

Vancouver Phoenix Gymnastics

WAG ADULT CODE 2022



VANCOUVER PHOENIX GYMNASTICS CLUB – “WAG” ADULT CODE

These rules and guidelines were originally adapted from the BC High School Gymnastics Program rules. The age requirements for adult-level competition are for competitors ages 18 and up, or competitors who will be turning 18 the same year of the competition(s).

The purpose of the adult program is to promote a fun, safe, and challenging environment among adult participants in gymnastics. The spirit of the adult competition is to promote community and progression for participants across all levels, from the beginner adult gymnast to the ex-competitive adult gymnast.

1. A athlete may select only certain “A”, “B” or “C” skills to perform within each level, according to the requirements for each event.

There is no restriction on gender per apparatus in the adult competitions. Athletes may choose to compete on however many events they wish to, within their own comfort and skill level.

Athletes must compete in the same level across all four WAG events if they wish to compete for the all-around (AA) in their level: Vault, Uneven Bars, Balance Beam, and Floor Exercise.

Athletes may also choose to specialize on different events by competing in various levels (according to their ability) for each individual apparatus. The level placements are suggested as:

Level 1 – Beginner athletes (new to gymnastics or ex-high school level 1-2)

Level 2 – Some gymnastics background (ex-high school level 3 or have been part of an adult program for some time)

Level 3 – Ex-competitive (ex-competitive or ex-high school level 4/5 or have been part of an adult program and have the appropriate skills).

2. Floor Exercise in WAG must be accompanied by music. Music may be obtained from any instrumental arrangement and should match the gymnast’s ability to portray a character and style of performance. Cut and edit until the desired length of music is reached – max 1 min 30 sec. Music ideally should also have variations in tempo (e.g. faster for tumbling, slower for dance passages). No lyrics are permitted, but vocals with the voice as an instrument is allowed. Please ensure music is accessible through a cellular device (with notifications/screen lock paused) or available on a usb stick.

3. Attire: There are no specific restrictions on competition attire – athletes are encouraged to compete in comfortable clothing that allows free movement, whether it be a tank top and shorts, a formal Leotard, or leotard with shorts. For the purposes of safety, extremely loose or baggy clothing is not encouraged.

4. A vault, bars, beam, or floor routine may be repeated only in case of technical malfunctions that are beyond the control and responsibility of the athlete/coach. It is the decision of the head judge of the particular apparatus to decide, upon request of the gymnast’s coach. The gymnast may request to see the score of their first routine before deciding if they are going to repeat. The request must be made immediately after the malfunctions.

5. Scoring System:

Vault: Start value is determined by the vault performed. Maximum start value in each level is 10.0. Final score is determined as follows:

Final Score = Start Value – Execution Deductions

Example: Level 1 athlete performs a straddle through vault (no layout position) with springboard.

Start Value = 9.5; Total Execution Deductions from judge (bent legs/arms, steps on landing, etc.) = 1.2

Final Score = 9.5 - 1.2 = 8.3

Bars/Beam/Floor: Maximum Start Value for all levels is 10.0. Start value for a routine is determined by 10.0, minus 0.5 for any missing Special Requirements, minus 0.1 for any missing required supplementary or ‘A’ value skills or 0.3 for any required ‘B’ value skills.

Final Score = Start Value – Execution Deductions

Example: Level 1 athlete on Bars performs a routine with 6 supplementary or ‘A’ value skills (as required) and includes 4 of the special requirements but missed the cast w/ feet to bar height. Start value = 10.0 – 0.5 (missing special requirement of cast) = 9.5.

Final Score = 9.5 – Execution Deductions

Note: Higher value parts can replace lower value parts, but not the reverse, provided the skills performed are within the difficulty restrictions of the level. The replacement is on a 1 to 1 basis, regardless of the point value. There is no restriction on the difficulty of dance elements performed across all levels on balance beam and floor exercise.

e.g. Level 2 FX: 6 A's, 1 B = 7 Value Parts Required. Gymnast performs: 5 A's, 2 B's. 1 "B" replaces missing the "A". No bonus value or points awarded for a more difficult skill.

6. All Start Values (SV) will be displayed on scoresheets along with the Final Scores.

7. Any inquiry into the score of a gymnast is as follows: An athlete/coach will approach the apparatus head judge as soon as the rotation has concluded and before the next rotation has started. They may inquire about the Start Value (SV) only. Based on the inquiry, the judge may or may not change the Start Value. In the case that the inquiry is not resolved, the competition head judge will become involved and make the final decision, and the matter will be considered closed.

8. Each line listed in the difficulty tables is considered to be a different skill. A skill will also be considered different if it comes out of, or goes into, a different skill. Repeated skills will only receive credit if they are considered "different". All skills should have the same values as they do in the corresponding High School Code; any skill not listed here will receive its High School Code value. "Original" or "old-school" skills will be credited with the appropriate difficulty value according to the head judge at each event or inquired for an assessment through email prior to the meet.

9. Short Routines: If a routine on Bars has less than 5 counting skills, or a routine on Floor/Beam is shorter than 30 seconds, a 1.00 deduction is taken from the final score.

Note: *There may be cases where there are more counting skills than needed to be credited the maximum value parts. This occurs in situations where more skills are needed to fulfill all of the composition requirements (e.g. Level 1 floor), or an extra skill or two can be added as a buffer in case another skill might not be credited (e.g. Level 2 bars, if one cast is not performed to horizontal, an extra one that is to horizontal can be included for safety). These cases may help mitigate the possibility of a short routine deduction. Sample routines are provided at the end of the code package and are only a small handful of possibilities of how one can construct skills together to receive a maximum start value for each respective level and event.*

Recommended Warm-Up Procedures:

General Warm-Up: Recommended 20 minutes. Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm up on the WAG floor, mats, and runway only. They may not use the boards and/or the vault table, bars, or beam for any reason during the general warm-up.

Vault: Group Warm-Up, Continuous Time – Level 1: 1 min; Level 2: 90 sec; Level 3: 2 min - per gymnast
Level 1 and 2 athletes are guaranteed a maximum of 2 vaults. Level 3 athletes are guaranteed a maximum of 3 vaults.

Uneven Bars: Group Warm-Up, Continuous Time – Level 1: 1 min; Level 2: 90 sec; Level 3: 2 min - per gymnast
90 seconds is granted for each different bar preparation (raising, lowering, chalking).

Balance Beam: Group Warm-Up, Block Time Per Athlete – Level 1: 1 min; Level 2: 90 sec; Level 3: 2 min (may do 1 min 30 + 30 sec) – per gymnast; Max. 5 sec between each athlete
Alternatively, a "bump" warm-up may be used: 2 athletes warm up, 1st competes, 3rd warms up, etc.

Floor Exercise: Group Warm-Up, Continuous Time – Level 1: 1 min; Level 2: 90 sec; Level 3: 2 min – per gymnast. Level 1 and 2, max 5 minutes. Level 3, min 6 minutes, max 8 minutes.

**If it is indicated, competitors may inquire to each apparatus judge for more time to warm-up. The judge reserves the right to grant warm-up flexibility in accordance with safety concerns.*

For groups with mixed-level athletes, the Chief Judge will divide the group for warm-up and competing in the most time efficient manner according to the timing guidelines. The competition order can be modified so the athletes compete in the order that is most efficient; otherwise, the competition order drops down by 1 or 2 athletes per rotation. If a group consists of only one athlete (only athlete competing at a certain height/bar width), they must be given sufficient time to warm up and rest. Safety must prevail: If an athlete needs a coach (spotting or otherwise), they have the right to wait for the coach to be present. It is suggested to split the warm-up if the group has 8+ athletes in a rotation. Judges and coaches should be flexible and allow for smaller sub-groups.

