

GENERAL

Spotting

- **Touch & Assist**
 - deduct .5 for spot (assist)
 - no VP credit is given
 - no credit for ER/Bonus
- **Touch w/ No Assist**
 - deduct .5 for spot (touch)
 - give VP credit
 - give credit for ER/BBS
- **Catch Falling Gymnast**
 - if fall and spot occur simultaneously, deduct only for the fall

Difficulty Required

1 HS/AHS @ .3	.3	
3 S @ .5	1.5	
4 M @ .3	<u>1.2</u>	
Total	3.0	

- Higher value elements may be used to replace missing lower value elements on a one-to-one basis and will retain their value

Range of Scores

9.5 - 10.0	.2
8.5 - 9.475	.3
7.0 - 8.475	.5
Below 7.0	1.0

- Average score determines the range

Equipment Failure

- Includes broken/torn handgrip (not incl. bandages or footwear)
- **If Gymnast Stops**
 - may repeat entire routine or continue from point of interruption after reasonable amount of rest (CJ determines time)
 - **If Routine is Completed**
 - gymnast decides whether or not to repeat prior to receiving score
 - if repeated, second score is final

VAULT

GENERAL

- Height of table = 100 cm - 135 cm
- Spotting - Spotting block or folded panel mat may be used.
- One **hand placement mat** may be placed on runway for RO vaults only
- Pistons/pedestal (vertical uprights) must be padded

APPROACHES

- Balk (no touch of board or table) counts as an attempt (board safety mat/hand placement mat are not part of apparatus)
- Balk (with touch of board or table) is a void vault
- 3 attempts to complete one or both vaults—

balk - vault - vault } OK	balk - balk - vault } OK but
vault - balk - vault } OK	balk - vault - balk } no 2nd
touches-balk-balk } score is 0	vault - balk - balk } vault

PERFORMANCE

- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.
- Body position for majority of vault determines vault performed.
- No penalty for not announcing vault or for performing a different vault than announced
- Vault w/o signal from Chief Judge -0.5 from next vault performed (Vault w/o signal does **not** count as one of the 3 attempts)

ROUND-OFF ENTRY VAULTS

- Coach must be present as a spotter
- Board safety mat must be around front and sides of board
- Judging begins with takeoff from board

MISCELLANEOUS

- Run with touch of board/table but no vault - VOID
- Touch of only one hand - 1.0 CJ
- No contact on table - VOID
- Spotting that does not facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring)
- Not to feet first landing on **any** vault - VOID (feet first = any part of the bottom of the feet) (if hands/feet land simultaneously - do not void)

LANDING DEDUCTIONS

Slight hop/adjustment/ feet staggered	up to .1	
Extra arm swings	up to .1	
Add'l trunk movements	up to .2	
Body posture on landing	up to .2	
Extra steps	.1 each	(up to 0.4)
Large step/jump (3' or more)	.2 each	(up to 0.4)
Squat on landing	up to .3	
Brush/touch w/hand(s) on mat (no support)	up to .3	
Fall/Support on mat w/1 or 2 hands	.5	
Fall to knees/hips	.5	2016-2018
Fall against apparatus	.5	
Land in sit/lie/stand on table	VOID	

Evaluating Distance

- Consider:
- size of athlete
 - type of vault
 - amplitude of 2nd flight
 - hand placement
- ** not just distance from table

Over/Under Rotated Turn on Landing

1° - 30°	.05 -.1
31° - 60°	.15 -.2
61° - 89°	.25 -.3
90° or more	diff. vault

Insufficient Extension / Opening

no deduction

No Opening Deduction

Maximum Opening Deduction (0.3)

(deduction should reflect body shape prior to landing)

VAULT DEDUCTIONS (Vertical Vaults)

First Flight

Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Hip angle (pike)	up to .2
Arched Body	up to .2
Incomplete Twist	up to .3

Repulsion Phase

Bent arms	up to .5
Head on table (includes arms)	2.0
Too long in support	up to .5
Legs bent in support	up to .2
Shoulder angle/Arch	up to .2
Alternate repulsion (fwd entry vaults)	up to .2
Staggered/alt hands (fwd entry vaults)	up to .1
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0

Second Flight

Twist begun late	up to .5
Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Insuf. tuck/pike/stretch	up to .3
Insuf. exactness of twist	up to .1
Late completion of twist	up to .3
Height	up to .5
Length	up to .3

Second Flight (cont)

Extension (str. vaults)	up to .3
Insuf/Late ext (U.V)	up to .25
No extension (U.V)	.3
Under rotation (saltos)	up to .1
Brush/hit on table	up to .2
<b style="color: red;">Landing	
Incomplete/Over Twist	up to .3
Direction	up to .3
Dynamics	up to .3
Landing—	(see above)

UNEVEN BARS

COMPOSITION (0.7)

Variety / Choice (up to 0.3)

Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .1 - balance of element groups
- up to .1 - overuse of variations of same element
- up to .1 - higher level VP's connected primarily to lower VP's
- 0.1 - same value part used twice to fulfill difficulty

Spacing (up to 0.2)

- up to 0.1 - space and levels
 - above/below, inside/outside bars
- up to 0.1 - bar changes
 - at least 2 bar changes (.05 each)
 - fall from 1 bar, continue on other bar counts as a bar change

Choreography (up to 0.1)

- up to 0.1 - choreography
 - consider uncharacteristic elements and creativity of combinations

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - kips end in a different position
 - different degree of turn - 1/2, 1/1, 1 1/2
 - support on 1 or 2 arms
 - legs together or straddled in saltos or Tkatchevs
 - mounts performed within routine
- Elements are the same if:
 - finish in a different grip
 - legs together or straddled (not incl. saltos/Tkatchevs)

