I. THE WORKING PROCEDURES OF THE JUDGING PANEL

A. TYPES OF COMPETITION
1. Junior Olympic Compulsory Competition LEVELS 1 / 2 / 3 / 4 / 5
2. Junior Olympic Optional Competition LEVELS 6 / 7 / 8 / 9 / 10

B. JUDGING PANELS COMPOSITION
1. USA Gymnastics Junior Olympic East / West and National Competitions - panels consist of:
   a. One (1) Chief Judge (non-affiliated)
   b. Three (3) additional Panel Judges
   c. Assistants (timers, line Judges, etc.)
2. Number of Required Judges at USA Gymnastics Junior Olympic Local, Pre-Sectional, Sectional, State, Regional and National Invitational competitions, panels may consist of:
   a. Four (4) Judges as above, OR
   b. Two (2) Judges
      1) One (1) Chief Judge (non-affiliated)
      2) One (1) Panel Judge
   c. A One-Judge panel is allowed at Local / Sectional competitions only for LEVEL 1 / 2 / 3 / 4 and at Local competitions only for LEVEL 5 (may not be a direct qualifier to the LEVEL 5 State meet.)
      • Check with your State Administrative Committee Chairman for State guidelines for Pre- sectional and Sectional meets at LEVELS 1 / 2 / 3 / 4 / 5
   d. Assistants (VT, UB, BB and FX Timers, FX Line Judges)

C. AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB
1. A Judge is considered affiliated at a specific meet if she / he is:
   a. A person on the payroll of a competing club.
      • A Judge who critiques or Coaches at a specific Gymnastics club on a regular (more than once a month) basis is considered affiliated with that club.
   b. A Coach of a competing Gymnast.
   c. A Club Owner of a competing club / Gymnast.
   d. A Women’s Artistic Junior Olympic or Xcel team member of a club competing in the meet. EXAMPLE: LEVEL 10 Gymnast holds a Compulsory rating and is judging Gymnasts from her own club at a Compulsory meet.
   e. Any sports science or Gymnastics professional that is paid for ongoing services for a competing Gymnast. EXAMPLE: Athletic trainer, Physical Therapist, Sports Psychologist, Choreographer.
   f. An immediate family member* of a:
      1) Competing Gymnast
      2) Coach of a competing club
         EXAMPLE: A parent whose offspring is a Coach of a competing club is affiliated with that club regardless of whether the Coach is on the floor working at a specific meet.
      3) Club owner / administrator whose club is competing
      4) Women’s Artistic Junior Olympic or Xcel team member of a club competing in the meet. EXAMPLE: Parent of a LEVEL 5 Gymnast is judging an Optional competition in which her daughter’s club is competing.
         • An immediate family member of a Men’s, Rhythmic, Acrobatic Gymnastics or Tumbling / Trampoline Team member of a competing club is not considered to be affiliated.
         • An immediate family member of any child enrolled in a recreational class of a competing club is not considered to be affiliated.
         • NOTE: *Immediate family refers to a parent, step-parent, grandparent, or sibling. In addition, it may include any other person living in the household.
JUDGING PANELS COMPOSITION (continued)
2. Judges affiliated with a club, Gymnast or Coach participating in the competition MAY be assigned to Judge, with the following stipulations:
   a. In USA Gymnastics qualifying competitions with panels of two (2) or four (4) Judges:
      1) An affiliated Judge may be assigned as a Panel Judge or as the Meet Referee.
      2) No more than one (1) Judge with the same affiliation may be assigned per panel.
      3) An affiliated Judge may **not** be assigned as Chief Judge, regardless of accreditation rating.
   b. In non-qualifying Open Invitationals with panels of two (2) or four (4) Judges
      • Affiliated Judges may be assigned as a Chief or Panel Judge.
   c. For meets using one-Judge panels, an affiliated Judge may be assigned ONLY when there are **not** enough non-affiliated Judges available and only with the approval of the Regional Technical Committee Chairman (RTCC).
      1) If the RTCC is affiliated and must be assigned, approval must come from the State Administrative Committee Chairman.
      2) An affiliated Judge may be assigned to a one-Judge panel for LEVELS 1 and 2.
   d. If the club with which the Judge is affiliated is **not** participating in the meet to which the Judge has been assigned, she / he is **not** considered affiliated at that meet.
      1) If the meet format has separate team and individual awards per session, then a Judge would be affiliated only during the session(s) in which the club / team she / he is affiliated with is competing.
      2) If there is an overall team award for the same LEVEL at the end of the entire meet, the affiliation rules apply for the entire competition.

D. SEATING ARRANGEMENT OF THE JUDGES
1. Allow for an unobstructed observation of the exercise.
2. Place the Panel Judges in numerical order around the apparatus, clockwise from the Chief Judge's table.
3. Space the Judges at a proper distance to allow for an individual, unbiased evaluation.
   • If floor space is restricted, both Judges on the panel are allowed to sit at the same table; however, it is advised that a score tabulator be seated between the Judges and / or that conversation between the two Judges is limited to conferences only.

II. DUTIES AND RESPONSIBILITIES OF THE MEET OFFICIALS
A. GENERAL DUTIES OF ALL OFFICIALS
1. Individual Judges shall perform their function as a Judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies, Safe Sport policies, and the USA Gymnastics Code of Ethics.
2. Individual Judges shall be limited to judging, evaluating and scoring the competition.
   a. A Judge shall **not** involve herself / himself with the conduct of the Gymnast during the warm-ups or training.
   b. Comments to the Gymnast should be made only if requested from the Coach or Gymnast.
3. Individual Judges will be bound by the terms of the individual contract agreed upon for that particular meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to the appropriate agencies (i.e. IRS).
5. Each individual Judge shall sign and return the contract to the Meet Director and the contracting official.
### C. GENERAL DEDUCTIONS for faults in technique, execution, amplitude and artistry on UNEVEN BARS, BALANCE BEAM and FLOOR EXERCISE.

<table>
<thead>
<tr>
<th>Small Faults</th>
<th>Each Time 0.05</th>
<th>Flexed / sickled feet during Value Part elements</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.05</td>
<td>Lands Dismount with feet hip-width apart or closer but never joins the feet (heels)</td>
</tr>
<tr>
<td></td>
<td>up to 0.10</td>
<td>Slight hop, or small adjustment on landing of elements or landing with feet staggered on UB / BB dismounts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• FX acro elements: a small step after landing to finish is allowed with no deduction</td>
</tr>
<tr>
<td></td>
<td>up to 0.10</td>
<td>Deviation from straight direction on landing</td>
</tr>
<tr>
<td></td>
<td>up to 0.10</td>
<td>Arm swings on landing to maintain balance</td>
</tr>
<tr>
<td></td>
<td>up to 0.10</td>
<td>Legs crossed during Value Part elements with twist</td>
</tr>
<tr>
<td></td>
<td>up to 0.10</td>
<td>Brush / touch of foot / feet on apparatus or mat</td>
</tr>
<tr>
<td></td>
<td>Each 0.10 (max 0.40)</td>
<td>Steps on landing (per step - maximum of 4)</td>
</tr>
<tr>
<td></td>
<td>0.10</td>
<td>Landing Bars / Beam Dismount with feet further than hip-width Apart.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Medium Faults</th>
<th>Up to 0.20</th>
<th>Leg or Knee separations</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Insufficient exactness of Body Positions</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Insufficient Tuck position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Ideal = minimum of 90° bend in both hips and knees)</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Insufficient Pike position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Ideal = minimum of 90° bend in the hips, 91°-135° = insufficient pike)</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Insufficient Stretched position</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Ideal = straight 180° position), but greater than 135° is considered stretched body position.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Arch = up to 0.20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Hip angle (136°-179°) = up to 0.20</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Failure to maintain Stretched body position (pikes down)</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Incorrect body posture on landing</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Insufficient Split when required (Dance / non-flight acro elements)</td>
</tr>
<tr>
<td></td>
<td>up to 0.20</td>
<td>Incomplete Turn / Twist</td>
</tr>
<tr>
<td></td>
<td>Up to 0.20</td>
<td>Additional Trunk movements to maintain balance / control upon landing of UB / BB Dismounts and Floor acro elements.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Apply to “stuck” landings with trunk movements to avoid steps.</td>
</tr>
<tr>
<td></td>
<td>0.20 (max 0.40)</td>
<td>Large Step or Jump on landing (approximately 3 feet or more)</td>
</tr>
</tbody>
</table>
### D. CLARIFICATION ON STEPS ON LANDING:

1. A step-close is considered one step and receives a 0.10 deduction. A very small step-close or other small foot movement would receive a 0.05 deduction. **EXAMPLES of one step** = – 0.10
   a. The Gymnast lands with feet together, then takes one step forward, sideward, or backward on the Right foot; then returns the Right foot to join the Left foot, **OR**
   b. The Gymnast lands with feet together, then takes one step forward, backward, or sideward on the Right foot; then steps with the Left foot to join the Right foot.

2. If the Gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.

3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
   a. If the Gymnast lands a Bar or Beam dismount with feet a maximum of hip-width apart, there is no deduction, provided she slides her heels together on the controlled extension. If the entire foot slides or is lifted off the mat to join, it is considered a small step.
   b. If the Gymnast lands with feet apart or staggered and then continued to take steps, deduc only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing on Bar / Beam Dismounts, Vault and on an Isolated Salto or the Last Salto in an Acro Series on Floor Exercise.
SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN’S RULES AND POLICIES: Refer to the current Women’s Rules and Policies for exact specifications. 
https://usagym.org/pages/women/pages/rules_policies.html
Requirements are subject to change every competitive year, beginning August 1.

