

Level 4 Bars - Specific Deductions

B.Eberhardt
6/18/2021

Mount: Straddle or Pike Glide Kip (0.60)

Failure to close legs at end of straddle glide swing	<u>0.10</u>
Failure to lead with the feet in the forward glide swing (<i>performs a long hang swing</i>)	^0.10
Failure to take off from both feet simultaneously	<u>0.10</u>
Insufficient extension at end of glide swing	^0.20
Performs run-out glide	<u>0.30</u>

Cast to Horizontal & Return to Front Support (0.40)

Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>)	^0.20
Insufficient amplitude of cast (<i>line from shoulders to mid-point of lowest body part - abdomen, hips, knees, or feet</i>)	^0.30
* 1°-44° below horizontal 0.05-0.15	
*At 45° below horizontal <u>0.20</u>	
*46° or more below horizontal 0.25-0.30	
Lack of control in returning to the bar	^0.10

Cast, Squat-On, OR Pike-On, OR Cast, 360 Backward Sole Circle (0.20)

Alternate foot placement	<u>0.20</u>
Insufficient backward swing of legs into cast (<i>hip lift only</i>)	<u>0.05</u>

Long Hang Kip (0.60)

Failure to swing to near horizontal	^0.20
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Cast to Horizontal (0.40)

Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>)	^0.20
Insufficient amplitude of cast (<i>line from shoulders to mid-point of lowest body part - abdomen, hips, knees, or feet</i>)	^0.30
* 1°-44° below horizontal 0.05-0.15	
*At 45° below horizontal <u>0.20</u>	
*46° or more below horizontal 0.25-0.30	

Back Hip Circle (0.40)

Failure to maintain hip or upper thigh contact on bar throughout	^0.20
Failure to maintain neutral head position	^0.10
Failure to maintain straight-hollow body throughout	^0.20
Lack of continuity of circle	^0.10

Underswing (0.60) (Value combined with 1st Counterswing)

Failure to maintain neutral head position	^0.10
Failure to maintain straight-hollow body throughout	^0.20
Hips contacting bar (<i>no deduction for thighs touching bar</i>)	<u>0.20</u>

1st Counterswing (min 30° below horizontal) (0.60) (Value combined with Underswing)	
Body arching or hips opening to an extended position with the feet over low bar during counterswing	<u>0.30</u>
Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward <i>(excessive piking)</i>	^0.20
Hips not at minimum 30° below the level of the high bar <i>(horizontal)</i>	^0.20
Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)	
Failure to show slight arched position during the downward swing	<u>0.10</u>
Failure to attain straight-hollow body position on upswing	^0.20
Insufficient amplitude <i>(feet not at high bar height)</i>	^0.20
2nd Counterswing (min 30° below horizontal) (0.60) (Value combined with Tap swing forward)	
Body arching or hips opening to an extended position with the feet over low bar during counterswing	<u>0.30</u>
Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward <i>(excessive piking)</i>	^0.20
Hips not at minimum 30° below the level of the high bar <i>(horizontal)</i>	^0.20
Dismount: Tap Swing Forward with 1/2 (180°) Turn (0.60)	
Beginning turn prior to 45° below height of high bar	^0.20
Failure to attain straight-hollow body position on upswing	^0.20
Failure to complete 1/2 (180°) turn prior to re-contact	^0.20
Failure to re-contact the bar with the free hand as the 1/2 (180°) turn is completed	<u>0.30</u>
Failure to show slight arched position during the downward swing	<u>0.10</u>