VAULT

	LEVEL 1		LEVEL 2		LEVEL 3	
Value Parts	Max Start Value: 10.0					
	1 or 2 Vaults, Best to Count					
VAULTS ALLOWED	Tuck/Straddle through	9.5	Handspring	9.8	Handspring	9.2
					Handspring - 1/2	9.5
					Handspring - 1/1	9.8
					Handspring - 1 1/2	10.0
			Handspring on - 1/2 twist off	10.0	1/2 on – repulsion off	9.2
					1/2 on – 1/2 off	9.5
	Tuck/Straddle through, layout position	9.8	1/2 twist on - repulsion off	9.8	1/2 on – 1/1 off	9.8
			Handspring	10.0	1/2 twist on - 1/2 twist off	10.0
	Tsukahara – repulsion off	9.8			Yurchenko – repulsion off	9.5
					Yurchenko - 1/2 off	9.8
	1/2 twist on - repulsion off	10.0			Yurchenko – repulsion off	9.8
			Yurchenko - Back Tuck	10.0		
			Yurchenko - Back Pike	10.0		
					Tsukahara - Tuck	10.0
					Tsukahara - Pike	10.0
EQUIPMENT	Min. height for all vaults 115 cm (Max. height 125 cm)		Height for all vaults 120 or 125 cm		Height for all vaults 120 or 125 cm	
	Mandatory minimum 10 cm matting for landing. Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. An approved Yurchenko collar must be used for all round-off entry vaults. All vaults must be performed with a beat board.					

Yamashita-style vaults may be performed, with start values corresponding to the handspring values.

Note: Due to insurance policy changes in BC, the use of mini-trampolines are not allowed. Gymnasts may have a coach or teammate stand on the side of the vault for safety.

UNEVEN BARS

	Level 1	Level 2	Level 3
Value Parts	6 Supp. or A's Max Start Value: 10.0 Supp. & A Elements Only	6 A's Max Start Value: 10.0 A & B Elements Only*	6 A's, 1 B Max Start Value: 10.0 A, B, and C Elements
Restricted Skills: No Value Part credit and -0.5 deduction each from SV	No B+ skills No salto dismount	*One C element that is a transition skill between bars is allowed, credited as A	C elements credited with B value
Special Requirements (0.5 each)	<ul style="list-style-type: none"> • Pullover or kip • One cast to feet at bar height • Swing element (beat, glide, tap, long, or counter swing) • Minimum of one bar change • Dismount 	<ul style="list-style-type: none"> • One cast to a minimum of horizontal • Minimum of one bar change • Two circling elements*^{pg 6} – repetition allowed (if missing one, credit 0.25). <ul style="list-style-type: none"> - One circling element (if performing free hip, sole circle, or stalder) • Dismount (salto or non-salto w/ min. ½ turn) 	<ul style="list-style-type: none"> • One cast to a minimum of 45° from vertical • Minimum of one bar change • One clear circling element*^{pg 6}, minimum of 'B' value • Salto or B+ Dismount
Equipment Specifications	<p>Bar Height: Low Bar – 150 cm from top of mat. High Bar – optional, suggested 230 cm from top of mat.</p> <p>Bar Distance: min. 130 cm, max. 190 cm</p> <p>A beat board may be used for any mount – it must be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied.</p> <p>Mandatory FIG matting for landing of dismount (min 10 cm additional).</p> <p>Otherwise, any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p> <p>Presence of coach on mats is allowed.</p>		

*Note: *No amplitude deductions will be taken for **level 2** free hip/sole circle/stalder skills, but general execution errors will still apply.*

UNEVEN BARS ELEMENTS & VALUES

Supplementary – Value 0.1	“A” Elements -Value 0.1	“B” Elements -Value 0.3	“C” Elements -Value 0.5
<p><u>Mounts</u> Glide swing to immediate 2-foot pullover LB₁ Jump squat/straddle onto LB Jump to support on LB 1 or 2 foot pullover to front support on LB</p> <p><u>Elements</u> Beat swing Glide swing Tap swing (hips min. 45° below horizontal) Counterswing (hips min. 45° below horiz.) Cast to feet at bar height Russian turn ½ turn in stride support to catch high bar Single leg cut (fwd or bwd) Stride circle Basket swing Climb to stand on LB, jump to catch or front support on HB₂ Pullover to HB (feet on starting on LB)</p> <p><u>Dismounts</u> Any simple dismount with flight Counterswing to stand (hips min. 45° below horiz.) Underswing to stand, or w/ ½ turn Toe-on pike/straddle underswing off Tap swing w/ ½ turn to stand₃</p>	<p><u>Mounts</u> Glide kip (straddle or pike) Jump to front/back hip circle LB Jump ½ turn, kip to support LB Jump ½ or full turn to hang on HB Jump to brief hang on HB, kip to support</p> <p><u>Elements</u> Cast to horizontal to below 20° of vertical Front hip circle Back hip circle Clear/free hip circle below horizontal Sole circle fwd/bwd (tucked or piked) to stand ¾ sole circle forward Stride circle catch HB Cast to squat on LB (tuck/pike/straddle), jump to catch HB Drop kip Long kip (HB) Long swing pullover Cast away to long swing pullover from HB (baby giant) Long swing to horizontal Counterswing to stand on LB Counterswing w/ 1/2 turn to catch HB Underswing/long swing on HB w/ ½ turn at/above HB height to hang Long swing btw HB and LB to sole circle or w/ ½ turn</p> <p><u>Dismounts</u> Underswing w/ 1/2 or full twist Toe-on pike/straddle underswing off: w/ 1/2 or full twist Flyaway salto (tuck/pike/layout)</p>	<p><u>Mounts</u> Jump full turn, kip to support on LB Jump pike/straddle to handstand on LB Jump ½ turn, kip to support on HB Free tuck/straddle jump over LB to HB Hecht jump w/ hand repulsion over LB to HB</p> <p><u>Elements</u> Clear/free hip to within horizontal to 20° of vertical Cast to handstand within 20° of vertical (legs together or straddled) Stand on LB, jump w/ 1/1 turn to catch HB Front support on LB, free (no hand support) squat/stoop/straddle over to hang on HB Underswing ½ turn to clear support on HB Uprise backward to clear support on HB Underswing (toe-on) w/ ½ turn w/ flight over LB to hang on LB Counterswing backward, straddle/pike back w/ flight over LB to hang on LB Back giant Stalder circle bwd to clear support (>horizontal) Pike/straddle sole circle bwd to clear support (>horiz.)</p> <p><u>Dismounts</u> Underswing from clear front support, 1½ twist Toe-on pike/straddle underswing off, 1½ twist Flyaway salto w/ ½ or full twist (tuck/pike/layout)</p>	<p><u>Mounts</u> Jump pike/straddle to handstand on LB w/ ½ turn Jump full turn, kip to support on HB Jump to brief clear support on HB (any grip), clear hip circle to handstand</p> <p><u>Elements</u> Front giant or w/ ½ turn Back giant, ½ turn or full turn Cast to handstand to ½ turn in handstand Pike sole circle bwd to within 20° handstand Clear/free hip circle to within 20° handstand Stalder circle bwd to within 20° handstand From handstand on HB, underswing (toe-on) w/ ½ turn & flight over LB to hang Counterswing backward, straddle/pike back w/ flight to handstand on LB Underswing (pike/straddle sole circle) on LB, release & counter mvt fwd in flight to catch HB</p> <p><u>Dismounts</u> Flyaway 1½ or double twist Double back salto (tuck/pike) Toe-on/clear underswing to front salto</p>

UNEVEN BARS NOTES

From Uneven Bars Elements & Values (pg 5):

- ¹ May satisfy both the i) Swing element & ii) Pullover requirements but is counted as one single skill.
- ² Climb from LB (Low Bar) to HB (High Bar) will be a 0.3 deduction for Levels 2 & 3 as an uncharacteristic element.
- ³ "Tap swing w/ ½ turn to stand" - The gymnast may re-contact the bar with the free hand as the initial ½ turn is completed.

