



## ELEMENT RULES CLARIFICATIONS

Acro Flight	Fall Times—UB/BM	Skill/VP Credit
<ul style="list-style-type: none"> <li>Acro-F = Skill w both hands/feet free of support</li> </ul>	<ul style="list-style-type: none"> <li>45s to resume routine; *10s warning (UB/BM)</li> <li>After 45s fall time, routine terminated</li> </ul>	<ul style="list-style-type: none"> <li>Skills w/no specific completion or landing requirements given VP credit if more than 1/2 the skill is completed w/o spot before a fall</li> </ul>
Acro Non Flight	“Min” / “Max”	Start Value (SV)
<ul style="list-style-type: none"> <li>Acro-NF = Skills w hand/foot/body support thru entirety</li> <li>Dive / Hecht roll is NOT considered flight for fulfilling SR requirements</li> </ul>	<ul style="list-style-type: none"> <li>“Min” = May exceed requirement, may not exceed level allowable</li> <li>“Max” = May not exceed requirement or what is listed as allowed</li> </ul>	<ul style="list-style-type: none"> <li>Must be flashed at all Levels</li> </ul>
Acro Salto	Mount Board/Block	SR Fulfillment
<ul style="list-style-type: none"> <li>Salto skill takes off 2-feet, lands w/o hand support—Salto replaces Acro-Flight If allowable</li> </ul>	<ul style="list-style-type: none"> <li>Only manufactured mount block/folded panel on 8” skill cushion allowed</li> <li>Springboards placed <i>only</i> on landing/supplemental mats</li> </ul>	<ul style="list-style-type: none"> <li>Skill cannot fulfill more than (1) SR</li> </ul>
Aerial	Mount Board/Block	SR Substitute
<ul style="list-style-type: none"> <li>Acro from 1-foot, no hand support</li> <li>Aerial replace Acro-Flight if allowable</li> <li>Aerials do not replace saltos</li> </ul>	<ul style="list-style-type: none"> <li>Mount springboards/blocks must be removed immediately following mount—UB/BM</li> </ul>	<ul style="list-style-type: none"> <li><u>Specific</u> skills listed for SR requirements MAY NOT be substituted</li> </ul>
Arabian Salto	Restricted Skill	Value Parts (VP)
<ul style="list-style-type: none"> <li>Arabian Salto = BWD takeoff, 1/2 (180°) turn, FWD salto, considered a FWD salto element</li> </ul>	<ul style="list-style-type: none"> <li>Restricted VP will be considered in chronological order</li> <li>Deduct <u>0.50</u> from SV</li> <li>Only 1st restricted VP performed awarded VP, SR; if applicable, award CV Bonus</li> <li>-0.30 No Dismount deduction—NOT applied to restricted dismount</li> </ul>	<ul style="list-style-type: none"> <li>‘A’ = 0.10</li> <li>‘B’ = 0.30</li> <li>‘C’ = 0.50</li> </ul>
Courtesy Score	Salto/Salto Dismount Landing	Value Part (VP) 2 x
<ul style="list-style-type: none"> <li>Min Courtesy Score = 5.00</li> </ul>	<ul style="list-style-type: none"> <li>Salto/Salto Dismount fails to land feet first = Ø VP/SR plus deduct <u>0.50</u> fall</li> </ul>	<ul style="list-style-type: none"> <li>Skills receive VP credit 2x’s if skill is in different connections (may also perform an isolated skill 1x plus 2nd time in connection)</li> </ul>
D/E	Score Range	X Skill Sets
<ul style="list-style-type: none"> <li>D/E performed 2x, DV bonus awarded 1x</li> </ul>	<ul style="list-style-type: none"> <li>9.5 - 10.0 = 0.20</li> <li>9.0 - 9.475 = 0.50</li> <li>8.0 - 8.975 = 0.70</li> <li>Below 8.0 = 1.00</li> </ul>	<ul style="list-style-type: none"> <li>“A” skills used by L1N-3N</li> <li>4N/GN may use for UB only*</li> <li>5N-10N may NOT use</li> <li>*4N/GN Exception: May use BM: X-504, X-505 (HS VER, Ø hold req’d)</li> </ul>

### Level Order

L1N - L2N/Bronze (BN) - Silver (SN) - L3N - L4N - Gold (GN) - L5N - L6N - Platinum (PN) - L7N - L8N - Diamond (DN) - L9N - L10N

## EVENT RULES CLARIFICATIONS



## EVENT RULES CLARIFICATIONS

VT Landing	UB Mount Skill	BM Mount VP	FX Stretch Jump
<ul style="list-style-type: none"> <li>Vaults not landing bottom of feet 1st = VOID—Does not apply to drill-style VT</li> </ul>	<ul style="list-style-type: none"> <li>Skill used as a mount is different than same skill used w/in routine</li> </ul>	<ul style="list-style-type: none"> <li>All mounts = 'A' VP if not listed in Table</li> </ul>	<ul style="list-style-type: none"> <li>Not considered a skill</li> </ul>
VT One-Arm	UB Direct Connect/CV	BM Matting	FX Additional Matting
<ul style="list-style-type: none"> <li>Vaults w 1-arm = Deduct <u>1.00</u> (CJ) <i>Handicapped athlete not included</i></li> </ul>	<ul style="list-style-type: none"> <li>Direct connection 'D/E' flight to 'B' flight upgrades 'B' flight to 'C' VP—L10N only</li> </ul>	<ul style="list-style-type: none"> <li>Max of 8" skill cushion may be used under BM</li> </ul>	<ul style="list-style-type: none"> <li>Additional FX mat must not cover boundary line, to be marked w tape/ chalk—Failure = deduct <u>0.10</u> (CJ)</li> </ul>
VT Zone Mat	UB Cast Amplitude	BM Acro Credit	FX Coaches on Mat
<ul style="list-style-type: none"> <li>Required for RO/FHS entry vaults</li> </ul>	<ul style="list-style-type: none"> <li>1N-GN = No amplitude deduction for cast/in-bar circling skills—only execution evaluation</li> </ul>	<ul style="list-style-type: none"> <li>Award credit for Acro if at least 1-foot touches beam (<i>Exceptions: Swing down skills or skills to 1-knee</i>)</li> </ul>	<ul style="list-style-type: none"> <li>8N-10N: Coaches NOT allowed on FX to aid an athlete = deduct <u>0.50</u> (CJ)</li> </ul>
VT Hand Mat	UB Release VP/CV	BM SR Acro Series Credit	FX Acro Skills
<ul style="list-style-type: none"> <li>Recommended for RO/FHS entry vaults</li> </ul>	<ul style="list-style-type: none"> <li>Release skills receive VP w hand touch of bar</li> <li>No CV bonus with fall</li> </ul>	<ul style="list-style-type: none"> <li>Awarded regardless of # of attempts</li> <li>SR credit if foot touches BM on 2nd skill w/fall</li> </ul>	<ul style="list-style-type: none"> <li>SR Skills to start/finish on 1-2 ft—Except: 3N limber</li> </ul>
VT Balks	UB In-Bar	BM VP Credit	FX Matting
<ul style="list-style-type: none"> <li>Athletes allowed three (3) run attempts</li> <li>All levels: Vault attempt falls back to board = No score awarded</li> </ul>	<ul style="list-style-type: none"> <li>"In-bar" Skill = VP in Skill Sets 3-6-7 <ul style="list-style-type: none"> <li>#3 = Clear/Hip Circles</li> <li>#6 = Stalder Circles</li> <li>#7 = Pike Sole Circles</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>VP not given more than 2x per skill</li> <li>Execution deductions apply for skills performed regardless of VP credit</li> </ul>	<ul style="list-style-type: none"> <li>Max two (2) 8" skill cushions used on FX, one (1) per pass</li> </ul>
VT Scoring	UB Same Bar Release		FX SR Dance Combo
<ul style="list-style-type: none"> <li>All vault attempts are scored independently of any other vault performed / attempted</li> </ul>	<ul style="list-style-type: none"> <li>Same Bar 'D' release or any 'E' release = additional +0.1 DV bonus—L10N only</li> </ul>		<ul style="list-style-type: none"> <li>Leap/Jump SR fulfilled w (2) Leap skills same or different, (2) Jump skills same or different, or (1) jump + (1) leap—direct/indirect connected</li> </ul>
VT Mat Measurement	UB VP/SR w Fall		
<ul style="list-style-type: none"> <li>All vault measurements are from the bare floor to the top of the mat</li> </ul>	<ul style="list-style-type: none"> <li>Award VP/SR if completes more than 1/2 of skill unassisted before falling, except skills w specific amplitude requirements</li> </ul>		
VT Table Measurement	UB Uncharacteristic Element		
<ul style="list-style-type: none"> <li>Measurement is from the bare floor to the top of the table</li> </ul>	<ul style="list-style-type: none"> <li>Deduction = <u>0.30</u></li> </ul>		
	UB Same VP		
	<ul style="list-style-type: none"> <li>Same skill performed LB/HB = different</li> </ul>		

# LEVEL SPECIAL RULES CLARIFICATIONS



## EXTRA SWING/CAST RULES CLARIFICATIONS

Levels 1N-GN Cast into Dismount	Levels 5N / PN	Level 6N	Levels 7N, 8N, 9N, 10N
<ul style="list-style-type: none"> <li>UB Skill X-201 Cast-Hips leave bar PLUS any allowable dismount = two (2) 'A' VP</li> </ul>	<ul style="list-style-type: none"> <li>Receive (1) 'A' VP for achieving the specific cast requirement</li> <li>Applies only to 1st cast achieving SR</li> <li>Cast achieves SR but short as 'B' cast = 'A' VP</li> <li>No amplitude deductions applied at these other than <u>-0.1</u></li> </ul>	<ul style="list-style-type: none"> <li>Cast requirement is &gt; HOR</li> <li>Cast achieves SR but short as "B" VP cast = Ø VP</li> <li><i>Recommend for progressive purposes coaches remember Level 7N has a requirement of 45° from VER plus specific amplitude deductions</i></li> </ul>	<ul style="list-style-type: none"> <li>Refer to specific Level casting amplitude charts for proper deductions</li> </ul> <p><b>NOTE</b></p> <ul style="list-style-type: none"> <li>Deduct <u>0.30</u> for lowest possible amplitude error equals same deduction as an "extra" swing—athletes will not be double deducted</li> </ul>
Levels 1N-GN	Level 5N / PN / DN	Level 6N	Levels 7N-10N
<p><b>EXCEPTIONS</b></p> <ul style="list-style-type: none"> <li>Tap swings and casts at any angle considered 'A' elements and not considered an "extra" element</li> <li>Only subject to rhythm deductions, dynamics and execution errors</li> </ul>	<ul style="list-style-type: none"> <li>No amplitude deductions applied at these levels other than flat <u>0.10</u></li> <li>Subject to deductions for any cast:                             <ul style="list-style-type: none"> <li>Execution for body errors, dynamics †0.20</li> <li>Poor rhythm in elements/connections †0.10</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>May perform (1) tap swing w/o penalty provided it follows a long hang pullover to under swing (baby giant)</li> <li>All other swings considered "extra" and receive <u>0.30</u> deduction</li> <li>Deduct <u>0.30</u> when athletes swings do not result in a skill</li> </ul>	<ul style="list-style-type: none"> <li>"Extra swings" or "extra casts" are only applicable, universally for 7N-10N</li> </ul>
Level 4N / GN	Level 5N / PN		Level 8N
<p><b>EXCEPTIONS</b></p> <ul style="list-style-type: none"> <li>4N/GN may use BM X-Skills: X-504, X-505 (HS VER, Ø hold req'd); May also fulfill SR #3</li> </ul>	<ul style="list-style-type: none"> <li>Level allowed (1) tap swing w/o penalty (No VP)</li> <li>Any other tap swings considered "extra", receive <u>0.30</u> flat deduction plus general execution deductions—(Max 0.50 each sequence where "extra" occurs)</li> </ul>	<p><b>Example:</b></p> <ul style="list-style-type: none"> <li><i>Leg pump where hips slightly leave the bar after a kip/tap swing is performed after a missed HB skill (used by athletes to get in position to resume a routine)</i></li> </ul>	<ul style="list-style-type: none"> <li>Cast on HB before Overshoot 1/2 (180°) Flight to LB receives no cast amplitude deductions</li> </ul>

