



Women's Development Program Compulsory Exercises

First Edition: Second printing
Effective August 1, 2021 - July 31, 2029

Revised July 2023

USA Gymnastics extends its deepest appreciation to the following contributors to the
2021-2029 Women's Development Program - Compulsory:

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The Women's Development Program Compulsory book is a living document. As changes are made or errors identified, Compulsory Updates are posted on the USA Gymnastics website on the Women's Development Program Compulsories Updates page.

Check this site often, especially in June/July/August of each year for any recent updates and replacement pages. Please be aware that this document is also available as a downloadable "eBook" and as an online digital version, both of which are updated as quickly as possible as well.

This second printing includes all replacement pages as posted by June 16, 2021

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Women's Development Program

Effective August 1, 2021 to July 31, 2029

Compulsory Levels 1-3

These levels are designed to prepare gymnasts for competition by providing a non-competitive, achievement-oriented program of basic skills and progressions. However, these levels may also be used as an introductory/recreational competitive program.

In order to advance to Level 4, the gymnast should pass the required 'Evaluation Points' (listed at the end of each exercise) with 75% proficiency at each event and level. There is no competition requirement at Levels 1-3 to advance to Level 4.

This developmental program includes suggested exercises in the areas of conditioning and flexibility. A minimum proficiency should be achieved in both of these areas to ensure a safe and successful experience.

Compulsory Levels 4-5

Local, sectional, and state competitions are conducted by USA Gymnastics for these levels. Since Level 3 is not a required competitive level, there are no score (mobility) requirements to advance to Level 4. The Level 3 gymnast need only to successfully meet the 75% proficiency score. Levels 4 and 5 athletes must meet minimum standards in order to advance to the next level. These "mobility" scores are published annually in the *USA Gymnastics Women's Program Rules and Policies*.

Note: the Level 1-3 section includes both the points for evaluation as well as the "deductions" if used as a competitive level.

Levels 6-10

Level 6 (Beginner Optional) and Level 7 (Advanced Beginner Optional) are entry levels for optional competition. The emphasis at Level 6 is execution, artistic performance, and development of basic optional skills. Level 7 continues with the emphasis being placed on execution, artistic performance, and development of basic optional skills. Therefore, these levels are not evaluated on composition. Clubs may choose to develop specific routines for these levels, or each gymnast may perform an individualized routine. Competition is conducted at local, sectional, state, and regional levels.

Level 8 (Intermediate Optional) is the first level in which a gymnast must develop an individual optional exercise in each of the four events. This level is designed to provide the gymnast with a competitive opportunity in which the emphasis is on good execution and presentation, rather than the performance of difficult elements. Competition is conducted at local, sectional, state, and regional levels.

Levels 9 (Advanced Intermediate Optional) and 10 (Advanced Optional) provide a competitive opportunity at the highest levels in the Development Program. Local, sectional, state, and regional competitions are conducted, with a culminating East/West Championships for Level 9 and a National Championships for Level 10.

For further information regarding the optional levels, please refer to the current *Women's Development Program Code of Points* and the current *Women's Rules and Policies*.

Regulations for Levels 1-5

Applicable to Levels 1-3 ONLY

1. In order to pass Levels 1 through 3, the gymnast must satisfactorily complete 75% of the routine requirements.
 - There are four points to be evaluated for each exercise. The gymnast must successfully complete three of the four points listed in the order to pass.
 - If the gymnast has successfully completed all four points listed for the exercise, but has a fall, it will be considered a successful attempt.
2. In order to pass a level, all events must be successfully completed.
3. Gymnasts may progress and move through the levels at their own rate on individual events. However, in order to advance to Level 4, all events at Level 1 through 3 must be successfully completed.

Applicable to ALL Levels 1-5

1. All routines have a start value of 10.0, regardless of desired skill choice written in the text.
 - The exception being Level 5 Uneven Bars. The gymnast has an option to perform the routine as written for a start value of 10.0 OR may choose the option to perform routine with the Level 4 dismount for a start value of 9.5.
2. All exercises may be reversed in their entirety; however, no single element may be reversed unless so indicated in the text.

For information and materials relative to the Women's Development Program, please contact
USA Gymnastics Member Services:
1-800-345-4719 or visit our website's online store at usagym.org

Revised 7.23

LEVEL 1 VAULT ~ EVALUATION POINTS

1. Run accelerates, shows good form and technique and maintains speed to the board for the **STRETCH JUMP**.
2. The arms swing forward to a completely extended shoulder position with the feet on the board in front of the body and show a tight straight body position during the **STRETCH JUMP**.
3. Achieves a vertical **HANDSTAND** position with the arms straight before and during the **FALL TO STRAIGHT-LYING POSITION**.
4. Maintains a straight-hollow body position from support in **HANDSTAND** to **STRAIGHT-LYING POSITION** with the legs together and feet pointed throughout the **FALL TO STRAIGHT-LYING POSITION**.

LEVEL 1 VAULT ~ DEVELOPMENTAL SKILLS

1. Running Form / Technique

Run with a slightly forward lean, keeping the elbows bent comfortably at 90° and the front knee reaching toward horizontal with a 90° bend, lifting the heels to the buttocks.

Emphasis is on form, not speed at this level.

2. Handstand hops on the floor

SP: Gymnast starts in a half kneel position with the *right* foot in front and *left* shin behind flat on the floor, *left* foot pointed or flexed.

Arms: Backward-diagonally low.

Swing both arms forward-upward to place the hands on the floor shoulder-width apart with a slightly closed shoulder angle.

Simultaneously kick the back leg backward-upward.

Keeping the arms straight, open the shoulders quickly to create a “block” on the floor to arrive in a handstand.

The body remains tight and straight as the legs join approaching vertical, with hips extended, and the head neutral.

Execute a forward roll out of the handstand encouraging the development of rotation.

3. Squat onto stacked mats

Using a short run approach of 3-5 steps, hurdle onto a vault board.

Reach forward toward a stack of mats approximately waist-height and tuck the legs to land in a squat stand, feet between the hands.

Arms: Remain straight and the legs and knees are together.

Extend the legs to finish in a straight stand.

LEVEL 1 VAULT ~TABLE OF PENALTIES

STRETCH JUMP onto a minimum of 16 inches of matting (value – 5.00)

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between springboard and mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge, Chief Judge deducts from average of next completed vault
Run and Board Contact	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> / VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first
Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position during jump	
	Up to 0.30	• Arch
	Up to 0.50	• Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first	

Revised 10.21 & 7.23

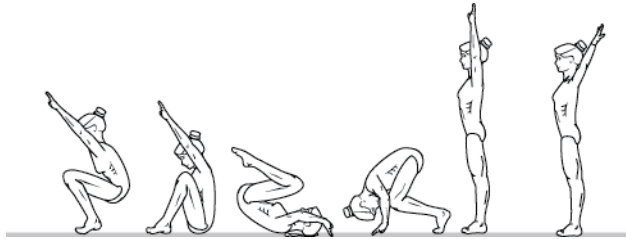
✕	(*) CARTWHEEL (0.60)	0.10	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment

Points of emphasis:

body and head alignment, show open shoulder angle with body passing through vertical

If the (*) **CARTWHEEL** was reversed, simply return to the text.


2. BACKWARD ROLL TUCKED (0.60), Straight Stand



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. Immediately place the hands on the floor by the shoulders, palms down, fingers pointing toward the shoulders. As the hips roll backward through vertical, push down against the floor and extend the arms, taking weight off the head and neck to execute the **BACKWARD ROLL**. Maintain the tuck position throughout the roll to finish in a tuck stand.

Immediately extend the **hips/legs** to finish in a **straight stand**.

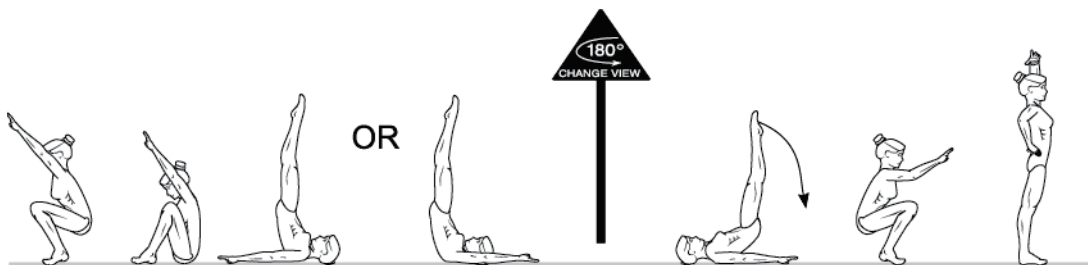
Arms: High at start of roll. Finish the roll with arms in high; then open to sideward-diagonally-upward.

	BACKWARD ROLL TUCKED (0.60)	0.30	Hands placed on floor during "sit" phase prior to rolling backward
		Up to 0.20	Failure to maintain tuck position as the buttocks touch floor

Points of emphasis:

rounded tuck shape throughout

3. CANDLESTICK ROLL (0.20), Straight Stand



Bend the knees to arrive in a tuck sit, keeping the feet on the floor. Begin rolling backward to extend the body into a **CANDLESTICK** position (high on the shoulders, toes pointed to the ceiling, hip angle open).

Arms: Lower forward-downward to finish with palms resting on the floor in front of the buttocks OR maintain the arms in high throughout.

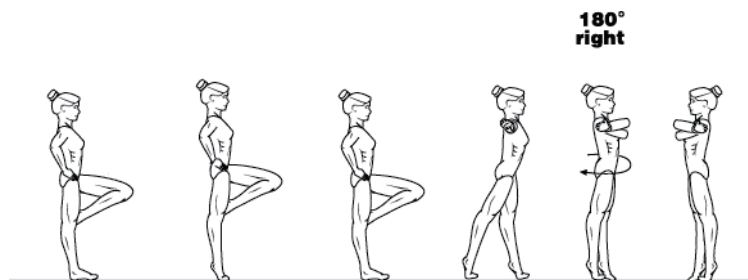
Roll out of the **CANDLESTICK** with or without the use of the hands on the shins. Pull the knees close to the chest and heels close to the buttocks to pass through a tuck stand. Immediately straighten the legs to finish in a **straight stand**.

