General Info

2018-2022

CHIEF JUDGE

- Take a "neutral" deduction off the average score
- Indicate to coach by visual or verbal means.
- CJ reports to Meet ref (after warning)

Report to Meet Ref

- Unsportsmanlike conduct / disruptive behavior
- Attire
- Abuse of warm-up time
- Technical verbal cues

Flat <u>0.1</u> deductions

- Overtime
- Coach next to beam or between bars entire time
- Touching out of bounds on FX
- Failure to mark mats that cover FX boundary line
- Failure to present before or after exercise

Flat <u>0.2</u> deductions require a "warning"

- Gymnast fails to begin exercise within 30 sec. after
 CJ salute* (the only <u>0.2</u> CJD with no form of warning)
 - Unsportsmanlike conduct
 - Incorrect padding
 - Incorrect attire

"Warning"

- Failure to observe warm-up time
- Technical verbal cues (coach or teammate)
- Excessive use of magnesia

Unsportsmanlike conduct

Report to Meet Ref

- Excessive cheering
- Includes standing around FX area and blocking view of judges and spectators

Incorrect padding

"Warning"

- Heel or hip pads on bars
- If noticed before mount a warning must be given
- If gymnast wears heel/hip pads the penalty must be taken whether or not the warning was given

Incorrect attire



- Deduct one time only
- Applied to first event after warning
- Meet Ref must inform all CJs so no further penalty will be taken

"Warning"



Attire:

- One piece leotard with/without sleeves OK
- No bare midriff nor backless leo allowed
- Unitards with long legs to ankle OK
- Head covering is OK if fits snugly and is attached to leotard (not to impose a hazard)
- Straps can be 2 cm or 7/8 inch (No spaghetti straps!)
- Underwear & sports bras should not be visible

EXAMPLE

Attire:

- One pair of stud earrings OK; one per ear
 - All others must be removed and not taped
- No necklaces nor bracelets
 - Medical bracelets must be taped
- No elastic waistbands (those worn as training aids)
- Hair secured away from face (not to obscure view)
- No tennis shoes
- Failure to wear competitor number if required

Report to Meet Ref

Technical Verbal Cues

- Examples: "Hollow" or "Pull"
- Deduction is taken once regardless of the number of cues given.
 "Warning"
- If coach gives specific information during routine, no warning is necessary.
 - Tells her what to do next
 - Tells her to repeat the skill (after resuming routine from a fall)

Excessive use of Magnesia

- BB: Small chalk markings OK (no tape)
- FX: Small chalk markings OK
 - Tape only in the corners to mark boundary
 - No velcro or tape on the floor area
- V: No tape or excessive chalk on table
- V: Tape, Chalk markings, Velcro OK on runway
 - Max is 2 inches by 3 feet

Failure to observe warm-up time

Report to Meet Ref

- Deduct from Event score or from Team score
- Applies to the practice of elements
 - Can finish the skill or dismount when time called
 - No penalty for jumping on board or briefly touching apparatus
- Gymnast stays on after "Time" is called. Warn with "Time exceeded" and if still stays on, a deduction is given.
 "Warning"

TOUCH WARM-UPS



- The Touch Warm-up sections in the CoP may confuse you.
- We typically do not have the type of meets which require a touch warm-up be given. In these meets, everyone warms up all the event before the meet begins.
- We do the "Warm-up, compete" type meets. The "Touch Warm-ups" do NOT apply to optional meets in our area.

Flat <u>0.3</u> deductions involve equipment use:

- Use of unauthorized or additional mats
- Springboard on unauthorized surface
- Failure to remove board or spotting device after mount or release element
- Use of hand placement mat for traditional approach
- Incorrect apparatus specifications (including spring configurations)
- Lands dismount in solid or loose foam pit

Allowable matting

- V/UB/BB Maximum of 9" on top of regulation landing mats. UB/BB may be in 2 different places
 - 4-inch throw
 - 8-inch skill cushion
 - Sting mats
- FX allows 2 mats separately in 2 places, no more than one mat at a location
 - 8-inch skill cushion or 4-inch throw with or without sting mat
 - If covering boundary, boundary must be marked
 - No need to remove mats

Matting for mounts

- Standing, may stand on:
 - Competition landing mats
 - Up to 8 inches of matting
 4-inch throw / 8-inch skill cushion / Sting mats
- Springboard, mount mat, or folded panel mat may be placed on:
 - Competition landing mats, w/wo unfolded panel mat
 - 4-inch throw or sting mat
 - NOT on 8-inch skill cushion and NOT on plywood



Flat <u>0.5</u> deductions

- Starting exercise before CJ signals
 - 0.5 is deducted from the repeated performance