## ALL LEVEL REQUIREMENTS

Missing Elements	Special Requirements (SR)	Missing Special Requirement (SR)	Fulfilling Special Requirement (SR)
Missing: 'A' = 0.1 each Missing "B" = 0.3 each Missing "C" = 0.5 each	4 Special Requirements (SR)—UB	Missing SR = <u>-0.50</u> each	Skill cannot fulfill more than one (1) SR
Allowed Elements			
<input checked="" type="checkbox"/> A • Within each level, each event displays A-B-C-D-E VP allowed			
<input checked="" type="checkbox"/> B • Asterisk (*) allows level to perform			
<input type="checkbox"/> D VP within this level based on			
<input type="checkbox"/> E specific declared criteria			

# Section 5

# UB—BONUS



## CONNECTION VALUE BONUS — LEVELS 9N/10N

UB		
		+0.1
		+0.2
<b>DIRECT — 10N</b> <i>Includes Mounts/ Dismounts</i>	<b>CC</b> (2→ any Skill Set) •Both w Turn/Flight <b>CC</b> (1→ any Skill Set + 1→ 3/6/7) •Both w Turn/Flight <b>CC</b> (2→ 3/6/7) •Must be different-Ø Turn/Flight req. <b>CD+</b>	<b>DD+</b>
<b>DIRECT — 9N</b> <i>Includes Mounts/ Dismounts</i>	<b>CC</b> (2→ any Skill Set) <b>CC</b> (any Skill Set) •One w Turn/Flight <b>CC</b> (2→ 3/6/7) •Must be different-Ø Turn/Flight req.	<b>CC</b> (2→ any Skill Set) •Both w Turn/Flight

VP+ = L9 Bonus applies to more difficult VP (ex: CD+ = CE AND DD+ = DE)

### UB CV EXCEPTIONS

#### TURN & FLIGHT REQUIREMENT

VP in Table of Elements displays either REL symbol or Turn degree symbol-any degree

RELEASE Bar-Bar    RELEASE LB-HB    RELEASE HB-LB    AND/OR    180°    360°    540°    720°

### UB EXAMPLES

#### EXAMPLE #1: CC Cast HS 1/2 in HS + Hecht to HB

Total	DV	CV	
Level 10N			
+0.1		+0.1	
•'CC' = +0.1			
Level 9N			
+0.2		+0.2	
•'CC' = +0.2			

Cast HS—1/2 in HS

Clear counter hecht to HB

### UB EXAMPLES

#### EXAMPLE #2: DC Giant 1/1 + Double Tuck dismount

Total	DV	CV	
Level 10N			
+0.2	+0.1	+0.1	
•'D' VP = +0.1			
•'DC' = +0.1			
Level 9N			
+0.3	+0.1	+0.2	
•'D' VP = +0.1			
•'DC' → 'CC' = +0.2			

BWD Giant 1/1

BWD 2/1 Tuck Flyaway

## BONUS

LEVEL 9N	LEVEL 10N
<b>DV BONUS = Max +0.1</b>	<b>DV BONUS = Max +0.5</b>
+0.1 One 'D' <sup>OR</sup> allowed 'E' VP	+0.1 Each 'D' VP
+0.2 'E' VP Bonus—Not awarded—10N only	+0.2 Each 'E' VP—10N only
+0.1 DV Same bar 'D' REL <sup>OR</sup> 'E' REL—10N only	+0.1 DV Same bar 'D' REL <sup>OR</sup> 'E' REL—10N only
+0.1 Max DV Bonus <i>(Award DV bonus once per VP, Ø if fall/spot)</i>	+0.5 Max DV Bonus <i>(Award DV bonus once per VP, Ø if fall/spot)</i>
<b>CV BONUS = Max +0.3</b> <b>VP from Skill Sets 3 / 6 / 7</b>	<b>CV BONUS = Max +0.5</b> <b>VP from Skill Sets 3 / 6 / 7</b>
+0.1 CC = No Turn/Flight in either 3/6/7 VP	+0.1 CC+ = No Turn/Flight in either same 3/6/7 VP
+0.1 CC = Turn/Flight in one 3/6/7 VP	+0.1 CC+ = Turn/Flight in one 3/6/7 VP
+0.2 CC = Turn/Flight in both same 3/6/7 VP	+0.1 CC+ = Turn/Flight in both same 3/6/7 VP
+0.2 CC = Turn/Flight in both different 3/6/7 VP	+0.1 CC+ = Turn/Flight in both different 3/6/7 VP
+0.2 DD = Turn/Flight in both different 3/6/7 VP	
+0.2 DD = No Turn/Flight in either same 3/6/7 VP	
<b>VP from all Skill Sets</b>	<b>VP from all Skill Sets</b>
+0.1 CC—No Turn <sup>OR</sup> Flight in either same 'C'	Ø CC = No Turn <sup>OR</sup> Flight in either same 'C'
+0.1 CC—No Turn <sup>OR</sup> Flight in either different 'C'	Ø CC = No Turn <sup>OR</sup> Flight in either different 'C'
+0.1 CC—Yes Turn <sup>OR</sup> Flight in one (1) 'C'	Ø CC = Yes Turn <sup>OR</sup> Flight in one (1) 'C'
+0.2 CC—Yes Turn <sup>OR</sup> Flight in both same 'C'	+0.1 CC = Yes Turn <sup>OR</sup> Flight in both same 'C'
+0.2 CC—Yes Turn <sup>OR</sup> Flight in both different 'C'	+0.1 CC = Yes Turn <sup>OR</sup> Flight in both different 'C'
+0.2 CD+ → <i>(Treat as CC)</i>	+0.1 CD+ = No Turn <sup>OR</sup> Flight in 'C' or 'D' VP
	+0.1 CD+ = Yes Turn <sup>OR</sup> Flight in 'C' or 'D' VP
	+0.2 DD+ = No Turn <sup>OR</sup> Flight in either same 'D'
+0.2 DD+ → <i>(Treat as CC)</i>	+0.2 DD+ = No Turn <sup>OR</sup> Flight in either different 'D'
	+0.2 DD+ = Yes Turn <sup>OR</sup> Flight in either same 'D'
	+0.2 DD+ = Yes Turn <sup>OR</sup> Flight in either different 'D'
+0.3 Max CV Bonus <i>('D/E' VP = 'C' for CV bonus award rules)</i>	+0.5 Max CV Bonus

### GENERAL SV & 'E' BONUS

9.7 Beginning SV <i>(full VP difficulty)</i>	9.4 Beginning SV <i>(full VP difficulty)</i>
+0.3 CV <sup>AND/OR</sup> DV total Bonus award <i>(+0.1 DV and +0.2 CV <sup>OR</sup> +0.3 CV)</i>	+0.6 CV <sup>AND</sup> DV total Bonus award <i>(+0.5 DV max and +0.5 CV max)</i>
10.0 SV includes Bonus <i>(max out at 10.0)</i>	10.0 SV includes Bonus <i>(max out at 10.0)</i>
10.0 Max SV	10.0 Max SV
+0.7 <i>Must include: 'E' VP, +0.70 max CV and DV Bonus —10.0 SV required—10N only</i>	+0.1 <i>Must include: 'E' VP, +0.70 max CV and DV Bonus —10.0 SV required—10N only</i>
	10.1 "Bonus SV" <i>(Flash as "10.0 +1")</i>

### BONUS RULES

VP performed in any order w/in connection, unless specified

VP performed in direct connection for CV Bonus

No Bonus if fall/spot

Award DV for eligible VP regardless of prior VP fall/spot *(but not awarded DV)* on prior eligible VP

Award 2x CV for same VP if performed in different order

# Section 5

# UB—BONUS EXAMPLES



## EXAMPLE #1: CCD

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CC' = ∅ (no turn or flight)</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.4	+0.1	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CC' = +0.1</li> <li>• 'CD' → 'CC' = +0.2</li> </ul>			

**C-502b**

HS-HB—Giant FWD—REV grip—HS—Upswing extended/hips

FWD Giant Straight

**C-504a**

HS-HB—Giant FWD—REV grip—HS—1/2 turn—In HS

FWD Giant 1/2

**D-407** RELEASE HB-LB

Hang HB—Face in—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)

Pak Salto

## EXAMPLE #2: DDC

Total	DV	CV	XDV
Level 10N			
+0.5	+0.2	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = +0.1</li> <li>• 'DD' = +0.2</li> <li>• 'DC' = +0.1</li> </ul>			
Level 9N			
+0.4	+0.1	+0.3	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = ∅ (max 0.1 DV)</li> <li>• 'DD' → 'CC' = +0.1</li> <li>• 'DC' → 'CC' = +0.2</li> </ul>			

**D-601a**

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

**D-404a**

HS-HB—Giant BWD—HS—1/1 turn—In HS

BWD Giant 1/1

**C-811**

HB—Long swing FWD—BWD salto—LO—1-1/2 twist—End face in (Flyaway)

BWD LO 1-1/2 Flyaway

## EXAMPLE #3: CD

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.3	+0.1	+0.2	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.2</li> </ul>			

**C-404a**

HS-HB—Giant BWD HS—1/2 turn

BWD Giant 1/2

**D-406** RELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)

HS Bail HS

## EXAMPLE #4 :DD Stalder HS X 2 (same)

Total	DV	CV	XDV
Level 10N			
+0.3	+0.1	+0.2	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = ∅ (only once)</li> <li>• 'DD' = +0.2</li> </ul>			
Level 9N			
+0.2	+0.2		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'D' VP = ∅ (max 0.1 DV)</li> <li>• 'DD' = +0.2 (exception)</li> </ul>			