Arms: At the completion of the roll, place the *right* hand on the hip and lift the *left* arm forward-upward to crown.

Focus: Optional.

<u>6</u>	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
Points of emphasis: <i>rounded tuck shape, stand without pushing off the floor with the hands</i>			

4. FORWARD PASSÉ BALANCE (0.40), Relevé “Lock” Stand, ½ (180°) Pivot Turn



Step forward onto a straight *right* leg with the *right* foot slightly turned out (not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **FORWARD PASSÉ BALANCE**. **Mark the position**.

Arms: Hands on hips.

Push down on the floor with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the floor.

Step forward *left* and close the *right* foot behind the *left* foot in **relevé “lock” stand**.

Arms: On the step forward *left*, lift both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

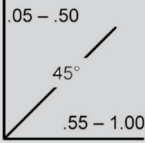
Execute a quick ½ (**180°**) **pivot turn** to the *right*.

Arms: Remain wrapped in front of the body (hug).

LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board “Pre-School” type (35 ⁵/₈” X 23 ⁵/₈” X 9 ¹/₂”)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an “incorrect vault”)
	VOID	Assistance of coach from board to mat stack
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back
	Up to 0.30	Insufficient dynamics (speed/power)
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	● Arch
	Each phase Up to 0.50	● Pike
	Run and Board Contact	Up to 0.30
Up to 0.30		Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
Up to 0.30		Excessive forward lean of body upon board contact
Each <u>0.30</u>		Additional jumps on the board (double bouncing)
VOID		Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat
 Support Phase	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	• Contact from 1° to 45° past vertical
	0.55 – 1.00	• Contact from 46° to 89° past vertical
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	• Both hands land beyond the tape line
	<u>0.20</u>	• Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)	
Landing Phase	Failure to finish in a straight-lying position on the back Examples for applying this deduction:	
	<u>1.00</u>	• Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	• Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	• Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	Gymnast makes any of the above execution errors, then lies back to a straight-lying position: <ul style="list-style-type: none"> • Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

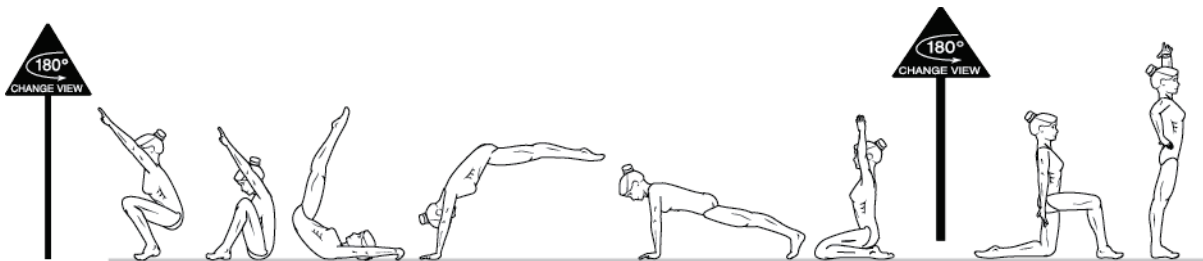
✕	(*) CARTWHEEL (0.60)	0.10	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment

Points of emphasis:

body and head alignment, show open shoulder angle with body passing through vertical

If the (*) **CARTWHEEL** was reversed, simply return to the text.

**2. BACKWARD ROLL TO PUSH-UP POSITION (0.60),
1/2 Kneeling Pose, Straight Stand**



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width and execute a **BACKWARD ROLL TO A PUSH-UP POSITION** (maintaining a straight-hollow body position) with the legs together and the balls of the feet on the floor.

Arms: Remain in high. Interlocking the fingers is not allowed.

Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Lift both arms forward-upward to crown.

	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	0.30	Hands placed on floor during "sit" phase prior to rolling backward
		0.10	Interlocking the fingers
		0.10	Hands placed further than shoulder-width apart
		0.20	Failure to show push-up position
		0.60	Performs a backward roll to handstand

Points of emphasis:

rounded tuck shape throughout with straight arms

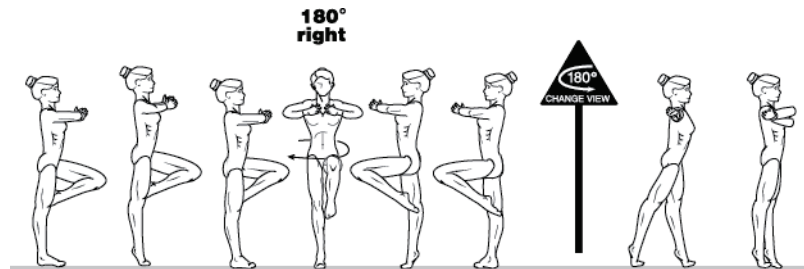
Immediately raise the buttocks off the heels, extend the hips, and lift the *right* leg forward to place the *right* foot flat on the floor, turned out in a 1/2 **kneeling pose** with the *right* ankle aligned in front of the *right* knee with both hips squared forward.

Straighten both legs and close the *left* foot next to the *right* foot to arrive in a **straight stand**.

Arms: Circle both arms either sideward or backward and downward. At the bottom of the circle, place the *right* hand on the hip. Continue to circle the *left* arm forward-upward to finish in crown.

Focus: Optional

3. Forward Passé Pose, (*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40), Relevé “Lock” Stand



If reversing the ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN), step forward onto the *left* leg. In addition, reverse the arm pathway in preparation for the turn.

Step forward onto a straight *right* leg with the *right* foot slightly turned out (not in relevé). Bend the *left* knee forward and pull the pointed *left* foot forward to touch the *right* knee to perform the **forward passé pose**. **Mark the position.**

Arms: Lift the *right* arm to forward-middle-curved. Lower the *left* arm downward to side-middle.

Push down on the floor with the *right* foot to extend the *right* ankle to arrive in a relevé position. Immediately lower the *right* heel back onto the floor.

Arms: *Left* arm remains side-middle. *Right* arm remains forward-middle-curved.

Push down on the floor (begin to relevé on the ball of the *right* foot) and begin to “snap” the heel around to execute a ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) to the *right*.

Increase the relevé throughout the turn to finish the turn in full relevé. At the completion of the turn, immediately lower the *right* heel back onto the floor.

Arms: Initiate the turn by closing the *left* arm to forward-middle curved. Maintain forward-middle-curved throughout the turn.

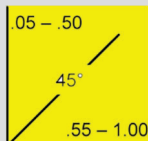
Step forward *left* and close the *right* foot behind the *left* foot in **relevé “lock” stand**.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the Mat Stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	Arch
	Each phase Up to 0.50	Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	<u>0.05 – 0.50</u>	• Contact from 1° to 45° past vertical
	<u>0.55 – 1.00</u>	• Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack; CJ deducts if at least 1/2 of panel sees only one hand touch
	VOID	No hand contact on the mat stack



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height
Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or Medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)	

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

Revised 7.23


5. FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)



Press down against the bar, extending the body until the thighs touch the bar. Lift the heels to initiate the fall forward, maintaining a straight-hollow body position (no arch). Continue to lift the heels as the body pikes quickly to circle the bar, executing a **FRONT HIP CIRCLE**. A slight arm bend during the circle is acceptable. As the circle nears completion, shift the hands to the top of the bar, straightening the arms, to finish in a front support with the legs/feet in front of the bar (body slightly piked). Maintain straight legs and a neutral head position throughout.

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to immediately execute a **SMALL CAST** with legs together.

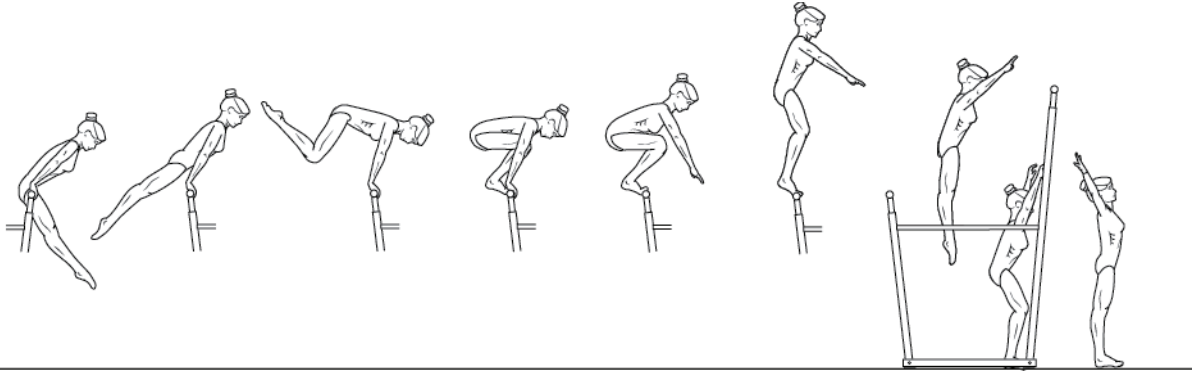
Maintain a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral. Upon completion of the small cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)

Points of emphasis:

straight arms and legs throughout with good body position on the CAST

6. CAST SQUAT-ON OR PIKE-ON, STRETCH JUMP DISMOUNT (0.60)



Immediately **CAST** again with straight arms and legs together. Bend the legs (no specific degree of bend is required) or keep the legs straight and place the balls of the feet on the bar between the hands in a tuck (or pike) position to execute a **SQUAT-ON** or **PIKE-ON**. If a **PIKE-ON** is performed, the legs are allowed to bend after initial contact with the bar to facilitate the following jump to the high bar.

From the tuck (or pike) position on the low bar, immediately **JUMP** up toward the High Bar to execute a **STRETCH JUMP** off the bar. No contact with the high bar is allowed. Maintain a tight body position in the air and land in demi-plié in a balanced and controlled position (“stick”).