NO DISMOUNT

- Terminates intentionally and does not continue
 - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
 - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
 - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
 - .5 fall, -.2 no superior dismount, do not deduct for no dismount

FALL TIMING

- :45 fall time w/warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **superior release** - excludes dismount
- **1 direction change** - excludes mt/dsmt
 - must be in element of value
 - must continue in opposite direction
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

FALLS

- Contact with bar, then fall -
 - give VP, ER, BBS
 - if AHS - no Bonus but may fulfill difficulty
- No touch of bar - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
 - *** (if hands/bottom of feet land simultaneously - do not void, 0.5 fall is applied)

BALKS (approach w/o touch of board/bar)

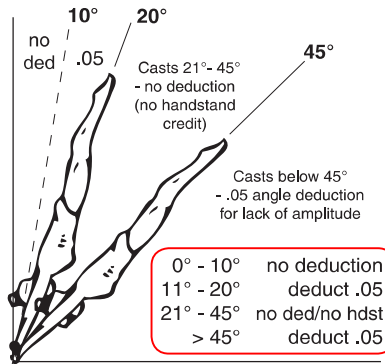
- If touch (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)

NOTES

- Plywood is **not** permitted under the board
- Spotting - spotting block/folded panel mat allowed
- Only dismounts from a handgrasp are allowed
 - exception: Tanac
- Tap swings are considered extra swings (-0.3)
- When a turn follows a handstand or circling element to handstand, the turn is part of that element and all is considered as 1 element
- Less than 5 elements (short routine) = -2.0 (CJ)

UNEVEN BARS

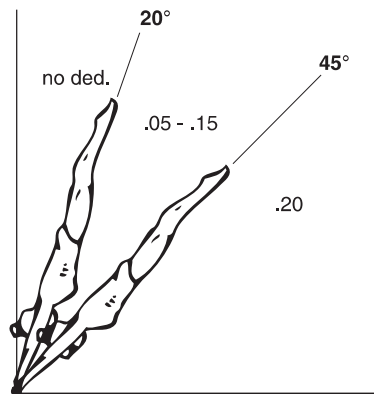
CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB



Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

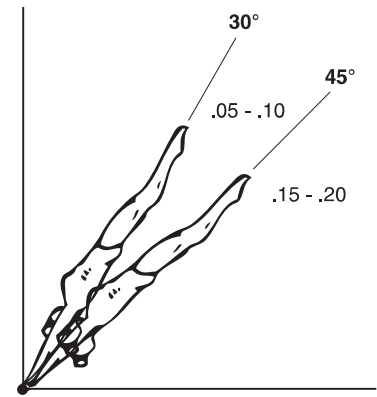
Note: Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto low bar, jump to grasp high bar. Deduct .05 if no backward swing of legs prior to squat on (lift of hips only).

AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes) Turns IN Handstand (180°, 360° to any grip)

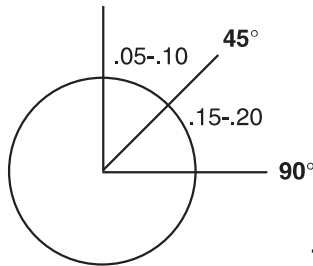


0° - 20°	no deduction
21° - 45°	deduct .05 - .15
> 45°	deduct .20

AMPLITUDE AT TURN COMPLETION Turns AFTER Handstand (Healy's)



0° - 30°	no deduction
31° - 45°	deduct .05 - .10
> 45°	deduct .15 - .20



DISMOUNTS w/ TWISTS

1° - 44°	deduct .05 - .10
45° - 89°	deduct .15 - .20

If 90° or more is missing,
credit the value part for element performed.
Twists are complete when feet contact floor.

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

MOUNTS

- 1.301 Jump (bent) to hdst on LB w/ 1/2
- 1.401 Jump (stretched) to hdst on LB, w/wo 1/2**
- 1.302a Jump 1/2, flight bwd over LB
- 1.302b Roundoff, flight bwd over LB
- 1.402 Salto to sit or to catch either bar**
- 1.303 Hecht over LB to catch HB
- 1.305 Glide w/ 1/1 to catch HB
- 1.308 Jump 1/2, kip to HB
- 1.309 Glide LB, cut catch HB, also w/ 1/2

CASTS

- 2.301a Cast handstand hop to grip change
- 2.301b Cast handstand 1/2
- 2.401a Cast handstand w/ 1/1 after (Healy)**
- 2.401b Cast handstand w/ 1/1 in handstand**
- 2.302 Rear vault/stoop or straddle w/ 1/2 over HB
- 2.402 Salto roll fwd LB to HB**
- 2.403 Brause**
- 2.404 From HB - cast front salto to catch HB**

COUNTERSWINGS/UPRISES

- 3.301 Counterflight over LB (piked) to catch LB
- 3.401 Counterflight to handstand on LB**
- 3.402 From hdst - swing fwd w/flight over LB or to handstand on LB**
- 3.303 Uprise to clear support on HB, w/wo turn, or with flank/rear/straddle vault over HB
- 3.403 Uprise to handstand on HB**

HIP CIRCLES

- 4.301 Clear hip hecht LB to catch HB, w/wo 1/2
- 4.401 Schaposchnikova**
- 4.302 Clear hip handstand
- 4.402a Clear hip handstand w/ turn**
- 4.402b Clear hip handstand hop to grip change**
- 4.303 Clear underswing LB, counterflight catch HB
- 4.403 Hindorff**
- 4.304 Weiler kip to clear support
- 4.404 Weiler kip to handstand**