All casts within a routine must reach the amplitude required for the respective level to receive no amplitude deduction. (Refer to next page for evaluation criteria of cast amplitude requirements.) No deduction for insufficient amplitude of cast will apply prior to a squat/stoop/straddle to LB (with or without a sole circle), jump to grasp HB. However, there must be a backward swing of the legs before placing the feet on the bar (merely lifting the hips up in a squat on will incur a deduction of 0.05 each time).

No 0.3 extra swing/cast deduction will be applied at Levels 1 and 2 for skills resulting in a reversal of direction. A case where it should apply is if an athlete finishes a previous skill with the legs forward in front support, readjusts (stop in rhythm), and then proceeds to perform a succeeding skill. If an athlete shows control with no readjustment of the lower body, but is slow, then take a rhythm deduction will be taken instead. Another case where this deduction may be taken would be where an athlete has performed more swings than allowed for skill value within a routine.

No "empty swing" will be taken for elements performed immediately following a long swing (meeting amplitude requirements) in one direction (i.e. sole circle jump to catch HB, immediate counterswing 1/2 turn to catch LB).

Level 1

"Swing" elements include: beat swing, glide swing, tap swing, long swing, and counterswing.

Level 2

Jump to front/back hip circle on LB mounts do not fulfill the circling element requirement.

Allowable circling elements: Front hip circle, Back hip circle, Long swing pullover, Sole circle (backward or forward); Clear/Free hip circle, Sole circle (toe on and off), and Stalder circles to any height. No amplitude deductions will be taken for the latter 3 skills, but general execution errors will still apply.

Level 3

Clear circling skills include: Free/Clear Hip Circles, Sole Circles (toe on and off), Stalder Circles, Giant Swings

10.0 Start Value Uneven Bars Sample Routines:

Level 1 Bars	Value
1. Pullover (feet together or apart)	Supp.
2. Cast to feet at bar height	Supp.
3. Front/back hip circle	A
4. Climb to stand on LB, jump to HB (<i>bar change</i>)	Supp.
5. Tap swing hips min. 45° below horizontal (<i>swing element</i>)	Supp.
6. Counterswing hips min. 45° below horizontal, land with two feet between bars	Supp.

Level 2 Bars	Value
1. Piked glide kip	A
2. Cast to feet at horizontal+	A
3. Back hip circle (<i>circling element 1</i>)	A
4. Cast to tuck squat on LB, jump to HB (<i>bar change</i>)	A
5. Long swing pullover (<i>circling element 2</i>)	A
6. Cast to feet at horizontal+	A
7. Toe-on pike/straddle underswing off, w/ ½ twist	A

Level 3 Bars	Value
1. Piked glide kip	A
2. Cast to 45° within vertical	A
3. Pike sole circle bwd to clear support (<i>clear circling element</i>)	B
4. Drop kip	A
5. Piked sole circle bwd to stand, catch HB (<i>bar change</i>)	A
6. Long kip (HB)	A
7. Cast to 45° within vertical	A
8. Tucked flyaway ½ salto dismount	B

Level 1 Bars	Value
1. Straddle glide kip	A
2. Cast to tuck squat on LB, jump to high HB (<i>bar change</i>)	A
3. Long swing pullover (<i>swing element</i>)	A
4. Cast to feet at bar height	Supp.
5. Back hip circle	A
6. Immediate underswing to stand	Supp.

Level 2 Bars	Value
1. Jump ½ turn, straddle kip to support on LB	A
2. Cast to feet at horizontal+	A
3. Free hip circle below horizontal (<i>only one circling element req.</i>)	A
4. Drop kip	A
5. Straddle toe-on underswing w/ counter fwd to catch HB (<i>allowable 'C' skill bar change</i>)	C
6. Immediate tuck flyway dismount	A

Level 3 Bars	Value
1. Hecht jump w/ hand repulsion over LB to HB	B
2. Long swing at/above HB height w/ ½ turn	A
3. Swing btw HB and LB to immediate sole circle (<i>bar change</i>)	A
4. (½ turn jump to HB) – Long kip (<i>2nd bar change</i>)	A
5. Cast to 45° within vertical	A
6. Free hip to horizontal or higher (<i>clear circling element</i>)	B
7. Immediate layout flyaway salto dismount	A

BALANCE BEAM

	Level 1	Level 2	Level 3
Value Parts	6 Supp. or A's Max Start Value: 10.0	6 A's, 1 B Max Start Value: 10.0	5 A's, 2 B's Max Start Value: 10.0
Restricted Skills: No Value Part credit and -0.5 deduction each from SV	No B+ Acros No salto or aerial dismounts Dance B's or C's credited as A	No C Acros Dance C's credited as B	C elements credited as B
Special Requirements (0.5 each)	<ul style="list-style-type: none"> Min. ½ turn on one foot Static balance hold (2 sec) Dance series (2 different elements, directly connected) Acro element (excludes dismount) Dismount 	<ul style="list-style-type: none"> Min. full (360°) turn on one foot <i>i.</i> Dance series (2 different elements, directly connected) <i>and</i> <i>ii.</i> One leap or jump with min. 120° split - cross or side, if not included in the series (if missing 1, credit 0.25) One min. 'A' acro element Minimum 'A' Dismount 	<ul style="list-style-type: none"> Min. full (360°) turn on one foot <i>i.</i> Dance series (2 different elements, directly connected) <i>and</i> <i>ii.</i> One leap or jump with min. 135° split - cross or side, if not included in the series (if missing 1, credit 0.25) Acro series (2 elements directly connected; excluding mount & dismount) Minimum 'A' Dismount (aerial or salto element req.)
Equipment Specifications	<p style="text-align: center;">Beam Height: 125 cm</p> <p style="text-align: center;">Time: Level 1 – Minimum 30 seconds, 1:15 max; Level 2 & 3 – Minimum 30 seconds, 1:30 max. Time begins when gymnast's feet leave the ground to mount and ends when they touch the mat upon completion of their beam exercise.</p> <p style="text-align: center;">NOTE: A beat board may be used for any mount – must be removed as soon as mount is completed. One 20 cm safety mat may be kept underneath the beam. Mandatory matting for landing of dismount (min 10 cm additional); otherwise, any mat or combination of mats, including 20 cm safety mat is allowed for dismount.</p>		

Note: split elements may receive credit for the special requirement but may not be credited with the higher letter value if amplitude is not reached (additional amplitude deductions for lack of split apply).