Arms: Straight by the ears during the jump and optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

	CAST, SQUAT-ON or PIKE-ON, STRETCH JUMP DISMOUNT (0.60)	0.20	Alternate foot placement
		0.05	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		0.50	Touches high bar

Points of emphasis:

straight arms with good body position throughout

Revised June 12, 2021

Deleted last deduction on dismount
 “Failure to jump toward the high bar”

Revised October 2022
 Added PIKE-ON as an option.

Insufficient continuity between STRETCH JUMP and SPLIT JUMP	No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction.</i>

Upon landing the **STRETCH JUMP**, immediately jump or punch off the floor, extending both legs through the hips, knees, ankles, and toes to execute a **SPLIT JUMP** with a minimum of **90°** even leg separation with the *right* leg forward, *left* leg behind.

Land simultaneously on both feet side-by-side in demi-plié, pressing through the balls of the feet to lower the heels onto the floor OR land with the heels slightly off the floor.

Arms: During the **SPLIT JUMP**, lift both arms sideward-upward to side-middle. Lower sideward-downward to low upon landing.

Extend both legs to a straight stand.

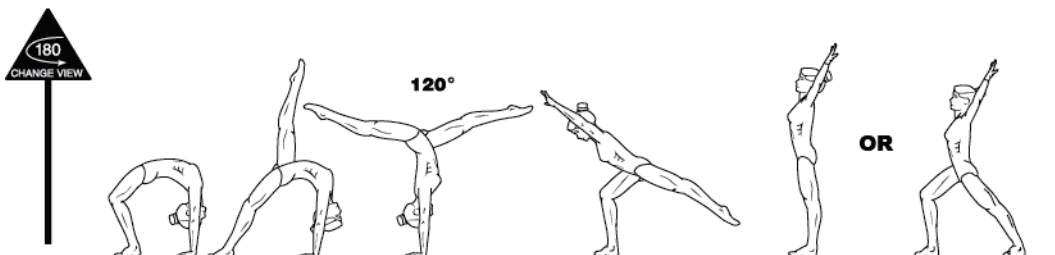
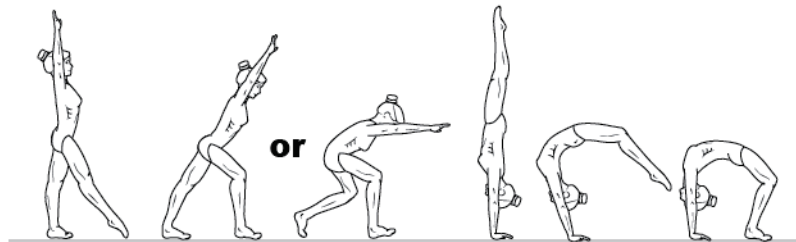
Arms: Lift both arms sideward-upward to high.

— — #	SPLIT JUMP (90°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

Points of emphasis:
posture, amplitude, proper leg alignment with even leg separation

If reversing the **HANDSTAND TO BRIDGE**, point the *left* foot forward. Continue reversing to the close/lunge position.

6. (*) HANDSTAND TO BRIDGE, BACK KICK-OVER (120°) (0.60)



Facing toward corner 2, lift and point the *right* foot forward on the floor.

Arms: Remain high.

Transfer the weight onto the *right* foot to execute a *right* lunge (figure 2) OR “mountain climber entrance” (figure 3) on the *right* leg.

Lift the *left* leg backward-upward overhead, keeping the ears covered by the arms while reaching for the floor. Continue to lift the *left* leg backward-upward as the torso lowers.

Place the hands side-by-side, shoulder-width apart, on the floor while pushing off with the *right* leg to arrive in a **HANDSTAND** with legs together, arms straight, shoulders open and extended, hip angle open and flat, and focus on the hands showing a straight line from the wrist to the ankles.


Focus: On the hands.

Continue to open the shoulder angle past the hands and arch the upper back, lowering the straight legs toward the floor. Place the feet flat on the floor shoulder-width apart or closer with the legs straight or bent to complete a **HANDSTAND TO BRIDGE**.

To execute the **BACK KICK-OVER**, kick the *right* leg overhead while pushing off the floor with the *left* leg to pass through vertical in a handstand position with a **minimum of 120°** leg separation, shoulders extended. (It is acceptable to move/adjust the *left* foot closer to the hands as the *right* leg initiates the kick).

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* foot beside (or next to) the *right* foot to finish with both legs straight and feet flat on the floor (figure 11) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (figure 12).

Arms: Remain in high throughout and as the step down occurs. Open sideward-diagonally-upward on the finish.

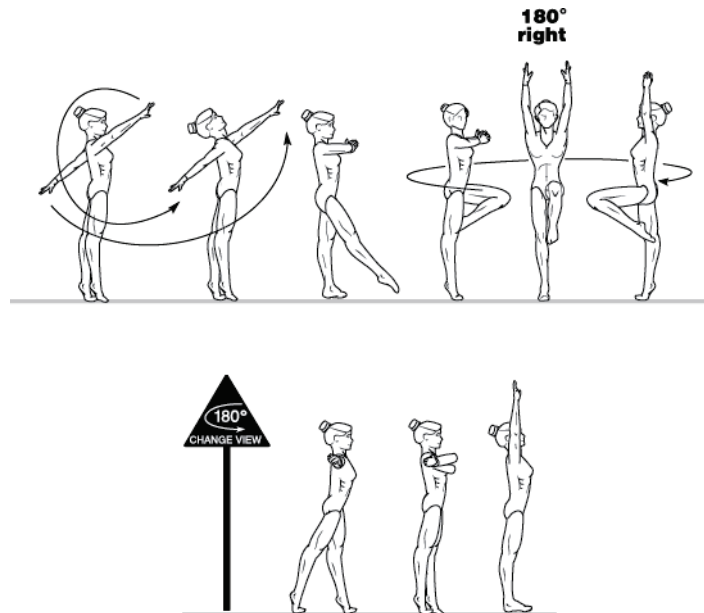
	(*) HANDSTAND to BRIDGE, BACK KICK-OVER (120°) (0.60)	0.10	Failure to close (join) legs at vertical
		Up to 0.20	Failure to push shoulders behind hands in bridging phase
		0.10	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent on landing)
		Each 0.30	Extra kicks to establish inverted vertical position on back kick-over
		0.30	Performs a tic-toc (legs remain separated throughout the entire skill)

Points of emphasis:

arms by ears throughout, show handstand position, straight arms, controlled lower to bridge.

Revised June 12, 2021

9. Relevé “Lock” Stand, (*) ½ (180°) TURN IN FORWARD PASSÉ (0.40), Relevé “Lock” Stand, Straight Stand



Press down to relevé on the *right* foot and close the *left* foot behind the *right* foot in **relevé “lock” stand**.

Arms: “Windmill” arms. Circle the *right* arm forward-upward to high and continue to circle backward to low. As the *right* arm begins to circle downward, lift the *left* arm forward-upward to forward-diagonally-upward.

Focus: Forward-diagonally-upward.

If reversing the ½ (180°) **TURN IN FORWARD PASSÉ**, lower the *right* heel and transfer the weight onto the *left* leg. In addition, reverse the arm pattern in preparation for the turn.


Lower the *left* heel, then transfer the weight to the *right* foot using one of the acceptable turn preparations listed in the Glossary.

Arms: There are two options for the arm preparation into the turn.

1. Move both arms to side-middle.
2. Lower the *left* arm to side-middle and lift the *right* arm to forward-middle-curved.

Execute a ½ (180°) **TURN IN FORWARD PASSÉ** to the *right* in relevé, bending the *left* knee forward and pulling the pointed *left* foot forward to touch the *right* knee (forward passé). **Mark this position** in relevé at the completion of the turn. The heel is allowed to lower to the floor after marking this position.

Arms: The arms are in crown throughout the turn. The pathway to move the arms to crown from the preparation is optional.

	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	0.10	Leg in incorrect position (<u>not</u> in forward passé)
		0.30	Use of heel-snap turn technique

Points of emphasis:

immediate placement of free foot in forward passé position, complete 180° turn in relevé, control at completion

If the ½ (180°) TURN IN FORWARD PASSÉ was reversed, simply continue to follow the text as written.

Step forward in relevé on the *left* foot. Close the *right* foot behind the *left* foot in **relevé “lock” stand**, facing corner 6.

Arms: On the step *left*, open both arms to side-middle. As the *right* foot closes, move the arms forward, crossing/wrapping in front of the body to touch the hands on the opposite shoulders (hug).

Focus: Optional.

Lower both heels and close the feet side-by-side to a **straight stand**.

Arms: Lift to high.

10. BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)



By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor.


Begin rolling backward with the head tucked, chin to chest. With the arms straight and hands turned inward, reach backward to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width to execute a **BACKWARD ROLL**, opening the shoulders to **45° ABOVE HORIZONTAL**.

Maintaining a straight-hollow body position, lower the body to a **PUSH-UP POSITION** with the legs together and the balls of the feet on the floor.

Arms: Remain in high. Interlocking the fingers is not allowed.

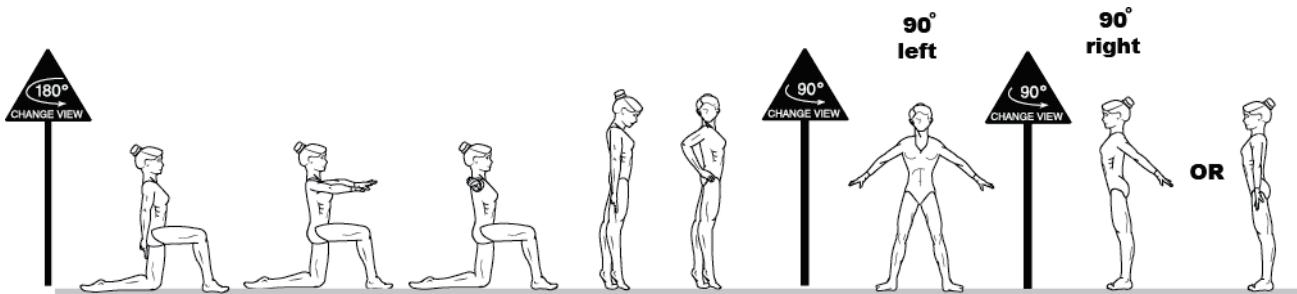
Slide the feet forward while simultaneously bending the knees to arrive in a sitting/kneeling position with the buttocks resting on the heels.