GIANT SWINGS - BWD

- 5.301 Giant circle backward on HB
- 5.401a Giant circle backward w/turn**
- 5.401b Giant circle hop to grip change**
- 5.402a Flyaway HB to LB - tuck**
- 5.402b Flyaway HB to LB - stretched (Pak)**
- 5.403 Back tuck 1/2 - LB to HB (Laumann)**
- 5.404 Deltchev
- 5.405 Geinger
- 5.406 Tkatchev

GIANT SWINGS - FWD

- 6.401 Giant circle forward w/wo turn
- 6.402 Jaeger
- 6.403 Jaeger from LB to HB
- 6.404 From hdst - 1/2 straddle over HB (Khorkina)

STRADDLE/STALDER CIRCLES

- 7.301 Stalder bwd LB, counterflight catch HB (Ray)
- 7.402 Stalder fwd to handstand w/wo turn
- 7.403 Stalder bwd to handstand w/wo turn

CIRCLES/SWINGS

- 8.301 Dislocate w/ flight over LB
- 8.401 Dislocate w/ flight to handstand on LB**
- 8.302 Toe-on underswing LB counterflight catch HB
- 8.303 Toe-on fwd or bwd to handstand
- 8.403 Toe-on to handstand w/turn**
- 8.304a From hang - swing 1/2 over LB (bail)
- 8.304b From support on HB - swing 1/2 over LB
- 8.404a Swing 1/2 to handstand on LB**
- 8.404b From hdst - swing 1/2 over LB**
- 8.404c From hdst - swing 1/2 to hdst on LB**
- 8.306 Swing fwd w/ 1 1/2 twist
- 8.307 From HB - cast bwd w/ 1/1 to recatch HB

DISMOUNTS

- 9.301 Underswing 1 1/2
- 9.401 Toe-on/clr undrswng front salto w/wo twist**
- 9.302a Hecht with 1/1 twist
- 9.302b Clear hip hecht w/wo twist
- 9.402 Comaneci**
- 9.403a Near hdst - salto bwd from hands**
- 9.403b Clear hip - salto bwd from hands**
- 9.403c Stalder - salto bwd from hands**
- 9.403d Giant - salto bwd from hands**
- 9.304 Tanac w/ 1/1
- 9.305a Flyaway - tuck/pike w/ 1/1
- 9.305b Flyaway - stretched w/wo 1/2
- 9.405a Flyaway - tuck/pike w/ 1 1/2**
- 9.405b Flyaway - stretched w/ 1/1 or more**
- 9.405c Flyaway - double salto**
- 9.306 Inward fwd salto w/wo 1/2
- 9.406a Inward fwd salto w/ 1/1 or more**
- 9.406b Support on HB - cast inward salto**

Bold = AHS's

2016-18

BALANCE BEAM

COMPOSITION (0.7)

Variety / Choice (up to 0.3)

Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections
- 0.1 - > 2 of same dance shape
- 0.1 - same VP used twice to fulfill difficulty

Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
- up to 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - may include mount
 - handstands are not considered
 - .05 if dsmt is the only fwd/swd or bwd
 - have both on the beam - no deduction
 - missing one or both - deduct .1
 - have both but one is dsmt - deduct .05

Artistry (up to 0.1)

- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn
(1/4 not different unless listed in rulebook)
 - takeoff from 1 or 2 legs on lps/jps/hps
 - support on 1 or 2 arms
 - acros takeoff or land on 1 or 2 legs
 - mount elements are within routine

TIMING

Not longer than 1:30 -

(warning at 1:20; overtime -0.1 CJ)

Less than :30 (short routine) = -2.0 (CJ)

- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor
(If in air when final time is called - overtime)
- Evaluate whole routine even if overtime
- **Fall timing** - (:30 fall time w/warning at :20)
- Start with contact on floor, stop when feet leave floor
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 360° turn on 1 foot**
- **acro flight element** - must start and finish **on** BB
- **acro series** - must start and finish **on** BB
- **dance series** - may **not** include mount or dismount
 - may **not** include dance balances or body waves
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS, AHS acro + S acro
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

Note: If there is a fall following the second element in a series, BBS credit may be given provided both elements are complete and receive VP credit.

FALLS

- Contact bottom of 1 or 2 feet on top of BB, then fall -
 - give VP, ER, BBS
 - if AHS - no Bonus but may fulfill difficulty
- No touch (bottom) of BB - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for balance errors/steps leading to fall
*** (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)

BALKS (approach w/o touch of board/beam)

- If touch (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)

DIFFICULTY EXCEPTIONS

- series of cartwheels = S
- series of back walkovers = S
- series of one cartwheel and one back walkover = S

NO DISMOUNT

- Terminates intentionally and does not continue
 - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
 - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
 - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
 - .5 fall, -.2 no superior dismount, do not deduct for no dismount

