

LANDING OF ELEMENTS & DISMOUNTS

- 0.05 Lands with feet hip-width apart or closer but never joins feet (V & UB/BB dismounts)
- ↗ 0.10 Lands with feet staggered (one in front of the other) (V & UB/BB dismounts)
- ↗ 0.10 Slight hop or small adjustment of feet
- ↗ 0.10 Extra arm swing(s) upon landing
- 0.10 Lands with feet further than hip-width apart (V & UB/BB dismounts)
- Each 0.10 Taking steps after landing (Max. 0.40)
- ↗ 0.20 Very large step or jump (Max. 0.40)
- ↗ 0.20 Additional trunk movements to maintain balance (UB/BB dismounts & FX acro)
- 0.30 Squat upon landing
- ↗ 0.30 Contacting the mat or apparatus with one or both hands or with body after landing
 - Brush, touch or hit
 - Support on hand(s) or fall onto mat or against apparatus
- ↗ 0.50 Failure to land on the feet first for UB, BB and FX saltos and/or dismounts = failure to complete a major element

↗ value of the element + 0.50 for fall

DEDUCTIONS TAKEN BY EACH JUDGE ASSISTANCE (SPOTTING) FROM COACH:

- ↗ value of the element + 0.50
- 0.50 Coach assists (touches) during element
- 0.50 Coach assists (touches) on landing only

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

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

- 0.10 Overtime (Judging continues after time is called)
- Each 0.10 Any part of body touching outside the FX area
- Each 0.10 Lack of presentation by gymnast before and/or after exercise
- 0.10 Coach standing next to the beam throughout exercise
- 0.20 Coach/teammate giving assistance with verbal cues
 - (Applied after one warning has been given)
 - 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), the deduction of 0.20 is taken from the average without warning. This is taken only once, regardless of the number of cues given.
- 0.20 Incorrect attire (warning must be given-CJ notifies Meet Referee)
- 0.20 Failure to begin exercise within 30 sec. after being signaled by Chief Judge
- 0.20 Failure to observe specified warm-up time
- 0.30 Use of unauthorized mats
- 0.30 Springboard or mounting mat/block on unauthorized surface; **incorrect spring configuration**
- 0.30 Failure to remove springboard or mounting mat/block after mount
- 0.50 Gymnast begins exercise without signal from CJ (must stop & repeat)
- 1.00 Floor Exercise routine performed without music
- 1.00 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 on the Floor Exercise mat
- Terminate:** If, after a fall, gymnast exceeds allotted fall time:
 - Vault-60 sec. after judgment of 1st Vault, Bars-45 sec., Beam-30 sec.



(revised -July 2017)

Chief Judge

Deductions from the average score. Must be indicated to coach either verbally or by visual means at the conclusion of the exercise.

- 0.10** Overtime
- 0.10** Coach standing between the bars or next to beam the entire exercise
- Ea 0.10** Any body part touching outside of the Floor Exercise border marking
- Ea 0.10** Failure to present before & after exercise; before - to Chief Judge; after - presentation to a judge not required
- 0.10** Failure to mark the boundary line on additional matting which covers the boundary line
- 0.20** Fails to begin exercise within 30 sec. after Chief Judge signals to begin
- 0.20** Unsportsmanlike conduct of gymnast (after warning)
- 0.20** Incorrect padding (Gymnast wearing heel pads, hip padding on bars)
- 0.20** Incorrect attire (includes unacceptable jewelry) (after warning)
- 0.20** Failure to observe specified warm-up time (after warning)
- 0.20** Technical verbal cues by coach or teammate(s) to own gymnast
- 0.20** Excessive use of magnesium (chalk) or incorrect use of tape
- 0.30** Additional **or unauthorized** mats, springboard on unauthorized surface, or use of hand placement mat for traditional vaults
- 0.30** Failure to remove the board after the mount
- 0.30** Failure to remove board or spotting device after a release element
- 0.30** Using incorrect apparatus specifications, **including incorrect spring configuration**
- 0.50** Starting the exercise before the signal is given
- 0.50** Coach on the floor exercise mat inside the border marking
- 1.00** Absence of music or music with words or song/speech
- 1.00** If half of the vault panel saw only one hand touch the table
- 2.00** Short exercises (apply to complete or incomplete routines)
 - (UB with less than 5) or (BB and FX less than 30 sec. - except Level 6)-if routine is complete with all VPs & 10 SV, deduct 0.50)
- Exceeds Fall time on V/UB/BB Exercise terminated

(revised - Ju.ly 2017)



General Faults

- Failure to maintain a straight body position
- Arch
 - Pike
- Legs bent
- Legs separated
- Incorrect foot form
- Incorrect head alignment
- Deviation from a straight direction
- Insufficient dynamics (speed/power)
- Assistance of coach after gymnast achieves hand support on the mat stack
- Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement (considered as "incorrect vault").
- Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
- 1st Balk
- Performing 2nd or 3rd Balk

Ea. Phase **0.30**

Ea. Phase **0.50**

Ea. Phase **0.30**

Ea. Phase **0.20**

Ea. Phase **0.10**

Ea. Phase **0.10**

0.30

0.30

2.00

VOID

VOID

NO DEDUCTION

VOID

VOID Use of alternative (trampoline-like) springboard

Run and Board Contact

- 0.30** Insufficient acceleration during the run
- 0.30** Failure to maintain horizontal running speed to the board
- 0.30** Excessive forward lean of the body upon board contact

Support Phase

VOID Performing incorrect vault (coming to rest or support on top of mat stack without passing through vertical plane)

