (same grip allowed).
 - 2) Hop-grip change to a reverse grip, followed by a ½ (180°) turn, is considered one element.

9. Twisting Salto dismounts

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



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

- ✓ Award 1/1 twisting flyaway dismount (“B”) VP credit.
 - ✓ Deductions for execution and amplitude errors are also applied.
- b. Clarification - completion of twists:
- 1) Twist is completed once the feet land on the floor at the finish of the salto.
 - 2) Degree of twist completed when the feet land on the floor determines the VP credit awarded.
 - 3) Placement of the front foot is decisive for awarding VP credit.

III. SPECIFIC COMPOSITIONAL DEDUCTIONS

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

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

I. CHIEF JUDGE DEDUCTIONS

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

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	up to 0.10	Deviation from straight direction on dismount landing
	up to 0.10	Arm swings on landing
	up to 0.10	Legs crossed during salto dismounts with twist
	<u>0.05</u> <u>0.10</u>	<u>LANDS DISMOUNT WITH FEET APART</u> <ul style="list-style-type: none"> • There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels) Lands with feet further than hip-width apart <ul style="list-style-type: none"> • If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for step(s).
	<u>0.10</u>	If entire foot / feet are sliding or lifting off floor to join, it is considered a small step.
	up to 0.10	Slight hop, or small adjustment of feet / feet staggered on landing of dismount
	each up to 0.10	Hesitation during jump to HB or swing to handstand
	each up to 0.10	Touch / brush on apparatus or mat with foot / feet
	each up to 0.10	Under-rotation of release / flight elements
	up to 0.10	Precision of handstand positions throughout exercise
	each up to 0.10	Insufficient extension of glides / swings into kips
	each up to 0.10	Poor rhythm in elements / connections
	each up to 0.10	Swing forward or backward under horizontal
	<u>0.10</u>	Landing too close to the bar on dismount
Ea. <u>0.10</u> - <u>0.15</u> (max. <u>0.40</u>)	<u>Small or medium</u> step(s) on landing	

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

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

LARGE FAULTS	up to 0.30	1. Bent arms in support – on any one element (90° bend or greater = max <u>0.30</u>)
	up to 0.30	2. Bent legs – on any one element (90° bend or greater = max <u>0.30</u>)
	up to 0.30	Insufficient height (amplitude) of salto dismount
	up to 0.30 + 0.50	Squat on landing (hips even with or lower than knees) Lands Dismount in squat position, then falls
	up to 0.30	Brush / touch landing surface with one or two hands (no support)
	up to 0.30	Insufficient extension (open) of tuck / pike body position prior to landing dismount
	<u>0.30</u>	Grasp of bar apparatus to avoid a fall
	<u>0.30</u>	Hit on mat with foot / feet
	up to 0.40	Insufficient amplitude of “B” clear hip circle

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

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

III. SPECIFIC EXECUTION DEDUCTIONS

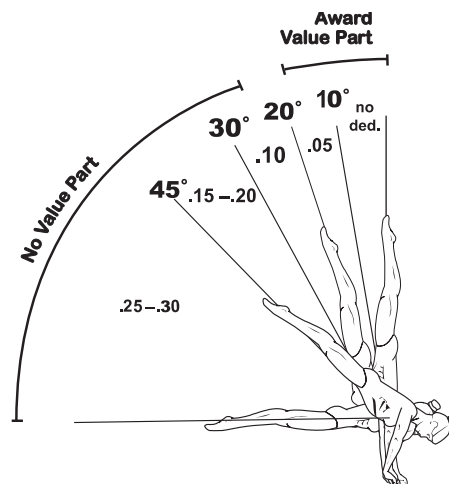
0.50	Third run approach to mount / touch of springboard without mounting
each 0.30 (max. 0.50)	<p>Intermediate (extra) swing or cast</p> <p>More than one consecutive extra swing(s) after an element</p> <ol style="list-style-type: none"> 1. Momentum stopped and must beat forward and back to re-start. <u>EXAMPLES:</u> <ol style="list-style-type: none"> a. Catch release element in dead hang, momentum has stopped and must beat (“pump”) forward and back to restart. b. Glide kip; stop in front support, legs move forward and backward to cast. c. Uprise to clear support, stops with hips on bar in front support or performs hip circle backward, then legs swing forward and backward to initiate cast. d. Tap swing – counterswing (as performed in Level 4 and 5 compulsory) is NOT a VP listed in <i>Dev COP</i> and is considered an extra swing for Levels 6 / 7 / 8 / 9 / 10. <u>EXCEPTIONS:</u> <ol style="list-style-type: none"> 1) Level 6 / 7: Tap swing – counterswing performed prior to salto forward dismount (front flyaway) = no deduction for extra swing. 2) Turn (1/1 or 1½) ending in mixed-L grip, L grip, or reverse grip): backward swing to hop-grip change before forward swing is NOT considered an extra swing. <ul style="list-style-type: none"> • Refer to BARS-29 for specific compositional deductions for ¾ Giant circle forward with or without grip change • Refer to BARS-41, example 5 for clarifications regarding direct connections. 2. Fall (jumps down) after extra swing(s) <ul style="list-style-type: none"> • Deduct <u>0.50</u> for fall only. 3. Extra swing between “C” / “D” / “E” elements will break connection. <ul style="list-style-type: none"> • No CV Bonus awarded. 4. Extra swing after last element in direct connection of “C” / “D” / “E”, apply CV and “D/E” Bonus. 5. The following are NOT considered extra swings / casts and would possibly receive deductions for rhythm and execution: <ol style="list-style-type: none"> a. Consecutive sole circles on LB in attempt to jump to HB. b. Swing down to glide kip and cast again (one or more times) after failed attempt to perform element.

A. AMPLITUDE OF CASTS and SWINGS

each up to 0.10 Swing forward or backward under horizontal

1. Amplitude of cast deductions (legs straddled or together) Levels 7 / 8 / 9 / 10
(Level 6 = 45° or higher NO deduction. Refer to Level 6 SRs.)

- a. 0° – 10° from vertical
✓ “B” VP is awarded
✓ NO deduction for amplitude of cast
- b. 11° – 20° from vertical
✓ “B” VP is awarded
✓ 0.05 deduction
- c. 21° – 30° from vertical
✓ No VP is awarded
✓ 0.10 deduction
- d. 31° – 45° from vertical
✓ No VP is awarded
✓ 0.15 – 0.20 deduction
- e. 46° from vertical and below
✓ No VP is awarded
✓ 0.25 – 0.30 deduction (maximum = horizontal & below)

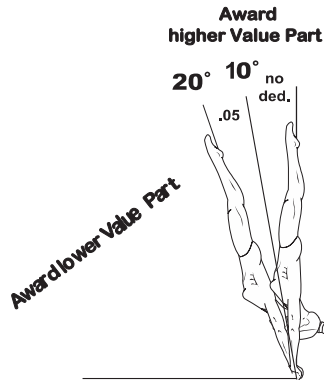


- f. Amplitude of cast deductions are NOT applied:
- 1) Cast prior to squat / stoop / straddle onto LB, with or without sole circle, jump to grasp HB.
 - 2) Legs must have backward swing before placing feet on bar.
 - 3) Lifting hips up to squat on - deduct 0.05 each time for insufficient amplitude.
- g. Cast deductions do NOT apply at Level 7 / 8 when cast is followed by:
- 1) **#2.205** HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB (“B”)
 - 2) **#3.203** Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”)
 - 3) **#4.204** Long swing forward with ½ turn and flight over LB to hang on LB (“B”)
 - 4) **#4.306** From HB -swing forward and salto roll backward to hang (“Peach” salto) or to clear straddle support (“C”)
 - NOT allowed at Level 6 / 7
- h. Amplitude of cast is determined by a line drawn from shoulders to the mid-point of lowest body part (abdomen, hips, knees, feet).

SPECIFIC EXECUTION DEDUCTIONS (continued)

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

0° – 10° from vertical	0.00	Award higher VP
11° – 20° from vertical	<u>0.05</u>	Award higher VP
21° or more from vertical		Award lower VP

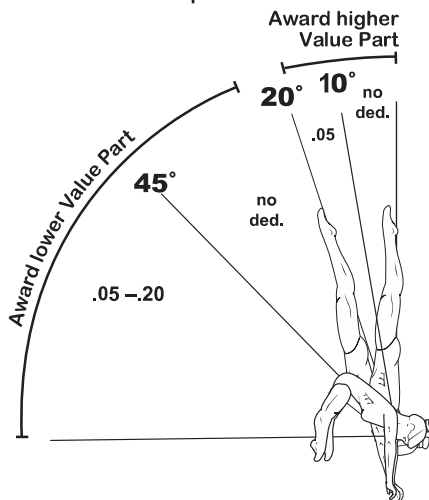


C. AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS

1. Circling elements (except Clear hip circles) - deductions for insufficient amplitude apply.

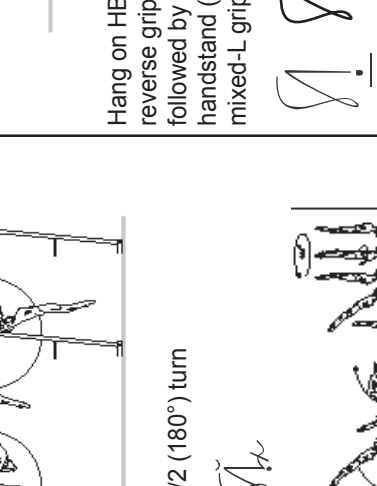
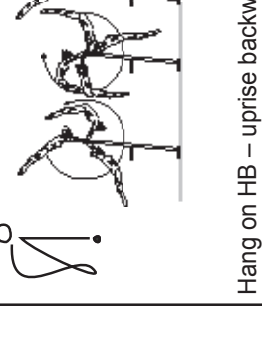


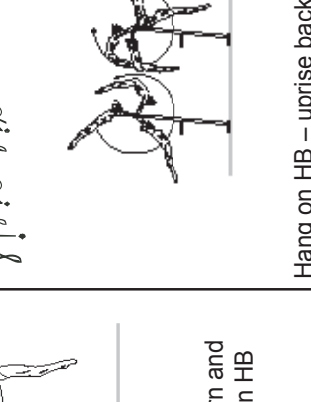

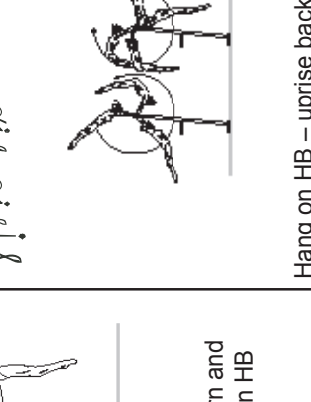
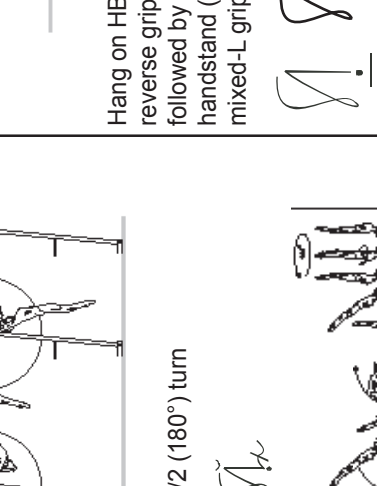
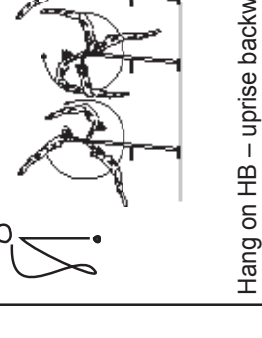

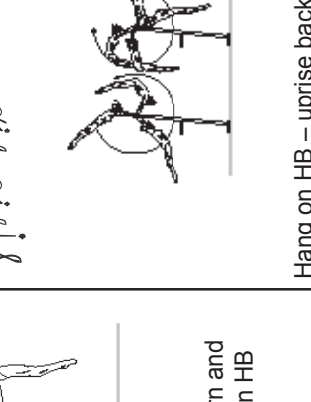
0° – 10° from vertical	0.00	Award higher VP
11° – 20° from vertical	<u>0.05</u>	Award higher VP
21° – 45° from vertical	0.00	Award lower VP
46° or more from vertical	up to 0.20	Award lower VP

All circle elements except
Clear hip circle

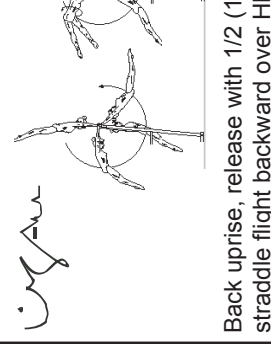
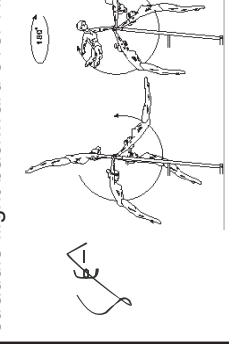



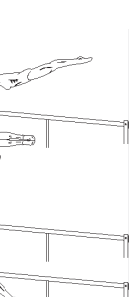


Backward Stalder circle depicted above.

Group 2 – Casts/Counterswings

A	B	C	D	E
<p>2.103</p>	<p>Hang on HB – uprise backward to clear support on HB, also from handstand on HB</p> <p><i>* The Back Uprise to clear support followed directly by a Group 3, 6 or 7 circling element to handstand, with or without 1/2 (180°) turn, may be counted as two elements (B+C) or one "C" element, to the benefit of the gymnast.</i></p> 	<p>Hang on HB – uprise backward to handstand on HB, also from handstand on HB,</p>  <p>- also with 1/2 (180°) turn</p> 	<p>2.403</p> <p>Hang on HB – uprise backward to handstand on HB with 1/1 (360°) turn in handstand phase</p>  <p>Hang on HB – uprise backward with hop to reverse grip in handstand (McCalla), also followed by 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 	<p>2.503</p> <p>Hang on HB – uprise backward to handstand on HB with 1 1/2 (540°) turn in handstand phase (Reeder), also with 1 1/2 (540°) turn to L or mixed-L grip (Healy technique)</p>  
	<p>Hang on HB – uprise backward to clear support on HB</p> 	<p>Hang on HB – uprise backward to handstand on HB with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 	<p>Hang on HB – uprise backward to handstand on HB with 1 1/2 (540°) turn in handstand phase (Reeder), also with 1 1/2 (540°) turn to L or mixed-L grip (Healy technique)</p>  	

Group 2 – Casts/Counterswings

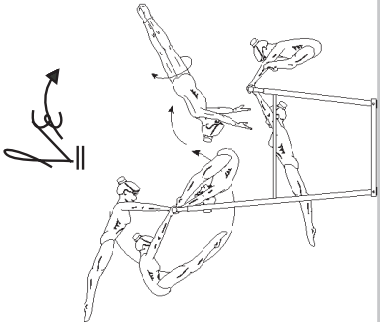
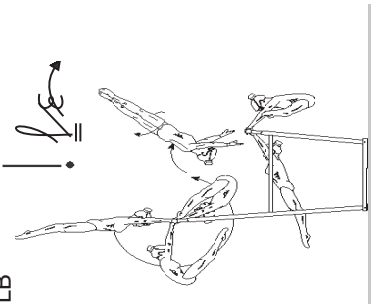
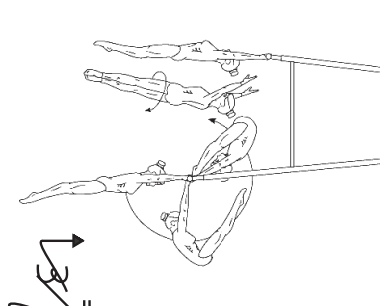
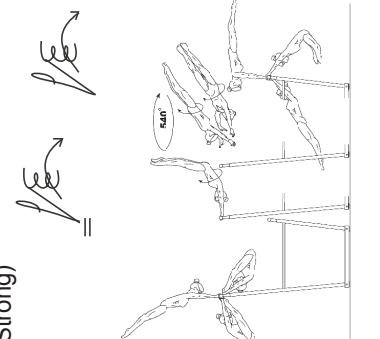
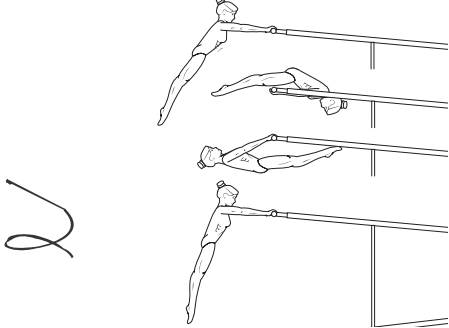
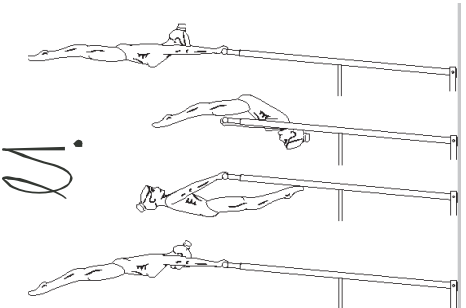
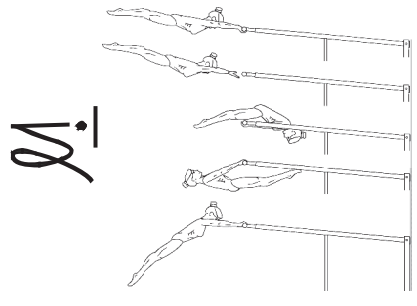
A	B	C	D	E
<p>2.104</p>	<p>2.204 Hang on HB – swing backward with release and 1/1 (360°) turn to hang on HB</p> 	<p>2.304 From front support on HB - swing backward with release and 1/1 (360°) turn to hang on HB (Caslavskva Pirouette)</p> 	<p>2.404 From a cast on HB, swing down between bars to a turning uprise and straddle forward over HB with 1/2 (180°) turn to regrasp HB (Wilson)</p> 	<p>2.504</p>
<p>2.105</p>	<p>2.205 Hang on HB - Counterswing backward in straddle or pike with flight over LB to hang on LB*</p> 	<p>2.305 Hang on HB - Counterswing backward in straddle or pike with flight to handstand on LB, also with 1/2 (180°) turn in handstand</p> 	<p>Back uprise, release with 1/2 (180°) turn and straddle flight backward over HB (Franzella)</p> 	<p>2.505</p>

* Receive "C" if it directly follows (without forward counterswing) a "D" or "E" release element



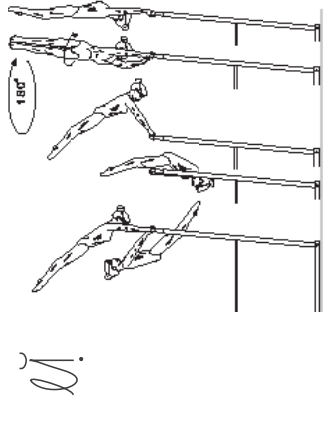
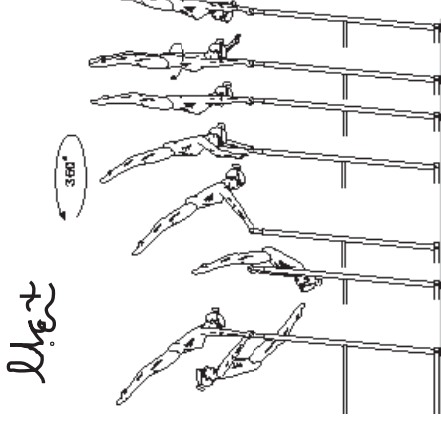
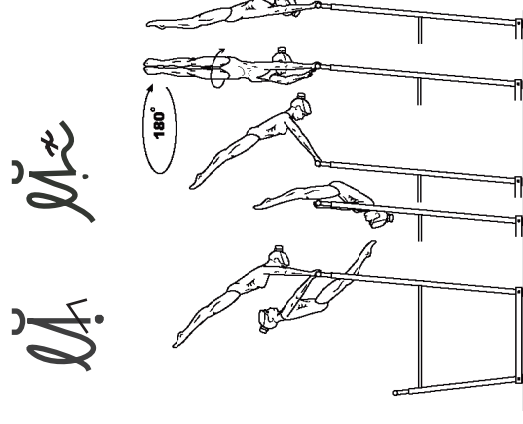
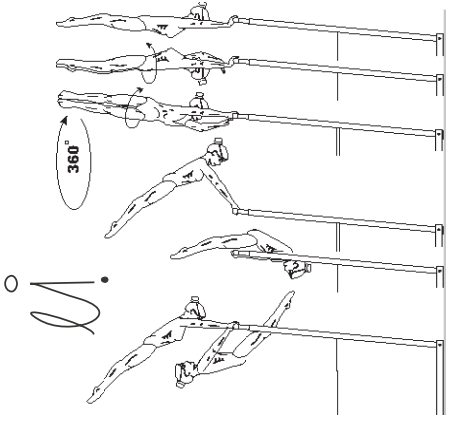
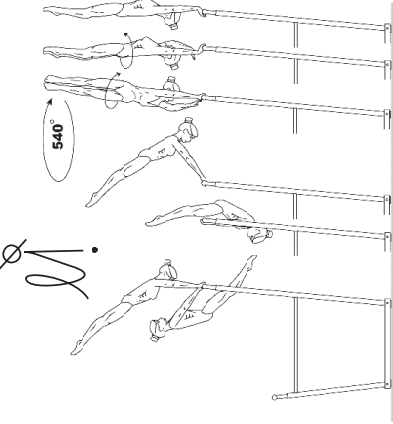
From cast in regular grip on HB facing LB, swing down with grip change to cross grip and 1/2 (180°) turn in range of hang position - swing backward in straddle or pike with flight over LB to hang. (Not illustrated)




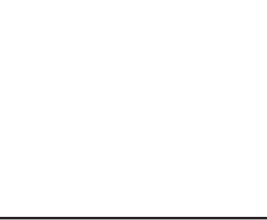
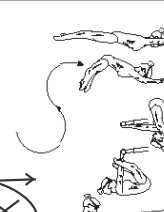
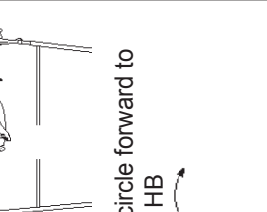
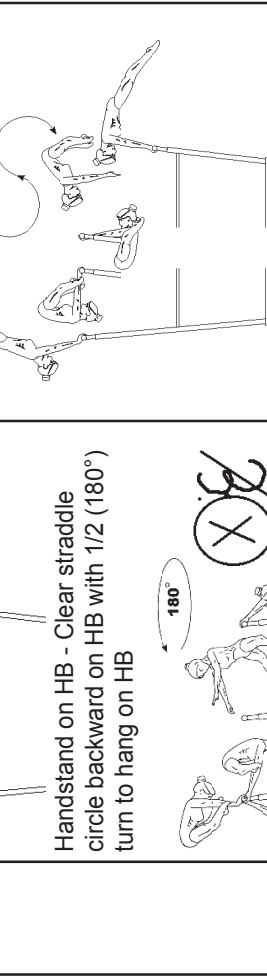
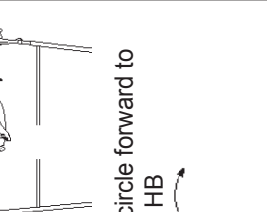
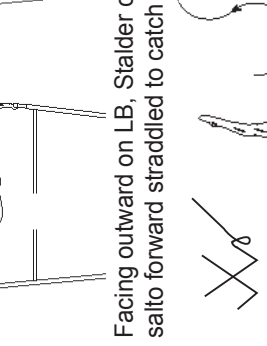
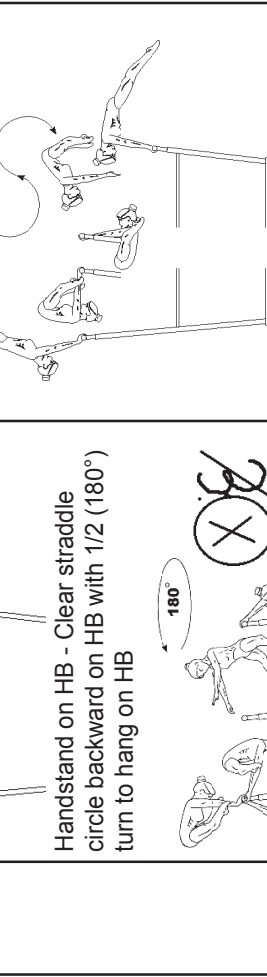
Group 3 – Underswings/Clear hips circles

A	B	C	D	E
<p>3.103</p>	<p>3.203 Underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB</p> 	<p>3.303 From handstand on HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB</p> 	<p>3.403 On HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to handstand on LB</p> 	<p>3.503 Handstand on HB, facing LB - underswing with 1 1/2 (540°) turn and flight over LB to hang on LB (Strong)</p> 
<p>3.104</p>	<p>3.204 Clear hip circle to clear support</p> 	<p>3.304 Clear hip circle to handstand</p> 	<p>3.404 Clear hip circle to handstand with hop-grip change in handstand phase</p> 	<p>3.504</p>


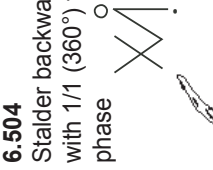


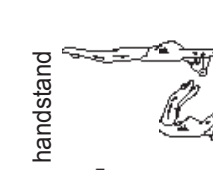
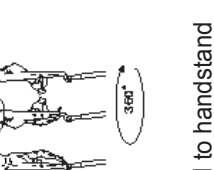
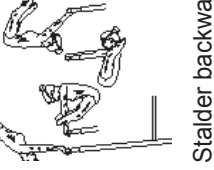
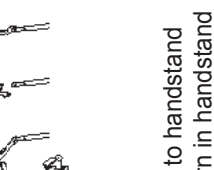


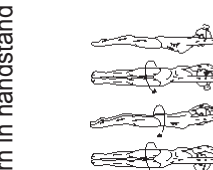
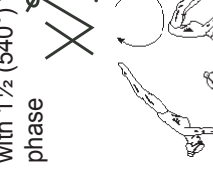
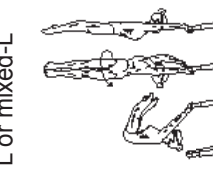

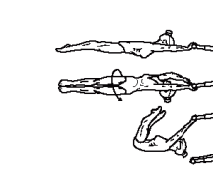
Group 3 – Underswings/Clear hips circles

A	B	C	D	E
<p>3.105 Clear hip circle with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)</p>  <p>Horiz - 45° from vertical</p>	<p>3.205 Clear hip circle with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)</p>  <p>21° - 44° from vertical</p>	<p>3.305 Clear hip circle to handstand with 1/2 (180°) turn in handstand phase to regular grip</p>  <p>Clear hip circle to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 	<p>3.405 Clear hip circle to handstand with 1/2 (180°) turn in handstand phase to reverse grip, also to L grip (Higgins technique) or mixed-L grip</p> 	<p>3.505 Clear hip circle to handstand with 1/1 (360°) turn in handstand phase to regular grip (Ma)</p>  <p>Clear hip circle to handstand with 1/2 (540°) turn in handstand phase</p> 

Group 6 – Stalder Circles

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

Group 6 – Stalder Circles

A	B	C	D	E
<p>6.104 Clear straddle circle backward on LB or HB to clear straddle "L" support</p> 	<p>6.204 Stalder circle backward to clear support</p> 	<p>6.304 Stalder backward to handstand</p> 	<p>6.404 Stalder backward to handstand with hop-grip change in handstand phase</p> 	<p>6.504 Stalder backward to handstand with 1/1 (360°) turn in handstand phase</p> 
<p>Clear straddle circle with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)</p> 	<p>Clear straddle circle with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)</p> 	<p>Stalder backward to handstand with 1/2 (180°) turn in handstand phase to regular grip</p> 	<p>Stalder backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip</p> 	<p>Stalder backward to handstand with 1 1/2 (540°) turn in handstand phase</p> 
<p>Horizontal - 45°</p> 	<p>21° - 44°</p> 	<p>Stalder backward to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 	<p>Stalder backward to handstand with hop-grip change in handstand phase and 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p> 	<p>...to L or mixed-L grip (Khorkina/Chow)</p> 

Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.107	7.207	7.307	7.407	7.507
7.108	7.208	7.308	7.408	7.508

7.407
Clear rear pike support on HB (legs together) – full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (LILi)

7.408
Pike sole circle forward in L grip to handstand, also with 1/2 (180°) turn

7.408
Pike sole circle forward with 1/1 (360°) turn in hand:

7.307

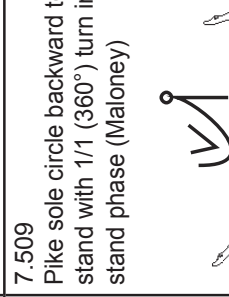
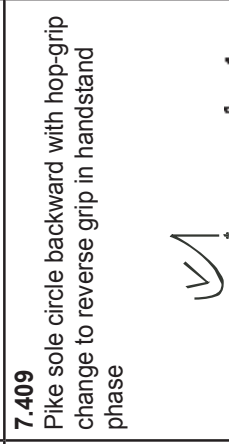

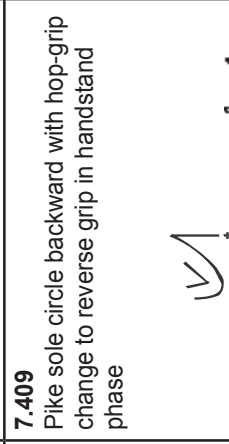


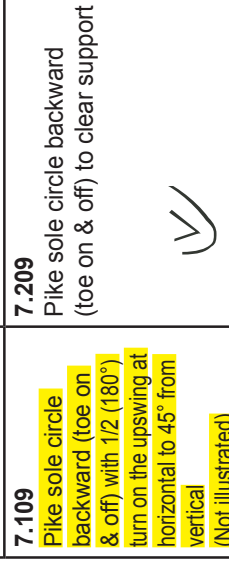
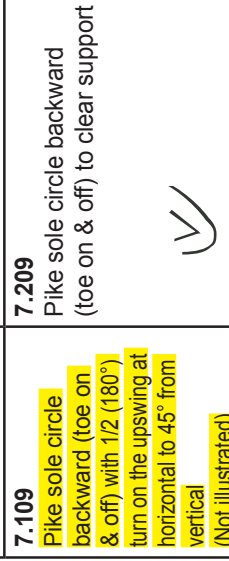
7.308
Pike sole circle forward to handstand, also with 1/2 (180°) turn in handstand phase

7.308
Pike sole circle forward with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip

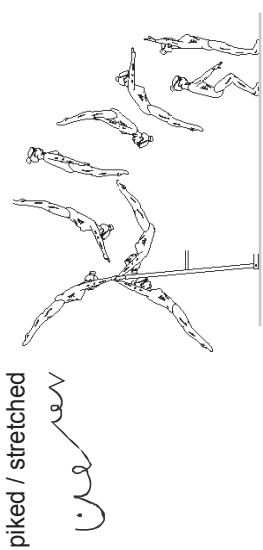
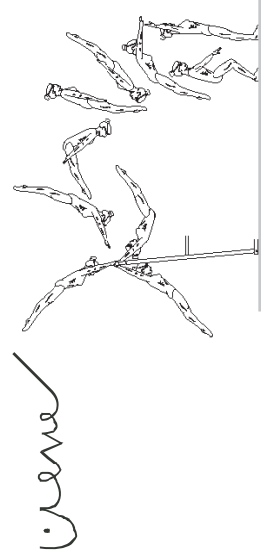
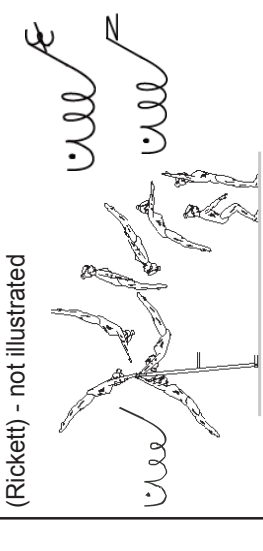
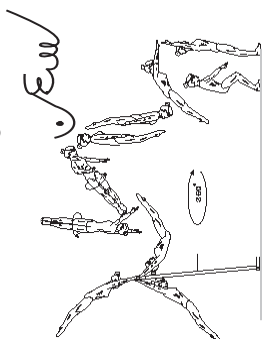
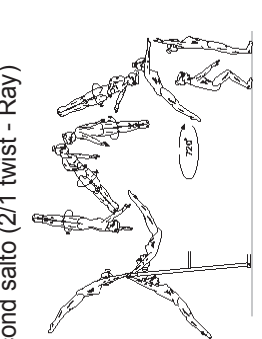
7.207