- Coach on Floor Exercise area inside boundary
 - No deduction if coach is removing a fallen object



 No deduction if a coach is placing a mat, or adjusting the placement of a mat or removing it

Flat <u>1.00</u> deductions

- Absence of music or music with words, song or speech
 - Whistles, animal or human sounds (not lyrics) OK
 - A single word used as rhythmical sound OK
- Performance of a one-arm vault
 - If half the panel saw it

Flat 2.00 deduction for short exercises

UB routines with less than 5 Value Parts

BB/FX routines that are less than 30 seconds
 <u>EXCEPTION</u> Level 6 balance beam if 10.0 SV then the penalty is just 0.5

SPOTS, FALLS, & REPEATING A ROUTINE

SPOTTING

A. COACH ASSISTS / SPOTS GYMNAST DURING AN ELEMENT:

- 1. Each Judge deducts <u>0.50</u> for the "Spot".
- 2. Additional <u>0.50</u> deduction for Falls after the "Spot".
- 3. Value-Part credit, Special Requirement or Bonus credit, if applicable, not awarded.
- 4. Do <u>not</u> deduct <u>0.30</u> from Start Value for No Dismount for a Dismount Spot, even though the Dismount receives no Value-Part credit.

B. COACH SPOTS GYMNAST UPON LANDING THE DISMOUNT:

- 1. Each Judge deducts <u>0.50</u> for the Spot.
- 2. If Fall after Spot, each Judge also deducts 0.50 for Fall.
- 3. Award Value Part and Special Requirement credit.
- 4. No ("D/E") or (CV) Bonus awarded.

Skill → Spot → Fall = 0.5 for spot plus 0.5 for fall

No VP No SR No bonus

VP credit

SR credit

No bonus

SPOTTING

C. COACH INADVERTENTLY CONTACTS GYMNAST WITHOUT ASSISTING:

- 1. Each Judge deducts <u>0.50</u> for the inadvertent contact.
- Value-Part credit awarded.
- 3. Special Requirement credit awarded.
- 4. No ("D/E") or (CV) Bonus awarded.

D. COACH CATCHES A FALLING GYMNAST:

- 1. Do <u>not</u> deduct for the Spot.
- 2. Deduct <u>0.50</u> for the Fall ONLY.

Fall \rightarrow Spot = 0.5 for fall only

E. NO PENALTY IF GYMNAST INADVERTENTLY CONTACTS COACH.

FALLS on Bars and Beam

- Fall time begins when the gymnast lands on the floor. Fall time ends when the gymnast re-mounts the apparatus.
- Coach may speak to gymnast during fall time
- Once the gymnast remounts, the coach may not give verbal assistance.
- Coach may NOT ask the judge if the element received VP credit.

Exceeding Fall Time = Termination

Vault fall time: 60 seconds

Bars fall time: 45 seconds

Beam fall time: 30 seconds

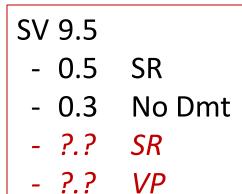
Warn: "20 seconds remaining", "10 seconds remaining" and "Time"

If fall time is exceeded before a bleeding wound can be covered, the routine is terminated.

Scoring an Incomplete Routine

- Deduct 0.5 for the fall
- **Deduct 0.5** from SV for missing the special requirement for dismount
- **Deduct 0.3** from SV for No Dismount
- Deduct from SV for any other missing special requirements
- Deduct from SV for any missing Value Parts
- CJ deducts 2.00 from average score if short
 - UB less than 5 VPs or BB/FX less than 30 seconds

A courtesy score of 1.00 is the lowest given



Repetition of Routine

Due to equipment failure, if no fault of coach or gymnast

Does NOT include:

- Unfastening of bandages or handgrips or loss of footwear
- Incorrect bar setting or failure to tighten cables
- Camera flashes
- Bleeding wound or injury due to fall
- May stop immediately & request permission to start over or to continue from the point of interruption.
- May continue to complete routine and then coach & gymnast may decide to either repeat the routine or accept the score.

SCORING

Determining Average Score

- Four judge panel
 - Drop the high and low scores and average the middle two.