**D-601a**

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

**D-601a**

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

## EXAMPLE #5 :CD (turn/flight in only (1) VP)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.1</li> </ul>			

**C-301**

HB/LB—Clear hip circle BWD—REG grip—HS

Clear hip HS

**D-406** RELEASE HB-LB

HS/hang HB—Long swing FWD—1/2 turn—Flight—To HS LB (Bail HS/Overshoot HS)

HS Bail HS

## EXAMPLE #6: CED

DV	CV	XDV
Level 10N		
+0.7	+0.4	+0.3 +0.1
<ul style="list-style-type: none"> <li>• 'E' VP = +0.2</li> <li>• 'D' VP = +0.1</li> <li>• 'E' REL = +0.1</li> <li>• 'CE' = +0.1</li> <li>• 'ED' = +0.2</li> </ul>		
Eligible for '10+1'		
Level 9N		
+0.4	+0.1	+0.3
<ul style="list-style-type: none"> <li>• 'E' → 'D' VP = +0.1</li> <li>• 'D' VP = ∅ (max 0.1 DV)</li> <li>• 'CE' → 'CC' = +0.1</li> <li>• 'ED' → 'CC' = +0.2</li> </ul>		

**C-301**

HB/LB—Clear hip circle BWD—REG grip—HS

Clear hip HS

**E-409c** RELEASE HB-HB

HB—Long swing FWD—1/2 turn—FWD salto—Pike (Pike Deltchev)

Deltchev Pike

**D-407** RELEASE HB-LB

Hang HB—Face in—Long swing FWD—BWD salto—Stretch—Between bars—Clear support—REG/cross grip LB (Pak)

Pak Salto

## EXAMPLE #7 :CD (∅ turn/flight) (Different)

Total	DV	CV	XDV
Level 10N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' = +0.1</li> </ul>			
Level 9N			
+0.2	+0.1	+0.1	
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• 'CD' → 'CC' = +0.1</li> </ul>			

**C-701a**

LB/HB—Pike sole circle BWD—HS

BWD Sole HS

**D-601a**

HB/LB—HS—Stalder BWD—HS

BWD Stalder HS

## EXAMPLE #8 'D' REL, same bar

Total	DV	CV	XDV
Level 10N			
+0.2	+0.2		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>• Same bar 'D' REL = +0.1</li> </ul>			
Level 9N			
+0.1	+0.1		
<ul style="list-style-type: none"> <li>• 'D' VP = +0.1</li> <li>(Not eligible for Same Bar REL)</li> </ul>			

**D-408a** RELEASE HB-HB

HS-HB—Giant BWD—Counter reverse hecht—Straddle—Over HB—Hang HB (Tkatchev—Davydova)

Tkatchev

# Section 5

# BM—BONUS



## CONNECTION VALUE BONUS — LEVELS 9N/10N

Award CV bonus to only VP Flight skills

### BM

+0.1 +0.2 +0.3

VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)

ACRO DIRECT	Include mounts	AD+ BC-(L9)	CC+ BD+	DD+
ACRO DIRECT	Include mts/dis	BBC		BCC+ BBD+
DANCE/MIXED DANCE/DANCE	No dismounts	AD+ BC	BD+ CC	CD+ DD+
DANCE TURNS	Turns on 1-foot	AC CA	S = Salto/Aerial J = Jump A = Acro D = Dance Dt = Dismount	
BM DISMOUNT	Flight not required	BAC <sup>Dt</sup> C <sup>D</sup> C <sup>Dt</sup>		

### BM CV EXCEPTIONS

Total	DV	CV	XCV	Level 9N / 10N
+0.1		+0.1		'BC' Acro Flight Direct = (L9N only)
+0.3	+0.1	+0.2		'BD' Acro Flight Direct: FF + LO—Stretch/Pike DWN 2-ft
+0.1			+0.1	(3) Acro Flight Direct: Min 1-'C' (Ø dismount, yes mount)

### BM FF EXCEPTION

•BWD LO-SO and FWD Aerial = 'D' for DV but 'C' for CV in FF series  
•FF SO | FF 2-ft | Gainer FF | FF swing DWN; any order

### BM FF EXCEPTION EXAMPLES

Total	DV	CV	XCV	Level 9N / 10N
+0.2	+0.1	+0.1		FF + LO-SO → 'BD' Treat as BC (9N)
+0.1	+0.1	Ø		FF + LO-SO → 'BD' Treat as BC (10N)
+0.3	+0.1	+0.2		Split jump + LO-SO → 'BD' No FF series (9N, 10N)
+0.3	+0.1	+0.2		RO + LO-SO → 'BD' No FF series (9N, 10N)
+0.2	+0.1	+0.1		FWD Aerial + FF → 'DB' Treat as CB (9N)
+0.1	+0.1	Ø		FWD Aerial + FF → 'DB' Treat as CB (10N)
+0.3	+0.1	+0.2		FWD Aerial + BWD tuck → 'DC' No FF series (9N, 10N)

### BM 3-ACRO SERIES EXAMPLES

Total	DV	CV	XCV	Level 10N
+0.6	+0.2	+0.3	+0.1	RO-FF Mount + FF + LO-SO → 'DBD' •'DBD'→'DBC' = +0.3   'D' = +0.1   'D' = +0.1   (3) Acro = +0.1
+0.5	+0.2	+0.2	+0.1	FF + LO-SO + LO-SO → 'BDD' •'BDD'→'BCC' = +0.3   'D' = +0.1   'D' = Ø   (3) Acro = +0.1
+0.3	+0.1	+0.1	+0.1	FWD Aerial + FF + FF → 'DBB' •'DBB'→'CBB' = +0.1   'D' = +0.1   (3) Acro = +0.1
+0.6	+0.2	+0.3	+0.1	FWD Aerial + FF + LO-SO → 'DBD' •'DBD'→'CBC' = +0.3   'D' = +0.1   'D' = +0.1   (3) Acro = +0.1

## BONUS

### LEVEL 9N

#### DV BONUS = Max +0.1

+0.1	One 'D' Acro <sup>OR</sup> allowed 'E' Acro
+0.2	'E' VP Bonus—Not awarded—10N only
+0.1	Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)

#### CV BONUS = Max +0.3

+0.1	Acro Direct—BC = Yes mounts—L9 only Ø Acro Direct—AD+ → Treat as AC = Yes mounts
+0.1	Acro Direct—BBC = Yes mounts/dismounts
+0.2	Acro Direct—CC = Yes mounts
+0.1	Acro Direct—BD+ → Treat as BC = Yes mounts
+0.2	Acro Direct—DD+ → Treat as CC = Yes mounts
+0.3	Acro Direct—BCC+ = Yes mounts/dismounts
+0.1	Acro Direct—BBD+ → Treat as BBC = Yes mt/dis Ø Dance/Mix—AD+ → Treat as AC = Ø dismounts
+0.1	Dance/Mix—BC+ = Ø dismounts
+0.1	Dance/Mix—BD+ → Treat as BC = Ø dismounts
+0.2	Dance/Mix—CC = Ø dismounts
+0.2	Dance/Mix—CD+ → Treat as CC = Ø dismounts
+0.2	Dance/Mix—DD+ → Treat as CC = Ø dismounts
+0.1	Dance Turns—AC <sup>OR</sup> CA = 1-foot turns
+0.1	BM Dismount—B <sup>A</sup> C <sup>D</sup> T = Flight not required
+0.1	BM Dismount—C <sup>D</sup> C <sup>D</sup> T = Flight not required
+0.3	Max CV Bonus (‘D/E’ VP = ‘C’ for CV bonus award rules)

### LEVEL 10N

#### DV BONUS = Max +0.5

+0.1	Each 'D' VP
+0.2	Each 'E' VP—10N only
+0.5	Max DV Bonus (Award DV bonus once per VP, Ø if fall/spot)

#### CV BONUS = Max +0.5

+0.1	Acro Direct—BC = Yes mounts—L9N only
+0.1	Acro Direct—AD+ = Yes mounts
+0.1	Acro Direct—BBC = Yes mounts/dismounts
+0.2	Acro Direct—CC = Yes mounts
+0.2	Acro Direct—BD+ = Yes mounts
+0.3	Acro Direct—DD+ = Yes mounts
+0.3	Acro Direct—BCC+ = Yes mounts/dismounts
+0.3	Acro Direct—BBD+ = Yes mounts/dismounts
+0.1	Dance/Mix—AD+ = Ø dismounts
+0.1	Dance/Mix—BC+ = Ø dismounts
+0.2	Dance/Mix—BD+ = Ø dismounts
+0.2	Dance/Mix—CC = Ø dismounts
+0.3	Dance/Mix—CD+ = Ø dismounts
+0.3	Dance/Mix—DD+ = Ø dismounts
+0.1	Dance Turns—AC <sup>OR</sup> CA = 1-foot turns
+0.1	BM Dismount—B <sup>A</sup> C <sup>D</sup> T = Flight not required
+0.1	BM Dismount—C <sup>D</sup> C <sup>D</sup> T = Flight not required
+0.5	Max CV Bonus

### GENERAL SV & 'E' BONUS

9.7	Beginning SV (full VP difficulty)	9.4	Beginning SV (full VP difficulty)
+0.3	CV <sup>AND/OR</sup> DV total Bonus award (+0.1 DV and +0.2 CV <sup>OR</sup> +0.3 CV)	+0.6	CV <sup>AND</sup> DV total Bonus award (+0.5 DV max and +0.5 CV max)
10.0	SV including Bonus	10.0	SV including Bonus
10.0	Max SV	10.0	Max SV
+0.7	Must include: 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only	+0.1	Must include: 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only
		10.1	"Bonus SV" (Flash as "10.0 +1")

### BONUS RULES

VP performed in any order w/in connection, unless specified (3-ele. connection, order performed may allow added CV)

VP performed in direct connection for CV Bonus

No Bonus if fall/spot

Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP

Award 2x CV for same VP if performed in different order

# Section 5

# BM—BONUS EXAMPLES



## EXAMPLE #1: BBD (3) Acro

Total	DV	CV	XDV	FF → 'B' + FF → 'B' + LO-SO → 'D'
Level 10N				
+0.3	+0.1	+0.1	+0.1	
•'D' VP = +0.1 •'BBD' → 'BBC' = +0.1 (FF series downgrade) •(3) Acro = +0.1				
Level 9N				
+0.3	+0.1	+0.1	+0.1	
•'D' Acro = +0.1 •'BBD' → 'BBC' = +0.1 •(3) Acro = +0.1				

**B-707** FLIGHT ACRO

BHS—Step out—Cross/Cross—2-legs/1-leg

BHS SO

**B-707** FLIGHT ACRO

BHS—Step out—Cross/Cross—2-legs/1-leg

BHS SO

**D-811b** SALTO

BWD salto—LO-SO—Cross/Cross—2-legs/1-Alternate

BWD LO-SO

## EXAMPLE #2: CBC (3) Acro:

Total	DV	CV	XDV	FF 1-arm → 'C' + Gainer FF → 'B' + Tuck Open Swing down → 'C'
Level 10N				
+0.4		+0.3	+0.1	
•'D' VP = ∅ •'CBC' = +0.3 •(3) Acro = +0.1				
Level 9N				
+0.4		+0.3	+0.1	
•'D' VP = ∅ •'CBC' = +0.3 •(3) Acro = +0.1				