B. THICKNESS OF THE VAULT RUNWAY: Meet Director is required to include in the pre-meet information.

C. USE OF TAPE OR EXCESSIVE CHALK is not permitted on the Vault Table.

D. HAND PLACEMENT MAT may be placed on the runway (but not on the Vaulting board).
   1. ONLY for Round-off Entry or Front Handspring onto the board entry Vaults at LEVELS 6 / 7 / 8 / 9 / 10.
   2. The mat must be manufactured by a Gymnastics equipment company and placed on the runway according to manufacturer’s directions (Velcro-side down).
   3. It must not exceed two (2) inches in height.
   4. A Sting Mat (or any other type of matting) is not allowed.
   5. The hand placement mat may NOT be placed on the runway as a visual aid for forward entry Vaults at ANY LEVEL.

E. HAND PLACEMENT MAT – IF SLIPS on the runway:
   1. It is NOT considered apparatus or personal equipment failure.
   2. This is not a reason to repeat the Vault without penalty.
   3. It is the Coach’s responsibility to ensure that the mat is placed properly with the Velcro secure.
   4. The tape measure is also part of the Coach’s responsibility.

F. ROUND-OFF “SAFETY ZONE” MAT
   1. REQUIRED whenever Round-off Entry Vaults are performed at Junior Olympic competitions LEVELS 6 / 7 / 8 / 9 / 10.
   2. The Safety Zone mat may also be used (but not required) for ANY other Vault in the Junior Olympic Program.
   3. Failure to use the Safety Zone mat when performing a Round-off Entry Vault would result in a “0” (VOID) score for the Vault.
   4. For Round-off Entry Vaults, the Safety Zone mat must be placed in the proper direction (around the board) or the Vault is invalid – “0” (VOID). The Safety Zone mat is designed to protect the area between the board and the Vault apparatus, as well as on the sides of the board. It must fit snugly against the board so there is no space between the board and the Safety Zone mat.
   5. For Vaults from Groups 1 / 2 / 3 (forward entry with or without turns in pre-flight), the Safety Zone mat may be utilized. It is acceptable to have space between the board and the Safety Zone mat in this situation.

G. ANY COMBINATION OF SKILL CUSHIONS (Sting Mat, 4” Throw Mat, 8” Skill Cushion)
   1. Maximum of 9 inches, using sting mats, 4-inch throw mats and / or 8-inch skill cushions, may be placed on top of the allowable competition landing mats (9 inches).
   2. If an 8-inch thick skill cushion is used, it must be a minimum of 5’ x 10’.
   3. The use of any other unauthorized type of matting will receive a deduction of 0.30 from the Average score by the Chief Judge.

H. VAULT RUNWAY must be securely fastened to the floor with tape or Velcro.
   1. Athletic tape, Velcro strips or small chalk marks may be placed on the Vault Runway provided that such markings are removed no later than the end of the rotation.
   2. Maximum width of Velcro strip / athletic tape is 5 cm (2”); maximum length is 3 feet.
I. **ALTERNATIVE SPRINGBOARDS** (trampoline-like / junior boards)
   1. Are **not** allowed at any Optional LEVEL.
   2. If used, the Vault is considered VOID.

J. **CONVERSION FOR INCHES TO CENTIMETERS:**
   
<table>
<thead>
<tr>
<th>Inches</th>
<th>Centimeters</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ inch (approx.)</td>
<td>2 cm</td>
</tr>
<tr>
<td>4 inches</td>
<td>10 cm</td>
</tr>
<tr>
<td>4½ inches</td>
<td>12 cm</td>
</tr>
<tr>
<td>8 inches</td>
<td>20 cm</td>
</tr>
<tr>
<td>9 inches</td>
<td>24 cm</td>
</tr>
</tbody>
</table>
### LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

#### SECOND FLIGHT PHASE

<table>
<thead>
<tr>
<th>Up to</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.10</td>
<td>FAIL TO MAINTAIN NEUTRAL HEAD POSITION</td>
</tr>
<tr>
<td>0.10</td>
<td>INCORRECT FOOT FORM (flexed / sickled)</td>
</tr>
<tr>
<td>0.10</td>
<td>INCORRECT LEG FORM (flexed / sickled)</td>
</tr>
<tr>
<td>0.20</td>
<td>Legs Crossed</td>
</tr>
<tr>
<td>0.30</td>
<td>Legs Separated</td>
</tr>
<tr>
<td>0.30</td>
<td>Legs Bent</td>
</tr>
<tr>
<td>0.20</td>
<td>BRUSH OR HIT OF BODY ON TABLE during Second-Flight Phase</td>
</tr>
<tr>
<td>0.30</td>
<td>INSUFFICIENT LENGTH</td>
</tr>
</tbody>
</table>

When evaluating length, consider size of the Gymnast, type of Vault, where the hands contact the 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.

<table>
<thead>
<tr>
<th>Up to</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.50</td>
<td>FAIL TO MAINTAIN PRESCRIBED BODY POSITION</td>
</tr>
<tr>
<td>0.50</td>
<td>INSUFFICIENT HEIGHT</td>
</tr>
</tbody>
</table>

#### LANDING

<table>
<thead>
<tr>
<th>Up to</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.50</td>
<td>INCORRECT BODY POSTURE ON LANDING</td>
</tr>
<tr>
<td>0.20</td>
<td>LANDS ON FEET ALTERNATELY (one then the other)</td>
</tr>
<tr>
<td>0.10</td>
<td>FRONT HANDSPRING ENTRY</td>
</tr>
<tr>
<td>0.50</td>
<td>Lands and Falls back against the Table</td>
</tr>
<tr>
<td>0.10</td>
<td>Slight Hop, small adjustments of Feet back towards Table</td>
</tr>
<tr>
<td>0.40</td>
<td>Steps back towards the Table (per step with maximum of 4)</td>
</tr>
<tr>
<td>0.20</td>
<td>Large Step or Jump back towards the Table (approximately 3 feet or more)</td>
</tr>
<tr>
<td>0.50</td>
<td>ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY</td>
</tr>
<tr>
<td>0.10</td>
<td>Lands and Falls forward against the Table</td>
</tr>
<tr>
<td>0.40</td>
<td>Slight Hop, small adjustments of Feet forward towards the Table</td>
</tr>
<tr>
<td>0.40</td>
<td>Steps forward towards the Table (per step with maximum of 4)</td>
</tr>
<tr>
<td>0.40</td>
<td>Large Step or Jump forward towards the Table (approximately 3 feet or more)</td>
</tr>
<tr>
<td>0.30</td>
<td>DEVIATION FROM STRAIGHT DIRECTION (determined by initial contact with mat)</td>
</tr>
<tr>
<td>0.30</td>
<td>INSUFFICIENT DYNAMICS</td>
</tr>
<tr>
<td>VOID</td>
<td>LANDING ON TOP OF THE TABLE in a sitting, lying or standing position</td>
</tr>
</tbody>
</table>
### LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

<table>
<thead>
<tr>
<th>Deduction</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Deduction</td>
<td>BALK #1: run approach without coming to rest or support on top of the Table</td>
</tr>
<tr>
<td></td>
<td>BALK #2 or BALK #3</td>
</tr>
<tr>
<td>0.50 VOID</td>
<td>VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE</td>
</tr>
<tr>
<td></td>
<td>Chief Judge deducts 0.50 from Average of next completed Vault.</td>
</tr>
<tr>
<td>0.50 VOID</td>
<td>COACH STANDING BETWEEN BOARD AND TABLE</td>
</tr>
<tr>
<td></td>
<td>EXCEPTION: no deduction if Gymnast performs a Round-off (Yurchenko) Entry Vault.</td>
</tr>
<tr>
<td>VOID</td>
<td>SPOTTING ASSISTANCE DURING THE VAULT</td>
</tr>
<tr>
<td>0.50 VOID</td>
<td>SPOTTING ASSISTANCE UPON LANDING</td>
</tr>
<tr>
<td></td>
<td>No deduction for Coach assisting / spotting after landing</td>
</tr>
<tr>
<td>VOID</td>
<td>FAIL TO LAND on any part of the Bottom of the Feet First</td>
</tr>
<tr>
<td>VOID</td>
<td>SALTO PERFORMED AFTER LANDING</td>
</tr>
<tr>
<td>VOID</td>
<td>VAULT PERFORMED IS NOT ONE OF THE ALLOWABLE CHOICES</td>
</tr>
<tr>
<td>VOID</td>
<td>FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults</td>
</tr>
<tr>
<td>VOID</td>
<td>USE OF ALTERNATIVE SPRINGBOARD (trampoline-like / junior board)</td>
</tr>
</tbody>
</table>
SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION
Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium and large errors. Illustration refers to degree of closure of upper body towards the legs.

Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for "incorrect body posture on landing". Gymnast never opens, lands in a full squat position and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for lack of open and up to 0.20 for incorrect body posture.