Level 4 Beam - Specific Deductions

B.Eberhardt
6/18/2021

Mount: Front Support Fish Pose Mount (0.20)	
Failure to extend body in front support	^0.10
Lack continuity from the mount to stand	^0.10
Performing a knee scale	<u>0.30</u>
Cartwheel (0.60) (can be reversed)	
Failure to pass through vertical	^0.30
Incorrect (simultaneous) hand placement	<u>0.10</u>
1/2 (180°) Turn in Forward Passé (0.40) (can be reversed)	
Leg in incorrect position (<i>not in forward passé</i>)	<u>0.10</u>
Use of heel-snap technique	<u>0.30</u>
Stretch Jump (0.20)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Connection broken between Stretch Jump & Split Jump	<u>0.05</u>
Insufficient continuity between Stretch Jump & Split Jump	No Ded
Split Jump (120°) (0.40)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Uneven leg separation	^0.20
Cross Handstand (0.60) (can be reversed)	
Failure to attain vertical	^0.30
Failure to close (<i>join</i>) legs (<i>side by side</i>)	<u>0.10</u>
Failure to hold one second	^0.10
Incorrect (<i>staggered</i>) hand placement	<u>0.10</u>
Scale (Horizontal) (0.40)	
Failure to hold one second	^0.10
Failure to lift free leg to a minimum of horizontal in scale	^0.20
Straight Leg Leap (120°) (0.60)	
Bending lead (<i>front</i>) leg on take-off	^0.10
Failure to pause in low arabesque position on landing	<u>0.05</u>
Uneven leg separation	^0.20
Dismount: Cartwheel to side Handstand 1/4 (90°) turn (0.60) (can be reversed)	
1/4 (90°) turn incomplete or overturned	^0.10
Failure to complete dismount:	^0.60
<ul style="list-style-type: none"> * These deductions do <u>not</u> include possible body position faults * When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases <u>not</u> performed. 	
<p>Example: Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: ^0.30 Fail to attain vertical + <u>0.10</u> Fail to hold 1 sec + <u>0.20</u> Fail to perform turn = 0.60 So, 0.60 Incomplete element + <u>0.50</u> Fall = 1.10 Total Deduction</p>	
Failure to hold one (1) second	^0.10
Failure to maintain hand contact until the body passes by the horizontal plane of the beam	^0.10
Failure to attain vertical	^0.30
Failure to perform the 1/4 (90°) turn	<u>0.20</u>
Incorrect (<i>simultaneous</i>) hand placement	<u>0.10</u>

Level 4 Floor - Specific Deductions

B.Eberhardt
6/18/2021

Back Walkover (150°) (0.40) (can be reversed)	
Failure to show continuous leg lift into walkover (<i>leg lifts then drops, stops, or lifts after the arching backward has begun</i>)	^0.10
Incorrect (<i>staggered or alternate</i>) hand placement	<u>0.10</u>
Insufficient split (<i>less than 150°</i>)	^0.20
Front Handspring Step-Out (0.60) (can be reversed)	
Alternate/staggered hand placement	^0.10
Failure to step out	<u>0.20</u>
Flight prior to hand contact (<i>dive</i>)	^0.20
Joining legs prior to step-out	<u>0.10</u>
Performing a "fast front walkover"	No Deduction
Cartwheel (0.40) (can be reversed)	
Failure to keep head in alignment	^0.10
Failure to pass through vertical	^0.30
Incorrect (<i>simultaneous</i>) hand placement	<u>0.10</u>
Straight Arm Backward Roll to Handstand (0.40)	
Failure to pass through vertical	^0.30
Hands placed further than shoulder-width apart	<u>0.10</u>
Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
Interlocking fingers	<u>0.10</u>
Performs a backward roll step-out (<i>change of element</i>)	<u>0.40</u>
Stretch Jump 1/2 (180°) Turn (0.40) (can be reversed)	
Failure to keep legs joined in air throughout the element	^0.10
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Straight Leg Leap (120°) (0.60)	
Bending the lead (<i>front leg</i>) on take-off	^0.10
Uneven leg separation	^0.20
Straddle Jump (120°) (0.40)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Uneven leg separation	^0.20
Forward Split (0.20)	
Failure to achieve 180° split position (<i>legs flat on floor</i>)	^0.20
1/1 (360°) Turn in Forward Passé (0.40) (can be reversed)	
Leg in incorrect position (<i>not in forward passé</i>)	<u>0.10</u>
Use of heel-snap turn technique	<u>0.30</u>
Round-Off (0.40) (can be reversed)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to pass through vertical	^0.30
Flic-Flacs To Two Feet (each 0.60)	
Squat into flic-flac	each ^0.30
Failure to land on both feet simultaneously	each <u>0.10</u>
Failure to land rebound immediately	<u>0.10</u>
Failure to pause in a controlled "stick"	<u>0.05</u>
Lack of acceleration in the series - <i>Not applied if a <u>0.30</u> deduction is taken for a stop between elements</i>	^0.20