BALANCE BEAM

Medium	Superior	High Superior	Advanced High Superior
2.101 tuck jump	2.201 tuck jump 1/2	2.301 tuck jump 3/4	2.401 tuck jump 1/1
2.102 cat leap	2.202 cat leap 1/2	2.302 cat leap 1/1	2.402 cat leap 1 1/2
2.103	2.203 wolf jump/hop/switch	2.303 wolf jump/hop 1/2	2.403 wolf jump/hop 3/4
2.104	2.204 pike jump 90°	2.304 a. pike jump 90° w/ 1/2 b. pike jump 45°	2.404 a. pike jump 90° w/ 3/4 b. pike jump 45° w/ 1/2
2.105 stretched jp w/wo 1/2	2.205 stretched jump 3/4	2.305 stretched jump 1/1	2.405 stretched jump 1 1/2
2.106 split/stag split lp/jp 135°w/wo 1/4	2.206 split/stag split lp/jp 180° w/wo 1/4	2.306 split/stag split lp/jp 180° w/ 1/2	2.406 split jump 180° w/ 3/4
2.107	2.207 side split jp 135°w/wo 1/4	2.307 side split jp 180° w/wo 1/4	2.407 side split jump 180° w/ 1/2
2.108	2.208	2.308 straddle pike jp w/wo 1/4	2.408 straddle pike jump w/ 1/2
2.109 NOTE: deduct up to 0.2 if stag on any switch leg leap	2.209 switch leg lp/jp 135° w/wo 1/4	2.309 a. switch leg lp/jp 180° b. split jp 180° w/change of legs (min. 30° leg separation) prior to split (Sweetin)	2.409 a. switch lp/jp 180° w/ 1/4 to side split b. switch lp/jp 180° w/ 1/4 to straddle pike c. switch lp/jp to ring at head height d. switch lp/jp 180° w/ 1/2
2.110 hitchkick, cabriole, changement	2.210	2.310	2.410
2.111 sissone 135°	2.211 sissone 180°	2.311 tour jeté 135°	2.411 a. tour jeté 180° b. tour jeté to ring at head height c. tour jeté 135° w/ 1/4 or 1/2
2.112	2.212 ring/stag ring lp/jp at waist height	2.312	2.412 ring/stag ring lp/jp at head height
2.113	2.213 sheep jump at waist height	2.313	2.413 sheep jp at head height

NOTES 1: Jump/leaps to prone shall be evaluated consistent with the root jump/leap. **2:** For dance criteria/technique, see Appendix B

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

MOUNTS

- 1.302a Free jump w/ 1/2 to stand
- 1.302b Free jump to cross split sit
- 1.402 Free jump w/ 1/1 to stand**
- 1.304 Free switch leg leap to arrive in split sit
- 1.305a Press handstand from jump or clear support
- 1.305b Jump w/ hecht phase to cartwheel or handstand
- 1.306 Jump to handstand (pike), to handspring fwd
- 1.406 Hecht to handstand to handspring fwd**
- 1.307 Head kip
- 1.407 Front salto to stand or sit, also w/ 1/2**
- 1.308 Chest stand 1/1 over shoulder
- 1.309 Round-off, flic-flac to stand/swing down
- 1.409 Round-off, back salto**

LEAPS / JUMPS

- 2.301 Tuck jump 3/4
- 2.401 Tuck jump 1/1**
- 2.302 Cat leap 1/1
- 2.402 Cat leap 1 1/2**
- 2.303 Wolf jump/hop 1/2
- 2.403 Wolf jump/hop 3/4**
- 2.304a Pike jump 90° w/ 1/2
- 2.304b Pike jump 45°
- 2.404a Pike jump 90° w/ 3/4**
- 2.404b Pike jump 45° w/ 1/2**
- 2.305 Stretched jump 1/1
- 2.405 Stretched jump 1 1/2**
- 2.306 Split/stag split 180° w/ 1/2
- 2.406 Split jump 180° w/ 3/4**
- 2.307 Side split jump 180° w/wo 1/4
- 2.407 Side split jump 180° w/ 1/2**
- 2.308 Straddle pike jump w/wo 1/4
- 2.408 Straddle pike jump w/ 1/2**
- 2.309a Switch leg leap/jump 180°
- 2.309b Split jp 180° w/leg change (Sweetin)

LEAPS / JUMPS - cont.

- 2.409a Switch lp/jp 180° w/ 1/4 to side split**
- 2.409b Switch lp/jp 180° w/ 1/4 to straddle pike**
- 2.409c Switch lp/jp to ring (head high)**
- 2.409d Switch leap 180° w/ 1/2**
- 2.311 Tour jeté 135°
- 2.411a Tour jeté 180°**
- 2.411b Tour jeté to ring (head high)**
- 2.411c Tour jeté 135° w/ 1/4 or 1/2**
- 2.412 Ring/stag ring leap/jump (head high)**
- 2.413 Sheep jump (head high)**

TURNS

- 3.401 2/1 turn**
- 3.302a 1/1 turn holding leg at 45° above horiz
- 3.302b 1/1 turn w/leg at horizontal
- 3.402 1 1/2 turn w/leg at horizontal**
- 3.303 1/2 illusion
- 3.403 1/1 illusion**
- 3.304 1 1/2 turn in tuck on one leg
- 3.404 2/1 turn in tuck on one leg**

HOLDS - DANCE (2 sec.)

