

# USAG Jr. Olympic Code of Points - Index

## Women's Gymnastics 2018 – 2022

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# **I. WORKING PROCEDURES OF THE JUDGING PANEL**

## **A. TYPES OF COMPETITION**

1. JO Compulsory LEVELS 1 / 2 / 3 / 4 / 5
2. JO Optional LEVELS 6 / 7 / 8 / 9 / 10

## **B. JUDGING PANELS COMPOSITION**

1. JO East/West and Nationals
  - a. 1 Chief Judge
  - b. 3 Panel Judges
  - c. Assistants (timers, line Judges, etc.)
2. JO Regional, State, Local
  - a. 4 Judges OR
  - b. 2 Judges
  - c. 1 Chief Judge (non-affiliated) – State Guidelines
  - d. Assistants (Timers: VT, UB, BB, FX, Line Judges FX)

## **C. AFFILIATION OF JUDGES**

1. Judges are Affiliated at a Specific Meet, if a Club / Gymnast is competing:
  - a. Person on the payroll (more than 1x per month), or
  - b. Coach
  - c. Club Owner
  - d. Women's Artistic JO / Xcel team member
  - e. Sports Science Professional (is paid for ongoing services for a competing Gymnast).
  - f. **Immediate Family Member** \* of a:
    - 1) Competing Gymnast
    - 2) Coach of Competing Club
    - 3) Club Owner / Admin
    - 4) Women's Artistic JO / Xcel Team member
      - Not affiliated = Men's, Rhythmic, Acrobatic or Tumbling / Trampoline.
      - Not affiliated = Recreational program.'
      - **\*Immediate family** = parent, step-parent, grandparent, sibling or lives in household.
2. Affiliated Judges MAY be assigned:
  - a. Qualifying Meets –
    - 1) Panel Judge or MR,
    - 2) One affiliated Judge per panel,
    - 3) No CJ assignments.
  - b. Non-Qualifying Meets – Chief Judge / Panel Judge
  - c. One Judge Panel – only if others are not available
    - 1) USAG approval if RTCC is affiliated.
    - 2) LEVEL 1 / 2 allowed
  - d. When affiliated team is competing in separate meet:
    - 1) Affiliated by Session.
    - 2) Affiliated if Overall Team award for same LEVEL.

## **C. SEATING ARRANGEMENT OF JUDGES**

1. Unobstructed view
2. Numerical order, clockwise from Chief Judge
3. Space Judges apart.

## II. DUTIES & RESPONSIBILITIES – MEET OFFICIALS

### A. GENERAL DUTIES OF ALL OFFICIALS

1. Judges according to USAG R&P, membership policies, Code of Ethics.
2. Limited to judging, no contact with Coaches or Gymnasts.
3. Bound to terms of the contract
4. Responsible for financial reporting and payment reimbursements (IRS).
5. Sign and return Contracts
6. Not allowed to accept gifts greater than \$20 value.
7. Not allowed to act in dual capacity (Coach / Judge, etc).
8. Must act in professional manner
  - a. Must not leave seating area without permission of MR/CJ
  - b. Must remain at event until entire competition is completed
  - c. Must avoid conversations with Coaches regarding evaluation of exercises
  - d. Must be willing to compromise when out of range
  - e. Must refrain from using electronic devices for other purposes (cell phones) on Field of Play
9. **Must dress appropriately, regardless of the level, in the required uniform (exception: theme invitational)**
10. Responsible for flashing SV (LEVEL 6-10) and provide own SV flashing unit