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

<table>
<thead>
<tr>
<th>LANDS</th>
<th>DEDUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.05</td>
<td>LAND WITH FEET HIP-WIDTH APART OR CLOSER but never join feet (heels) together</td>
</tr>
<tr>
<td>0.10</td>
<td>LAND WITH FEET MORE THAN HIP-WIDTH APART</td>
</tr>
<tr>
<td>up to 0.10</td>
<td>SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET</td>
</tr>
<tr>
<td>each 0.10</td>
<td>STEPS (per step)</td>
</tr>
<tr>
<td>max (0.40)</td>
<td></td>
</tr>
<tr>
<td>each 0.20</td>
<td>LARGE STEP OR JUMP</td>
</tr>
<tr>
<td>(max 0.40)</td>
<td>(approximately 3 feet or more)</td>
</tr>
<tr>
<td>up to 0.10</td>
<td>ARM SWINGS TO MAINTAIN BALANCE</td>
</tr>
<tr>
<td>up to 0.20</td>
<td>INCORRECT BODY POSTURE ON LANDING</td>
</tr>
<tr>
<td>up to 0.20</td>
<td>ADDITIONAL TRUNK MOVEMENTS TO MAINTAIN BALANCE</td>
</tr>
<tr>
<td>up to 0.30</td>
<td>SQUAT ON LANDING (hips even with or lower than knees)</td>
</tr>
<tr>
<td>up to 0.30</td>
<td>SLIGHT BRUSH / TOUCH OF 1 OR 2 HANDS on mat (no support)</td>
</tr>
<tr>
<td>up to 0.30</td>
<td>PRESCRIBED LA TURN INCOMPLETE</td>
</tr>
<tr>
<td>up to 0.10</td>
<td>1° – 30° missing</td>
</tr>
<tr>
<td>0.15 – 0.20</td>
<td>31° – 60° missing</td>
</tr>
<tr>
<td>0.25 – 0.30</td>
<td>61° – 89° missing</td>
</tr>
<tr>
<td>Lower Value</td>
<td>90° or more missing</td>
</tr>
<tr>
<td>up to 0.30</td>
<td>DEVIATION FROM A STRAIGHT DIRECTION, determined by initial contact with the mat</td>
</tr>
<tr>
<td>up to 0.30</td>
<td>INSUFFICIENT DYNAMICS</td>
</tr>
<tr>
<td>0.50</td>
<td>SUPPORT ON MAT WITH 1 or 2 HANDS</td>
</tr>
<tr>
<td>0.50</td>
<td>FALL ON MAT to KNEE(S) or HIPS</td>
</tr>
<tr>
<td>0.50</td>
<td>FALL AGAINST TABLE</td>
</tr>
<tr>
<td>VOID</td>
<td>LANDING ON TOP OF THE TABLE in a sitting, lying or standing position</td>
</tr>
</tbody>
</table>
LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

CLARIFICATION FOR STEPS ON LANDING: Examples of One Step = Up to 0.10

1. A step-close is considered one step and receives a 0.10 deduction.
   A very small step-close or other small foot movement would receive 0.05 deduction.
   Examples of One Step = - 0.10
   a. The Gymnast lands with feet together, then takes one step forward, sideward or backward on the Right foot; then returns the Right foot to join the Left foot, OR
   b. The Gymnast lands with feet together, then takes one step forward, sideward or backward on the Right foot; then steps with the Left foot to join the Right foot.
   c. If a Gymnast lands with feet a maximum of hip-width apart, there is no deduction, provided that she joins (slides) the heels together on the controlled extension.
      • If the entire foot / feet are sliding or lifting off the mat to join, it is considered a small step.

2. If the Gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.

3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.

4. If the Gymnast lands with feet apart / staggered and then continues to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing.

<table>
<thead>
<tr>
<th>No Deduction</th>
<th>BALK #1: run approach without coming to rest or support on top of the Table</th>
</tr>
</thead>
<tbody>
<tr>
<td>VOID</td>
<td>BALK #2 or BALK #3</td>
</tr>
<tr>
<td>0.50</td>
<td>VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE</td>
</tr>
<tr>
<td></td>
<td>Chief Judge deducts 0.50 from Average of next completed Vault</td>
</tr>
<tr>
<td>0.50</td>
<td>COACH STANDING BETWEEN BOARD AND TABLE</td>
</tr>
<tr>
<td></td>
<td>EXCEPTION: no deduction, if Gymnast performs a Round-off (Yurchenko) entry Vault at LEVEL 8 / 9 / 10.</td>
</tr>
<tr>
<td>1.00</td>
<td>SPOTTING ASSISTANCE DURING THE VAULT</td>
</tr>
<tr>
<td></td>
<td>EXCEPTION: LEVEL 8 ONLY</td>
</tr>
<tr>
<td></td>
<td>Spotting Assistance in post-flight of SALTO Vaults ONLY</td>
</tr>
<tr>
<td>0.50</td>
<td>SPOTTING ASSISTANCE UPON LANDING</td>
</tr>
<tr>
<td>VOID</td>
<td>FAIL TO LAND on any part of the Bottom of the Feet First.</td>
</tr>
<tr>
<td>0.50</td>
<td>Vault is scored if Gymnast falls, landing on hands and bottom of feet simultaneously.</td>
</tr>
<tr>
<td>VOID</td>
<td>RESTRICTED VAULT PERFORMED for LEVEL 8 / 9</td>
</tr>
<tr>
<td>VOID</td>
<td>USE OF ALTERNATIVE SPRINGBOARD</td>
</tr>
<tr>
<td></td>
<td>(trampoline-like / junior board)</td>
</tr>
<tr>
<td>VOID</td>
<td>FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults</td>
</tr>
</tbody>
</table>

I. USA GYMNASTICS JUNIOR OLYMPIC VAULT VALUE CHARTS see Appendix or go to USA Gymnastics website at www.usagym.org and check under Women’s Program: Rules: Optional for the most current information.
I. **APPARATUS REGULATIONS**
   Refer to the current Women’s Rules and Policies for exact specifications.  
   [https://usagym.org/pages/women/pages/rules_policies.html](https://usagym.org/pages/women/pages/rules_policies.html)
   
   Requirements are subject to change every competitive year, beginning August 1.

A. **HEIGHT OF THE BAR**
   1. Measured from the Floor to the Top of the rail.
   2. Measurement not based on Length of upright, but actual distance from Rail to Floor, by means of a Plumb Line.
   3. Chief Judge takes a 0.30 deduction from the Average Score, for competing on apparatus using Incorrect Specifications. Must take deduction before next competitor.
   4. No other substance besides chalk and water may be placed on the Uneven Bar rails.

B. **ANY COMBINATION OF SKILL CUSHIONS**
   1. Maximum of 9 inches using Sting Mats, 4-inch Throw and / or 8-inch Skill Cushions may be placed on Top of allowable competition Landing Mats in two (2) separate areas (under the Bars and / or Dismount area.)
   2. 8-inch Skill Cushion must be a minimum of 5 ft. x 10 ft.
   3. 4-inch Throw Mat (Skill Cushion) may be placed on competition Landing Mat(s) for Dismount purposes.
   4. Up to 8-inch Skill Cushion may be placed on top of 4-inch Throw Mat for protection on Release elements; however, the up to 8-inch Skill Cushion MUST BE REMOVED immediately after Release element has been performed.
   5. Chief Judge takes a 0.30 deduction from the Average Score, for use of any Unauthorized or Additional type of Matting.
   6. Conversion for Inches to Centimeters:
      - Approx. ¾ inch = 2 cm
      - 4 inches = 10 cm
      - 4½ inches = 12 cm
      - 8 inches = 20 cm
      - 9 inches = 24 cm

C. **MATTING REGULATIONS FOR MOUNTS**
   1. Mounts without the use of a Board:
      a. May stand on one (1) 12 cm or 20 cm Mat or two (2) 12 cm competition Landing Mats.
      b. May also stand on an additional “up to 8-inch” Skill Cushion (Sting, Throw Mat, or 8” Skill Cushion) that is placed on the competition Landing Mat(s).
   2. Board, Mount Trainer Mat or Folded Panel Mat used to Mount:
      a. May be placed on one (1) 12 cm or 20 cm, or two (2) 12 cm competition Landing Mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition Landing Mat.
      b. May be placed on Top of Sting mat or 4-inch Throw Mat that is placed on the competition Landing Mats.
      c. May NOT be placed on an 8-inch Skill Cushion.
      d. No Plywood is permitted underneath the board (EXCEPTION – Collegiate meets).
      e. Chief Judge takes a 0.30 deduction from the Average Score if the Board is placed on an Unauthorized Surface (e.g., 8-inch Skill Cushion or Plywood).
II. ATTIRE REGULATIONS

A. HIP OR HEEL PADDING NOT ALLOWED
   1. Chief Judge deducts 0.20 from the Average Score if Hip / Heel padding is used.
   2. Chief Judge notices the Heel Pads prior to the Mount, a Warning must be given.
   3. Deduction must be taken if Heel Pads are worn during routine (with or without Warning).

B. BANDAGES, HAND / WRIST GUARDS AND SUCH ARE ALLOWED:
   1. Must be securely fastened.
   2. Broken or completely torn Handgrip will be treated as equipment failure and Gymnast has the right to Repeat the exercise or Continue from point of interruption.
   3. The gymnast must immediately show the broken handgrip to the Chief Judge.
   4. Bandages, etc. that become loose or unfastened do not constitute equipment failure; therefore, no repetition allowed.

III. TIMING REGULATIONS

A. WARM-UP REGULATIONS: Only one (1) Gymnast at a time is allowed on the Bars during any Warm-up (General / Open, Timed or 30-second Touch).