- 5.301 Stand w/free leg in 180° split

HOLDS - STANDS

- 6.301 Handstand, stoop thru to splits/clear "V"
- 6.302a One-arm handstand (2 sec)
- 6.302b Planche (2 sec)
- 6.302c Handstand 1/1

ROLLS

- 7.303 Backward roll to handstand

WALKOVERS / CARTWHEELS

- 8.301 Walkover forward in side position
- 8.401 Aerial walkover forward**
- 8.302 Walkover forward on one arm
- 8.402 Onodi - flic-flac 1/2 to fwd walkover**
- 8.304a Valdez on one arm
- 8.304b Valdez 1/1
- 8.405 Aerial cartwheel**

HANDSPRINGS

- 9.301a Handspring forward
- 9.301b Handspring forward on one arm
- 9.302a Gainer flic-flac, also on one arm
- 9.302b Flic-flac on one arm
- 9.402 Chen flic - w/tuck-stretch to cross sit**
- 9.303a Flic-flac w/ 1/4 to handstand
- 9.303b Flic-flac w/ 1/2 twist
- 9.403a Flic-flac w/ 3/4 - 1/1 to stand**
- 9.403b Flic-flac w/ 1/1 to cross sit**

SALTOS

- 10.301 Front aerial/salto to sit
- 10.401 Salto (fwd/bwd/swd)**

DISMOUNTS

- 11.301 Cartwheel 1 3/4
- 11.302 Handspring 1 1/2
- 11.402 1/4 on back salto off (Tsuk dsmt)**
- 11.303a Aerial walkover 1/1
- 11.303b Aerial roundoff 1/2
- 11.403a Aerial walkover 1 1/2**
- 11.403b Aerial roundoff 1/1**
- 11.304 Salto forward (stretched) w/wo 1/2
- 11.404 Salto forward 1/1 or more**
- 11.305 Arabian salto
- 11.405 Double salto (fwd/arabian)**
- 11.306 Salto backward 1/2
- 11.406 Salto backward 1/1 or more**
- 11.307 Gainer back salto 1/2 at side
- 11.407 Gainer back salto 1/1 or more**
- 11.308 Gainer salto at end (tuck)
- 11.408 Gainer salto at end (pike/stretched)**
- 11.409 Double salto (bwd)**

Bold = AHS's

2016-2018

FLOOR EXERCISE

COMPOSITION (0.7)

Variety / Choice (up to 0.3)

Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections
- 0.1 - > 2 of same dance shape
- 0.1 - same value part used twice to fulfill difficulty

Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
- 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - must be within an acro pass
 - excludes roundoff and handstand

Artistry (up to 0.1)

- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn
(1/4 not different unless listed in rulebook)
 - support is on 1 or 2 arms
 - takeoff for leaps or jumps is from 1 or 2 legs
- Elements are the **same** if:
 - takeoff for acro elements is from 1 or 2 legs

TIMING

Not longer than 1:30 -

- Timing begins with first movement
- Time stops with gymnast's final position
- Evaluate whole routine even if overtime
- No warning is called

Less than :30 (short routine) = -2.0 (CJ)

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 180° twisting salto**
 - entire twist must be in air
- **3 acro passes**
 - 3 directly connected acro elements
 - **or** 2 directly connected acro elements that include a HS, AHS, or BBS
 - except for the round-off, all elements in a pass must receive Value Part credit
 - all elements may be in any direction (bwd/fwd/swd)
- **superior acro dismount**
 - may be in 3rd acro pass
 - **or** may be the last acro element in the routine
 - credit may be awarded if 1st or 2nd pass is broken
- **superior jump, leap, or turn on 1 foot**
 - jp/lp may be isolated or within dance series
- **dance series** - min. 2 different value parts
 - any elements from Group 1 leaps/jumps

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS, AHS acro + S salto
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

DIFFICULTY EXCEPTIONS

- series of flic-flacs (bk hdsps) = S
- series of front handsprings = S

ADDITIONAL MATTING

- Add'l matting may be used for **any** type of element
- up to 2 mats (max. 8") may be placed separately on FX
- If 8", the skill cushion must be 5'x10'
- A sting mat **may** be placed on top of an up to 8" skill cushion (including another sting mat) and the combination of the 2 mats will count as 1 of the allowed additional mats
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- Only one skill cushion may be used per acro pass
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- One step inside boundary to place, adjust, or remove mat is permissible

FLOOR EXERCISE

Medium	Superior	High Superior	Advanced High Superior
1.101 tuck jp w/wo 1/2	1.201 tuck jp 1/1	1.301 tuck jp 1 1/2	1.401 tuck jp 2/1
1.102 cat lp w/wo 1/2	1.202 cat lp 1/1	1.302 cat lp 1 1/2	1.402 cat lp 2/1
1.103 wolf jp/hop/switch	1.203 wolf jp/hop 1/2	1.303 wolf jp/hop 1/1	1.403 wolf jp/hop 1 1/2
1.104 pike jp 90°	1.204 a. pike jp 90° w/ 1/2 b. pike jp 45° w/wo 1/2	1.304 a. pike jp 90° w/ 1/1 b. pike jp 45° w/ 1/1	1.404 a. pike jp 90° w/ 1 1/2 b. pike jp 45° w/ 1 1/2
1.105 stretched jp 1/1	1.205 stretched jp 1 1/2	1.305 stretched jp 2/1	1.405 stretched jp 3/1
1.106 split/stag split lp/jp 180°	1.206 a. split/stag split lp/jp 180° w/ 1/2 b. jeté en tournant - 1/4 - 1/2 into split leap	1.306 split jp 180° w/ 1/1	1.406 a. split jp 180° w/ 1 1/2 b. lp 1 1/2 tw in horiz to prone (Khorkina)
1.107 side split lp/jp 135°	1.207 side split lp/jp 180° w/wo 1/2	1.307 side split jp 180° w/ 1/1	1.407 side split jp 180° w/ 1 1/2
1.108	1.208 a. straddle pike jp w/wo 1/2 b. Schushunova w/wo 1/2	1.308 a. straddle pike jp w/ 1/1 (Popa) b. Schushunova w/ 1/1	1.408 straddle pike jp w/ 1 1/2
1.109 switch leg lp 135° NOTE: deduct up to 0.2 if stag on any switch leg leap	1.209 a. switch leg lp 180° b. switch leg lp 180° to split sit	1.309 a. switch leg lp 180° w/ 1/2 b. switch leg lp 180° w/ 1/4 to side split c. switch leg lp 180° w/ 1/4 to straddle pike d. switch leg lp to ring at head height	1.409 a. switch leg lp 180° w/ 1/4 to side split w/ additional 1/2 b. switch leg lp 180° w/ 1/4 to straddle pike w/ additional 1/2
1.110 hitchkick, cabriole	1.210	1.310	1.410
1.111 a. sissone 180° b. tour jeté 135°	1.211 a. tour jeté 180° b. tour jeté 180° to split sit	1.311 a. tour jeté 135° w/ 1/2 b. tour jeté 135° to ring at head height	1.411 tour jeté 180° w/ 1/2 (Strug)
1.112 ring/stag ring lp/jp at waist ht	1.212 ring/stg ring lp/jp w/wo 1/2 at head ht	1.312 ring/stag ring jp w/ 1/1 at head ht	1.412
1.113 sheep jp at waist height	1.213 sheep jp at head height	1.313	1.413
1.114 hop 1/2, free leg extended above horizontal	1.214 a. hop 1/1, free leg extended above horizontal b. fouetté-hop to land in scale	1.314 hop 1 1/2, free leg extended above horizontal	1.414 hop 2/1, free leg extended above horizontal