**C-707a** FLIGHT ACRO

BHS—Step out—1-arm—Cross/Cross—1-leg/1-leg

BHS SO 1-arm

**B-711** FLIGHT ACRO

Gainer BHS—Cross/Cross—1-leg/1-leg

Gainer BHS

**C-710a** FLIGHT ACRO

BHS—Tuck/stretch hips in flight swing down—Cross/Cross—2-legs/Cross Straddle sit (Chen Flic)

BHS Tuck-Open Swing Down

## EXAMPLE #3: CA Turns

Total	DV	CV	XDV	1/1 'L' Turn → 'C' + 1/1 Turn → 'A'
Level 10N				
+0.1		+0.1		
•'D' = ∅ •'CA' = +0.1 (T+T)				
Level 9N				
+0.1		+0.1		
•'D' = ∅ (not Acro) •'CA' = +0.1				

**C-305a**

1/1 turn—FWD 'L'—Leg 45° > HOR

1/1 FWD 'L' high

**A-301**

1/1 turn—1-leg—Free leg optional

1/1 Turn

## EXAMPLE #4: BC Acro + Dismount

Total	DV	CV	XDV	Valdez → 'B' + BWD Gainer LO 1/1 (360°) twist → 'C'
Level 10N				
+0.1	∅	+0.1		
•'D' VP = ∅ •'BC' = +0.1 (A+Dt)				
Level 9N				
+0.1	∅	+0.1		
•'D' VP = ∅ •'BC' = +0.1				

**B-704a** NON-FLIGHT ACRO

Valdez—BWO—Cross/Cross—EXT tuck sit/1-leg

Valdez

**C-910**

Gainer BWD salto—LO—1/1 twist—Side of BM

Side Gainer BWD LO 1/1

## EXAMPLE #5: DC Acro + Dismount

Total	DV	CV	XDV	FWD Aerial → 'D' + FWD Gainer LO 1/1 (360°) twist → 'C'
Level 10N				
+0.2	+0.1	+0.1		
•'D' VP = +0.1 •'DC' = +0.1 (A+Dt)				
Level 9N				
+0.2	+0.1	+0.1		
•'D' Acro = +0.1 •'DC' → 'CC' = +0.1				

**D-712a** AERIAL

FWD Aerial—Cross/Cross—1-leg/1-leg

FWD Aerial

**C-908**

Gainer FWD salto—LO—1/1 twist—Side of BM

Side Gainer FWD LO 1/1

## EXAMPLE #6: DBB Mixed

Total	DV	CV	XDV	Switch leap Mount → 'D' + Split Jump → 'B' + Fleyspring SO → 'B'
Level 10N				
+0.3	+0.1	+0.2		
•'D' VP = +0.1 •'DB' = +0.2 (D+B) •'BB' = ∅ (D+A)				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1 •'DB' → 'CB' = +0.1 •'BB' = ∅				

**D-101**

Free leap—1-foot to 1-foot—Switch split leap FWD—180°—End of BM

Switch leap to 1-foot

**B-207**

Split jump—180° front split—Cross/Cross—2-legs/2-legs

Split Jump

**B-705b** FLIGHT ACRO

FHS—Step out—Flight before—Cross/Cross/2-legs/1-leg

Fleyspring SO

## EXAMPLE #7: DDE (3) Acro:

Total	DV	CV	10.1	FWD Aerial → 'D' + SWD Aerial → 'D' + BWD Gainer 2/1 Twist LO → 'E' (full difficulty routine) (Do not deduct -.30 for no dismount)
Level 10N				
+0.9	+0.4	+0.4	+0.1	
•'E' VP = +0.2 •'D' VP = +0.1 •'D' VP = +0.1 •'DD' = +0.3 (A+A) •'DE' = +0.1 (A+Dt) Eligible for '10+1'				
Level 9N				
+0.3	+0.1	+0.2		
•'D' Acro = +0.1 •'D' Acro = ∅ (maxed out) •'E' Acro = ∅ (restricted -.50) •'DD' → 'CC' = +0.2 •'DE' → 'C∅' = ∅				

**D-712a** AERIAL

FWD Aerial—Cross/Cross—1-leg/1-leg

FWD Aerial

**D-715a** AERIAL

SWD Aerial—Cross/Cross—1-leg/1-leg

SWD Aerial

**E-910b**

Gainer BWD salto—LO—2/1 twist—Side of BM

Side Gainer BWD LO 2/1

# Section 5

## FX—BONUS



### CONNECTION VALUE BONUS — LEVELS 9N/10N

CV bonus awarded only Saltos/Aerials unless otherwise specified

#### FX

**+0.1                      +0.2                      +0.3**

VP+ = Bonus applies also to more difficult VP (ex: CC+ = CC / CD / CE)

ACRO INDIRECT	Saltos & Aerials	A <sup>S</sup> C <sup>S</sup> <sub>+</sub> A/B <sup>S</sup> A/B <sup>S</sup> C <sup>S</sup> B <sup>S</sup> C <sup>S</sup>	B <sup>S</sup> D <sup>S</sup> <sub>+</sub> A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> <sub>+</sub> C <sup>S</sup> C <sup>S</sup> A <sup>S</sup> E <sup>S</sup>	C <sup>S</sup> D <sup>S</sup> <sub>+</sub>
ACRO DIRECT	Saltos & Aerials	A <sup>S</sup> C <sup>S</sup> B <sup>S</sup> B <sup>S</sup> A <sup>S</sup> A <sup>S</sup> C <sup>S</sup>	A <sup>S</sup> A <sup>S</sup> D <sup>S</sup> A/B <sup>S</sup> D <sup>S</sup> <sub>+</sub> B <sup>S</sup> C <sup>S</sup> <sub>+</sub>	C <sup>S</sup> C <sup>S</sup> <sub>+</sub>
DANCE/MIXED		BD <sup>+</sup> CC D <sup>S</sup> A <sup>J</sup>	CD <sup>+</sup> DD <sup>+</sup> S = Salto/Aerial J = Jump A = Acro D = Dance	

### FX CV EXCEPTIONS

Level 9N / 10N

•Direct connect turns + jumps/hops (2 OR 1-foot take off) receive CV if w/o stop, extra steps, hops, foot repositioning

### BONUS

#### LEVEL 9N

#### DV BONUS = Max +0.1

- +0.1 One 'D' OR allowed 'E' VP
- +0.2 'E' VP Bonus—Not awarded—10N only
- +0.1 Double salto or 'E' salto in last pass—10N only
- +0.1 Max DV Bonus  
(Award DV bonus once per VP, Ø if fall/spot)

#### CV BONUS = Max +0.3

- +0.1 Acro (saltos) Indirect—A<sup>S</sup>C<sup>S</sup><sub>+</sub>
- +0.1 Acro (saltos) Indirect—A<sup>S</sup>A<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Indirect—B<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Indirect—B<sup>S</sup>D<sup>S</sup><sub>+</sub> → Treat as BC
- +0.1 Acro (saltos) Indirect—A<sup>S</sup>A<sup>S</sup>D<sup>S</sup><sub>+</sub> → Treat as AAC
- +0.2 Acro (saltos) Indirect—C<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Indirect—A<sup>S</sup>E<sup>S</sup> → Treat as AC
- +0.2 Acro (saltos) Indirect—C<sup>S</sup>D<sup>S</sup> → Treat as CC
- +0.1 Acro (saltos) Direct—A<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Direct—B<sup>S</sup>B<sup>S</sup>
- +0.1 Acro (saltos) Direct—A<sup>S</sup>D<sup>S</sup><sub>+</sub> → Treat as AC
- +0.2 Acro (saltos) Direct—B<sup>S</sup>C<sup>S</sup><sub>+</sub>
- +0.3 Acro (saltos) Direct—C<sup>S</sup>C<sup>S</sup><sub>+</sub>  
Ø Dance/Mix—BD<sup>+</sup> → Treat as BC
- +0.1 Dance/Mix—CC<sup>+</sup>
- +0.1 Dance/Mix—CD<sup>+</sup> → Treat as CC
- +0.1 Dance/Mix—DD<sup>+</sup> → Treat as CC  
Ø Dance/Mix—D<sup>S</sup>A<sup>J</sup> → Treat as CA
- +0.3 Max CV Bonus  
(‘D/E’ VP = ‘C’ for CV bonus award rules)

#### LEVEL 10N

#### DV BONUS = Max +0.5

- +0.1 Each 'D' VP
- +0.2 Each 'E' VP—10N only
- +0.1 Double salto in last pass or 'E' salto—10N only
- +0.5 Max DV Bonus  
(Award DV bonus once per VP, Ø if fall/spot)

#### CV BONUS = Max +0.5

- +0.1 Acro (saltos) Indirect—A<sup>S</sup>D<sup>S</sup><sub>+</sub>
- +0.1 Acro (saltos) Indirect—A<sup>S</sup>A<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Indirect—B<sup>S</sup>C<sup>S</sup>
- +0.2 Acro (saltos) Indirect—B<sup>S</sup>D<sup>S</sup><sub>+</sub>
- +0.2 Acro (saltos) Indirect—A<sup>S</sup>A<sup>S</sup>D<sup>S</sup><sub>+</sub>
- +0.2 Acro (saltos) Indirect—C<sup>S</sup>C<sup>S</sup>
- +0.2 Acro (saltos) Indirect—A<sup>S</sup>E<sup>S</sup>
- +0.3 Acro (saltos) Indirect—C<sup>S</sup>D<sup>S</sup>
- +0.1 Acro (saltos) Direct—A<sup>S</sup>C<sup>S</sup>
- +0.1 Acro (saltos) Direct—B<sup>S</sup>B<sup>S</sup>
- +0.2 Acro (saltos) Direct—A<sup>S</sup>D<sup>S</sup><sub>+</sub>
- +0.2 Acro (saltos) Direct—B<sup>S</sup>C<sup>S</sup><sub>+</sub>
- +0.3 Acro (saltos) Direct—C<sup>S</sup>C<sup>S</sup><sub>+</sub>
- +0.1 Dance/Mix—BD<sup>+</sup>
- +0.1 Dance/Mix—CC<sup>+</sup>
- +0.2 Dance/Mix—CD<sup>+</sup>
- +0.2 Dance/Mix—DD<sup>+</sup>
- +0.1 Dance/Mix—D<sup>S</sup>A<sup>J</sup>
- +0.5 Max CV Bonus

### GENERAL SV & 'E' BONUS

- |  |  |
|--|--|
| 9.7 Beginning SV (full VP difficulty)  | 9.4 Beginning SV (full VP difficulty)  |
| +0.3 CV AND/OR DV total Bonus award<br>(+0.1 DV and +0.2 CV OR +0.3 CV)            | +0.6 CV AND DV total Bonus award<br>(+0.5 DV max and +0.5 CV max)                  |
| 10.0 SV including Bonus  | 10.0 SV including Bonus  |
| +0.1 Must include 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only | +0.1 Must include 'E' Acro VP, +0.70 max CV and DV Bonus—10.0 SV required—10N only |
| 10.0 Max SV  | 10.1 "Bonus SV" (Flash as "10.0 +1")   |