7.208

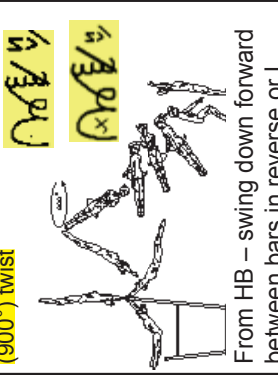



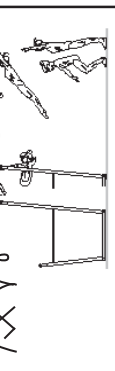

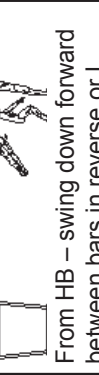




Group 7 – Circle Swings/Hechts

A	B	C	D	E
<p>7.109 Pike sole circle backward (& off) with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)</p>  <p>Horizontal - 45°</p>	<p>7.209 Pike sole circle backward (toe on & off) to clear support</p>  <p>Pike sole circle backward (toe on & off) with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)</p>  <p>21° - 44°</p>	<p>7.309 Pike sole circle backward to handstand</p>  <p>Pike sole circle backward to handstand with 1/2 (180°) turn in handstand phase to regular grip</p>  <p>180°</p>	<p>7.409 Pike sole circle backward with hop-grip change to reverse grip in handstand phase</p>  <p>Pike sole circle backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip</p>  <p>180°</p>	<p>7.509 Pike sole circle backward to handstand with 1/1 (360°) turn in handstand phase (Maloney)</p>  <p>360°</p> <p>Pike sole circle backward to handstand with 1 1/2 (540°) turn,</p> <p>540°</p> <p>to L grip (Lucke) L or mixed-L grip</p> <p>540°</p>

Group 8 – Dismounts

		E		
A	B	C	D	E
8.105	8.205	8.305	8.405	8.505
	From HB - swing down between bars – swing forward to double salto backward stretched / piked or piked / stretched		From HB - swing down between bars – swing forward to double salto backward in stretched / piked or piked / stretched	From HB - swing down between bars – swing forward to double salto backward stretched, also with 1/2 (180°) turn (Peele); also with scissor split of legs to close (Rickett) - not illustrated
				
				also with 1/1 to 2/1 (360° - 720°) twist in first or second salto (2/1 twist - Ray)
				
8.106	8.206	8.306	8.406	8.506
				From HB - swing down between bars – swing forward to salto backward tucked with 1/2 (180°) twist into salto forward tucked (Fontaine)
				also with 1/2 (180°) twist (Beckman)
				(Not illustrated)
				or into salto forward stretched (Blanco),
				From HB - swing down between bars – swing forward to salto backward tucked into double salto forward tucked

Group 8 – Dismounts

A	B	C	D	E
<p>8.107 From HB - swing down forward between bars in reverse grip, salto forward tucked, piked or stretched; also from a counter-swing</p> 	<p>8.207 From HB - clear straddle circle forward on HB to salto forward tucked -</p>  <p>or swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist, also from counterswing</p> 	<p>8.307 From HB - swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1 1/2 (540°) twist (Stretched 1 1/2 - Pechstein)</p> 	<p>8.407 From HB - swing down forward between bars with reverse grip - or clear straddle circle forward between bars to a salto forward tucked, piked, or stretched with 2/1 (720°) twist</p> 	<p>8.507 From HB - swing down forward between bars with reverse grip - or clear straddle circle forward between bars to a salto forward tucked, piked, or stretched with 2 1/2 (900°) twist</p> 
<p>From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched with 1/2 (180°) turn</p> 	<p>Giant circle forward, 1/2 (180°) turn in flight to double salto backward tucked or piked (Goerlitz)</p> 	<p>From HB - swing down forward between bars in reverse or L grip - swing backward to double salto forward tucked, also with 1/2 (180°) twist</p> 	<p>-also to salto forward tucked with 1/2 (180°) twist into salto backward tucked</p> 	<p>From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched</p> 

ANY BALANCE BEAM ELEMENT MAY RECEIVE VP CREDIT TWO TIMES (continued)

- b. Level 9:
- 1) If “D/E” Dance element performed twice in different connection:
 - Receives VP credit twice, eligible for CV Bonus each time (if applicable),
 - 2) If “D/E” Acro element performed twice in different connection:
 - a) First time – receives credit for VP, SR, “D/E” Bonus (+0.10) and CV Bonus (if applicable).
 - b) Second time – receives NO credit for VP, SR or CV Bonus (if applicable). Deduct 0.50 for restricted element.
4. Same element is performed third time, or performed second time in exact same connection:
- a. No VP credit awarded.
 - b. All applicable execution and amplitude deductions are applied.
 - c. No SRs awarded (MUST receive VP credit to fulfill SRs)
 - d. No CV Bonus awarded with no VP credit.
- EXCEPTION: VP credit awarded for an element performed for the third time, if NOT previously awarded VP credit because:
- 1) Element lacked completion first or second time performed, OR
 - 2) Element was used in exact same connection the second time performed

EXAMPLE 1:

Flic-Flac step-out, STOP, Flic-Flac step-out; Straddle Jump + Flic-Flac step-out

EXAMPLE 2:

Flic-Flac step-out, STOP, Flic-Flac step-out + Flic-Flac step-out



Flic-Flac step-out third time:

- 1) No VP credit.
 - 2) No SR for LEVEL 7, 8, 9, 10 Acro Series; no VP credit awarded to third Flic-Flac step-out.
 - 3) Execution and amplitude deductions are applied.
 - 4) May NOT fulfill SRs (an element MUST receive VP credit to fulfill SRs).
 - 5) May NOT be used for CV Bonus (an element MUST receive VP credit to fulfill different connection).
5. Any element required to land on feet first MUST land on any part of the bottom of foot / feet first to receive VP credit.
- a. Deduct 0.50 for fall if landing hands and bottom of feet simultaneously. VP credit is awarded.
 - b. Deduct 0.50 for fall with failure to land on bottom of feet first. VP credit is NOT awarded.
6. Handstand (HS) elements:
- c. MUST show vertical line from hands through hips; legs may be in various positions during the required two second hold.
EXAMPLE: Split, straddle, together, etc.
 - d. Handstand elements with more than one position – ONLY one VP awarded.
EXAMPLE: Planche to reverse Planche
 - e. Return to sit or stand on BB between Handstand elements = two elements.

B. ELEMENTS WILL BE CONSIDERED DIFFERENT for counting VPs in the following instances:

1. Different number in *Dev COP*.
2. Same number in *Dev COP*, but meets the following criteria:
 - a. **Salto performed with different body positions**
 - b. **Element performed with different degrees of turn ($\frac{1}{2}$, 1/1, $1\frac{1}{2}$).**
NOTE: addition of $\frac{1}{4}$ turn does NOT make element different, unless specifically listed in *Dev COP*.

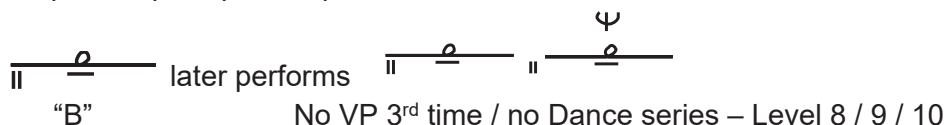
EXAMPLE 1:

#2.108 Stretched Jump + Stretched Jump with $\frac{1}{2}$ turn = different “A” elements.



EXAMPLE 2:

#2.201 Split Jump + Split Jump with $\frac{1}{4}$ turn = same “B” element.



- c. **Support on one or both arms.**
- d. **Mount elements are performed as elements within the exercise.**

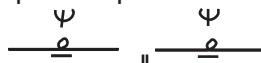
EXAMPLE:

Press Handstand mount, performed later in the exercise - both receive “B” VP credit.

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

EXAMPLE:

#2.201 Split Leap with $\frac{1}{4}$ turn – Split Jump with $\frac{1}{4}$ turn = different “B” elements.



- f. **Acro elements take-off or land on one or two legs.**

EXAMPLES:

#7.202 Handspring forward with flight, before or after support of hands.

- Two-leg take-off (punch)
- Step into one-leg take-off
- Swing-through (from stand on one leg)

#7.202 Handspring forward with step-out,
 Handspring forward to two feet = different “B” elements.



#7.403 Aerial Cartwheel variations

Aerial Cartwheel variations = same “D” elements,
EXCEPT for swing-through Aerial Cartwheel = different “D” element.



SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

12. **#3.206 (“B”), #3.306 (“C”), #3.406 (“D”), #3.506 (“E”) - Turns in tuck stand:**
- Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam.
 - If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam.
 - Deduct accordingly to the degree of rotation of the support foot and hips, at the time when free leg touches the beam.
13. **#5.306 - Reverse Planche (“C”):**
- Legs MUST be in same plane, either together or straddled.
 - Handstand with split position for counterbalance award **#5.206 (“B”) VP credit.**
 - Handstand with overarch and legs separated award **#5.206 (“B”) VP credit.**
14. **#7.310 - Flic-Flac with ¼ (90°) turn side Handstand (“C”)**
#7.510 - Flic-Flac with ¾ (270°) turn side Handstand (“E”):
- MUST show flight to HANDSTAND position with body stretched in vertical, leg position optional and 2-second hold NOT required.
 - If insufficient flight, recognize as walkover backward with turn and award appropriate VP credit.
15. **#7.312 - Tucked Chen Flic (“C”):**
- MUST show 90° angle in both hips and knees.
 - Open legs and body to stretched position, prior to swing down.
16. **#7.503 - Aerial Cartwheel to scale (Peko) (“E”):**
- Slight lowering of free leg acceptable with immediate lift to minimum of horizontal.
 - Hold for 2 seconds.
17. **#8.402 - Side Salto Tuck / Pike, 1-leg take-off, forward / sideward to side stand (“D”):**
- Forward take-off, ¼ (90°) turn occurs as body lifts, body and shoulders facing sideward throughout Salto and landing phase.
 - Forward take-off, ¼ (90°) turn occurs after body passes through vertical, and body lands in side position, considered as **#7.403 Aerial Cartwheel to side landing (“D”).**
18. **#8.504 - Salto backward stretched with legs together (“E”):**
- MUST display good height and maintain stretched body position past vertical.
 - Deduct up to 0.20 for insufficient stretch if body pikes down after vertical.
19. **#9.209 (“B”), #9.309 (“C”), #9.409 (“D”), #9.509 (“E”) – Gainer Salto backward dismounts off end:**
- Required technique:
 - Take-off from 1 foot, facing outward.
 - Salto performed like a reverse dive.
 - Salto rotates backward toward end of BB (NOT along side of BB).
 - Deduct up to 0.30 for directional errors.
20. **All Walkovers Forward or Backward and walkover-type elements must demonstrate a 180° split at some point during execution of the element.**
- Deduct up to 0.20 for insufficient split.

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

1. Acro elements:
 - a. with or without flight phase
 - b. Forward
 - c. Sideward
 - d. Backward
2. DANCE ELEMENTS:
 - a. Turns
 - b. Leaps / jumps / hops
 - c. Balance elements
 - d. Body waves

B. HARMONIOUS CHANGES between

1. Element groups
2. Dance and Acro elements, particularly.

C. USE OF ENTIRE BEAM with

1. Dynamic rhythm changes
2. Level changes.

II. SPECIAL REQUIREMENTS AND RESTRICTIONS

SRs = each worth 0.50

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

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

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

D. ALLOWABLE DIFFICULTY

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

- **Guidelines for level restrictions:**

1. Levels allowing one restricted Acro element (refer to chart) may use a mount or dismount element.
2. Allowable elements:
 - a. Will receive element value listed in **Balance Beam Elements section of COP.**
 - b. May be used to fulfill SRs.
 - c. Level 9 ONLY:
 - 1) **Allowable “D/E” element** may serve as a “C” element in any applicable CV Bonus.
 - 2) **ONLY first “D/E” Acro element receiving VP credit can be considered** for +0.10 “D/E” Bonus.
3. Restricted elements will be considered in chronological order. **ONLY the first restricted element in the exercise may be:**
 - a. Awarded VP credit.
 - b. Awarded SR, if applicable.
 - c. Awarded CV Bonus, if applicable.
 - d. **Level 8 and 9 ONLY: A restricted element may be repeated if the element receives “0” VP credit the first time.**
 - e. **Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.**
4. **Any additional restricted elements performed at Level 8 and 9 that meet the requirements to receive VP credit, or any restricted element at Level 6 and 7 that is performed or attempted (even if attempt is incomplete):**
 - a. Deduct 0.50 from SV for restricted element.
 - b. No VP credit awarded.
 - c. No SR credit awarded.
5. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

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

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

I. CHIEF JUDGE DEDUCTIONS

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

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	each time <u>0.05</u>	Flexed / sickled feet on VP elements
	up to 0.10	Deviation from straight direction on dismount landing
	up to 0.10	Arm swings on landing to maintain balance
	up to 0.10	Legs crossed during Salto dismounts with twist
	<u>0.05</u> <u>0.10</u>	<u>LANDS DISMOUNT WITH FEET APART</u> • There is no deduction for feet a maximum of hip-width apart, provided heel join (slide) together on controlled extension. Lands with feet hip-width apart or closer, but never joins feet (heels)
	<u>0.10</u>	Lands with feet further than hip-width apart • If upon landing with feet apart / staggered, gymnast takes a step(s), deduct ONLY for step(s).
	<u>0.10</u>	If entire foot / feet slide or lift off floor to join, it is considered a small step.
	up to 0.10	Slight hop or small adjustment of feet or feet staggered (one foot in front) on landing of elements or dismount
	each up to 0.10	Hesitation during jump / press / swing to Handstand
	up to 0.10	Incorrect body posture / alignment during Dance VPs
<u>0.10</u>	Landing too close to the beam on dismount	
Ea. <u>0.10</u> - <u>0.15</u> (max. <u>0.40</u>)	Small or medium step(s) on landing	

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	each up to 0.20	Leg or knee separations
	up to 0.20	Trunk movements to maintain balance / control upon dismount landing
	up to 0.20	Insufficient height on leaps / jumps / hops
	up to 0.20	Insufficient height of Aerials / Saltos / Acro flight with hand support
	up to 0.20	Insufficient split position (deviation from 180°) Dance & Acro (when required)
	0.05 – 0.10	1° – 20° missing
	0.15 – 0.20	21° – 45° missing
	Lesser VP	46° or more missing
	up to 0.20	Legs NOT parallel to BB in Split or Straddle-Pike Leaps / Jumps
	up to 0.20	Insufficient exactness of tuck or pike position in VP elements
	up to 0.20	Failure to maintain stretched body position (pikes down dismount)
	up to 0.20	Insufficient exactness of stretched position • Arch • Hip angle (136° – 179°)
	up to 0.20	DANCE: incomplete turn – Group 2 / 3 elements (with 360° + turn)
	0.05 – 0.10	1° – 44° missing
0.15 – 0.20	45° – 89° missing	
Lesser VP	90° or more missing	
up to 0.20	DISMOUNTS: incomplete twist – dismounts (with 360° or more twist)	
0.05 – 0.10	1° – 44° missing	
0.15 – 0.20	45° – 89° missing	
Lesser VP	90° or more missing	
up to 0.20	Insufficient variation in rhythm and tempo throughout exercise. Consider: • Insufficient variation in rhythm / tempo in non-VP movements • Lack of fluid connection / series of disconnected elements or movements	
up to 0.20	Incorrect body posture on landing of elements and dismount	
up to 0.20	Insufficient sureness of performance throughout exercise	
up to 0.20	Insufficient dynamics – Consider: • Energy maintained throughout exercise (makes difficult look effortless)	
<u>0.20</u> (max. <u>0.40</u>)	Large step / jump on landing (approximately three feet or more)	

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

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

III. SPECIFIC EXECUTION DEDUCTIONS

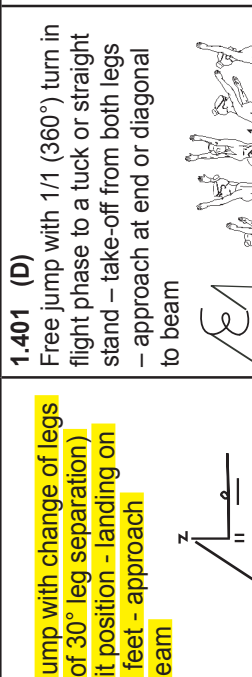
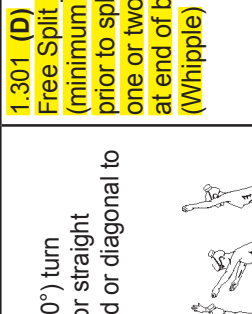
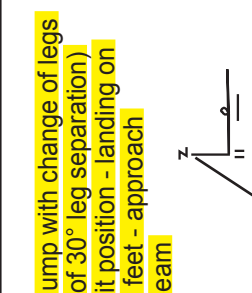
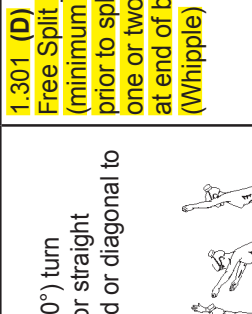
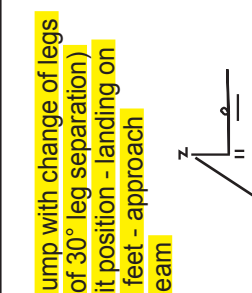
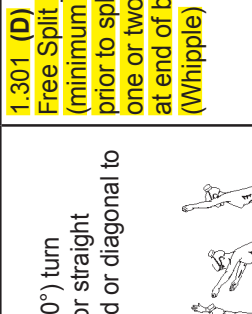
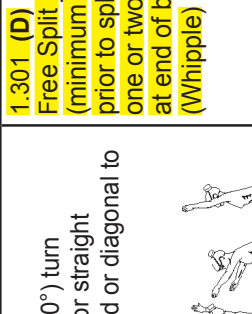
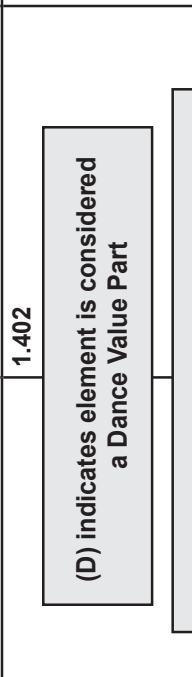


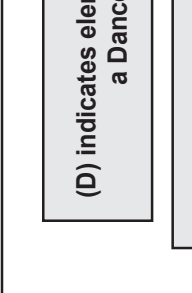
each up to 0.10	Failure to perform Group # 3 turns in high Relevé
each up to 0.10	Lack of precision in Dance VPs <u>EXAMPLES:</u> 1. Lack of definite arm or leg position on turns / Leaps 2. Degree of turn NOT exact
each up to 0.10	Fail to land with feet / legs together on jumps / leaps to two feet
	<u>CONCENTRATION PAUSES</u>
each <u>0.10</u>	Two seconds
each <u>0.20</u>	More than two seconds
each up to 0.20	Lack of tempo / poor rhythm between elements: (Dance series / Mixed series / Acro series).
0.05 – 0.10	Body continues moving in line with BB, but arms swing between elements, and / or Legs slightly extend but do NOT completely straighten, and slightly bend again to initiate take-off
0.15 – 0.20	Torso/trunk deviation in line with BB with or without arm swing between elements • <u>EXCEPTION:</u> Backward Acro series or sideward to backward Acro series with one or more flight elements is connected or NOT connected; tempo deduction does NOT apply.
No Deduction	Slow, continuous connection: • Arms finish to take-off immediately for 2nd element (legs in plié / NOT pumping)
each <u>0.20</u>	Support of one leg against side surface of BB to maintain balance
up to 0.30	Additional movements to maintain balance on BB
up to 0.30	Relaxed / incorrect footwork on non-VPs throughout exercise
up to 0.30	Directional error on Gainer Salto dismounts off end of BB
up to 0.30	Incorrect body alignment, position, or posture in non-VPs throughout exercise
<u>0.30</u>	Grasp of BB to avoid a fall • Grasp under BB to facilitate candlestick / roll elements is NOT a deduction.
<u>0.50</u>	Third run approach to mount / touch of springboard without mounting apparatus

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

IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE

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

Group 1 – Mounts


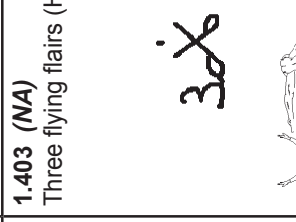
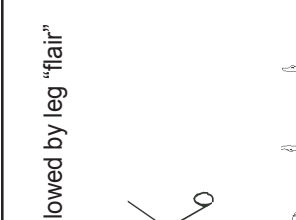
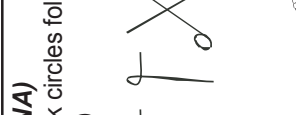
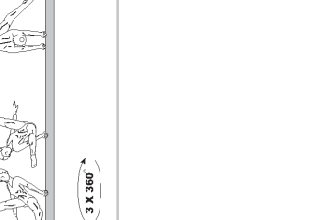
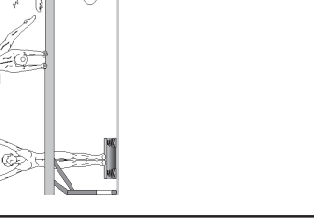
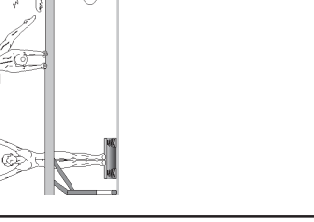
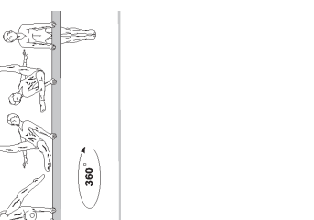
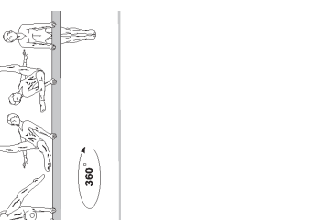
A	B	C	D	E
<p>1.101 (D) Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs</p>  <p>Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg</p> 	<p>1.201 (D) Free jump with 1/2 (180°) turn In flight phase to tuck or straight stand – approach at end or diagonal to beam</p>  <p>Also, straddle jump onto end of beam (180° leg separation)</p> 	<p>1.301 (D) Free Split jump with change of legs (minimum of 30° leg separation) prior to split position - landing on one or two feet - approach at end of beam (Whipple)</p> 	<p>1.401 (D) Free jump with 1/1 (360°) turn in flight phase to a tuck or straight stand – take-off from both legs – approach at end or diagonal to beam</p>  <p>(D) Split leap forward with leg change (180° leg separation) at end of beam</p> 	<p>1.501</p>
<p>1.102 Scissors leap to cross sit on L or R thigh - diagonal approach to beam (D)</p>  <p>One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam (NA)</p>  <p>Scissors leg swing with 1/2 (180°) turn to cross straddle sit (Not illustrated) (D)</p> 	<p>1.202 (D) Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support - 90° approach to beam</p> 	<p>1.302</p>	<p>1.402</p>	<p>1.502</p>

(D) indicates element is considered a Dance Value Part

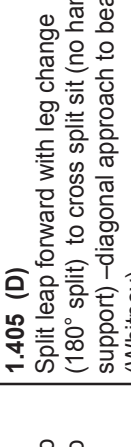
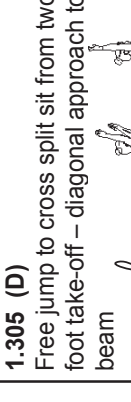
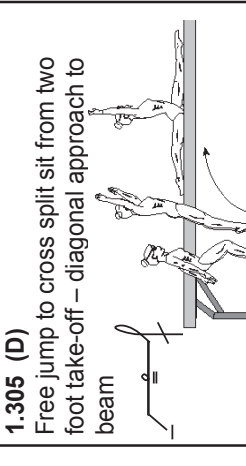
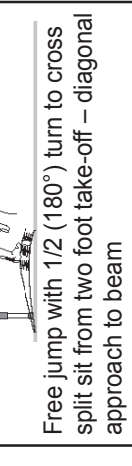
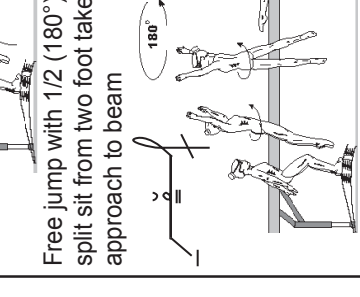
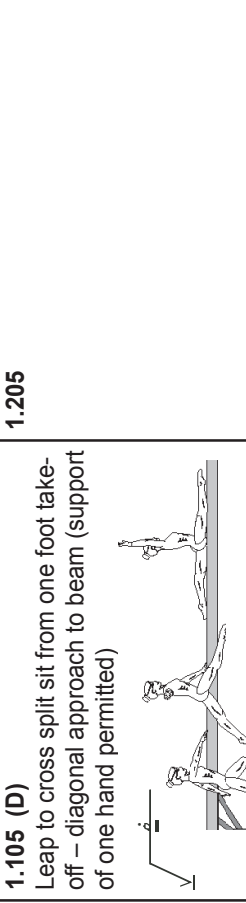
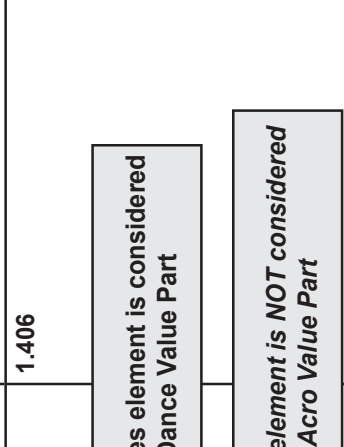
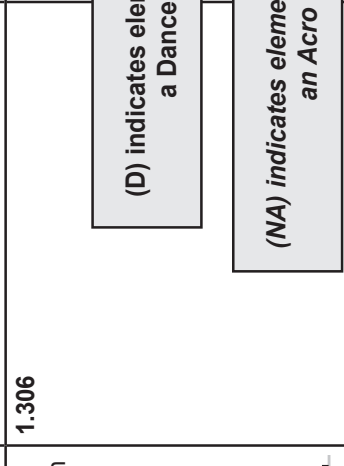
(NA) indicates element is NOT considered an Acro Value Part

All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition (Choice of Acro Up to Competitive Level)
Acro elements designated by direction:
 (FA) Forward Acro
 (SA) Sideward Acro
 (BKA) Backward Acro
may be used for Composition (Acro performed in different directions)

Group 1 – Mounts

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

Group 1 – Mounts

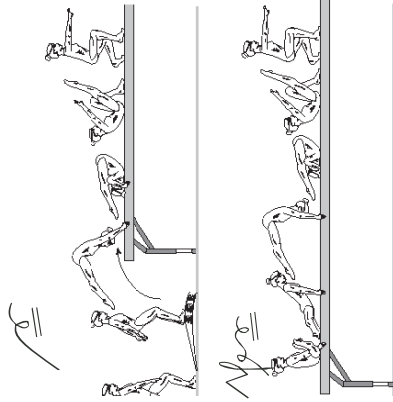
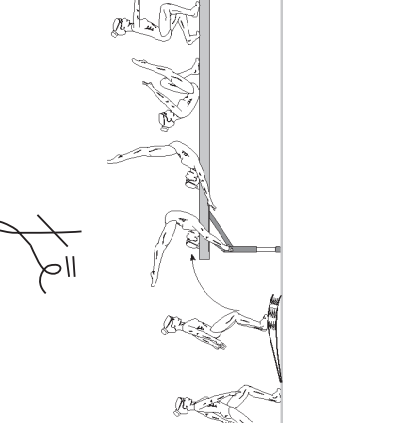

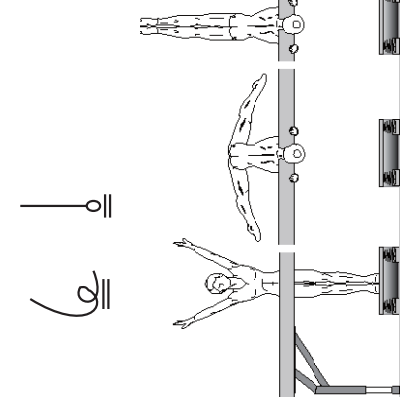
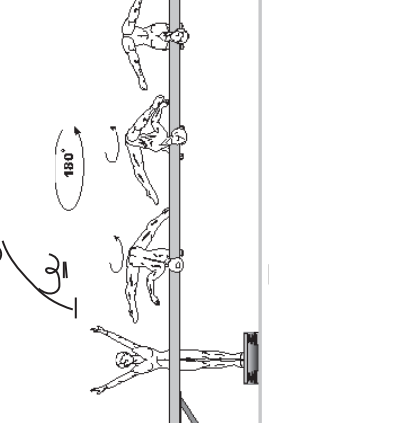
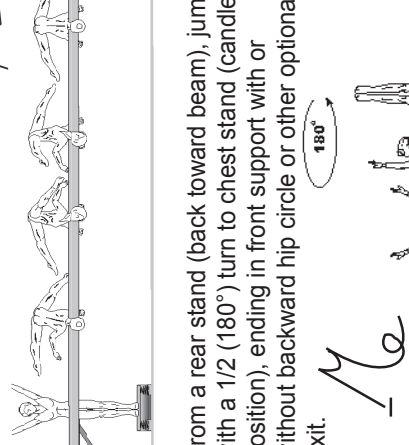
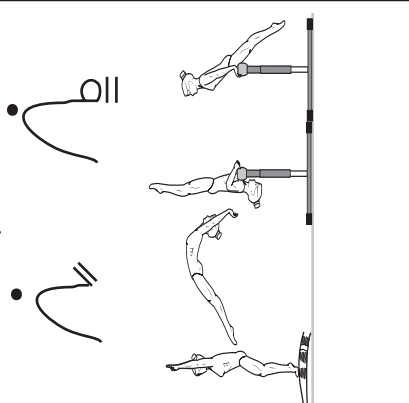
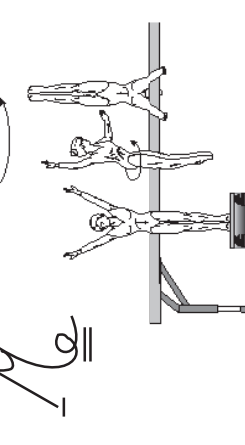
A	B	C	D	E
<p>1.105 (D) Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)</p>  <p>Split leap forward with leg change to straddle split sit sideways with support on one hand</p> 	<p>1.205</p> 	<p>1.305 (D) Free jump to cross split sit from two foot take-off – diagonal approach to beam</p>  <p>Free jump with 1/2 (180°) turn to cross split sit from two foot take-off – diagonal approach to beam</p> 	<p>1.405 (D) Split leap forward with leg change (180° split) to cross split sit (no hand support) –diagonal approach to beam (Whitney)</p> 	<p>1.505</p>
<p>1.106 (NA) From side stand frontways – jump to tuck stand, or squat or stoop through to rear support</p> 	<p>1.206 (NA) From side stand - squat or stoop through to clear pike support (hold 2 seconds)</p> 	<p>1.306</p>	<p>1.406</p>	<p>1.506</p>

(D) indicates element is considered a Dance Value Part

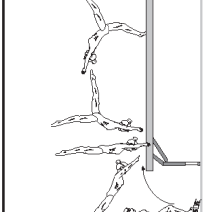
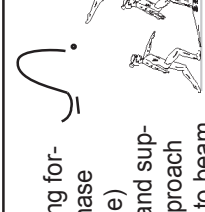

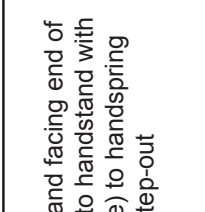
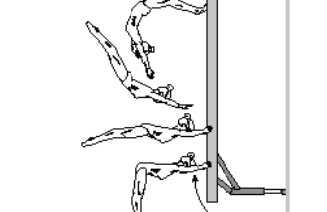

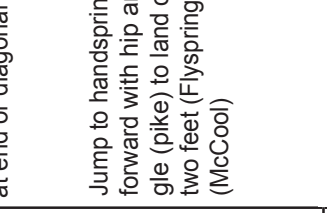
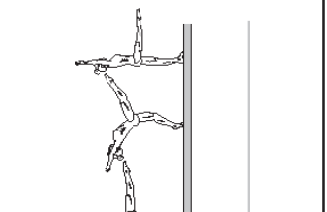
(NA) indicates element is NOT considered an Acro Value Part

All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Competitive Level (Choice of Acro - Up to Competitive Level):
 (FA) Forward Acro
 (SA) Sideward
 (BKA) Backward Acro
 may be used for Composition (Acro performed in different directions)