Arms bent

Completely bent arms causing head to contact mat

Incorrect shoulder alignment (showing a shoulder angle less than 180 degrees)

Failure to show inverted vertical position - hands to hips (A forward rolling action)

Contacting the mat stack with the hands after vertical

• Contact from 1° - 45° past vertical

• Contact from 46° - 89° past vertical

0.55 - 1.00

Failure to place hands in the prescribed landing zone (between the edge of the mat and the tape line):

0.50 • If both hands land beyond the tape line

0.20 • Staggered hand placement: one inside zone, one over the line

Each **0.10** Additional hand placements (taking steps/hops on hands) Max. of 0.30

3.00 Failure to contact mat with both hands (performs a front layout or touches with one hand)

Landing Phase

Failure to finish in a straight lying position on the back

1.00 Failure to finish in a straight lying position on the back

0.50 • Gymnast lands on her feet, salutes, and steps off the mat.

0.50 • Gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat.

0.50 • Gymnast lands on her back with an arch and bent legs, salutes, and steps off the mat.

If the gymnast makes any of the above execution errors, then lies back to a straight lying position, **NO DEDUCTION** for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the errors while the gymnast is falling to her back (Post-handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position.



(revised - July 2017)

Level 4 & 5

Vault

HANDSPRING VAULT

The gymnast may perform two vaults, with the better score to count.

Three attempts are permitted to successfully complete one or two vaults. One Balk is allowed in the three attempts without penalty. A balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway, or makes contact with the board or vault table without coming to rest or support on top of the vault table. The following examples are considered VOID (0) vaults:

- 1) Any additional balk, 2) Any attempt which results in the gymnast coming to rest or support on top of the vault table without passing through the vertical plane. A fourth approach is not permitted.

General Faults

Ea. Phase	↑	0.30
Ea. Phase	↑	0.50
Ea. Phase	↑	0.30
Ea. Phase	↑	0.20
Ea. Phase	↑	0.10
Ea. Phase	↑	0.10
	↑	0.30
	↑	0.30

Failure to maintain a straight body position

- Arch
- Pike

Legs bent

Legs separated

Incorrect foot form

Incorrect head alignment

Deviation from a straight direction

Insufficient dynamics (speed/power)

Aid of coach during first flight, support, or second flight phase

- Level 4

- Level 5

Aid of coach upon landing

1st Balk

- Performing 2nd or 3rd Balk

Use of alternative (trampoline-like) springboard

2.00

VOID

0.50

NO DEDUCTION

VOID

VOID

Level 6-10 Vault Deductions

LANDING

- ↗ **0.05** Lands with feet hip-width **apart** or closer but never joins feet
- ↗ **0.10** Slight hop or small adjustments of feet
- ↗ **0.10** Lands with feet staggered (one foot in front of the other)
- ↗ **0.10** Extra arm swings
- ↗ **0.10** Extra steps (per step with maximum of 4)
- ↗ **0.10** Lands with feet further than hip-width apart
- ↗ **0.20** Incorrect body posture on landing
- ↗ **0.20** Additional trunk movements to maintain balance
- ↗ **0.20** Large step or jump (approx. 3 feet or more) **Max. of 0.40**
- ↗ **0.30** Squat on landing (hips even with or lower than the knees)
- ↗ **0.30** Slight brush/touch of 1 or both hands on mat (no support)
- ↗ **0.30** Prescribed LA turn incomplete:
 - **0.10** 1° - 30° missing
 - **0.15-0.20** 31° - 60° missing
 - **0.25-0.30** 61° - 89° missing
- ↗ **Lower value** • 90° or more missing
- ↗ **0.30** Deviation from a straight direction (determined by initial contact with mat)
- ↗ **0.30** Insufficient dynamics
- ↗ **0.50** Support on mat with 1 or 2 hands
- ↗ **0.50** Fall on mat to knee(s) or hips

0.50 VOID

- Fall against apparatus
- Landing in sitting, lying or standing position on top of table

OTHER DEDUCTIONS

- 0.50 Coach standing between board and vault table
 - Exception: This deduction is NOT taken if gymnast performs a Round-off entry vault at Level 8, 9 or 10.
- 0.50 Spotting assistance upon landing
- 0.50 Vaults without signal from Chief Judge
- VOID** • C.J deducts 0.50 from average of next vault
- 0.50 Failure to land on any part of the bottom of the feet first
- VOID** • Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
- VOID** Spotting assistance during the vault
- 1.00 • Level 8 ONLY- assistance during Post-flight of only SALTO vaults
- No Ded** 1st Balk
- VOID** • Performing 2nd or 3rd Balk
- VOID** Failure to use safety zone mat for round-off entry vaults
- VOID** Level 6-9 gymnasts performs restricted vault for the level
- VOID** **Use of alternative (trampoline-like) springboard**

GENERAL

Touch Warm-up:

- Level 6-7 athletes guaranteed a maximum of 2 vaults
- Level 8-10 athletes guaranteed a maximum of 3 vaults

The "Safety Zone"

- **REQUIRED** for RO entry vaults or vault is a "0" (VOID)
- May be used for any vault
- Must be placed in proper direction for RO entry or Vault is VOID
- May be placed in either direction for Gr 1, 2, & 3 vaults

Hand Placement Mat

- Only used for RO entry or front handspring onto the board vaults
- May not be used as visual aid for forward entry vaults at any level

ALL Optional Levels may perform one or two vaults, with the higher scoring vault to count as the FINAL SCORE.