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9.40 9.00 9.20 9.30 = 9.25 average
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The average score determines the allowable range

Allowable Range of Scores

The counting scores must be within range of each other according to the average score:

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\bullet 9.500 - 10.000 = 0.20
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$$\bullet$$
 9.000 $-$ 9.475 = 0.50

$$\bullet$$
 8.000 $-$ 8.975 = 0.70

• Below
$$- 8.000 = 1.00$$

Range of Scores

A conference is called if the range of scores is too large. The following is discussed:

- Start Value
- Math errors
- Adjustments to scores
 - professional responsibility to come to an agreement
- CJ may mandate scores be brought into range if a compromise cannot be reached

Routine Evaluation

- Each judge flashes own SV but do not have to agree.
 - If after a conference the SV is changed, the new SV must be re-flashed
- Once submitted to a scoring system, the score may not be changed unless through inquiry.

Exceptions:

- if a neutral deduction was not applied
- if a data entry error was made
- Change must occur prior to end of rotation or within
 5 minutes of end of session for data error

- A (0.1) B (0.3) C (0.5) D (+0.1) E (+0.2)
- Higher VP may replace lower VP
 - D/E will still retain their value for bonus
- Elements listed in JO CoP may receive VP twice provided they are in a different connection.
- Elements performed for a 3rd time or performed for a 2nd time in the exact same connection will not receive VP credit

- Any salto that does not land on the soles of the feet first will not receive VP or SR credit
- If an element does NOT receive VP credit, the following will apply:
 - No Special Requirement credit
 - No bonus
 - No compositional credit
 - Execution and amplitude deductions will be applied

BB Examples:

$$\bigcap_{(B)}$$
 Fall $\bigcap_{(B)}$ $\bigcap_{(\emptyset)}$

1. No VP for 3rd Flic-flac, so no credit for Acro Series

$$(B)$$
 Stop (B) later performs (B) (C)

2. The 3rd Flic-flac receives credit because the 2nd one performed was the exact same connection as 1st time. Credit is given for the Acro Series.

- Elements not listed in the CoP must be submitted to the RTCC and RACC for evaluation.
 - Must bring copy to meets to show Meet ref
- BB/FX "A" dance elements performed with a variation not listed in CoP can be given an "A" by the judges if comparable to the root skill.
- BB/FX dance elements performed with an additional ¼ turn will be considered the same element unless listed separately in the CoP.

SPECIAL REQUIREMENTS

- All levels have 4 Special Requirements (SR) worth 0.5 each
- If an element does not receive VP credit it may not be used to fulfill a Special Requirement
- - UB: Overshoot with ½ turn to handstand (D)
 may fulfill both "C" Flight and "C" LA turn requirements
 - BB: Acro Series "C" connected to "B" dismount
 - BB: "C" Leap connected to "B" dismount

COMPOSITION

- Composition is evaluated at levels 8, 9 and 10
 - Not evaluated for levels 6 and 7
- Specific compositional requirements are listed for each apparatus.
 - Major changes, deletion or rewording of many old ones
 - New "Up to the Level" deductions
- No additional consideration should be given for exceeding the difficulty required at that level.

CV Bonus for Level 9 and 10

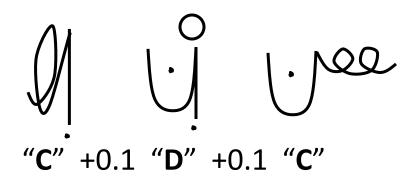
- Connective Value (CV) bonus principles
 - CV is either 0.1 or 0.2
 - CV can only be awarded once for an element performed with the exact same connection
 - CV can be awarded for an element performed a 2nd time in a different connection.

CV Bonus for Level 9 and 10

- Connective Value (CV)
 - An element may receive CV twice, the 1st time as the last element in a connection and 2nd time as the element in a different connection.
 - Level 10 UB Example:

CV bonus:
$$C+D=0.1$$

 $D+C=0.1$
Total CV = 0.2



Clear hip handstand, giant full pirouette, flyaway double tuck

"D/E' Bonus for Level 10

- Difficulty Value (D/E) bonus principles
 - An D element without spot or fall is awarded 0.1 for the 1st one performed successfully
 - An E element without spot or fall is awarded 0.2 for the 1st one performed successfully
 - The D/E bonus can only be awarded once for an element – regardless of being performed in a different connection

D/E Bonus for Level 10

- D/E bonus is given for an element only once.
 - "D" elements will receive +0.1 bonus
 - "E" elements will receive +0.2 bonus

Without fall or spot

Even though the D/E bonus is only given once, a D or E element can still be used for CV bonus if in a different connection. UB Example:

D/E bonus: 1 D = 0.1CV bonus: D+D = 0.2D+C = 0.1Total: 0.4

LEVEL 10 BONUS



NEW +0.1 Bonus

- Exercise must have a 10.0 SV
- Must be 0.6 or more in bonus
- Must have a "E" element
 - BB/FX: Must be an "E" ACRO element
- **Not in SV** (just add +0.1 to your score)

