



WOMEN'S RULE CLARIFICATIONS

GENERAL

- X skills will count as "A" elements for levels 1-3. Skill Levels 4-10 may NOT use X skills as "A" elements except for Skill Level 4 & Gold Bars
- A routine containing an unallowable element will receive a .5 deduction
- Floor exercise - Acro skills used for special requirements must start and finish on feet (or 1 foot)
*Exception: Skill Level 3 limbering skill
- Fall times: 45 secs to resume routine with a *10 second warning (UB/BB) All Skill Levels
- After 45 sec fall time, routine will be terminated
- Start Value (SV) must be flashed at All Levels
- A Stretch jump on Floor is not considered an element
- One element (or series) cannot fulfill more than one requirement
Example: Requirement 1 may say min "B" dance element and requirement says dance series Min. 2 elements. The "B" element for requirement 1 CANNOT be fulfilled by saying one of the elements in the dance series was a "B". However, you may use the same skill performed twice if the connection is different. For example: if a gymnast did a round off, straddle jump and a switch leap, straddle jump, both requirements are fulfilled.
- Any specific skills listed as a requirement MAY NOT be substituted
- Whenever "min" is used in front of a requirement, the athlete may exceed expectations as long as they do not exceed allowable difficulty. For example: if the requirement says Min ½ turn on one foot, the athlete may use the turn exceeding 180-degrees to fulfill the requirement. Another example would be a requirement that says Min "B" salto. A "C" or higher salto could fulfill the requirement as long as it is within the difficulty restrictions of that level and event.
- An acro element without flight are skills where there is hand or foot support through the entire skill.
Examples: Forward roll, backward roll, walkovers and back extension roll.

- A “flight” acro element is a skill that uses hand support but has a point where both hands are feet are free of support. Examples: Back handspring, front handspring, round-off, dive cartwheel.
- A “salto” acro element takes off two feet and lands without using hand support. If allowable, a salto can fulfill “flight” requirement. If there is a stated difficulty restriction a salto may no replace a flight element.
- An “aerial” acro element takes off 1 foot and does not use hand support. Examples: Aerial cartwheels and aerial front walkovers. Aerials may fulfill flight requirements when difficulty restrictions allow, but may NOT fulfill salto requirements, unless requirements specifically stats “salto” OR “aerial”.
- Any 1 element may receive value part credit twice if the skill is within a different connection or 1, is isolated and the other is done in direct connection. On bars, an element done once on low bar and once on high bar are considered different. If a “D” or “E” element is performed twice, the athlete can be awarded the difficulty bonus only once, but the skill is eligible for connective bonus both times. There is no penalty for performing a skill more than twice, the value just cannot be counted the third time and beyond.

VAULT

- Vaults that don’t land feet first are VOID (Non-drill style vaults)
- Vaults performed with 1 arm (in the event the athlete does not have a handicap preventing the use of 2 arms) will receive a 1.00 deduction.
- Round off entry vaults must use collar

UNEVEN BARS

- A skill used as a mount can be considered different than the same skill used within the routine
- Springboards or blocks used for mounting must be removed immediately following mount
- Only 1 cast per routine needs to meet specified angle requirement to receive special requirement.
- Skill Levels 1-5 will not have amplitude deductions for casting or in bar circling elements and will only be evaluated on execution
- A skill used as a mount can be considered different than the same skill used within the routine
- The same skill performed on the low bar and high bar can be considered different
- A judge may award a skill as a requirement and/or value part if they feel the athlete completed more than 1/2 of the skill unassisted before falling (exceptions include skills that have specific amplitude requirements needed to receive credit-ex. cast handstand, giants)
- “In-bar” refers to skills included in skill sets 3, 6, and 7

Counting of Bar Value Parts

- For levels 5 and platinum-A cast that successfully achieves the given special requirement but falls short of a “B” cast will be awarded an “A” value part. The “A” value part may only be awarded to the 1st cast achieving the special requirement even if another cast in the routine achieves the specified angle. This is in an effort aid the athletes and help bridge the skill development gap as they work towards more advanced bar skills. Please note, this is only for these specific levels, and it remains, there is no formal “A” cast in the code. In this special occurrence an “A” will be given for achieving the casting special requirement. Cast angle chart deductions still apply.
- Release skills receive value part credit upon touching of bar with hands. An athlete cannot receive connection bonus on a combination in which they fall on one or all skills.
- Level 10-difficulty bonus can be awarded to any “D” or “E” skill that is completed without falling.
- If a salto dismount does not land feet first, no value part will be awarded, the gymnast will not receive a special requirement and they will be deducted .5 for a fall.
- Same Bar D release move or any E release move will receive an additional +0.10 bonus DV (Difficulty Bonus).

BALANCE BEAM

- All Skill levels-All mounts will be given “A” value if not listed in the code. All mounts listed in the code will be awarded their specified value part.

Counting of Beam Value Parts

- A gymnast must touch at least one foot on the beam prior to a fall in order to receive the value part. This does not include skills that are not intended to land on feet such as a back handspring swing down.
- If a salto dismount does not land feet first, no value part will be awarded, the gymnast will not receive a special requirement and they will be deducted .5 for a fall.
- Springboards or blocks used for mounting must be removed immediately following mount.
- When using an aid such as a springboard or manufactures mounting block, only the manufactured block may be placed on a (maximum 8in) skill cushion. Springboards may only be placed on supplemental or landing matting. (Bars and Balance Beam)
- Max of 8in skill cushion may be used under the beam
- An acro series on beam that contains a connection of the same skill – if a repetition of a series causes an athlete to perform a skill more than twice, the athlete may continue to perform the series and get credit for a special requirement acro series regardless of number of attempts if the connection is credited, and a foot touches the beam on the second skill. However, value part credit will not be given

more than twice per element as can only be awarded if in a different connection. Executional deductions will apply to all attempted skills regardless, if they receive value part credit.

FLOOR

- Jump/Leap series on floor can be fulfilled as 2 skills, same or different, jumps, leaps, or one jump and one leap. The two skills can be directly or indirectly connected.
- Coaches are NOT allowed on the floor at Skill Levels 8-10. A coach on the floor at this level receives a .5 deduction from the average UNLESS the coach is placing or removing matting.
- When matting is placed on FX, if the mat covers the boundary line, the line must be marked on the surface of the mat with tape or chalk. Failure to do this will result in a .3 deduction from the average.
- Maximum of 8in skill cushion may be used on the FX.

Counting of Floor Value Parts

- If a salto does not land feet first, there will be no value part awarded for that skill, and .5 will be taken for a fall. If a salto that does not land feet first is part of a special requirement, the special requirement will not be awarded.
- Saltos that are not intended to land feet first will receive value part and will not be deducted for a fall. For example, back tuck that drops to a front lying position.