

SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

WOMEN’S DEVELOPMENT (DEV) PROGRAM OPTIONAL VAULT RULES

ALLOWABLE VAULTS		START VALUE (SV)	SPOTTING REGULATIONS	TIMED WARM-UPS (per gymnast) <i>Total time per squad determined by number of gymnasts in largest squad</i> <i>Block time is NOT allowed</i>
Level 6 & 7	Vault Option 1 #1.111 Front Handspring entry onto table: Arrive on Mat Stack on the feet in a straight body position with tight arch in upper back; arm position optional.	SV - 10.0	Spot during Vault: VOID	1½ minutes
	Vault Option 2 #3.116 ¼ - ½ twist on (Tsukahara entry) onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	SV - 10.0	Spot upon landing: 0.50 Spot after landing: No deduction	
	Vault Option 3 #4.111 Round-off (Yurchenko) entry onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	SV - 10.0		
Level 8 Level 9 Level 10	See Level 8 Vault Value Chart – Appendix 03	Level 8 SV Chart	Spot during Vault: VOID, Except Spot in 2 nd flight for Salto Vaults – 1.00	2 minutes
	See Level 9 Vault Value Chart – Appendix 02	Level 9 SV Chart	Spot during vault: VOID	
	See Level 10 Vault Value Chart – Appendix 01	Level 10 SV Chart	Spot upon landing 0.50	

WARM-UP PROCEDURES: Time starts – when gymnast stands on table to do skill / jump off OR

When gymnast begins running towards table / touches springboard.

SECTION 3 – UNEVEN BARS – GENERAL INFORMATION – CHAPTER 1

nWOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL UNEVEN BAR RULES

	SPECIAL REQUIREMENTS (SR) SR each worth <u>0.50</u>	Value Parts (VP)	Allowable elements & Difficulty Restrictions	START VALUE (SV) & BONUS	Timed Warm-Ups (Per Gymnast)
	<ul style="list-style-type: none"> ✓ One element may fulfill more than one SR, unless specified. ✓ Deduct <u>0.50</u> for each missing SR 	A = .10 B = .30 C = .50	Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR (if applicable)		
Level 6	<ol style="list-style-type: none"> 1. One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal) 2. Minimum of one bar change 3. One 360° clear circling element from Groups 3 / 6 / 7 4. Salto dismount, minimum of "A" 	A = 5 B = 1 C = 0 Allowable C's = B value	Allowable: Only "A" / "B" elements ONE of the following selected "C's": Clear hip/stalder/pike sole circles bkwd to HS Restricted: Any other "C's and "all D/E" elements Any flight/release elements HB to LB; LB to HB	10.0 SV Not eligible for Bonus	1½ min.
Level 7	<ol style="list-style-type: none"> 1. One cast to handstand (SR awarded when angle is a minimum of 45° - angle deductions will apply) 2/3. Two 360° clear circling elements, same or different <ol style="list-style-type: none"> a. One 360° clear circling element, minimum of "B" b. One 360° clear circling element, Group 3 / 6 / 7 4. Salto dismount, minimum of "A" 	A = 5 B = 2 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip Restricted: Any other "C's" and all "D/E" elements	10.0 SV Not eligible for Bonus	1½ min.
Level 8	<ol style="list-style-type: none"> 1. Minimum of one bar change 2/3. Two "B" elements, same or different: <ol style="list-style-type: none"> a. One "B" element with flight, excluding dismount, OR One "B" element with minimum 180° Long Axis (LA) Turn, excl. mount / dismount b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excl. dismount 4. Salto dismount, minimum of "A" 	A = 4 B = 4 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip One restricted "C" element - considered in chronological order. Restricted: Any additional "C's" and all "D/E" elements	10.0 SV Not eligible for Bonus	2 min.
Level 9	<ol style="list-style-type: none"> 1. Minimum of two bar changes 2. One flight element, minimum of "B", excluding dismount 3. Second, different, flight element, minimum of "C", excl. dismount, OR one element with long axis (LA) turn (180° or more), minimum of "B", excl. mount / dismount 4. Salto dismount, minimum of "B" 	A = 3 B = 4 C = 1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) turn to HS ("D/Es") ONE restricted "D/E" element - considered in chronological order Restricted: Any additional "D/E's"	9.70 SV Bonus: 0.30 CV OR 0.20 CV + 0.10 D/E Only 1 st D/E eligible for D/E Bonus	2½ min.
Level 10	<ol style="list-style-type: none"> 1. Flight element, minimum of "C", excluding dismount. 2. Second, different, flight element, minimum of "B", excluding dismount. 3. Element with long axis (LA) turn, minimum of "C", excl. mount/dismount 4. Salto dismount, minimum of "C". 	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: <ul style="list-style-type: none"> - Met all Difficulty & Special Req. - Minimum of 0.60 total Bonus - "E" element 	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV)	2½ min.

Fall Time: 45 sec. Time Starts when gymnast is standing on feet after a fall. Time Stops: when gymnast leaves mat to remount.