### B. MEET REFEREE (MR) may also act as CHIEF JUDGE (CJ):

1. Meet Referee or Acting Meet Referee must be designated at sanctioned meets.
2. No dual compensation allowed for Meet Referee and Acting Meet Referee.
3. Meet Referee Duties and Responsibilities
  - a. Assists with draw for competition order.
  - b. Liaison between Coaches and Judges (attends Coaches meeting).
  - c. Conducts Judges Meeting - Checklist
    - 1) Base Score video
    - 2) Review Procedures:
      - a) logistics,
      - b) rule changes,
      - c) equipment issues,
      - d) meet info,
      - e) protocol.
  - d. Selects Chief Judges and Panel Judges.
    - 1) Follow criteria for assignments
    - 2) Assigning Official may make assignments, when MR is CJ
    - 3) Assigning Official – Local, Pre-sectional, Sectionals meets.
  - e. May observe and/or give opinion during conferences.
  - f. Available for counsel with CJ.
  - g. May counsel CJ.
  - h. May recommend a change of score (but never force).
  - i. Sign and correct change of scores. (Inquiries submitted within 5 minutes after rotation is finished.)
  - j. Give Technical judging information to Meet Director for distribution.
  - k. Final authority in technical matters: (timers, linesmen, scorer, flashers, equipment).
  - l. Notates warnings given by CJ for incorrect attire, notifies other CJs, so deduction may be taken.
  - m. Take deduction for unsportsmanlike behavior of Coach and disruptive behavior.(R&P policy)
  - n. Available for questions and answers (5 minutes after last competitor).
  - o. Serve as President of the Jury of Appeals
  - p. May be an affiliated Judge.
  - q. Indicates any violations of R&P on Sanction Report, notifies USAG Member Services directly.
  - r. Compiles and checks Judges' fees and expenses for the Meet Director.
  - s. Checks that the scores, are recorded properly and inquiries are resolved.
  - t. Issues Warning to Coach / Meet Director, when more than one Gymnast on UB during warm-ups.
  - u. Monitors the use of Tablets for judging and reference.
  - v. Determine w/MD designated time to return after a break (min. 5 min. to end of timed warmups)

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### C. **CHIEF JUDGE** (CJ):

1. Prepares Judges at meeting prior to competition.
2. Check apparatus: mats, working materials, signals, watches and devices.
3. Instruct Assistants: Signals, Stop Watches, Procedures
4. Responsible for correct working of panel and assistants.
5. Green flag or hand signal Gymnast presentation.
6. Evaluate and write down score - before reviewing other scores.
7. Record: VP, BONUS, SR, SV, deductions and neutral deductions (use European 7)
8. Verify Range of Score.
9. Verify proper recording of all scores on score sheet (Record scores on Heat Sheet).
10. Decides with MR whether exercise may be repeated before score is flashed (camera flash not valid).
11. Calls a conference, if an impossible SV has been awarded, finds common basis for scoring:
  - a. Start Value differences clarified
  - b. Meet Referee may be included
  - c. Judges may change score (not obligated)
  - d. CJ may mandate Judges come in range w/MR.