B. SPECIFIC MEET FORMATS ALLOW TOUCH WARM-UP
   1. Gymnasts are allowed a 30-second Touch Warm-up period.
      a. Setting of Bars and / or Board is not included in 30-second Touch Warm-up time.
      b. Warning is given when Warm-up Time is exceeded.
         NOTE: preparing for an element, allow Gymnast to complete the element.
      c. Chief Judge deducts 0.20 from the Average Score if Gymnast continues to warm-up after a Warning is issued, for exceeding the Warm-up Time.
         • In Team competitions, deduct from the Team Event Score.
   2. Immediately prior to performing the exercise:
      a. May run and jump onto the Board and briefly touch the Bars without penalty.
      b. Chief Judge deducts 0.20 from the Average Score for performing or practicing an element (exceeding the Warm-up time).

C. TIMING OF FALLS
   1. Allowed 45 seconds to re-mount the bar after a Fall.
   2. Does not re-mount within 45 seconds, exercise is Terminated.
      a. Fall Time begins when Gymnast contacts the floor.
      b. 45-second Fall Time stops when Gymnast leaves the floor to re-mount in preparation to resume routine.
   3. While off the apparatus following a Fall, a warning will be communicated at:
      a. Timer gives notification “20 seconds remaining” and “10 seconds remaining” in the Fall Time.
      b. “Time” is called at 45 Seconds.
SPECIFIC EXECUTION DEDUCTIONS (continued)

C. INSUFFICIENT ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LOW BAR

<table>
<thead>
<tr>
<th>Angle Range</th>
<th>Deduction</th>
<th>Awarding</th>
</tr>
</thead>
<tbody>
<tr>
<td>0° – 10° from Vertical</td>
<td>0.00</td>
<td>Higher</td>
</tr>
<tr>
<td>11° – 20° from Vertical</td>
<td>0.05</td>
<td>Higher</td>
</tr>
<tr>
<td>21° or more from Vertical</td>
<td></td>
<td>Lower</td>
</tr>
</tbody>
</table>

D. AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS

1. Circling Elements – EXCEPT Clear Hip Circles

Deductions for Insufficient Amplitude apply.

<table>
<thead>
<tr>
<th>Angle Range</th>
<th>Deduction</th>
<th>Awarding</th>
</tr>
</thead>
<tbody>
<tr>
<td>0° – 10° from Vertical</td>
<td>0.00</td>
<td>Higher</td>
</tr>
<tr>
<td>11° – 20° from Vertical</td>
<td>0.05</td>
<td>Higher</td>
</tr>
<tr>
<td>21° – 45° from Vertical</td>
<td>0.00</td>
<td>Lower</td>
</tr>
<tr>
<td>46° or more from Vertical</td>
<td>up to 0.20</td>
<td>Lower</td>
</tr>
</tbody>
</table>

Backward Stalder Circle depicted above.
SPECIFIC EXECUTION DEDUCTIONS (continued)

AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS (continued)

2. Clear Hip Circle only
   a. Receive ("B") or ("C") Value-Part credit, depending upon the Degree from Vertical achieved once the Hands shift to the Top of the bar.
   b. Deductions for Insufficient Amplitude:

<table>
<thead>
<tr>
<th>ANGLE</th>
<th>DEDUCTION</th>
<th>VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0° – 10° from Vertical</td>
<td>0.00</td>
<td>(&quot;C&quot;)</td>
</tr>
<tr>
<td>11° – 20° from Vertical</td>
<td>0.05</td>
<td>(&quot;C&quot;)</td>
</tr>
<tr>
<td>21° – 45° from Vertical</td>
<td>0.00</td>
<td>(&quot;B&quot;)</td>
</tr>
<tr>
<td>46° – 89° from Vertical</td>
<td>0.05 – 0.25</td>
<td>(&quot;B&quot;)</td>
</tr>
<tr>
<td>90° from Vertical (Horizontal)</td>
<td>0.30</td>
<td>(&quot;B&quot;)</td>
</tr>
<tr>
<td>More than 90° from vertical (below Horizontal)</td>
<td>0.35 – 0.40</td>
<td>(&quot;B&quot;)</td>
</tr>
</tbody>
</table>

EXCEPTION: LEVEL 6 / 7 / 8 – No Amplitude Deductions are applied from 45° to Vertical. Receives ("B") credit for any Clear Hip Circle, whether or not Handstand phase is achieved.
I. APPARATUS SPECIFICATIONS
Refer to the current Women’s Rules and Policies for exact specifications.
https://usagym.org/pages/women/pages/rules_policies.html
Requirements are subject to change every competitive year, beginning August 1.

A. MANUFACTURED PADDED BEAMS:
1. Required at all USA Gymnastics sanctioned competitions.
2. See Women’s Rules and Policies for Height Requirements.
3. Chief Judge takes a 0.30 deduction from the Average Score, for competing on apparatus with the wrong specifications.

B. SURFACE AREA FOR COMPETITION:
Balance Beam Base must be placed on the Floor or Stable Surface.

C. CHALK MARKINGS:
1. Allowed to place Small Chalk Markings on the Beam.
2. Tape Markings are not Allowed.

D. ANY COMBINATION OF SKILL CUSHIONS
1. Maximum of 9 inches using Sting Mats, 4-inch Throw and / or 8-inch Skill Cushions may be placed on Top of allowable competition Landing Mats in Two (2) separate areas (under the Beam and / or Dismount area.)
2. 8-inch Skill Cushion must be a Minimum of 5 ft. x 10 ft.
3. Chief Judge takes a 0.30 deduction from the Average Score for use of any Unauthorized or Additional type of Matting.
4. Conversion for Inches to Centimeters:
   - Approx. ¾ inch = 2 cm
   - 4 inches = 10 cm
   - 4½ inches = 12 cm
   - 8 inches = 20 cm
   - 9 inches = 24 cm

E. MATTING REGULATIONS FOR MOUNTS
1. Mounts without the use of a Board:
   a. May stand on one (1) 12 cm or 20 cm Mat or Two (2) 12 cm competition Landing Mats.
   b. May also stand on an additional up to 8-inch Skill Cushion (Sting, Throw Mat, or 8” Skill Cushion) that is placed on the competition Landing Mat(s).
2. Board, Mount Trainer Mat or Folded Panel Mat used to Mount:
   a. May be placed on one (1) 12 cm or 20 cm, or Two (2) (2) 12 cm competition Landing Mats, with or without a 1½ inch base mat (unfolded panel mat) placed under or on top of the competition Landing Mat.
   b. May be placed on Top of Sting mat or 4-inch Throw Mat that is placed on the competition Landing Mats.
   c. May not be placed on an 8-inch Skill Cushion.
   d. No Plywood is permitted underneath the board (EXCEPTION – Collegiate meets).
   e. Chief Judge takes a 0.30 deduction from the Average Score, if the Board is placed on an Unauthorized Surface (e.g., 8-inch Skill Cushion or Plywood).
II. TIMING REGULATIONS

A. TOUCH WARM-UP
1. Specific meet formats allow a 30-second TOUCH WARM-UP period.
   a. Marking Beam, setting Mounting Apparatus and Raising / Lowering Beam are not included in 30-second TOUCH WARM-UP time.
   b. TOUCH WARM-UP Time is exceeded, Warning is given.
      NOTE: preparing for an element, allow Gymnast to complete the element.
   c. Chief Judge deducts 0.20 from the Average Score, if Gymnast continues to warm-up after a Warning is issued, for exceeding the TOUCH WARM-UP time.
      • In Team competitions, deduct from the Team Event Score.
2. Immediately prior to performing the exercise:
   a. May run and jump onto the Board and briefly touch the Beam without penalty.
   b. Chief Judge deducts 0.20 from the Average Score for performing or practicing an element (exceeding the Warm-up time).
      EXAMPLE: Chief Judge signals to begin; Gymnast does Flic-Flac on the mat and then mounts. Chief Judge deducts 0.20 from Average Score, for exceeding the Warm-up time. No Warning is issued.

B. TIMING OF THE EXERCISE

1. Maximum Time Limits and Warning Signal Time:

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>MAXIMUM TIME LIMIT</th>
<th>WARNING SIGNAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEVEL 8 / 9 / 10</td>
<td>1 minute, 30 seconds</td>
<td>1 minute 20 seconds</td>
</tr>
<tr>
<td>LEVEL 7</td>
<td>1 minute, 20 seconds</td>
<td>1 minute, 10 seconds</td>
</tr>
<tr>
<td>LEVEL 6</td>
<td>1 minute, 15 seconds</td>
<td>1 minute, 5 seconds</td>
</tr>
</tbody>
</table>

   NOTE: No Deduction for Under-Time.
   Refer to Short Exercise Penalty.