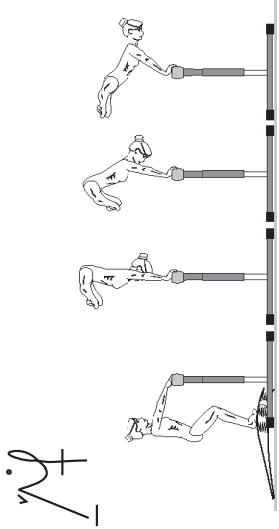
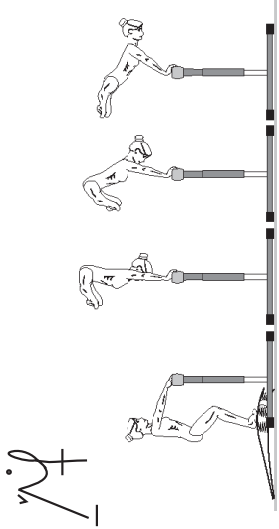
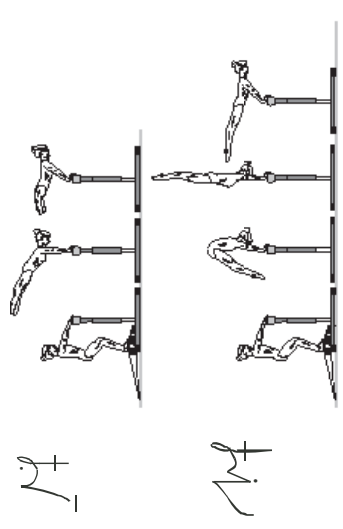
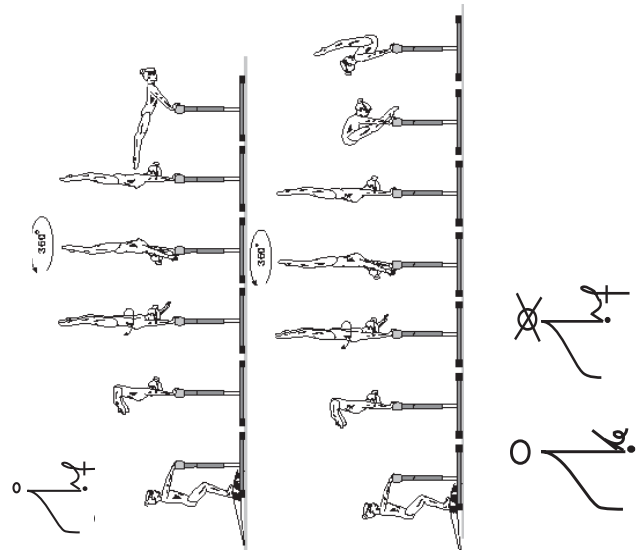
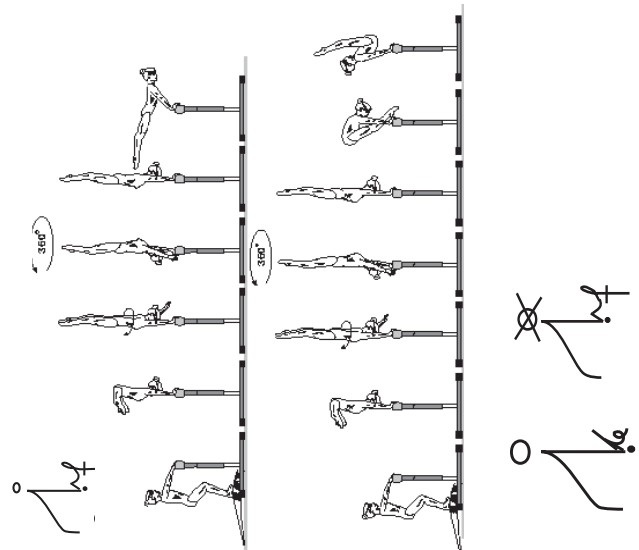
Group 1 – Mounts

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

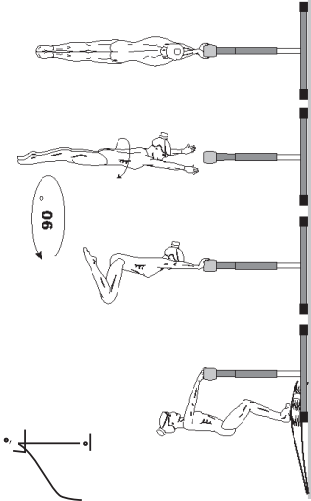
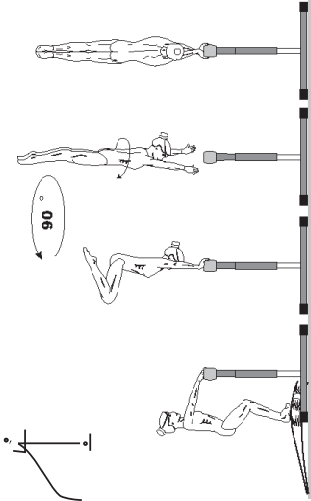
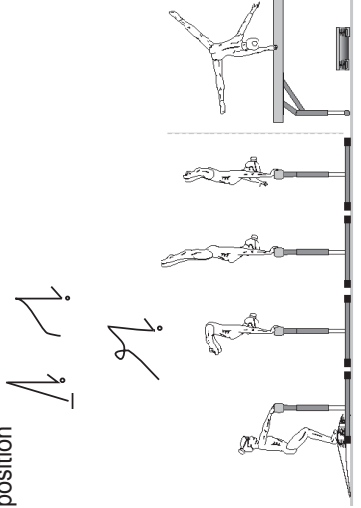
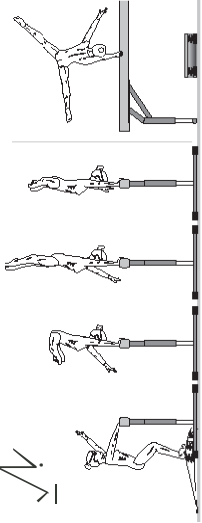
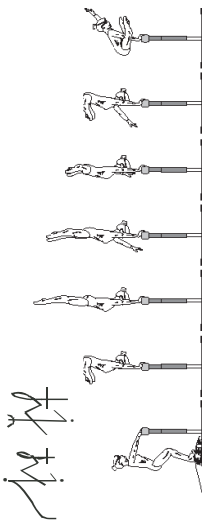
Group 1 – Mounts

A	B	C	D	E
<p>1.109 From side stand front-ways with take-off from one or two feet - back hip pullover to front support</p> 	<p>1.209 (FA) From cross stand facing end of beam – head kip</p> 	<p>1.309 (FA) From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out</p> 	<p>1.409 (FA) Handspring/flyspring forward with hecht phase (extended hip angle) before and after hand support on beam – approach at end or diagonal to beam</p> 	<p>1.509</p>
<p>1.110</p> 	<p>1.210 Jump, press or swing to side or cross handstand – lower to end position touching beam, clear straddle support, also to front walkover exit (Not illustrated-FA)</p> 	<p>1.310 Jump, press or swing to side or cross handstand with 1/1 - 2/1 (360°-720°) turn – lower to end position touching beam or clear straddle support</p> 	<p>1.410 Round-off at end of beam - flic-flac with 1/2 (180°) turn and walkover forward (Dunn)</p> 	<p>1.510</p>








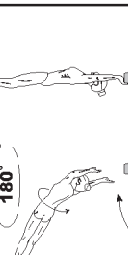
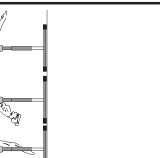
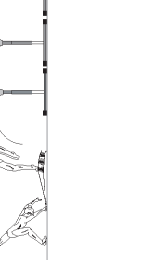
Group 1 – Mounts

A	B	C	D	E
<p>1.111</p> 	<p>1.211</p> <p>Jump to side planche (clear front support above horizontal) (2 sec.)</p> 	<p>1.311</p> <p>Jump to side planche (Schuschunova), also jump, press or swing to cross or side handstand – lower to planche (clear front support at horizontal) or clear pike support (2 sec.)</p> 	<p>1.411</p> <p>Jump, press or swing to cross or side handstand with 1/1 - 2/1 (360° - 720°) turn in handstand - lower to planche or clear pike support (2 sec.)</p> 	<p>1.511</p> 


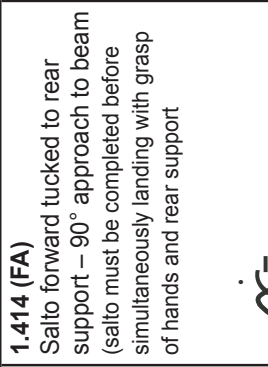
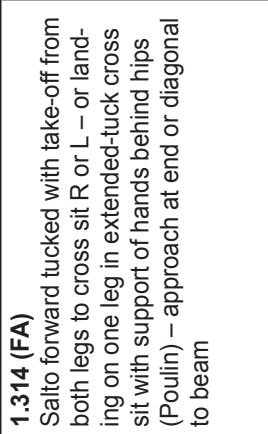
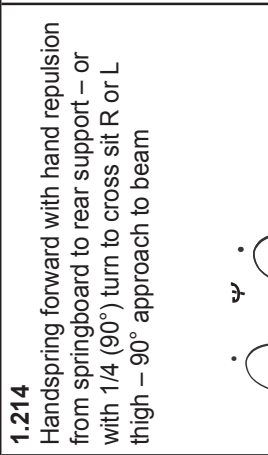
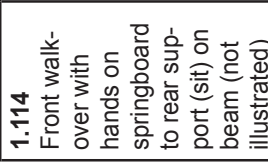
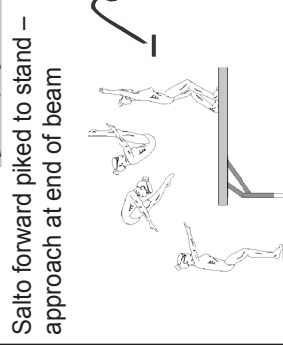
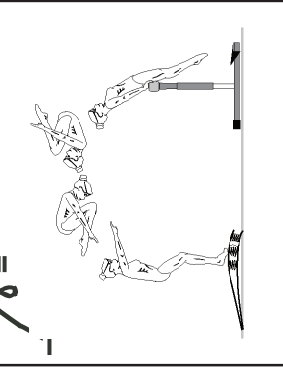
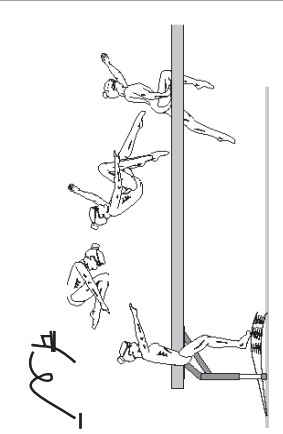
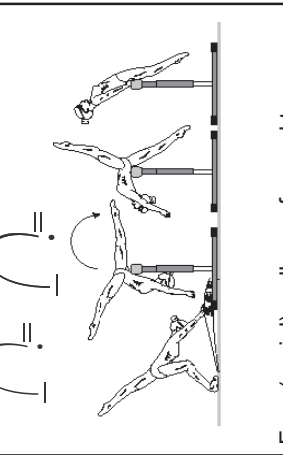
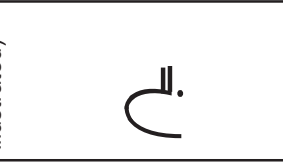
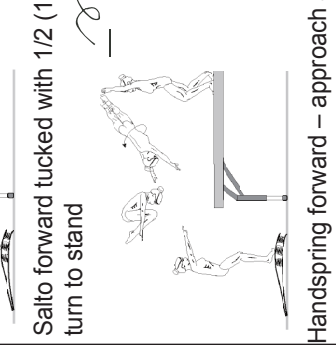
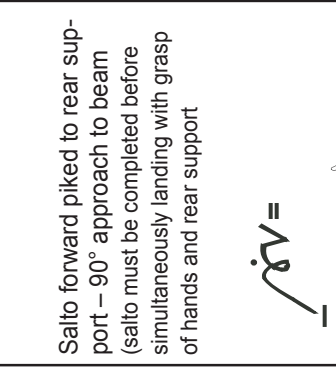
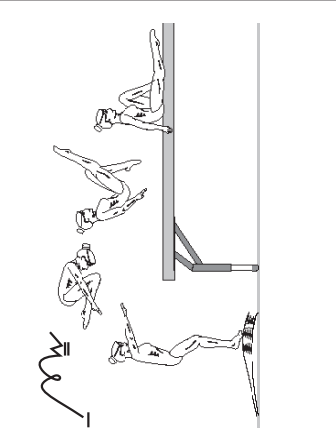
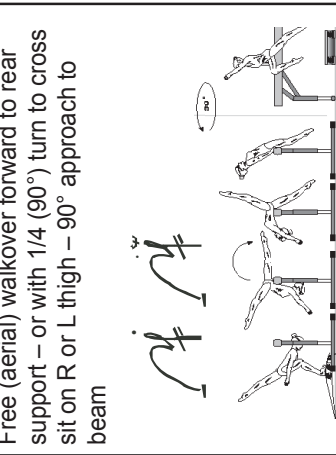

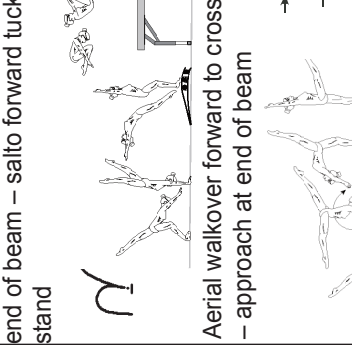
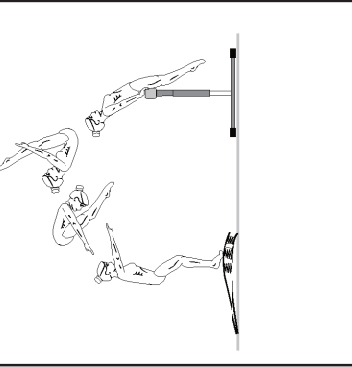



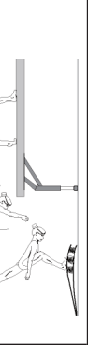




Group 1 – Mounts

A	B	C	D	E
<p>1.112</p> <p>Press to side handstand, with bending – stretching of legs – hop with 1/4 (90°) turn to cross handstand (Lori-hop)</p> 	<p>1.212</p> <p>Press to side handstand, with bending – stretching of legs – hop with 1/4 (90°) turn to cross handstand (Lori-hop)</p> 	<p>1.312</p> <p>Jump or press to handstand, shift weight to one-arm handstand (2 sec.), lower to optional end position</p> 	<p>1.412</p> <p>Jump or press on one arm to handstand (2 sec.) (Rankin)</p>  <p>1.512</p> <p>Jump, press or swing to cross or side handstand, shift weight to one arm (2 sec.), lower to clear straddle support on one arm (Rankin, Lowing)</p> 	

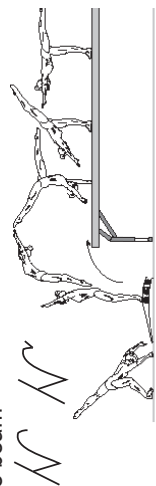
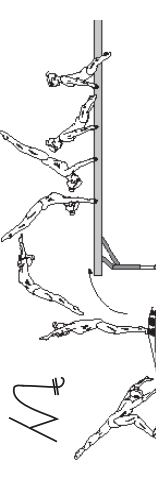

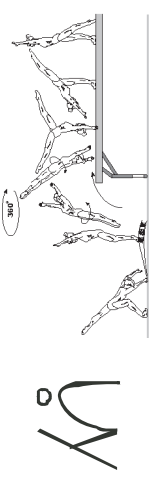
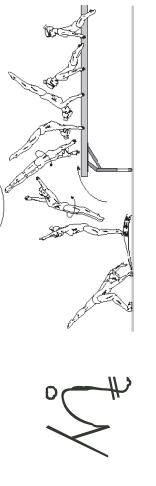
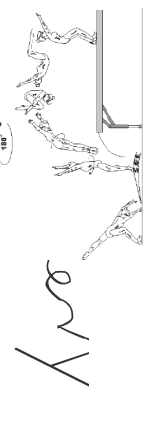
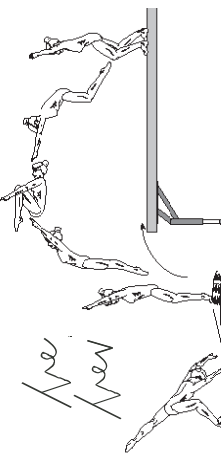
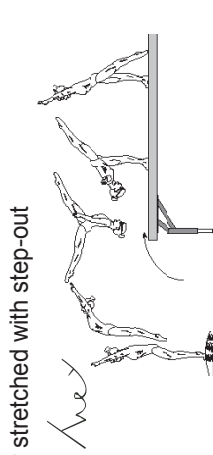
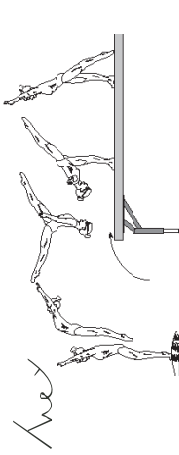

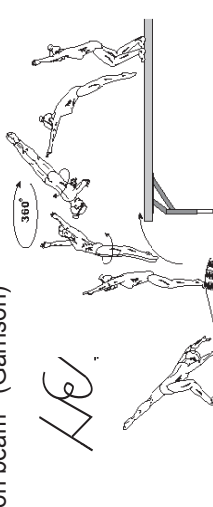
Group 1 – Mounts

A	B	C	D	E
<p>1.113 Cartwheel with hands on spring-board to finish in a front support on beam (not illustrated)</p> 	<p>1.213 (SA) Jump with extended hips (hecht phase) to cartwheel on one or both arms (SA)</p> 	<p>1.313 90° approach to beam, jump with extended hips and 1/4 (90°) turn through a momentary handstand on one arm with immediate 1/4 (90°) turn and support on second arm to side handstand</p> 	<p>1.413 90° approach to beam, jump with extended hips and 1/2 (180°) turn in flight phase to side handstand</p> 	<p>1.513 (BKA) 90° approach to beam, round-off, flic-flac with 1/1 (360°) twist to a hip circle backward (Zamolodchikova)</p> 
	<p>or to cross handstand – lower to stand or end position touching beam – approach at end of beam</p> 	<p>90° approach to beam, round-off – jump with 1/2 (180°) turn to near side handstand (Gurova)</p> 		
	<p>Jump with hecht phase to round-off, approach at end of beam (SA)</p> 			

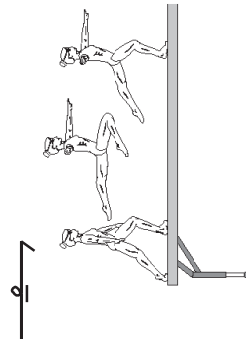
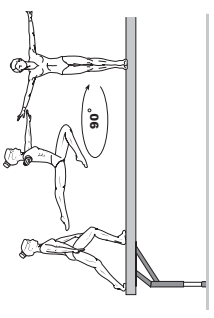
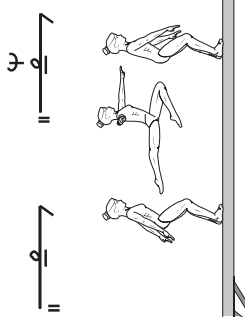



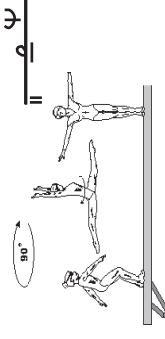
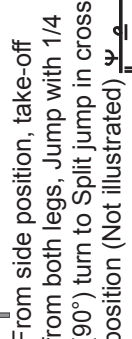

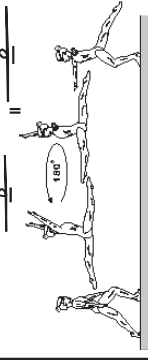

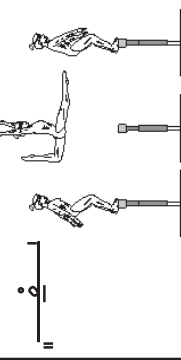
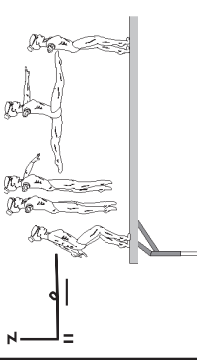
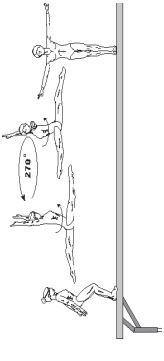

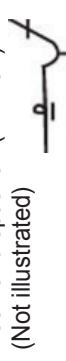
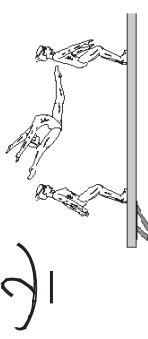
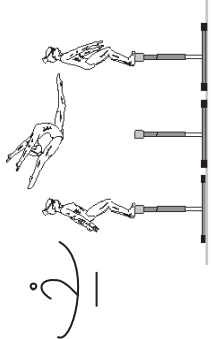
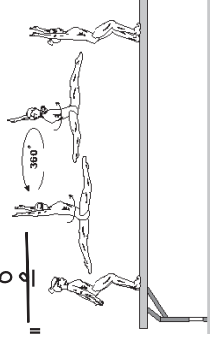

Group 1 – Mounts

A	B	C	D	E
<p>1.114 Front walkover with hands on springboard to rear support (sit) on beam (not illustrated)</p> 	<p>1.214 Handspring forward with hand repulsion from springboard to rear support – or with 1/4 (90°) turn to cross sit R or L thigh – 90° approach to beam</p> 	<p>1.314 (FA) Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam</p> 	<p>1.414 (FA) Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support)</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 
<p>1.214 Free (aerial) walkover forward to rear support – or with 1/4 (90°) turn to cross sit on R or L thigh – 90° approach to beam</p> 	<p>1.314 (FA) Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam</p> 	<p>1.414 (FA) Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support)</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 
<p>1.214 Free (aerial) walkover forward to rear support – or with 1/4 (90°) turn to cross sit on R or L thigh – 90° approach to beam</p> 	<p>1.314 (FA) Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam</p> 	<p>1.414 (FA) Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support)</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 
<p>1.214 Free (aerial) walkover forward to rear support – or with 1/4 (90°) turn to cross sit on R or L thigh – 90° approach to beam</p> 	<p>1.314 (FA) Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam</p> 	<p>1.414 (FA) Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support)</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 
<p>1.214 Free (aerial) walkover forward to rear support – or with 1/4 (90°) turn to cross sit on R or L thigh – 90° approach to beam</p> 	<p>1.314 (FA) Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam</p> 	<p>1.414 (FA) Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support)</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 	<p>1.514 (FA) Salto forward tucked, landing in cross or side stand – approach at end of beam</p> 

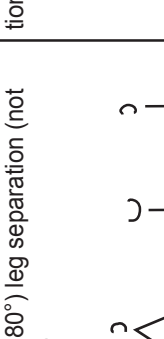
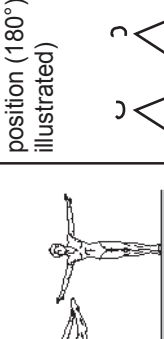
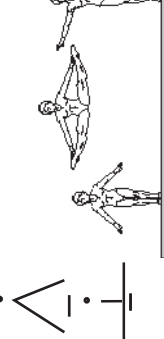
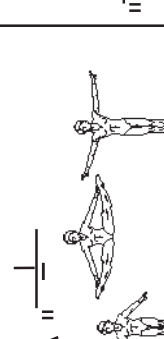
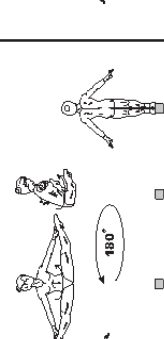
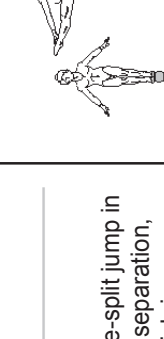
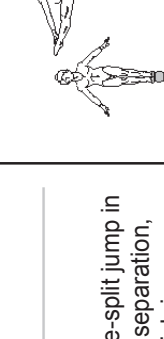
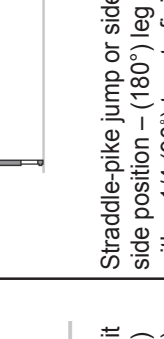
Group 1 – Mounts

		Group 1 – Mounts			
A	B	C	D	E	
1.115	1.215	1.315	<p>1.415 (BKA) Round-off, flic-flac through handstand – support on one or both arms to a cross stand on the beam</p>  <p><i>Handwritten notation: A~</i></p> <p>- also swing down to cross straddle sit</p>  <p><i>Handwritten notation: A~</i></p> <p>also with tucking and stretching of legs with support of both arms, swing down to cross straddle</p>  <p><i>Handwritten notation: A~</i></p>	<p>1.515 Round-off at end of beam – flic-flac with 1/1 (360°) twist – to cross stand on beam (Luconi) - also into swing down to cross straddle sit (Tsvadaridou) (BKA)</p>  <p><i>Handwritten notation: A~</i></p>  <p><i>Handwritten notation: A~</i></p> <p>Round-off at end of beam – Arabian salto to stand (FA)</p>  <p><i>Handwritten notation: A~</i></p>	
1.116	1.216	1.316	<p>1.516 (E) (BKA) Round-off at end of beam – salto backward tucked, piked</p>  <p><i>Handwritten notation: A~</i></p>  <p><i>Handwritten notation: A~</i></p> <p>or stretched with step-out</p>  <p><i>Handwritten notation: A~</i></p>	<p>1.516 (E) (BKA) Round-off at end of beam – salto backward stretched – to cross stand on beam</p>  <p><i>Handwritten notation: A~</i></p> <p>Round-off end of beam – salto backward at stretched with 1/1 (360°) twist – to cross stand on beam (Garrison)</p>  <p><i>Handwritten notation: A~</i></p>	

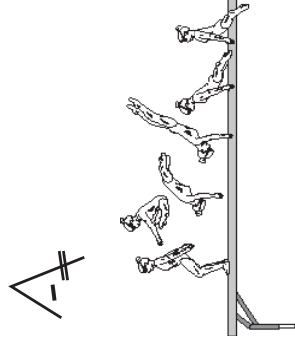
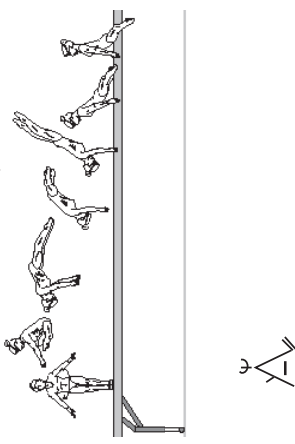
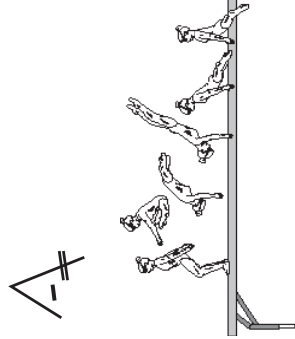

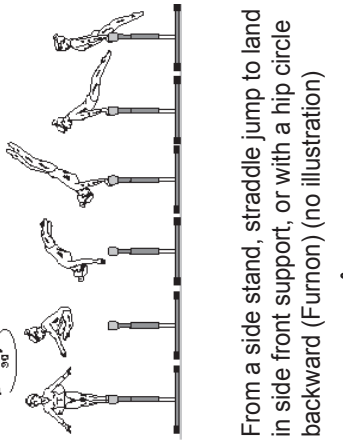


Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.101 Stag leap or stag-split leap forward (take-off from one leg)</p>  <p style="text-align: center;">— 7 —</p> <p>- also with 1/4 (90°) turn to land on 2 feet</p>  <p style="text-align: center;">— 4 —</p> <p>Stag or double stag jump in place (take-off from both legs in cross position), also with 1/4 (90°) turn (Not illustrated)</p>  <p style="text-align: center;">— 7 —</p> <p style="text-align: center;">— 4 —</p> <p>Note: Stag or double stag jump are considered the same element.</p>	<p>2.201 Split leap forward (straight-leg entry-no stag; take-off from one leg)</p>  <p style="text-align: center;">— 2 —</p> <p>Split or stag-split leap forward (take-off from one leg) with 1/4 (90°) turn to straddle position (Side leap)</p>  <p style="text-align: center;">— 30° —</p> <p>From cross position, take-off from both legs, Split jump in place (180° leg separation) to land on two feet</p>  <p style="text-align: center;">— 7 —</p> <p>From cross position, take-off from both legs, Split jump with 1/4 (90°) turn after split to land in side stand on two feet</p>  <p style="text-align: center;">— 30° —</p> <p style="text-align: center;">— 4 —</p> <p>From side position, take-off from both legs, Jump with 1/4 (90°) turn to Split jump in cross position (Not illustrated)</p>  <p style="text-align: center;">— 4 —</p> <p>Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180°) turn (Not illustrated)</p>  <p style="text-align: center;">— 7 —</p> <p style="text-align: center;">— 4 —</p>	<p>2.301 Split or Stag-split leap or Split jump forward with 1/2 (180°) turn – landing alternately or on both legs</p>  <p style="text-align: center;">— 180° —</p> <p>Split jump in side position with both legs straight or the rear leg bent upward backward (Heinrich)</p>  <p style="text-align: center;">— 7 —</p> <p>Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)</p>  <p style="text-align: center;">— 7 —</p> <p>From cross position - jump with 1/4 (90°) turn to Split jump in side position (Not illustrated)</p>  <p style="text-align: center;">— 4 —</p> <p style="text-align: center;">— 7 —</p>	<p>2.401 Split jump with 3/4 (270°) turn beginning in cross or side position</p>  <p style="text-align: center;">— 270° —</p> <p>From side position, Split jump with 1/2 turn (180°) to finish in side position (Not illustrated)</p>  <p style="text-align: center;">— 7 —</p> <p>2.301 (C) (continued) Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional (Dillman) (Not illustrated)</p>  <p style="text-align: center;">— 7 —</p> <p>* Leaps/hops (1-foot take-off) & jumps (2-foot take-off) with same number are considered different ele..</p> <p>* Leaps/jumps/hops with same COP number & different degrees of turn (1/2, 1/1, 1 1/2 +) are considered different ele..</p> <p>* Additional 1/4 turn in a leap or jump does NOT make element different, unless listed in COP under another number.</p> <p>* Stag or split variations of leaps & of jumps with same number-considered same ele..</p>	<p>2.501 From cross stand – Jump to cross split (split over 180°) and backward bending (arch) of upper body (Yang-Bo)</p>  <p style="text-align: center;">— 7 —</p> <p>From side stand - jump to cross split (split over 180°) and backward bending (arch) of upper body (Teza)</p>  <p style="text-align: center;">— 7 —</p> <p>Split jump from cross or side position with 1/1 (360°) turn – take-off from both feet</p>  <p style="text-align: center;">— 0 —</p> <p style="text-align: center;">— 11 —</p> <p>From cross position, Jump with change of legs (minimum of 30° leg separation) and 1/4 (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional 1/4 (90°) turn to finish in cross position (Rader) (Not illustrated)</p>  <p style="text-align: center;">— 11 —</p>

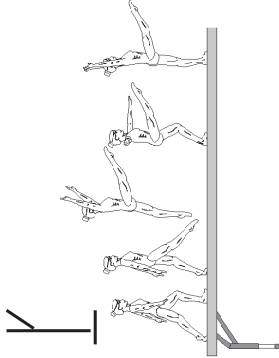
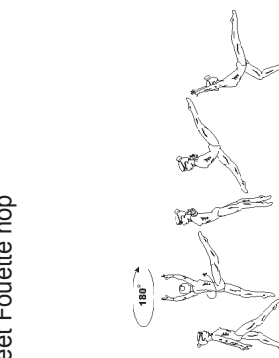
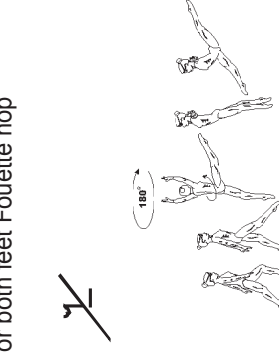
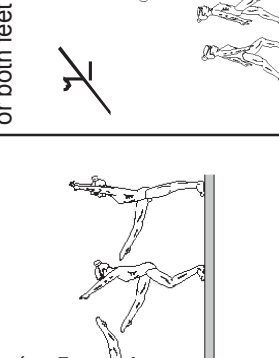
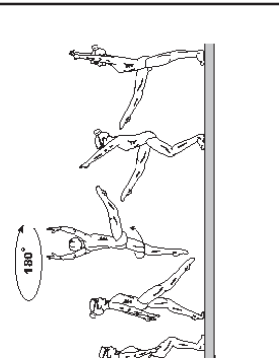

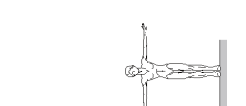

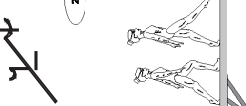

Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.102</p>	<p>2.202 Straddle-pike jump (Hill) or side-split jump from in cross position – (180°) leg separation</p> 	<p>2.302 Straddle-pike jump or side-split jump from side position – (180°) leg separation</p> 	<p>2.402 Straddle-pike jump or side-split jump with 1/2 (180°) turn (Borden) or 3/4 (270°) turn from a cross or side position (180°) leg separation (not illustrated)</p> 	<p>2.502 Straddle-pike jump or side-split jump with 1/1 (360°) turn from a cross or side position with (180°) leg separation</p> 
	<p>Straddle-pike jump or side-split jump in cross position – (180°) leg separation, with a 1/4 (90°) turn to finish in side position</p> 	<p>From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in side position – (180°) leg separation</p> 		
	<p>From side position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation</p> 	<p>From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in side position – (180°) leg separation</p> 		