### BONUS RULES

VP performed in any order w/in connection, unless specified

VP performed in direct connection for CV Bonus, unless specified

No Bonus if fall/spot

Award DV for eligible VP regardless of prior VP fall/spot (but not awarded DV) on prior eligible VP

Award 2x CV for same VP if performed in different order



# Section 5

# FX—BONUS EXAMPLES



### EXAMPLE #1 CC Dance

Total	DV	CV	XDV	2/1 turn → 'C' + Popa → 'C'
+0.1		+0.1		
•'CC' = +0.1				
Level 9N				
+0.1		+0.1		
•'CC' = +0.1				

**C-201** SALTO

2/1 (720°) turn—Free leg optional

2/1 Turn

**C-110** SALTO

Straddle pike/Side split jump—1/1 (360°) turn—180° side split—2-legs/2-legs (Popa)

Popa

### EXAMPLE #2: CB Direct

Total	DV	CV	XDV	RO + FF + 1-1/2 Twist → 'C' + FWD LO → 'B'
+0.2		+0.2		
•'CB' = +0.2				
Level 9N				
+0.2		+0.2		
•'CB' = +0.2				

**C-804a** SALTO

BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs/2-legs

BWD LO 1-1/2

**B-603a** SALTO

FWD salto—Layout—2-legs/2-legs

FWD LO

### EXAMPLE #3: DD

Total	DV	CV	XDV	Switch leg 1/1 → 'D' + Split jump Ring 1/1 → 'D'
+0.4	+0.2	+0.2		
•'D' VP = +0.1				
•'D' VP = +0.1				
•'DD' = +0.2				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'D' = ∅ (only eligible x 1)				
•'DD' → 'CC' = +0.1				

**D-105a** SALTO

Switch leg leap—1/1 (360°) turn (Frolova)

Switch 1/1

**D-108b** SALTO

Split jump—Ring—1/1 (360°) turn (Johnson)

Split Jump Ring 1/1

### EXAMPLE #4: AD Last Pass

Total	DV	CV	XDV	Last Pass: FWD Tuck SO → 'A' + RO + 2/1 tuck → 'D'
+0.3	+0.2	+0.1		
•'D' = +0.1				
•'AD' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				
Level 9N				
+0.2	+0.1	+0.1		
•'D' Acro = +0.1				
•'AD' → 'AC' = +0.1				
•Last pass Double Salto or 'E' VP = +0.1				

**A-601b** SALTO

FWD salto—Tuck—Step out—2-legs/1-leg

FWD Tuck SO

**D-805** SALTO

BWD Double salto—Tuck—2-legs/2-legs

Double Tuck

### EXAMPLE #5: AACC

Total	DV	CV	XDV	RO + Whip → 'A' + Whip → 'A' + 1-1/2 → 'C' + FWD LO 1/1 → 'C'
+0.4	∅	+0.4		
•'D' VP = ∅				
•'AAC' = +0.1				
•'CC' = +0.3				
Level 9N				
+0.4	∅	+0.4		
•'D' VP = ∅				
•'AAC' = +0.1				
•'CC' = +0.3				

**A-802** SALTO

Whip back—2-legs/2-legs

Whip

**A-802** SALTO

Whip back—2-legs/2-legs

Whip

**C-804a** SALTO

BWD salto—Pike/LO—1-1/2 (540°) twist—2-legs/2-legs

BWD LO 1-1/2

**C-603** SALTO

FWD salto—Layout—1/1 (360°) twist—2-legs/2-legs

FWD LO 1/1

### EXAMPLE #6: CDB Dance

Total	DV	CV	XDV	Switch 1/4 → 'C' + Split Ring 1/1 → 'D' + Straddle 1/2 prone → 'B'
+0.4	+0.1	+0.3		
•'D' = +0.1				
•'CD' = +0.2				
•'DB' = +0.1				
Level 9N				
+0.2	+0.1	+0.1		
•'D' = +0.1				
•'CD' → 'CC' = +0.1				
•'DB' → 'CB' = ∅				

**C-105b** SALTO

Switch leg split leap—1/4 (90°) turn—45°/Straddle split (Johnson)

Switch 1/4

**D-108b** SALTO

Split jump—Ring—1/1 (360°) turn (Johnson)

Split Jump Ring 1/1

**B-108b** SALTO

Straddle pike/Side split jump—180° split—1/2 (180°) turn—Prone landing (Shushunova—1/2)

Shushunova 1/2

## ALL LEVELS — VAULT DEDUCTIONS

FIRST FLIGHT	SUPPORT/REPULSION	SECOND FLIGHT	LANDING
<b>POOR LEG / FOOT FORM</b>	<b>POOR LEG / FOOT FORM</b>	<b>POOR LEG / FOOT FORM</b>	<b>FEET</b>
↑0.10 Poor foot form		↑0.10 Poor foot form	<u>0.05</u> Feet land hip-width or closer—Never join
↑0.10 Crossed legs		↑0.10 Crossed legs	<u>0.10</u> Feet land more than hip-width apart
↑0.20 Separated legs		↑0.20 Separated legs	↑0.10 Slight hop—Feet adjust—Feet stagger
↑0.30 Bent legs	↑0.30 Bent legs—In support	↑0.30 Bent legs	<u>0.10</u> Steps-each ( <i>max 0.40</i> )
<b>BODY POSITION EXACTNESS</b>	<b>BODY POSITION EXACTNESS</b>	<b>BODY POSITION EXACTNESS</b>	<u>0.20</u> Large Step—Jump ( <i>Approximately 3-ft</i> )
↑0.20 Excessive arch		↑0.30 Stretched position—Hip angle ( <i>136°-179°</i> )	<b>ARMS / TRUNK</b>
↑0.30 Excessive pike	↑0.20 Arch	↑0.30 Stretched position—Arch	↑0.10 Arm swings—For balance
↑0.30 Incomplete LA turn		↑0.10 Exactness of LA turn	↑0.20 Trunk movement—For balance
		↑0.30 Insufficient tuck / pike	↑0.20 Poor body posture
		↑0.30 Fail to maintain stretch—Pike down	↑0.30 Squat
<b>SPECIFIC TO LEVEL</b>	↑0.20 Shoulder Angle		<b>PERFORMANCE</b>
<b>LEVELS 1N-3N</b>	<b>BODY POSITION TIMING</b>	<b>BODY POSITION TIMING</b>	↑0.30 LA Turn incomplete
↑0.30 Lack of accelerated run	↑0.50 LA turn begun too early	↑0.50 <del>LA turn started too late deleted</del>	↑0.30 Deviation from straight direction
↑0.30 Body lean—board contact		↑0.30 Late completion of twist—Salto VT	↑0.50 Dynamics
∅ Height deduction	↑0.30 Early tuck in repulsion—Salto VT	↑0.20 Insufficient / late extension—Tuck / pike	<b>FALLS / TOUCHES</b>
<b>LEVELS 1N-5N</b>		<u>0.30</u> Total absence of extension—Tuck / pike	↑0.30 Brush/touch w hand(s)—No support
↑0.50 Speed thru out	<b>ARMS/HANDS/HEAD EXACTNESS</b>	<u>0.10</u> Under-rotation—Salto VT	<u>0.50</u> Fall or support on 1 or both hands
∅ Height deduction	↑0.10 Staggered / Alternate hands—All VT**	<b>ARMS/HANDS/HEAD EXACTNESS</b>	<u>0.50</u> Fall against VT table
<b>LEVELS 2N-5N</b>	↑0.20 Alternate repulsion—All VT**		<u>0.50</u> Fall off/against Mat stack
↑0.30 Fail to finish / show flat-back position	<u>0.30</u> Simultaneous hops w both hands		VOID Fail to land bottom of feet first
<b>LEVELS 5N-7N</b>	↑0.30 Steps/hops on hands		VOID Land in any position on table top
<u>1.00</u> Fail to land top of resi	↑0.50 Arms bent ( <i>Slight bend lead arm Tsuk VT OK</i> )		<b>SPOT / COACH</b>
<b>LEVELS 6N-7N</b>	VOID No hand contact on Table		<b>LEVELS 1N-10N</b>
↑0.30 Lack of Rotation	<u>2.00</u> Head touch-support ( <i>0.5 bent arms included</i> )	<u>0.20</u> Brush/hit of body/head on Table	<u>0.50</u> Spot assist—Landing
∅ Distance Deduction	**Exception - 3/4 - 1/1 turn on		<b>LEVELS 2N-5N</b>
<b>CHIEF JUDGE</b>	<b>TECHNICAL EXACTNESS</b>	<b>TECHNICAL EXACTNESS</b>	<u>1.00</u> Spot assist—During VT ( <i>Not incl. landing</i> )
VOID No Safety Zone Mat—YU/FH	↑0.30 Fail to pass thru VER	↑.50 Insufficient height	<b>LEVELS 6N-7N</b>
<u>0.30</u> Incorrect apparatus specs	↑0.30 Too long in support ( <i>L8/9/10 ∅ salto VT</i> )	↑.30 Insufficient distance	<u>1.00</u> Spot between board/table
<u>0.20</u> Exceeds W-up time ( <i>After warning</i> )	↑1.00 Angle of Repulsion ( <i>L8/9/10 ∅ salto VT</i> )	<u>1.00</u> Touch only 1-hand ( <i>Each judge</i> )	<b>LEVEL PN</b>
<u>0.20</u> Failure to begin w/in 30s of signal			<u>1.00</u> Spot assist—Post-flight ( <i>PN Salto VT only</i> )
<u>0.50</u> Vaults w/o signal			<b>LEVELS 8N-10N</b>
<u>0.10</u> Fail to present before/after VT—each			<u>0.50</u> Coach between board/table
<u>0.20</u> Incorrect attire / jewelry ( <i>after 1st warning</i> )			( <i>Except YU/FH—No Penalty</i> )
<u>1.00</u> Touch w one hand ( <i>if 1/2 panel agrees</i> )			<u>1.00</u> Spot assist—Post-flight ( <i>8N Salto VT only</i> )
<u>Term</u> Exceeds fall time—Terminate VT			VOID Spot assist—During VT ( <i>DN, 9N, 10N</i> )
	<b>Balk = All levels: Vault attempt falls back to board = No score awarded</b>	<b>Courtesy Score 5.0 = 3N, 4N, 6N, 7N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)</b>	