### 12. **Takes Neutral Deductions from the Average Score** (Notify the Coach)

0.10	<b>Overtime</b>
0.10	<b>Coach standing</b> between the Bars or next to Beam throughout
each 0.10	<b>Any part of the body touching</b> outside marking on FX
each 0.10	<b>Present</b> to the Chief Judge before or <b>Present to a Judge is not required at the end.</b>
0.10	<b>Fail to mark boundary line</b> on additional matting that covers boundary
0.20	<b>Fail to Begin within 30 sec.</b> of signal
0.20	<b>Unsportsmanlike conduct of Gymnast</b> (after warning)
0.20	<b>Incorrect Padding</b> , bandages permitted (warning prior, no warning during competition)
0.20	<b>Incorrect Attire</b> (warm-ups & competition – Off 1st Event only – after warning) <ul style="list-style-type: none"> <li>• <b>Acceptable:</b> leotard w/wo sleeves, one piece, unitard, <b>matching ankle length tights.</b></li> <li>• <b>Head covering acceptable, attached and fits snugly.</b></li> <li>• Leg cut must be below the pelvis / hip bone.</li> <li>• Backless leotard is <b>not</b> acceptable (<b>08/01/20 = bra line, midpoint of scapula</b>)</li> <li>• Underwear should <b>not</b> be intentionally visible (including sports bra, <b>clear bra OK</b>)</li> <li>• One pair stud earrings allowed – removed, not covered with tape</li> <li>• Jewelry <b>not</b> allowed, must be removed, <b>not</b> taped (medical bracelet allowed)</li> <li>• Narrow shoulder straps <b>not</b> allowed (must be &gt; 2 cm)</li> <li>• Elastic waistbands are <b>not</b> allowed.</li> <li>• Failure to wear competitive number when required (<b>LEVEL 9/10 Championships.</b>)</li> <li>• Hair should be secured away from the face (Coaches' responsibility).</li> <li>• Tennis shoes <b>at not</b> considered appropriate footwear.</li> </ul>
0.20	<b>Failure to Observe Specified Warm-up Time limit</b> (after warning) <ul style="list-style-type: none"> <li>• Individual event deduction or team deduction (see VT &amp; FX exceptions)</li> <li>• May touch apparatus, deduct if element(s) performed (fall, perform skill on mat)</li> </ul>
0.20 (one time)	<b>Technical Verbal Cues</b> by Coach or Teammates(s) (after warning) <ul style="list-style-type: none"> <li>• Coach Instructs Gymnast for next skill, deduct without warning</li> </ul>
0.20 (without warning)	<b>Excessive Use of Chalk or Incorrect Use of Tape</b> <ul style="list-style-type: none"> <li>• BB small markings may be placed on the beam.</li> <li>• FX small markings (X) are permitted, no Velcro or Tape, arched chalk line only.</li> <li>• FX corners allow: tape for two color carpets.</li> <li>• VT excessive use of chalk <b>not</b> allowed on Table or Runway (tape OK).</li> <li>• VT Runway - Tape, Velcro, Small Chalk marks, 2" x 3' tape, removed (warning).</li> </ul>
0.30	<b>Additional Mats / Board / Hand placement mat</b> on unauthorized surface
0.30	<b>Fail to Remove Board</b> after the mount
0.30	<b>Fail to Remove Board</b> or <b>authorized Spotting Device</b>
0.30	<b>Incorrect Apparatus Specifications</b> (incorrect spring configuration)
0.50	<b>Starting before Signal</b> (Stop and Repeat – see Vault Rules)
0.50	<b>Coach on the Floor</b> (LEVEL 6 - 10) inside the boundary markings <ul style="list-style-type: none"> <li>• No deduction to remove object or adjust mats</li> </ul>
1.00	<b>Absence of Music, Music with Voice or Song/Speech</b> (see FX chapter)
1.00	<b>Vault with One-Arm</b> (if half of panel saw only one hand touch)
2.00	<b>Short Exercises</b> (complete or incomplete) <ul style="list-style-type: none"> <li>• UB = with less than 5 elements</li> <li>• BB / FX = less than 30 seconds (exception LEVEL 6 BB = 0.50 with 10 SV)</li> </ul>

13. **Exceed Fall Time** (Exercise Terminated) **VT = 60 sec.** after judgment **UB = 45 sec.** **BB = 45 sec.**
14. Reports to MR or Jury of Appeals (attire, conduct, exceed warmups, technical cues)
15. Respond to Inquiries in professional manner.
16. May **not** be affiliated at sanctioned qualifying meets.

	<b>START VALUE DEDUCTIONS</b>
0.1	("A") Value Part Missing
0.3	("B") Value Part Missing
0.5	("C") Value Part Missing
0.3	Exercise without Dismount (UB, BB, FX)
each 0.5	Special Requirements (JO) missing (4 per event)
each 0.2	Special Requirements (NCAA) missing

	<b>TIME JUDGE</b> (off Event Average by CJ) – Notify Coach
event 0.1	BB – Overtime
event 0.1	FX – Overtime
event 0.2	Warm-up skill on mat (BB) after a fall
Team 0.2	Exceed warm-up time after warning (team)
event 0.2	Exceed warm-up time after warning (individual)
Terminate	Exceed 30 second fall time (BB)
Terminate	Exceed 45 second fall time (UB)
Terminate	Exceed 60 second fall time (VT)

	<b>LINE JUDGE</b> (off Event Average by CJ) – Notify Coach
event 0.1	FX – Boundary Lines not marked on additional mats
event 0.1	FX – Touch outside the border marking (each time)