SECTION 4 – BALANCE BEAM – GENERAL INFORMATION – CHAPTER 1

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL BALANCE BEAM RULES

	SPECIAL REQUIREMENTS (SR)	VALUE PART (VP)	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS	START VALUE (SV) & BONUS	TIMING	
					Timed Warm-Up Time Per Gymnast	Routine Time Limit
	Deduct <u>0.50</u> for Each Missing SR	A = .10 B = .30 C = .50	Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR			
Level 6	1. Non-flight Acro series (excluding mt / dsmt) OR One Acro flight element, (isolated / in connection)	A = 5 B = 1 C = 0	Allowable: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order.	10.0 SV Not eligible for Bonus	1½ minutes	1 min. 15 sec.
	2. One Leap / Jump that requires 180° Cross / Side-Split	Allowable C's = B value	Restricted: Any additional "C" Dance All Acro "C/D/E" elements			
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 7	1. Acro series (with / without flight), excluding mt / dsmt AND one Acro flight element (isolated / in connection)	A = 5 B = 2 C = 0	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited)	10.0 SV Not eligible for Bonus	1½ minutes	1 min. 20 sec.
	2. One Leap / Jump that requires 180° Cross / Side-Split	Allowable C's = B value	Restricted: "D/E" Dance Acro "C/D/E" elements			
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 8	1. Acro series, two elements, one with flight (excluding mt/dsmt)	A = 4 B = 4 C = 0	Allowable: All "A" / "B" elements and Any "C" Dance elements ONE restricted "C" Acro element (includes mt / dsmt) considered in chronological order.	10.0 SV Not eligible for Bonus	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split	Allowable C's = B value	Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element			
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "A"					
Level 9	1. Acro series, min. two directly connected flight elements (excluding mt / dsmt)	A = 3 B = 4 C = 1	Allowable: All "A" / "B" / "C" elements and Any "D/E" Dance elements ONE restricted "D/E" Acro element (includes mt / dsmt) considered in chronological order.	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split	Allowable D/E's = C value	Restricted: Any additional Acro "D/E" element	ONLY 1 st Acro D/E eligible for D/E Bonus		
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount, min. "B"					
Level 10	1. Acro series (excluding mt/dsmt), min. two directly-connected flight elements, min. one "C" (with / w/o hand support OR Non-flight Acro "A" element (Grp. 7) directly-connected to Acro flight "E" elem.	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV	2 minutes	1 min. 30 sec.
	2. One Leap or Jump that requires 180° Cross or Side-Split					
	3. Min. of 360° turn on one foot (Grp 3)					
	4. Aerial / salto dismount min. "C" OR Dismount "B" directly connected to • Acro series w/ min. "C", OR • Min. "C" Acro flight/Dance elem.					

Timing Routine: Starts when feet/hands leave board/mat. Time ends when gymnasts lands on mat for dismount. Time stops for any fall from beam.

Fall time: 45 sec. Starts when gymnast is standing on feet or after medical assessment is complete. Stops when gymnast leaves mat to re-mount. Routine time starts again after fall with 1st movement to continue routine.

SECTION 5 – FLOOR EXERCISE – GENERAL INFORMATION – CHAPTER 1

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL FLOOR EXERCISE RULES					
	SPECIAL REQUIREMENTS (SR)	VALUE PARTS (VP)	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS	START VALUE (SV) & BONUS	TIMING
	Deduct <u>0.50</u> for Each Missing SR	A = .10 B = .30 C = .50	Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR		Routine Time Limit
Level 6	1. One Acro pass- min. 3 directly connected elements, 2 with flight 2. Second Acro pass with 1 Salto/Aerial (backward/forward/sideward), isolated or in a 2 nd different connection 3. Dance Passage-min. 2 different Grp. 1 elements (directly/indirectly connected) with 1 Leap requiring 180° cross/side split 4. Turn – minimum 360° Turn on 1 foot	A = 5 B = 1 C = 0 Allowable C = B value	Allowable: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. Restricted: Any additional "C" Dance All Acro "C/D/E" elements	10.0 SV NOT eligible for Bonus	1 min. 15 sec.
Level 7	1.2. Minimum of 2 Acro passes - 1 with Salto backward, min. 2 directly connected flight elements - 1 with Salto forward (add'l elements allowed) - 1 Salto (forward or backward) must be stretched (no twist) & land on 2 feet 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly or indirectly connected) with 1 Leap requiring 180° cross/side split 4. Minimum 360° Turn on one foot	A = 5 B = 2 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited) Restricted: "D/E" Dance or Acro "C/D/E" elements	10.0 SV NOT eligible for Bonus	1 min. 30 sec.
Level 8	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "A" Salto performed as last isolated Salto or within last Salto connection	A = 4 B = 4 C = 0 Allowable C's = B value	Allowable: All "A" / "B" elements, Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order. Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element	10.0 SV NOT eligible for Bonus	1 min. 30 sec.
Level 9	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "B" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 4 C = 1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any "D/E" Dance elements, and ONE restricted "D/E" Acro element considered in chronological order. Restricted: Any additional Acro "D/E" element	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st D/E eligible for D/E Bonus	1 min. 30 sec.
Level 10	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "C" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 3 C = 2	No difficulty restrictions Extra +0.10 Bonus (NOT in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV	1 min. 30 sec.

Timing Routine: Begins with first movement. Time ends with final movement. No warning is given.

CJ deducts 0.10 from average score for overtime. No overtime deduction if within fraction of second over the time limit.