BALANCE BEAM ELEMENTS & VALUES

<p>Supplementary – Value 0.1</p> <p><u>Mounts</u> Leg swing with ½ turn to straddle sit Jump to front support, ¼ turn to straddle sit Any simple mount not listed under A's</p> <p><u>Dance Elements</u> ½ turn on one leg Splits w/ hand support (cross or side) Knee scale (free leg > horizontal; 2s) V-sit w/ or w/o hand support (2s) Forward scale (free leg > horizontal; 2s) Arabesque > 45° (2s) Split leap (min 90° split) (Level 1 only) Split jump (min 90° split) (Level 1 only)</p> <p><u>Acro Elements</u> Forward shoulder roll to feet w/ hand support Backward shoulder roll Forward roll to straddle sit Forward roll to feet w/ hand support Backward roll to feet w/ hand support Handstand to within 45° of vertical</p> <p><u>Dismounts</u> Straight/tuck jump w/ ½ turn, with amplitude Straight/tuck jump w/ 1/1 turn, with amplitude Straddle jump with amplitude Cartwheel off the side Cartwheel to side handstand Cartwheel to side handstand w/ ¼ turn</p>	<p>“A” Elements -Value 0.1</p> <p><u>Mounts</u> Pullover Free leap/jump to stand, take-off from one or both legs at middle/end/diagonal to beam Scissors leap to cross sit on L or R thigh Scissors leg swing w/ ½ turn to straddle sit Flank over fwd to rear support Handstand at the side or end of beam, finishing position optional Cartwheel to side handstand, finishing position optional Jump to side straddle stand/split sit (w/ support) Jump to forward roll Jump w/ hand support to tuck stand/squat through/stoop through to rear support Jump w/ hand support to clear straddle support</p> <p><u>Dance Elements</u> Needle scale w/ hand support (2s) Y scale (2s) 1/1 turn on one leg Cat leap Scissor leap Straight jump, or w/ ½ turn Straight jump w/ leg change (beat jump/changement) Wolf jump or hop Tuck jump or hop Sissonne (front leg at min 45°) Stag leap or jump</p> <p>Split leap (min 120° split) (Level 2 only) Split jump (min 120° split) (Level 2 only)</p> <p>Split leap (min 135° split) (Level 3 only) Split jump (min 135° split) (Level 3 only)</p> <p><i>*Split elements <180° may satisfy special requirements / skill value – lack of split deductions still apply. *Split elements that do not reach minimum ° of level requirement – credited as straight jump.</i></p>	<p>“A” Elements -Value 0.1 (continued)</p> <p><u>Acro Elements</u> Handstand to within 20° of vertical (Level 1 and 2 only) Handstand balance within 10° of vertical (2s hold) Cartwheel or cartwheel to side handstand Back walkover Tic-toc (walkover forward, backward)</p> <p><u>Dismounts</u> Cartwheel w/ ¼ or ¾ twist after hand support Roundoff Front handspring Front aerial; & w/ ½ twist Free roundoff; & w/ ½ twist Front salto – tuck/pike; & w/ ½ twist Back salto – tuck/pike/layout Gainer salto from side of beam – tuck/pike/layout, & w/ ½ twist</p>
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Note: Unlisted mounts will be given a value to the discretion of the judge, in correspondence to the difficulty level of similarly listed mounts.

“B” Elements -Value 0.3

Mounts

Free jump w/ ½ turn to straight or tuck stand
Straddle jump onto end of beam
Squat/stoop through to clear pike support (2s)
Jump w/ bent hips to side planche (2s)
Press handstand
Jump to cartwheel/roundoff to stand
Handspring/aerial walkover to rear support

Dance Elements

Forward scale in balance stand on relevé, supporting leg bent or straight (free leg > horiz; 2s)
Y scale (free leg > 140°; 2s) in relevé
Cat leap ½ turn
Split leap; also w/ ¼ turn (>135° split)
Split jump; also w/ ¼ turn (>135° split)
Stag leap/jump ½ turn
Straight jump ¾ turn
Tuck or wolf jump ½ turn
Pike or straddle jump
1½ turn on one leg
1/1 turn w/ free leg in attitude
1/1 L-turn w/ free leg (bent/straight) > 45°
1/1 wolf turn (tuck stand on one leg)

Acro Elements

Forward roll w/o hand support (free)
Handstand forward roll (w/ or w/o support)
Back extension roll to handstand
Roundoff
Front walkover
Front or back handspring step-out
Back handspring to two feet
Gainer back hand spring
Back handspring swing down (Korbut)

Dismounts

Gainer tuck/pike from end of beam
Gainer tuck salto from side of beam w/ 1/1 twist
Cartwheel to w/ 1¼ or 1¾ twist after hand support at end of beam
Front salto layout; or w/ ½ twist
Back salto – tuck/pike/layout w/ ½ or 1/1 twist
Arabian salto – tuck/pike (jump bwd, ½ twist, salto fwd)

“C” Elements -Value 0.5

Mounts

Switch leap fwd to land at end of beam
Free jump to cross split sit
Press handstand 1/1 turn
Jump w/ stretched hips to planche (2s)
Front tuck to sit

Dance Elements

Straight jump 1/1 turn
Tuck or wolf jump ¾ turn
Split leap or jump ½ turn
Split jump in side position
Straddle jump in side position
Switch leg split leap
Ring or stag-ring leap/jump
1/1 L-turn w/ free leg at/above horizontal
1½ turn in tuck stand (wolf)

Acro Elements

Free shoulder roll w/ straightening to stand
Free backward shoulder roll
Back handspring w/ ¼ twist (no hold required)
Front or side aerial
Back tuck or pike

Dismounts

Handspring fwd w/ 1½ twist
Front aerial w/ 1½ twist
Front salto – tuck/layout 1/1 twist
Back salto – tuck/pike/layout w/ 1½ or 2/1 twist
Gainer layout from end of beam
Gainer layout salto from side of beam w/ 1/1 twist

10.0 Start Value Balance Beam Sample Routines:

Level 1 Beam	Value
1. Jump to front support mount, ¼ turn to straddle sit	Supp.
2. Knee scale (2s) - (<i>balance hold</i>)	Supp.
3. Backward shoulder roll (<i>acro element</i>)	Supp.
4. 1/2 turn on one foot	Supp.
5. Cat leap...	A
6. Straight jump w/ leg change (beat jump) – (<i>dance series</i>)	A
7. Tuck jump dismount	Supp.

Level 2 Beam	Value
1. Cartwheel mount against beam to front support	A
2. Full turn	A
3. Handstand to within 20° of vertical (<i>acro element</i>)	A
4. Tuck jump...	A
5. Split jump >135° – (<i>dance series w/ split req.</i>)	B
6. Cat leap	A
7. Front-handspring dismount	A

Level 3 Beam	Value
1. Jump with hand support to stoop through to rear support	A
2. Split jump >135°	B
3. Wolf jump (<i>dance series</i>)	A
4. Cartwheel...	A
5. Roundoff (<i>acro series</i>)	B
6. Wolf 1/1 turn	B
7. Back tuck gainer salto off end of beam	B

Level 1 Beam	Value
1. Pullover mount	A
2. Forward roll to feet with hand support (<i>acro element</i>)	Supp.
3. Y-scale (2s) – (<i>balance hold</i>)	A
4. 1/1 turn on one foot	A
5. Stag leap...	A
6. Split leap min. 90° - (<i>dance series</i>)	Supp.
7. Cartwheel to side handstand, 1/4 turn off dismount	Supp.