# Section 7

## UB DEDUCTIONS



### ALL LEVELS — UNEVEN BAR DEDUCTIONS

UB	TECHNICAL PERFORMANCE
↑0.10	Under rotation—Release/flight elements
↑0.10	Precision of handstand positions—Thru out
↑0.10	Extension of glides / swing into Kips
0.10	Amplitude of cast less than HOR ( <i>Levels 5N / PN</i> )
0.10	Amplitude of cast HOR—20° above ( <i>Level DN</i> )
↑0.20	Amplitude of elements
↑0.30	Amplitude of casts ( <i>Levels 6N / 7N / 8N / 9N / 10N</i> )
↑0.30	Angle of turn completion
↑0.30	Height of salto dismount
↑0.30	Extension (open) of Tuck / Pike body position—Prior to landing Dismount
UB	ARTISTRY OF PERFORMANCE
↑0.10	Poor rhythm in elements/connections
↑0.10	Hesitation in jump or swing to HB
↑0.20	Dynamics
	• <i>Insufficient swingful execution—Thru out</i>
	• <i>Energy not maintained—Thru out</i>
	• <i>Fail to make difficult look effortless</i>
UB	EXCESSIVE PREPARATION/COMPLETION
↑0.10	Touch, brush apparatus/mat—Foot/feet
0.20	Hit apparatus—Foot/feet
0.30	Hit mat—Foot/feet
0.30	Uncharacteristic movement—To complete VP
0.30	Grasp apparatus—To avoid a fall
0.30	Intermediate (extra) swing/cast ( <i>Max 0.50 per occurrence</i> ) ( <i>7N, 8N, 9N, 10N</i> )
0.50	Full support on mat—Foot/feet ( <i>During routine</i> )
0.50	Spotting assist on element ( <i>No SR/No VP</i> )
UB	SPECIFIC EXECUTION
0.10	Landing too close to bar on dismount
↑0.40	Clear hip < 45° from VER ( <i>Levels 6N / 7N-10N</i> )
0.30	No dismount ( <i>Deduct from SV</i> ) ( <i>Not applied to Restricted VP</i> )

### GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
0.05	Flexed/sickled feet during VP
↑0.10	Legs/knees crossed
↑0.20	Legs/knees separated
↑0.20	Exactness of body shape—Tuck / Pike ( <i>Stretched - Arch or Hip Angle - 136° - 179°</i> )
↑0.20	Failure to maintain stretched body position ( <i>Pike down</i> )
↑0.30	Bent arms—In support
↑0.30	Bent knees (or Failure to Bend Knees 90° in Baby Giant)
ALL	GENERAL LANDING EXECUTION
	FEET
0.05	Feet land hip-width or closer—Never join on dismount
0.10	Feet land more than hip-width apart
↑0.10	Slight hop—Feet adjust—Feet stagger
0.10	Steps—Each ( <i>Max 0.40</i> )
0.20	Large step or jump
	ARMS / TRUNK
↑0.10	Arm swings—For balance
↑0.20	Trunk movement—For balance
↑0.20	Poor body posture—Landing elements
↑0.30	Squat—Upon landing
	PERFORMANCE
↑0.10	Deviation from straight direction
↑0.20	Incomplete turn/twist
	FALLS / TOUCHES
↑0.30	Brush/touch of landing surface w hand(s)
0.50	Spot assist on landing
0.50	Fall or support on apparatus / mat—On hand(s)
0.50	Fails to land bottom of feet first on dismount—Fall ( <i>No VP/SR; Do not apply 'No Dismount -0.30'</i> )

### CHIEF JUDGE DEDUCTIONS — UB

0.30	Incorrect apparatus specs	0.50	Starts exercise before signal	0.30	Failure to remove board after mount	0.20	Incorrect attire/jewelry ( <i>after 1st warning</i> )
0.30	Use of supplementary mats	0.20	Failure to begin w/in 30s of signal	0.20	Verbal cues by coach/team ( <i>after warning</i> )	0.20	Incorrect padding ( <i>Heels/hips</i> )
0.20	Exceeds warm-up time ( <i>After warning</i> )	0.50	3rd run approach—Mounts	0.20	Coach instructs gymnast during routine	1.00	Short routine < 5 elements ( <i>L6N-L10N only</i> )
0.10	Fail to present before/after routine— <i>each</i>	0.30	Board on unpermitted surface	Term	Exceeds fall time—Terminate exercise	0.30	Lands dismount into pit (No VP / SR)

## ALL LEVELS — BM / FX DEDUCTIONS

BM	FX	TECHNICAL PERFORMANCE
↑0.10	↑0.10	Body position/alignment—Dance
↑0.20	↑0.20	Legs not parallel to BM/FX in Split/Straddle/Pike
↑0.10	↑0.10	Turn elements not performed in high relevé
↑0.30	↑0.30	Relaxed/incorrect footwork in non-VP—Thru out
↑0.30	↑0.30	Relaxed / Incorrect / Insufficient leg/body position & flexibility non-VP—Thru out
↑0.20	↑0.20	Insufficient split when required—Dance/Acro (by level)
↑0.10	↑0.10	Feet apart—Landing Side jumps/Jumps
↑0.20	↑0.20	Height—Leaps/Jumps/Hops
↑0.20	-	Height—Acro Flight/Aerials
↑0.30	↑0.30	Height—Saltos/Dismount
↑0.30	↑0.30	Extension ( <i>open</i> ) of Tuck/Pike body position—Prior to landing Acro VP/Dismount
BM	FX	ARTISTRY OF PERFORMANCE
↑0.10	↑0.10	Lack of precision—Dance element
-	↑0.10	Rhythm—During direct connection
↑0.20	-	Rhythm—Connections—Dance/Mixed/Acro ( <i>not BWD flight</i> )
↑0.20	-	Sureness of performance—Thru out
↑0.20	-	Variation in rhythm/tempo—Thru out
↑0.20	↑0.20	Dynamics
↑0.30	↑0.30	Artistry/presentation—Originality/creativity
BM	FX	EXCESSIVE PREPARATION/COMPLETION
0.20	-	Support of 1-leg against side of BM
0.30	-	Grasp apparatus—To avoid a fall
↑0.30	-	Additional movements to maintain balance on beam
↑0.10	-	Hesitation in jump, press, swing to Handstand
0.10	0.10	Concentration pause (2s) → ( <i>Each time</i> )
0.20	0.10	Concentration pause (+2s) → ( <i>Each time</i> )
0.50	0.50	Spot assist—Element ( <i>No SR/No VP</i> )
BM	FX	SPECIFIC EXECUTION
0.10	-	Land too close to BM on dismount
↑0.30	-	Direction of gainer dismount off end of BM
-	↑0.30	Poor relationship of music & movement thru out
0.30	-	No dismount ( <i>Deduct from SV</i> ) ( <i>Not applied to Restricted VP</i> )
	0.05	Fail to hold ending position 1s

## GENERAL EXECUTION DEDUCTIONS

ALL GENERAL EXECUTION	
0.05	Flexed/sickled feet during VP
↑0.10	Legs/knees crossed
↑0.20	Legs/knees separated
↑0.20	Exactness of body shape—Tuck/Pike ( <i>Stretched - Arch or Hip angle - 136-179°</i> )
↑0.20	Fail to maintain stretched body position ( <i>Pike down</i> )
↑0.20	Incomplete turn/twist
↑0.30	Bent arms in support
↑0.30	Bent legs
ALL GENERAL LANDING EXECUTION	
FEET	
0.05	Feet land hip-width or closer—Never join on dismount
0.10	Feet land more than hip-width apart
↑0.10	Slight hop—Feet adjust—Feet stagger
0.10	Steps ( <i>Max 0.40</i> )
0.20	Large step or jump
ARMS / TRUNK	
↑0.10	Arm swings—For balance
↑0.20	Trunk movements—For balance
↑0.20	Poor body posture—Landing elements
↑0.30	Squat upon landing
PERFORMANCE	
↑0.10	Deviation from straight direction
FALLS / TOUCHES	
↑0.30	Brush/touch landing surface with hand(s)
0.50	Spot assist on landing
0.50	Fall or support on hand(s) on apparatus or mat
0.50	Fail to land on bottom of feet first on Saltos/Aerials/Dismount - fall ( <i>No VP/SR</i> )

## CHIEF JUDGE DEDUCTIONS — BM / FX

BM	FX	BM	FX	BM	FX	FX
0.30	-	0.20	0.20	0.20	0.20	0.10
	Incorrect apparatus specs		Fail to begin w/in 30s of signal		Coach instructs gymnast during routine	Fail to mark boundary line on mat
0.30	0.30	0.50	-	0.20	0.20	0.10
	Use of supplementary mats		3rd run approach—Mounts		Incorrect attire/jewelry ( <i>after 1st warning</i> )	Exceeds FX boundary line
0.20	0.20	0.30	-	0.20	0.20	0.50
	Exceeds warm-up time ( <i>After warning</i> )		Board on unpermitted surface		Excessive use of chalk	Coach on FX mat ( <i>Levels 8N - 10N</i> )
0.10	0.10	0.30	-	0.10	0.10	1.00
	Fail to present before/after routine— <i>each</i>		Fail to remove board after mount		Overtime	Music with lyrics/words
0.50	0.50	0.20	0.20	1.00	1.00	1.00
	Starts exercise before signal ( <i>Repetition</i> )		Verbal cues—Coach/team ( <i>after warning</i> )		Short routine <5 elements ( <i>L6N-L10N only</i> )	Absence of music
0.30	-			-	Term	
	Lands dismount into pit (No VP / SR)				Exceeds fall time Terminate	

