

## COMMON DEDUCTIONS

STEPS	<i>All events</i>	VAULT
<u>0.05</u>	Lands with feet hip-width apart or closer but never joins feet ( <i>heels</i> ) together	same
<u>0.1</u>	Lands with feet more than hip-width apart	
↑ <u>0.10</u>	Slight hop, small adjustment of feet or lands feet staggered* <i>* On FX it is OK to take a controlled step to end in a lunge</i>	
<u>0.1</u>	Steps ( <i>each step</i> ) <b>Max = <u>0.40</u></b>	
<u>0.2</u>	Large Step or Jump ( <i>Approx. 3 feet or more</i> ) <b>Max = <u>0.40</u></b>	

LANDING	<i>All events</i>	VAULT
<u>0.1</u>	Landing <b>Too Close</b> to apparatus on dismount <span style="float: right;"><b>UB/BB</b></span>	↑ <b>0.30</b>
↑ <u>0.10</u>	<b>Deviation</b> from straight direction on landing <span style="float: right;"><i>(BB Off-the-End Gainers ↑0.3)</i></span>	↑ <b>0.30</b>
↑ <u>0.10</u>	<b>Arm Swings</b> to maintain balance	same
↑ <u>0.20</u>	Additional <b>Trunk Movements</b> to maintain balance ( <i>to avoid steps</i> )	
↑ <u>0.20</u>	Incorrect <b>Body Posture</b> upon landing	
↑ <u>0.30</u>	<b>Squat</b> on landing ( <i>hips even with or lower than knees</i> )	
↑ <u>0.30</u>	<b>Brush / Touch</b> landing surface with 1 or 2 <b>Hands</b>	

FALLS / SPOTS	<i>All events</i>	VAULT
<u>0.50</u>	<b>Support</b> on mat with 1 or 2 hands	same
<u>0.50</u>	<b>Fall</b> onto mat or apparatus	
<u>0.50</u>	Fall/Failure to land on <b>Bottom of Feet</b> first on aerials/saltos/dmt <i>No VP / No SR / No Bonus / No Composition credit</i>	
<u>0.50</u>	Spotting assistance <b>Upon Landing</b> of dismount element <i>Award VP &amp; SR / No Bonus / if falls deduct an additional 0.50</i>	
<u>0.50</u>	Spotting assistance <b>During</b> an element <i>No VP / No SR / No Bonus / No Composition credit / if falls deduct an additional 0.50</i>	

DISMOUNTS UB/BB and FX SALTOS	<i>All events</i>	VAULT	
↑ <u>0.20</u>	<b>Insufficient exactness of Body Positions</b> <ul style="list-style-type: none"> <li>• Insufficient Tuck (<i>min 90° in both hips and knees</i>)</li> <li>• Insufficient Pike (<i>min 90° in the hips, 91° – 135° = insufficient</i>)</li> <li>• Insufficient Stretched position (<i>Arch or Hip Angle 179° – 136° insufficient</i>)</li> </ul>	2nd Flight	
	↑ <u>0.20</u>	Failure to maintain Stretched body position ( <b>Pikes Down</b> dismount)	↑ <b>0.30</b>
	↑ <u>0.20</u>	<b>Incomplete Twists (Saltos)</b> , missing: <i>*same as for dance turns</i> <ul style="list-style-type: none"> <li>• 1° – 44° = 0.05 - 0.10</li> <li>• 45° – 89° = 0.15 - 0.20</li> </ul>	
↑ <u>0.30</u>	<b>Insufficient Height</b> of Salto Dismount <b>UB/BB</b> , or Saltos on <b>FX</b> ( <i>*See FX specifics</i> )	↑ <b>0.50</b>	
↑ <u>0.30</u>	<b>Insufficient Extension (Open)</b> of body prior to landing	↑ <b>0.25 / <u>0.30</u></b>	

HEIGHT / AMPLITUDE	<i>(not Dismount)</i>	
↑ <u>0.20</u>	Insufficient Height of Saltos performed <b>ON</b> Balance Beam	<b>BB</b>
↑ <u>0.20</u>	Insufficient Height of Aerials or Acro with hand support	<b>BB/FX</b>
↑ <u>0.20</u>	Insufficient Amplitude of Bar Elements ( <i>including releases</i> ) <ul style="list-style-type: none"> <li>• Except Clear Hip: ↑0.40</li> </ul>	<b>UB</b>