Level 2 Beam	Value
1. Scissors leg swing with 1/2 turn to straddle sit	A
2. Split leap btw 120° to 135° (<i>split req.</i>)	A
3. Back walkover (<i>acro</i>)	A
4. Cat leap 1/2 turn...	B
5. Straddle jump (<i>dance series</i>)	B
6. Full turn	A
7. Front tuck salto dismount	A

Level 3 Beam	Value
1. Press handstand	B
2. Full turn	A
3. Switch leap w/ min. 135° split...	B
4. Straddle jump ¼ (<i>dance series</i>)	B
5. Back walkover swing leg through...	A
6. Side aerial (<i>acro series</i>)	C
7. Punch front layout salto	B

FLOOR EXERCISE

	Level 1	Level 2	Level 3
Value Parts	7 Supp. or A's Max Start Value: 10.0	6 A's, 1 B Max Start Value: 10.0	6 A's, 2 B's Max Start Value: 10.0
Restricted Skills: No Value Part credit and -0.5 deduction each from SV	No B+ acros No saltos/aerials Dance B's/C's credited as A	No C+ acros Dance C's credited as B	C+ elements credited as B
Special Requirements (0.5 each)	<ul style="list-style-type: none"> Acro series of 3 directly connected elements, or 2+ directly connected flight elements Dance passage with a min. of 2 different elements, directly or indirectly connected Mixed series (<i>acro element directly connected to non-hold dance element, or vice versa</i>) 	<ul style="list-style-type: none"> Acro series with 2+ directly connected flight elements, one of which is a salto or aerial A second acro series with 2+ directly connected flight elements (with or without hand support) or an additional pass with a salto Dance passage with a min. of 2 different elements, directly or indirectly connected (<i>one of which is a min. 120° split, cross or side</i>) 	<ul style="list-style-type: none"> Acro series with 3 directly connected flight elements, including 1 salto element 3+ different salto elements within the exercise Dance passage with a min. of 2 different elements, directly or indirectly connected (<i>one of which is a min. 135° split, cross or side</i>)
Equipment Specifications	<p>Time: Level 1 – Minimum 30 seconds, 1:15 max; Level 2 & 3 – Minimum 30 seconds, 1:30 max. Timing begins with the first movement of the gymnast. Up to 10 cm of additional mats for acro lines with salto (not mandatory) – the additional mat may be left in place or removed.</p>		

FLOOR EXERCISE ELEMENTS & VALUES

Supplementary – Value 0.1	“A” Elements -Value 0.1	“B” Elements -Value 0.3	“C” Elements -Value 0.5
<p><u>Dance Elements</u> Knee scale (2s) V-sit (2s) Arabesque (45° - 2s) Needle scale (2s) Y-scale (2s) Straight jump</p> <p><u>Acro Elements</u> Forward roll (tuck/pike/straddle), or w/ step-out Backward roll (tuck/pike/straddle) Back bend to bridge Bridge kick-over Handstand to bridge Back shoulder roll Headstand Handstand Handstand forward roll (arms may be bent)</p>	<p><u>Dance Elements</u> Cat leap; also w/ ½ turn Scissors leap fwd or bwd Tuck hop/jump; also w/ ½ turn Hop ½ turn (free leg above horizontal) Wolf hop/jump Straight jump ½ or 1/1 turn 1/1 turn on one leg Sissone (front leg at min. 45°) Stag leap or jump Split leap or jump (min. 90° Level 1, min. 120° Level 2, min. 135° Level 3)</p> <p><u>Acro Elements</u> Dive (hecht) roll Handstand forward roll w/ straight arms Backward roll to handstand (back extension) Handstand ½ or 1/1 pirouette Cartwheel (w/ or w/o flight phase) Roundoff or free (aerial) roundoff Roundoff rebound jump 1/2 turn step-out Front or back walkover Front or side aerial Front handspring or flyspring Back handspring step-out or to two-feet Front tuck salto Back salto (tuck/pike/layout), also w/ step-out Whip salto backward</p>	<p><u>Dance Elements</u> Cat leap 1/1 turn Tuck hop/jump 1/1 turn Wolf hop/jump ½ turn Split leap ¼ or ½ turn (tour jeté) Switch leg split leap Switch leg side leap Split jump ½ turn Jeté en tournant (¼ - ½ turn to split leap) Straight jump 1½ turn Ring or stag ring leap/jump Switch leg stag ring leap Pike or straddle, and w/ ½ turn Sheep jump Double stag leap/jump 1/1 turn 1½ turn on one leg 1/1 L-turn w/ free leg at or above horizontal 1/1 illusion turn (w/o hand support on floor) 1/1 wolf turn (tuck stand on one leg) 1/1 Y-turn with leg held up close to/at 180° split</p> <p><u>Acro Elements</u> Handstand 1½+ pirouette Straight jump ½ twist to dive roll Back extension roll 1/1 turn in handstand Arabian handspring (1/2 twist to front) Back handspring 1/1 twist before hand support Front tuck ½ twist Front pike/layout; also w/ ½ twist Arabian salto (tuck/pike/layout) Back salto (tuck/pike/layout) ½ or 1/1 twist</p>	<p><u>Dance Elements</u> Cat leap 1½ turn Tuck jump 1½ turn Wolf hop/jump 1/1 turn Split jump 1/1 turn Switch leap ½ turn Tour jeté ½ (landing on one or both legs) Tour jeté to ring leap Pike jump 1/1 turn Straddle pike or side split jump 1/1 turn (Popa) Straight jump 2/1 turn Schuschnova (side split jump w/ landing to front lying support, or w/ 1/2 or 1/1 turn prior to side split) Ring jump or stag-ring jump w/ 1/1 turn Switch leg ring leap 2/1 turn on one leg 1½ L-turn/wolf turn/Y-turn Switch leap with 1/4 turn (90°) to side split or straddle pike, or w/ additional 1/2 turn</p> <p><u>Acro Elements</u> Front handspring w/ 1/1 twist Front salto (tuck/pike/layout) 1/1 twist Back salto tuck/layout 1½ or 2/1 twist Double back salto tuck/pike</p>

FLOOR EXERCISE NOTES

An additional ¼ turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed otherwise.

Dance series/passages on beam and floor may only include hop, leap, or jump elements.

Direct Connections: elements performed without a stop/pause, loss of balance, or extra step/shuffle in between.

Indirect Connections: dance elements performed with running steps, small leaps, hops, chassé, chainé turns in between.

Roundoff, straight jump 1/2 turn, land with two feet together is credited as two separate skills (one acro, one dance). However, roundoff, straight jump 1/2 turn immediate step-out is credited as one single acro skill.

FX acro elements (with flight): a small step after landing to finish in a *controlled* lunge of 1m or less, in the direction of the last tumbling element or in the same spot, is allowed with no landing deduction. *i.e. coming out of a back salto, the lunge step after landing should be taken backwards (NCAA-style)*

Level 1

If a handstand is not marked in vertical before performing a forward roll, the requirement for the handstand will not be credited.

Up to 0.2 for missing degrees in handstand may be deducted, with additional general execution errors. Handstands not within 20° of vertical will not receive the special requirement.

All Levels

Athletes may show an immediate rebound to land, with control, out of their last skill in the acro series, provided that the last skill is an allowable flight skill. General execution errors may be taken from the rebound position if applicable.

10.0 Start Value Floor Exercise Sample Routines:

Level 1 Floor	Value
1. Handstand tucked forward roll step-out...	Supp.
2. Cartwheel w/ pivot...	A
3. Dive cartwheel (<i>3-element acro series</i>)	A
4. Cat leap...	A
5. Scissor leap (forward) – (<i>dance series</i>)	A
6. Back walkover...	A
7. Tuck jump (<i>mixed series</i>)	A

Level 2 Floor	Value
1. Roundoff...	A
2. Back handspring...	A
3. Back tuck salto (<i>acro series</i>)	A
4. Standing back handspring step-out	A
5. Stag leap...	A
6. Switch leap min. 135° split (<i>dance series</i>)	B
7. Front pike salto (<i>additional salto req.</i>)	B

Level 3 Floor	Value
1. Front tuck...	A
2. Front tuck	A
3. Switch side leap...	B
4. Straddle jump 1/1 – (<i>dance series</i>)	C
5. Roundoff...	A
6. Back handspring...	A
7. Back layout 1/1 salto (<i>acro series & total 3+ salto req.</i>)	B

Level 1 Floor	Value
1. 1/1 L-turn w/ free leg > horizontal	B
2. Roundoff immediate jump 1/2 turn step-out...	A
3. Roundoff w/ controlled straight jump rebound (<i>acro series</i>)	A
4. Split leap min. 90°...	A
5. Cartwheel (<i>mixed series</i>)	A
6. Straddle jump	B
7. Straight jump ½ turn (<i>dance series</i>)	A