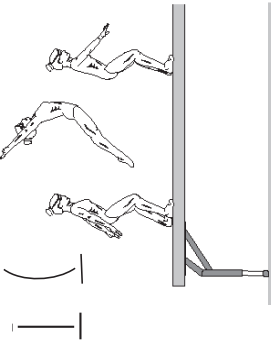
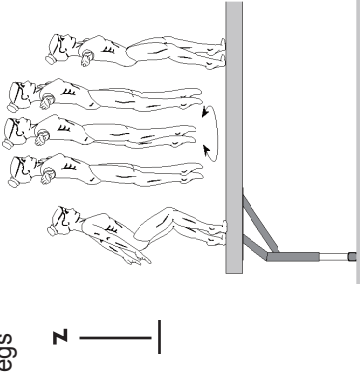
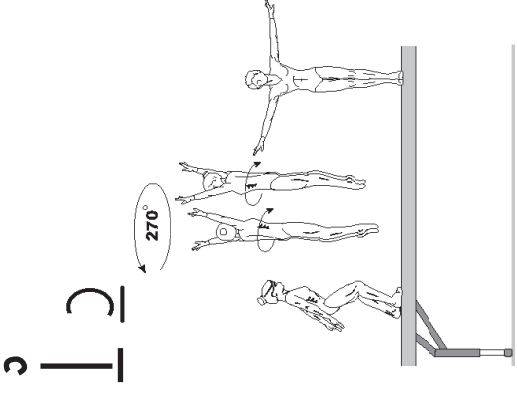
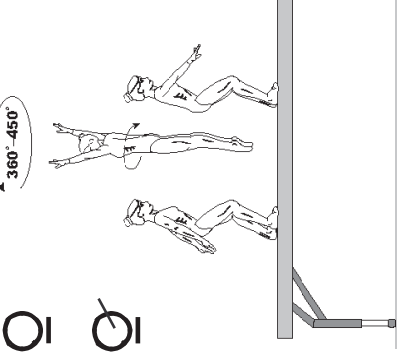
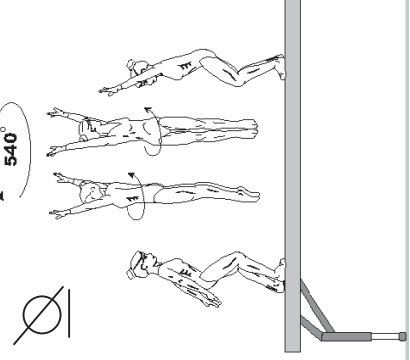
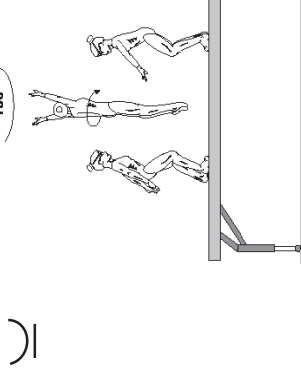
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.103</p>	<p>2.203 Straddle jump to hand support with swing down to cross straddle sit</p> 	<p>2.303 Straddle jump with 1/4 (90°) turn to hand support with swing down to cross straddle sit or to land in front side support</p> 	<p>2.403 Straddle jump with 1/2 - 3/4 (180° - 270°) turn to hand support with swing down to cross straddle sit</p> 	<p>2.503 Straddle jump with 1/1 (360°) turn to hand support with swing down to cross straddle sit</p> 
		<p>From a side stand, straddle jump to land in side front support, or with a hip circle backward (Furron) (no illustration)</p> 	<p>Straddle jump with 1/2 - 3/4 (180° - 270°) turn to front side support (Companioni) or with hip circle backward</p> 	<p>From side position, straddle jump with 1/1 (360°) turn to side front support or with hip circle backward</p> 


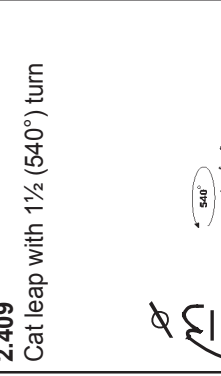
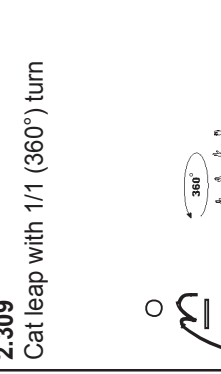
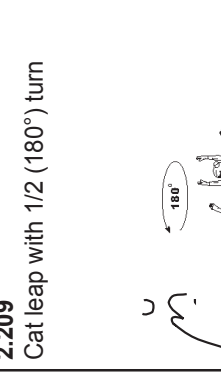
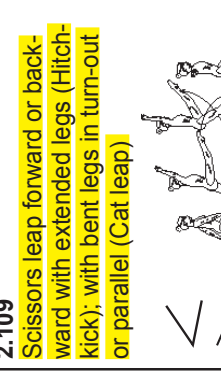

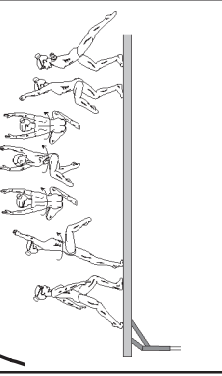
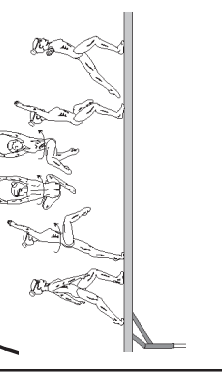
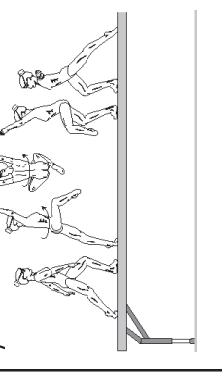
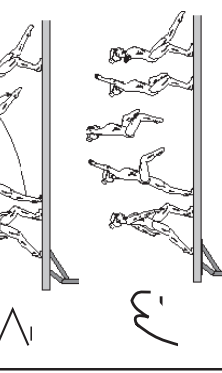




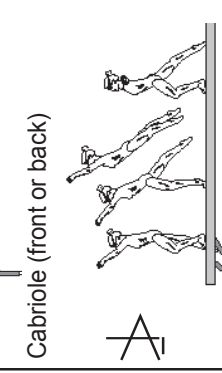
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.104 Hop with free leg extended above horizontal</p> 	<p>2.204</p> 	<p>2.304 Hop with 1/2 (180°) turn, free leg extended above horizontal</p> 	<p>2.404 Tour jeté, also with an additional 1/4 (90°) turn (leg separation 180°) to land on one or both feet Fouetté hop</p> 	<p>2.504 Tour jeté with additional 1/2 (180°) turn (leg separation 180°) to land on one or both feet</p> 
<p>Fouetté hop with 1/2 (180°) turn to land in scale (free leg above horizontal)</p> 				
<p>These two elements are considered different elements.</p>	<p>These two elements are considered the same element.</p>	<p>These two elements are considered the same element.</p>	<p>These two elements are considered the same element.</p>	<p>These two elements are considered the same element.</p>


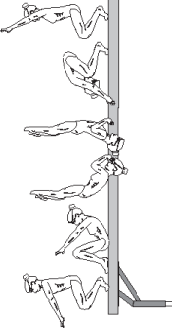
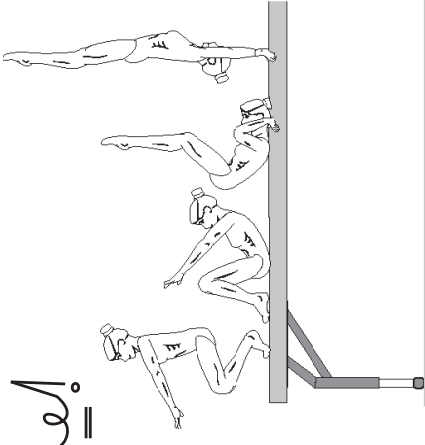
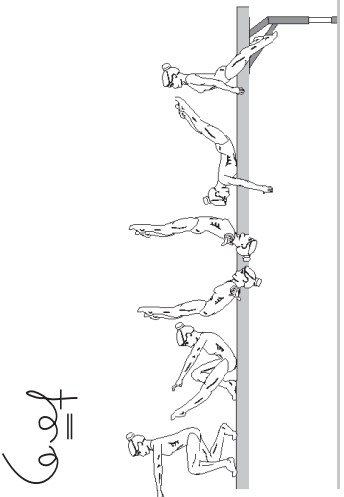
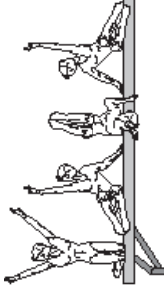
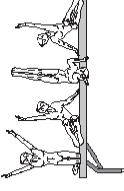
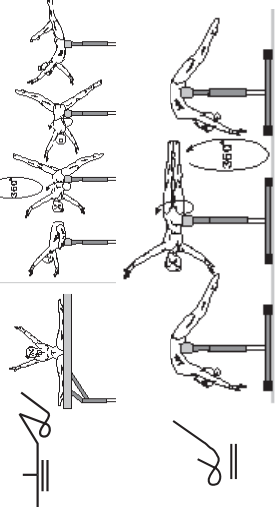
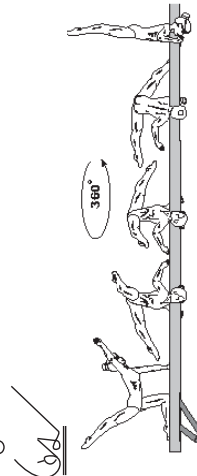
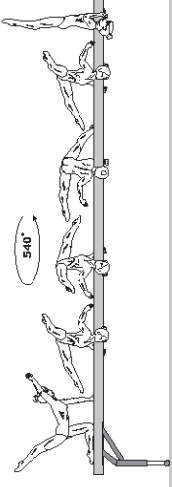
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
<p>2.108 Stretched (straight) or arch jump</p>  <p>Stretched jump with change/beat of legs</p> 	<p>2.208 Stretched jump forward with $\frac{3}{4}$ (270°) turn, from cross or side position</p> 	<p>2.308 Stretched jump forward with 1/1-1 1/4 (360°–450°) turn, from cross or side position</p> 	<p>2.408 Stretched jump forward with 1 1/2 (540°) turn, from cross or side position, landing optional</p> 	<p>2.508</p>
<p>First 2 elements considered the same element.</p>	<p>Stretched jump with 1/2 (180°) turn, from cross or side position</p> 			

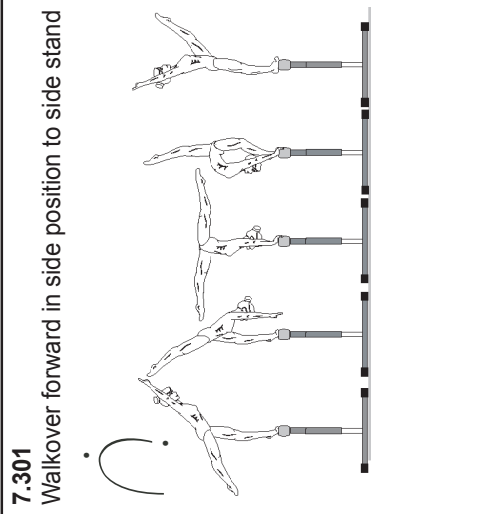
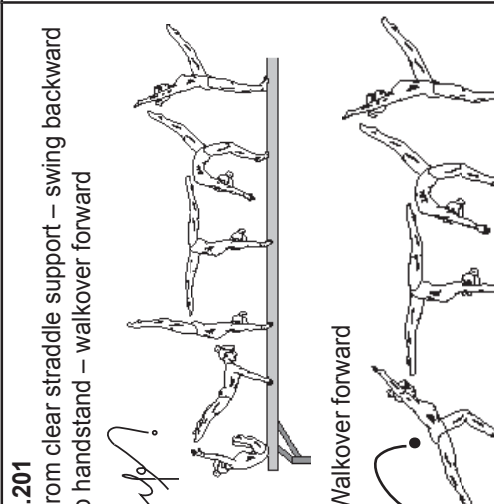

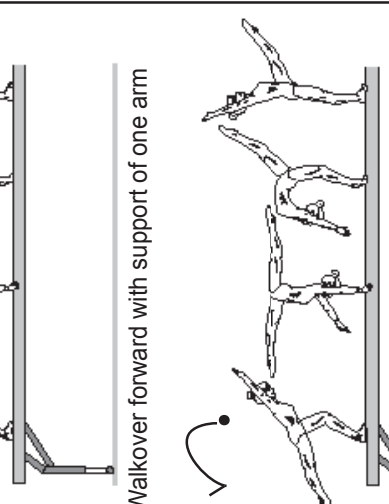
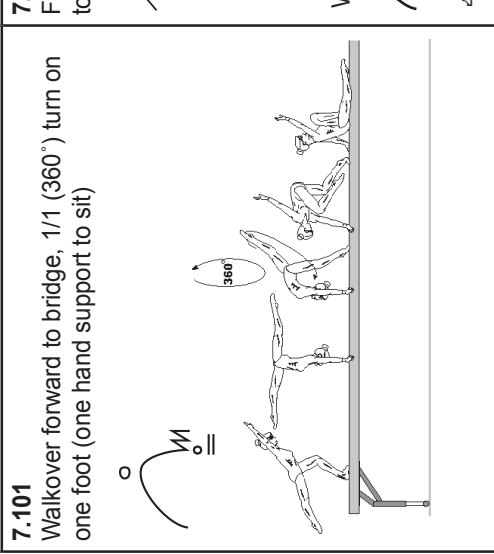
Group 2 – Leaps, Jumps, and Hops

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

Group 6 – Rolls

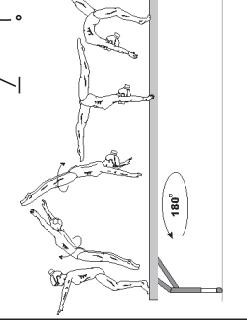
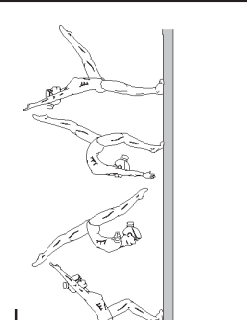
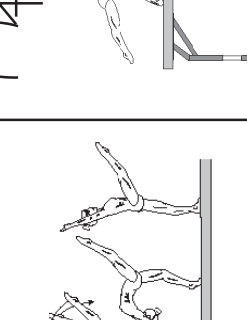
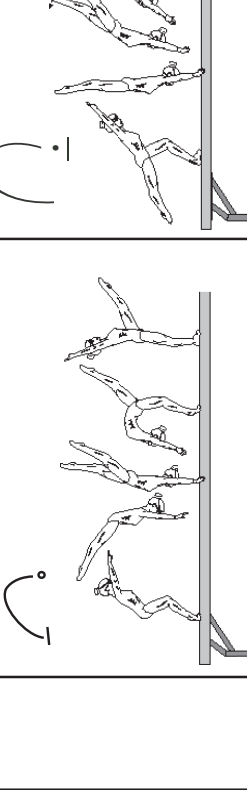
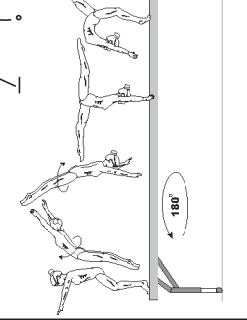
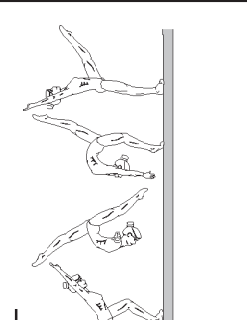
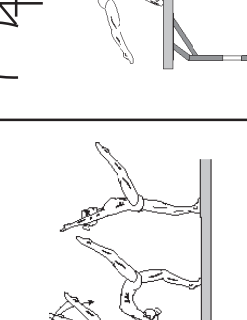
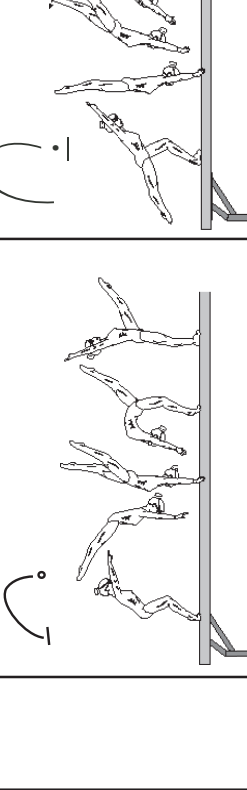

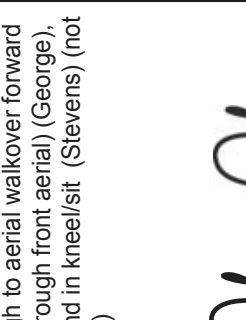
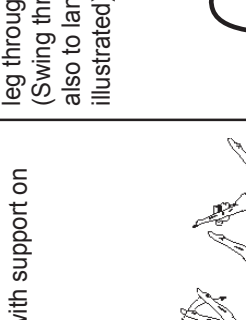
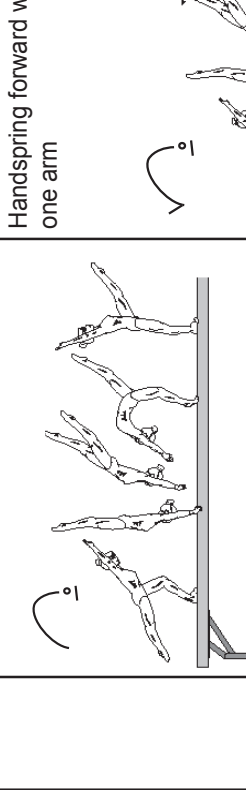


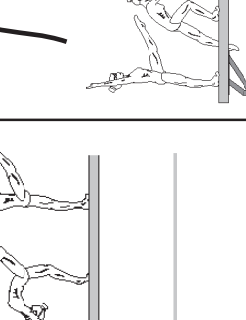



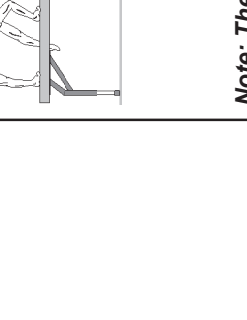

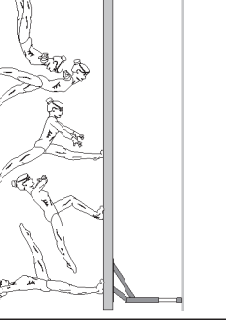
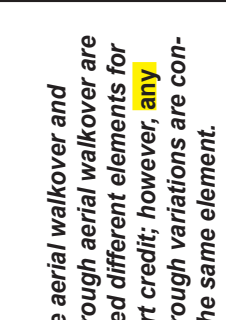


A	B	C	D	E
<p>6.104 Roll backward; start and end position, as well as hand position is optional.</p>  <p>Shoulder roll backward</p> 	<p>6.204 Roll backward to handstand</p> 	<p>6.304 Free backward shoulder roll (backward Garrison roll)(Kreifels)</p> 	<p>6.404</p>	<p>6.504</p>
<p>6.105</p>	<p>6.205 Roll sideward, body tucked or stretched</p>  <p>– or roll sideward stretched through neckstand, also with 1/2 (180°) turn over shoulder</p>  <p>Roll sideward stretched 360° with legs together or separated – end position optional</p> 	<p>6.305 Neck roll stretched with 1/1 (360°) turn or 1 1/2 (540°) turn</p>  	<p>6.405</p>	<p>6.505</p>

Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
<p>7.101 Walkover forward to bridge, 1/1 (360°) turn on one foot (one hand support to sit)</p> 	<p>7.201 From clear straddle support – swing backward to handstand – walkover forward</p>  <p>Walkover forward</p> <p>Walkover forward with support of one arm</p>  <p>Walkover forward with alternate hand support (Tinsica)</p> 	<p>7.301 Walkover forward in side position to side stand</p> 	<p>7.401</p>	<p>7.501</p>

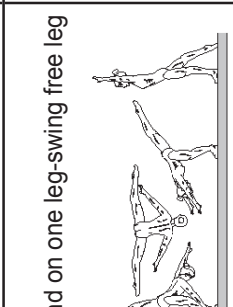
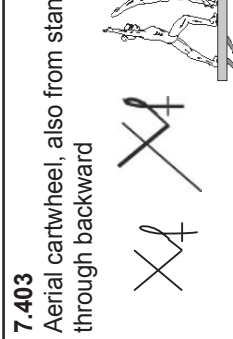
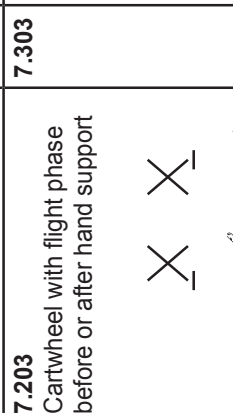
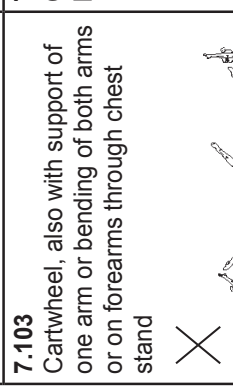

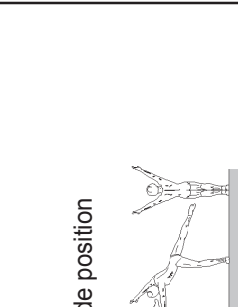

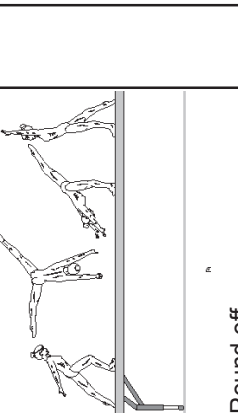
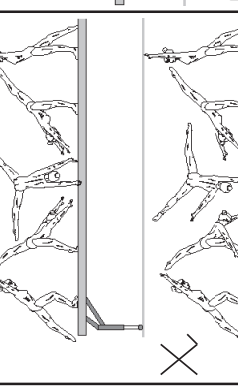


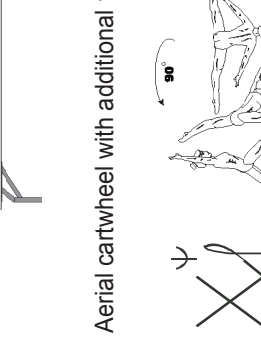
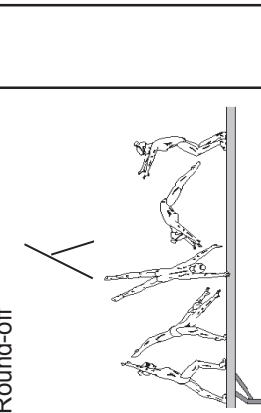


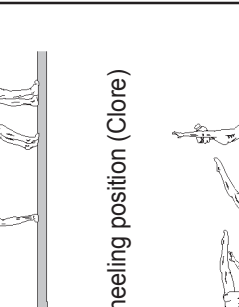
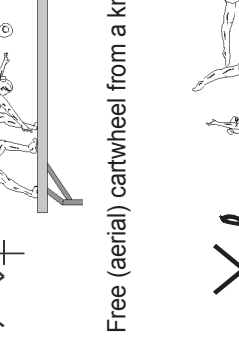
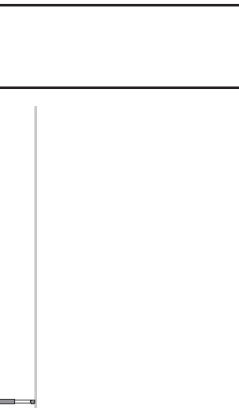


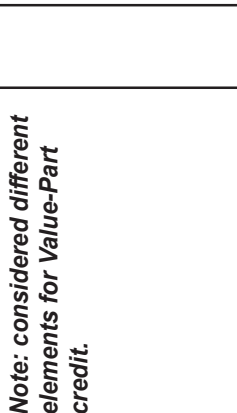
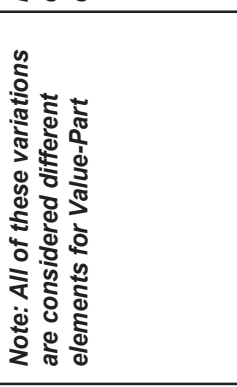






Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

Group 7 – Walkovers, Cartwheels, etc...



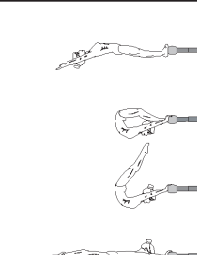
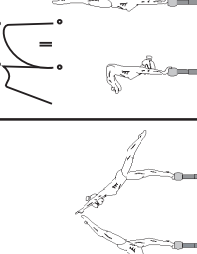
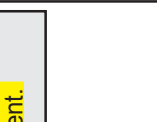
A	B	C	D	E
<p>7.102</p>	<p>7.202 Handspring forward with flight before or after support of hands, also with alternate hand support (Tinsica spring)</p> 	<p>7.302 Handspring forward with leg change in flight phase</p> 	<p>7.402 Free (aerial) walkover forward</p> 	<p>7.502 Jump backward (flic-flac take-off) with 1/2 (180°) turn to walkover forward (Onodi)</p> 
	<p>Handspring forward with support on one arm</p> 	<p>Handspring forward with support on one leg, swing free leg through to aerial walkover forward (Swing through front aerial) (George), also to land in kneel/sit (Stevens) (not illustrated)</p> 	<p>Aerial walkover forward passing free leg backward to finish in a scale (leg horizontal or above) (2 sec.)</p> 	<p>Aerial walkover forward to land on two feet (Davidson)</p> 
				
				
				
				

Note: The aerial walkover and swing-through aerial walkover are considered different elements for Value-Part credit; however, any swing-through variations are considered the same element.

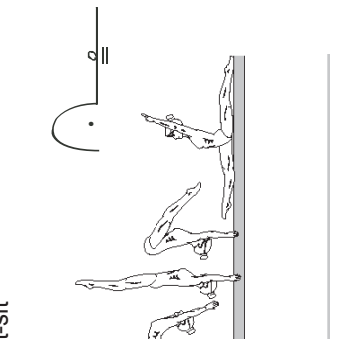
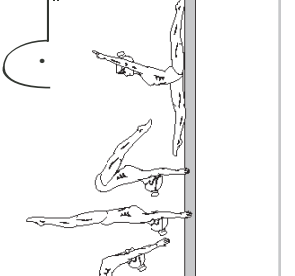
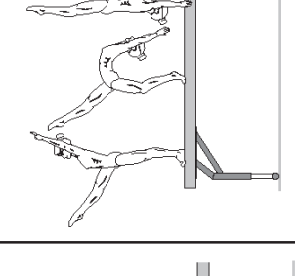
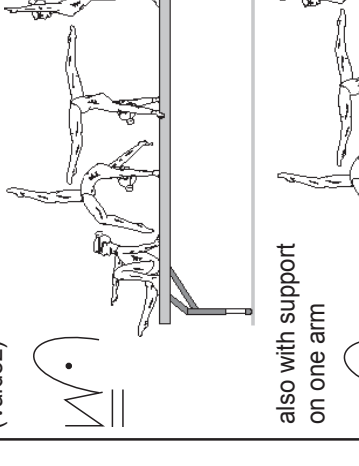
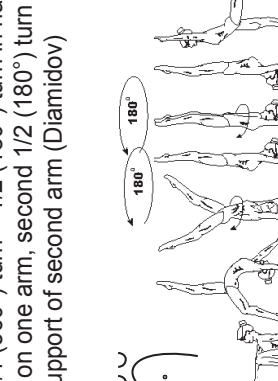
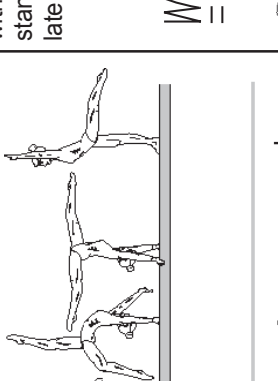
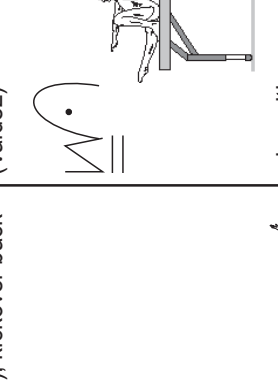
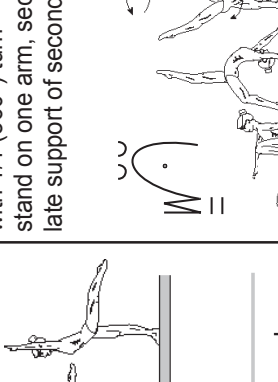
Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
<p>7.103 Cartwheel, also with support of one arm or bending of both arms or on forearms through chest stand</p> 	<p>7.203 Cartwheel with flight phase before or after hand support</p> 	<p>7.303</p> 	<p>7.403 Aerial cartwheel, also from stand on one leg-swing free leg through backward</p> 	<p>7.503 All different elements</p> <p>Butterfly</p> 
	<p>Round-off</p> 		<p>Aerial cartwheel landing in a side position</p> 	<p>Aerial cartwheel across the width of the beam</p> 
			<p>Aerial cartwheel with additional 1/4 (90°) turn out (Perry)</p> 	<p>Aerial cartwheel with switch of legs-take-off and land on same leg (Baudhuin)</p> 
				<p>Aerial cartwheel, also from stand on one leg-swing free leg through backward, to an immediate scale with back leg maintained at a minimum of horizontal for 2 sec.) (Peko)</p> 
<p>Note: All of these variations are considered different elements for Value-Part credit.</p>	<p>Note: considered different elements for Value-Part credit.</p>		<p>Free (aerial) cartwheel from a kneeling position (Clöre)</p> 	<p>Aerial round-off, landing on both legs, also from stand on one leg, swing free leg through backward (Burgess)</p> 
				

Group 7 – Walkovers, Cartwheels, etc....

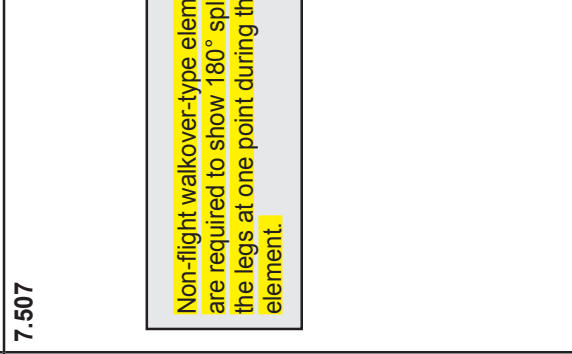
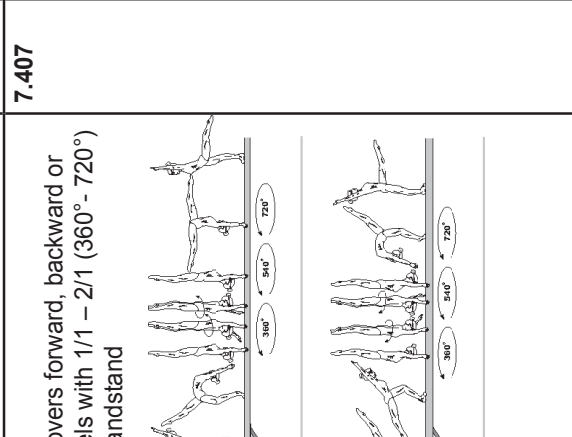
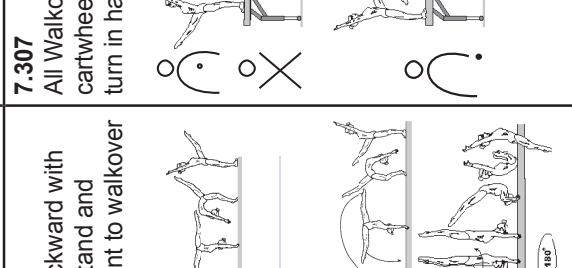
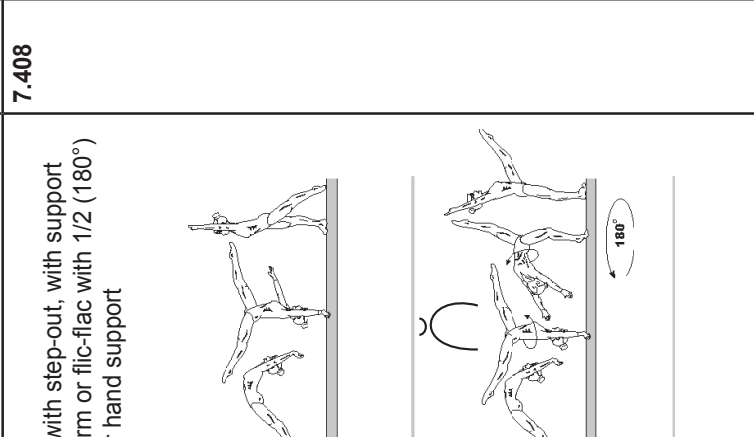
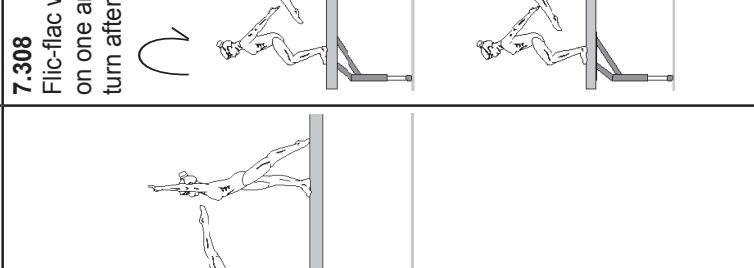
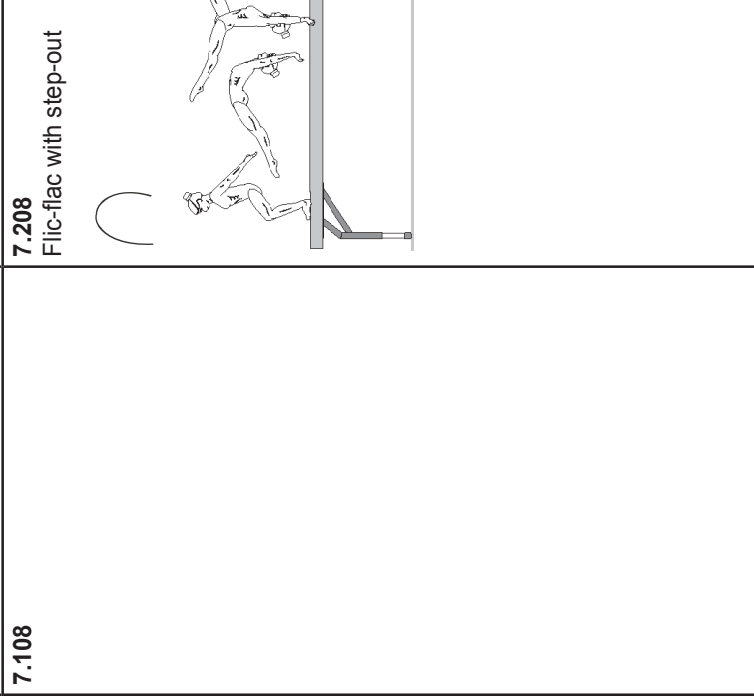
A	B	C	D	E
<p>7.104 Walkover backward, also with support of one arm or with alternate hand support (Tinsica) or with swing down to cross sit</p> 	<p>7.204 Scale forward, 1/2 (180°) turn to walkover backward (Turning bridge)</p> 	<p>7.304 Walkover backward in side position to side stand</p> 	<p>7.404 Press to side handstand – walkover forward to side stand on both legs (Phillips)</p> 	<p>7.504</p>
<p>Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.</p>				
<p>Back walkover to bridge 1/1 (360°) turn on one foot (one-hand support) to sit</p> 				

Group 7 – Walkovers, Cartwheels, etc...