** Warning	<b>CHIEF JUDGE</b> (off Event Average by CJ) – (** after Warning)
Team 0.1	Competing out of order (NCAA only)
event 0.1	Coach stands between Bars / by Beam throughout
event 0.1	Failure to present before to CJ / after to Judge
event 0.2	Failure to start when signaled (30 sec.)
event 0.2	Excessive use of Chalk or Incorrect Use of Tape
** event 0.2	Technical Verbal cues from Coach / Teammate
event 0.2	Instruction from Coach (no warning)
** event 0.2	Unsportsmanlike conduct Gymnast (NCAA 0.1)
event 0.2	Failure to Wear Competition Number
event 0.2	Incorrect Heel / Hip Pads (no warning UB)
** event 0.2	Incorrect Jewelry (one stud earring / each ear)
** event 0.2	Incorrect attire (ex. Waist Bands) (NCAA 0.1)
** event 0.2	Exposed Underwear (NCAA OK)
** event 0.2	Backless leotard (NCAA OK)
** event 0.2	Hair not Secured
Team 0.3	Out of Uniform (NCAA only)
event 0.3	Board on plywood surface (NCAA OK)
event 0.3	Failure to remove board after mount / spot
event 0.3	Use Additional Mats
event 0.3	Incorrect Apparatus (ex: hand placement mat)
event 0.5	Start exercise before signal (repeat / deduct)
0.5	VT – Vault / Attempt without signal from CJ (off next vault)
1.0	VT – Use of one-arm only (half of panel agree)
event 0.5	FX – Coach on Mat (OK remove objects, adjust mat)
event 1.0	FX – Absence of music or music with words
event 2.0	Short Exercise UB < 5 elements
event 2.0	BB < 30 seconds (LEVEL 6 w/ 10 SV = 0.5)
event 2.0	FX < 30 seconds

	<b>MEET REFEREE</b> (any Judge can notify MR)
Warning	Unsportsmanlike conduct – Coach (1 <sup>st</sup> offense)
** Removal	See Rules & Policies (2 <sup>nd</sup> offense)
** Team 0.1	(NCAA 2 <sup>nd</sup> offense)

D. **PANEL JUDGE (PJ):**

1. Evaluate without bias.
2. Record VP, BONUS, SR, SV and deduction errors
3. Must include on Score Slip
  - a. Initials and Assigned Number.
  - b. Competitor Number, Start Value, Score
  - c. Note Spotting Deduction
  - d. Note FX boundary exceeded (signal by raising hand)
  - e. Must write the European 7
4. Initial Score Change (cross out old score, record new score).
5. May be affiliated.

E. **JUDGING ASSISTANTS:**

1. Does not evaluate or score routine
2. Signal and record specific penalties, send written notification to the Chief Judge.
3. Type of Assistants:
  - a. **Line Judges:**(FX) – step/touch outside markings.
    - 1) Must be rated Judge,
    - 2) Signal with raised hand or flag,
    - 3) Written note to CJ.
  - b. **Timers:**
    - 1) Vault Fall Timer (60 Seconds)
      - a) Start = 1<sup>st</sup> evaluation completed. Stop = Gymnast leaves area
      - b) Signals: 20 seconds remaining, 10 sec. remaining, Time, no 2<sup>nd</sup> VT allowed.
    - 2) Uneven Bars Fall Timer (45 seconds)
      - a) Start = land on the mat. Stop= feet leave the mat.
      - b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
    - 3) Balance Beam Routine Timer
      - a) Start = feet leave the mat, Stop = feet land on mat (fall & dismount).
        - Restart = first movement to continue routine.
      - b) Signals (verbal or instrument):
        - Warning = 10 seconds remaining, Time = end of time.
      - c) Inform Chief Judge of time violation.
    - 4) Balance Beam Fall Timer (45 seconds)
      - a) Start = land on the mat. Stop = feet leave the mat.
      - b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
    - 5) Floor Exercise Timer
      - a) Timing Routine: Start = first movement, Stop = Final movement (not music)
      - b) Inform Chief Judge of time violation, indicating the actual time.
    - 6) Additional Timers / Assistants
      - a) Warm-up Period (30 second touch) not including settings, markings, board.
        - 20 seconds remaining, 10 seconds remaining, Time.
        - Gymnast may continue movement when time is called.
        - Time Exceeded = inform Chief Judge (deduct 0.2).
      - b) Green Light from Chief Judge
      - c) Vault Numbers Flasher:
      - d) Other Assistants: as required.