# Section 9

## UB / BM / FX "ONE DEDUCTIONS SHEET"



### ALL LEVELS – UB / BM / FX DEDUCTIONS

UB	BM	FX	TECHNICAL PERFORMANCE
<b>Rotation</b>			
↑0.10	-	-	Under rotation→ Release / Flight
↑0.30	↑0.30	↑0.30	Lack extension ( <i>open</i> ) of Tuck/Pike→Prior to land→ Acro / Dismount
<b>Precision</b>			
-	↑0.10	↑0.10	Not performed in high relevé→ Turn elements <sup>QB</sup> Lack of precision→Dance VP
↑0.10	-	-	Precision→ Handstand positions→Thru out
↑0.10	-	-	Lack of Extension→ Glides / swing into Kips
-	↑0.10	↑0.10	Body position / Alignment→ Dance
-	↑0.10	↑0.10	Feet apart→ Landing Side Jumps / Jumps
-	↑0.20	↑0.20	Insufficient required split→ Dance / Acro
-	↑0.20	↑0.20	Legs not parallel to BM / FX→ Split / Straddle / Pike
-	↑0.30	↑0.30	Relaxed / Incorrect footwork→ Thru out ( <i>Non-VP</i> )
-	↑0.30	↑0.30	Relaxed / Incorrect / Insufficient→ Leg / Body position / Flexibility→ Thru out ( <i>Non-VP</i> )
<b>Amplitude</b>			
0.10	-	-	Amplitude → Casts < HOR ( <i>Levels 5N / PN</i> )
0.10	-	-	Amplitude → Casts HOR—20° above ( <i>Level DN</i> )
↑0.20	↑0.20	↑0.20	Amplitude / Height→ Leaps / Jumps / Hops / Acro Flight / Aerials / UB Elements
↑0.30	↑0.30	↑0.30	Amplitude / Height→ Saltos / Dismount
↑0.30	-	-	Amplitude → Casts ( <i>L6N / 7N / 8N / 9N / 10N</i> )
UB	BM	FX	ARTISTRY OF PERFORMANCE
<b>Rhythm</b>			
-	0.10	0.10	Concentration pause ( <i>2s</i> )→ ( <i>Each time</i> )
-	0.20	0.10	Concentration pause ( <i>+2s</i> )→ ( <i>Each time</i> )
↑0.10	-	-	Hesitation→ Jump / Press / Swing to Handstand <sup>QB</sup> Hesitation→ Jump to HB
↑0.10	-	↑0.10	Rhythm during→ Direct connection <sup>QB</sup> Poor rhythm→ Elements / Connections
-	↑0.20	-	Rhythm→ Connections Dance / Mixed / Acro ( <i>not BWD flight</i> )
-	↑0.20	-	Lack of Rhythm / Tempo variation→ Thru out
<b>Sureness / Dynamics / Artistry</b>			
-	↑0.20	-	Sureness of performance→ Thru out
↑0.20	↑0.20	↑0.20	Dynamics / Insuff Swingful execution / Energy not maintained / Effortless→ Thru out
-	↑0.30	↑0.30	Artistry / Presentation→ Originality / Creativity
UB	BM	FX	PREPARATION/COMPLETION
↑0.10	-	-	Touch / Brush apparatus / Mat→ w/ Foot / Feet
-	↑0.30	-	Additional movements→ Maintain balance
0.20	0.20	-	Support of 1-leg against side of BM <sup>QB</sup> Hit Foot / Feet on apparatus
0.30	0.30	-	Grasp apparatus→ To avoid a fall <sup>QB</sup> Hit Foot / Feet → On Mat
0.30	0.30	-	Supplemental support / Uncharacteristic movement→ To complete VP
0.30	-	-	Intermediate (extra) Swing / Cast ( <i>Max 0.50 per occurrence</i> ) ( <i>7N, 8N, 9N, 10N</i> )
0.50	-	-	Full support on Foot / Feet on mat→ During routine
UB	BM	FX	SPECIFIC EXECUTION
-	-	0.05	Fail to hold ending position 1s
0.10	0.10	-	Land too close to BM / UB→ Dismount
0.30	0.30	-	No dismount ( <i>Deduct from SV</i> ) ( <i>Not applied to Restricted VP</i> )
-	-	↑0.30	Poor relationship of Music / Movement→ Thru out
-	↑0.30	-	Direction of gainer dismount→ Off end of BM
↑0.40	-	-	Clear hip → < 45° from VER ( <i>6N / 7N-10N</i> )

### GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
<b>Legs</b>	
0.05	Flexed / Sickled feet→ During VP
↑0.10	Legs / Knees crossed
↑0.20	Legs / Knees separated
↑0.30	Bent legs
<b>Arms</b>	
↑0.30	Bent arms→ In support
<b>Torso</b>	
↑0.20	Exactness of body shape→ Tuck/Pike ( <i>Stretched - Arch or Hip angle - 136° - 179°</i> )
↑0.20	Fail to maintain→ Stretched body position ( <i>Pike down</i> )
↑0.20	Incomplete Turn / Twist
ALL	GENERAL LANDING EXECUTION
<b>Feet</b>	
0.05	Feet land hip-width or closer→ Never join→ Dismount
0.10	Feet land more than hip-width apart
↑0.10	Slight hop / Feet adjust / Feet stagger
0.10	Steps ( <i>Max 0.40</i> )
0.20	Large Step / Jump
<b>Arms / Torso</b>	
↑0.10	Arm swings→ For balance
↑0.20	Trunk movements→ For balance
↑0.20	Poor body posture→ On landing
↑0.30	Brush / Touch→ Landing surface with hand(s)
<b>Landing Deviation</b>	
↑0.10	Deviation→ From straight direction
↑0.30	Squat→ On landing
<b>Falls / Spot</b>	
0.50	Fall / Support on hand(s)→ On Apparatus / Mat
0.50	Spot assist→ Landing
0.50	Spot assist→ Element ( <i>No SR/No VP</i> )
0.50	Fail to land bottom of feet first→ Saltos / Aerials / Dismount ( <i>Fall</i> ) ( <i>No VP/SR</i> )

### CHIEF JUDGE DEDUCTIONS – UB / BM / FX

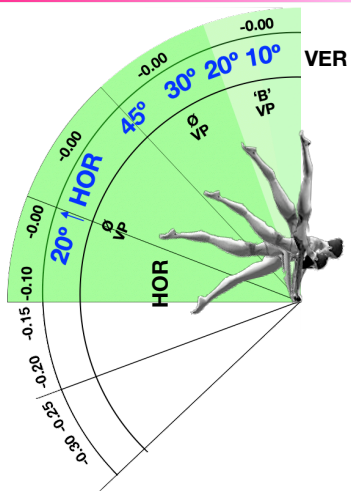
UB	BM	FX	UB	BM	FX	
0.30	0.30	-	-	-	0.50	Coach on FX mat ( <i>Levels 8N - 10N</i> )
0.30	0.30	0.30	0.50	0.50	-	3rd run approach→Mounts
0.20	0.20	0.20	0.30	0.30	-	Board on unpermitted surface
0.10	0.10	0.10	0.30	0.30	-	Fail to remove board after mount
0.50	0.50	0.50	0.20	0.20	0.20	Verbal cues→Coach/team ( <i>after warning</i> )
0.20	0.20	0.20	0.20	0.20	-	Warm up on mat after fall ( <i>no warning</i> )
-	0.20	0.20	0.20	0.20	0.20	Incorrect attire / Jewelry ( <i>after 1st warning</i> )
0.30	0.30	-	0.20	-	-	Incorrect padding ( <i>heels / hips</i> )
-	0.10	0.10	-	-	1.00	Music with lyrics/words
-	-	0.10	-	-	1.00	Absence of music
-	-	0.10	1.00	1.00	1.00	< 5 ele. Short Routine ( <i>L6N - L10N only</i> )
						Terminate Exceeds fall time

# Section 10

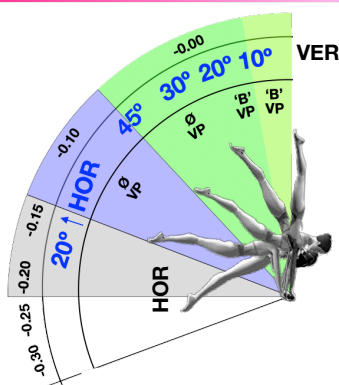
## UB CAST, SWING, CIRCLE ANGLES



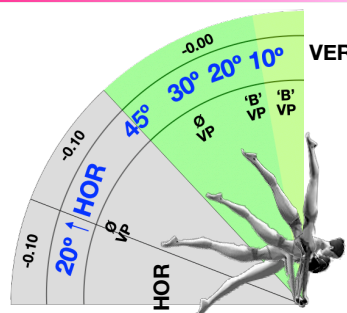
### 6N CASTING



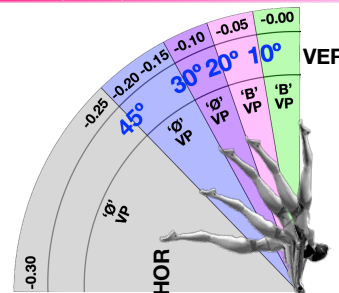
### 7N CASTING



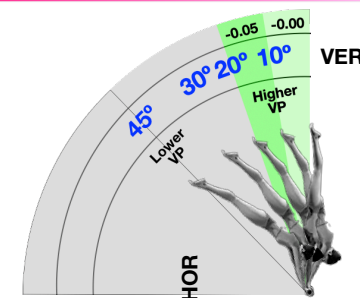
### DN CASTING



### 8N, 9N, 10N CASTING



### FLIGHT TO HS HB > LB

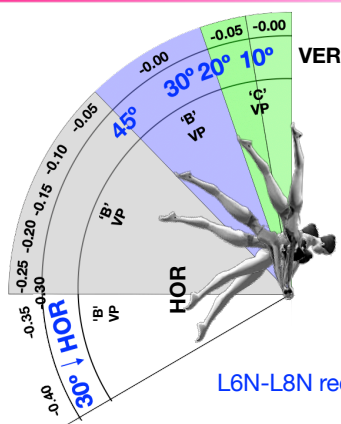


8N Exceptions: **HB cast to below skills**

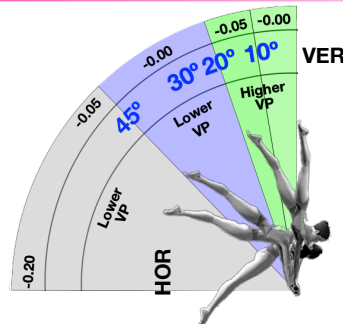
≡ ∅ deduction

- **B-705b** HB Pike Sole 1/2 (180°) turn over LB
- **B-406** HB Long swing FWD 1/2 (180°) turn over LB

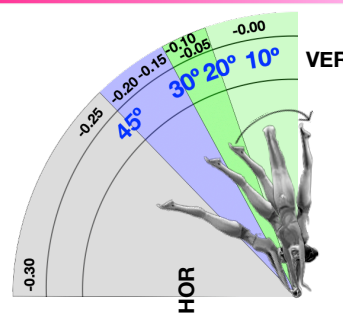
### 6N-10N CLEAR HIP CIRCLE



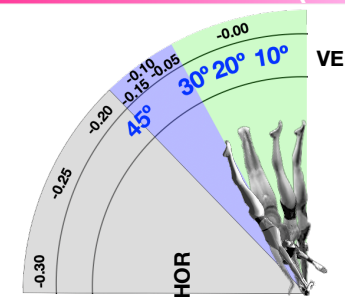
### 6N-10N STALDER/PIKE CIRCLE



### TURNS IN HANDSTANDS



### 1/1 TURN AFTER HS (Healy)



L6N-L8N receive NO deduction for 10°-20° from VER on all circling VP

### BAR GRIPS

Most Popular Grips

- Regular/Over**—Both overhand, palms away
- Reverse/Under**—Both underhand, palms face up
- Mixed**—(1) hand regular (1) hand reverse
- Cross Mixed**—Mixed grip w (1) arm crossed over
- 'L' (Eagle)**—360° twist from under, thumbs out
- Mixed 'L'**—(1) hand reverse, (1) hand 'L'

### BAR TURNS

Most Popular Bar Turn techniques

- Regular**—(2) hand changes, (1) before, (1) after HS
- Healy**—360° turn, 1-arm, after HS; finishes in Mixed 'L'/'L'
- Higgins**—Leads w back of body; 1-hand does not move; finishes in Mixed 'L'/'L'; usually next element is FWD Giant
- Blind**—BWD Giant, 1/2 turn, completes near HS

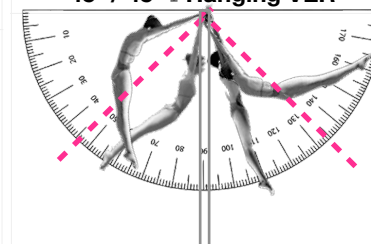
### IN-BAR DROP

Acceptable Arch or "Flair"