NOTES: 1. Jump/leaps to prone shall be evaluated consistent with the root jump/leap. 2. For dance criteria/technique, see Appendix B

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

LEAPS / JUMPS

- 1.301 Tuck jump 1 1/2
- 1.401 Tuck jump 2/1**
- 1.302 Cat leap 1 1/2
- 1.402 Cat leap 2/1**
- 1.303 Wolf jump/hop 1/1
- 1.403 Wolf jump/hop 1 1/2**
- 1.304a Pike jump 90° w/ 1/1
- 1.304b Pike jump 45° w/ 1/1
- 1.404a Pike jump 90° w/ 1 1/2**
- 1.404b Pike jump 45° w/ 1 1/2**
- 1.305 Stretched jump 2/1
- 1.405 Stretched jump 3/1**
- 1.306 Split jump 180° w/ 1/1
- 1.406a Split jump 180° w/ 1 1/2**
- 1.406b Leap 1 1/2 in horiz to prone (Khorkina)**
- 1.307 Side split jump 180° w/ 1/1
- 1.407 Side split jump 180° w/ 1 1/2**
- 1.308a Straddle pike jump w/ 1/1 (Popa)
- 1.308b Schuschunova w/ 1/1
- 1.408 Straddle pike jump w/ 1 1/2**

- 1.309a Switch leap 180° w/ 1/2 twist
- 1.309b Switch leap 180° w/ 1/4 to side split
- 1.309c Switch leap 180° w/ 1/4 to straddle pike
- 1.309d Switch leap to ring (head high)
- 1.409a Switch 180° w/ 1/4 to side split w/ 1/2**
- 1.409b Switch 180° w/ 1/4 to straddle pike w/ 1/2**
- 1.311a Tour jeté 135° w/ 1/2
- 1.311b Tour jeté 135° to ring (head high)
- 1.411 Tour jeté 180° w/ 1/2 (Strug)**
- 1.312 Ring/stag ring jump 1/1 (head high)
- 1.314 Hop 1 1/2, free leg above horizontal
- 1.414 Hop 2/1, free leg above horizontal**

TURNS

- 2.301 2/1 - 2 1/2 turn
- 2.401 3/1 turn**
- 2.302 1 1/2 turn w/ leg at horizontal
- 2.402 2/1 turn w/ leg at horizontal**
- 2.303 1 1/2 turn w/ leg held at 180°
- 2.403 2/1 turn w/ leg held at 180°**
- 2.304 1 1/2 Illusion
- 2.404 2/1 Illusion**

HANDSTANDS

- 3.301 Handstand w/ 2/1 or more

ROLLS

- 4.301 1/1 twist to hecht roll
- 4.302 Bwd roll to handstand w/ 2/1 or more

HANDSPRINGS

- 6.301 Handspring forward w/ 1/1
- 6.305 Flic-flac w/ 1/1

SALTOS - FWD

- 8.301 Salto fwd stretched w/wo 1/2
- 8.401 Salto fwd w/ 1/1 or more**
- 8.403 Double salto fwd, also w/ 1/2**

SALTOS - BWD

- 9.301 Salto backward w/ 1/1 twist
- 9.401 Salto backward w/ 1 1/2 or more**
- 9.403 Double salto bwd, also w/twist**
- 9.304 Whip salto backward w/ 1/1

ARABIAN SALTOS


- 10.301 Arabian stretched
- 10.401 Arabian double salto**

DANCE CRITERIA / TECHNIQUE

TUCK JUMP

Expectation: Thighs horizontal, knees bent to 90°

- Insufficient tuck (thighs up to 44° below horizontal) - up to .2
- Thighs >44° below horizontal - recognize as different element




OK up to .2 different

CAT LEAP

Expectation: Thighs horizontal, alternated leg lift
Knees bent, legs turned out

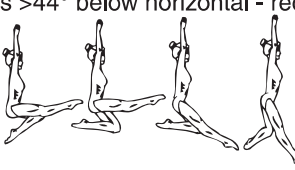
- Thighs up to 44° below horizontal - up to .1 ea
- Thighs >44° below horizontal - recognize as different element



WOLF JUMP

Expectation: Thighs horizontal, one knee bent to 90°

- Thighs up to 44° below horizontal - up to .1 each
- Thighs >44° below horizontal - recognize as different element