F. **JURY OF APPEALS:**

1. Meet Referee (President of Jury), Meet Director, Chief Judge(s), USAG personnel.
2. Regionals and Nationals: Meet Director, Meet Referee, USAG JO or Admin. Officer
3. **Rights and Duties:**
  - a. Govern technical and organizational matters.
  - b. Make final decisions – unusual situations, or if an AA neutral deduction is challenged.
  - c. Review improperly handled inquiries:
    - 1) Coach may petition Jury of Appeals for review (see time limit)
    - 2) Video reviews should occur before awards are presented.
    - 3) Procedure for Inquiries:
      - a) Properly written inquiry form by Coach
      - b) Inquire timely submitted to MR or MD
      - c) Inquire reviewed/answered by judging panel of event in questions
      - d) Inquire returned to MR or MD
      - e) MR or MD returned inquiry form to Coach
4. Method of Settling Petition:
  - a. Discussion
  - b. Vote on a decision
  - c. Majority dictates final decision.



**I. AVERAGE SCORE****A. FOUR JUDGE PANEL:**

1. Final Score
  - a. Eliminate the highest and lowest scores, when using 4 Judges.
  - b. Add 2 (middle) scores, divide by 2.
2. Average Score determines the Range of counting scores.
3. Out of Range = Chief Judge calls conference.

**B. TWO JUDGE PANEL:**

1. Final Score
  - a. Add 2 (middle) scores.
  - b. Divide by 2.
2. Average Score determines the Range of counting scores.
3. Out of Range = Chief Judge calls conference.

**II. RANGE OF SCORES****A. ALLOWABLE DIFFERENCE** between Counting Scores**B. AVERAGE SCORE RANGE OF SCORES** [NCAA Range of Score](#)

10.000 – 9.50	=	0.2 pt. range	<a href="#">0.2 pt. range</a>
9.475 – 9.00	=	0.5 pt. range	<a href="#">0.3 pt. range</a>
8.975 – 8.00	=	0.7 pt. range	<a href="#">0.5 pt. range</a>
7.975 – 0.00	=	1.0 pt. range	<a href="#">1.0 pt. range</a>

**C. CONFERENCE OF JUDGES:**

1. Start Value discussed (impossible SV)
2. Check accuracy of math
3. Make adjustments for allowable range.
4. Come to agreement in a professional manner.
5. CJ may mandate that scores be brought into range (no base scoring of CJ & MR).

**III. ROUTINE EVALUATION:****A. JUDGES MAY WORK WITH 0.05 INCREMENTS.****B. FINAL SCORE OF 1.00** for optional exercises: (Complimentary Score:  $\leq 0.00$ )**C. OPENING SCORING:** each Judge's score and average will be posted.

1. Required at JO Nationals and LEVEL 9 Eastern / Western Championships.
2. Allowed at Regional Championships (determined by committee).
3. Allowed at Optional State Meets (determined by committee).
4. Allowed at Optional Invitationals (determined by meet director).
4. Not allowed at any Compulsory meets.
5. Procedures for Open Scoring:
  - a. Score independently.
  - b. Record SV & Score on slip and send to CJ – SV flashed manually with Electronic Scoring.
  - c. After all scores received and reviewed, then Scores and Average are flashed.
  - d. After conferences, re-flash adjusted scores.

**D. FLASHING START VALUE** (SV) in Optional Competitions:

1. Required at LEVEL 6, 7, 8, 9, 10 competitions
2. SV flashed and / or written on scorecard (must indicated Vault Bonus credit)
3. Judges are responsible for SV flashing units, unless provided by the host club.
4. Procedures for Flashing Start Values:
  - a. Score independently.
  - b. Record SV and Final Score on judging slip and send to CJ via Runner.
  - c. After all scores received, flash Start Values.
    - Judges do not have to agree on SV. Conference MAY be called to adjust either up or down.
  - d. After conferences, re-flash adjusted Start Values.

**E. TIME FRAME FOR CHANGING SCORES**

1. May not be changed unless there is an Inquiry.
  - CJ is allowed to apply neutral deductions that were not applied correctly or,
  - If data entry error was made, or mistakenly Judged using incorrect rules for the LEVEL.
  - MR may ask for panel review to verify SR fulfilled (State Meet and above).
    - a. Neutral Deductions prior to end of Rotation; Data Entry & Re-evaluation within 5 minutes of Session.
    - b. Must notify Coach of the change and display changed scores.