Arms: Hands remain on the floor.

 #	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)	0.30	Hands placed on floor during “sit” phase prior to rolling backward
		0.10	Interlocking fingers
		0.10	Hands placed further than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		0.20	Failure to show push-up position
		0.40 (change of element)	Performs a backward roll to handstand

Points of emphasis:
straight arms, straight-hollow body in push-up position

11. ½ Kneeling Pose, Relevé “Lock” Stand, Straddle Stand, Straight Stand



Immediately raise the buttocks off the heels, extend the hips, and lift the *right* leg forward to place the *right* foot flat on the floor, turned out in a ½ **kneeling pose** with the *right* ankle aligned in front of the *right* knee with both hips squared forward.

Arms: “Presentation – one continuous motion” lift both arms forward-upward to forward-middle, crossing the wrists with the palms up. Finish the movement by opening both arms sideward to side-middle, palms up (the arms should be open to side-middle as the kneel pose finishes).

Focus: Forward.

Extend both legs, closing the *left* foot behind the *right* foot in a **relevé “lock” stand**.

Arms: Without breaking the continuous motion of the arms, lower both arms sideward-downward to low.

Focus: Down.

Arms: Without hesitation, continue to lift both arms up and place hands on the hips.

Focus: Finish the movement by sharply “snapping” the focus *right* (toward side 1).

Turning ¼ (90°) to the *left*, step *left* (flat) to finish in a **straddle stand** facing side 3. During the turn, shift the weight onto the *right* foot, so both feet are flat and turned out in the **straddle stand**.

Arms: Lower both arms downward to finish sideward-diagonally-downward.

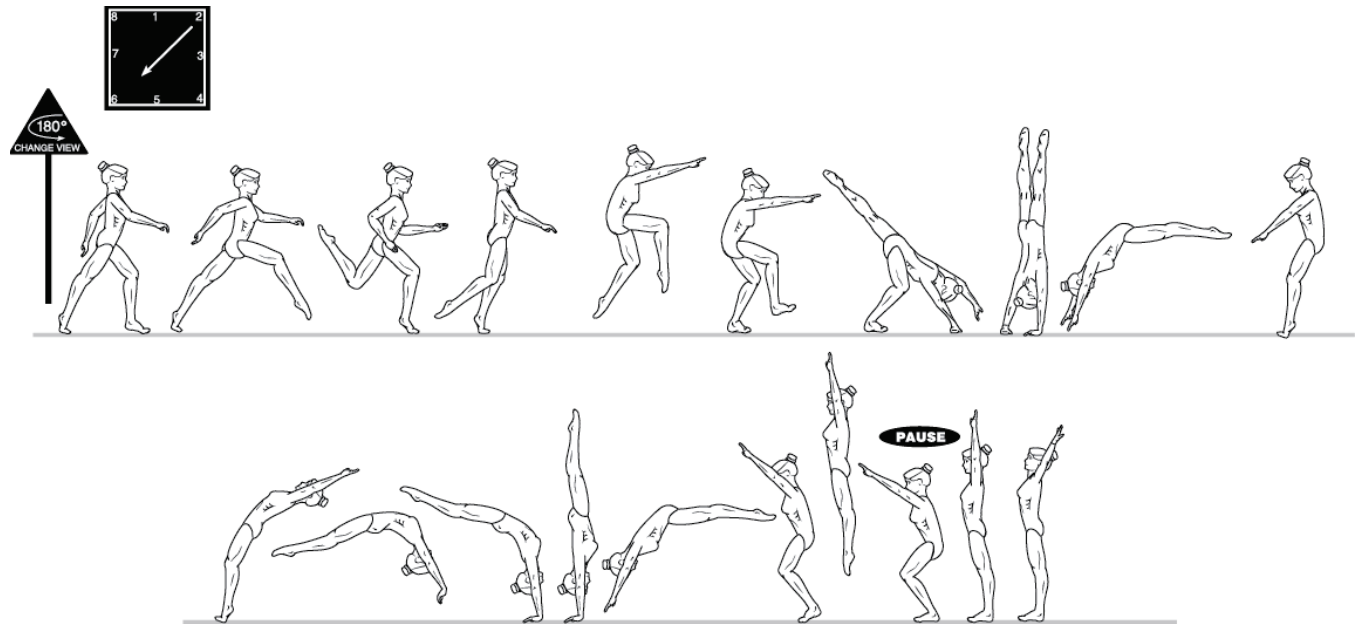
Focus: Forward.

Turning 90° to the *right*, move the *right* foot beside the *left* foot to finish in a **straight stand** (flat or relevé) facing corner 6.

Arms: Move to low or backward-diagonally-low.

Focus: Forward toward corner 6.

12. (*) ROUND-OFF (0.40), FLIC-FLAC (0.60), Rebound



Run (no specific number of steps) and hurdle, using one of the acceptable hurdle techniques listed in the Glossary to execute a **ROUND-OFF**.

#	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously

Points of emphasis:

body positions and arms by the ears throughout

Immediately jump backward onto the hands in an inverted stretched body position to execute a **FLIC-FLAC**. Push explosively off the floor with the arms and shoulders while simultaneously snapping down to land on both feet in an upright hollow-body position.

Immediately **rebound** with a stretched body. Land in demi-plié in a balanced and controlled position ("stick"). **Pause**.

Arms: High throughout. As the landing of the **Rebound** occurs, the arm position is optional. Extend the legs to finish in a straight stand.

Arms: Move to high, then open to sideward-diagonally-upward.

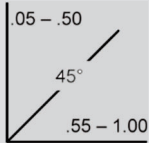
LEVEL 4 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> ● Level 4 ● Level 5
	VOID-Level 4 & 5	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (considered an "incorrect vault")
	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
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge, Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	● Arch
	Each phase Up to 0.50	● Pike
	First Flight Phase	See General Faults

Revised 10.21 & 7.23

Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (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)
	VOID	No hand contact on the vault table
Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	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>
	Up to 0.50	Insufficient height



- No deduction
- Leaves vault table by vertical
 - Leaves vault table by 01° – 45° past vertical
 - Leaves vault table by 46° – 89° past vertical

Landing	Landing clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

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

(*) FRONT HANDSPRING STEP-OUT (0.60)


Power hurdle or step *left* and hurdle using one of the acceptable hurdle techniques listed in the glossary.

Reach both hands forward and place them on the floor side-by-side, shoulder-width apart, while kicking the *left* leg backward-upward overhead. As the hands contact the floor, forcefully extend through the shoulders creating a powerful backward-upward movement. Rotate the body in a tight stretched position to execute a **FRONT HANDSPRING STEP-OUT**.

While executing the **FRONT HANDSPRING STEP-OUT**, the goal of the skill is to accelerate and rotate quickly. A large, high block should be avoided. It should resemble a powerful front walkover with minimal flight and height. It is acceptable technique to lean both shoulders (planche) over the wrists while activating the backward kick.

Arms: Lift arms forward-upward, covering the ears until contact is made with the floor. Arms remain next to the ears throughout and the shoulder angle opens on the post-flight phase of the skill. If using the “planche” technique, an open shoulder angle throughout is not required, but must be shown at the end of the skill.

Focus: On the hands throughout, with the head neutral, chin forward.


	(*) FRONT HANDSPRING STEP-OUT (0.60)	Up to 0.10	Alternate/staggered hand placement
		<u>0.10</u>	Joining legs prior to step-out
		Up to 0.20	Flight prior to hand contact (dive)
		<u>0.20</u>	Failure to step-out
		No deduction	Performing a “fast front walkover”
Points of emphasis: <i>good speed and rotation, straight legs</i>			

(*) CARTWHEEL (0.40)

At the completion of the **FRONT HANDSPRING STEP-OUT**, continue forward to execute a **CARTWHEEL** *right*. Entrance into the **CARTWHEEL** may be through a lunge or “mountain climber” entrance. The head remains in alignment, with the shoulder and hip angle open, and focus under the *left* arm in order to see the floor on the step-down. Turn $\frac{1}{4}$ (90°) inward to step down *left*. Close the *right* foot beside the *left* foot to finish in a hollow-body straight stand (flat or in relevé) OR maintain the rounded shape and immediately plié both legs to continue into the **BACKWARD ROLL TO HANDSTAND**.

Arms: High, shoulder angle open throughout and as the step down occurs.

Focus: During the **CARTWHEEL**, the head should be placed beside the *left* upper arm, looking for the landing position of the feet.

	(*) CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
Points of emphasis: <i>good alignment through vertical, hands up fast</i>			


STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)

By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach back to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width apart to execute a **BACKWARD ROLL TO HANDSTAND** with the legs together. The hands are allowed to shift or hop into the handstand phase.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* foot beside (or next to) the *right* foot to finish with both legs straight and feet flat (backward roll figure 8) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (backward roll figure 9).

Arms: Maintain high at the initiation of the roll. Finish the step down with arms in high, and then open to sideward-diagonally-upward.

Focus: Forward-diagonally-upward.