### TAP SWING

45° / 45° ↓ Hanging VER



# Section 11

## BM / FX—LEAPS, JUMPS ANGLES



### BM—Split Jump / Leap Element

	<b>Level 3N</b>	<b>Level 4N Level 4N</b>	<b>Level 5N</b>	<b>Level 6N Level 6N</b>	<b>Level 7N Level 8N Level 8N Level 9N Level 10N</b>
Insufficient split when required ↑0.20 Not within 45° of required split = Lower VP & Ø SR	<b>Min 60°</b>	<b>Min 90°</b>	<b>Min 120°</b>	<b>Min 150°</b>	<b>Min 180°</b>
	<p>50° - 59° = 0.05 40° - 49° = 0.10 30° - 39° = 0.15 Below 30° = 0.20</p>	<p>80° - 89° = 0.05 70° - 79° = 0.10 60° - 69° = 0.15 Below 60° = 0.20</p>	<p>110° - 119° = 0.05 90° - 99° = 0.10 80° - 89° = 0.15 Below 80° = 0.20</p>	<p>140° - 149° = 0.05 130° - 139° = 0.10 120° - 129° = 0.15 Below 120° = 0.20</p>	<p>170° - 179° = 0.05 160° - 169° = 0.10 150° - 159° = 0.15 Below 150° = 0.20</p>

### FX—Split Jump / Leap Element

	<b>Level 3N Level 4N</b>	<b>Level 4N Level 5N</b>	<b>Level 6N Level 6N</b>	<b>Level 7N Level 8N Level 8N Level 9N Level 10N</b>
Insufficient split when required ↑0.20 Not within 45° of required split = Lower VP & Ø SR	<b>Min 90°</b>	<b>Min 120°</b>	<b>Min 150°</b>	<b>Min 180°</b>
	<p>80° - 89° = 0.05 70° - 79° = 0.10 60° - 69° = 0.15 Below 60° = 0.20</p>	<p>110° - 119° = 0.05 90° - 99° = 0.10 80° - 89° = 0.15 Below 80° = 0.20</p>	<p>140° - 149° = 0.05 130° - 139° = 0.10 120° - 129° = 0.15 Below 120° = 0.20</p>	<p>170° - 179° = 0.05 160° - 169° = 0.10 150° - 159° = 0.15 Below 150° = 0.20</p>

### Ideal Positions

**Tuck**



**Wolf**



**Pike**



**Straddle Pike**



**Straddle**



**Ring Leap**



**Ring Jump**



## UB Choice of Elements

**0.10 Choice of Elements not up to competitive level**

1. Standards: “Up to competitive level”
  - a. Single bar release min ‘D’ VP  
     **OR**
  - a. Release ‘E’ VP  
     **OR**
  - a. Min (2) ‘D’ Release VP  
     **OR**
  - a. Min (2) ‘E’ VP
2. Exercise must have:
  - a. Min ‘D’ Dismount  
     **OR**
  - a. ‘C’ Dismount in bonus combination
3. More than (1) squat/stoop on LB w/wo sole circle to grasp HB = Deduct .10 each time  
**EXCEPTION:** Following UB fall, gymnast allowed to perform cast squat/pike-on to resume routine w/o deduction. Once gymnast performs a planned squat/stoop-on, only additional planned squat/stoop on(s) subject to 0.10 each deduction.

## BM Choice of Elements

**0.10 Choice of Elements not up to competitive level**

1. Standards: “Up to competitive level”
  - a. Flight series performed on BM w/o Connection Value, required to have:
    - 1) Skills performed and stopped on BM
    - 2) Additional ‘D/E’ Acro element  
     **OR**
    - 2) ‘E’ dance element  
     *Including mounts and dismounts*
  - b. ‘D/E’ Acro skill directly connected to dismount CANNOT fulfill “Up to level requirement”

**EXCEPTION:** If Acro Series is completed but not awarded CV due to FALL, UTL deduction is not applied

**BM Lack of Variety****0.10 Lack BWD Acro**

- Min ‘A’

**0.10 Lack FWD/SWD Acro**

- Min ‘A’

1. Standards: BWD, FWD/SWD: “Lack of variety in Acro choice”
  - a. Must be from Mounts, Rolls, Walkovers/ Cartwheels, Saltos
  - b. Round off = SWD element
  - c. Jump BWD-FF w 1/2 (180°) twist—FWD walkover (Arabian) = FWD element
  - d. Tic-Toc = FWD or BWD element

## FX Choice of Elements

**0.10 Choice of Elements not up to competitive level**

1. All routines must include
  - a. One (1) ‘E’ Acro/Dance  
     **OR**
  - a. Two (2) different ‘D’ VP—One (1) an Acro
  - b. Acro dismount, min ‘C’ salto in bonus connection  
     **OR**
  - b. Min ‘D’ salto
2. Two (2) tumbling passes must include
  - a. Min ‘D’ in one (1) pass
  - b. Min ‘D’  
     **OR**
  - b. +0.20 CV in other pass  
     Any order

**EXCEPTION:** One (1) Acro pass routine does not meet UTL requirement

**FX Lack of Variety****0.10 Lack Dance Bonus Skill Set 1 or 2**

- Min +0.1 CV **OR** +0.10 ‘D/E’ Bonus

**0.10 Lack Variety in Acro VP**



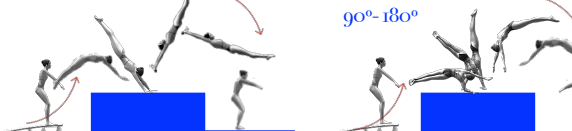
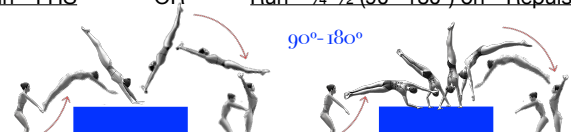

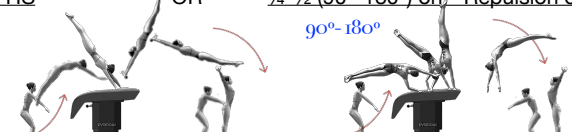
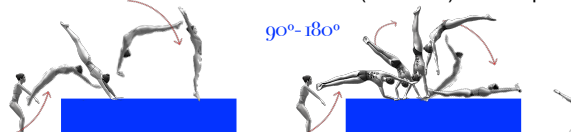
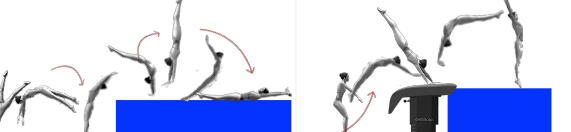

- Missing min ‘A’ BWD salto

**0.10 Lack (2) Directions Acro Salto BWD & FWD/SWD**

- Min ‘A’ Salto



# VAULT — LEVELS 1N, 2N/BN, SN, 3N, 4N, GN, 5N, 6N, 7N

<p><b>1N — WU = :30/1-VT</b> Run — Stretch Jump</p>  <p><b>Run — Stretch jump</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Surface — Stacked Mats — Min 8" - Max 24"</li> <li><input checked="" type="checkbox"/> Alternate tramp board allowed</li> <li><input checked="" type="checkbox"/> Acceleration evaluated</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Board lean evaluated</li> <li><input checked="" type="checkbox"/> Landing evaluated</li> </ul> <p style="text-align: right;"><b>WU = :30/1-VT</b></p>	<p><b>2N/BN — WU = :30/1-VT</b>      <b>SN — WU = :45/2-VT</b> Run — Jump HS — Fall flat back</p>  <p><b>HS Flat Back Fall</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Surface — Min 16" - Max 48" — 2N/BN</li> <li><input checked="" type="checkbox"/> Surface — Min 24" - Max 48" — SN</li> <li><input checked="" type="checkbox"/> Alternate tramp board allowed</li> <li><input checked="" type="checkbox"/> Feet first' VOID deduction does NOT apply</li> <li><input checked="" type="checkbox"/> Acceleration evaluated</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Board lean evaluated</li> <li><input checked="" type="checkbox"/> Landing not evaluated</li> </ul> <p style="text-align: right;"><b>WU = :30/1-VT</b></p>	<p><b>3N — WU = :45/2-VT</b> Run — FHS      OR      Run — ¼-½ (90°-180°) on — Repulsion off</p>  <p><b>FHS</b>      <b>Tsuk Timer</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Over Resi — Min 24" - Max 48"</li> <li><input checked="" type="checkbox"/> Alternative tramp board allowed</li> <li><input checked="" type="checkbox"/> Acceleration evaluated</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Board lean evaluated</li> <li><input checked="" type="checkbox"/> Landing evaluated</li> </ul>
<p><b>4N — WU = 1:00/2-VT</b> Run — FHS      OR      Run — ¼-½ (90°-180°) on — Repulsion off</p>  <p><b>FHS</b>      <b>Tsuk Timer</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Over Resi — Min 24" - Max 48"</li> <li><input checked="" type="checkbox"/> No alternate tramp board allowed</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Landing evaluated</li> </ul>	<p>OR      Run — RO — BHS</p>  <p><b>Yurchenko Timer</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Over Resi — Min 24" - Max 48"</li> <li><input checked="" type="checkbox"/> No alternate tramp board allowed</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Landing evaluated</li> <li><input checked="" type="checkbox"/> Hand mat recommended</li> <li><input checked="" type="checkbox"/> Safety Zone required</li> </ul>	<p><b>GN — WU = 1:00/2-VT</b> FHS      OR      ¼-½ (90°-180°) on — Repulsion off</p>  <p><b>FHS</b>      <b>Tsuk Timer</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Over Table — Max 135 cm — Manufacturer setting</li> <li><input checked="" type="checkbox"/> 9.5 SV — Using alternate tramp board</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> <li><input checked="" type="checkbox"/> Landing evaluated</li> </ul>
<p><b>5N — WU = 1:00/2-VT</b> Run — FHS      OR      Run — ¼-½ (90°-180°) on — Repulsion off</p>  <p><b>FHS to Stack</b>      <b>Tsuk Timer to Stack</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Up to Resi — No Table used — Min 24" - Max 56"</li> <li><input checked="" type="checkbox"/> Judging stops w/ foot touch</li> <li><input checked="" type="checkbox"/> Land stand or flat back (FHS MUST land in stand)</li> <li><input checked="" type="checkbox"/> Speed evaluated</li> </ul>	<p>OR      Run — RO — BHS</p>  <p><b>Yurchenko Timer to Stack</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Hand mat recommended</li> <li><input checked="" type="checkbox"/> Safety Zone required</li> </ul>	<p><b>6N — WU = 1:30/3-VT</b>      <b>7N — WU = 1:30/3-VT</b> Run — FHS      OR      Run — ¼-½ (90°-180°) on — Repulsion off</p>  <p><b>FHS to Stack</b>      <b>Tsuk Timer to Stack</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Over table — Mat stack — Max 64" behind table</li> <li><input checked="" type="checkbox"/> Max 135 cm — Manufacturer setting</li> <li><input checked="" type="checkbox"/> Judging stops on foot contact</li> <li><input checked="" type="checkbox"/> Land stand or flat back (FHS MUST land in stand)</li> </ul>