LEVEL 10 START VALUE

The beginning SV for level 10 is 9.5

- Add any CV and D/E bonus
 - Maximum CV bonus is 0.4
 - Maximum D/E bonus is 0.4
 - Must be at least 0.1 in each category for 10.0 SV
- Subtract missing Special Requirements (0.5 each)
- Subtract missing Value Parts (0.1 0.3 0.5)
- Subtract for exercise without a dismount (0.3)

Level 10 Start Value

- Level 10s need: A (3) B (3) C (2)
- What is the SV for a routine with all the special requirements filled and has the following VP:

A(2) B(3) C(1) D(1)

Level 10 Start Value

- Level 10s need: A (3) B (3) C (2)
- What is the SV for a routine with all the special requirements filled and has the following VP:

A (2) **B** (3) **C** (1) **D** (1)

SV 9.5 The D replaces the missing C but there is still an A missing (-0.1). The D will be awarded a 0.1 bonus.

EXECUTION & AMPLITUDE

General Deductions

- If you re-organize the deductions that go together it is easier to remember:
 - Steps & Landing
 - Leg form
 - Saltos & Dismounts
 - Dance
 - Throughout exercise deductions
- Vault is different, you will have to remember vault separately.

STEPS all events

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

STEPS on LANDING max = 0.4

- No deduction for feet hip-width apart if she joins heels on the controlled extension
 - If entire foot slides or is lifted = small step
- Out of control landings can be deducted for steps plus additional movements to maintain balance
- Feet apart / Staggered landing is intended for an otherwise "Stuck" landing.
 - Deduct for steps only, NOT for landing feet apart/staggered AND steps

LANDING

<u>0.10</u>	Landing too close on dismount (UB/BB)								
个 0.10	Deviation from straight direction on landing (BB Off-the-End Gainers and Vault 个0.3)								
个 0.10	Arm swings to maintain balance								
个 0.20	Additional trunk movements to maintain balance (to avoid steps)								
↑ 0.20	Incorrect body posture upon landing								
个 0.30	Squat on landing (hips even with or lower than knees)								
↑ 0.30	Brush / touch of landing surface with one or both hands								

Leg Deductions UB/BB/FX

0.05	Flexed / Sickled feet during Value Part elements (each time)								
↑ 0.10	Legs Crossed during Value Part elements with twist								
↑ 0.20	Leg or Knee Separations								
↑ 0.30	Bent Legs or Bent Arms (90° bend or greater = $max 0.30$)								

On Vault, flexed feet are \uparrow 0.10 and bent arms are \uparrow 0.50

Salto/Dismount Deductions UB/BB/FX

↑ 0.20	 Insufficient exactness of Body Positions Insufficient Tuck (min 90° in both hips and knees) Insufficient Pike (min 90° in the hips, 91° – 135° = insufficient) Insufficient Stretched position (Arch or Hip Angle 179° – 136° ↑0.2) 							
个 0.20	Failure to maintain Stretched body position (pikes down dismount)							
个 0.20	Incomplete twists (<i>Saltos</i>), missing: *same as for dance turns • $1^{\circ} - 44^{\circ} = 0.05 - 0.10$ • $45^{\circ} - 89^{\circ} = 0.15 - 0.20$							
个 0.30	Insufficient height of Salto Dismount (UB/BB) or Saltos (on FX)							
↑ 0.30	Insufficient extension (open) of body prior to landing							

Vault: Positions & pike down in 2^{nd} flight, & incomplete twist are $\uparrow 0.30$

Height/Amplitude not in Dismount

↑ 0.20	Insufficient Height of Saltos performed on Balance Beam							
↑ 0.20	Insufficient Height of Aerials or Acro with hand support BB/FX							
个 0.20	Insufficient Amplitude of Bar Elements <i>(including releases)</i> UB • Except Clear Hip: 个 0.40							

Dance Deductions BB/FX

个 0.10	Failure to perform Turn elements in High Relevé							
↑ 0.10	Lack of Precision in Dance Value Parts • Lack of definite Arm or Leg position • Degree of turn, not exact							
个 0.10	Incorrect Body Posture / Alignment during Dance Value Parts							
↑ 0.10	Failure to land with Feet / Legs together on Jumps / Leaps that land on 2 feet (on BB, only in side position)							
个 0.20	Insufficient height on Leaps / Jumps / Hops							
个 0.20	Legs not parallel (to beam or floor) in Split or Straddle Leaps/Jumps							
个 0.20	Insufficient split <i>(deviation from 180°)</i> , missing: • $1^{\circ} - 20^{\circ} = 0.05 - 0.10$ • $21^{\circ} - 45^{\circ} = 0.15 - 0.20$ • $\geq 46^{\circ} = \downarrow VP$							
个 0.20	Incomplete turns (Dance), missing: *same as for salto twists • $1^{\circ} - 44^{\circ} = 0.05 - 0.10$ • $45^{\circ} - 89^{\circ} = 0.15 - 0.20$							