2. Evaluation and Timing of Beam begins when the feet leave the mat or mounting apparatus.
   a) Mounts from a Run (Salto), Mounts from a Stand (Squat-on).
   b) Routine Time stops when Feet touch floor on Dismount.
   c) Routine Time stops with Fall(s) from Beam.
   d) Routine Time and evaluation resumes with First Movement to continue.
3. Final “Time” Signal, Judge evaluates all elements performed to the end of the exercise.
   a. Chief Judge deducts 0.10 for Overtime from Average Score.
      1) Deduction MUST be indicated to Coach (Verbal or Visual).
      2) Time within “fraction of a second” over = No Deduction.
      EXAMPLE: Time at 1:30.01 – 1:30.99 (less than 1:31) = No Deduction.
   b. Value Parts, Composition, Special Requirements and any applicable Bonus are Awarded.
4. “Warning” and Final “Time” Signal should be a Special Device such as a Bell, Whistle or Gong.
   a. Verbal “Warning” and “Time” must be audible to Gymnast if Device is unavailable.
   b. Chief Judge responsibility to review Timing Procedures with Timers.
REQUISITED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

#2.202 (“B”) Straddle Pike Jump or #2.302 (“C”) Side Split Jump, also with ¼ (90°) Turn:

2) Straddle-Pike Jump or Side-Split Jump in Side position awarded (“C”) #2.302.
   a) **Side position**, Straddle-Pike Jump or Side-Split Jump
      • shows Straddle position, while facing Sideward,
      • then ¼ turns, closing Legs
      • to finish in Cross stand (“C”).
   b) **Side position**, Straddle-Pike Jump or Side-Split Jump
      • makes ¼ turn to show Straddle-Pike or Side-Split position
      • while facing end of Beam (“B”).

f. #2.206 (“B”) Pike Jump in Cross or #2.306 (“C”) Pike Jump in Side position:
   1) Requirement is Minimum of 90° closure for Value-Part credit.
   2) Legs **not** required to be at Horizontal; however,
   3) Deduct for Lack of Height (Amplitude) of the Jump.

g. #2.305 (“C”) Split Leap Forward with Leg Change (Switch-Leg Leap):
   1) First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
   2) First Leg does **not** reach 45°, award (“C”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
   3) Leg separation following Leg change is 180° Split.
   4) Deduct **up to 0.20** for Insufficient Split after Leg change, if applicable.
   5) Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
   6) Stag-Switch Leg Leap – Stag first (swing) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).

h. #2.307 (“C”) Ring and #2.307 (“C”) Stag-Ring Leap / Jump:
   1) Head Release Backward past Vertical line must be shown to be considered “Ring” position.
   2) Expected Amplitude of Rear Foot is to the Top of Head.
   3) Deduct up to 0.10 for Insufficient Arch.
   4) Deduct up to 0.10 if Rear Foot is at Shoulder or Upper Back Height.
   5) Rear Foot at Hip-height or No Backward Head Release, (regardless of height of Leg), considered Split Leap with Bent Back Leg or Sissonne #2.101 (“A”) or #2.107 (“A”).
   6) Ring Jump expectations are:
      a) Front Leg must be Minimum of 45° from Beam
      b) Forward-Downward Diagonal position;
      c) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.

7) Ring Leap expectations are:
   a) Front Leg should first brush / extend close to Horizontal.
   b) Front Leg must be a Minimum of 45° from the floor, when Ring shape is executed.
   c) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.

8) Stag-Ring Jump or Stag-Ring Leap, expectations are:
   a) Front Leg bent a Minimum of 90° with no extension of Leg.
   b) 180° Leg separation from Front Knee to Back Knee.
REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

i. #2.405 (“D”) Switch-Leg Leap with ¼ (90°) Turn (Switch-Side Leap):
   1) First Leg should swing Forward to Minimum of 45° prior to swinging Backward.
      a) Fail to swing First Leg Forward to Minimum of 45° but completes ¼ (90°) turn, award (“D”) Value Part. Deduct up to 0.10 for insufficient height of Leg Swing.
      b) Fail to swing First leg forward to Minimum of 45°with Incomplete ¼ (90°) Turn, award (“C”) Value Part (Switch-Leg Leap). Deduct up to 0.10 for insufficient height of Leg Swing.
   2) ¼ (90°) Turn must occur in the air; not prior to Leg swinging Backward.
      a) Leg swings to Minimum of 45°; Early ¼ (90°) Turn - occurs before Leg begins Backward swing, award (“D”) Value Part. Deduct up to 0.10 for Lack of Precision in Dance elements.
      b) Leg swings to Minimum of 45°; Incomplete ¼ (90°) Turn, award (“C”) Value Part (Switch-Leg Leap). Deduct up to 0.10 for Lack of Precision in Dance elements.
   3) Expected Amplitude of Side-Split position is 180° Split.
      • Less than 135° Split, recognize as another element, if applicable.
   4) Rond de Jambe technique is acceptable:
      • Front Leg swings Forward to Minimum of 45° prior to ¼ (90°) Turn.
      • Front Leg moves across Horizontal plane to Side-Split position.
   5) Stag First Leg award (“A”) Value-Part credit.
      • First (swing) Leg bent Minimum of 90°.
      • Leg never extends prior to Leg Switch.

j. #2.407 (“D”) Sheep Jump:
   1) Head Release Backward past Vertical line must be shown to be considered “Sheep” position.
   2) Expected Amplitude of Legs is to the Top of Head.
   3) Deduct up to 0.10 for Insufficient Arch.
   4) Deduct up to 0.10 if Feet are at Shoulder or Upper Back Height.
   5) Feet at Hip-height or No Backward Head Release, (regardless of height of Feet), considered Jump with bent legs, award (“A”) Value Part (Stretch Jump with bent legs)

k. #3.303 (“C”) 1/1 (360°) Turn - Heel of Free Leg Forward at / above Horizontal throughout Turn:
   1) Allow time (up to 45° - 1/8th of Turn) to quickly lift Leg into position without deduction.
      Free Leg may be bent (front attitude position) or extended, but entire Leg must be at Minimum of Horizontal to receive (“C”) Value-Part credit.
   2) Must maintain Leg position throughout Turn:
      • Once Minimum of Horizontal position established.
      • Free Leg may not be supported with hand to maintain Leg position.
        (See #3.209 and #3.309 for variation of full turn holding leg with hand).
   3) Incorrect Leg position for more than 45° of Turn or
      Leg not maintained throughout remaining 7/8 (315°) of Turn,
      • Recognize as another element, dependent on Height of Leg
      • #3.203 (“B”), #3.101 (“A”)

l. #5.306 (“C”) Reverse Planche:
   1) Legs must be in Same Plane, either Together or Straddled.
   2) Handstand with Split position for counterbalance award #5.206 (“B”) Value-Part credit.
   3) Handstand with Overarch and Legs separated award #5.206 (“B”) Value-Part credit.
REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

m. #7.310 (“C”) Flic-Flac ¼ (90°) Turn Side Handstand
   #7.410 (“D”) Flic-Flac ¼ (270°) Turn Side Handstand:
   1) Must show Flight to Handstand position with body stretched in Vertical, Leg position optional and Two-second Hold not required.
   2) Insufficient Flight, recognize as Back Walkover with Turn and award appropriate Value-Part credit.

n. #7.312 (“C”) Tucked Chen Flic:
   1) Must show 90° angle in both Hips and Knees.
   2) Open Legs and Body to Stretched position, prior to swing down.

o. #7.503 (“D”) Free (Aerial) Cartwheel to Scale (Peko):
   1) Slight lowering of Free Leg acceptable with immediate lift to Minimum of Horizontal.
   2) Hold for Two (2) seconds.

p. #8.402 (“D”) Side Salto Tuck / Pike, One Leg Take-off, Forward / Sideward to Side stand:
   1) Forward take-off, ¼ (90°) Turn occurs as body lifts, body and shoulders facing Sideward throughout Salto and Landing phase.
   2) Forward take-off, ¼ (90°) turn occurs after body passes through Vertical, and body lands in Side position, considered as #7.403 (“D”) Free (Aerial) Cartwheel, to Side landing.

q. #8.504 (“E”) Salto Backward Stretched with legs together:
   1) Must display good Height and Maintain Stretched body position past Vertical.
   2) Deduct up to 0.20 for Insufficient Stretch if body pikes down after Vertical.

   1) Required technique:
      • Take-off from One (1) foot, facing outward.
      • Salto performed like a Reverse Dive.
      • Salto rotates Backward toward end of Beam (not along Side of Beam).
   2) Deduct up to 0.30 for Directional errors.
I. CONTENT

A. EXERCISE COMPOSED from DIFFERENT GROUPS:
   1. Acrobatic elements:
      a. with or without Flight phase
      b. in Forward
      c. in Sideward
      d. in Backward
   2. Dance elements:
      a. Turns
      b. Leaps / Jumps / Hops
      c. Balance elements
      d. Body Waves

B. HARMONIOUS CHANGES between
   1. Element Groups
   2. Dance and Acrobatic Elements, particularly.

C. USE OF THE ENTIRE BEAM with
   1. Dynamic Rhythm changes
   2. Level changes.

II. SPECIAL REQUIREMENTS and RESTRICTIONS
Special Requirements (each worth 0.50)

A. LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>One (1) Acrobatic Series – Minimum of Two (2) elements, One (1) with Flight</td>
</tr>
<tr>
<td>9</td>
<td>One (1) Acrobatic Series – Minimum of Two (2) Flight elements</td>
</tr>
</tbody>
</table>
| 10     | One (1) Acrobatic Series – Minimum of Two (2) Flight elements, One (1) Minimum (“C”) Flight, with or without hand support
         OR
         One (1) Non-Flight Acro (“A”) element – Group 7 (Walkovers / Cartwheels) directly connected to Acro Flight (“E”) element. 
         EXAMPLE: Back Walkover (“A”) + Back Salto 1/1 twist (“E”) |
LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS (continued)

Acrobatic Series Requirement

a. Elements must Start and Finish on Beam.

EXAMPLES:

- Award Special Requirement, Acro Series starts (Flic-Flac) and finishes (Back Salto Stretched) on the Beam.

2) Round-off, Flic-Flac Mount at end + Salto Backward Stretched with step-out

- No Special Requirement awarded, Acro Series did not start (Round-off Mount) on the Beam.

b. Flight to Handstands with two (2) second Hold can only be used as the Last element.

EXAMPLES:
1) Flic-Flac step-out ("B") + Flic-Flac ¼ Turn (held two (2) seconds but not required) ("C")

   a) Award Special Requirement
   b) Hold element is Last element in Acro Series.