	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	0.30	Hands placed on floor during "sit" phase prior to rolling backward
		0.10	Interlocking fingers
		0.10	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		0.40 (change of element)	Performs a backward roll step-out
Points of emphasis: <i>straight arms, stretched body in vertical</i>			

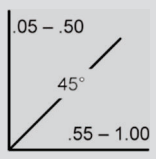
LEVEL 5 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table	
	VOID	Balk #2 or Balk #3	
	No deduction	Coach standing between board and vault table	
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> ● Level 4 ● Level 5 	
	VOID – Level 5	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board “Pre-School” type (35 5/8” X 23 5/8” X 9 1/2”)	
	VOID	Performing incorrect vault (i.e., squat on, etc.)	
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an “incorrect vault”)	
	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	
	Up to 0.30	Insufficient dynamics (speed/power)	
	Up to 0.30	Deviation from a straight direction	
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault	
	Each phase Up to 0.10	Failure to maintain neutral head position	
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)	
	Each phase Up to 0.20	Legs separated	
	Each phase Up to 0.30	Legs bent	
	Failure to maintain stretched body position		
	Each phase Up to 0.30	● Arch	
	Each phase Up to 0.50	● Pike	
	First Flight Phase	See General Faults	

Revised 10.21 & 7.23

Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (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)
	No deduction Up to 0.50 0.55 – 1.00	<ul style="list-style-type: none"> • Leaves vault table by vertical • Leaves vault table by 01° – 45° past vertical • Leaves vault table by 46° – 89° past vertical
VOID	No hand contact on the vault table	




Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	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>
	Up to 0.50	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> - <u>0.15</u> (max.) <u>0.40</u>	Small or medium step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

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

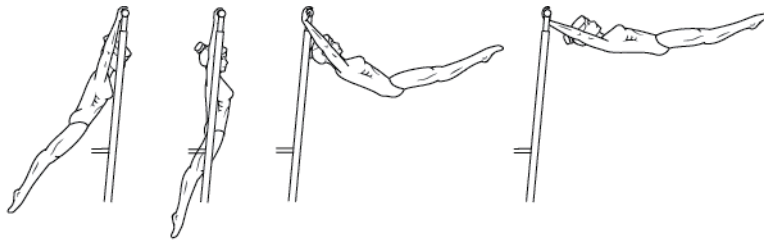
backward-upward to a hollow-body position with the legs together. The hips rise to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

The intended technique is to show a hollow chest position with a rounded hip angle. The hips should not open to an extended or arched position with the feet over the low bar with the toes pointing upward above horizontal during the **COUNTERSWING**. The head remains neutral between the arms, with the chest hollow. The legs remain together with feet pointed downward.

	FIRST COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	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 (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing


Points of emphasis:
chest hollow with a rounded hip angle

10. TAP SWING FORWARD, SECOND COUNTERSWING (0.60) (a minimum of 15° below horizontal)



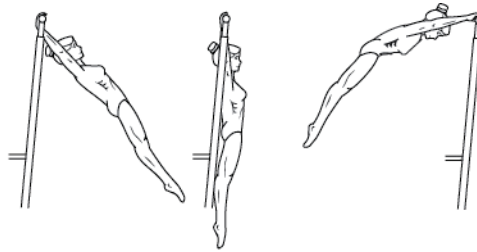
Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain this position through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together to execute a **TAP SWING FORWARD** with a straight-hollow body position, finishing with the feet at the level of the high bar.


	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)

Points of emphasis:
show arch during downward swing and good body position on forward swing

SECOND COUNTERSWING (0.60) (value combined with the TAP SWING FORWARD)



Execute a second **COUNTERSWING** (see # 9) with the hips rising to a **minimum of 15° below** the level of the high bar (**horizontal**) with the feet pointed downward.

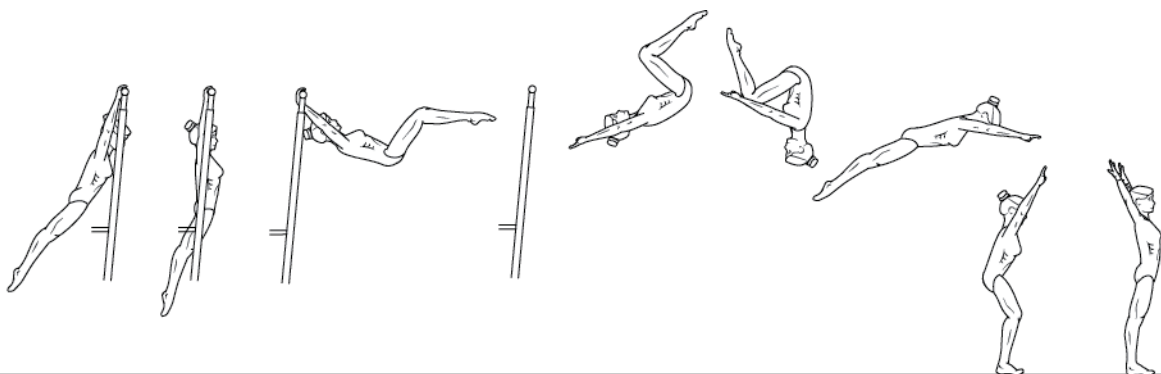
	<p>SECOND COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Tap Swing Forward</p>	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing

Points of emphasis:

chest hollow with a rounded hip angle body position

START VALUE 10.0

11A. TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60) (TUCK, PIKE OR STRETCHED)



Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain the slight arch through the bottom (under the high bar) and aggressively kick forward-upward with legs/feet together to a straight-hollow body position with the head neutral, focusing on the toes




As the feet approach the level of the high bar, release the bar with an open shoulder angle, maintaining a neutral head position. The body continues to rise to execute a **FLYAWAY DISMOUNT**, with the salto performed at a minimum of high bar height in a **TUCK, PIKE, OR STRETCHED POSITION**.

If a **TUCK OR PIKE FLYWAY** is performed, extend the hips (and knees in the tuck) quickly in preparation for landing. If a **STRETCHED FLYAWAY** is performed, maintain a straight-hollow body position throughout. Land in demi-plié in a balanced and controlled position (“stick”).

Arms: Optional upon landing.

Extend the legs to finish in a straight stand.

Arms: Lift forward-upward to high position.

	TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	0.10	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction 0.05 – 0.15 0.20 0.25 – 0.30	Insufficient height of salto <ul style="list-style-type: none"> At high bar level or above 1° to 44° below the level of the high bar At 45° below the level of the high bar Greater than 45° below the level of the high bar
		0.10	Landing too close to the bar
	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	PIKED Flyaway:	Up to 0.20	Insufficient pike of hips (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) <ul style="list-style-type: none"> Arch Hip angle (136° - 179°)
		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)

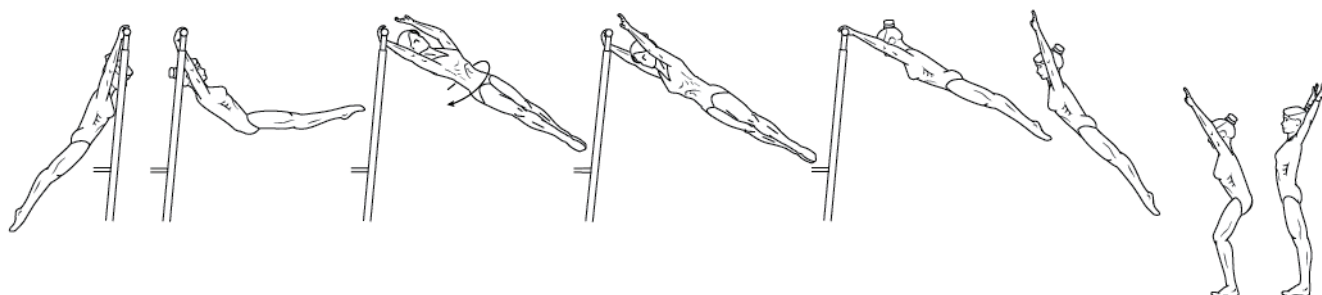
Points of emphasis:

show arch during downward swing and good height on flyaway

START VALUE 9.50

11B. TAP SWING FORWARD WITH (*) 1/2 (180°) TURN DISMOUNT (0.60)

180°
right



Maintain the hollow-body position as the body begins the downward-forward swing. The legs are allowed to remain together or straddle on the downward swing. Anytime during the downward swing, relax the hollow-body position to a slight arch.

Maintain the slight arch through the bottom (under the high bar) and aggressively kick forward-upward with the legs/feet together, swinging to a minimum of 45° below horizontal while maintaining a straight-hollow body position.

While maintaining good body alignment, kick in the direction of the turn, leading with the toes, knees, hips, then shoulders. Initiate the 1/2 (180°) turn after the body reaches a minimum of 45° below horizontal, releasing the bar with one hand and turning toward the hand remaining on the bar. The head remains neutral, with the focus on the toes during the initial phase of the turn.


During the final stage of the turn, shift the focus to the high bar where the free hand will make contact. (The hand position is optional.) Contact the bar with the free hand as the turn is completed. Maintain straight arms throughout.

Immediately push against the bar and release the bar to execute the **TAP SWING FORWARD WITH 1/2 (180°) TURN DISMOUNT**. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position (“stick”).

Arms: Optional on landing.

Extend the legs to finish in a straight stand.

Arms: Lift to high position.

	<p>START VALUE 9.50</p> <p>TAP SWING FORWARD WITH 1/2 (180°) TURN DISMOUNT (0.60)</p>	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete 1/2 (180°) turn prior to re-contact
		<u>0.30</u>	Failure to re-contact the bar with the free hand as the 1/2 (180°) turn is completed

Points of emphasis:
show arch during downward swing and good body position on forward swing into dismount

LEVEL 5 BARS ~ DEVELOPMENTAL SKILLS

1. **“Strap” giants**


Using a single rail and hand “straps”, execute tap swings until the swing gradually reaches close to vertical on both sides. Then execute tap swings into backward giant swings. After proficiency of the sequence is achieved, a cast from support or a kip cast may precede the giant circles.

2. **Cast clear pullovers (baby giants)**

From a cast on the high bar, open the shoulder angle to push backward, maintaining a hollow-body position as the downward-forward swing begins. Anytime during the downward swing, relax the hollow-body position to a slight arch. Maintain the slight arch through the vertical (under the bar) and aggressively kick forward-upward (tap) and over the bar with legs/feet together, shifting the hands to the top of the bar to complete a pullover that finishes in a clear support. Gradually increase the height of the cast as well as the amplitude of the shoulder angle opening at the completion of the circle. The gymnast may be spotted at the completion of the circle.