## COMMON DEDUCTIONS

LEGS	<i>All events</i>	VAULT
<u>0.05</u>	<b>Flexed / Sickled</b> feet during Value Part elements (each time)	<b>↑ 0.10</b>
<b>↑ 0.10</b>	Legs <b>Crossed</b> during Value Part elements with twist	same  <i>*Bent arms ↑0.5</i>
<b>↑ 0.20</b>	Leg or Knee <b>Separations</b>	
<b>↑ 0.30</b>	<b>Bent Legs</b> ( <i>also *Bent Arms</i> ) ( <i>90° bend or greater = max 0.30</i> )	

### DANCE ↑ 0.10 BB/FX

<b>↑ 0.10</b>	Failure to perform Turn elements in <b>High Relevé</b>
<b>↑ 0.10</b>	Lack of <b>Precision</b> in Dance Value Parts <ul style="list-style-type: none"> <li>• Lack of definite Arm or Leg position</li> <li>• Degree of turn, not exact</li> </ul>
<b>↑ 0.10</b>	Incorrect <b>Body Posture/Alignment</b> during Dance Value Parts
<b>↑ 0.10</b>	Failure to land with <b>Feet/Legs Together</b> on Jumps/Leaps that land on 2 feet <i>(on BB, only in side position)</i>

### DANCE ↑ 0.20 BB/FX

<b>↑ 0.20</b>	<b>Insufficient Exactness of Tuck or Pike</b> positions in VP elements
<b>↑ 0.20</b>	<b>Insufficient Height</b> on Leaps / Jumps / Hops
<b>↑ 0.20</b>	<b>Legs Not Parallel</b> ( <i>to beam or floor</i> ) in Split or Straddle Leaps/Jumps
<b>↑ 0.20</b>	<b>Insufficient Split</b> ( <i>deviation from 180°</i> ), missing: <ul style="list-style-type: none"> <li>• 1° – 20° = 0.05 - 0.10</li> <li>• 21° – 45° = 0.15 - 0.20</li> <li>• ≥46° = ↓VP</li> </ul>
<b>↑ 0.20</b>	<b>Incomplete Turns</b> ( <i>Dance</i> ), missing: <i>*same as for salto twists</i> <ul style="list-style-type: none"> <li>• 1° – 44° = 0.05 - 0.10</li> <li>• 45° – 89° = 0.15 - 0.20</li> </ul>

### THROUGHOUT BB/FX

<b>↑ 0.30</b>	<b>ARTISTRY</b> Insufficient artistry throughout the exercise ( <i>Each ↑0.1</i> ) <ul style="list-style-type: none"> <li>• Originality/creativity of <b>Choreography</b> in elements &amp; connections</li> <li>• Quality of gymnast's movement to reflect her personal <b>Style</b></li> <li>• Quality of <b>Expression</b></li> </ul>	<b>VAULT</b>
<b>↑ 0.20</b>	Insufficient <b>Dynamics</b> <span style="float: right;"><b>UB/BB/FX</b></span>	<b>↑ 0.30</b>
<b>↑ 0.20</b>	Insufficient variation in <b>Rhythm &amp; Tempo</b> throughout	
<b>↑ 0.20</b>	Relaxed/incorrect <b>Footwork</b> on non-value parts throughout	
<b>↑ 0.30</b>	Relaxed/incorrect <b>Leg Position / Body Posture</b> & insufficient <b>Flexibility</b> in non-value parts throughout	
<b>↑ 0.10</b>	Precision of <b>Handstand</b> positions throughout <span style="float: right;"><b>UB</b></span>	
<b>↑ 0.20</b>	Insufficient <b>Sureness</b> of performance throughout <span style="float: right;"><b>BB</b></span>	
<b>↑ 0.20</b>	Poor relationship of <b>Music and Movement</b> throughout <span style="float: right;"><b>FX</b></span>	
<b>↑ 0.30</b>	Missing <b>Synchronization</b> of movement with musical beat <span style="float: right;"><b>FX</b></span> <ul style="list-style-type: none"> <li>• Each time: <u>0.05</u></li> <li>• At the end: <u>0.10</u></li> </ul>	

## SPECIFIC BB/FX DEDUCTIONS

### BALANCE BEAM

#### BB PAUSES

<b>0.10</b>	Concentration Pauses <i>2 seconds</i>
<b>0.20</b>	Concentration Pauses <i>3 seconds or more</i>