Common Throughout Exercise BB/FX

↑ 0.30	 ARTISTRY Insufficient artistry throughout the exercise (Each ↑0.1) Originality/creativity of Choreography in elements & connections Quality of gymnast's movement to reflect her personal Style Quality of Expression 							
↑ 0.20	Insufficient Dynamics BB/FX/UB							
↑ 0.20	Insufficient variation in Rhythm & Tempo throughout							
↑ 0.20	Relaxed/incorrect Footwork on non-value parts throughout							
A 0.20	Relaxed/incorrect Leg Position / Body Posture & insufficient							
个 0.30	Flexibility in non-value parts throughout							

Common Throughout Exercise Other

↑ 0.10	Precision of Handstand positions throughout UB
个 0.20	Insufficient Sureness of performance throughout BB
↑ 0.20	Poor relationship of Music and Movement throughout FX
个 0.30	Missing Synchronization of movement with musical beat FX Beach time: 0.05 Peach time: 0.10

SCORE SHEETS

BARS Score Sheet - Bonus

BARS	BONUS	0.1	0.2
	Turn or Flight - in both	CC	
10	2 different 3/6/7	CC	
- 0	No Turn or Flight required	CD	DD

No CV if Fall or Spot

BARS Score Sheet

9.5 SV +CV +D/E SR 0.5 ea C Flight - Not Dmt -VP B Flight - Diff. / Not Dmt -SR C Turn - Not Mt / Dmt -No Dmt 0.3 **BONUS +0.1** C Salto Dismount If 10.0 SV & ≥0.6 bonus with an "E" Not 2 bar changes Release≠CL ↑2 <u>0.2</u> Dismount≠CL ↑1 <u>0.1</u> No Direction Δ Elements <u>.1 .2</u> <u>0.1</u> ea 3/4 Fwd Giant 367 >1 squat on ± circle 0.1 ea Uncharacteristic 0.1 ea Thru-out: Dynamics \uparrow .2 HS Precision ↑.1

BEAM Score Sheet - Bonus

<u>BEAM</u>		0.1	0.	2		0.1	0.2
	2 Acro Flight NO Mt/Dmt	BC* ←	–(C* = Salt	o)			
10	2 Acro Flight NO Dmt		CC	BD	2 Dance / Mix NO <i>Dmt</i>	BC AD	CC BD
	3 Acro Flight	BBC	BCC	BBD	Turns	CA AC	

All Acro must have flight for CV

BEAM Score Sheet

9.5 SV +CV +D/E	SR 0.5 ea Acro Flight Series BC or EA 180° Leap / Jump Full Turn Dmt C Salto/Aerial or CB**
Dance≠CL ↑.2 Acro≠CL ↑.2 Dmt≠CL ↑.1 -Move B&S ↑.1 -Levels ↑.1 -Spatial ↑.1	No Dance Series
39 ² 321	Art ↑.3 Foot ↑.2 Dyn ↑.2 /Flex↑.3 Rhy ↑.2 Sure↑.2

FLOOR Score Sheet

FLOOR

10

		0.1	ì		0.2			0.1		0.2
Acro Direct:	BB	AC	AAC	ВС	AD	AAD	2 Dance / Mix	CC	BD	CD
Acro Indirect: CC AD AAC CD					D -salto + A -jump					
Only Saltos and Aerials may be used for CV						No CV for a	a turn foll	owed by	a jump	

FLOOR Score Sheet

9.5 SV	+CV+D/E	SR 0.5 ea
	-VP	2-Salto Series
	-SR 0.5	3 Different Saltos
	-No Dmt 0.3	180o Leap Passage
	BONUS +0.1	Dismount C Salto
	Dance≠CL ↑.2	No C Salto <u>0.3</u>
	Acro≠CL ↑.2	No B Turn <u>0.2</u>
	Last Salto≠CL ↑.1	- FS&B Salto,Aer <u>0.1</u>
	Spatial use ↑.1	>2 <i>ea</i> Λ or иw <u>0.1</u>
	<u>Thru-out</u> Art ↑.3	Foot ↑.2 MM≠Sync ↑.3
	Dyn ↑.2 Pos/Flx ↑.3	Rhy ↑.2 MM≠Relate↑.2