



Women's Development Program Compulsory Exercises

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2021-2029 Women's Development Program - Compulsory:

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The Women's Development Program Compulsory book is a living document. As changes are made or errors identified, Compulsory Updates are posted on the USA Gymnastics website on the Women's Development Program Compulsories Updates page.

Check this site often, especially in June/July/August of each year for any recent updates and replacement pages. Please be aware that this document is also available as a downloadable "eBook" and as an online digital version, both of which are updated as quickly as possible as well.

This second printing includes all replacement pages as posted by June 16, 2021

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Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

GENERAL FAULTS & PENALTIES

COMPULSORY UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

All elements and connections are intended to be performed with maximum amplitude and execution, in the order as written in the text. Departures from correct technique or performance are to be penalized according to the following table for General Faults and Penalties. Also refer to each event for specific penalties for each Level. Always apply these general penalties if a specific penalty is not indicated.

Deduct all execution and/or amplitude errors leading to a fall; however, do not deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element may not exceed the value of the element plus 0.50.

Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required **connections** due to a fall are in addition to execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

If more than half of the major elements in an exercise are performed with assistance of the coach, the score is determined by giving value part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements (including assisted elements).

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY; HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED, UNLESS OTHERWISE STATED.

- To determine if gymnast is a “*righty or lefty*”, first determine gymnast’s dominant leap and front split (*right or left*). These need to be the same. The text is written describing choreography for a “*right dominant*” gymnast. If teaching a “*left dominant*” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	* Changing, reversing, adding or omitting a small part
<u>0.30</u>	* Changing, reversing or omitting a series of connections
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected dance series on balance beam or floor exercise
Value of element	* Changing a major element
Double the value of element	* Substituting or omitting a major element
Half the value of element	Reversing a major element (if <u>not</u> allowed to be reversed)
Up to the value of element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
No deduction	Repetition of a missed element (start judging at point of interruption)
Up to the value of element	Major element performed with additional turn
* <i>Changing = performing a variation of the element prescribed</i>	
* <i>Substituting = performing a totally different element than the element prescribed</i>	
* <i>Omitting = leaving element out completely (omitted elements may <u>not</u> be performed later in exercise “out of order” or after the last element in the exercise)</i>	
Note: Any step/foot position designated as “ <u>not</u> in relevé” may be performed in relevé without penalty	
SPECIFIC EXECUTION DEDUCTIONS (Taken for each occurrence during the routine)	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
(max <u>0.05</u>)	Taking additional running steps into forward tumbling pass (FX) (This is <u>not</u> applied to the front salto tucked)
Each time <u>0.05</u>	Flexed/sickled feet during major elements
Each time Up to 0.20	Leg or knee separations

SPECIFIC EXECUTION DEDUCTIONS (Taken for each occurrence during the routine)	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE (continued)	
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.30	Bent arms in support – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Bent leg(s) – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Balance errors – small, medium, large
<u>0.50</u>	Fall on or off the apparatus
UNEVEN BARS	
Up to 0.10	Hesitation during jump to high bar
<u>0.10</u>	Repositioning/adjustment of hands in front support or feet in squat/stoop on
<u>0.20</u>	Alternate hand grasp or regaining hand grasp without supplementary support
<u>0.30</u> (max 0.50)	Intermediate extra swing/cast More than one extra swing/cast preceding or following an element
<u>0.30</u>	Grasp of bar apparatus to avoid a fall
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet):
Up to 0.10	Brush/touch on apparatus or mat with foot (feet)
<u>0.20</u>	Hit on apparatus with foot (feet)
<u>0.30</u>	Hit on mat with foot (feet)
<u>0.50</u>	Full weight on mat with foot (feet)
BALANCE BEAM & FLOOR EXERCISE	
<u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
Each <u>0.05</u>	Failure to keep ears covered by arms when moving IN and OUT of slow acro elements (i.e. cartwheels, handstands, etc.)
Up to 0.10	Failure to land with feet closed (applied to jumps landing on two feet)
<u>0.10</u>	Failure to land on both feet simultaneously (applied to jumps landing on 2 feet)
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or arch when indicated
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.20	Uneven leg separation in leaps/jumps
Each <u>0.20</u>	Support of one leg against side surface of beam to maintain balance
Up to 0.20	Insufficient split when required (Dance/non-flight acro elements)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movements to maintain balance/control on the beam
<u>0.30</u>	Grasp of beam to avoid a fall
<u>0.30</u>	Use of supplemental support <u>Examples:</u> 1. Foot/feet remain on mat/board as mount is completed 2. Foot/feet contact mat in cross straddle sit during exercise 3. Foot/feet/leg using the base/uprights of beam for support on beam mount
Up to value of element	Incomplete turns