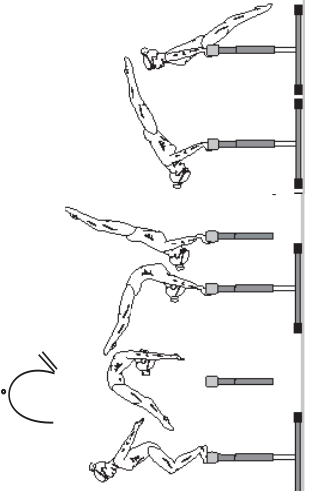
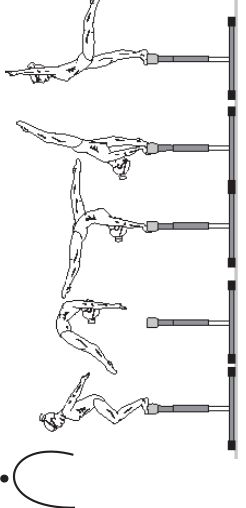
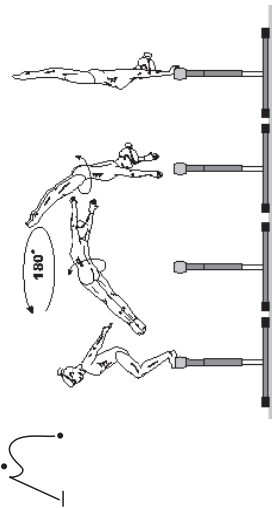
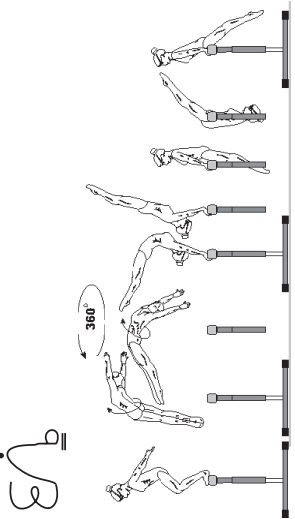
A	B	C	D	E
<p>7.105 Walkover forward, backward (Tic-toc)</p> 	<p>7.205 Walkover backward – lower to clear straddle support</p> 	<p>7.305 Walkover backward with stoop through of one leg to cross split-sit</p> 	<p>7.405</p>	<p>7.505</p>
<p>7.106 From back lying position, push up to bridge (support on head and/or hands), kickover backward</p> 	<p>7.206 From extended tuck sit – walkover backward (Valdez)</p>  <p>also with support on one arm</p>  <p>Valdez with 1/2 (180°) turn in handstand</p> 	<p>7.306 From extended tuck sit – walkover backward with 1/1 (360°) turn – 1/2 (180°) turn in handstand on one arm, second 1/2 (180°) turn with late support of second arm (Diamidov)</p> 	<p>7.406</p>	<p>7.506</p>

Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
<p>7.107 Walkover backward to handstand, 1/2 (180°) turn in handstand – lower to end position touching beam</p> 	<p>7.207 Walkover forward or backward with 1/2 (180°) turn in handstand and continuation of movement to walkover forward or forward roll</p> 	<p>7.307 All Walkovers forward, backward or cartwheels with 1/1 – 2/1 (360° - 720°) turn in handstand</p> 	<p>7.407</p>	<p>7.507</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.</p> </div>
<p>7.108</p>	<p>7.208 Flic-flac with step-out</p> 	<p>7.308 Flic-flac with step-out, with support on one arm or flic-flac with 1/2 (180°) turn after hand support</p> 	<p>7.408</p>	<p>7.508 Flic-flac with 3/4 - 1/1 (270° - 360°) twist before hand support (Kochetkova)</p> 

Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
<p>7.109</p>	<p>7.209</p>	<p>7.309 Flic-flac from side position to front support or with hip circle backward</p> 	<p>7.409 Flic-flac with step-out from side position (Tousek)</p>  <p>Jump from side position with 1/2 (180°) twist to side handstand (Kolesnikova)</p> 	<p>7.509 Flic-flac from side position with 1/1 (360°) twist to hip circle backward (Teza)</p> 

SECTION 5 – FLOOR EXERCISE – GENERAL INFORMATION – CHAPTER 1

WOMEN’S DEVELOPMENT (DEV) PROGRAM OPTIONAL FLOOR EXERCISE RULES

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

Timing Routine: Begins with first movement. Time ends with final movement. No warning is given.

CJ deducts 0.10 from average score for overtime. No overtime deduction if within fraction of second over the time limit.

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

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

B. ALLOWED UP TO TWO MANUFACTURED MATS:

1. ONLY one 8" skill cushion / 4" throw mat per tumbling pass allowed.
 - No more than two mats on Floor Exercise (FX) area at any one point in time.
2. Mats covering boundary line(s) MUST be clearly marked to indicate actual boundary line(s).
 - CJ deducts 0.10 from average score for failure to mark mat.
3. No requirement to remove additional mat(s) from FX area during the exercise.
4. It is NOT permissible to put other marks on the landing mats.

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

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

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

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

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

B. TIMING OF THE EXERCISE

1. Maximum time limit:

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

2. Timing begins with first movement and stops with final movement.
3. Entire exercise is evaluated, regardless of overtime.
4. CJ deducts 0.10 from average score for overtime.
 - a. Deduction MUST be indicated to coach either verbally or visually.
 - b. No overtime deduction taken if within fraction of second over the time allotment.
EXAMPLE: 1:30.01 – 1:30.99 (less than 1:31). Do NOT take overtime deduction.
5. No time warning is given on Floor Exercise.

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

1. Deduct for any missing Value Parts (VP) from Start Value (SV).
2. Deduct 0.50 each for any missing Special Requirements (SR) from SV.
3. CJ deducts 2.00 from average score.
4. Minimum score of 1.00 is awarded when optional routine score is equal to or less than one (1.00) point.

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

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

B. PROCEDURES FOR MUSIC FAILURE (TECHNICAL FAILURE):

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

C. MUSIC MUST BE RECORDED DIGITALLY

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

IV. LINE VIOLATIONS (OUT OF BOUNDS)**A. TOUCH OUTSIDE BOUNDARY AREA:**

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

B. NEUTRAL DEDUCTION:

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

C. FALLS – OUT OF BOUNDS:

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

D. ELEMENT LANDING – OUT OF BOUNDS:

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

E. LINE JUDGES PRESENT:

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

F. NO LINE JUDGES PRESENT:

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

G. LINE VIOLATIONS NOTIFICATIONS:

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

**V. COACH – ON FX AREA / SPOTTING REGULATIONS
LEVEL 6 / 7 / 8 / 9 / 10****A. NO DEDUCTION – COACH ON FX AREA:**

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

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

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

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

1. Each judge deducts 0.50 for spot.
2. If fall occurs after spot, each judge **also** deducts 0.50 for fall.
3. No VP or SR credit awarded (if applicable).
4. No “D/E” or CV Bonus awarded (if applicable).
5. CJ deducts **0.30** from average score for “coach on the floor”.
6. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.

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

1. Each judge deducts 0.50 for the spot.
2. If falls after spot, each judge also deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts **0.30** from average score for “coach on the floor”.
7. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.
8. Coach catches a falling gymnast: 0.50 fall; no deduction for spot; CJ deducts **0.30** from average score for “coach on the floor”.

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

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



F. STAND AROUND FLOOR EXERCISE AREA TO CHEER:

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

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

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

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

5. **#1.305 Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) (“C”):**
- First leg should swing forward to minimum of 45° prior to swinging backward.
 - Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn. Award “C” VP. Deduct up to 0.10 for insufficient height of leg swing.
 - Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn. Award “B” VP (recognize as Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
 - ¼ (90°) turn MUST occur in the air; NOT prior to leg swinging backward.
 - Leg swings to minimum of 45°; ¼ (90°) turn occurs early - before leg begins backward swing, award “C” VP. Deduct up to 0.10 for lack of precision in Dance elements.
 - Leg swing to minimum of 45°; ¼ (90°) turn is incomplete, award “B” VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
 - Expected amplitude of side-split position is 180° split.
 - Less than 135° split, recognize as another element and deduct for missing SR (if applicable).
 - RONDE DE JAMBE technique is acceptable:
 - Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
 - Front leg moves Across horizontal plane to side-split position.
 - First leg staggered, award “A” VP credit.
 - First (swing) leg bent minimum of 90°.
 - Leg never extends prior to leg switch.
6. **#1.309 Tour Jeté with ½ (180°) turn (“C”)**
#1.404 Switch-leg Leap with 1/1 (360°) turn (“D”)
- Elements often identified incorrectly.
 - Both show cross split position, finish facing same direction as take-off.
 - Tour Jeté with ½ (180°)** turns away from initial swing leg.
 - Switch-leg Leap with 1/1 (360°)** turns toward initial swing leg.
- #1.309 (“C”) 
 #1.404 (“D”) 
7. **#1.307 Straddle-Pike Jump with 1/1 (360°) turn (Popa) (“C”):**
- Straddle-Pike Jump position in any phase of 360° turn (with legs at or above horizontal).
 - Side-split Jump with 1/1 (360°) turn receives “C” VP credit.
8. **#1.308 JUMP with 1/1 (360°) turn – Side-split Jump, landing in front lying support (Prone) (Schushunova 1/1) (“C”)** (two variations):
- Straddle-Pike Jump with ½ (180°) turn and “turn over” (½ turn, ½ turn) to land in front lying position.
 - Jump with 1/1 (360°) turn to side-split, legs rotate back to horizontal plane to land in front lying position.
9. **#1.311 Switch-Ring Leap (“C”):**
- First leg should swing forward to minimum of 45° prior to swinging backward.
 - Fails to swing first leg forward to minimum of 45°. Deduct up to 0.10 for insufficient height of leg swing.
 - Head release backward past vertical line MUST be shown to be considered “ring” position.
 - Expected amplitude of rear foot is to top of head.
 - Deduct up to 0.10 if rear foot is at shoulder or upper back height.
 - Rear foot at hip-height or no backward head release (regardless of height of leg) recognized as Switch-leg Leap (“B”).
 - Deduct up to 0.10 for insufficient arch.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

- 10. #2.202 1/1 (360°) turn with free leg at or above horizontal from start to end of turn (“B”):**
- Allow time (up to 45° - 1/8th of turn) to quickly lift leg into position without deduction. Free leg may be bent or extended, but entire leg **MUST** be minimum of horizontal to receive “B” VP credit.
 - MUST** maintain leg position throughout turn:
 - Once minimum of horizontal position established.
 - Free leg may **NOT** be supported with hand to maintain leg position.
 - Recognize as 1/1 (360°) turn (“A”)
 - Incorrect leg position for more than 45° of turn, **OR**
 - Leg **NOT** maintained throughout remaining 7/8^{ths} (315°) of turn.
- 11. #2.208 1/1 (360°) turn with free leg held upward at a 180° split position (“B”):**
- Leg held between 135° – 179° split:
 - Award “B” VP credit.
 - Deduct up to 0.20 for insufficient split.
 - Leg held less than 135° split:
 - Award “A” for 1/1 (360°) turn.
- 12. Saltos forward (Group 6) in Direct Connection**
- Any forward Salto used as an accelerating element:
 - Directly connected Salto forward pass element.
 - No up to 0.30 deduction applied for insufficient amplitude.
 - Last Salto in connection expected to have greater amplitude.

EXAMPLE:

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



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

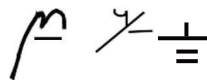
- 13. All Walkovers Forward and Backward and walkover-type Elements must demonstrate a 180° split at some point during execution of the element.**
- Deduct up to 0.20 for insufficient split.

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

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

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

EXAMPLE: Cat Leap + Tour Jeté to split-sit



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

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

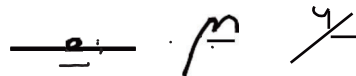
g. **LEVEL 8 – “D/E” Dance elements CANNOT be used to fulfill SR.**

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

h. **Dance passage SR awarded:**

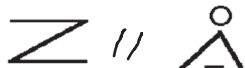
EXAMPLE 1:

Split Leap + Cat Leap + Tour Jeté.



EXAMPLE 2:

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



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

EXAMPLE 1: Wolf Jump + Straddle Jump.



Missing Leap with take-off from one foot

EXAMPLE 2: Wolf Jump + Cat Leap =



Missing Leap with 180° split

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



Missing second Group 1 element

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



Acro NOT allowed between Dance elements.

EXAMPLE 5: Split leap, chassé, Stag leap =



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

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

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


EXAMPLE 1:

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

- SR #4 awarded. 

EXAMPLE 2:

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

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

EXAMPLE 3:

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

- SR #4 awarded. 

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

- 1) Performed for third time in the exercise.
 - Deduct 0.50 from SV for missing SR # 4 (no VP)
 - Deduct 0.30 for no attempt to perform last Salto.
- 2) Performed for second time in exact same Acro pass or connection.
 - Deduct 0.50 from SV for missing SR # 4 (no VP)
 - Deduct 0.30 for no attempt to perform last Salto.
- 3) Restricted element (Level 8 / 9)

EXAMPLE – Level 9:

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

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

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

- No VP awarded due to 2nd restricted Acro “D” element.
 - Deduct 0.50 from SV for more than one restricted element.
 - Deduct 0.50 from SV, no SR # 4 (no VP).
 - Deduct 0.30 for no attempt to perform last Salto (isolated or within the last Salto connection).
- 4) Spot during element.
 - Deduct 0.50 from SV for missing SR #4 (no VP)
 - Deduct 0.50 for the spot.
 - Do NOT deduct 0.30 from SV for no attempt to perform last Salto with VP credit.

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

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

b. Last Salto was NEVER initiated.

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

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

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

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

B. LEVEL 7 FLOOR EXERCISE SPECIAL REQUIREMENTS**1, 2. Minimum of two Acro passes**

- a. **Two Acro passes**
 - b. One pass containing a Salto backward with a minimum of two directly connected flight elements.
 - c. One pass containing a Salto forward (additional elements allowed).
 - d. One Salto must be stretched (backward or forward), without twist, landing on two feet.
3. Dance passage - minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side-split position.
 4. Turn – minimum 360° Turn on one foot.

1, 2. SR #1 & SR #2: Minimum of two Acro passes; A deduction of 0.50 each is applied for any of the four specifications that are missing, up to a maximum of 1.00.

- a. **Two Acro passes**
- b. One pass containing a Salto backward with a minimum of two directly connected flight elements.
 - Backward Acro pass may include additional elements, provided one Salto backward is included.
- c. **One pass containing a Salto forward (additional elements allowed).**
 - 1) ONLY forward Salto elements may fulfill the SR (no Aerial walkover or cartwheel / Salto sideward)
 - Arabian Saltos considered forward elements.
 - 2) Forward Salto Acro pass may include additional elements.
EXAMPLE = Forward Acro pass SR awarded
 - Handspring forward + Salto forward tucked step-out + Round-off + Flic-Flac + Salto backward tuckedEXAMPLE: Forward Acro pass SR NOT awarded
 - Handspring forward step-out + Aerial walkover (not a Salto)
 - 3) Dive roll / Arabian dive roll = no SR awarded (support on shoulders / back)
 - a) Front handspring, dive roll = inappropriate element in forward Acro pass.
 - b) Deduct 0.50 for missing one Acro pass SR #1 or 2
 - 4) Salto forward, fall (bottoms of feet do NOT land first):
 - a) Salto forward = no VP credit = No SR awarded.
 - b) Deduct 0.50 for missing SR.
 - c) Deduct 0.50 for fall and execution / amplitude errors.

LEVEL 7 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)**d. One Salto MUST be stretched (backward or forward), without twist, landing on two feet.**

- 1) If the only Salto backward / forward stretched has 1/1 (360°) twist = no SR awarded
- 2) If the only Salto backward / forward stretched has step-out = no SR awarded.

EXAMPLE 1:

1st pass: Salto forward tucked + Round-off + Flic-Flac + Salto backward stretched to two feet

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

- 1st pass meets Salto forward and backward Acro pass + Salto stretched requirement
- 2nd pass meets requirement for second Acro pass

EXAMPLE 2:

1st pass: Handspring forward + Salto forward stretched to two feet

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

- 1st pass meets Salto forward + Salto stretched requirements
- 2nd pass meets requirement for Salto backward Acro pass

EXAMPLE 3:

1st pass: Salto forward tucked + Round-off + Flic-Flac + Salto backward stretched to two feet

2nd pass: Standing Salto backward tucked

- 1st pass meets Salto forward and backward Acro pass + Salto stretched SR
- 2nd pass Deduct 0.50 missing second Acro pass SR. Salto backward Pass MUST have 2 directly connected elements.

3. SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected)

with one Leap requiring a 180° cross / side split position.

- a. See Level 8 / 9 / 10 SR #3 for specific information.
- b. All “C” Dance element are allowed (unlimited).
- c. Group 1 “D/E” Dance element are NOT allowed. If performed:
 - 1) Deduct 0.50 from SV for restricted element.
 - 2) SR #3 NOT awarded.

4. SR #4: Turn – minimum 360° turn on one foot.

- a. Turn requirement MUST be completed in high relevé.
 - 1) Heel drops onto floor during turn.
 - 2) Heel drop marks degree of turn completion.
 - 3) Deduct for incomplete turn (see Chapter 3 – Execution and Artistry).
- b. $\frac{3}{4}$ turn or less (90° or more deficient)
 - 1) SR #4 NOT awarded.
 - 2) Deduct 0.50 for missing SR #4.
- c. Turn may be isolated or in series.
- d. Illusion Turns:
 - 1) Illusion 1/1 (360°) turn (“A”), with brief touch of floor with one hand.
 - 2) Illusion 1/1 (360°) turn (“B”), without touching the floor with hand or free leg.
 - 3) Both may be used to fulfill Level 7 SR #4

C. LEVEL 6 FLOOR EXERCISE SPECIAL REQUIREMENTS

1. **One Acro pass – minimum three directly connected elements, two with flight.**
2. **Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in a 2nd different connection.**
3. **Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
4. **Turn – minimum 360° Turn on one foot.**

1. **SR #1: One Acro pass – minimum three directly connected elements, two with flight.**
 - a. Flight or non-flight Acro element groups 5 / 6 / 7 / 8.
 - 1) Roll category (Group 4) may NOT be used to fulfill SR #1.
 - 2) Salto / Aerial in Acro pass #1 may NOT also fulfill SR #2 (Salto / Aerial).
 - b. Acro elements MUST receive VP credit to fulfill SR.
 - c. Acro pass considered broken, and NO SR awarded, when:
 - 1) Stop between elements.
 - 2) Loss of balance, causing stop between elements.
 - 3) Repositioning of support leg.
 - 4) Extra step / hop / jump between elements.
2. **SR #2: Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in 2nd different connection.**
 - a. May be backward / forward / sideward.
 - b. May be isolated or in 2nd different connection.
 - c. If Salto / Aerial does NOT land on bottom of feet first, no SR awarded.
3. **SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
 - a. See Level 8 / 9 / 10 – SR #3 for specific information.
 - b. ONLY one Group 1 “C” Dance element is allowed.
 - c. More than one Group 1 “C” or any “D/E” Dance elements are NOT allowed. If performed:
 - 1) Deduct 0.50 from SV for restricted element.
 - 2) SR #3 NOT awarded.
4. **SR #4: Turn – minimum 360° turn on one foot.**
 - a. Turn requirement MUST be completed in high relevé.
 - 1) Heel drops onto floor during turn.
 - 2) Heel drop marks degree of turn completion.
 - 3) Deduct for incomplete turn, (see Chapter 3 – Execution and Artistry).
 - b. ¾ turn or less (90° or more deficient)
 - 1) SR #4 NOT awarded.
 - 2) Deduct 0.50 for missing SR #4.
 - c. Turn may be isolated or in series.
 - d. Illusion Turns:
 - 1) Illusion 1/1 (360°) turn (“A”), with brief touch of floor with one hand.
 - 2) Illusion 1/1 (360°) turn (“B”), without touching the floor with hand or free leg.
 - 3) Both may be used to fulfill Level 6 SR #4

D. ALLOWABLE DIFFICULTY

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

- **Guidelines for restrictions:**

1. Allowable elements:
 - a. Will receive element value listed in the **Floor Exercise Elements section of the COP.**
 - b. May be used to fulfill SRs.
 - c. Level 9 ONLY:
 - 1) Allowable “D/E” elements may serve as a “C” element in any applicable CV Bonus.
 - 2) ONLY first “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus.
2. Restricted elements will be considered in chronological order.

ONLY the first restricted element in the exercise may be:

 - a. Awarded VP credit.
 - b. Awarded SR, if applicable.
 - c. Awarded CV Bonus, if applicable.
 - d. **Level 8 and 9 ONLY: A restricted element may be repeated if the element receives “0” VP credit the first time.**
3. Any other restricted element performed at Level 8-10 that meets the requirements to receive VP credit, or at Level 6 and 7 is performed or attempted (even if attempt was incomplete):
 - a. **Deduct 0.50 from SV for restricted element.**
 - b. No VP credit awarded.
 - c. No SR credit awarded.
4. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

I. CHIEF JUDGE DEDUCTIONS

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

II. EXECUTION AND AMPLITUDE DEDUCTIONS

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

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

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

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

LARGE FAULTS	up to 0.30	Bent arms in support – on any one element
	up to 0.30	Bent legs – on any one element (90° bend or greater = max <u>0.30</u>)
	up to 0.30	Insufficient extension • Open of tuck / pike body position prior to landing Acro elements
	up to 0.30 + 0.50	Squat on landing (hips even with or lower than knees) Lands Acro element in squat position, then falls
	up to 0.30	Insufficient height of Salto elements 1. Does NOT apply to accelerating element in directly connected forward Acro pass. 2. Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist Salto forward stretched = accelerating element.
up to 0.30	Brush / touch landing surface with one or two hands (no support)	

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

III. SPECIFIC FX EXECUTION DEDUCTIONS

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

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

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

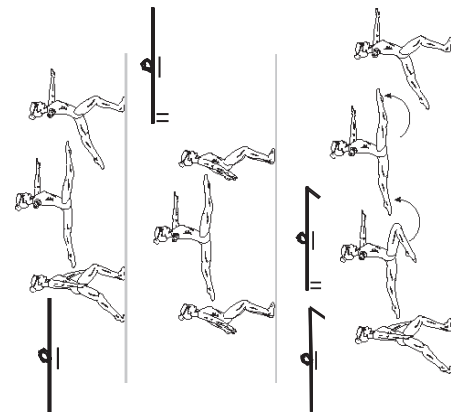
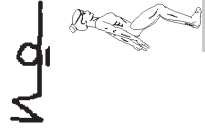
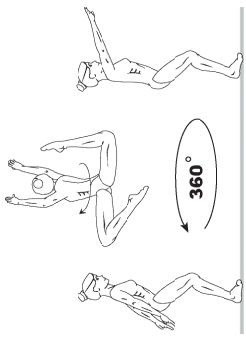
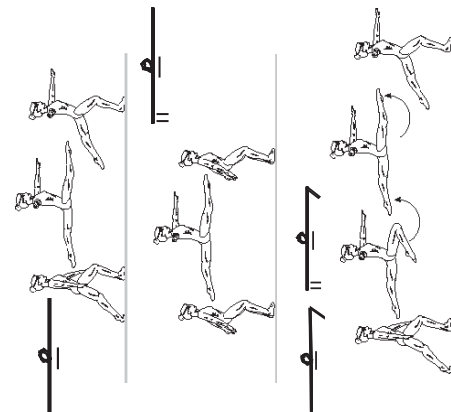
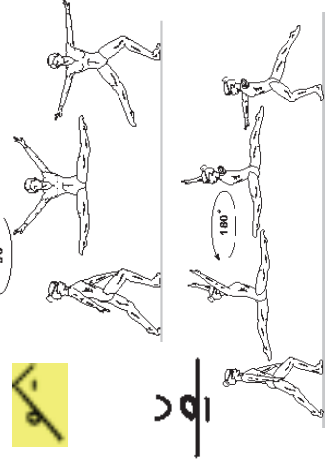
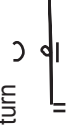
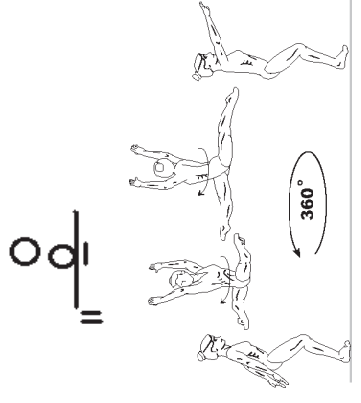
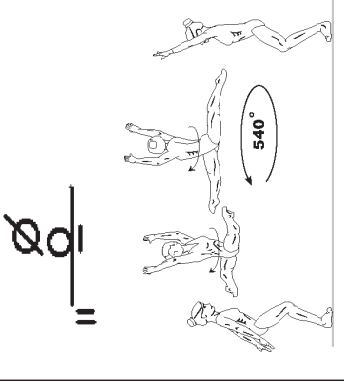
B. Minimum score of 1.00

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




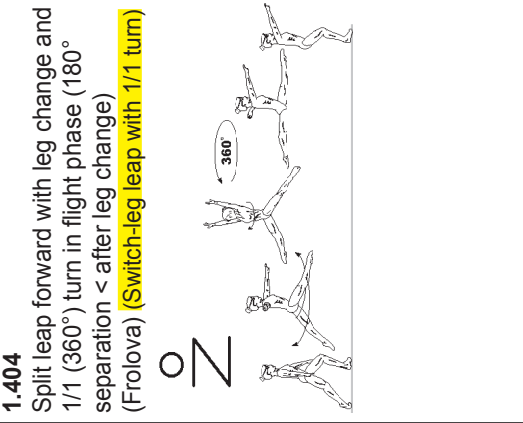
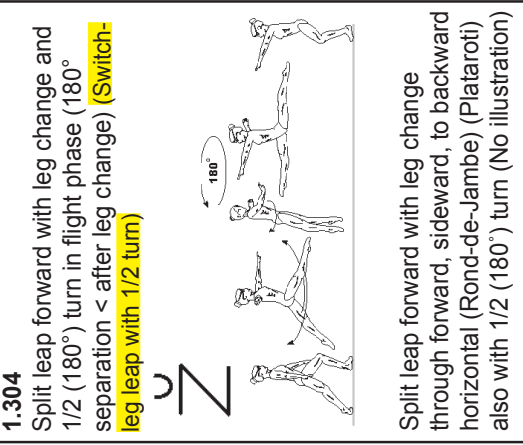
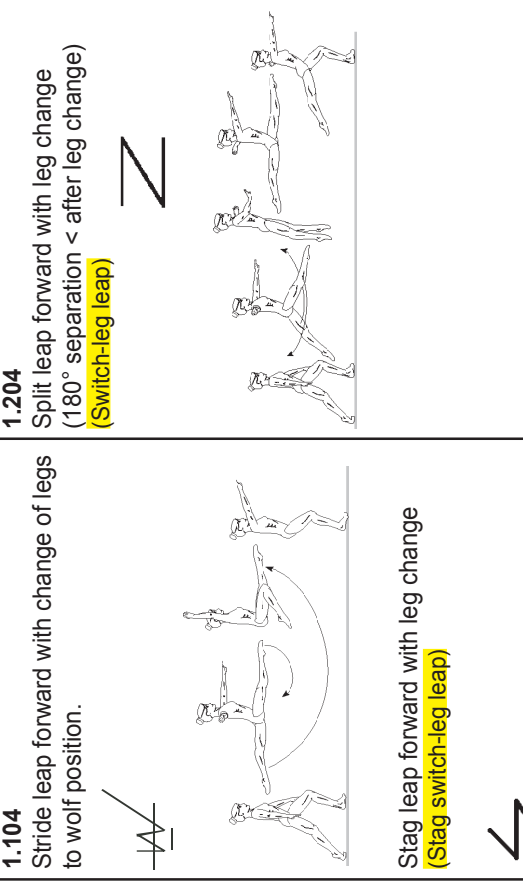


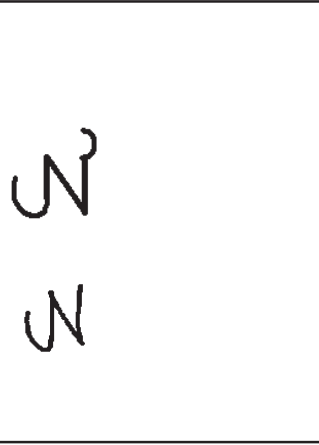
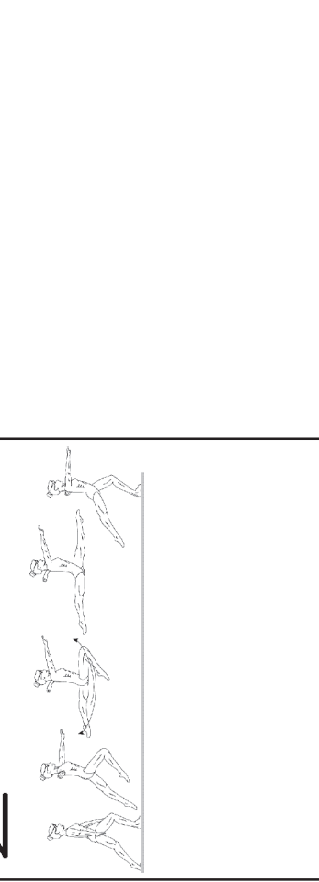

IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE

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

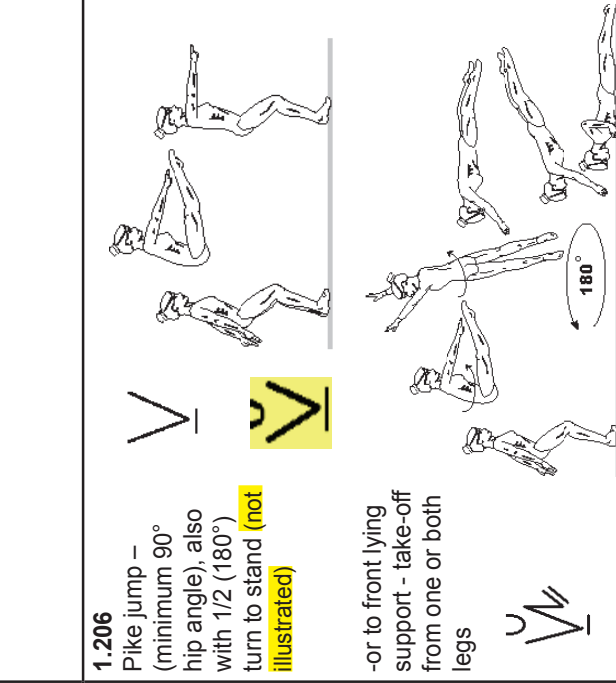
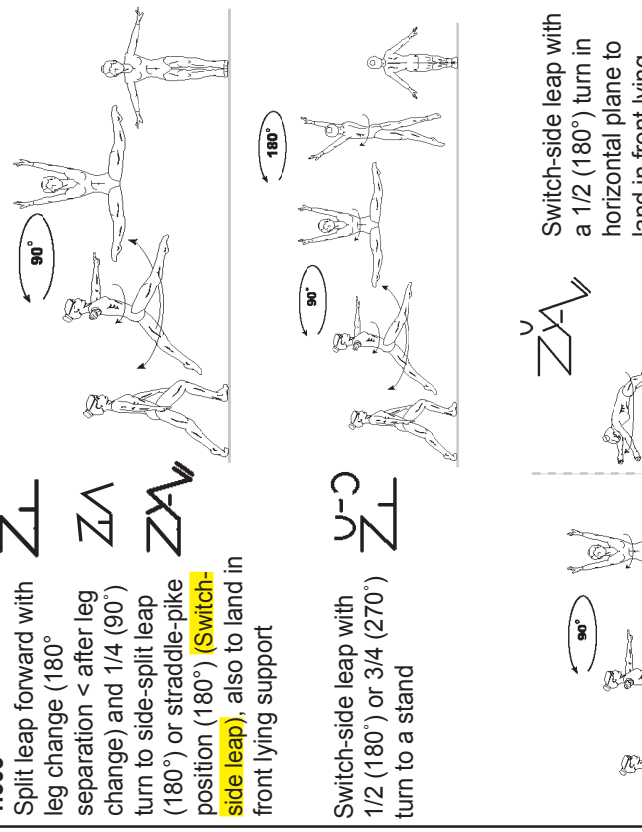
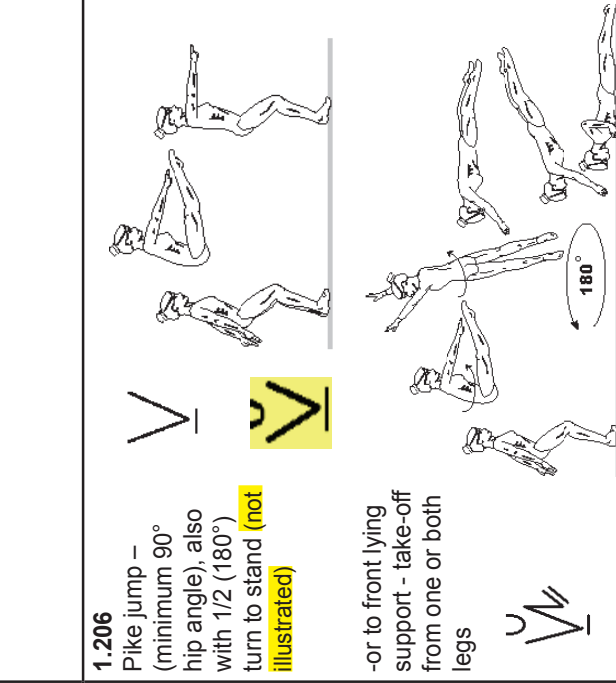
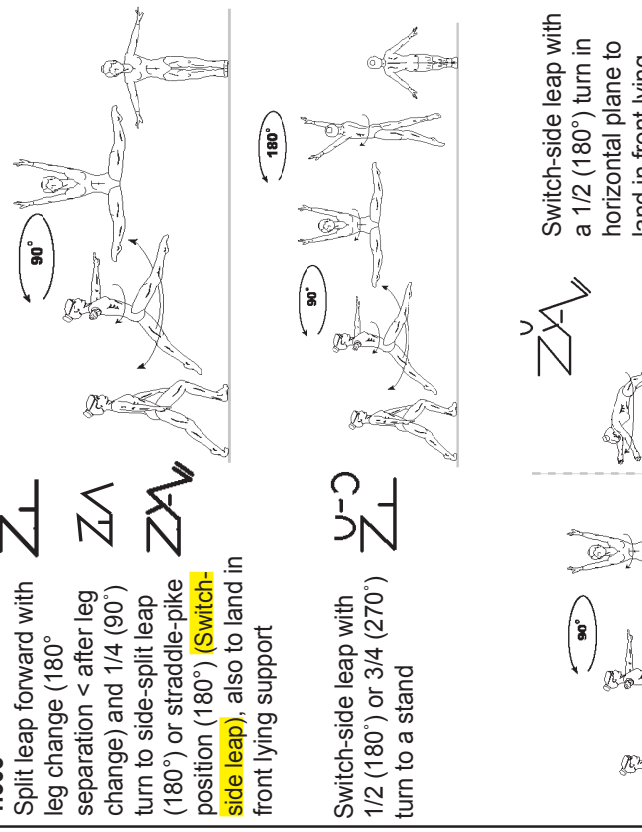
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
<p>1.101 Split leap forward or split jump in place, also with bending of the forward leg and/or back leg (stag or double-stag position in flight phase) *See Box</p> 	<p>1.201 Tuck jump with separation of legs to cross split (180°) during flight phase.</p>  <p>Double stag jump or leap with 1/1 (360°) turn</p> 	<p>1.301</p> <div style="border: 2px solid black; padding: 5px;"> <p>An additional 1/4 turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed under a different number.</p> <p>Leaps, jumps and hops with the same number and different degrees of turn (1/2, 1/1, 1½ or more) are considered different elements.</p> <p>* Leaps/hops (1-foot take-off) and jumps (2-foot take-off) with the same number are considered different elements.</p> <p>Stag and split variations of leaps and of jumps with the same number are considered the same element.</p> <p>Any leap not listed in the <i>Dev Code of Points</i> that has a 180° split and 360° turn is valued at "C".</p> </div>	<p>1.401</p>	<p>1.501</p>
<p>1.102</p> 	<p>1.202 Split leap forward with 1/4 (90°) turn (Side leap) or 1/2 (180°) turn,</p>  <p>also split jump with 1/2 (180°) turn (not illustrated)</p>  <p>The two leap variations are considered the same element. The Split leap with 1/4 or 1/2 & the Split jump 1/2 turn are considered different elements.</p>	<p>1.302 Split jump with 1/1 (360°) turn</p> 	<p>1.402 Split jump with a 1½ (540°) turn</p> 	<p>1.502</p>

Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
<p>1.103</p> 	<p>1.203 Jeté en tourmant - 1/4 to 1/2 (90°–180°) turn with take-off from one leg into split leap</p> 	<p>1.303</p>	<p>1.403</p>	<p>1.503</p>
<p>1.104 Stride leap forward with change of legs to wolf position.</p> 	<p>1.204 Split leap forward with leg change (180° separation < after leg change) (Switch-leg leap)</p> 	<p>1.304 Split leap forward with leg change and 1/2 (180°) turn in flight phase (180° separation < after leg change) (Switch-leg leap with 1/2 turn)</p> 	<p>1.404 Split leap forward with leg change and 1/1 (360°) turn in flight phase (180° separation < after leg change) (Frolova) (Switch-leg leap with 1/1 turn)</p> 	<p>1.504</p>
<p>Stag leap forward with leg change (Stag switch-leg leap)</p> 	<p>Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180°) turn (No illustration)</p> 	<p>Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180°) turn (No illustration)</p> 	<p>Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180°) turn (No illustration)</p> 	<p>Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180°) turn (No illustration)</p> 

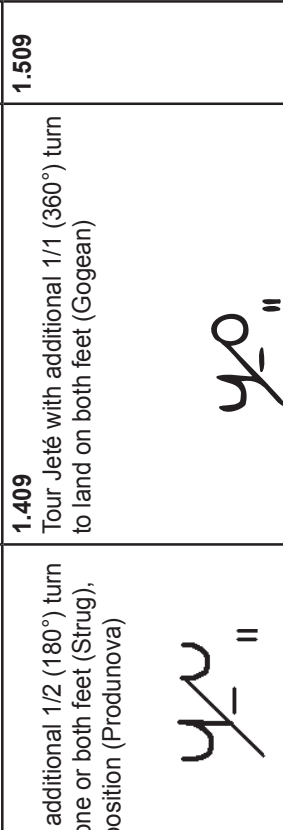


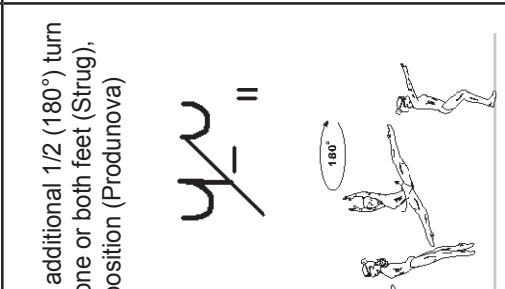
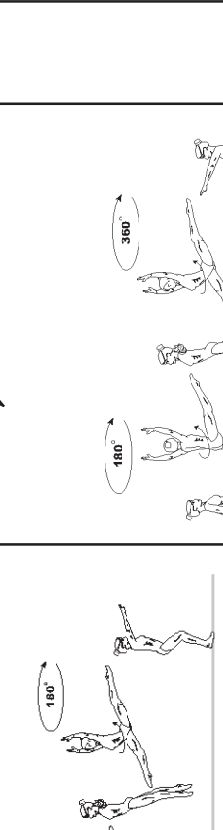
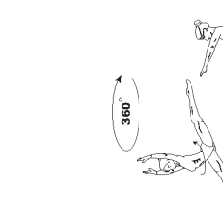
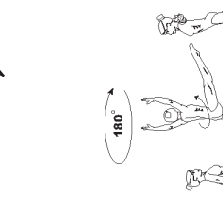
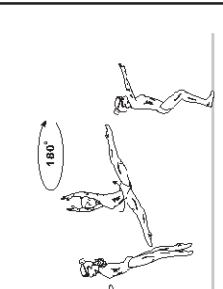
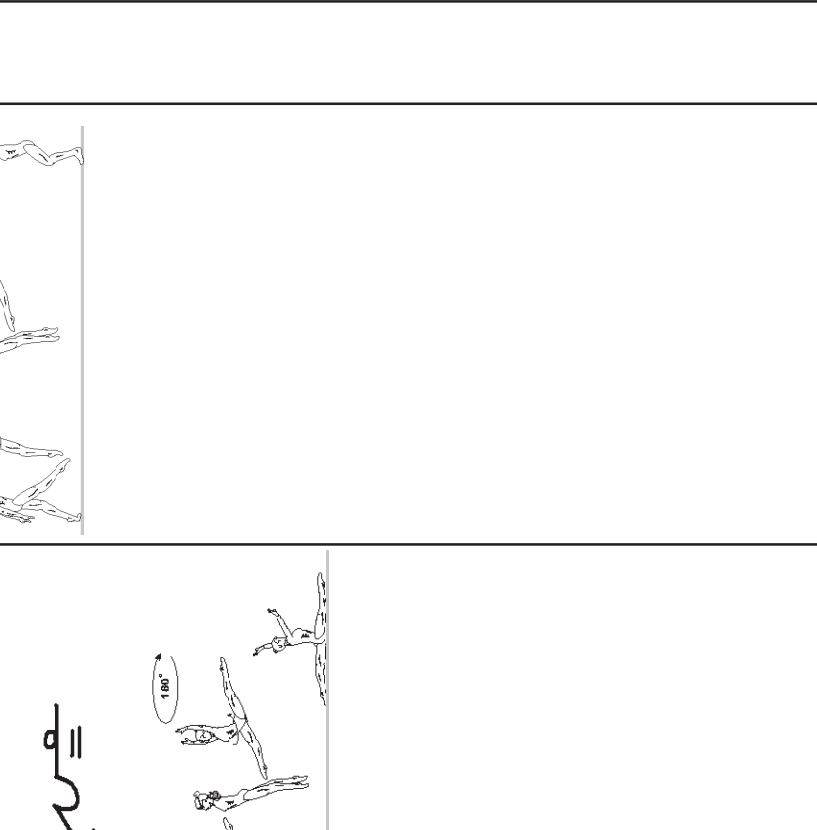


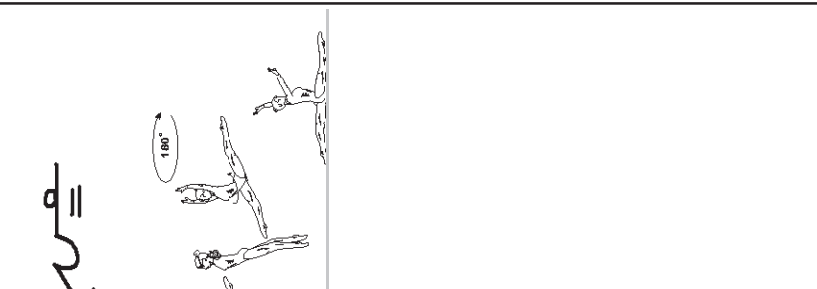
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
<p>1.105</p>	<p>1.205</p>  <p>Pike jump – (minimum 90° hip angle), also with 1/2 (180°) turn to stand (not illustrated)</p> <p>-or to front lying support - take-off from one or both legs</p>	<p>1.305</p>  <p>Split leap forward with leg change (180° separation < after leg change) and 1/4 (90°) turn to side-split leap (180°) or straddle-pike position (180°) (Switch-side leap), also to land in front lying support</p> <p>Switch-side leap with 1/2 (180°) or 3/4 (270°) turn to a stand</p> <p>Switch-side leap with a 1/2 (180°) turn in horizontal plane to land in front lying support (Kosowski)</p>	<p>1.405</p>	<p>1.505</p>
<p>1.106</p>	<p>1.206</p>  <p>Pike Jump with 1/1 (360°) turn (minimum 90° hip angle)</p>	<p>1.306</p>  <p>Pike Jump with 1/1 (360°) turn (minimum 90° hip angle)</p>	<p>1.406</p>	<p>1.506</p>

Group 1 – Leaps, Jumps and Hops

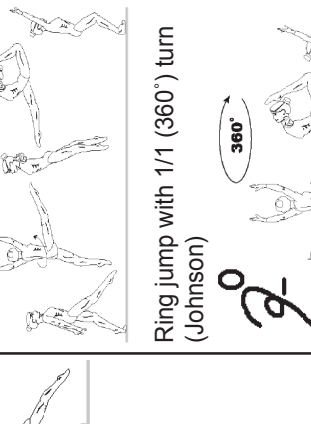
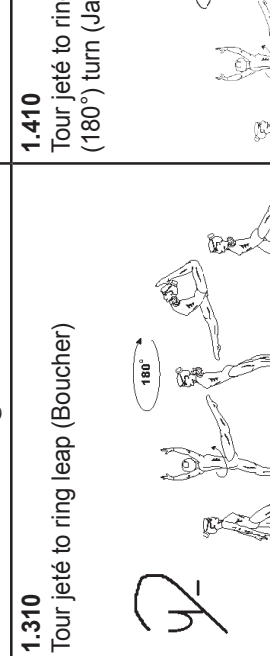
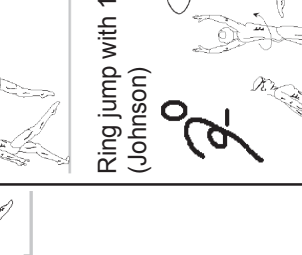

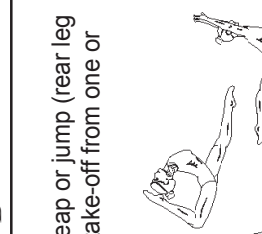
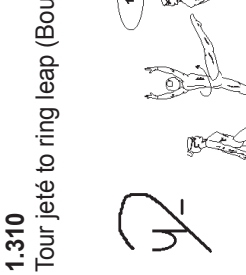


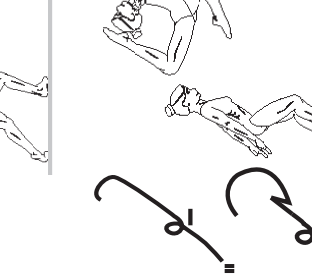
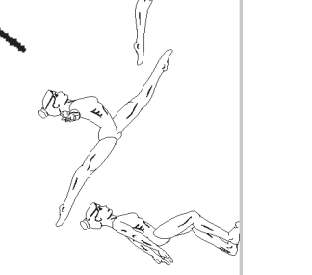
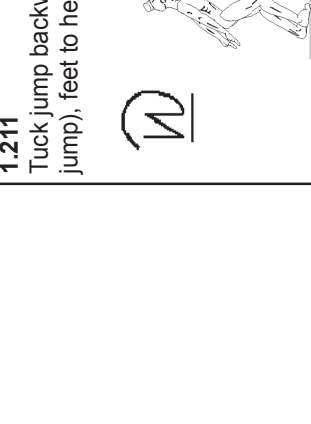
A	B	C	D	E
<p>1.107</p>	<p>1.207 Straddle-pike or Side-split jump</p> <p>Straddle-pike with 1/2 (180°) turn or side-split jump with 1/2 (180°) turn (not illustrated)</p>	<p>1.307 Straddle-pike jump with 1/1 (360°) turn (Popa) , also Side-split jump with 1/1 (360°) turn (Not illustrated)</p>	<p>1.407 Straddle-pike jump with 1½ (540°) turn</p>	<p>1.507</p>
<p>1.108</p>	<p>1.208 Side-split jump (180° separation <) with landing to front lying support (Shushunova);</p> <p>-also jump with a 1/2 (180°) turn to a side-split jump (180° separation <) with landing to front lying support (Shushunova)</p>	<p>1.308 Jump with a 1/1 (360°) turn to a side-split jump (180° separation <) with landing to front lying support (Shushunova)</p> <p>Leap with 1½ (540°) turn in horizontal plane, legs together, landing in front one leg (Khorkina)</p>	<p>1.408 Leap with 2½ (900°) turn in horizontal plane, legs together, landing in front lying support – take-off from one leg (Toussaint)</p>	<p>1.508</p>

Group 1 – Leaps, Jumps and Hops

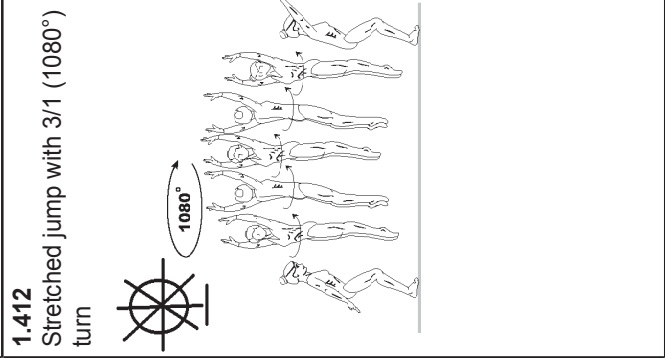
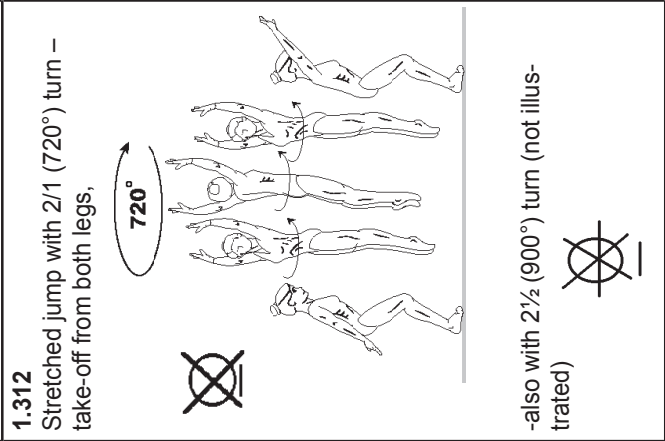
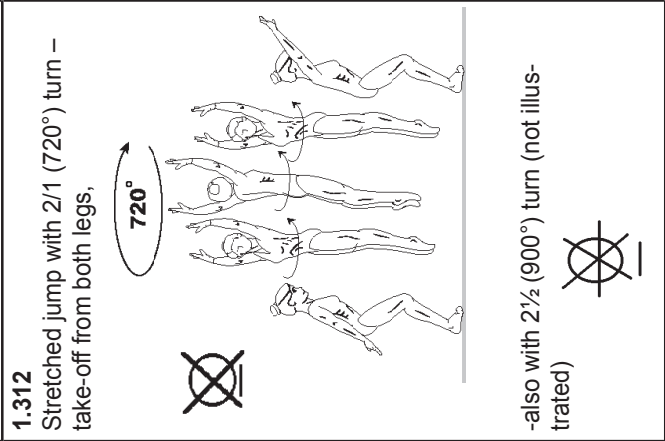
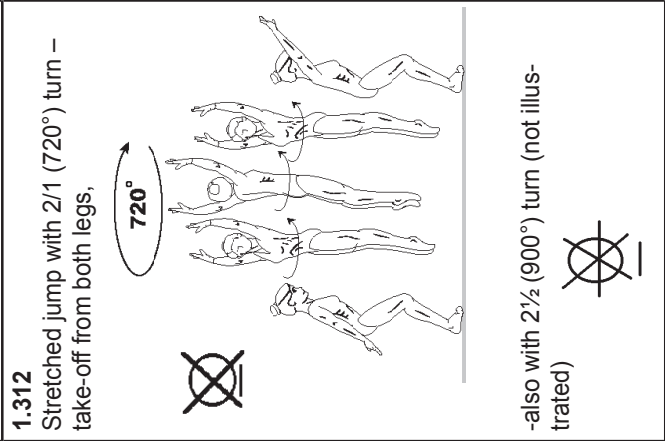
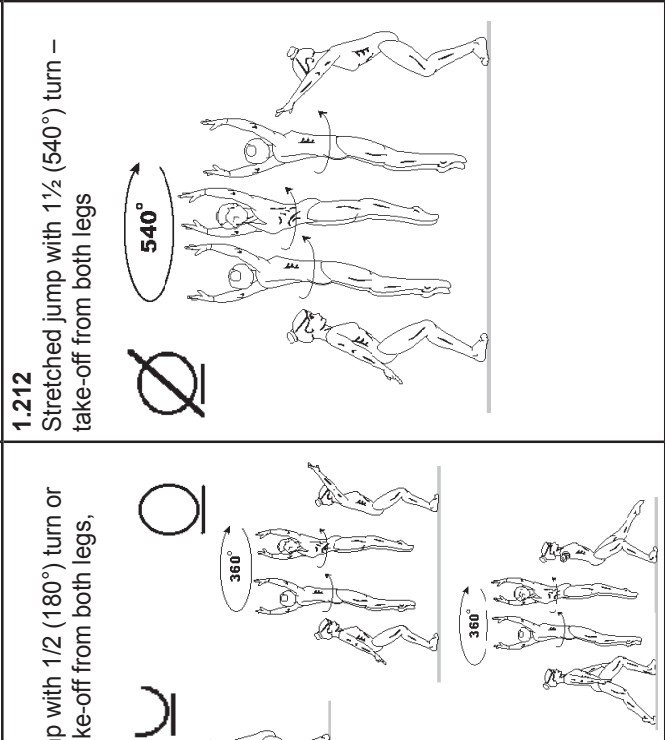
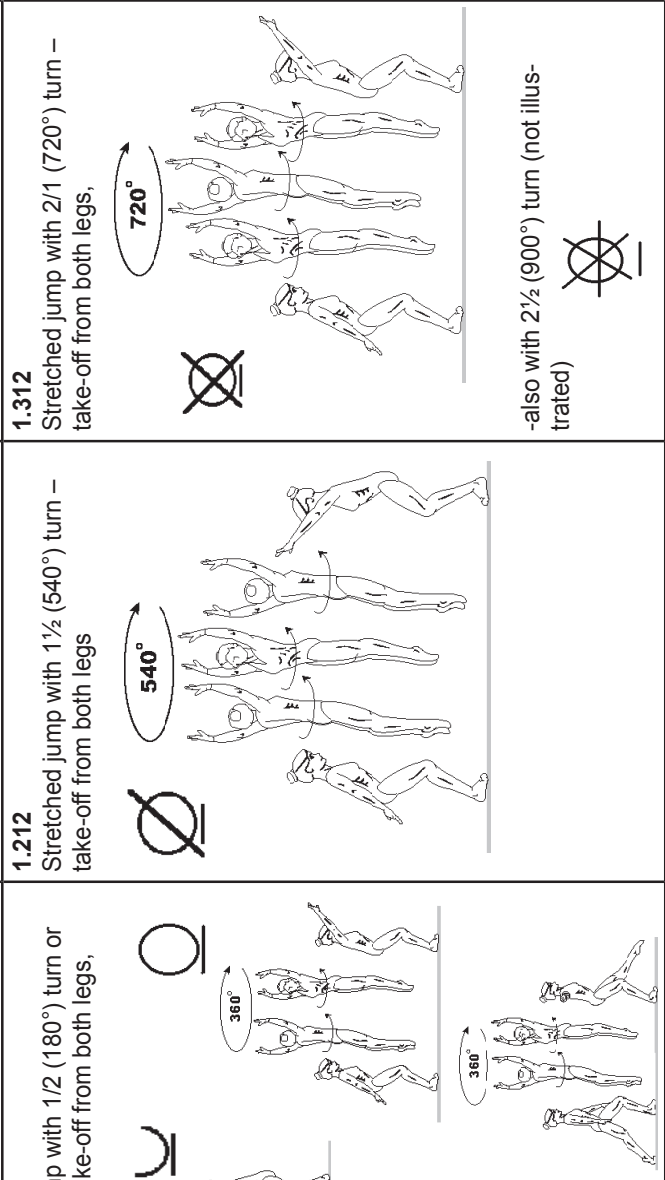
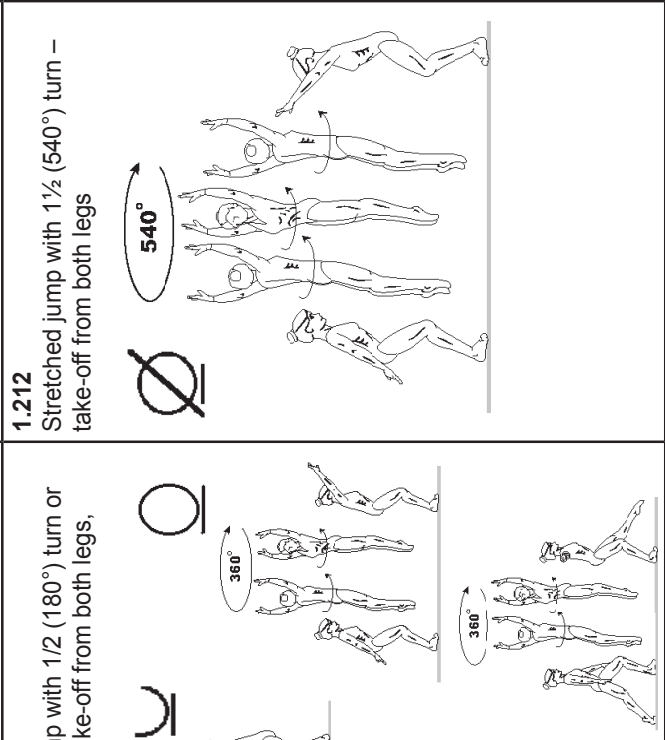
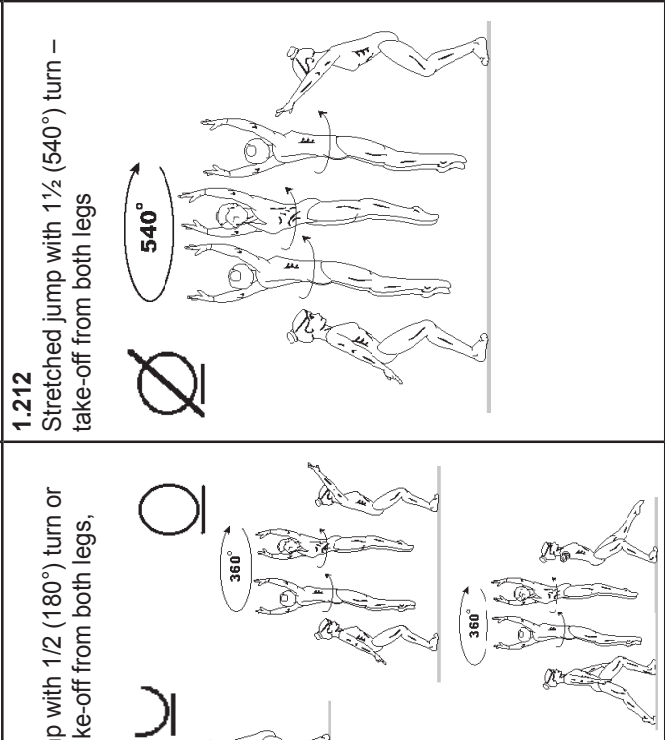
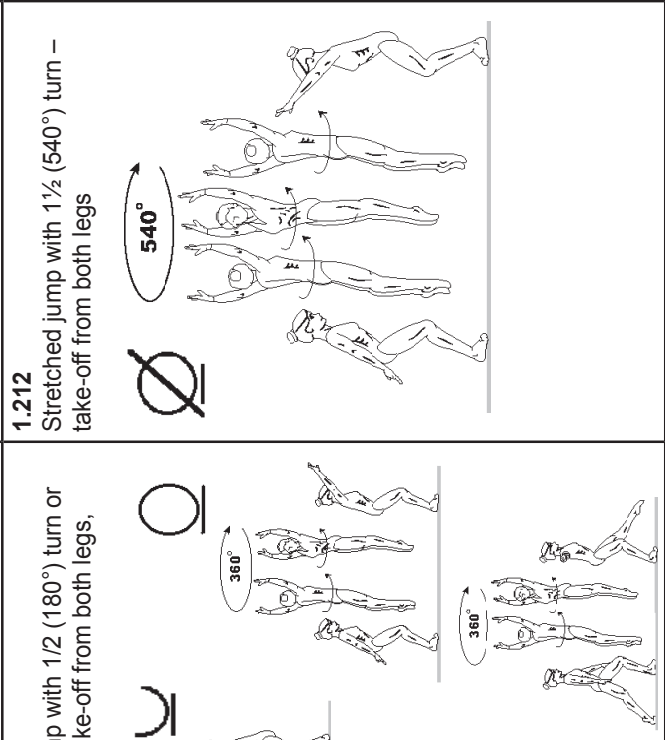
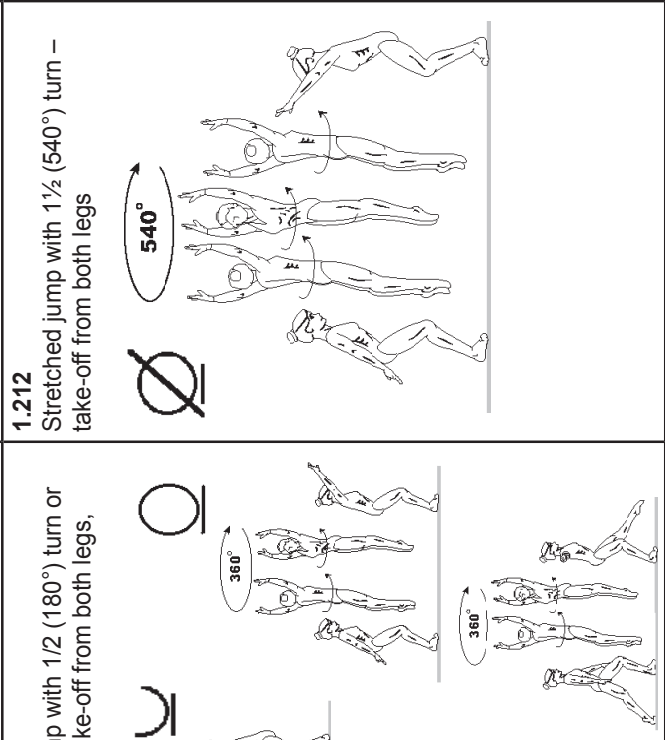
A	B	C	D	E
<p>1.109 Scissors leap forward or backward with extended legs (Hitch-kick)</p> 	<p>1.209 Scissors leap forward with stretched legs – 1/4, 1/4 (90° - 90°) turn</p> 	<p>1.309 Tour jeté with additional 1/2 (180°) turn – landing on one or both feet (Strug), or in split-sit position (Prodnova)</p>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

All four elements considered different.