Level 4 & 5 Vault - Specific Deductions

Handspring over Vault Table

B. Eberhardt

6/18/2021

General Faults

Assistance of Coach (<i>First Flight Phase, Support, or Second Flight Phase</i>): *Level 4	<u>2.00</u>
Assistance of Coach (<i>First Flight Phase, Support, or Second Flight Phase</i>): *Level 5	Void
Balk #1: run approach without coming to rest or support on top of the vault table	No Deduction
Balk #2 or Balk #3	Void
Coach standing between board and vault table	No Deduction
Deviation from a straight direction	^0.30
Failure to maintain neutral head position	ea phase ^0.10
Failure to maintain stretched body position: * Arch	ea phase ^0.30
* Pike	ea phase ^0.50
Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (<i>Considered an "incorrect vault"</i>)	Void
Incorrect foot form (<i>flexed/sickled</i>)	ea phase ^0.10
Insufficient dynamics (<i>speed/power</i>)	^0.30
Legs bent	ea phase ^0.30
Legs separated	ea phase ^0.20
Performing incorrect vault (<i>i.e., squat on, etc.</i>)	Void
Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts	Void
Use of alternative springboard (<i>trampoline-like/junior board</i>)	Void
Vaults without signal from the Chief Judge: Chief Judge deducts from average of next completed vault	(CJ) 0.50

First Flight Phase - See General Faults

Support Phase

Additional hand placements (<i>taking steps/hops on hands</i>) (max <u>0.30</u>)	ea 0.10
Alternate repulsion from hands	^0.20
Angle of repulsion (<i>failure to leave vault table by vertical - angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical</i>)	^1.00
No deduction *Leaves vault table by vertical	
^0.50. *Leaves vault table by 01° - 45° past vertical	
0.55 - 1.00 *Leaves vault table by 46° - 89° past vertical	
Arms bent in support	^0.50

Support Phase (continued)	
Head contacting the vault table in Support Phase (<i>includes 0.50 deduction for extreme arm bend</i>)	<u>2.00</u>
Incorrect shoulder alignment (<i>showing a shoulder angle less than 180°</i>)	[^] 0.20
No hand contact on the vault table	Void
Staggered/alternate hand placement	[^] 0.10
Too long in support	[^] 0.50
Touch with only one hand on the vault table; Chief Judge deduction, if at least 1/2 of panel sees only one hand	(CJ) <u>1.00</u>

Second Flight Phase	
Brush or hit of body on far end of vault table	<u>0.20</u>
Insufficient height	[^] 0.50
Insufficient length (<i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table</i>)	[^] 0.30

Landing	
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Clarification: There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension

Additional deduction for fall after assistance by coach	<u>0.50</u>
Additional trunk movements to maintain balance	[^] 0.20
Arm swing(s) to maintain balance	[^] 0.10
Assistance on landing	<u>0.50</u>
Failure to land on any part of the bottom of the feet first (<i>includes the fall</i>)	<u>2.00</u>
Fall against the vault table	<u>0.50</u>
Fall on mat to knee(s) or hips	<u>0.50</u>
If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step	[^] 0.10
Incorrect body posture on landing	[^] 0.20
Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (<i>handstand</i>) (<i>Fall on apparatus</i>)	<u>0.50 + 2.00</u> <u>= 2.50</u>
*Lands with feet further than hip-width apart	<u>0.10</u>
*Lands with feet hip-width apart or closer, but never join feet (heels) together	<u>0.05</u>

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

Large step or jump (<i>approximately 3 feet or more</i>) (max 0.40)	ea <u>0.20</u>
Slight brush/touch of 1 or 2 hands on mat (<i>no support</i>)	[^] 0.30
Slight hop, small adjustments of feet or*staggered feet	[^] 0.10
Squat on landing (<i>hips even with or lower than knees</i>)	[^] 0.30
Steps (max 0.40)	ea <u>0.10</u>
Support on mat with 1 or 2 hands	<u>0.50</u>

Level 5 Bars - Specific Deductions

B.Eberhardt
6/18/2021

Mount: Straddle or Pike Glide Kip (0.60)

Failure to close legs at end of straddle glide swing	<u>0.10</u>
Failure to lead with the feet in the forward glide swing (<i>performs a long</i>)	^0.10
Failure to take off from both feet simultaneously	<u>0.10</u>
Insufficient extension at end of glide swing	^0.20
Performs run-out glide	<u>0.30</u>