IV. **VALUE PARTS**A. **DIFFICULTY VALUES:**

	Element	Value	Number	Level 10	Level 9	Level 8	Level 7	Level 6
Easy	A	0.1 pt.	100 +	3 ("A")	3 ("A")	4 ("A")	5 ("A")	5 ("A")
Medium	B	0.3 pt.	200 +	3 ("B")	4 ("B")	4 ("B")	2 ("B")	1 ("B")
High	C	0.5 pt.	300 +	2 ("C")	1 ("C")			
Very High	D	+0.1 pt.	400 +					
Highest	E	+0.2 pt.	500 +					

B. **REPLACEMENT:** Higher Value may replace Lower Value (1 for 1), Lv 10 (D/E) replaces (A/B/C) receives D/E

C. **RECOGNITION OF VP:** recognized **TWO** times as VP – in different connection.

- Same "D" / "E" performed 2<sup>nd</sup> time in different connection receives VP & D/E credit once ([see examples](#)).
- Same element performed 3<sup>rd</sup> time or performed 2<sup>nd</sup> time in exact same connection ([see examples](#)).
  - Value Part Credit NOT awarded:
    - Element not completed on 1<sup>st</sup> or 2<sup>nd</sup> performance.
    - Element used in the exact same connection a 2<sup>nd</sup> time.  
(Exception: VP credit not given for previous performance of an element).
  - No Special Requirements (SR) awarded.
  - No Connection Value (CV), no Value Part credit given.
  - Execution and Amplitude deductions applied.

Note: VP awarded 3<sup>rd</sup> time if previous VP was: incomplete, same connection, repeated single element.

- Multiple elements with SAME Number may be recognized as different elements (see each event).

C. **NEW ELEMENTS:**

- Evaluated, copy RCC, copy MR / CJ prior to meet
- One Quad, post on Reg. website
- JO National ("C") / ("D") / ("E") named for "one" athlete;
- Root Skill Dance variation = ("A").

E. **TECHNICAL EXECUTION:** if element not executed correctly, it may be recognized as another element.

F. **BOTTOM OF FEET FIRST** = Fail to land Saltos on the bottom of the feet = No VP, No SR credit

G. **VALUE PART REQUIREMENTS:** (see list above in the box).

H. **DIFFICULTY RESTRICTIONS:**

- LEVEL 10** has no difficulty restrictions
- LEVEL 6 / 7 / 8 / 9 SPECIFIC GUIDELINES are listed in each apparatus chapter.

V. **CALCULATION OF DIFFICULTY** – always give advantage to Gymnast ([see examples in the Code](#)).



VI **SPECIAL REQUIREMENTS** (SR)

- A. **SR = 0.5 EACH:** each event has 4 Special Requirements. (NCAA = 0.2 each)
- B. **RESTRICTIONS: LEVEL 6 / 7 / 8 / 9:** may not receive SR for Restricted elements performed (- 0.5 each, off SV).
- C. **NO VP = NO SR:** No Value Part credit – No Special Requirement awarded.
- D. **ONE ELEMENT MAY FULFILL MORE THAN ONE SR:** unless specified.

VII. **COMPOSITION**

- A. **CONSTRUCTION OF EXERCISE:**
  - 1. Distribution of Elements
  - 2. Diversified, Creative and Artistic Composition throughout.
    - a. Various Connections
    - b. Different Value Part Groups
  - 3. Use Entire Apparatus (space and direction)
- B. **GOOD COMPOSITION:**
  - 1. Change in Direction
  - 2. Change in Tempo and Rhythm
  - 3. Change in Body Positions in relation to the apparatus
  - 4. High Points (Peaks)
    - a. Performance of Value Parts for that Specific LEVEL.  
No additional consideration should be given for exceeding the VP required at that LEVEL.
    - b. Movement contrasts
    - c. Distribution of elements
- C. **SPECIFIC COMPOSITION REQUIREMENTS:** see each event
- D. **LEVEL 6 / 7** – Composition is not evaluated.