GENERAL DEDUCTIONS

Taken on non-major elements throughout/during the routine
Each deduction is the maximum deduction for the errors, not per occurrence.

Up to 0.10	Insufficient amplitude on non-value part choreography/dance steps
Up to 0.20	Failure to perform steps (when indicated) and pivot turns (<u>not</u> major elements) in high relevé position
Up to 0.20	Insufficient sureness of performance (balance beam)
Up to 0.30	Movement lacking artistry of presentation – consider:
Up to 0.15	<ul style="list-style-type: none"> Quality of movement to reflect the style of the choreography
Up to 0.15	<ul style="list-style-type: none"> Quality of expression (i.e. projection, focus)
Up to 0.30	Incorrect foot form (flexed, sickled, failure to show lock position when designated , failure to show step toe-ball-heel or to show turn-out in foot positions)
Up to 0.30	Incorrect body alignment, position or posture during connections
Up to 0.30	Incorrect position of head, arms, legs, or feet (text errors)

AMPLITUDE

UNEVEN BARS

Up to 0.20	Insufficient internal body amplitude (stretch/tightness) during extended positions
Up to 0.20	Insufficient external amplitude away from bar during swinging/circling movements

BALANCE BEAM & FLOOR EXERCISE

Up to 0.20	Insufficient height (hip rise) on leaps/jumps/hops
Up to 0.20	Insufficient quickness off hands in flight elements with hand support (<u>not</u> applied on front handsprings on floor exercise)
Up to 0.20	Insufficient height of aerials and backward acro flight elements with hand support
Up to 0.30	Insufficient height (hip rise) on salto elements

RHYTHM / DYNAMICS

UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

No deduction	Lack of continuity/tempo between major elements in a direct connection of dance elements on balance beam
<u>0.05</u>	Broken connection of dance major elements on balance beam <ul style="list-style-type: none"> If a fall occurs between elements, deduct <u>0.05</u> for broken connection plus <u>0.50</u> for the fall (if the gymnast repeats and successfully connects the elements, deduct <u>0.50</u> for fall only) Dance connection is considered broken when: <ol style="list-style-type: none"> Stop between elements Loss of balance between elements Any deviation of body movement which is <u>not</u> in line with the beam Reposition of foot (feet) or pivoting Extra step/hop/jump between elements Legs straighten between elements <ol style="list-style-type: none"> First element lands in plié Legs totally straighten and plié again to initiate jump into next element

SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE

UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

Up to value of element + <u>0.50</u> for spot	Coach spots / assists (touches) during element
<u>0.50</u>	Coach spots / assists (touches) on landing only
<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Coach catches a falling gymnast, only deduct for a fall.