#### BB RHYTHM

<b>↑ 0.10</b>	<b>Hesitation</b> during jump, press or swing to Handstand
<b>↑ 0.20</b>	Lack of Tempo/ <b>Poor Rhythm</b> between elements in a Dance, Mixed or Acro Series <i>No deduction for continuous but slow / Arms finish to take-off immediately / Legs pli é , not pumping</i> <b>0.05 - 0.10</b> • Body moving but arms swing between elements / Legs pumping, but not straighten <b>0.15 - 0.20</b> • Body position alters / Arms swing between elements <i>Tempo deductions DO NOT apply to backward Acro Series with 1 or more Flight elements</i>

#### BB BALANCE/LANDING

<b>↑ 0.30</b>	Additional movements to maintain <b>Balance on the Beam</b>
<b>↑ 0.30</b>	<b>Squat</b> on Landing ( <i>Hips even with or lower than knees</i> ) <i>* If lands Acro element in a squat and then falls take both ↑ 0.3 and 0.5 for the fall</i>
<b>↑ 0.30</b>	Directional Error on Gainer Salto Dismounts <b>Off-the-End</b> of Beam

#### BB SUPPORT

<b>0.20</b>	<b>Support of one Leg</b> against side surface of the beam to maintain balance
<b>0.30</b>	<b>Grasp of the Beam</b> to avoid a fall
<b>0.30</b>	Use of <b>Supplemental Support</b> <ul style="list-style-type: none"> <li>• Foot/Feet remain on Mat/Board as Mount is completed</li> <li>• Foot/Feet contact Mat in Cross Straddle Sit during exercise</li> <li>• Foot/Feet/Leg using Base of the Beam for support on Mount/on Beam</li> </ul>

### FLOOR EXERCISE

#### FX RHYTHM

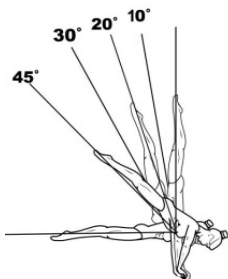
<b>0.10</b>	Concentration Pauses <i>2 second pause prior to difficult elements or Acro series</i>
<b>↑ 0.10</b>	Incorrect Rhythm during execution of direct connections

#### FX SALTOS

<b>↑ 0.30</b>	<b>Insufficient Height</b> of Salto elements <i>*Does NOT apply to accelerating elements in directly connected Fwd Acro series</i>
---------------	---

## SPECIFIC UB DEDUCTIONS

### UB AMPLITUDE / ANGLE DEDUCTIONS



	ANGLE from VERTICAL					
	↑10°	11-20°	21-30°	31-45°	46-90°	More than 90°
<b>Casts</b>	0.0	<b>0.05</b>	<b>0.10</b>	<b>0.15 - 0.20</b>	<b>0.25 - 0.30</b>	<b>0.30</b>
<b>Turns IN Handstand 180° &amp; 360°</b>	0.0	0.0	<b>0.05 - 0.10</b>	<b>0.15 - 0.20</b>	<b>0.25 - 0.30</b>	<b>0.30</b>
<b>Turns AFTER Handstand 540° &amp; 360° Healy</b>	0.0	0.0	0.0	<b>0.05 - 0.15</b>	<b>0.20 - 0.30</b>	<b>0.30</b>
<b>Circle Completion</b>	0.0	<b>0.05</b>	0.0	0.0	<b>0.05 - 0.20</b>	<b>0.20</b>
<b>Clear Hip Completion</b>	0.0	<b>0.05</b>	0.0	0.0	<b>0.05 - 0.30</b>	<b>0.35 - 0.40</b>
	Higher VP			Lower VP		

### UB RHYTHM / EXTENSION

↑ <b>0.10</b>	Hesitation during jump to HB or swing to Handstand
↑ <b>0.10</b>	Poor rhythm in elements/connections
↑ <b>0.10</b>	Insufficient extension of glides/swings into kips
↑ <b>0.10</b>	Swing Forward or backward, under horizontal ( <i>each</i> )
↑ <b>0.10</b>	Under-rotation of release/flight elements

### UB BRUSH / HIT etc.

↑ <b>0.10</b>	<b>Touch/Brush</b> on Apparatus or Mat with foot/feet
<b>0.20</b>	<b>Hit on Appartaus</b> with foot/feet
<b>0.30</b>	<b>Hit on Mat</b> with foot/feet
<b>0.30</b>	<b>Grasp</b> of the Bar Apparatus to avoid a fall
<b>0.30</b>	Intermediate <b>Extra Swing</b> / Cast (max 0.6)
<b>0.50</b>	<b>Full Support</b> on foot/feet on mat during exercise