VIII. **EXECUTION & ARTISTRY**

- A. **EXCELLENT EXECUTION AND AMPLITUDE:**
  - 1. Maximum amplitude
    - a. Externally – body to apparatus
    - b. Internally – range of motion within the body
  - 2. Turns in saltos completed at highest point
  - 3. Optimal body lines, extension and posture.
- B. **EXCELLENT ARTISTRY CHARACTERISTICS:**
  - 1. Original creative choreography in elements and connections – “How well did she move?”
  - 2. Quality of Gymnast’s movements to reflect her personal style – “The way she moved – unique?”
  - 3. Quality of expression (i.e., projections, emotion, focus) – “What does her face express?”
- C. **GENERAL DEDUCTIONS:** (see page 9 – List of General Execution Faults)
  - 1. Small Faults: 0.05 – 0.10
  - 2. Medium Faults: → 0.20
  - 3. Large Faults: → 0.30
  - 4. Very Large Faults: 0.50
 Clarification on Steps on Landing.
- D. **STEPS ON LANDING:**
  - 1. A step-close is considered one step and receives a 0.10 deduction.
    - a. one step forward, sideward, or backward; then returns to join foot, OR
    - b. one step forward, backward, or sideward; then steps to join foot.
  - 2. Additional movements to maintain balance after the step(s), deductions may be applied.
  - 3. Maximum deduction of 0.40 for steps; however, deduct only 0.50 for a fall.
    - a. UB or BB Dismount with feet a maximum of hip-width apart = no deduction, must slide heels together. Foot slides or is lifted off the mat to join = small step.
    - b. Deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing on Bar / Beam Dismounts, Vault and on an Isolated Salto or the Last Salto in an Acro Series on Floor Exercise.

**UB, BB, FX GENERAL FAULTS:**

(each) 0.05	Feet Flexed / Sickled during VP elements
→ 0.1	Brush / Touch of Foot / Feet on Apparatus or Mat

→ 0.1	Legs Crossed (during VP with twists)
→ 0.2	Legs Separated
→ 0.3	Knees Bent (90°+ bend = maximum)
→ 0.3	Arms Bent (90°+ bend in support = maximum.)

→ 0.2	Insufficient Exactness of Tuck / Pike
→ 0.2	Insufficient Exactness of Stretch (arch)
→ 0.2	Insufficient Exactness of Stretch (pike)
→ 0.2	Failure to maintain Stretch (pike down early)

0.05 – 0.1	Insufficient split required in VP	1° – 20°
0.15 – 0.2	Insufficient split required in VP	21° – 45°
Lower VP	Insufficient split required in VP	46° +

0.05 – 0.1	Turns: incomplete	1° – 44°
0.15 – 0.2	Turns: incomplete	45° – 89°
Lower VP	Turns: incomplete	90° +

0.05 – 0.1	Acro: under rotated twist	1° – 44°
0.15 – 0.2	Acro: under rotated twist	45° – 89°
Lower VP	Acro: under rotated twist	90° +

**LANDING GENERAL FAULTS: (Elements / Dismounts)**

0.05	Feet land Hip Width apart or closer, but never close
→ 0.1	Deviation from straight direction on landing
→ 0.1	Extra arm swings

→ 0.1	Slight Hop, Adjustment, Staggered, > Hip Width (0.1)
each 0.1	Extra Steps (max.0.4) (step-close or step-together)
0.2	Very large step or jump on landing (3 feet) (Max. 0.4)
→ 0.2	Incorrect Body Posture on landing

→ 0.2	Trunk Movements to control (UB/BB Dismount & FX Acro)
→ 0.3	Trunk Movements to control (Elements on BB)

→ 0.3	Insufficient Height of Dismounts (UB/BB)
→ 0.3	Insufficient Extension (Open) prior to landings
→ 0.3	Squat on Landing (hips even with or lower than knees)
→ 0.3	Brush / Touch Landing with 1 or 2 hands (no support)

0.5	Support on mat with 1 or 2 hands
0.5	Fall on mat with knees or hips
0.5	Fall on or against apparatus
0.5	Fall on hands & bottom of feet simultaneously (OK VP)

0.5	Fail to Land on Bottom of Feet First (No VP, SR, Bonus)
0.5	Spot Element (No VP, No SR, No Bonus)
0.5	Spot upon Landing (OK VP, OK SR, No Bonus)