3. **Assisted casts to handstand (straddle or straight)**

With the assistance of a spotter, begin in a front support with the shoulders slightly in front of the bar and immediately swing the legs backward-upward. Push down against the bar, by extending through the shoulders, to lift the body off the bar to execute a Cast to Handstand with the legs together. The cast may also be performed using a bent-hip straddle technique to achieve the Handstand. Regardless of the technique chosen to perform the cast, the gymnast must show a straight-hollow body position with the buttocks and abdominals tight, the arms and legs straight, and the head neutral with the legs closed at the completion of the achieved angle. REPEAT several times with the coach providing assistance and shaping the skill.

	(*) CARTWHEEL (0.40)	0.10	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
Points of emphasis: <i>good alignment through vertical, hands up fast</i>			

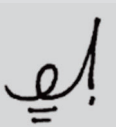
STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)

By maintaining straight legs or bending the knees, lean back to arrive in a sitting position, keeping the feet on the floor. Begin rolling backward with the head tucked, chin to the chest. With the arms straight and hands turned inward, reach back to place the sides of the little fingers (heel of the hands) on the floor behind the head no wider than shoulder-width apart to execute a **BACKWARD ROLL TO HANDSTAND** with the legs together. The hands are allowed to shift or hop into the handstand phase.

Step down *right* while keeping the ears covered by the arms to finish on a straight (or slightly bent) *right* leg and immediately close the *left* foot beside (or next to) the *right* foot to finish with both legs straight and feet flat (backward roll figure 8) OR to finish in a *right* lunge, pressing the *right* knee and both hips forward (backward roll figure 9).

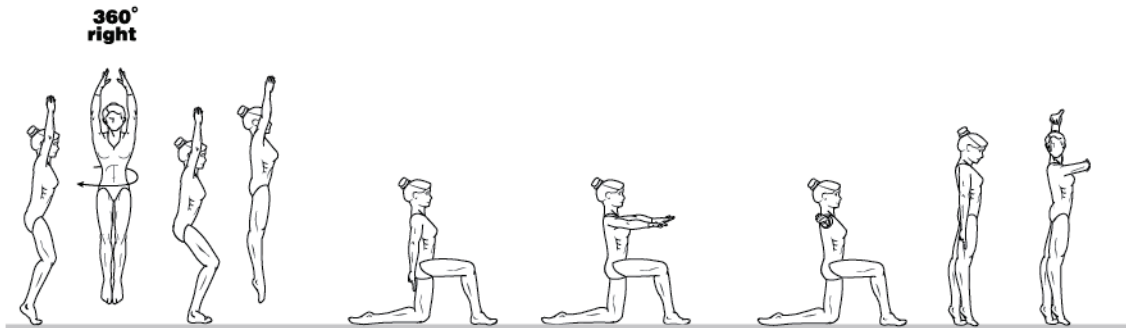
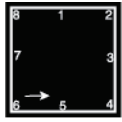
Arms: Maintain high at the initiation of the roll. Finish the step down with arms in high, and then open to sideward-diagonally-upward.

Focus: Forward-diagonally-upward.

	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	0.30	Hands placed on floor during "sit" phase prior to rolling backward
		0.10	Interlocking fingers
		0.10	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		0.40 (change of element)	Performs a backward roll step-out

Points of emphasis:
straight arms, stretched body in vertical

**6. Pose, Step Kick, Pose, (*) STRETCH JUMP WITH 1/1 (360°) TURN (0.40),
1/2 Kneeling Pose, Relevé “Lock” Stand**



Push down on the floor (begin to relevé on the ball of the *right* foot) and slightly lift the *right* heel to begin to “snap” the heel around to execute a 1/4 (90°) heel-snap turn to the *right* to finish with the torso facing side 3. Simultaneously, lift and bend the *left* leg and place the *left* foot next to the *right* foot, finishing with the top of the *left* foot placed on the floor (toes pointed under). The *left* knee is inward/across the body, pointing toward side 5 in the **pose**.

Arms: Lower both arms sideward-downward to sideward-diagonally-low.

Moving toward side 3, step onto the *left* leg in relevé.

Arms: As the step begins, move both arms to forward-middle, then by bending and straightening, supplely press the arms in forward-middle to sharply finish with the hands extended, palms down.

Kick the *right* leg forward-upward to horizontal or above (in relevé).

Arms: Lift both arms backward-diagonally-upward to finish sideward-diagonally-upward.

Step forward *right*, close the *left* foot next to the *right* to finish with both feet side-by-side (in parallel with feet flat) facing side 3.

Arms: Lower both arms sideward-diagonally-downward to low.

Focus: Forward.

LEVEL 1 VAULT ~TABLE OF PENALTIES

STRETCH JUMP onto a minimum of 16 inches of matting (value – 5.00)

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device or Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault

Run and Board Contact	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00</u> /VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first

Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position during jump	
	Up to 0.30	• Arch
	Up to 0.50	• Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
	<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first

HANDSTAND, FALL TO STRAIGHT – LYING POSITION (value – 5.00)

General Faults	Each <u>0.50</u>	Extra kick up to handstand
	<u>2.00</u>	Spotting assistance of coach after gymnast achieves hand support on the mat stack
	5.00/VOID	Performing incorrect element (i.e. forward roll)

Approach	Up to 0.20	Failure to keep ears covered by arms when moving into the handstand
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Handstand	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position in handstand	
	Up to 0.30	<ul style="list-style-type: none"> • Arch
	Up to 0.50	<ul style="list-style-type: none"> • Pike
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
Up to 0.50	Arms bent	

Landing Phase	Up to 1.00	Failure to land in a straight-lying position on the back. Examples for applying this deduction:
	<u>1.00</u>	<ul style="list-style-type: none"> • Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> • Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> • Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	<p>Gymnast makes any of the above execution errors, then lies back to a straight lying position:</p> <ul style="list-style-type: none"> • Execution deductions may be applied for the errors, while the gymnast is falling to her back (post- handstand phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

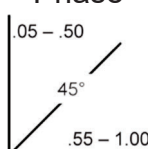
LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board “Pre-School” type (35 5/8” X 23 5/8” X 9 1/2”)
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an “incorrect vault”)
	VOID	Assistance of coach from board to mat stack
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back
	Up to 0.30	Insufficient dynamics (speed/power)
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
Each phase Up to 0.30	<ul style="list-style-type: none"> ● Arch 	
Each phase Up to 0.50	<ul style="list-style-type: none"> ● Pike 	

Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of the body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat

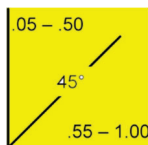
Support Phase 	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)	
	Up to 0.50	Arms bent in support	
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)	
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)	
	Contacting the mat stack with the hands after vertical		
	0.05 – 0.50	• Contact from 1° to 45° past vertical	
	0.55 – 1.00	• Contact from 46° to 89° past vertical	
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)		
	<u>0.50</u>	• Both hands land beyond the tape line	
	<u>0.20</u>	• Staggered hand placement: one inside zone, one over the line	
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)	
	<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)	

Landing Phase	Failure to finish in a straight-lying position on the back Examples for applying this deduction:	
	<u>1.00</u>	• Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	• Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	• Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	Gymnast makes any of the above execution errors, then lies back to a straight-lying position: <ul style="list-style-type: none"> • Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the Mat Stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	No deduction VOID	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	Contact from 1° to 45° past vertical
	0.55 – 1.00	Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack, Chief Judge deduction, if at least 1/2 of panel sees only one hand touch
VOID	No hand contact on the mat stack	



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> – <u>0.15</u> (max.) <u>0.40</u>	Small or medium Step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)	

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

LEVEL 4 & 5 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> • Level 4 • Level 5
	VOID-Level 4 & 5	Use of alternative springboard (trampoline-like) Use of inflatable rebounding device/Junior Board "Pre-School" type (35 5/8" X 23 5/8" X 9 1/2")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an "incorrect vault")
	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
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	<ul style="list-style-type: none"> • Arch
	Each phase Up to 0.50	<ul style="list-style-type: none"> • Pike

First Flight Phase	See General Faults
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Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (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)
	VOID	No hand contact on the vault table

Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	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>
	Up to 0.50	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> - <u>0.15</u> (max.) <u>0.40</u>	Small or medium Step(s) on landing
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

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

GENERAL FAULTS & PENALTIES

COMPULSORY UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

All elements and connections are intended to be performed with maximum amplitude and execution, in the order as written in the text. Departures from correct technique or performance are to be penalized according to the following table for General Faults and Penalties. Also refer to each event for specific penalties for each Level. Always apply these general penalties if a specific penalty is not indicated.

Deduct all execution and/or amplitude errors leading to a fall; however, do not deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element may not exceed the value of the element plus 0.50.

Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required **connections** due to a fall are in addition to execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

If more than half of the major elements in an exercise are performed with assistance of the coach, the score is determined by giving value part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements (including assisted elements).

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY; HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED, UNLESS OTHERWISE STATED.

- To determine if gymnast is a “*righty or lefty*”, first determine gymnast’s dominant leap and front split (*right or left*). These need to be the same. The text is written describing choreography for a “*right dominant*” gymnast. If teaching a “*left dominant*” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	* Changing, reversing, adding or omitting a small part
<u>0.30</u>	* Changing, reversing or omitting a series of connections
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected dance series on balance beam or floor exercise
Value of element	* Changing a major element
Double the value of element	* Substituting or omitting a major element
Half the value of element	Reversing a major element (if <u>not</u> allowed to be reversed)
Up to the value of element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
No deduction	Repetition of a missed element (start judging at point of interruption)
Up to the value of element	Major element performed with additional turn
* <i>Changing = performing a variation of the element prescribed</i>	
* <i>Substituting = performing a totally different element than the element prescribed</i>	
* <i>Omitting = leaving element out completely (omitted elements may <u>not</u> be performed later in exercise “out of order” or after the last element in the exercise)</i>	
Note: Any step/foot position designated as “ <u>not</u> in relevé” may be performed in relevé without penalty	
SPECIFIC EXECUTION DEDUCTIONS (Taken for each occurrence during the routine)	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
(max <u>0.05</u>)	Taking additional running steps into forward tumbling pass (FX) (This is <u>not</u> applied to the front salto tucked)
Each time <u>0.05</u>	Flexed/sickled feet during major elements
Each time Up to 0.20	Leg or knee separations

SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE

UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
Up to value of element + <u>0.50</u> for spot	Coach spots / assists (touches) during element
<u>0.50</u>	Coach spots / assists (touches) on landing only
<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Coach catches a falling gymnast, only deduct for a fall.