2) Kick-up to Handstand (Hold 2-seconds) ("A") + Flic-Flac step-out ("B")

   - First element requires two (2) second Hold. Do not award Special Requirement for LEVEL 8.

3) Non-Flight Acro element does not require two (2) second Hold (Back Walkover).
   a) Allowed as first element in LEVEL 8 Acro Series.
   b) Regardless of Hold in Vertical prior to step-down.
   c) No Deduction for Pause / Hold in Vertical.

4) Press to Handstand does not require two (2) second Hold.
   a) Allowed as first element in LEVEL 8 Acro Series.
   b) Press Handstand Mount not allowed.
      - Mount with Straddle “L” position Press to Handstand
      - Straddle “L” considered part of Mount
      - Mounts cannot fulfill Acro Series Special Requirement.

c. Group 6 – Rolls:
1. Group 6 – Rolls with Flight may be used in Acro Series:
   a) LEVEL 8 / 9: Dive Forward Roll to Flic-Flac
   b) LEVEL 9 / 10: Dive Forward Roll to Back Salto Tucked

2. Non-Flight Acro Rolls allowed for LEVEL 8 ONLY
   EXAMPLE: Free Forward Roll to Flic-Flac
LEVEL 8 / 9 / 10 – SPECIAL REQUIREMENTS (continued)

2. One (1) Leap or Jump that requires 180° Cross or Side Split
      1) No Value Part awarded with less than 135° Leg Separation.
      2) No Special Requirement awarded with less than 135° Leg Separation.
      3) Deduct up to 0.20 for Insufficient Split if Leg Separation between 135° and 179°.
   b. Must Start and Finish on Beam.
   c. Performed in Series or Isolated element.
   EXAMPLES:
      - Sissonne
      - Split Leap Forward
      - Straddle Pike Jump
      - Split Jump + Tuck Jump
   d. 180° Split position in Cross (front-to-back) or Side / Straddle) position.
      1) Cross position must have Forward Leg extended.
      2) No Special Requirement awarded if Forward Leg finishes in Stag position.
      3) Award Special Requirement if Rear Leg in Stag position.
   e. #2.105 ("A") Stride Leap Forward with change of legs to Wolf position:
      1) Does not require Split position.
      2) No Special Requirement awarded.

3. Minimum of 360° Turn on One (1) Foot (Group 3)
   b. Lower or No Value-Part credit awarded, if 90° or more of Turn missing. (B-Turn → A-Turn)
   c. No Special Requirement awarded, if no Value-Part credit.
   d. #3.505 ("E") 1/1 (360°) Illusion Turn, award Special Requirement (LEVEL 9 / 10 only).

4. Aerial / Salto Dismount Requirement

| LEVEL 8 | Minimum ("A") |
| LEVEL 9 | Minimum ("B") |
| LEVEL 10 | Minimum ("C") OR Dismount ("B") Directly Connected to: |
|          | 1. Acro Series with Minimum ("C") Acro element OR |
|          | 2. Minimum ("C") Acro Flight / Dance element |

a. EXAMPLES – LEVEL 10 Dismounts:
   1) Flic-Flac ("B") + Salto Backward 2/1 (720°) Twist Dismount ("C")
   2) Side Aerial ("D") + Flic-Flac ("B") + Salto Backward 1/1 (360°) Twist Dismount ("B")
   3) Side Aerial ("D") + Gainer Salto Tucked 1/1 (360°) Twist (off side) Dismount ("B")
   4) Switch-Leg Leap ("C") + Gainer Salto Tucked 1/1 (360°) Twist (off side) Dismount ("B")

b. Dismount of No Value / Restricted Element (LEVEL 8 / 9):
   1) Deduct 0.50 for Missing Dismount Special Requirement.
   2) Deduct 0.30 from Start Value for No Dismount.
   3) Do not deduct 0.30 for No Dismount if Dismount without Salto / Aerial is performed but is listed in the Junior Olympic Code of Points.
EXAMPLES:

7) Flic-Flac step-out (“B”) +
   Flic-Flac step-out (“B”) +
   Back Salto Stretched step-out (“C”) +
   Back Salto Stretched 1/1 Twist Dismount (“B”)
   • Award + 0.10 (“B”) + (“C” Salto)
   • No (CV) (“C” Salto) + (“B”) Dismount
   Total = + 0.10 (CV)

Back Layout step-out (Last element of 1st connection) and (First element of 2nd connection).
   • Connection of Two (2) Acro Flight elements excludes Dismount; therefore,
   • No (CV) awarded for (“C”) + (“B”) Dismount connection.

8) Flic-Flac step-out (“B”) +
   Back Salto Stretched with step-out (“C”) +
   Flic-Flac step-out (“B”) +
   Back Salto Stretched with 1/1 Twist Dismount (“B”)
   • Award + 0.10 (“B”) + (“C” Salto)
   • Award + 0.10 (“C”) + (“B”) + (“B”) Three (3) element connection Series
   Total = + 0.20 (CV)
III. "D/E" BONUS (D/E)  
LEVEL 10 ONLY

A. "D/E" ELEMENTS MAY REPLACE
   1. Required Value Part of ("A") / ("B") / ("C") and
   2. Awarded “D/E” Bonus (D/E).

B. "D/E" BONUS (D/E) AWARDED
   1. ("D") and ("E") elements performed successfully.
   2. Without Fall.
   3. Without Spot.

C. MAXIMUM OF + 0.40 AWARDED for “D/E” Bonus (D/E).
   1. ("D") elements each receive + 0.10 Bonus.
   2. ("E") elements each receive + 0.20 Bonus.

D. SAME "D/E" ELEMENT eligible for “D/E” Bonus (D/E) One (1) Time Only.
   EXCEPTION: Same “D/E" element performed Two (2) Times.
   1. First Time not performed successfully.
   2. Second Time with successful performance.
   3. Value-Part credit awarded.
   4. “D/E" Bonus (D/E) awarded.

E. “D/E” ELEMENT PERFORMED AT LEVEL 9
   • Not eligible for “D/E” Bonus (D/E).

IV. ADDITIONAL BONUS + 0.10  
LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS
   1. Both Connection Value Bonus (CV) and (D/E) Bonus,
      a. Minimum of + 0.10 for (D/E)
      b. Minimum of + 0.10 for (CV).
   2. Remaining 0.30 may be earned
      a. (D/E) Bonus or (CV) Bonus.
      b. Maximum Start Value = 10.00.
   3. Eligible for Additional Bonus + 0.10 (not included in Start Value).
      a. Total Bonus = +0.60 or more, and
      b. Minimum of One ("E") Acro element.

B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE
   1. Each Judge adds the additional Bonus to her / his score and must visibly indicate,  
      by means of a placard or other signage, that the Bonus was awarded.
   2. If using paper score slips, the Judge should also indicate in writing any Bonus awarded.
I. APPARATUS SPECIFICATIONS
Refer to the current Women’s Rules and Policies for exact specifications.
https://usagym.org/pages/women/pages/rules_policies.html
Requirements are subject to change every competitive year, beginning August 1.

CLARIFICATIONS FOR ADDITIONAL MATTING ON FLOOR EXERCISE:

A. ALLOWED UP TO TWO (2) MANUFACTURED MATS:
   1. Placed separately on Floor Exercise area.
      a. Maximum mat thickness = 8" / 20 cm.
      b. 8" Skill Cushion must be minimum of 5’ x 10’.
      c. Sting Mat may be placed on top / under up to 8” Skill Cushion.
   2. Only one (1) Skill Cushion / 4” Throw Mat per tumbling pass allowed.
      a. No more than two (2) mats on Floor Exercise area at any one point in time.
      b. Sting Mat may be placed on top / under Skill Cushion / Throw Mat(s).
      c. Matting may be used as take-off / landing surface.
   3. Mats covering boundary line(s) must be clearly marked to indicate actual boundary line(s).
      a. Athletic Tape recommended (provided by Coach) to mark boundary line(s).
      b. Chalk may be used and removed before next competitor.
         Meet Director should provide towel to remove chalk markings.
      c. Chief Judge deducts 0.10 from Average Score for failure to mark the mat.
   4. No requirement to remove additional mat(s) from floor area during the exercise.

B. ANY UNAUTHORIZED OR ADDITIONAL MAT(S) ON FLOOR EXERCISE AREA:
   Chief Judge deducts 0.30 from Average Score.

C. CORNER PADDING:
   1. Recommend padding (panel mats) placed around outside corners of floor exercise mat, especially when on a concrete / wood floor.
   2. LEVEL 6 / 7 / 8 / 9 / 10 competitions held in outside facilities:
      a. Outside of the corners must be padded with:
         1) unfolded panel mats, OR
         2) other matting, OR
         3) carpet-bonded foam (at least 1 3/8” thick)
      b. Must protect Gymnast who go beyond dimensions of Floor mat.
   3. Dimensions of Corner Padding:
      a. minimum of five (5) feet from edge of boundary line
      b. minimum of six (6) feet from corner of carpet down each side of Floor Exercise area.
   4. Padding attached (Velcro strips / other) to floor, foam, or carpet to avoid separating or slipping.
   5. EXAMPLE of additional padding at one corner is shown below:

D. CONVERSION – INCHES TO CENTIMETERS:
   Approx. ¼ inch = 2 cm
   4 inches = 10 cm
   4 ½ inches = 12 cm
   8 inches = 20 cm
   9 inches = 24 cm
II. TIMING REGULATIONS

A. TOUCH WARM-UP
1. Specific meet formats allow a 30-second TOUCH WARM-UP period.
   a. Blocked warm-up for all Gymnasts in the squad.
      1) Squad with nine (9) or more:
         a) MAY be split into two (2) groups.
         b) First half warm-up and compete.
         c) Second half warm-up and compete.
      2) Meet Director has the option to alternate competition with touch warm-ups.
   b. The TOUCH WARM-UP Period is determined by multiplying number in largest squad by 30 seconds.
   c. Squad must warm-up together. No block TOUCH WARM-UP for Individual Teams within squad.
2. Warm-up time is exceeded, Warning is given.
3. Exceeding warm-up time after Warning:
   a. Chief Judge deducts 0.20 from Average Score.
   b. In Team competitions, deduct from Team Event Score.
4. Allowed to Jump within boundaries of Floor Exercise mat to warm-up while waiting to compete.