Cast to Above Horizontal (0.40)

Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>)	^0.20
Insufficient amplitude of cast (<i>line from shoulders to mid-point of lowest body part - abdomen, hips, knees, or feet</i>)	^0.30
* Above horizontal	No deduction
* At horizontal	0.05
* 1°-44° below horizontal	0.10-0.15
* At 45° below horizontal	<u>0.20</u>
* 46° or more below horizontal	0.25-0.30

Clear Hip Circle to Above Horizontal (0.60)

Excessive arch or pike on downswing or upswing	ea ^0.20
Hips touching bar as upswing finishes (<i>performs a back hip circle</i>) . No deduction for thighs brushing bar on upswing.	<u>0.60</u>
Insufficient height and extension of upswing (<i>use amplitude of cast deductions</i>)	^0.30
* Above horizontal	No deduction
* At horizontal	0.05
* 1°-44° below horizontal	0.10-0.15
* At 45° below horizontal	<u>0.20</u>
* 46° or more below horizontal	0.25-0.30
Lack of control into glide	^0.10

OR Backward Sole Circle to Clear Support (0.60)

Excessive arch or pike on downswing or upswing	ea ^0.20
Insufficient amplitude of upswing (<i>line from shoulders to hips</i>)	^0.30
* Between vertical & 45° from vertical	No deduction
* Between 46° - 89° from vertical	0.05-0.15
* At 45° horizontal	<u>0.20</u>
* Below horizontal	0.25-0.30
Lack of control into glide	^0.10
Legs bending during circle	^0.30
Support of weight on feet as upswing finishes (<i>gymnast jumps from bar to glide or never achieves clear support</i>)	<u>0.60</u>

<u>OR</u> Backward Stalder Circle to Clear Support (0.60)	
Arriving in support with legs in a straddle "L" position (<i>Note #2: A clear straddle circle backward (#6.104 in DP Code of Points) is considered a straddle seat circle to a straddle "L" position and will <u>not</u> meet the requirement of a Backward Stalder Circle to Clear Support (#6.204)</i>)	<u>0.60</u>
Excessive arch or pike on downswing or upswing	ea [^] 0.20
Insufficient amplitude of upswing (<i>line from shoulders to hips</i>)	[^] 0.30
* Between vertical & 45° from vertical	No deduction
* Between 46° - 89° from vertical	0.05-0.15
* At horizontal	<u>0.20</u>
* Below horizontal	0.25-0.30
Lack of control into glide	[^] 0.10
Straddle or Pike Glide Kip (0.60)	
Failure to close legs at end of straddle glide swing	<u>0.10</u>
Failure to lead with the feet in the forward glide swing (<i>performs a long hang swing</i>)	[^] 0.10
Insufficient extension at end of glide swing	[^] 0.20
Cast, Squat-On <u>OR</u> Pike-On, <u>OR</u> Cast 360° Backward Sole Circle (0.20)	
Alternate foot placement	<u>0.20</u>
Insufficient backward swing of legs into cast (<i>hip lift only</i>)	<u>0.05</u>
Long Hang Kip (0.60)	
Failure to swing to near horizontal	[^] 0.20
Cast to Above Horizontal (0.40)	
Incorrect body alignment (<i>failure to show straight line from shoulders to feet with chest hollow</i>)	[^] 0.20
Insufficient amplitude of cast (<i>line from shoulders to mid-point of lowest body part - abdomen, hips, knees, or feet</i>)	[^] 0.30
* Above horizontal	No deduction
* At horizontal	0.05
* 1°-44° below horizontal	0.10-0.15
* At 45° below horizontal	<u>0.20</u>
* 46° or more below horizontal	0.25-0.30
Long Hang Pullover (0.60)	
Excessive piking of body	[^] 0.20
Failure to maintain overgrip (<i>hands completely release bar</i>)	<u>0.30</u>
Failure to show slight arched position during the downward swing	<u>0.10</u>
Performing a back hip circle at the completion of the Long Hang Pullover	No Deduction
Performing a backward giant circle prior to pulling hips toward bar	<u>1.00</u>
Underswing (0.60) (Value combined with 1st Counterswing)	
Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing	<u>0.20</u>
Failure to maintain neutral head position	[^] 0.10
Failure to maintain straight-hollow body throughout	[^] 0.20
Hips contacting bar (<i>no deduction for thighs touching bar</i>)	<u>0.20</u>