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

Note: the following penalties must be indicated to the coach by verbal or visual means:

<u>0.10</u>	Overtime on beam (judging continues after time is called)
Each time <u>0.10</u>	Any part of body touching outside the floor exercise border marking
Each time <u>0.10</u>	Failure to present before and after the exercise <ul style="list-style-type: none"> Gymnast is required to present to the Chief Judge before the exercise Gymnast is required to present at the end of the exercise, but is <u>not</u> required to specifically face a judge when presenting
<u>0.10</u>	Coach standing next to the beam throughout exercise
<u>0.10</u>	Failure to mark the FX boundary line on additional mats <ul style="list-style-type: none"> Applies to any mat which covers the FX boundary line
<u>0.20</u>	Gymnast fails to begin exercise within 30 seconds after CJ signals to begin
(after warning) <u>0.20</u>	Unsportsmanlike conduct of gymnast
(after warning) <u>0.20</u>	Failure to observe specified warm-up time <ul style="list-style-type: none"> Deduction is taken from the event score This deduction applies only to the practice of an element(s) <ul style="list-style-type: none"> ✓ If a gymnast is preparing for a skill(s) or dismount when time is called, she may continue to finish the skill(s) and/or dismount without penalty ✓ No deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on UB or BB. If the gymnast fails to leave apparatus after "time" has been called, the Timer MUST warn gymnast by announcing "time exceeded." If gymnast remains on apparatus, Timer reports infraction to Chief Judge, who then deducts <u>0.20</u> from the average score.
(after warning) <u>0.20</u> (must be heard by the judge(s))	Technical verbal cues by coach or teammate(s) to own gymnast. <u>Examples</u> of technical cues: "hollow", "pull" etc. <ul style="list-style-type: none"> <u>Exception:</u> if the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example, what comes next in the routine or to repeat a missed requirement), a deduction of <u>0.20</u> is taken from the average without a warning Deduction is taken only once, regardless of the number of cues given
(after warning) <u>0.20</u>	Incorrect attire <ul style="list-style-type: none"> Chief Judge notifies Meet Referee of warning given. Deduction applied to 1st event competed if NOT corrected/removed, etc. Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken. Deduction is taken one time ONLY




DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)

(after warning) <u>0.20</u>	<p>Incorrect attire (continued)</p> <ol style="list-style-type: none"> 1. Acceptable attire: <ol style="list-style-type: none"> a. One-piece leotard with or without sleeves. <ul style="list-style-type: none"> • Leg cut of the leotard MUST be below the pelvis / hip bone. b. Unitards with long legs to ankle, with or without sleeves. c. Ankle-length tights worn under or over the leotard that match the leotard or the athlete's skin tone. Small manufacturer's branding allowed, with no embellishments. d. Solid black shorts may be worn under or over the leotard. Small manufacturer's branding allowed, with no embellishments. <ul style="list-style-type: none"> • length MUST be above knee or shorter. e. Head covering (if attached to leotard or unitard and fits snugly over the head), not to impose a safety hazard to gymnast. f. Clear bra straps. g. Only stud earrings are allowed in any part of ear. <ul style="list-style-type: none"> • All other piercings MUST be removed, not just covered with tape or a bandage. 2. Unacceptable / inappropriate / incorrect attire: <ol style="list-style-type: none"> a. Backless leotards <ul style="list-style-type: none"> • Unless any open area(s) is/are filled in with mesh or flesh-colored fabric, a leotard is considered backless when any open area(s) visually extend(s): <ol style="list-style-type: none"> 1) lower than two inches (approximately) below the bottom of the scapula (shoulder blade). 2) wider than the vertical midpoint of the scapula. b. Visible underwear (including sports bras) <ul style="list-style-type: none"> • If underwear is visible due to cut of the leotard, warn the gymnast's coach. If gymnast does NOT correct it, take a deduction on subsequent event. • Underwear, including sports bras, should NOT be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do NOT take a deduction. • COMMON SENSE SHOULD PREVAIL. c. Unacceptable jewelry <ul style="list-style-type: none"> • Necklaces and bracelets NOT allowed during warm-ups or competition. EXCEPTION: Medical bracelets MUST be covered by athletic tape. • Any non-stud earrings. d. Spaghetti straps <ul style="list-style-type: none"> • Straps MUST be a minimum of 2 cm. (7/8") wide. e. Bare midriff f. Elastic waistbands traditionally worn as training aids. <ul style="list-style-type: none"> EXCEPTION: This does NOT include medically necessary bandages. g. Tennis Shoes are NOT appropriate gymnastics footwear. h. Ear buds/pods are NOT allowed to be worn during competition. 3. Hair should be secured away from face – should NOT obscure gymnast's vision
<u>0.20</u>	<p>Excessive use of magnesia (chalk) or incorrect use of tape</p> <p>VAULT</p> <ol style="list-style-type: none"> 1. Runway: Athletic tape or Velcro strips (NO CHALK) may be placed on VT runway, provided that such markings are removed no later than end of rotation. <ul style="list-style-type: none"> ✓ Maximum width of the Velcro strip or athletic tape is 5 cm (2") ✓ Maximum length is 3 feet ✓ Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed. 2. Vault Table: Use of tape or magnesia (chalk) is NOT permitted on VT table

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)	
<u>0.20</u>	Excessive use of magnesia (chalk) or incorrect use of tape (continued) BALANCE BEAM Small chalk markings may be placed on BB (tape NOT allowed) FLOOR EXERCISE 1. Spreading of magnesia on FX area NOT allowed; only small marks allowed. 2. A single-line arc drawn in corner of FX area is acceptable. 3. No Velcro or tape markings are allowed within FX area. 4. Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.
<u>0.30</u>	Use of unauthorized or additional mats, unauthorized springboard, springboard or mounting mat/block on unauthorized surface, or use of hand placement mat for vault
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.30</u>	Using incorrect apparatus specifications, including incorrect spring configurations
<u>0.50</u>	Starting the exercise before the signal is given: <ul style="list-style-type: none"> If the gymnast starts the exercise before the signal is given by the Chief Judge, she should be asked to stop and repeat the performance immediately Deduct from the repeated performance
<u>1.00</u>	Floor exercise routine performed without music or with music with voice
<u>1.00</u>	Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table
No deduction	Coach between UB throughout exercise or on the floor exercise mat


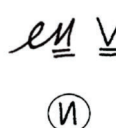


MISCELLANEOUS JUDGING INFORMATION	
	Allowable range of scores for Compulsory Program 0.20 for scores between 9.50 – 10.00 0.50 for scores between 9.00 – 9.475 0.70 for scores between 8.00 – 8.975 1.00 for all other cases
	Termination of an exercise due to injury: if gymnast performs ½ or less of exercise and does <u>not</u> continue, give credit for elements performed (do <u>not</u> score from 10.00)
	Award a score of 1.00, if the routine results in a score of 1.00 or less






TIMING PROCEDURES	
VAULT	
	<ul style="list-style-type: none"> If gymnast falls on 1st Vault attempt, the 45-second fall time begins when gymnast is standing on her feet. If an injury occurs, fall time begins once medical assessment is complete. Once Fall time begins, gymnast has 45 seconds before CJ will salute for the second vault. After 25 sec. have passed, CJ will announce “20 seconds remaining”. After 35 sec. have passed, “10 seconds remaining will be announced. “Time” is announced at 45 seconds. If the allotted fall time is exceeded, a second vault will <u>not</u> be allowed The Chief Judge is responsible for monitoring the fall time

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP CIRCLE (0.40)	Each Up to 0.10	Failure to maintain neutral head position
		Each Up to 0.20	Failure to maintain straight-hollow body position throughout
	BACK HIP CIRCLE (0.40)	Each Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Each Up to 0.10	Lack of continuity of circle
		Up to 0.20	Lack of continuity between circles
	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)
	CAST, SQUAT-ON OR PIKE-ON, STRETCH JUMP DISMOUNT (0.60)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		<u>0.50</u>	Touches high bar


LEVEL 4 UNEVEN BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.


SYMBOL	ELEMENT	DEDUCTION	FAULTS	
L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously	
		<u>0.30</u>	Performs run-out glide	
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)	
		Up to 0.20	Insufficient extension at end of glide swing	
		<u>0.10</u>	Failure to close legs at end of straddle glide swing	
	CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)	
		0.05 – 0.15		• 1° to 44° below horizontal
		<u>0.20</u> 0.25 – 0.30		• At 45° below horizontal • 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)	
Up to 0.10	Lack of control in returning to the bar			
	CAST, SQUAT-ON OR PIKE-ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)	<u>0.20</u>	Alternate foot placement	
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)	
	LONG HANG KIP (0.60)	Up to 0.20	Failure to swing to near horizontal	
	CAST TO HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)	
		0.05 – 0.15		• 1° to 44° below horizontal
		<u>0.20</u> 0.25 – 0.30		• at 45° below horizontal • 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)	

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	LONG HANG PULLOVER (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Excessive piking of body
		<u>0.30</u>	Failure to maintain overgrip (hands completely release bar)
		<u>1.00</u>	Performing a backward giant circle prior to pulling hips toward bar
		No deduction	Performing a back hip circle at the completion of the long hang pullover
	UNDERSWING (0.60) value combined with First Counterswing	<u>0.20</u>	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
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
	FIRST COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	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 (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)
	SECOND COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	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 (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(10.0 SV) TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction	Insufficient height of salto
		0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	<ul style="list-style-type: none"> At high bar level or above 1° to 44° below the level of the high bar At 45° below the level of the high bar Greater than 45° below the level of the high bar
		<u>0.10</u>	Landing too close to the bar

	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing

	PIKED Flyaway:	Up to 0.20	Insufficient pike of hips (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing

	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) <ul style="list-style-type: none"> Arch Hip angle (136° - 179°)
		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)

(OR)









SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(9.5 SV) LEVEL 4 DISMOUNT	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
	TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)	Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete ½ (180°) turn prior to re-contact
		<u>0.30</u>	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed

LEVEL 1 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

Time Limit: 35 seconds Warning: 25 seconds






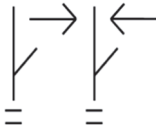


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	(*) NEEDLE LEG KICK (0.40)	Up to 0.10	Lack of continuity from sit to stand
		Up to 0.10	Failure to kick a minimum of horizontal
	RELEVÉ BALANCE "LOCK" STAND (0.20)	Up to 0.20	Failure to hold for two seconds
	FORWARD PASSÉ BALANCE (0.20)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	ARABESQUE (30°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 30° above the beam
		<u>0.05</u>	Failure to mark the position
	FORWARD LEG SWINGS (0.20 EACH)	See General Faults and Penalties	
	(*) CARTWHEEL TO 3/4 (22.5°) HANDSTAND DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing

LEVEL 2 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

Time Limit: 40 seconds Warning: 30 seconds







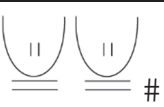
SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	(*) SINGLE LEG KICK UP TO STAND (0.40)	Up to 0.10	Lack of continuity from sit to stand
		<u>0.20</u>	Failure to have either foot leave the beam
	FORWARD PASSÉ BALANCE (0.20)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	ARABESQUE (30°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 30° above the beam
		Up to 0.10	Failure to hold one second
	FORWARD LEG SWING, BACKWARD LEG SWING (0.20 EACH)	Up to 0.10	Failure to swing the back leg a minimum of 45° above the beam
		Up to 0.10	Lack of continuity during the sequence
	½ (180°) PIVOT TURN (0.20)	Up to 0.10	Lack of sharpness
	(*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing


LEVEL 3 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

Time Limit: 55 seconds Warning: 45 seconds

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) CROSS HANDSTAND (0.60)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
	½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	<u>0.10</u>	Leg in incorrect position (<u>not</u> in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use the heel-snap turn technique
	STRETCH JUMP STRETCH JUMP (0.40 EACH)	Each <u>0.10</u>	Failure to land on both feet simultaneously
		Each Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMPS		No deduction	
Connection broken between STRETCH JUMPS		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	ARABESQUE (45°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 45° above the beam
		Up to 0.10	Failure to hold one second
	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	TWO (2) ½ (180°) PIVOT TURNS (0.20 EACH)	Each Up to 0.10	Lack of sharpness





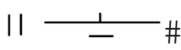


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL TO SIDE HANDSTAND, (*) ¼ (90°) TURN DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact until the body passes by the horizontal plane of the beam
		Up to 0.60	<u>Failure to complete dismount:</u> <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.
		<u>Example:</u> Up to 0.30 + <u>0.20</u> = <u>0.50</u> + <u>0.50</u> = <u>1.00</u>	Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: Failure to attain vertical Failure to perform the ¼ (90°) turn Incomplete element Fall Total deduction

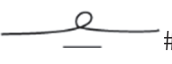
LEVEL 4 BALANCE BEAM ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

Time Limit: 1:05 Warning: 55 seconds

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction.
	SPLIT JUMP (120°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) CROSS HANDSTAND (0.60)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second
	SCALE (HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to a minimum of horizontal in scale
		Up to 0.10	Failure to hold one second

SYMBOL#	ELEMENT	DEDUCTION	FAULTS
 #	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
		<u>0.05</u>	Failure to pause in low arabesque position on landing



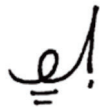



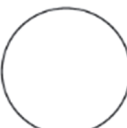
	(*) CARTWHEEL TO SIDE HANDSTAND, (*) ¼ (90°) turn DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact until the body passes by the horizontal plane of the beam
		Up to 0.60	<u>Failure to complete dismount:</u> <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.
		<u>Example:</u> Up to 0.30 + <u>0.10</u> + <u>0.20</u> = <u>0.60</u> + <u>0.50</u> = <u>1.10</u>	Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: Failure to attain vertical Failure to hold one second Failure to perform the ¼ (90°) turn Incomplete element Fall Total deduction

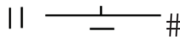
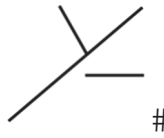




LEVEL 5 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.


(*) Indicates a reversal is allowed


Time Limit: 1:10 Warning: 1:00

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
(OR)			
	(*) BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND (0.60)	Up to 0.20	Failure to attain minimum of ¾ handstand
		<u>0.60</u>	Performing a backward roll step-out (head stays in contact with beam)
(OR)			
	(*) FLIC-FLAC STEP-OUT (0.60)	See General Faults and Penalties	
(OR)			
	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties	
(OR)			
	(*) FRONT WALKOVER (150°) (0.60)	<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

SYMBOL#	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between SPLIT JUMP and SISSONNE		No deduction	
Connection broken between SPLIT JUMP and SISSONNE		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	SISSONNE (0.20)	Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	SCALE (ABOVE HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold one second
	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP		No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		<u>0.20</u>	Closing the second foot in front of first foot on landing

SYMBOL	ELEMENT	DEDUCTION
Insufficient continuity between CARTWHEEL and STRETCH JUMP	No deduction	
Connection broken between CARTWHEEL and STRETCH JUMP	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>








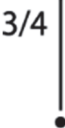
	STRETCH JUMP (PUNCH) (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

	BACKWARD SALTO TUCKED (0.60)	Up to 0.30	Insufficient height and extension of jump with hip lift
		Up to 0.20	Insufficient tuck shape of salto
		Up to 0.20	Incorrect posture with control on landing

LEVEL 1 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed






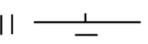



SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TUCKED (0.60)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>Up to 0.20</u>	Failure to maintain tuck position as the buttocks touch floor
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	FORWARD PASSÉ BALANCE (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	FORWARD ROLL TUCKED (0.40)	Up to 0.20	Failure to maintain tuck position during forward roll
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	(*) ¾ HANDSTAND (0.40)	See General Faults & Penalties	

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LEVEL 2 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.


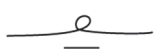

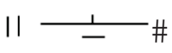

(*) Indicates a reversal is allowed

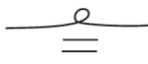




SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
		<u>0.60</u>	Performs a backward roll to handstand
	(*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use the heel-snap turn technique
	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
	STRAIGHT LEG LEAP (60°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	SPLIT JUMP (60°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) HANDSTAND (0.40)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close legs at vertical
		Up to 0.10	Failure to hold handstand for one second
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
	BRIDGE, (*) BACK KICK-OVER (0.60)	Up to 0.20	Shoulders <u>not</u> over hands in bridge position
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on kick-over

LEVEL 3 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions

(*) Indicates a reversal is allowed


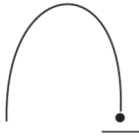





SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) HANDSTAND FORWARD ROLL (0.60)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.10	Failure to hold handstand for one second
		<u>0.30</u>	Pushing off floor with hands to arrive in tuck stand
	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction.
	SPLIT JUMP (90°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) HANDSTAND to BRIDGE, BACK KICK-OVER (120°) (0.60)	<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.20	Failure to push shoulders behind hands in bridging phase
		<u>0.10</u>	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent on landing)
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on back kick-over
		<u>0.30</u>	Performs a tic-toc (legs remain separated throughout the entire skill)

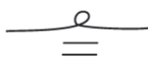
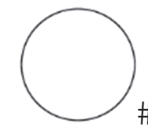
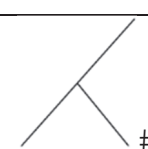

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (<u>not</u> in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		<u>0.20</u>	Failure to show push-up position
		<u>0.40</u> (change of element)	Performs a backward roll to handstand
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLAC TO TWO FEET, Rebound (0.60)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled "stick"
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

LEVEL 4 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed




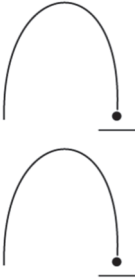

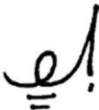
SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) BACK WALKOVER (150°) (0.40)	Up to 0.10	Failure to show continuous leg lift into walkover (leg lifts then drops, stops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
	(*) FRONT HANDSPRING STEP-OUT (0.60)	Up to 0.10	Alternate/staggered hand placement
		<u>0.10</u>	Joining legs prior to step-out
		Up to 0.20	Flight prior to hand contact (dive)
		<u>0.20</u>	Failure to step-out
		No deduction	Performing a "fast front walkover"
	(*) CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		<u>0.40</u> (change of element)	Performs a backward roll step-out
	(*) STRETCH JUMP 1/2 (180°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air throughout the stretch jump 1/2 (180°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	STRADDLE JUMP (120°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) 1/1 (360°) TURN IN FORWARD PASSEÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLACS TO TWO FEET (Each 0.60)	Each up to 0.30	Squat into flic-flac
		Each <u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled “stick”
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

LEVEL 5 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Each up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
(OR)			
	(*) FREE (AERIAL) CARTWHEEL (0.60)	Up to 0.30	Failure to pass through vertical
(OR)			
	(*) FREE (AERIAL) WALKOVER FORWARD (0.60)	See General Faults and Penalties	
	(*) FRONT HANDSPRING STEP-OUT, FRONT HANDSPRING STEP-OUT (0.60 EACH)	Each up to 0.10	Alternate/staggered hand placement
		Each <u>0.10</u>	Joining legs prior to step-out
		Each up to 0.20	Flight prior to hand contact (dive)
		Each <u>0.20</u>	Failure to step-out
		Up to 0.20	Lack of acceleration
No deduction	Performing a "fast front walkover"		
	(*) CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	<u>0.30</u>	Hands placed on floor during "sit" phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		<u>0.40</u> (change of element)	Performs a backward roll step-out

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