

## 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 4N-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	<i>**Exception - 3/4 - 1/1 turn on</i>		<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> )
	<i>Balk = All levels: Vault attempt falls back to board = No score awarded</i>	<i>Courtesy Score 5.0 = L3N, 4N, 6N, 7N vault attains hand support, lands/falls on top of table/mat stack (does not return to board)</i>	

# 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
↑0.20	Amplitude of elements
↑0.30	Amplitude of casts ( <i>Levels 6N/7N/8N-10N</i> )
↑0.30	Angle of turn completion
↑0.30	Height of salto dismount
↑0.30	Extention (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
<u>0.20</u>	Hit apparatus—Foot/feet
<u>0.30</u>	Hit mat—Foot/feet
<u>0.30</u>	Uncharacteristic movement—To complete VP
<u>0.30</u>	Grasp apparatus—To avoid a fall
<u>0.30</u>	Intermediate (extra) swing/cast ( <i>Max 0.50 per occurrence</i> ) ( <i>L5N-10N</i> )
<u>0.50</u>	Full support on mat—Foot/feet ( <i>During routine</i> )
<u>0.50</u>	Spotting assist on element ( <i>No SR/No VP</i> )
UB	SPECIFIC EXECUTION
<u>0.10</u>	Landing too close to bar on dismount
↑0.40	Clear hip / Stalders / Toe circles < 45° from VER ( <i>Levels 6N/7N-10N</i> )
<u>0.30</u>	No dismount ( <i>Deduct from SV</i> )

### GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
<u>0.05</u>	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 legs
ALL	GENERAL LANDING EXECUTION
	FEET
<u>0.05</u>	Feet land hip-width or closer—Never join on dismount
<u>0.10</u>	Feet land more than hip-width apart
↑0.10	Slight hop—Feet adjust—Feet stagger
<u>0.10</u>	Steps—Each ( <i>Max 0.40</i> )
<u>0.20</u>	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)
<u>0.50</u>	Spot assist on landing
<u>0.50</u>	Fall or support on apparatus / mat—On hand(s)
<u>0.50</u>	Fails to land bottom of feet first on dismount—Fall ( <i>No VP/SR</i> )

### CHIEF JUDGE DEDUCTIONS — UB

<u>0.30</u> Incorrect apparatus specs	<u>0.50</u> Starts exercise before signal	<u>0.30</u> Failure to remove board after mount	<u>0.20</u> Incorrect attire/jewelry ( <i>after 1st warning</i> )
<u>0.30</u> Use of supplementary mats	<u>0.20</u> Failure to begin w/in 30s of signal	<u>0.20</u> Verbal cues by coach/team ( <i>after warning</i> )	<u>0.20</u> Excessive use of chalk
<u>0.20</u> Exceeds warm-up time ( <i>After warning</i> )	<u>0.50</u> 3rd run approach—Mounts	<u>0.20</u> Coach instructs gymnast during routine	<u>0.20</u> Incorrect padding ( <i>Heels/hips</i> )
<u>0.10</u> Fail to present before/after routine— <i>each</i>	<u>0.30</u> Board on unpermitted surface	<u>Term</u> Exceeds fall time—Terminate exercise	<u>1.00</u> Short routine < 5 elements ( <i>except L1N</i> )

## 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
↑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	-	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
<u>0.20</u>	-	Support of 1-leg against side of BM
<u>0.30</u>	-	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 ( <i>2s</i> ) → ( <i>Each time</i> )
<u>0.50</u>	<u>0.50</u>	Spot assist—Element ( <i>No SR/No VP</i> )
BM	FX	SPECIFIC EXECUTION
<u>0.10</u>	-	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
<u>0.30</u>	-	No dismount ( <i>Deduct from SV</i> )
	<u>0.05</u>	Fail to hold ending position 1s

## GENERAL EXECUTION DEDUCTIONS

ALL GENERAL EXECUTION	
<u>0.05</u>	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	
<u>0.05</u>	Feet land hip-width or closer—Never join on dismount
<u>0.10</u>	Feet land more than hip-width apart
↑0.10	Slight hop—Feet adjust—Feet stagger
<u>0.10</u>	Steps ( <i>Max 0.40</i> )
<u>0.20</u>	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)
<u>0.50</u>	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
<u>0.30</u>	-	<u>0.20</u>	<u>0.20</u>	<u>0.20</u>	<u>0.20</u>	<u>0.10</u>
	Incorrect apparatus specs		Fail to begin w/in 30s of signal		Coach instructs gymnast during routine	Fail to mark boundary line on mat
<u>0.30</u>	<u>0.30</u>	<u>0.50</u>	-	<u>0.20</u>	<u>0.20</u>	<u>0.10</u>
	Use of supplementary mats		3rd run approach—Mounts		Incorrect attire/jewelry ( <i>after 1st warning</i> )	Exceeds FX boundary line
<u>0.20</u>	<u>0.20</u>	<u>0.30</u>	-	<u>0.20</u>	<u>0.20</u>	<u>0.50</u>
	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> )
<u>0.10</u>	<u>0.10</u>	<u>0.30</u>	-	<u>0.10</u>	<u>0.10</u>	<u>1.00</u>
	Fail to present before/after routine— <i>each</i>		Fail to remove board after mount		Overtime	Music with lyrics/words
<u>0.50</u>	<u>0.50</u>	<u>0.20</u>	<u>0.20</u>	-	<u>Term</u>	<u>1.00</u>
	Starts exercise before signal ( <i>Repetition</i> )		Verbal cues—Coach/team ( <i>after warning</i> )		Exceeds fall time Terminate	Absence of music
<u>0.30</u>	-					
	Lands dismount into pit (No VP / SR)					