B. TIMING OF THE EXERCISE
1. Maximum Time Limit:
   a. One minute, 30 seconds (1:30) for LEVEL 7 / 8 / 9 / 10.
   b. One minute, 15 seconds (1:15) for LEVEL 6.
2. Timing begins with first movement and stops with final movement.
3. Entire exercise is evaluated, regardless of Overtime.
4. Chief Judge deducts 0.10 from Average Score for Overtime.
   a. Deduction must be indicated to Coach either verbally or visually.
   b. No Overtime deduction taken if within fraction of second over the time allotment.
      EXAMPLE: 1:30.01 – 1:30.99 (less than 1:31). Do not take Overtime deduction.
5. No time warning is given on Floor Exercise.

C. SHORT EXERCISE: less than 30 seconds (either complete or incomplete)
1. Deduct for missing Value Parts from Start Value.
2. Deduct for missing Special Requirements from Start Value.
3. Chief Judge deducts 2.00 from Average Score.
4. Minimum Score of 1.00 is awarded when Optional Routine Score is equal to or less than One (1.00) Point.
E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

1. SPLIT LEAPS / SPLIT JUMPS
Split Leaps and Jumps require 180° leg separation.
Insufficient Split - evaluate as follows:

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>0.05 – 0.10</td>
<td>missing 1° – 20° of the Split</td>
</tr>
<tr>
<td>0.15 – 0.20</td>
<td>missing 21° – 45° of the Split</td>
</tr>
<tr>
<td>Award VP</td>
<td>performed if applicable</td>
</tr>
<tr>
<td></td>
<td>missing 46° or more of the Split</td>
</tr>
</tbody>
</table>

Note: Deduct for Insufficient Amplitude / Execution and Insufficient Split.

2. TWISTING SALTOS – INCOMPLETE L.A. (LONG AXIS) TURN

<table>
<thead>
<tr>
<th>Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.05 – 0.10</td>
<td>missing 1° – 44° of the Twist</td>
</tr>
<tr>
<td>0.15 – 0.20</td>
<td>missing 45° – 89° of the Twist</td>
</tr>
<tr>
<td>Award VP</td>
<td>performed missing 90° or more</td>
</tr>
</tbody>
</table>

EXAMPLE:
Triple (3/1) Twist (“E”) missing 90° or more of the Twist:
- Award (“D”) credit for 2½ (900°) Twist.
- Deduct for Balance and Execution errors.

Completion of Twist Clarification:
- Placement of Front Foot upon landing determines the amount of twist completed.
- Twist completion determines Value-Part credit.

3. TURNING JUMPS / LEAPS / HOPS AND TURNS on one (1) foot with 360° turn or more

<table>
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</tr>
<tr>
<td>Award VP</td>
<td>performed missing 90° or more</td>
</tr>
</tbody>
</table>

Note: Deduct for Balance / Insufficient Amplitude / Execution

Completion of Turns Clarification:
- Heel drops = Turn completion.
- Value-Part credit awarded for Degree of Turn completed prior to Heel drop.

4. JUMPS / LEAPS / HOPS WITH ½ (180°) TURN

EXAMPLE: Wolf Jump ½ (“B”) and Wolf Jump = (“A”)
- Degree of Turn completion upon Landing determines Value Part awarded.
- To receive higher value, Turn must finish closer to higher Degree of Turn.
- Minimum of 1° past halfway mark between the Two (2) values.
- Execution deductions for incomplete turn will be applied.
F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATION

1. #1.101 (“A”) Split Jump vs #1.110 (“A”) Sissonne:
   a. Cross Split Jump has Two-foot take-off and landing, while Sissonne has Two-foot take-off and One-foot landing.
   b. Cross Split Jump shows 180° Split with legs even / parallel to Floor. Sissonne requires 180° Split of legs in diagonal position with Front Leg Forward-Downward (Minimum of 45° from Floor) and Back Leg Backward-Upward.
   c. Deduct up to 0.10 for Insufficient Amplitude if Front Leg of Sissonne is lacking Minimum of 45° from Floor.

2. #1.204 (“B”) Split Leap forward with leg change (Switch-Leg Leap):
   a. First Leg should swing Forward (Minimum of 45°) prior to swinging Backward.
   b. First Leg does not reach 45°, award (“B”) Value-Part credit. Deduct up to 0.10 for insufficient height of Leg Swing.
   c. Leg separation following Leg change is 180° Split.
   d. Deduct up to 0.20 for Insufficient Split after Leg change, if applicable.
   e. Split less than 135°, award (“A”) Value-Part credit; no Special Requirement credit for Leap / Jump with 180°.
   f. Stag-Switch Leg Leap – Stag first (swinging) Leg, bent Minimum of 90° with no extension of Leg prior to Leg Switch, award (“A”) Value-Part credit (Stag Leap).

3. #1.208 (“B”) Schushunova
   a. Must show 180° Side Split position, rotate legs rearward to horizontal stretched body position in the air before landing.
   b. Slight forward lean, rather than strict vertical torso, is acceptable.

4. #1.210 (“B”) Ring or Stag-Ring Leap / Jump
   a. Head Release Backward past Vertical line must be shown to be considered “Ring” position.
   b. Expected Amplitude of Rear Foot is to the Top of Head.
   c. Deduct up to 0.10 for Insufficient Arch.
   d. Deduct up to 0.10 if Rear Foot is at Shoulder or Upper Back Height.
   e. Rear Foot at Hip-height or No Backward Head Release (regardless of height of Leg) considered Split Leap with Bent Back Leg #1.101 (“A”) or Sissonne #1.110 (“A”).
   f. Ring Jump expectations are:
      1) Front Leg must be Minimum of 45° from Beam.
      2) Forward-Downward Diagonal position.
      3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
   g. Ring Leap expectations are:
      1) Front Leg should first brush / extend close to Horizontal.
      2) Front Leg must be a Minimum of 45° from the floor when Ring shape is executed.
      3) Deduct up to 0.10 for Insufficient Amplitude of Front Leg.
   h. Stag-Ring Jump or Stag-Ring Leap expectations are:
      1) Front Leg bent a Minimum of 90° with no extension of Leg.
      2) 180° Leg separation from Front Knee to Back Knee.
D. CONNECTIONS OF THREE (3) OR MORE ELEMENTS:

Second element (and following) may be used Second time

- First time as Last element of First connection.
- Second time as First element of New connection.
- All elements receive Value-Part credit.

Direct Connection applied prior to Indirect Connection principle.

EXAMPLE 1:
Round-off, Flic-Flac
Salto Backward Stretched 1½ (540°) twist ("C")
Round-off, Flic-Flac
Salto Backward Stretched 2/1 (720°) twist ("C")
Front Salto Tucked ("A")

(“C”) → ("C") + ("A")

Principles applied:
# 2 Direct ("C") + ("A") = + 0.10
# 1 Indirect ("C") + ("C") = + 0.10

EXAMPLE 2:
Whip Salto ("A")
Salto Backward Stretched with 1½ twist ("C")
Front Salto Tucked ("A")

(“A”) + ("C") + ("A")

Principles applied:
#2 Direct ("A") + ("C") = + 0.10
#2 Direct ("C") + ("A") = + 0.10

EXAMPLE 3:
Front Salto Tucked step-out ("A")
Round-off, Flic-Flac
Salto Backward Stretched 2/1 (720°) twist ("C")
Front Salto Tucked ("A")

(“A”) + ("C") + ("A")

Principles applied:
#2 Direct ("C") + ("A") = + 0.10
#2 Direct ("C") + ("A") = + 0.10

EXAMPLE 4:
Whip Salto ("A")
Double Salto Backward Tucked ("D")
Front Salto Tucked ("A")

(“A”) + ("D") + ("A")

Principles applied:
#2 Direct ("A") + ("D") = + 0.20
#2 Direct ("D") + ("A") = + 0.20

EXAMPLE 5:
Round-off
Whip Salto ("A")
Flic-Flac
Salto Backward Stretched 2½ (900°) twist ("D")
Flyspring, Front Salto Tucked ("A")

(“A”) → ("D") → ("A")

Principles applied:
#1 Indirect ("A") + ("D") = +0.10
#1 Indirect ("D") + ("A") = +0.10
CONNECTIONS OF THREE (3) OR MORE ELEMENTS: (continued)

Second element (and following) may be used Second time

- First time as Last element of First connection.
- Second time as First element of New connection.
- All elements receive Value-Part credit.

Direct Connection applied prior to Indirect Connection principle.