1st Counterswing (min 15° below horizontal) (0.60) (Value combined with Underswing)	
Body arching or hips opening to an extended position with the feet over low bar during counterswing	<u>0.30</u>
Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)	^0.20
Hips not at minimum 15° below the level of the high bar (<i>horizontal</i>)	^0.20
Tap Swing Forward (0.60) (Value combined with 2nd Counterswing)	
Failure to attain straight-hollow body position on upswing	^0.20
Failure to show slight arched position during the downward swing	<u>0.10</u>
Insufficient amplitude (<i>feet not at high bar height</i>)	^0.20
2nd Counterswing (min 15° below horizontal) (0.60) (Value combined with Tap swing forward)	
Body arching or hips opening to an extended position with the feet over low bar during counterswing	<u>0.30</u>
Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (<i>excessive piking</i>)	^0.20
Hips not at minimum 15° below the level of the high bar (<i>horizontal</i>)	^0.20
Dismount: Tap Swing Forward to Flyaway (0.60)	
Failure to attain straight-hollow body position on upswing	^0.20
Failure to show slight arched position during the downward swing	<u>0.10</u>
Insufficient height of salto	^0.30
* At high bar level or above	No deduction
* 1°-44° below level of high bar	0.10-0.15
* At 45° below level of high bar	<u>0.20</u>
* Greater than 46° below level of high bar	0.25-0.30
Landing too close to the bar	<u>0.10</u>
Tucked , Piked, OR Stretched Flyaway	
Tucked: Insufficient bend of hips and legs (<i>min 135° - ideally 90°</i>)	ea ^0.20
Tucked: Insufficient extension (<i>open</i>) prior to landing	^0.20
Piked: Insufficient pike of hips (<i>min 135° - ideally 90°</i>)	^0.20
Piked: Insufficient extension (<i>open</i>) prior to landing	^0.20
Stretched: Insufficient exactness of stretched (<i>straight-hollow</i>) body position (<i>Ideally 180°</i>) *Arch *Hip Angle (<i>136° - 179°</i>)	^0.20
Stretched: Failure to maintain stretched (<i>straight-hollow</i>) body position throughout (<i>pikes down</i>)	^0.20

Level 5 Beam - Specific Deductions

B.Eberhardt 6/2021

Mount: Front Support Fish Pose Mount (0.20)

Failure to extend body in front support	^0.10
Lack continuity from the mount to stand	^0.10
Performing a knee scale	<u>0.30</u>

Back Walkover (0.60) (can be reversed)

Failure to show continuous leg lift into the walkover (<i>leg lifts then drops, or lifts after the arching backward has begun</i>)	^0.10
Incorrect (<i>staggered or alternate</i>) hand placement	<u>0.10</u>
Insufficient split (<i>less than 150°</i>)	^0.20

OR Backward Roll to Minimum of 3/4 Handstand (0.60) (can be reversed)

Failure to attain minimum of 3/4 handstand	^0.20
Performing a backward roll step-out (<i>head stays in contact with beam</i>)	<u>0.60</u>

OR Flic-Flac Step-Out (0.60) (can be reversed)

See General Faults and Penalties

OR Flic-Flac to Two (2) Feet (0.60)

See General Faults and Penalties

OR Front Walkover (0.60) (can be reversed)

Incorrect (<i>staggered or alternate</i>) hand placement	<u>0.10</u>
Insufficient split (<i>less than 150°</i>)	^0.20

1/1 (360°) Turn in Forward Passé (0.40) (can be reversed)

Leg in incorrect position (<i>not in forward passé</i>)	<u>0.10</u>
Use of heel-snap turn technique	<u>0.30</u>

Split Jump (150°) (0.40)

Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Uneven leg separation	^0.20
Connection broken between Split Jump & Sissone	<u>0.05</u>
Insufficient continuity between Split Jump & Sissone	No Ded

Sissonne (0.20)

Failure to pause in low arabesque position on landing	<u>0.05</u>
Insufficient lift of the back leg (<i>less than horizontal</i>)	^0.10
Insufficient lift of the front leg (<i>less than 45°</i>)	^0.10