# 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>			
-	↑0.20	↑0.20	Amplitude / Height→ Leaps / Jumps / Hops / Acro Flight / Aerials
↑0.30	↑0.30	↑0.30	Amplitude / Height→ Saltos / Dismount
↑0.30	-	-	Amplitude→ Casts ( <i>L6N / 7N / 8N-10N</i> )
UB	BM	FX	ARTISTRY OF PERFORMANCE
<b>Rhythm</b>			
-	↑0.10	↑0.10	Concentration pause ( <i>2s</i> )→ ( <i>Each time</i> )
↑0.10	↑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
<u>0.20</u>	<u>0.20</u>	-	Support of 1-leg against side of BM <sup>QB</sup> Hit Foot / Feet on apparatus
<u>0.30</u>	<u>0.30</u>	-	Grasp apparatus→ To avoid a fall <sup>QB</sup> Hit Foot / Feet → On Mat
<u>0.30</u>	<u>0.30</u>	-	Supplemental support / Uncharacteristic movement→ To complete VP
<u>0.30</u>	-	-	Intermediate (extra) Swing / Cast ( <i>max 0.50 each occurrence</i> )
<u>0.50</u>	-	-	Full support on Foot / Feet on mat→ During routine
UB	BM	FX	SPECIFIC EXECUTION
-	-	<u>0.05</u>	Fail to hold ending position 1s
<u>0.10</u>	<u>0.10</u>	-	Land too close to BM / UB→ Dismount
<u>0.30</u>	<u>0.30</u>	-	No dismount ( <i>Deduct from SV</i> )
-	-	↑0.30	Poor relationship of Music / Movement→ Thru out
-	↑0.30	-	Direction of gainer dismount→ Off end of BM
↑0.40	-	-	Clean hip / Stalder / Sole circles→ < 45° from VER ( <i>6N / 7N-10N</i> )

## GENERAL EXECUTION DEDUCTIONS

ALL	GENERAL EXECUTION
<b>Legs</b>	
<u>0.05</u>	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>	
<u>0.05</u>	Feet land hip-width or closer→ Never join→ Dismount
<u>0.10</u>	Feet land more than hip-width apart
↑0.10	Slight hop / Feet adjust / Feet stagger
<u>0.10</u>	Steps ( <i>Max 0.40</i> )
<u>0.20</u>	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>	
<u>0.50</u>	Fall / Support on hand(s)→ On Apparatus / Mat
<u>0.50</u>	Spot assist→ Landing
<u>0.50</u>	Spot assist→ Element ( <i>No SR/No VP</i> )
<u>0.50</u>	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	-	Incorrect apparatus specs	-	-	0.50	Coach on FX mat ( <i>Levels 8N - 10N</i> )
0.30	0.30	0.30	Use of supplementary mats	0.50	0.50	-	3rd run approach→Mounts
0.20	0.20	0.20	Exceeds warm-up time ( <i>After warning</i> )	0.30	0.30	-	Board on unpermitted surface
0.10	0.10	0.10	Fail to present before/after routine— <i>ea</i>	0.30	0.30	-	Fail to remove board after mount
0.50	0.50	0.50	Starts exercise before signal ( <i>Repetition</i> )	0.20	0.20	0.20	Verbal cues→Coach/team ( <i>after warning</i> )
0.20	0.20	0.20	Fail to begin w/in 30s of signal	0.20	0.20	-	Warm up on mat after fall ( <i>no warning</i> )
-	0.20	0.20	Excessive use of chalk	0.20	0.20	0.20	Incorrect attire / Jewelry ( <i>after 1st warning</i> )
0.30	0.30	-	Lands dismount into pit (No VP / SR)	0.20	-	-	Incorrect padding ( <i>heels / hips</i> )
-	0.10	0.10	Overtime	-	-	1.00	Music with lyrics/words
-	-	0.10	Fail to mark boundary line on mat	-	-	1.00	Absence of music
-	-	0.10	Exceeds FX boundary line	-	-	1.00	Short Routine
							Terminate Exceeds fall time