EXAMPLE 6:
Front Handspring
Front Salto Stretched (“B”)
Front Salto Stretched (“B”),
Front Salto Stretched 1/1 (360°) twist (“C”)

EXAMPLE 7:
Round off
Whip Salto ½ (180°) turn (“B”)
Front Salto Stretched (“B”)
Front Salto Stretched 2/1 (720°) twist (“E”)

EXAMPLE 8:
Front Salto Stretched (“B”)
Front Salto 2/1 (720°) twist (“E”)
Front Salto Piked (“B”)

EXAMPLE 9:
Front Salto Tucked with step-out (“A”)
Round-off, Flic-Flac, Flic-Flac
Double Salto Backward Tucked (“D”)
Flic-Flac
Back Salto Stretched with 1/1 twist (“B”)

Principles applied:
#2 Direct (“B”) + (“B”) = + 0.10
#2 Direct (“B”) + (“C”) = + 0.20

Principles applied:
#2 Direct (“B”) + (“B”) = + 0.10
#2 Direct (“B”) + (“E”) = + 0.20

Principles applied:
#2 Direct (“B”) + (“E”) = + 0.20
#2 Direct (“E”) + (“B”) = + 0.20

Principles applied:
#1 Indirect (“A”) + (“D”) = + 0.10
#1 Indirect (“D”) + (“B”) = + 0.10
### 2018 – 2022 USA GYMNASTICS JUNIOR OLYMPIC LEVELS 6 / 7 / 8

**August 1, 2018 – July 31, 2022**

**Score Range:** 9.5-10.0  
**0.2**  
**9.0-9.475:** 0.5  
**8.0 – 8.975:** 0.7  
**Below 8.0:** 1.00  

**Style Points:** Minimum of 1.00

**Landing – Execution – General**

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<th>Score</th>
<th>Level 7</th>
<th>Level 6</th>
<th>Level 5</th>
<th>Level 4</th>
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<td>C</td>
<td>D</td>
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<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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**Landing**
- Feet hip-width or closer, never join on dmt.
- Slant, top-edge of foot on beam.
- Deviation from straight direction.
- Arm swings to maintain balance.
- Feet more than hip-width apart.
- Legs apart.
- Touch bottom of feet on dmt.
- 0.5 off SV

**Execution – General**
- Incorrect body alignment in the air.
- Fails to correctly execute the shape.
- Incorrect body alignment (during dismount).
- Incorrect body alignment.
- Fails to present properly.
- Failure to remove board after mount.
- Failure to remove board after mount (CJ).
- Non-compliance with rules (CJ).
- Incorrect arms/bends.
- Incorrect body alignment (after dropping).
- Incorrect arms/bends.
- Failure to present.
- Correct to correct.
- Correct to correct (CJ).
- 0.5 off SV

**Composition**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Level 7</th>
<th>Level 6</th>
<th>Level 5</th>
<th>Level 4</th>
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**Floor Exercise**

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**Uneven Bars**

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**Balance Beam**

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<td>67</td>
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<td>69</td>
<td>70</td>
</tr>
<tr>
<td>Min. of One (1) Aerials</td>
<td>71</td>
<td>72</td>
<td>73</td>
<td>74</td>
<td>75</td>
<td>76</td>
<td>77</td>
</tr>
<tr>
<td>Min. of One (1) Cartwheel</td>
<td>78</td>
<td>79</td>
<td>80</td>
<td>81</td>
<td>82</td>
<td>83</td>
<td>84</td>
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</tbody>
</table>

**Score Points**

<table>
<thead>
<tr>
<th>Score</th>
<th>Level 7</th>
<th>Level 6</th>
<th>Level 5</th>
<th>Level 4</th>
<th>Level 3</th>
<th>Level 2</th>
<th>Level 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5–10.0</td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
<td>E</td>
<td>F</td>
<td>G</td>
</tr>
<tr>
<td>9.0–9.475</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>8.0–8.975</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Below 8.0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
**Composition – Execution Deductions**

### Balance Beam

<table>
<thead>
<tr>
<th>Deduction</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to perform Acro ele. in 2 diff. directions (fwd &amp; fwd/svd)</td>
<td>-10</td>
</tr>
<tr>
<td><em>If only the diff. direction is in disorder</em></td>
<td></td>
</tr>
<tr>
<td>More than 2 pitfalls (Sr. Leg)</td>
<td>-10</td>
</tr>
<tr>
<td>More than 2 Dcns elements of the same shape</td>
<td>-10</td>
</tr>
<tr>
<td>Spatially - Insuff. use of entire length of beam</td>
<td>-10</td>
</tr>
<tr>
<td>Soft land in dcn (exc. for 2 diff. elements)</td>
<td>-10</td>
</tr>
<tr>
<td>Lack of rhythm in dcn elements</td>
<td>-10</td>
</tr>
<tr>
<td>Choice of dcn not up to competitive level</td>
<td>-10</td>
</tr>
<tr>
<td>Poor quality in Acro elements (up to competitive level)</td>
<td>-10</td>
</tr>
<tr>
<td>Lack of dcn series (min. 2 dcn elements from Gr. 1, 2, 3)</td>
<td>-10</td>
</tr>
</tbody>
</table>

### Floor Exercise

<table>
<thead>
<tr>
<th>Deduction</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feet apart on landing of leaps/jumps</td>
<td>-10</td>
</tr>
<tr>
<td>Incorrect rhythm during execution of dcn</td>
<td>-10</td>
</tr>
<tr>
<td>Incorrect body pos./alignment in Dcns element</td>
<td>-10</td>
</tr>
<tr>
<td>Lack of precision in Dcns element</td>
<td>-10</td>
</tr>
<tr>
<td>Fails to perform Grd 2 Turns in high relevé</td>
<td>-10</td>
</tr>
<tr>
<td>Concentration pause (2 sec)</td>
<td>-10</td>
</tr>
<tr>
<td>Legs not parallel to floor in split or straddle split</td>
<td>-10</td>
</tr>
<tr>
<td>Insuff. height of Acro flights w/ hand support</td>
<td>-10</td>
</tr>
<tr>
<td>&amp; Aerials</td>
<td></td>
</tr>
<tr>
<td>Insuff. split when required (Dance/Acro elements)</td>
<td>-10</td>
</tr>
<tr>
<td>Insuff. variation in rhythm/tempo throughout</td>
<td>-10</td>
</tr>
<tr>
<td>Poor relationship of music &amp; movement</td>
<td>-10</td>
</tr>
<tr>
<td>Insuff. height of Dcns</td>
<td>-10</td>
</tr>
<tr>
<td>Insuff. height of Split when required</td>
<td>-10</td>
</tr>
<tr>
<td>Insuff. flexibility in non-VPs throughout</td>
<td>-10</td>
</tr>
<tr>
<td>Missing synchronization of movement &amp; musical beat</td>
<td>-10</td>
</tr>
<tr>
<td>Artistry/Performance</td>
<td></td>
</tr>
<tr>
<td>- Originality/creativity of choreography</td>
<td>-10</td>
</tr>
<tr>
<td>- Quality of movement reflects personal style</td>
<td>-10</td>
</tr>
<tr>
<td>- Quality of expression</td>
<td>-10</td>
</tr>
<tr>
<td>Music with words (CJ)</td>
<td>-10</td>
</tr>
<tr>
<td>Absence of music (CJ)</td>
<td>-10</td>
</tr>
</tbody>
</table>

### Landing – Execution – General

<table>
<thead>
<tr>
<th>Deduction</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feet hip-width or closer; never join on dmt.</td>
<td>0.05</td>
</tr>
<tr>
<td>In suff. instructions, feet, staggered feet</td>
<td>0.10</td>
</tr>
<tr>
<td>Deviation from straight direction</td>
<td>0.10</td>
</tr>
<tr>
<td>Arm swings to maintain balance</td>
<td>0.10</td>
</tr>
<tr>
<td>Feet more than hip-width apart</td>
<td>0.10</td>
</tr>
<tr>
<td>Tentative steps</td>
<td>(each 1) max. 0.40</td>
</tr>
<tr>
<td>Trunk movements for balance (UBBBrdt &amp; FX Acro)</td>
<td>-0.20</td>
</tr>
<tr>
<td>Incorrect posture on landing of VP</td>
<td>-0.20</td>
</tr>
<tr>
<td>Brush/touch of landing surface w/hand(s)</td>
<td>-0.30</td>
</tr>
<tr>
<td>Squat upon landing</td>
<td>-0.30</td>
</tr>
<tr>
<td>Spotting assist upon landing</td>
<td>Award VP/SPR +</td>
</tr>
</tbody>
</table>

### General

<table>
<thead>
<tr>
<th>Deduction</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Must be present before/after (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Exceeds Floor Ex. boundary (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Overtime - BB/FX (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Coach between bars or next to BB throughout (chall) (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Incorrect attire/jewelry (after 1 warning) (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Verbal cues by coach/team (after warning) (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Failure to begin exercise w/in 30 sec. of CJ signal (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Exceeds warm-up time (after warning) (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Incorrect approach to landing (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Board on unpermitted surface (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Failure to remove board after mount (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Use of SB elementary mats (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>No Dismount</td>
<td>-</td>
</tr>
<tr>
<td>Lands Acro ele. or dmt in Pit (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>Spotting Assist on element</td>
<td>-</td>
</tr>
<tr>
<td>Short Exercise: BB/FX-less than 30 sec. (CJ)</td>
<td>-</td>
</tr>
<tr>
<td>UB - less than 5 Value Parts</td>
<td>-</td>
</tr>
<tr>
<td>Exceeds Fall time (UB/BB) CJ Terminates exercise</td>
<td>-</td>
</tr>
</tbody>
</table>