






TIMING PROCEDURES
VAULT
If the gymnast falls on the 1st vault attempt and an injury is being assessed, she is allowed a maximum of one minute (60 seconds) after the completion of the judgement to leave the landing area. If the gymnast exceeds the allotted fall time, a second vault will not be allowed. In this instance, the Chief Judge will monitor the time.
UNEVEN BARS
When a gymnast falls from the bars, the 45 second fall time begins.
The gymnast has 45 seconds to remount and resume her exercise.
The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
When the gymnast remounts the bars (leaves the floor), the 45 second fall time stops.
A reasonably short period of time is allowed to resume swing.
If the 45 second fall time is exceeded, the exercise is terminated.
BALANCE BEAM
Timing the exercise
The official time starts when the gymnast's feet leave the board or mat.
The official time stops when the gymnast dismounts and arrives on the mat.
The warning is called or signaled 10 seconds before the maximum time limit.
Time is called or signaled at the maximum time limit.
If the gymnast lands at the sound of the second signal, there is no deduction.
If the gymnast lands after the sound of the second signal, the CJ deducts 0.10 from average for overtime. As in optional exercises, NO overtime deduction is taken if the time is within a fraction of a second over the time allotment. Example: A level 5 beam routine is clocked at 1:10.01 to 1:10.59 (less than 1:11). Do not take the overtime deduction.
Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise.
Timing of Falls
When the gymnast falls to the floor, the 45-second fall time begins and the official beam time stops.
The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
When the gymnast remounts the beam (leaves the floor), the 45-second fall time stops.
The official beam time resumes with the first movement to continue the exercise.
If a second fall occurs before the official time begins, the deduction is 0.50.
If the 45-second fall time is exceeded, the exercise is terminated.
The official beam time does not stop when the gymnast falls on (but not off) the beam.

LEVEL 1 UNEVEN BARS TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

* Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP PULLOVER MOUNT (0.60)	<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
	CAST (0.40)	Up to 0.20	Incorrect body alignment
		Up to 0.10	Lack of control in returning to bar
	BACK HIP CIRCLE (0.40)	Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	CAST, STRADDLE-ON, SOLE CIRCLE DISMOUNT (0.60)	<u>0.20</u>	Placing feet between the hands
		<u>0.20</u>	Alternate foot placement
		Up to 0.20	Lack of control in straddle-on
		Up to 0.20	Failure to maintain straight-hollow body position
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.10	Insufficient distance
		Up to 0.20	Insufficient amplitude of flight
	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.10	Insufficient distance
		Up to 0.20	Insufficient amplitude of flight