Scale (Above Horizontal) (0.40)

Failure to hold one second	^0.10
Failure to lift free leg to above horizontal in scale	^0.20

<i>Straight Leg Leap (150°) (0.60)</i>	
Bending lead (<i>front</i>) leg on take-off	^0.10
Uneven leg separation	^0.20
Insufficient continuity between Straight Leg Leap & Stretch Jump	No Ded
Connection broken between Straight Leg Leap & Stretch Jump	<u>0.05</u>
<i>Stretch Jump (0.20)</i>	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
<i>Cartwheel (0.60) (can be reversed)</i>	
Closing the second foot in front of the first foot on landing	<u>0.20</u>
Failure to pass through vertical	^0.30
Incorrect (simultaneous) hand placement	<u>0.10</u>
Connection broken between Cartwheel & Stretch Jump	<u>0.05</u>
Insufficient continuity between Cartwheel & Stretch Jump	No Ded
<i>Stretch Jump Punch (0.20)</i>	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
<i>Dismount: Backward Salto Tucked</i>	
Insufficient height and extension of jump with hip lift	^0.30
Insufficient posture with control on landing	^0.20
Insufficient tuck shape of salto	^0.20

Level 5 Floor - Specific Deductions

B.Eberhardt
8/12/2021

Front Salto Tucked (0.60)	
Failure to perform salto indesignated body position (<i>performs pike or layout</i>)	^0.60
Insufficient bend of hips and legs (Min 135° - Ideally 90°)	ea ^0.20
OR Free Aerial Cartwheel (0.60) (can be reversed)	
Failure to pass through vertical	^0.30
OR Free Aerial Walkover Forward (0.60) (can be reversed)	
See General Faults and Penalties	
Front Handsring Step-Out, Front Handspring Step-Out (each 0.60) (can be reversed)	
Alternate/staggered hand placement	each ^0.10
Failure to step out	<u>0.20</u>
Flight prior to hand contact (<i>dive</i>)	each ^0.20
Joining legs prior to step-out	each <u>0.10</u>
Lack of acceleration	^0.20
Performing a "fast front walkover"	No Deduction
Cartwheel (0.40) (can be reversed)	
Failure to keep head in alignment	^0.10
Failure to pass through vertical	^0.30
Incorrect (simultaneous) hand placement	<u>0.10</u>
Straight Arm Backward Roll to Handstand (0.40)	
Failure to pass through vertical	^0.30
Hands placed further than shoulder-width apart	<u>0.10</u>
Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
Interlocking fingers	<u>0.10</u>
Performs a backward roll step-out (<i>change of element</i>)	<u>0.40</u>
Stretch Jump 1/1 (360°) Turn (0.40) (can be reversed)	
Failure to keep legs joined in air during stretch jump 1/1 (360°) turn	^0.10
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Straight Leg Leap (150°) (0.60)	
Bending the lead (<i>front leg</i>) on take-off	^0.10
Uneven leg separation	^0.20
OR Switch Leg Leap (150°) (0.60)	
Bending the lead (<i>front leg</i>) on take-off	^0.10
Failure to swing front leg a min 45° forward before swinging back	^0.10
Uneven leg separation	^0.20
Straddle Jump (150°) (0.40)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to land with feet closed	^0.10
Uneven leg separation	^0.20

Forward Split (0.20)	
Failure to achieve 180° split position (<i>legs flat on floor</i>)	^0.20
1/1 (360°) Turn in Forward Passé (0.40) (can be reversed)	
Leg in incorrect position (<i>not in forward passé</i>)	<u>0.10</u>
Use of heel-snap turn technique	<u>0.30</u>
Round-Off (0.40) (can be reversed)	
Failure to land on both feet simultaneously	<u>0.10</u>
Failure to pass through vertical	^0.30
Flic-Flac (0.40)	
Failure to land on both feet simultaneously	<u>0.10</u>
Squat into flic-flac	^0.30
Backward Salto Tucked (0.60)	
Failure to extend/open prior to landing	^0.20
Failure to pause in a controlled "stick"	<u>0.05</u>
Failure to perform salto in designated body position (<i>performs pike or layout</i>)	^0.60
Lack of acceleration in the series - <i>Not applied if a <u>0.30</u> deduction is taken for a stop between elements</i>	^0.20