Level 2 Floor	Value
1. Roundoff...	A
2. Back layout step-out (<i>acro series</i>)	A
3. Side aerial	A
4. Split leap ½ (tour jeté)	B
6. Straddle jump – (<i>dance series</i>)	B
7. Front handspring step-out...	A
8. Front aerial (<i>2nd acro series – non-salto</i>)	A

Level 3 Floor	Value
1. Roundoff...	A
2. Back handspring...	A
3. Tucked arabian salto (<i>acro series</i>)	B
4. Front tuck...	A
5. Roundoff...	A
6. Back layout (<i>3 salto req.</i>)	A
7. Switch leap ½	C
8. Wolf jump 1/1 (<i>dance series</i>)	C

TABLE OF PENALTIES (VAULT)

Tuck/Straddle Through and Layout Tuck/Straddle Through Vaults (Level 1):

General Faults	Each phase <u>0.05</u>	Flexed feet
	Each phase ↑ 0.10	Knee/leg separation
	Each phase ↑ 0.20	Body position
	Each phase ↑ 0.30	Bent knees (aside from landing)
	↑ 0.30	Insufficient dynamics
	VOID	Spotting assistance during the vault
	VOID	Failure to land on the soles of the feet first
	No Deduction VOID	Run-approach without executing the vault (Balk) • Touching the springboard or mat stack
First-Flight Phase	No Deduction	Height of hips – <i>tuck/straddle through</i> : At horizontal (90°)
	0.05 – 0.15	Within 45° from horizontal (45° - 89°)
	0.20 – 0.30	More than 45° from horizontal (0° - 44°)
	No Deduction	Height of hips – <i>layout tuck/straddle through</i> : At 45° or more above horizontal
	0.05 – 0.20	Between horizontal and 45° above horizontal (1° - 44°)
	<u>0.30</u>	At horizontal
Support Phase	↑ 0.30	Bent arms (bent 90° or more = max deduction)
	↑ 0.30	Shoulder angle
	<u>0.30</u>	Brush vault without full hand support
	↑ 0.50	Too long in support
	<u>1.00</u>	Touch with only one hand on the table
	VOID	No touch on the table
Post-Flight Phase	<u>0.10</u>	Deviation from a straight direction
	↑ 0.30	Insufficient length
	↑ 0.50	Insufficient height
	↑ 0.30	Insufficient extension of body on landing
Landing	↑ 0.10	Slight hop or adjustment of feet
	<u>0.05</u>	Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)
	<u>0.10</u>	Landing dismount with feet more than hip-width apart (if stuck)
	<u>0.20</u>	Large steps or hops (more than 1 metre) – Max 0.40
	↑ 0.20	Incorrect body posture on landing
	↑ 0.30	Squat on landing
	<u>0.10</u>	Extra arm swings
	↑ 0.20	Additional trunk movements to maintain balance
	↑ 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<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 apparatus
	VOID	Landing in a sitting, lying, or standing position on table

TABLE OF PENALTIES (VAULT)

General Execution & Amplitude Faults for All Other Vaults₁

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
First Flight Phase				
Incorrect foot form (flexed or sickled)	x			
Incorrect LA (long axis) turn	x	x	x	
Poor Technique				
- Hip angle	x	x		
- Arched body	x	x		
Incorrect leg form				
- Legs crossed	x	x		
- Legs separated	x	x		
- Knees bent	x	x		
Support/Repulsion Phase				
Poor technique				
- Staggered/alternate hand placement on all vaults	x			
- Shoulder angle	x	x		
- Arched body	x	x		
- Alternate repulsion from hands	x	x		
Prescribed LA turn begun too early	x	x	x	
Additional hand placements (taking steps/hops on hands)	x	x	x	
Arms bent (bent 90° or more = max deduction) (small bend of lead arm acceptable for gr. 3 vaults)	x	x	x	↑0.50
Touch with only one hand on the table (Taken by D Panel from FS)				<u>1.00</u>
Head contacting table during support phase (includes 0.50 for arm bend)				<u>2.00</u>
No touch on the table				VOID
Angle of Repulsion				
- leaves table by vertical (no deduction)				0.05-0.50
- from 1° - 45°				0.55-1.00
- from 46° to horizontal				
Too long in support	x	x	x	↑0.50
Second Flight Phase				
Incorrect foot form (flexed, sickled)	x			
Prescribed LA turn begin too late	x	x	x	↑0.50
Incorrect leg form				
- Legs crossed	x			
- Legs separated	x	x		
- Knees bent	x	x	x	
Insufficient exactness of LA turn	x			
Under-rotation of salto vaults	x			
Insufficient exactness of body position				
- Insufficient tuck or pike	x	x	x	
- Tuck = min 90° bend in hips and knees (allow of more open position in twists in tuck position)				
- Pike = min 90° bend in hips, 91°-135° = insufficient pike				
- Insufficient stretched position (ideal = 180°)				
- Arch	x	x	x	
- Hip angle 136°-179° insufficient stretched position	x	x	x	↑0.50
Insufficient height	x	x	x	↑0.50
Insufficient length	x	x	x	
Insufficient extension (open) of body before landing				
- Insufficient and/or late extension (tuck/pike vaults)	x	↑0.25		
- Total absence of extension (tuck/pike vaults)			<u>0.30</u>	
Failure to maintain stretched body (pike down of stretched vaults)	x	x	x	
Late completion of the twist	x	x	x	
Brush or hit of body/head on table during post flight	x	x		

TABLE OF PENALTIES (VAULT)

General Execution & Amplitude Faults for All Other Vaults₂

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
Landing				
Slight hop or small adjustment of feet	x			
Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)	<u>0.05</u>			
Landing dismount with feet more than hip-width apart (if stuck)	<u>0.10</u>			
Additional trunk movements to maintain balance	x	x		
Incorrect body posture on landing	x	x		
Extra steps (per step)	<u>0.10</u>			Max 0.40
Very large step or jump (approximately 1 metre or more)		<u>0.20</u>		Max 0.40
Squat on landing (hips even with or lower than knees)	x	x	x	
Slight brush/touch of 1 or 2 hands on mat (no support)	x	x	x	
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 apparatus				<u>0.50</u>
Prescribed LA turn incomplete				
- 1° - 30° missing	x			
- 31° - 60° missing		x		
- 61° - 89° missing			x	
- 90° or more missing				Lower value
Deviation from a straight direction (determined by initial contact with mat)	x	x	x	
Insufficient dynamics	x	x	x	
Support on mat with 1 or 2 hands				<u>0.50</u>
Fall on mat to knee(s) or hips				<u>0.50</u>
Landing in a sitting, lying, or standing position on top of table				VOID
Fall against apparatus				<u>0.50</u>
Other Deductions				
Coach standing between board and table (not applied for round-off entry vaults)				<u>0.50</u>
Spotting assistance upon landing				<u>0.50</u>
Vault w/o signal from D1 (taken by D Panel from FS)				<u>0.50</u>
Failure to land on the soles of the feet first				VOID
Spotting assistance during the vault				VOID
Run approach w/o execution of the vault (balk) & touching springboard or table				VOID
Failure to use safety collar mat for round-off entry vaults				VOID

TABLE OF PENALTIES (UB, BB, FX)