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

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

<u>0.10</u>	Overtime on beam (judging continues after time is called)
Each time <u>0.10</u>	Any part of body touching outside the floor exercise border marking
Each time <u>0.10</u>	Failure to present before and after the exercise <ul style="list-style-type: none"> Gymnast is required to present to the Chief Judge before the exercise Gymnast is required to present at the end of the exercise, but is <u>not</u> required to specifically face a judge when presenting
<u>0.10</u>	Coach standing next to the beam throughout exercise
<u>0.10</u>	Failure to mark the FX boundary line on additional mats <ul style="list-style-type: none"> Applies to any mat which covers the FX boundary line
<u>0.20</u>	Gymnast fails to begin exercise within 30 seconds after CJ signals to begin
(after warning) <u>0.20</u>	Unsportsmanlike conduct of gymnast
(after warning) <u>0.20</u>	Failure to observe specified warm-up time <ul style="list-style-type: none"> Deduction is taken from the event score This deduction applies only to the practice of an element(s) <ul style="list-style-type: none"> ✓ If a gymnast is preparing for a skill(s) or dismount when time is called, she may continue to finish the skill(s) and/or dismount without penalty ✓ No deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on UB or BB. If the gymnast fails to leave apparatus after "time" has been called, the Timer MUST warn gymnast by announcing "time exceeded." If gymnast remains on apparatus, Timer reports infraction to Chief Judge, who then deducts <u>0.20</u> from the average score.
(after warning) <u>0.20</u> (must be heard by the judge(s))	Technical verbal cues by coach or teammate(s) to own gymnast. <u>Examples</u> of technical cues: "hollow", "pull" etc. <ul style="list-style-type: none"> <u>Exception:</u> 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), a deduction of <u>0.20</u> is taken from the average without a warning Deduction is taken only once, regardless of the number of cues given
(after warning) <u>0.20</u>	Incorrect attire <ul style="list-style-type: none"> Chief Judge notifies Meet Referee of warning given. Deduction applied to 1st event competed if NOT corrected/removed, etc. Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken. Deduction is taken one time <u>ONLY</u>

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DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)

(after warning) 0.20

Incorrect attire (continued)

1. Acceptable attire:

- a. One-piece leotard with or without sleeves.
 - Leg cut of the leotard MUST be below the pelvis / hip bone.
- b. Unitards with long legs to ankle, with or without sleeves.
- c. Ankle-length tights worn under or over the leotard (that match the leotard or the athlete's skin tone). Small manufacturer's branding allowed, with no embellishments.
- d. Solid black shorts (small manufacturer's branding allowed) with no embellishments.
 - Must be worn over leotard; length MUST be above knee or shorter.
- e. Head covering (if attached to leotard or unitard and fits snugly over the head), not to impose a safety hazard to gymnast.
- f. Clear bra straps.
- g. Only stud earrings are allowed in any part of ear.
 - All other piercings MUST be removed, not just covered with tape or a bandage.

2. Unacceptable / inappropriate / incorrect attire:

- a. Backless leotards
 - Unless any open area(s) is/are filled in with mesh or flesh-colored fabric, a leotard is considered backless when any open area(s) visually extend(s):
 - 1) lower than two inches (approximately) below the bottom of the scapula (shoulder blade).
 - 2) wider than the vertical midpoint of the scapula.
- b. Visible underwear (including sports bras)
 - If underwear is visible due to cut of the leotard, warn the gymnast's coach. If gymnast does NOT correct it, take a deduction on subsequent event.
 - Underwear, including sports bras, should NOT be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do NOT take a deduction.
 - COMMON SENSE SHOULD PREVAIL.
- c. Unacceptable jewelry
 - Necklaces and bracelets NOT allowed during warm-ups or competition. EXCEPTION: Medical bracelets MUST be covered by athletic tape.
 - Any non-stud earrings.
- d. Spaghetti straps
 - Straps MUST be a minimum of 2 cm. (7/8") wide.
- e. Bare midriff
- f. Elastic waistbands traditionally worn as training aids.
 - EXCEPTION: This does NOT include medically necessary bandages.
- g. Tennis Shoes are NOT appropriate gymnastics footwear.

3. Hair should be secured away from face – should NOT obscure gymnast's vision

0.20

Excessive use of magnesia (chalk) or incorrect use of tape

VAULT

1. Runway: Athletic tape or Velcro strips (NO CHALK) may be placed on VT runway, provided that such markings are removed no later than end of rotation.

- ✓ Maximum width of the Velcro strip or athletic tape is 5 cm (2")
- ✓ Maximum length is 3 feet
- ✓ Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed.

