

Elite Compulsory Question & Answers

Updated April 13, 2017

Vault

1. Supplemental Approaches

Q. What is the rule and deduction regarding an empty run?

A. The first running approach (balk) will be no deduction as long as the gymnast does not touch the springboard or vaulting table. If the second running approach is a balk, the vault is scored as a Void vault, even if she does not touch the springboard or vaulting table (as this was the second and final attempt)

Bars

Q. Is an inbar circle allowed?

A. Yes

Q. Is a step on toe handstand allowed without a deduction?

A. Yes it is allowed and will receive no deduction.

Beam

Q. For the dismount, if a gymnast does a backhandspring and stops, walks back up...then attempts again a backhandspring, backhandspring layout dismount, what is the deduction? Does the gymnast still receive .2 bonus?

A. The deduction for the BHS stop and repeating into the dismount is .3 deduction for an added skill. The gymnast will STILL receive the .2 bonus

Floor

Q. Regarding first tumbling pass: 0.2 Bonus will be awarded if the gymnast connects a front salto tucked at the end of the series. Can the salto be piked instead of tucked?

A. The salto can be in any shape at the end of the series to receive the bonus.

Q. Should all 3 tumbling pass landings be a rebound or a stick?

A. All 3 tumbling passes can either stick, rebound or have forward movement (without a fall or roll forward) without receiving a deduction.