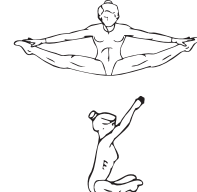


OK up to .1 up to .2 different

STRADDLE PIKE JUMP

Expectation: Thighs horizontal, 135° split

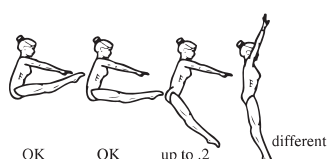
- Thighs up to 44° below horizontal - up to .2
- Split missing up to 44° - up to .2
- Thighs >44° below horizontal or split <91° - recognize as different element



PIKE JUMP

Expectation: 90° closure, legs straight

- Closure 91° - 134° - up to .2
- Closure >134° - recognize as different element




OK OK up to .2 different

SIDE SPLIT (straddle) JUMP

Expectation: 135° or 180° split required

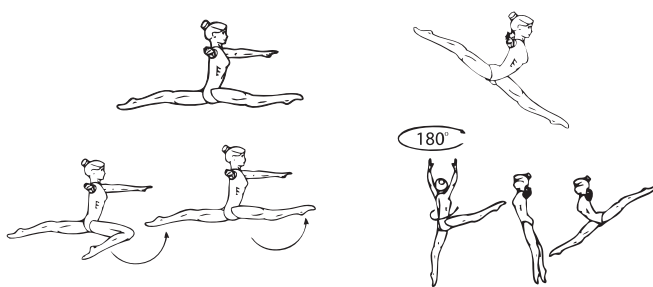
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element



SPLIT / STAG SPLIT / SISSONE / TOUR JETE

Expectation: 135° or 180° split required

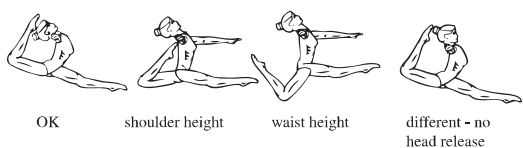
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element



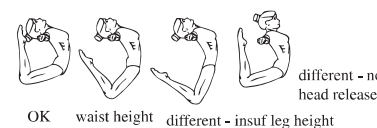
RING LEAP or JUMP / SHEEP JUMP

Expectation: Head release backward past vertical line
Foot at waist or head height required

- No head release - recognize as different element
- Waist height required - up to .2 if at least hip height
- Head height required - up to .2 if at least shoulder height



OK shoulder height waist height different - no head release

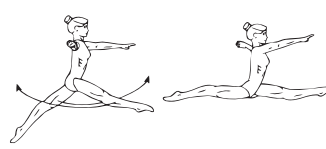
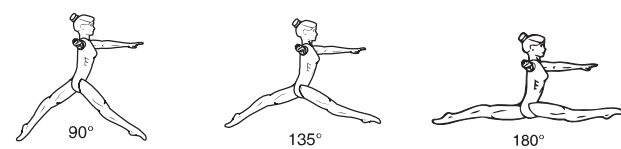


OK waist height different - insuf leg height

SWITCH LEG LEAPS

Expectation: 135° or 180° split required after switch
Leg swing before switch to at least 45°

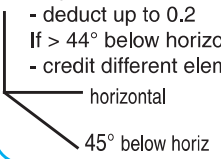
- Leg swing below 45° - recognize as different element
- Split missing up to 44° - up to .2
- Split less than 91° - recognize as different element

90° 135° 180°

Tuck, Cat, Wolf, Straddle Pike, Hitchkick

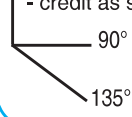
• horizontal expected
If up to 44° below horiz, - deduct up to 0.2
If > 44° below horizontal, - credit different element



horizontal
45° below horiz

Pike Jump

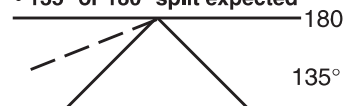
• 90° closure expected
If 91°-134° closure, - deduct up to 0.2
If > 134°, - credit as stretched jump



90°
135°

Split Leaps/Jumps

• 135° or 180° split expected



180°
135°

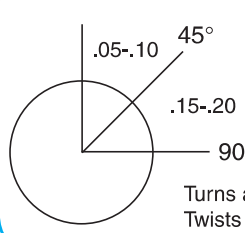
If up to 44° is missing, 90° - deduct up to 0.2
If > 44° is missing, - credit different element

Dance Turns and Leaps/Jumps w/ Twists

(1/1 or more)

1° - 44° deduct .05 - .1
45° - 89° deduct .15 - .2
If > 89° is missing, - credit different element

Turns are complete when heel drops.
Twists are complete when feet land.





CHIEF JUDGE/MEET REFEREE DEDUCTION SHEET

Chief Judge – Deduct from Average/Event Score:

_____	Failure to present: to CJ before; any judge after (each time)	0.1
_____	Failure to begin within 30 seconds after CJ signal	0.2
_____	Beginning prior to signal from CJ	0.5
_____	Improper Uniform	0.2
_____	Verbal cues by coach/teammate to own gymnast.....	0.2
	(excluding falls and following 1 warning per team)	
_____	Flagrant exceeding of warm-up time or warming up in competitive area (after one warning)	0.2
_____	Touch of the table with only one hand (vault)	1.0
_____	Incorrect padding (heel pads)	0.2
_____	Coach standing between bars throughout.....	0.1
_____	Failure to remove board/folded panel mat/mount trainer mat after mount.....	0.3
_____	Failure to remove spotting device	0.3
_____	Coach next to beam throughout.....	0.1
_____	Overtime	0.1
_____	Out of bounds (each time)	0.1
_____	Failure to mark sting mat/skill cushion that covers boundary	0.1
_____	Coach on FX mat inside the border marking.....	0.5
_____	Absence of music or music with song/speech	1.0
_____	Excessive use of chalk or use of tape	0.2
_____	Using incorrect apparatus specifications	0.3
_____	Use of additional mats or board on unauthorized surface	0.3
_____	Unsporting conduct of gymnast (after one warning)	0.2
_____	Unauthorized approach of judge by competitor.....	1.0
_____	Questioning/influencing judges' decision (gymnast)	1.0
_____	UB – less than 5 Value Parts; BB & FX – routine less than 30 seconds.....	2.0
_____	Profanity/verbal abuse/disrespect of judge (gymnast).....	Disq

Meet Referee – Deduct from Team Score:

_____	Delay of meet.....	1.0
_____	Competing out of order (each event)	1.0
_____	Flagrant exceeding of warm-up time or warming up in competitive area (team – after one warning)	0.2
_____	With the exception of mathematical error inquiries, each inquiry after the first one that does not result in a score correction	0.5
_____	Unauthorized approach of judge by coach	1.0
_____	Questioning/influencing judges' decision (coach)	1.0
_____	Coach/gymnast using cell phone or other electronic device in a restricted area	1.0
_____	Deliberate disruptive behavior by team	1.0
_____	Profanity/verbal abuse/disrespect of judge (coach/team)	2.0
_____	Coach or competitor using tobacco products	2.0

_____ Gymnast School

Deduct from:

Event Score

Team Score

_____ Event CJ Initials



SCORE INQUIRY FORM

SCHOOL _____ COACH _____

GYMNAST _____ EVENT _____ SCORE _____

A coach may address the meet referee (or chief judge, if a meet referee has not been designated) by submitting an inquiry, **in writing**, concerning his/her gymnast. The inquiry (or intent to submit inquiry) shall be submitted no later than **five minutes after all scores for the team** have been recorded at the head score table for that event.

This inquiry concerns:

- | | |
|------------------------------|-------------------------------|
| _____ Difficulty/Vault Value | _____ Advanced High Superiors |
| _____ Event Requirements | _____ Back-to-Back Superiors |
| _____ Neutral Deductions | _____ Mathematical Error |

Inquiries involving judgment other than those specified above shall not be accepted.

Please list elements/requirements in question:

**Judges' Use Only
Credit Given?**

Value/Bonus/Event Req.	Description of Element(s)/Event Req.	Yes	No

	Judge #1	Judge #2	Judge #3	Judge #4	Average
Score	_____	_____	_____	_____	_____
Adjusted Score	_____	_____	_____	_____	_____
Decision	Score adjusted <input type="checkbox"/>		Score not adjusted <input type="checkbox"/>		

Chief judge or meet referee signature _____



Girls Gymnastics Scoresheet

Vault: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

Group 1 Flight	Group 2 Hdspd/Yamis		Group 3 Hdsp w/saltos	Group 4 Tsuk / 1/2 on	Group 5 RO-FF	Group 6 RO-FF w/tw on
<u>7.0</u> Squat Straddle	<u>8.6</u> Hdsp 1/2 – Rep 1/4 – 1/4 Yami	<u>9.4</u> Hdsp – 1/1 Yami – 1/1 1/1 – Hdsp	<u>10.0</u> Hdsp – Front Tuck Hdsp – Front Pike Hdsp – 1/2 Back (Cuervo)	<u>9.6</u> Tuck Tsuk	<u>8.6</u> RO – Rep	<u>9.2</u> RO 1/2 – Hdsp
	<u>8.8</u> Hdsp – 1/2 Yami – 1/2	<u>9.6</u> Hdsp – 1 1/2 1/2 – 1 1/2 1/4 – 1 3/4 1/1 – 1/2	Hdsp onto board – Hdsp – Front Tuck	<u>9.8</u> Tuck Tsuk 1/2 Pike Tsuk	<u>8.8</u> RO – 1/2	<u>9.4</u> RO 1/2 – 1/2
	<u>9.0</u> 1/2 – 1/2 1/4 – 3/4	<u>9.8</u> 1/1 – 1/1	Hdsp onto board – Hdsp – Front Pike	<u>10.0</u> Pike Tsuk 1/2 Tuck Tsuk 1/1 Layout Tsuk 1/2 – 1/2 Front 1/4 – 1/4 Front 1/4 – 3/4 Front	<u>9.4</u> RO – 1/1	<u>9.6</u> RO 1/2 – 1/1 RO 1/1 – Rep
	<u>9.2</u> 1/2 – 1/1 1/4 – 1 1/4	<u>10.0</u> Hdsp – 2/1 1/1 – 1 1/2 1/2 – 2/1			<u>9.6</u> RO – 1 1/2 RO – Tuck	<u>9.8</u> RO 1/2 – 1 1/2 RO 1/1 – 1/2
					<u>9.8</u> RO – Pike	<u>10.0</u> RO 1/2 – 2/1 RO 1/1 – 1/1 RO 1/2 – Frt Salto
					<u>10.0</u> RO – 2/1 RO – Tuck 1/1 RO – Layout RO – 1/2 Front	



Vault No. 1	_____
Vault Value	_____
Deductions	_____
Neutral Ded.	_____
FINAL SCORE	_____

Vault No. 2	_____
Vault Value	_____
Deductions	_____
Neutral Ded.	_____
FINAL SCORE	_____