2. Vault Table: Use of tape or magnesia (chalk) is NOT permitted on VT table

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)	
0.20	Excessive use of magnesia (chalk) or incorrect use of tape (continued) BALANCE BEAM Small chalk markings may be placed on BB (tape NOT allowed) FLOOR EXERCISE 1. Spreading of magnesia on FX area NOT allowed; only small marks allowed. 2. A single-line arc drawn in corner of FX area is acceptable. 3. No Velcro or tape markings are allowed within FX area. 4. Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.
0.30	Use of unauthorized or additional mats, unauthorized springboard, springboard or mounting mat/block on unauthorized surface, or use of hand placement mat for vault
0.30	Failure to remove springboard or mounting mat/block after mount
0.30	Using incorrect apparatus specifications, including incorrect spring configurations
0.50	Starting the exercise before the signal is given: <ul style="list-style-type: none"> If the gymnast starts the exercise before the signal is given by the Chief Judge, she should be asked to stop and repeat the performance immediately Deduct from the repeated performance
1.00	Floor exercise routine performed without music or with music with voice
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

MISCELLANEOUS JUDGING INFORMATION	
	Allowable range of scores for Compulsory Program 0.20 for scores between 9.50 – 10.00 0.50 for scores between 9.00 – 9.475 0.70 for scores between 8.00 – 8.975 1.00 for all other cases
	Termination of an exercise due to injury: if gymnast performs ½ or less of exercise and does <u>not</u> continue, give credit for elements performed (do <u>not</u> score from 10.00)
	Award a score of 1.00, if the routine results in a score of 1.00 or less

TIMING PROCEDURES	
VAULT	
	<ul style="list-style-type: none"> If gymnast falls on 1st Vault attempt, the 45-second fall time begins when gymnast is standing on her feet. If an injury occurs, fall time begins once medical assessment is complete. Once Fall time begins, gymnast has 45 seconds before CJ will salute for the second vault. After 25 sec. have passed, CJ will announce “20 seconds remaining”. After 35 sec. have passed, “10 seconds remaining will be announced. “Time” is announced at 45 seconds. If the allotted fall time is exceeded, a second vault will <u>not</u> be allowed The Chief Judge is responsible for monitoring the fall time

TIMING PROCEDURES (continued)

UNEVEN BARS

- When the gymnast falls to the floor, the 45-second fall time begins when she is standing up on her feet or when medical assessment of an injury is complete.
- The gymnast has 45 seconds to remount and resume her exercise
- The Timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
- When the gymnast remounts the bars (leaves the floor), the 45-second fall time stops
- A reasonably short period of time is allowed to resume swing
- If a second fall occurs, an additional deduction of 0.50 is applied
- If the 45-second fall time is exceeded, the exercise is terminated

BALANCE BEAM: TIMING THE EXERCISE:


- The official beam routine time starts when the gymnast's feet leave the board or mat
- The official beam routine time stops when the gymnast dismounts and arrives on the mat
- Warning is called or signaled 10 seconds before the maximum time limit
- Time is called or signaled at the maximum time limit
- If gymnast lands at the sound of the second signal, there is no deduction
- If gymnast lands after sound of second signal, the CJ deducts 0.10 from average for overtime. As in optional exercises, NO overtime deduction is taken if time is within a fraction of a second over the time allotment.
Example: Level 5 beam routine is clocked at 1:10.01 to 1:10.59 (less than 1:11), do not take the overtime deduction
- Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise


BALANCE BEAM: TIMING THE FALLS:


- When gymnast falls to the floor, official beam routine time stops. The 45-second fall time begins when gymnast is standing on her feet or when medical assessment of an injury is complete.
- Timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
- When the gymnast remounts the beam (leaves the floor), the 45-second fall time stops
- The official beam routine time resumes with the first movement to continue the exercise
- If a second fall occurs before the official time begins, an additional deduction of 0.50 is applied
- If the 45-second fall time is exceeded, the exercise is terminated
- The official beam routine time does not stop when the gymnast falls on, but not off, the beam

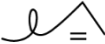
LEVEL 1 UNEVEN BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP PULLOVER MOUNT (0.60)	Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support


	CAST (0.40)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar

	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle

	CAST, STRADDLE-ON	<u>0.20</u>	Placing feet inside of hands
		<u>0.20</u>	Alternate foot placement
		Up to 0.20	Lack of control in straddle-on

	SOLE CIRCLE DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance

(OR)

	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance