


If performing a **BACKWARD SOLE CIRCLE TO CLEAR SUPPORT**, the gymnast may use one of three acceptable entrance techniques:

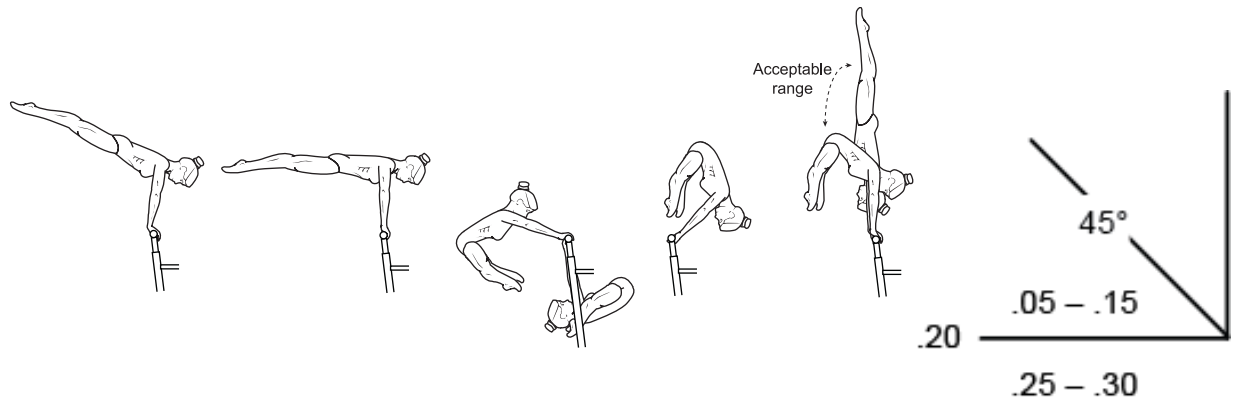
- A. Following the cast, push the shoulders open while bringing the feet to the bar, initiating the circle. On the downswing, place the balls of the feet on the bar (late in the first quarter or early in the second quarter of swing) between the hands in a pike position OR next to the hands, outside of the hands in a narrow straddle. Maintain straight legs, with the head neutral throughout the circle. As the hips rise (upswing), pull on the bar, opening the shoulder angle, taking the feet off the bar prior to clear support. Shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE TO CLEAR SUPPORT**.
- B. Following the cast, initiate the downswing prior to splitting the legs. Upon establishing the downswing, split the legs and place the ball of one foot on the bar (in the first quarter of swing), between the hands, and continue the drop/circle. Place the ball of the second foot on the bar, between the hands, on the downswing within the 2<sup>nd</sup> quarter of swing. Maintain straight legs, with the head neutral throughout the circle. As the hips rise (upswing), pull on the bar, opening the shoulder angle, taking the feet off the bar prior to clear support. Shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE TO CLEAR SUPPORT**.
- C. Following the cast, initiate a slight tight-arch in the torso and hips, with the shoulders slightly closed on the downward swing. Forcefully push the body backwards while simultaneously “snapping” the balls of feet onto the bar (late in the first quarter or early in the second quarter of swing) between the hands in a pike position OR next to the hands, outside of the hands in a narrow straddle. Maintain straight legs, with the head neutral throughout the circle. As the hips rise (upswing), pull on the bar, opening the shoulder angle, taking the feet off the bar prior to clear support. Shift the hands to the top of the bar to execute a **BACKWARD SOLE CIRCLE TO CLEAR SUPPORT**.

Note: The angle achieved is determined by a line drawn from the shoulders to hips when the body reaches a clear support position with the hands shifted to the top of the bar and feet clear of the bar. The gymnast is not required to open the hip angle at the completion of the circle.

	<b>BACKWARD SOLE CIRCLE TO CLEAR SUPPORT</b> (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient amplitude of upswing (line from shoulders to hips)
		No deduction 0.05 – 0.15	<ul style="list-style-type: none"> <li>● Between vertical and 45° from vertical</li> <li>● Between 46° to 89° from vertical</li> <li>● At horizontal</li> <li>● Below horizontal</li> </ul>
		<u>0.20</u> 0.25 – 0.30	
		<u>0.60</u>	Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)
		Up to 0.30	Legs bending during circle
		Up to 0.10	Lack of control into glide

**Points of emphasis:**  
**straight arms and legs throughout with good body position**

### 3C. BACKWARD STALDER CIRCLE TO CLEAR SUPPORT (0.60)



If performing a **BACKWARD STALDER CIRCLE TO CLEAR SUPPORT**, the entrance technique is optional. Gymnast may use the "drop" technique as listed for the **BACKWARD SOLE CIRCLE TO CLEAR SUPPORT** but without the feet on the bar.

Following the cast, push the shoulders open while bringing the feet toward the bar to initiate the circle around the bar. Close the hip angle on the downswing bringing the feet outside of the arms to achieve a compressed, inverted straddle position with a rounded torso at the bottom of the circle. Maintain the rounded torso with head neutral throughout the circle. As the hips rise (upswing), pull on the bar, opening the shoulder angle. Shift the hands to the top of the bar to execute a **BACKWARD STALDER CIRCLE TO CLEAR SUPPORT**.

The legs must remain straight throughout the skill, but the position of the legs in relationship to the body at the completion of the circle is optional (pike, straddle or open hips).

**Note #1:** The angle achieved is determined by a line drawn from the shoulders to the hips when the body reaches a clear support position with the hands shifted to the top of the bar and feet clear of the bar. The gymnast is not required to open the hip angle or join the legs at the completion of the circle.

**Note #2:** A clear straddle circle backward (#6.104 in the *DP Code of Points*) is considered a straddle seat circle to a straddle "L" position and will not meet the requirement of a **BACKWARD STALDER CIRCLE TO CLEAR SUPPORT** (#6.204).

	<b>BACKWARD STALDER CIRCLE TO CLEAR SUPPORT</b> (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient amplitude of upswing (line from shoulders to hips)
		No deduction 0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	<ul style="list-style-type: none"> <li>● Between vertical and 45° from vertical</li> <li>● Between 46° to 89° from vertical</li> <li>● At horizontal</li> <li>● Below horizontal</li> </ul>
		<u>0.60</u>	Arriving in support with legs in a straddle "L" position (see Note #2)
		Up to 0.10	Lack of control into glide

**Points of emphasis:**

**straight arms and legs throughout with good body position**

<b>SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE</b>	
<b>UNEVEN BARS, BALANCE BEAM &amp; FLOOR EXERCISE</b>	
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.

<b>DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE</b>	
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"> <li>Gymnast is required to present to the Chief Judge before the exercise</li> <li>Gymnast is required to present at the end of the exercise, but is <u>not</u> required to specifically face a judge when presenting</li> </ul>
<u>0.10</u>	Coach standing next to the beam throughout exercise
(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"> <li><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</li> <li>This deduction is taken only once, regardless of the number of cues given</li> </ul>
(after warning) <u>0.20</u>	Incorrect attire – Chief Judge notifies Meet Referee
<u>0.20</u>	Gymnast fails to begin exercise within 30 seconds after Chief Judge signals to begin
(after warning) <u>0.20</u>	Failure to observe specified warm-up time <ul style="list-style-type: none"> <li>Deduction is taken from the event score</li> <li>This deduction applies only to the practice of an element(s) <ul style="list-style-type: none"> <li>✓ 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</li> <li>✓ There is no deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on uneven bars or balance beam</li> <li>✓ If the gymnast fails to leave the apparatus after “time” has been called, the Timer announces “time exceeded.” If the gymnast remains on the apparatus, the Timer reports the infraction to the Chief Judge, who then deducts <u>0.20</u> from the average score)</li> </ul> </li> </ul>

<b>DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)</b>	
<u>0.20</u>	Unsportsmanlike conduct of gymnast
<u>0.20</u>	Excessive use of magnesia (chalk) or incorrect use of tape
<u>0.30</u>	Use of unauthorized or additional mats, unauthorized springboard, springboard or mounting mat/block on unauthorized surface, or use of hand placement mat for vault
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.30</u>	Using incorrect apparatus specifications, including incorrect spring configurations
<u>0.50</u>	Starting the exercise before the signal is given: <ul style="list-style-type: none"> <li>• 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</li> <li>• Deduct from the repeated performance</li> </ul>
<u>1.00</u>	Floor exercise routine performed without music
<u>1.00</u>	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

<b>MISCELLANEOUS JUDGING INFORMATION</b>	
	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 a gymnast performs $\frac{1}{2}$ or less of the 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

<b>TIMING PROCEDURES</b>	
<b>VAULT</b>	
	<ul style="list-style-type: none"> <li>• Following a fall on the first vault and an injury is being assessed, once the gymnast is standing up on her feet, she has 45 seconds before the judge will salute for the second vault. After 25 seconds have passed, the Chief Judge will announce “20 seconds remaining”. After 35 seconds have passed, “10 seconds remaining will be announced. “Time” is announced at 45 seconds.</li> <li>• If the allotted fall time is exceeded, a second vault will <u>not</u> be allowed</li> <li>• The Chief Judge is responsible for monitoring the fall time</li> </ul>

## 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.**
- 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 the gymnast lands at the sound of the second signal, there is no deduction
- If the gymnast lands after the sound of the second signal, the Chief Judge deducts 0.10 from average for overtime and as in optional exercises, NO overtime deduction is taken if the 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


#### TIMING OF FALLS:


- When the gymnast falls to the floor, the official beam routine time stops. **The 45-second fall time begins when the gymnast is standing on her feet.**
- 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 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

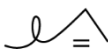
## LEVEL 1 UNEVEN BARS ~ TABLE OF PENALTIES


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