General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise₁

Faults deducted by D & E Panel		↑0.10	↑0.20	↑0.30	MORE
Bent arms in support or legs - 90° bend or greater = 0.30 deduction - Max of 0.30 for arms & 0.30 for legs on any one element	each	x	x	x	
Leg and knee separation	each	x	x		
Flexed, sickled feet on/during Value Part elements	each	<u>0.05</u>			
Legs crossed during Value Part dismounts with twist	each	x			
Insufficient exactness of Body Position - Insufficient tuck position - Insufficient pike position - Insufficient exactness of stretched position - Arch - Hip Angle (136°-179°)	each	x x x x	x x x x		
Failure to maintain stretched body position (pike down)	each	x	x		
Hesitation during jump to HB or swing to handstand (UB) Hesitation during jump, press, or swing to handstand (BB)	each	x			
Poor rhythm in elements/connections (lack of continuous tempo)	each	x	x		
Insufficient extension in kips	each	x			
Intermediate swing/cast (max 0.60 per element)	each			<u>0.30</u>	
Performing a squat/stoop/straddle on without a backward swing of the legs before placing the feet on the bar (merely lifting the hips up)	each	<u>0.05</u>			
Incorrect body posture/alignment during dance Value Parts	each	x			
Insufficient height on leaps, jumps, and hops	each	x	x		
Insufficient split position (dance/non acro flight) – deviation from 180° - 1° - 20° missing = 0.05 – 0.10 - 21° - 45° missing = 0.15 – 0.20 - 46° or more missing = lesser VP	each	x	x		
Legs not parallel to beam/floor in split or straddle pike leaps/jumps	each	x	x		
Insufficient height of aerials, and acro flight elements with hand support (BB/FX)	each	x	x		
Insufficient height of saltos (BB/FX)	each	x	x	x	
Insufficient height (amplitude) of dismounts (UB/BB)	each	x	x	x	
Dance- Incomplete turn (Gr. 2 & 3 elements with 360° or more rotation) - 1° - 44° missing = 0.05 – 0.10 - 45° - 89° missing = 0.15 – 0.20 - 90° or more missing = lesser VP	each	x	x		
Insufficient extension (open) of body prior to landing - UB/BB dismounts & BB/FX acro	each	x	x	x	
Concentration pause (more than 2 seconds)	each	<u>0.10</u>			
Additional movement(s) to maintain balance	each	x	x	x	
Grasp on apparatus (UB/BB) to avoid a fall	each			<u>0.30</u>	
Lack of sureness (BB) of performance throughout exercise		x	x		
Relaxed/incorrect footwork in non-value parts throughout the exercise		x	x		
Relaxed/incorrect leg position/body posture/insufficient flexibility during non-value parts throughout exercise (BB/FX)		x	x	x	
Poor relationship between movement to music (e.g. not performing in time with music)		x	x		
Missing synchronization of movement and musical beat - Each time 0.05 (max 0.30 throughout exercise) - Exercise not ended with music		<u>0.05</u> <u>0.10</u>			
Insufficient artistry throughout the exercise (max 0.10 for each) - Originality/creativity of choreography in elements and connections - Quality of gymnasts' movements to reflect their personal style - Quality of expression (i.e., projection, emotion, focus)		x x x			
Insufficient dynamics - Energy not maintained throughout the exercise - Gymnast fails to make the difficult look effortless - Insufficient swingful execution throughout (UB)		x	x		

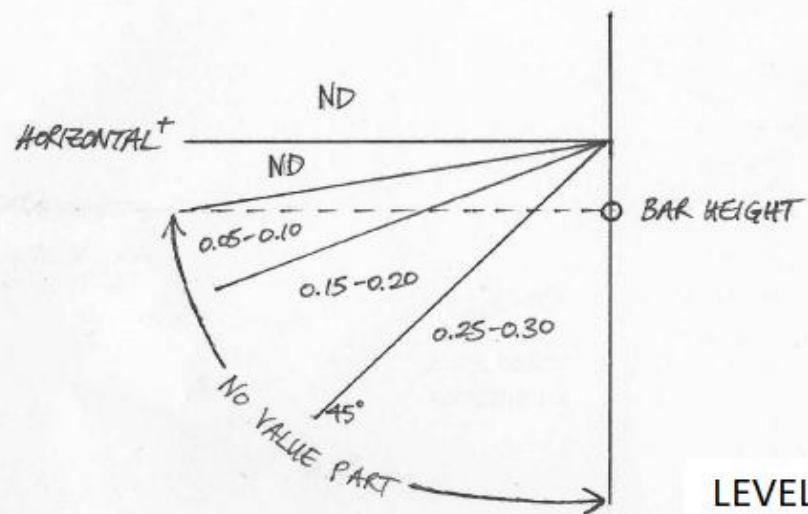
TABLE OF PENALTIES (UB, BB, FX)

General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise₂

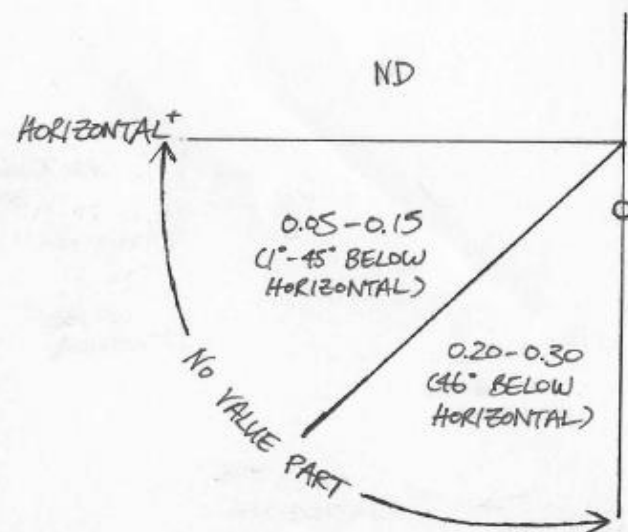
Landing Faults		↑0.10	↑0.20	↑0.30	MORE
Landing too close to apparatus on dismount (UB/BB)		<u>0.10</u>			
Slight hop or small adjustment of feet on landing of elements or dismount	each	x			
-Staggered feet on landing of dismount	each	x			
-FX acro elements (with flight): a small step after landing to finish in a <i>controlled</i> lunge is allowed with no deduction					
Lands dismount with feet hip-width apart or closer but never joins feet (if stuck)		<u>0.05</u>			
Extra steps on landing	each	<u>0.10</u>			
Large step or jump on landing (approximately 1 metre or more) – max 0.40	each		<u>0.20</u>		
Squat on landing (hips even with or lower than knees)		x	x	x	
Extra arm swings on landing		x			
Additional movements to maintain balance/control of UB/BB dismounts and FX acros elements (applies to “stuck” landings but uses trunk movements to avoid steps)		x	x		
Deviation from straight direction on landing		x			
Touch/brush on apparatus or mat with foot/feet (also in routine)		x	x		
Touch/brush the landing surface with one or both hands (no support)		x	x	x	
Support on mat with 1 or 2 hands					<u>0.50</u>
Fall on mat to knee(s) or hips / Fall on or against apparatus					<u>0.50</u>
Spotting assistance during an element					No VP or CR; <u>0.50</u>
Spotting assistance upon landing					<u>0.50</u>
Fall/Failure to land on the bottom of the feet first on dismount, aerials, saltos <i>Note: if the gymnast lands on the bottom of feet, hands, and knees simultaneously, award VP & SR as appropriate and deduct for fall only</i>					No VP or CR; <u>0.50</u>
Faults Deducted by D Panel from Final Score					
Overtime		<u>0.10</u>			
Unsportsmanlike conduct of gymnast (after warning)			<u>0.20</u>		
Failure to mark the boundary line on additional matting which covers the boundary line		<u>0.10</u>			
Any body part touching outside of the Floor Exercise border marking (each time)		<u>0.10</u>			
Absence of music not due to technical issues or music with words/speech (FX)					<u>1.00</u>
Failure to remove springboard after a mount (UB/BB)				<u>0.30</u>	
Coach/teammate giving assistance with verbal cues (Applied after one warning has been given) <i>If the coach/teammate instructs the gymnast 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), the deduction of 0.20 is taken from the average without warning.</i>	one time		<u>0.20</u>		
Incorrect attire as listed on front page (warning must be given)	from 1 st event		<u>0.20</u>		
Coach standing next to the beam throughout the entire exercise		<u>0.10</u>			
Failure to present to D panel before and/or after exercise (each time)		<u>0.10</u>			
Failure to begin exercise within 30 sec. after being signaled by Chief Judge			<u>0.20</u>		
Gymnast begins exercise without signal from Chief Judge (must stop & repeat)					<u>0.50</u>
Coach on the floor exercise mat inside the border marking					<u>0.50</u>
Short Exercise: Uneven Bars routine with less than 5 elements					<u>1.00</u>
Short Exercise: Balance Beam/Floor Exercise routine less than 30 seconds					<u>1.00</u>
Exercise without a dismount (from SV)				<u>0.30</u>	
Performance of a restricted element (from SV)	each				<u>0.50</u>

EVALUATION OF AMPLITUDE OF CASTS

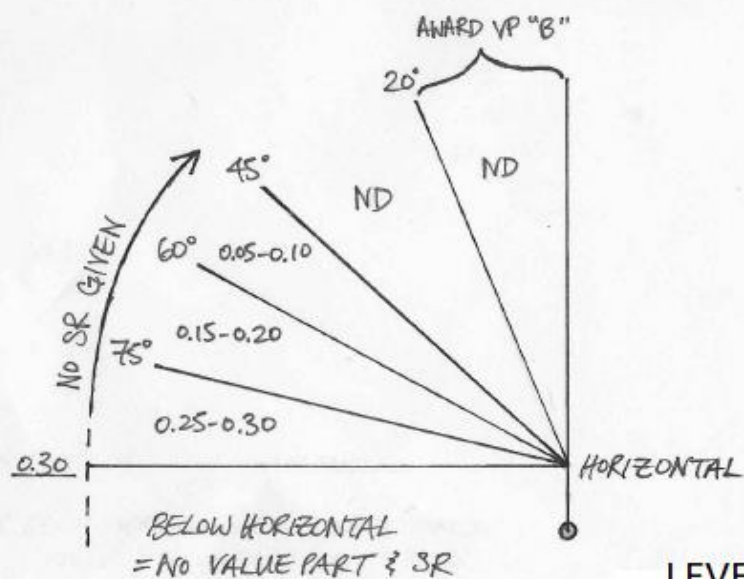
ND = No Deduction VP = Value Part



LEVEL 1



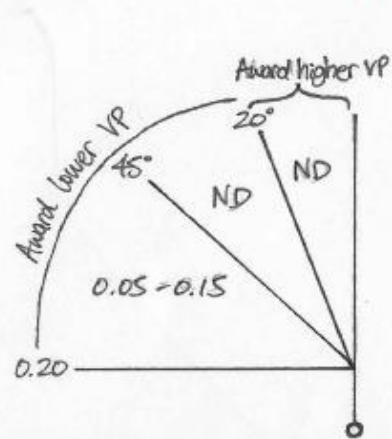
LEVEL 2



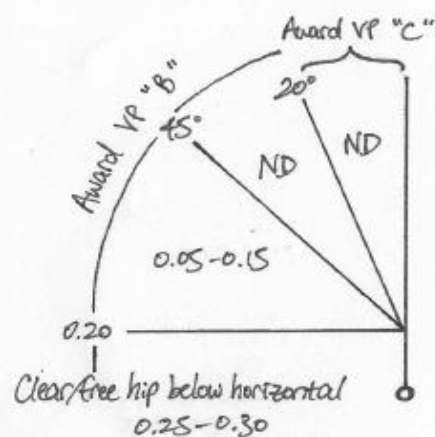
LEVEL 3

AMPLITUDE OF CIRCLING ELEMENTS

LEVEL 3

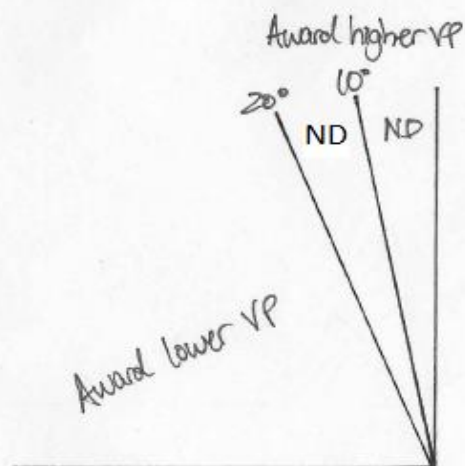


All other circling elements

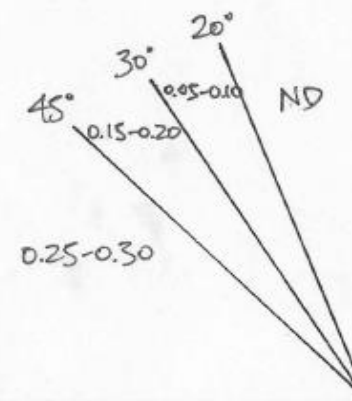


Clear/free hip only

AMPLITUDE OF FLIGHTS TO HANDSTAND ON LOW BAR



AMPLITUDE OF BODY AT TURN COMPLETION

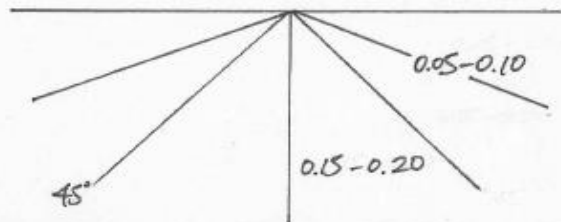


For TURNS IN HANDSTAND

- 180° pirouettes - all techniques
- 360° or more pirouettes turning on both arms in handstand phase

INSUFFICIENT SPLIT

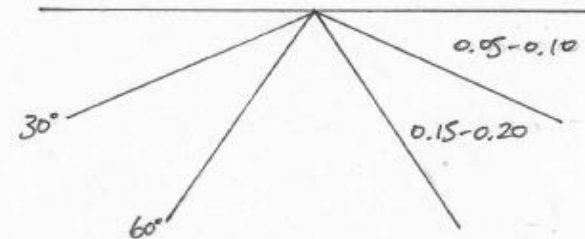
LEVEL 1 BB & FX



1° - 45° missing deduct 0.05-0.10
 46° - 90° missing deduct 0.15-0.20
 91° or more missing award lesser Value Part or recognize as different element

INSUFFICIENT SPLIT

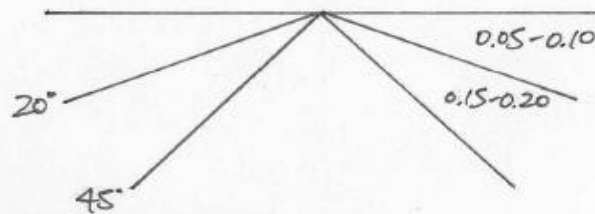
LEVEL 2 BB & FX



1° - 30° missing deduct 0.05-0.10
 31° - 60° missing deduct 0.15-0.20
 61° or more missing award lesser Value Part or recognize as different element

INSUFFICIENT SPLIT

LEVEL 3 BB & FX



1° - 20° missing deduct 0.05-0.10
 21° - 45° missing deduct 0.15-0.20
 46° or more missing award lesser Value Part or recognize as different element

INCOMPLETE TURNS