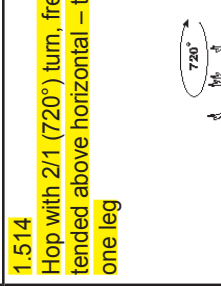
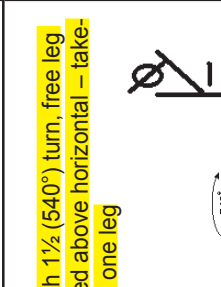
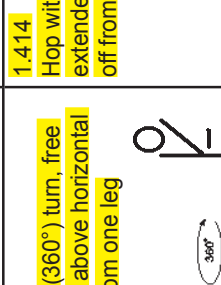
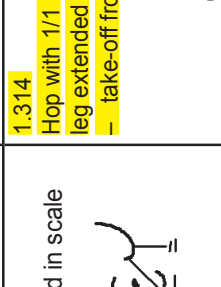

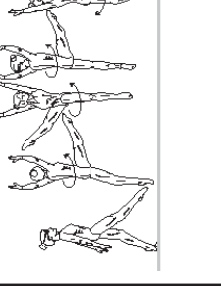
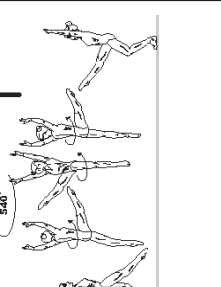
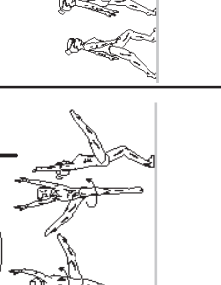
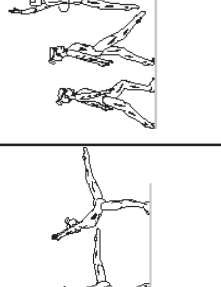
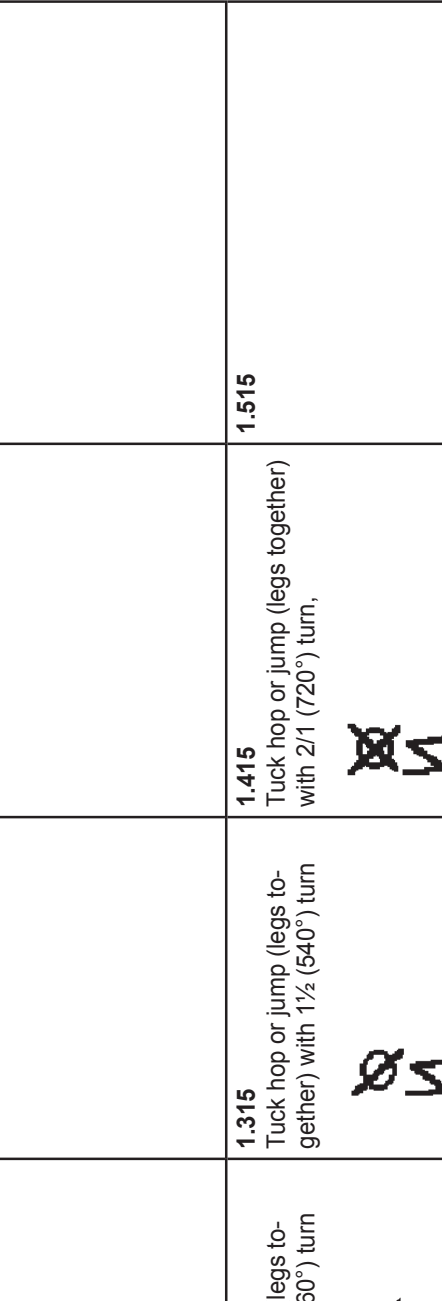
Group 1 – Leaps, Jumps and Hops

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

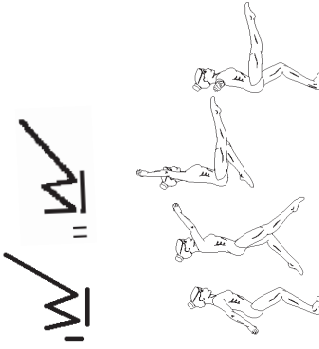

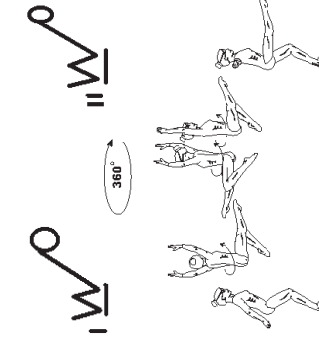
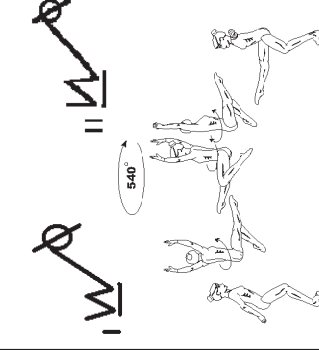
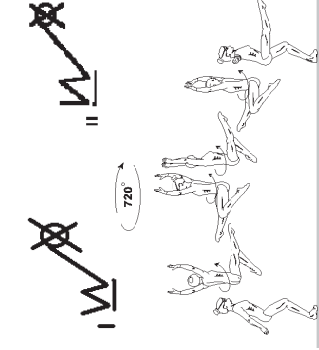
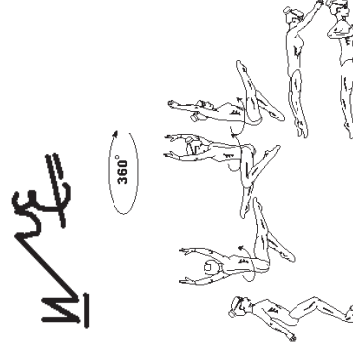
Group 1 – Leaps, Jumps and Hops

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


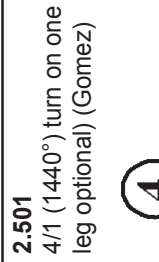
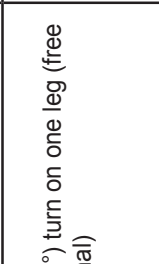
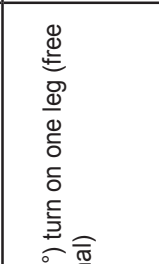
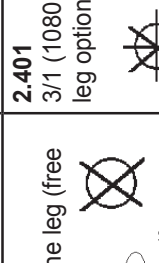
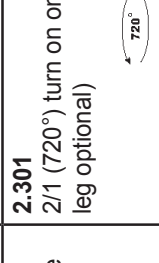
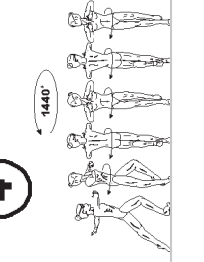
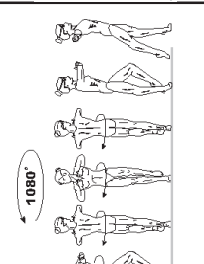
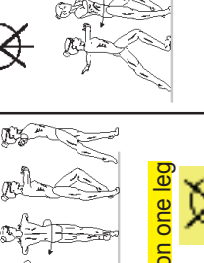
Group 1 – Leaps, Jumps and Hops

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

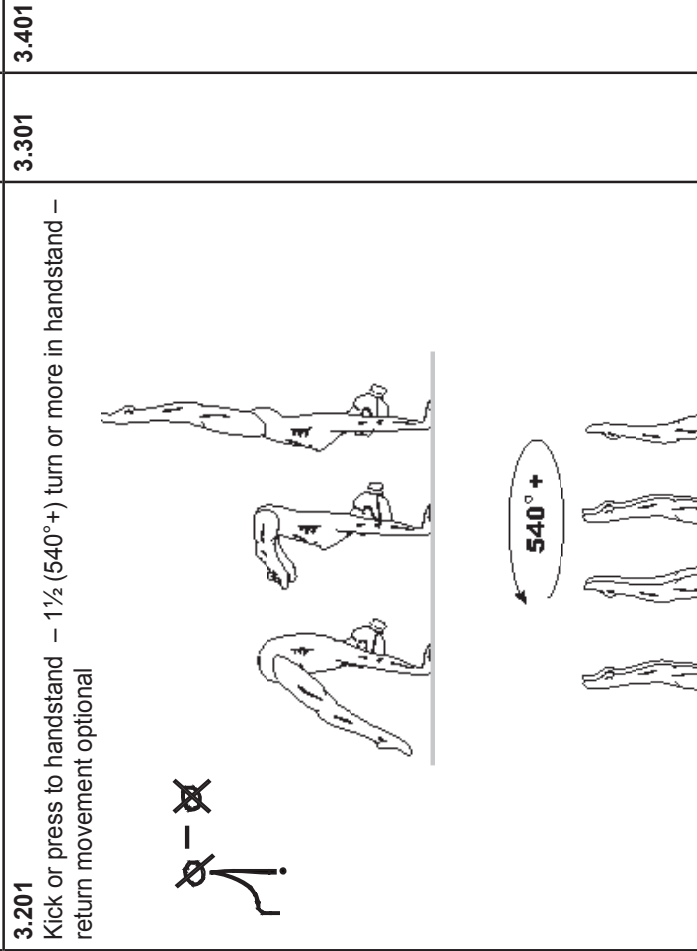
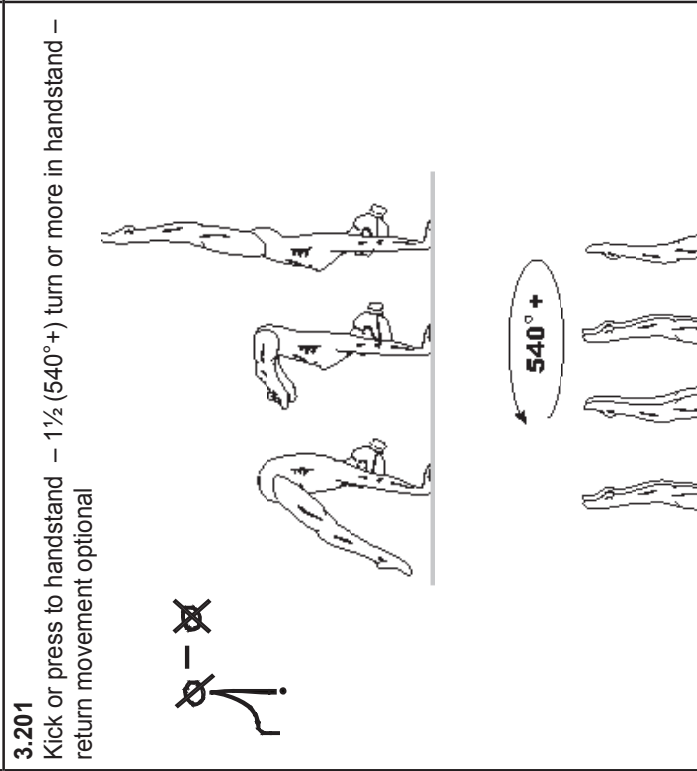
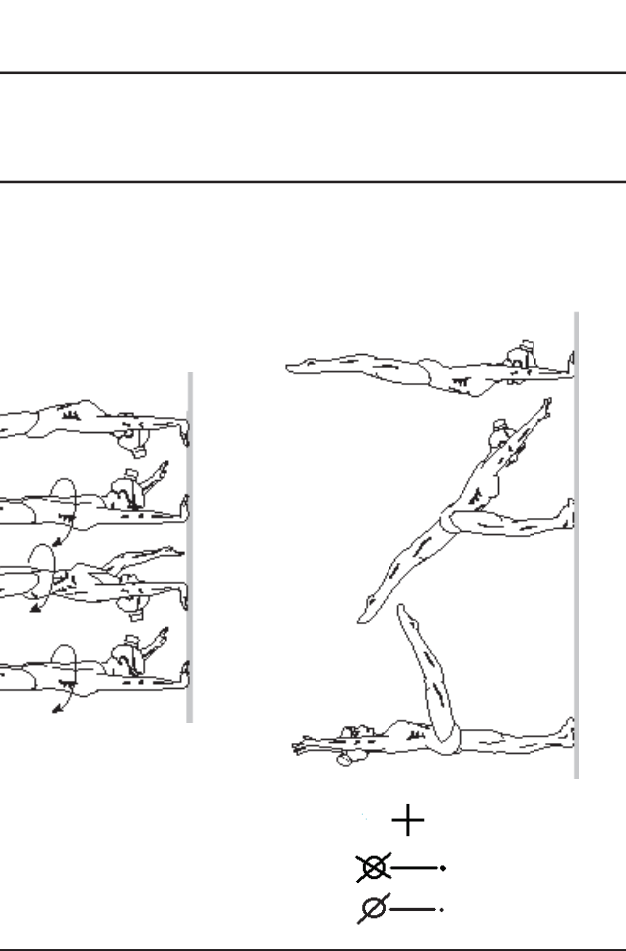
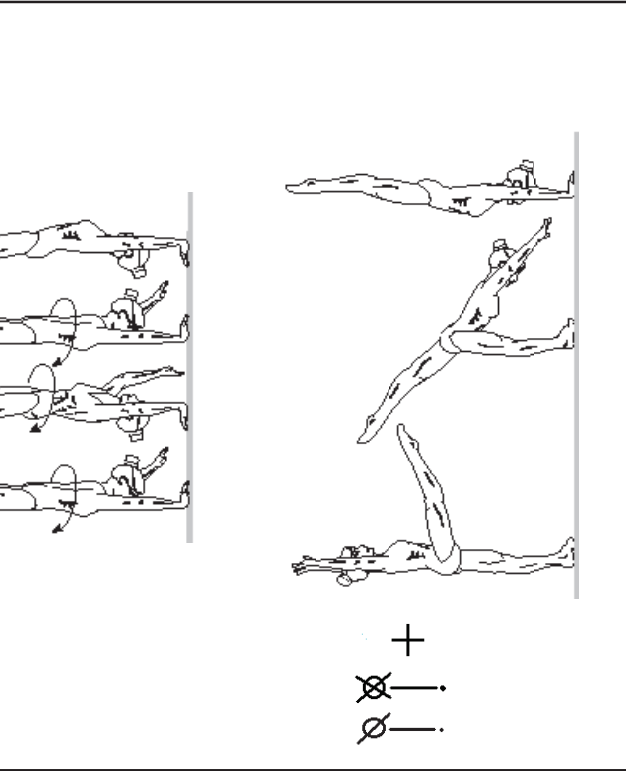
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
<p>1.116 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) – take-off from one or both legs</p> 	<p>1.216 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with 1/2 (180°) turn – take-off from one or both legs</p> 	<p>1.316 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1/1 (360°) turn – take-off from one or both legs</p> 	<p>1.416 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1 1/2 (540°) turn – take-off from one or both legs</p> 	<p>1.516 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 2/1 (720°) turn – take-off from one or both legs</p> 
		<p>also with landing in front support</p> 		

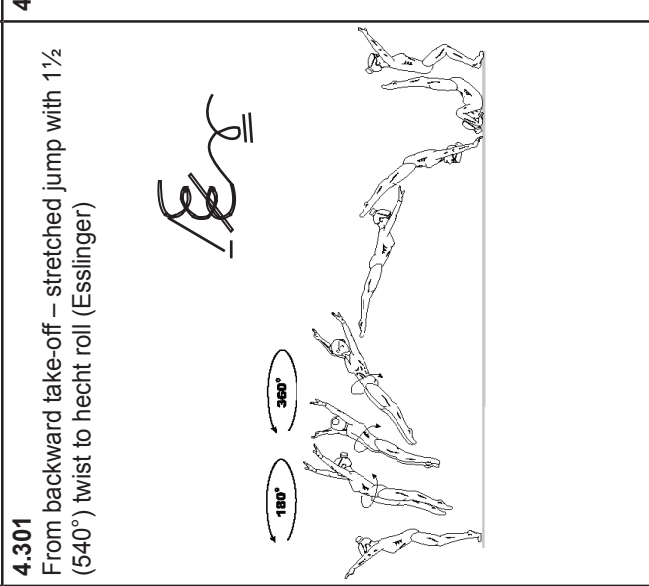
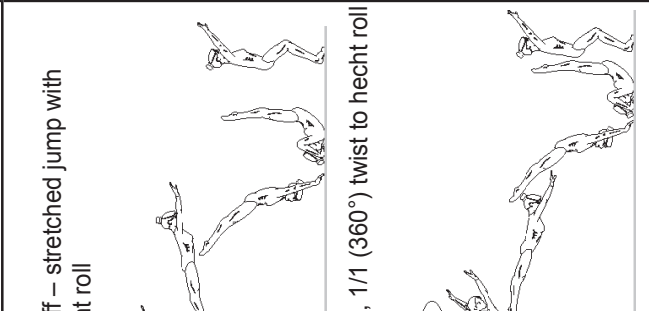

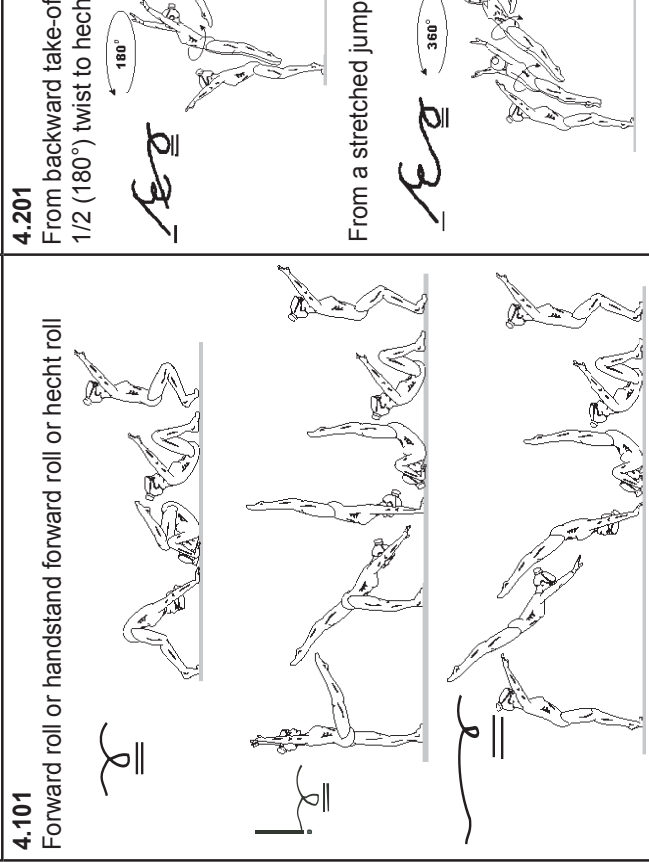

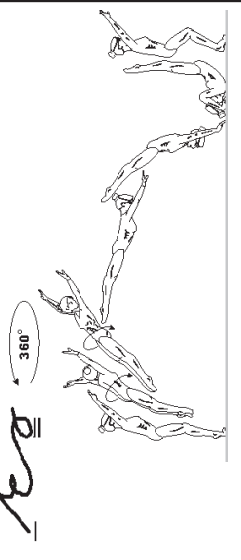
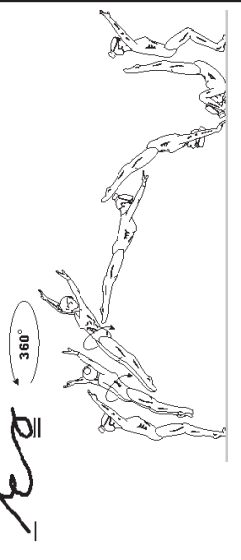
Group 2 – Turns

A	B	C	D	E
<p>2.101 1/1 (360°) turn on one leg (free leg optional)</p> 	<p>2.201 1½ (540°) turn on one leg (free leg optional)</p> 	<p>2.301 2/1 (720°) turn on one leg (free leg optional)</p>  <p>-also 2½ (900°) turn on one leg (Not illustrated)</p> 	<p>2.401 3/1 (1080°) turn on one leg (free leg optional)</p> 	<p>2.501 4/1 (1440°) turn on one leg (free leg optional) (Gomez)</p> 
<p>2.102</p>	<p>2.202 1/1 (360°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s)</p> 	<p>2.302 1½ (540°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s)</p> 	<p>2.402 2/1 or 2½ (720° - 900°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s)</p> 	<p>2.502</p>

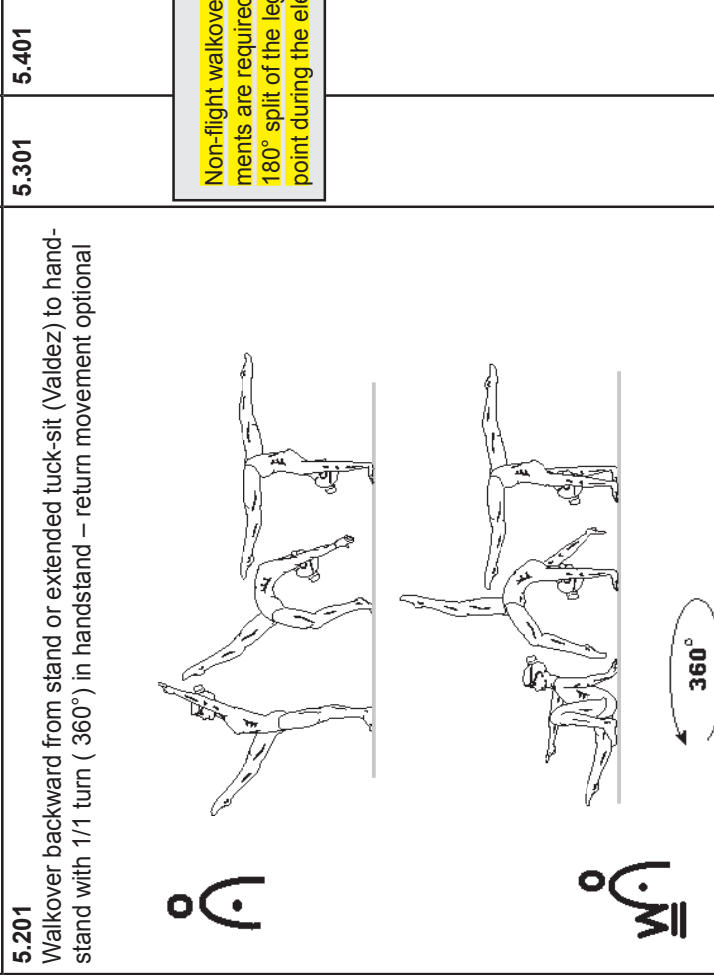
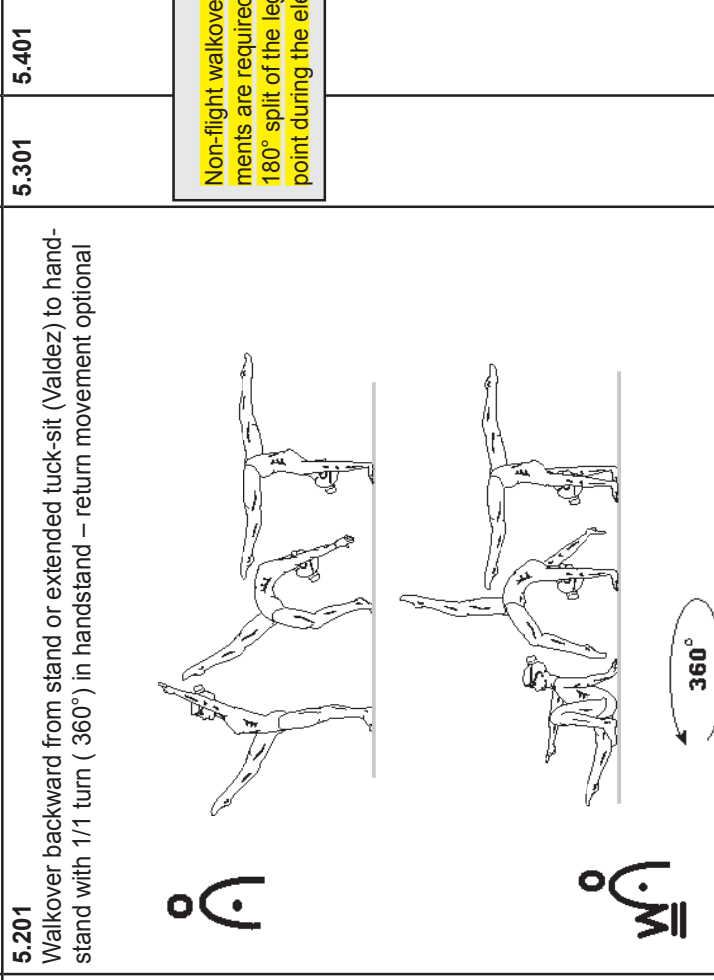
Group 3 – Handstands

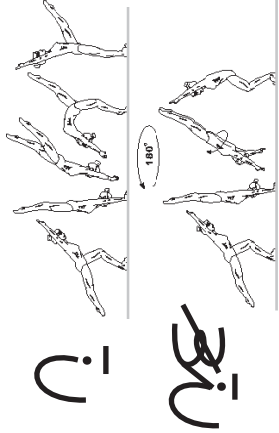

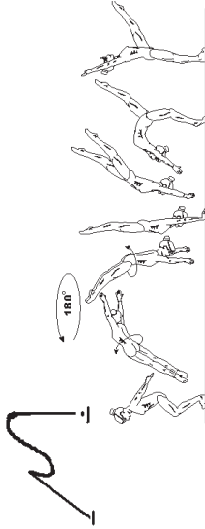
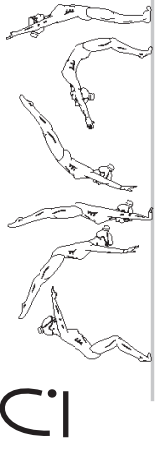
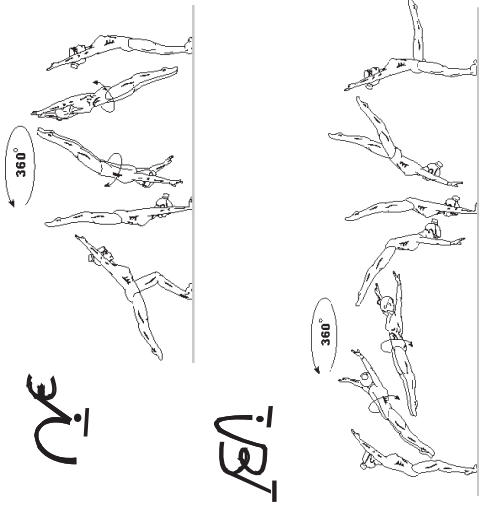
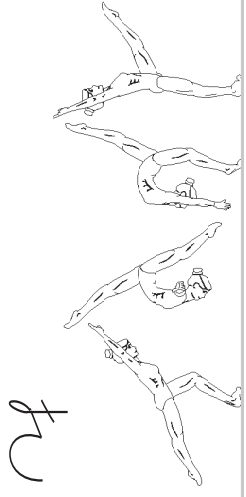

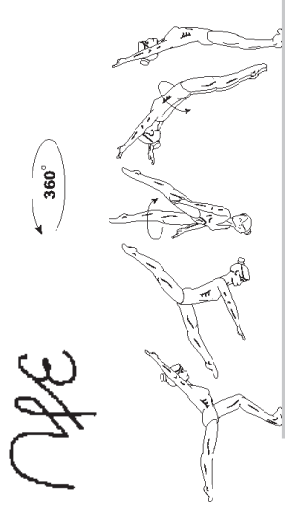
A	B	C	D	E
<p>3.101 Jump to handstand – return movement optional or kick or press to handstand with 1/2 – 1/1 (180° – 360°) turn, return movement optional</p> 	<p>3.201 Kick or press to handstand – 1 1/2 (540°+) turn or more in handstand – return movement optional</p> 			
<p>3.101 Jump to handstand – return movement optional or kick or press to handstand with 1/2 – 1/1 (180° – 360°) turn, return movement optional</p> 	<p>3.201 Kick or press to handstand – 1 1/2 (540°+) turn or more in handstand – return movement optional</p> 			

Group 4 – Rolls

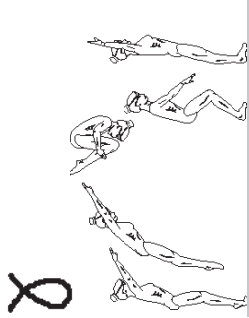

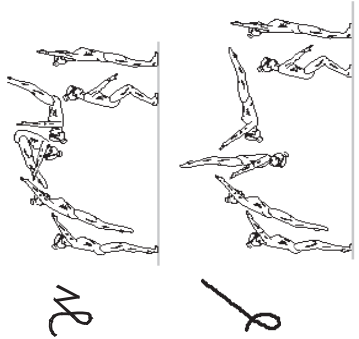
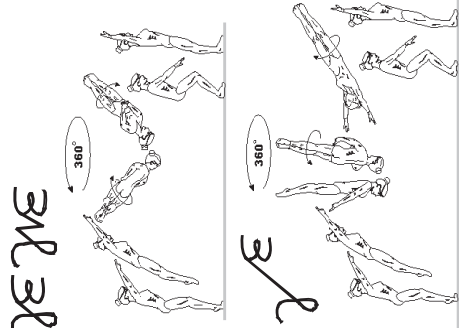
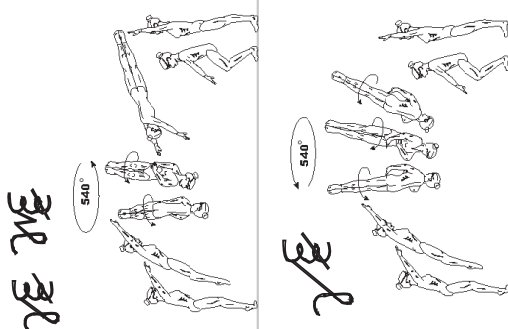
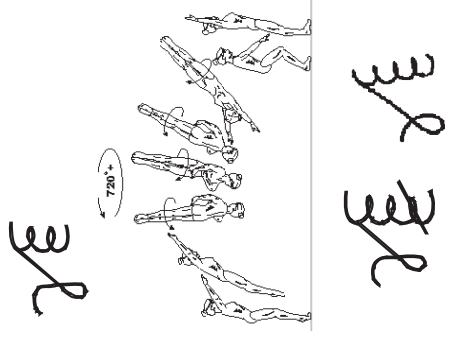
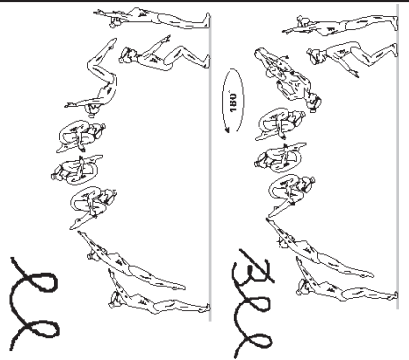
A	B	C	D	E
<p>4.101 Forward roll or handstand forward roll or hecht roll</p> 	<p>4.201 From backward take-off – stretched jump with 1/2 (180°) twist to hecht roll</p>  <p>From a stretched jump, 1/1 (360°) twist to hecht roll</p> 	<p>4.301 From backward take-off – stretched jump with 1 1/2 (540°) twist to hecht roll (Esslinger)</p> 	<p>4.401</p>	<p>4.501</p>
<p>4.102 Roll backward in tuck or pike</p>  <p>Roll backward to handstand, also with 1/2 (180°) turn in handstand</p> 	<p>4.202 Roll backward (tucked or piked) to handstand with 1/1 (360°+) turn or more in handstand</p> 	<p>4.302</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>All forward and backward roll variations will receive "A Value Part", regardless of final position.</p> </div>	<p>4.402</p>	<p>4.502</p>

Group 5 – Walkovers, Cartwheels, etc...




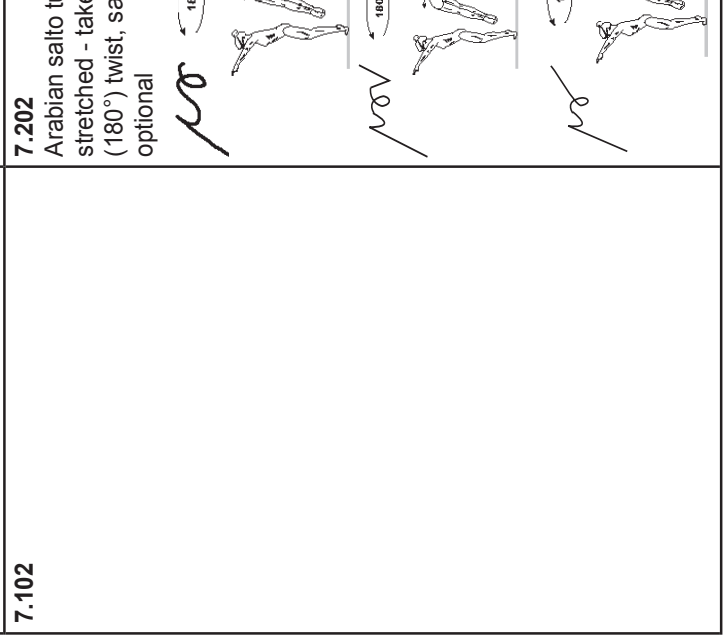
A	B	C	D	E
<p>5.101 Walkover forward or backward (all variations), also from tuck sit-Valdez</p> 	<p>5.201 Walkover backward from stand or extended tuck-sit (Valdez) to handstand with 1/1 turn (360°) in handstand – return movement optional</p> 	<p>5.301</p>	<p>5.401</p>	<p>5.501</p>
<p>Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.</p> <p>Considered as different elements.</p>				

Group 5 – Walkovers, Cartwheels, etc...				
A	B	C	D	E
<p>5.102 Handspring forward – take-off from one leg – also with 1/2 (180°) twist after hand support – landing optional</p>  <p>Flyspring forward – take-off from both legs – with or without hecht phase before hand support, landing on one foot</p> 	<p>5.202 Jump backward with 1/2 (180°) twist to handspring forward (Arabian handspring) – landing optional</p>  <p>Flyspring forward – take-off from both legs – with or without hecht phase before hand support, landing on two feet</p> 	<p>5.302 Handspring forward with 1/1 (360°) twist after hand support or before (Mostepanova)</p> 	<p>5.402</p>	<p>5.502</p>
<p>5.103 Aerial walkover forward, also in tucked position to a two-foot landing or kneeling</p>  <p>The one foot take-off to a tucked position will appear as a kick-over salto forward, but will not be considered a salto for Special Requirement or Compositional purposes.</p> 	<p>5.203</p>	<p>5.303 Aerial walkover forward with 1/1 (360°) twist</p> 		

Group 6 – Saltos Forward

A	B	C	D	E
<p>6.101 Salto forward tucked</p> 	<p>6.201 Salto forward tucked with 1/2 (180°) twist – landing optional</p>  <p>Salto forward piked or stretched (also with step-out), also with 1/2 (180°) twist – landing optional</p> 	<p>6.301 Salto forward tucked, piked or stretched with 1/1 (360°) twist</p> 	<p>6.401 Salto forward tucked, piked or stretched with a 1 1/2 (540°) twist</p> 	<p>6.501 Salto forward stretched with 2/1 (720°) twist or more (Tarasevich)</p> 
<p>6.502 Double salto forward in tucked or piked, also with 1/2 (180°) twist</p> 				

Group 7 – Saltos Sideward, Arabians

A	B	C	D	E
<p>7.101 From take-off forward from one or both legs – salto sideward tucked, piked, or stretched</p>  <p><i>A B C</i></p>	<p>7.201 From a take-off backward – salto sideward stretched</p>  <p><i>d</i></p>	<p>7.301</p>	<p>7.401</p>	<p>7.501</p>
<p>7.102</p> <p>A one foot take-off will appear as an aerial / side salto, but will not be considered a salto for Spec. Req. or Compositional purposes.</p>	<p>7.202 Arabian salto tucked, piked, or stretched - take-off backward with 1/2 (180°) twist, salto forward – landing optional</p>  <p><i>e f g</i></p>	<p>7.302</p>	<p>7.402</p>	<p>7.502 Arabian double salto, also with 1/2 (180°) twist (Andreasen)</p>  <p><i>h i</i></p>

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

Effective 8/1/22 – 7/31/26

GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD/BACKWARD	GROUP III TSUKAHARA or ½ → SALTO FORWARD/BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD/BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.1		All Group 3 vaults allow a 90° to 180° LA turn in the first flight	4.101 RO, FF → Repulsion 7.0	Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.2		3.201 Tsukahara Tuck 9.4	4.102 RO, FF → Repulsion ½ 7.7	5.101 RO, FF ½ → Hsp off 8.9
1.103 Yamashita 8.1		3.302 Tsuk Tuck 1/1 9.8	4.201 RO, FF → 1/1 8.9	5.102 RO, FF ½ → Hsp ½ off 9.1
1.104 Yami → ½ 8.2		3.303 Tsuk Pike 9.5	4.202 RO, FF → 1½ (Allen) 9.1	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.105 ½ → ¾ OR 8.2		3.304 Tsuk Layout 9.7		5.108 RO, FF 1/1 → Repulsion 8.2
1.106 ¼ - ½ → Repulsion 7.0	2.301 Hsp → F. Tuck 9.8	3.305 F. Hsp onto board- ¼ to ½ → B. Pike (Zuhlke) 9.6	4.203 RO, FF → B. Tuck 9.4	
1.109 FHS onto board, → Repulsion 8.2	2.302 Hsp → F. Tuck ½ 10.0*	3.306 ½ → ¾, F. Tuck or ¼ → ¼, F. Tuck (land facing out) or Tsuk Tuck ½ 9.7		5.201 RO, FF ½ → 1/1 twist 9.2
1.110 FHS onto board, → Hsp ½ 8.3	2.303 Hsp → ½, B. Tuck (Cuervo tuck) 9.9	3.307 ½ → ½, F. Pike or ¼ → ¾, F. Pike (land facing out) or Tsuk Pike ½ 9.8		5.202 RO, FF ½ → 1½ twist 9.4
1.111 FHS onto board, ¼ - ½ → Repulsion 7.1	2.310 F. Hsp onto board, Hsp. → F. Tuck (llg) 9.9	3.308 ½ → ½, F. Tuck ½ (Shible) or ¼ → ¾, F. Tuck ½ 9.8	4.301 RO, FF → 2/1 twist (Allen) 9.7	5.207 RO, FF 1/1 → 1/1 twist 9.3
1.201 Hsp → 1/1 8.8	2.311 Hsp. → F. Pike (Garbarino) 10.0*		4.302 or RO, FF → B. Tuck ½ 9.9	5.301 RO, FF ½ → F. Tuck 10.0*
1.202 Hsp → 1½ 9.2	2.402 Hsp → F. Tuck 1/1 10.0	3.402 Tsuk Tuck 1½ 10.0	4.303 RO, FF → B. Tuck 1/1 9.8	5.312 RO, FF ½ → 2/1 twist 9.9
1.203 Yami → 1/1 8.8	2.403 Hsp → ½, B. Tuck w/ ½ (Cuervo Tk w/ ½) 10.0	3.403 Tsuk Pike 1/1 9.9	4.304 RO, FF → B. Pike 9.5	
1.205 ½ → 1½ or ¼ → ¾ 9.1	2.404 Hsp → F. Pike ½ 10.0	3.404 Tsuk Layout 1/1 10.0	4.305 RO, FF → B. Layout 9.7	
1.206 ½ → 1/1 or ¼ → ¼ 8.7	2.405 Hsp → ½, B. Pike (Cuervo Pike) 10.0	3.405 F. Hsp onto board- ¼ to ½ → B. Tuck 1/1 (Zuhlke) 9.9	4.306 RO, FF → B. Layout 1/1 10.0*	
1.207 1/1 → H/Y 8.9	2.406 Hsp → F. Layout 10.0	3.407 ½ → ½, F. Layout or ¼ → ¾, F. Layout (land facing out) or Tsuk Layout ½ 10.0*	4.307 RO, FF → ½, F. Tuck or RO, FF → B. Tuck ½ 9.8	
1.208 1/1 → ½ 9.1	2.407 Hsp → F. Layout ½ or Hsp → ½, B. Layout (Cuervo Layout) 10.0		4.308 RO, FF → ½, F. Pike 9.9	
1.209 FHS onto board, Hsp. → 1/1 8.9	2.408 Hsp → F. Pike 1/1 (Chusovitina) 10.0		4.309 RO, FF → ½, F. Layout or RO, FF → B. Layout ½ 10.0*	
1.211 FHS onto board, ½ → ½ OR ¼ → ¾ 8.3	2.409 1/1 → F. Tuck 10.0	3.504 Tsuk Layout 1½ 10.0		5.401 RO, FF ½ → F. Tuck ½ 10.0
1.301 Hsp → 2/1 9.8	2.410 F. Hsp onto board Hsp. → F. Tuck ½ (Mantle) 10.0	3.505 Tsuk Layout 2/1 10.0	4.403 RO, FF → B. Tuck 1½ 10.0*	5.402 RO, FF ½ → ½, B. Tuck 10.0
1.306 ½ → 2/1 or ¼ → ¼ 9.6	2.411 F. Hsp onto board Hsp. → F. Pike ½ (Whitman) 10.0	3.507 ½ → ½, F. Layout ½ (House) or ¼ → ¾, F. Layout ½ 10.0	4.406 RO, FF → B. Layout w/ 1½ twist 10.0	5.403 RO, FF ½ → F. Pike 10.0
1.307 1/1 → 1/1 9.7		3.508 ¼ → ¼, F. Tuck ½ (Carey) 10.0	4.407 RO, FF → ½, F. Tuck ½ (Beckman) 10.0*	5.404 RO, FF ½ → F. Pike ½ 10.0
1.308 1/1 → 1½ 9.8	2.501 Hsp → Double F. Tuck 10.0	3.509 ½ → ½, F. Tuck 1/1 (Shible) or ¼ → ¾, F. Tuck 1/1 10.0		5.405 RO, FF ½ → ½, B. Pike 10.0
1.311 FHS onto board, ½ → 1/1 OR ¼ → ¼ 8.8	2.502 Hsp → F. Tuck 1½ 10.0		4.503 RO, FF → B. Tuck w/ 2/1 twist 10.0	5.406 RO, FF ½ → F. Layout 10.0
1.402 Hsp → 2½ 10.0	2.507 Hsp → F. Layout 1/1 10.0		4.506 RO, FF → B. Layout w/ 2/1 twist 10.0	5.408 RO, FF 1/1 → B. Tuck 10.0*
	2.508 Hsp → F. Layout 1½ (Chusovitina) 10.0		4.508 RO, FF → ½, F. Pike ½ (Beckman) 10.0	5.409 RO, FF 1/1 → B. Pike 10.0*
	2.509 1/1 → F. Pike 10.0		4.606 RO, FF → B. Layout w/ 2½ twist 10.0	5.410 RO, FF 1/1 → ½, F. Tuck 10.0
1.504 Yami → 2½ (Kincaid) 10.0	2.607 Hsp → F. Layout 2/1 10.0	3.605 Tsuk Layout 2½ 10.0		5.501 RO, FF ½ → F. Tuck 1½ 10.0
	2.609 1/1 twist → F. Layout 10.0			5.505 RO, FF ½ → ½, B. LO or RO, FF ½ → F. Layout ½ 10.0
				5.509 RO, FF 1/1 → B. Layout 10.0
				5.510 RO, FF 1/1 → B. Tuck 1/1 10.0
				5.511 RO, FF 1/1 → B. LO 1/1 (Tankousheva) 10.0

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10. No bonus for the following 10.0 Vaults listed with an asterisk: 2.302, 2.311, 3.407, 4.306, 4.309, 4.403, 4.407, 5.301, 5.408, 5.409

Revised 7.1.2023

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

Effective 8/1/22 – 7/31/26

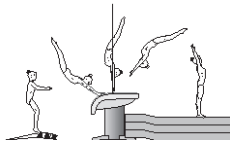
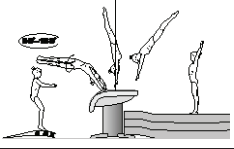
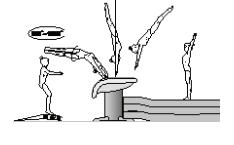
Revised 7.1.2023

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

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVELS 6 / 7 / 8

Effective August 1, 2022– July 31, 2026 **Revised 7.1.2023**

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

1.111	Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in the upper back; arm position optional	
3.116	¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	
4.111	Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	

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

# in DP Code	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring → ½ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → ½ twist	9.1
1.105	½ twist → ½ twist OR ¼ twist → ¾ twist	9.2
1.106	¼ - ½ twist → repulsion (with flight to feet)	9.0
1.109	FHS onto board → Repulsion (with flight to feet)	9.1
1.110	FHS onto board → Handspring ½	9.2
1.111	FHS onto board, ¼-½ twist → Repulsion (w/ flight to feet)	9.1
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1½ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	½ twist → 1½ twist OR ¼ twist → 1¾ twist	9.6
1.206	½ twist → 1/1 twist OR ¼ twist → 1¼ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → ½ twist	9.7
1.209	FHS onto board → Handspring 1/1	9.6
1.211	FHS onto board, ½ twist → ½ twist OR ¼ twist → ¾ twist	9.3
1.301	Handspring → 2/1 twist	10.0
1.306	½ twist → 2/1 twist ¼ twist → 2¼ twist	10.0
1.311	FHS onto board, ½ twist → 1/1 twist OR ¼ twist → 1 ¼ twist	9.5
3.201	Tsukahara Tuck	10.0
3.303	Tsukahara Pike	10.0
4.101	RO, FF → Repulsion (with flight to feet)	9.0
4.102	RO, FF → Repulsion ½	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1½ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF ½ → Handspring	9.2
5.102	RO, FF ½ → Handspring ½	9.4
5.201	RO, FF ½ → 1/1 twist	9.6
5.202	RO, FF ½ → 1½ twist	9.8
5.312	RO, FF ½ → 2/1 twist	10.0

VL	A.-100	B.-200	C.-300	D.-400	E.-500
5.	01	VE			
	02	MA _{UB}	MA _{UB}	MA _{UB}	MA _{UB}
	03				
	04				
	05				
	06				
	07				
6.	01	⊗	⊗	⊗	⊗
	02	⊗	⊗	⊗	⊗
	03	⊗	⊗	⊗	⊗
	04	⊗	⊗	⊗	⊗
	05	⊗	⊗	⊗	⊗
7.	01	⊙			
	02	⊙			
	03	⊙			
	04	⊙			
	05	⊙			
	06	⊙			
	07	⊙			
	08	⊙			
	09	⊙			
	10	⊙			
	11	⊙			
	12	⊙			
	13	⊙			
8.	01	PE-E			
	02				
	03				
	04				
	05				
	06				
	07				
	08				
	09				
	10				

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

WOMEN'S DEVELOPMENT PROGRAM

WOMEN'S DEVELOPMENT PROGRAM

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

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

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

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

WOMEN'S DEVELOPMENT PROGRAM

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




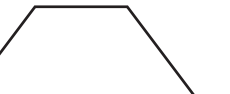



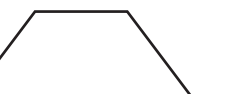
	A - .100	B - .200	C - .300	D - .400	E - .500
3. 01					
01					
02					
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6. 01					
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SR	Level 6	Level 7	Level 8	SR	Level 6	Level 7	Level 8	SR	Level 6	Level 7	Level 8	SR	Level 6	Level 7	Level 8	Content
1.	One cast-min. 45° above Horiz. (Above Horiz. fulfills SR)	Min. of one Bar change	Min. of one Bar change	1. Non-flight Acro series (Isolated/in connection) (excludes mnt/dmt)	1a. Acro series (with or without flight) AND (Isolated/in connection).	Acro series (with or without flight)	Min. of one Bar change	1. Acro pass (min.3 directly connected elements, two with flight)	1. One Acro pass (min.3 directly connected elements, two with flight)	1 & 2. Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements)	1 & 2. Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements)	1. Acro series (with or without flight) AND (Isolated/in connection).	1. Acro series (with or without flight) AND (Isolated/in connection).	1. Acro series (with or without flight) AND (Isolated/in connection).	1. Acro series (with or without flight) AND (Isolated/in connection).	1 & 2. Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements)
2.	Min. of one Bar change	One w/ Flight (not in dmt);	Two B elem. same or different: (not in dmt);	2. One Leap/Jump requiring 180° cross or side split (Isolated/in series)	1b. One Acro flight element (both Acro SRs exclude Mnt/Dmt)	One Acro flight element (both Acro SRs exclude Mnt/Dmt)	One w/ Flight (not in dmt);	2. 2nd Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2nd diff. conn.)	2. 2nd Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2nd diff. conn.)	- One with Salto forward (additional elements allowed)	- One with Salto forward (additional elements allowed)	2. One Leap/Jump requiring 180° cross or side split (Isolated/in series)	2. One Leap/Jump requiring 180° cross or side split (Isolated/in series)	2. One Leap/Jump requiring 180° cross or side split (Isolated/in series)	- One Salto must be stretched (bkwd or forw.)	
3.	One 360° Clear element from Grp. 3, 6 or 7	One w/ LA turn (not in Mnt./Dmt)	One w/ LA turn (not in Mnt./Dmt)	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	3. Min. of 360° Group 3 Turn on one foot (Isolated/in series)	One w/ LA turn (not in Mnt./Dmt)	3. Dance Passage w/ min. of two diff. Group 1 ele. - one a LEAP requiring 180° cross/side split	3. Dance Passage w/ min. of two diff. Group 1 ele. - one a LEAP requiring 180° cross/side split	- One Salto must be stretched (bkwd or forw.)	- One Salto must be stretched (bkwd or forw.)	4. Aerial/Salto Dmt - Min. of A	4. Aerial/Salto Dmt - Min. of A	4. Aerial/Salto Dmt - Min. of A	- One Salto must be stretched (bkwd or forw.)	
4.	Salto Dmt – Min. of A	Salto Dmt – Min. of A	Salto Dmt – Min. of A	4. Aerial/Salto Dmt - Min. of A	4. Aerial/Salto Dmt - Min. of A	4. Aerial/Salto Dmt - Min. of A	Salto Dmt – Min. of A	4. Min. of 360° Turn on one foot (Isolated / in series)	4. Min. of 360° Turn on one foot (Isolated / in series)	- one a LEAP requiring 180° cross/side split	- one a LEAP requiring 180° cross/side split	Level 7	Level 7	Level 7	Level 7	Level 6/7/8

Composition – Execution Deductions															
Balance Beam															
Composition (LEVEL 8 ONLY)															
Execution															
Uneven Bars															
Composition (LEVEL 8 ONLY)															
Execution															
Floor Exercise															
Composition (LEVEL 8 ONLY)															
Execution															
Landing															
General															
<p>Composition (LEVEL 8 ONLY)</p> <p>Failure to perform Acro ele. in 2 diff. directions <u>.10</u> * If the pivot dir. direction is in dismount <u>.05</u> More than 1 pivot dir. Leg 1/2 turn thruout exercise <u>.10</u> More than 2 Dance elements of the same shape <u>.10</u> (tuck/wolf or straddle jumps) each type <u>.10</u> Spatially - Insuff: use of entire length of beam <u>.10</u> Insufficient level changes <u>.10</u> Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd) each <u>.05</u> Choice of dismount not up to competitive level <u>.10</u> Acro elements not up to competitive level <u>.20</u> Dance elements not up to competitive level <u>.20</u> Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) <u>.20</u></p> <p>Execution</p> <p>Swing fwd. or bwd. under horizontal each <u>↑.10</u> Under-rotation of release/flight elements <u>↑.10</u> Precession of handstand positions throughout <u>↑.10</u> Insuff. extension of glides/swings into kips ea. <u>↑.10</u> Poor rhythm in elements/connections each <u>↑.10</u> Hesitation during jump to HB/swing to HS ea. <u>↑.10</u> Touch, brush on apparatus/mat w/ foot/feet ea. <u>↑.10</u> Landing too close to bars on dismount <u>0.10</u> Insuff. amplitude of elements (except *) each <u>↑.20</u> Insufficient dynamics <u>↑.20</u> - Insufficient swingful execution throughout - Energy not maintained throughout exercise - Fails to make difficult look effortless</p> <p>Hit on apparatus with foot/feet <u>0.20</u> Incorrect padding (heel/hip) CJ <u>0.20</u> Insufficient height of salto dismount* <u>↑.30</u> Insuff. extension (open) of tuck/pike body pos. prior to landing dismount <u>↑.30</u> Insuff. Amplitude of casts* <u>↑.30</u> Insuff. Angle of turn completion <u>↑.30</u> Hit on mat with foot/feet <u>0.30</u> Grasp on apparatus to avoid a fall <u>0.30</u> Intermediate (extra) swing/cast (Max. 0.50/per elem.) <u>0.30</u> Insuff. amplitude of "B" Clear hip circle* <u>↑.40</u> Full support on foot/feet on mat during exercise <u>0.50</u></p> <p>Composition (LEVEL 8 ONLY)</p> <p>Failure to perform Acro ele. in 2 diff. directions <u>.10</u> * If the pivot dir. direction is in dismount <u>.05</u> More than 1 pivot dir. Leg 1/2 turn thruout exercise <u>.10</u> More than 2 Dance elements of the same shape <u>.10</u> (tuck/wolf or straddle jumps) each type <u>.10</u> Spatially - Insuff: use of entire length of beam <u>.10</u> Insufficient level changes <u>.10</u> Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd) each <u>.05</u> Choice of dismount not up to competitive level <u>.10</u> Acro elements not up to competitive level <u>.20</u> Dance elements not up to competitive level <u>.20</u> Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3) <u>.20</u></p> <p>Execution</p> <p>Swing fwd. or bwd. under horizontal each <u>↑.10</u> Under-rotation of release/flight elements <u>↑.10</u> Precession of handstand positions throughout <u>↑.10</u> Insuff. extension of glides/swings into kips ea. <u>↑.10</u> Poor rhythm in elements/connections each <u>↑.10</u> Hesitation during jump to HB/swing to HS ea. <u>↑.10</u> Touch, brush on apparatus/mat w/ foot/feet ea. <u>↑.10</u> Landing too close to bars on dismount <u>0.10</u> Insuff. amplitude of elements (except *) each <u>↑.20</u> Insufficient dynamics <u>↑.20</u> - Insufficient swingful execution throughout - Energy not maintained throughout exercise - Fails to make difficult look effortless</p> <p>Hit on apparatus with foot/feet <u>0.20</u> Incorrect padding (heel/hip) CJ <u>0.20</u> Insufficient height of salto dismount* <u>↑.30</u> Insuff. extension (open) of tuck/pike body pos. prior to landing dismount <u>↑.30</u> Insuff. Amplitude of casts* <u>↑.30</u> Insuff. Angle of turn completion <u>↑.30</u> Hit on mat with foot/feet <u>0.30</u> Grasp on apparatus to avoid a fall <u>0.30</u> Intermediate (extra) swing/cast (Max. 0.50/per elem.) <u>0.30</u> Insuff. amplitude of "B" Clear hip circle* <u>↑.40</u> Full support on foot/feet on mat during exercise <u>0.50</u></p> <p>Level 6</p> <p>1. One Acro pass (min.3 directly connected elements, two with flight)</p> <p>2. 2nd Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2nd diff. conn.)</p> <p>3. Dance Passage w/ min. of two diff. Group 1 ele. - one a LEAP requiring 180° cross/side split</p> <p>4. Min. of 360° Turn on one foot (Isolated / in series)</p> <p>Level 7</p> <p>1 & 2. Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements)</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross/side split</p> <p>4. Min. of 360° Turn on one foot (Isolated/in Series)</p> <p>Level 8</p> <p>1. One Acro Pass w/ 2 Saltos (same or diff.) direct conn. or indirect conn. w/ flight ele. with/without hand support.</p> <p>2. 3 Diff. Saltos (not Aerials)</p> <p>3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross/side split</p> <p>4. Min. "A" Salto-last Isolated/in Last Acro. conn.</p>															

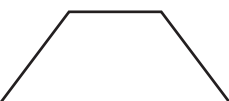
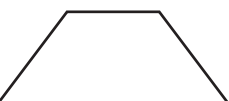
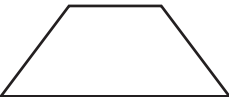
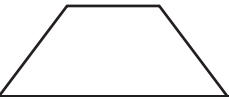




2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET LEVELS 8 / 9 / 10

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

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

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

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
<p>Incorrect foot form (flexed/sickled) ↑.10</p> <p><u>Incorrect Leg form:</u></p> <p>Crossed ↑.10</p> <p>Separated ↑.20</p> <p>Bent ↑.30</p> <p><u>Poor Technique:</u></p> <p>Failure to maintain neutral head pos. ↑.10</p> <p>Excessive Arch ↑.20</p> <p>Hip Angle ↑.30</p>	<p><u>Poor technique:</u></p> <p>Staggered/alternate hands-on for all vaults except Tsukahara ↑.10</p> <p>Failure to maintain neutral head position ↑.10</p> <p>Shoulder Angle ↑.20</p> <p>Excessive Arch ↑.20</p> <p>Alternate Repulsion-all vaults except Tsukahara ↑.20</p> <p>Legs bent ↑.30</p> <p>Step(s) w/ hands each .10 (Max. 0.30)</p> <p>Hop(s) w/ both hands simultaneously Max .30</p> <p>Failure to pass through vertical ↑.30</p> <p>Bent arms ↑.50 (90° or more = max. ded.) (slight lead-arm bend allowed on Tsukahara vault)</p> <p>Too long in support ↑.50</p> <p>Angle of repulsion: ↑1.00</p> <p>By vertical no ded.</p> <p>1° - 45° past vertical .05 - .50</p> <p>46° past vert. – Horiz. .55 - 1.00</p> <p>Touch table with only one hand CJ 1.00</p> <p>Head contacting table in support (includes 0.50 for extreme arm bend) 2.00</p> <p>No hand contact on table VOID</p>	<p>Failure to maintain neutral head position ↑.10</p> <p>Incorrect foot form (flexed/sickled) ↑.10</p> <p>Incorrect Leg form:</p> <p>Crossed ↑.10</p> <p>Separated ↑.20</p> <p>Bent ↑.30</p> <p>Brush/hit of body on table ↑.20</p> <p>Insufficient Length ↑.20</p> <p>Failure to create rotation ↑.30</p> <p>Failure to maintain prescribed body position. ↑.50</p> <p>Insufficient Height ↑.50</p> <p>Arm position when leaving Table No deduction</p>	<p>Incorrect Body Posture on landing ↑.50 <i>Not applied to L7's landing on back</i></p> <p>Lands on feet alternately .20</p> <p>If only one foot touches-deduct for leg separation</p> <p>Slight hop/adj. feet toward Table ↑.10</p> <p>Steps toward Table each .10 - .15 max .40</p> <p>Large step/Jump toward Table each .20 max. .40</p> <p>Deviation from Straight Direction ↑.30</p> <p>Insufficient Dynamics ↑.30</p> <p>Land on mat + Fall against Table .50</p> <p>Failure to land on top of the mat stack 1.00</p> <p>Landing on top of table in a sitting, lying or standing position VOID</p> <p>Failure to land on bottom of feet 1st on Front Handspring vault VOID</p> <p>Failure to land on bottom of feet 1st on Tsuk/Yurchenko for Lev. 6 1.00 for Lev. 7 No deduction</p> <p>Salto performed after landing VOID</p> <p>Balk #1 No deduction</p> <p>Balk #2 or #3 VOID</p> <p>Vaults without signal (from average by CJ) .50</p> <p>Coach between board & table .50 (except RO Entry vault-no penalty)</p> <p>Spotting assistance during the vault VOID</p> <p>Spotting assistance upon landing .50 (no penalty for spot/assist after landing)</p> <p>Vault performed not one of allowable choices VOID</p> <p>Failure to use a mat stack for landing VOID</p> <p>No safety zone mat (RO Entry vault) VOID</p> <p>Use of alternative springboard VOID</p>

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

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

BALANCE BEAM

UP TO 0.20 CHOICE OF BEAM ACRO ELEMENTS (EXCLUDING DISMOUNT) NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10 <u>BEAM ACRO FORMULA 1:</u> Routines w/ a maximum of "C" in the Acro Flight Series:	LEVEL 10 <u>BEAM ACRO FORMULA 2:</u> Routines with a "D or E" element in the Acro Flight Series:
No deduction if all criteria met	(C's receive B credit) 1. Acro Series w/ 2 "B" Flight 2. Two additional Acro, one a "B"	(D/E's receive C credit) 1. Acro Series w/ 2 Flights, one a "C" 2a. One Salto/ Aerial, OR 2b. One "D/E" Acro Flight w/ hand support * <i>* If Acro series includes a Salto or Aerial, then the additional Acro Flight can be a minimum of "C" w/ or w/out hand support</i>	1a. 2-ele. Acro Flight Series w/ a C-salto, OR 1b. 3-ele. Acro Flight series w/ a C (w/ or w/out hand support) 2. "D/E" Acro Flight (w/ or w/out hand support) 3. Min. of additional "C" salto* or additional D/E Acro Flight (w/ or w/out hand support) <i>*If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C- Salto.</i>	1. 2-ele. Acro Flight Series w/ min. of one "D or E" Flight 2. One additional "D/E" Acro Flight
0.05	1. Acro Series w/ 2 "B" Flight 2a. Two additional "A" Acro OR 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. 1 additional "C" Acro Flight w/ hand-support	1. 2-element Acro Series w/ C-salto 2. One "D/E" Acro Flight (w/ or w/out hand support)	1. Acro Flight series w/ "D" or "E" ele. 2. Additional C-Salto
0.10	1a. Acro Series w/ 2 "B" flight 2a. One additional "A" Acro OR 1b. Acro Series w/ 1 "B" flight 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. One or more "B" Acro Flight	1a. 2-element Acro Series w/ C-Salto 2a. One additional C-Salto OR 1b. Acro flight series w/out C-Salto 2b. One C-Salto (not in Acro Series) 3b. One "D/E" Acro Flight	1. Acro flight Series w/ "D" or "E" 2. Additional "B" or "C" Flight w/ hand support
0.15	1. Acro Series w/ 1 "B" flight 2. One additional "A" Acro OR 1. Acro Series w/ 2 "B" flight	1. Acro Series w/ 1 or 2 "B" Flight 2. 1 "C" Salto or Aerial	1a. 2-element Acro Series w/ C-Salto OR 1b. Acro Flight Series w/out C-Salto 2b. Only 1 "D/E" Acro Flight	1a. Acro Flight Series w/ "D" or "E" 2a. No additional Acro Flight OR 1b. No Acro Flight Series 2b. Only one "D/E" Acro Flight
0.20 (if all criteria apply)	1a. Acro Series w/ 1 "B" Flight or less difficult, OR 1b. No Acro Flight Series 2. No other Acro	1a. Acro Series w/ 1 or 2 "B" Flight, OR 1b. No Acro Flight Series 2. No other "B" or more difficult Acro	1. No Acro Flight Series, OR Acro Flight Series w/out a Salto or Aerial 2a. No additional "C" or more difficult Salto/Aerial in exercise. OR 2b. Performs only an isolated C-Saltoor less difficult <i>Example: Back tuck/Back tuck broken series w/ no other Acro Take 0.20 - the "C" + "0" VP for series can't be used as the additional C.</i>	

**2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10
BALANCE BEAM
CHOICE OF BEAM DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL**

UP TO 0.20

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

UP TO 0.10

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

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

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

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

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction (if all criteria met)	<p><u>FORMULA 1: 3-Pass Routine:</u> B-Salto in each pass, OR B-Salto in 2 passes; A+A Direct in one pass</p> <p><u>FORMULA 2: 2-Pass Routine:</u> B+B Direct B+A Direct. (4 saltos; min. 3 Bs)</p>	<p><u>FORMULA 1: 3-Pass Routine:</u> C-Salto each pass, OR C-Salto in 2 passes; min. of B+B Direct in one pass</p> <p><u>FORMULA 2: 2-Pass Routine:</u> C+B Direct C+B Direct (4 saltos)</p>	<p><u>FORMULA 1: 3-Pass Routine:</u> D/E-Salto in each pass, OR D/E-Salto in 2 passes; min. of C+B Direct or C+C Indirect in one pass</p> <p><u>FORMULA 2: 2-Pass Routine:</u> E-Salto in both passes. OR E-Salto in 1 pass; a 2nd pass w/ 2 Directly connected Saltos, one a D</p>
0.05	<p><u>3-Pass Routine:</u> B B A+A Indirect</p> <p><u>2-pass routine:</u> B+B Direct B+A Indirect (4 saltos; min. 3 Bs)</p>	<p><u>3-Pass Routine:</u> C C B+A Direct</p> <p><u>2-pass routine:</u> C+B Direct C+B Indirect (4 Saltos)</p>	<p><u>3-Pass Routine:</u> D D C+A Direct or C+B Indirect</p> <p><u>2-pass routine:</u> D + A/B/C Direct/Indirect D + A/B/C Direct/Indirect OR E D + A/B/C Indirect</p>
0.10	<p><u>3-Pass Routine:</u> B A+A direct A OR B B A</p> <p><u>2-pass routine</u> B + B Direct. B (min. 3 B saltos)</p>	<p><u>3-Pass Routine:</u> C B+B Direct B+B Direct OR C C B+A Indirect</p> <p><u>2-pass routine:</u> C C+B Direct (3 Saltos) OR B+C Indirect. C+A Direct (4 Saltos)</p>	<p><u>3-Pass Routine:</u> D D C+A Indirect OR D C+A/B/C Direct or C+B Direct or C+C Indirect</p> <p><u>2-pass routine:</u> D + A/B Direct or Indirect D OR E C + A/B/C Direct OR C+B/C Indirect</p>
0.15	<p><u>3-Pass Routine:</u> B A +A Indirect A</p> <p><u>2-pass routine:</u> B A/B+A Direct (3 Saltos)</p>	<p><u>3-Pass Routine:</u> C B+B Direct B OR C+A Direct or C+A/B Indirect (3 Saltos)</p> <p><u>2-pass routine:</u> C+A Direct C+A Direct (4 Saltos)</p>	<p><u>3-Pass Routine:</u> D C+A/B Direct or C+B Indirect OR D C+B Direct C</p> <p><u>2-pass routine:</u> D B/C + C Direct or Indirect OR D + A/B Direct or Indirect C OR E C+A Indirect or less difficult</p>
0.20	No "B" Saltos or less difficult than above	No "C" Saltos OR less difficult than above	No "D or E" Saltos OR less difficult than above

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

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

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

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

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

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

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

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

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

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

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

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

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