I. **BONUS – GUIDELINES:** see each apparatus Chapter

II. **OPTIONAL REQUIREMENT FORMULAS**

		NCAA	LEVEL 10	LEVEL 9	LEVEL 8	LEVEL 7	LEVEL 6
A.	VP – Value Parts	2.2	2.2	2.0	1.6	1.1	0.8
B.	SR – Special Requirements	0.8	2.0	2.0	2.0	2.0	2.0
C.	BONUS – D/E & CV	0.5	0.5	0.3	---	---	---
D.	Execution / Composition / Artistry	6.0	5.3	5.7	6.4	6.9	7.2
	SV – Start Value	10.0	10.0	10.0	10.0	10.0	10.0

III. **CALCULATING START VALUES**

A. **EACH JUDGE DETERMINES THE SV.**

B. **NOT MANDATORY THAT START VALUES AGREE** – if impossible SV, a Conference MUST be held.

C. **DETERMINING START VALUE:**

LEVEL 10 = 9.5  
 LEVEL 9 = 9.7  
 LEVEL 8 = 10.0  
 LEVEL 7 = 10.0  
 LEVEL 6 = 10.0

1. ADD any BONUS

- a. LEVEL 6 = No BONUS  
 LEVEL 7 = No BONUS  
 LEVEL 8 = No BONUS
- b. LEVEL 9 = Maximum + 0.3 (CV)
- c. LEVEL 10 = Maximum + 0.5 BONUS  
 = Minimum + 0.1 (CV)  
 = Minimum + 0.1 (D/E)  
 = Remainder + 0.3 CV or D/E

1) +0.50 (CV) and no ("D/E"), Start Value = 9.90

2) +0.60 (or more) Total Bonus with one (1) ("E") element (BB / FX = Acro "E"),  
 Additional Bonus = 0.10, flash +0.10 with SV, not included in SV.

- a) Judge adds Bonus to score and visibly indicate that Bonus was awarded.
- b) Judge indicate in writing on score slip, any Bonus awarded.

2. DEDUCT from Start Value:

- a. Value Parts (VP)
  - 0.1 = ("A")
  - 0.3 = ("B")
  - 0.5 = ("C")
- b. Special Requirements (SR) = 0.5 each
- c. Exercises without dismounts / last salto (FX) = 0.3
- d. Perform or Attempt additional Restricted elements (LEVEL 6 / 7 / 8 / 9) = 0.5 each

D. **EXAMPLES OF DETERMINING START VALUES:** (see examples in the Code)

- I. **COMPLETE OR INCOMPLETE EXERCISE** = - 2.0 off Ave., determine SV, take deductions
  - A. **BARS** = less than 5 Value Parts – minimum Score = 1.0
  - B. **BB / FX** = less than 30 seconds – minimum Score = 1.0 (see LEVEL 6 – BB exception)
- II. **EQUIPMENT FAILURE**: occurs through no fault of the Gymnast or Coach. Choices:
  - A. **STOP AND REPEAT**:
    1. Chief Judge (with MR) decision.
    2. With permission, repeat whole routine or continue from the point of interruption.
    3. No score will be given for the partial routine.
    4. Camera flash is not a valid reason to repeat.
  - B. **CONTINUE AND COMPLETE**:
    1. Decide whether to repeat or accept score given.
    2. Score will not be posted until decision.
    3. No deduction for music failure, if decision to accept the scores.
    4. Does not include: unfastening of bandages, or handgrips, or loss of footwear, incorrect bar settings, failure to tighten cables or handles
- III. **INQUIRIES**
  - A. **COACH ALLOWED**: to see all of the scores
  - B. **ADVISE COACH TO SUBMIT INQUIRY FORM**, no casual conversation between Coach and Judge.
  - C. **OPTIONAL ROUTINES INQUIRIES LIMITED TO QUESTIONS REGARDING**:
    1. Start Value
    2. Neutral Deductions
    3. Falls
    4. Unusual Occurrences
    5. Specific (flat) Composition Deductions
  - D. **SUBMITTED IN LEGIBLE WRITING**: to MR on official inquiry form, within 5 minutes after rotation, MR → CJ.
    1. No Fee to Submit Inquiry
    2. Inquiry Results: scores can be raised, lowered or remain the same.
    3. Chief / Panel Judge(s) will respond, providing only the information requested. Return form to Coach.
    4. Coach may not approach Judge regarding the inquiry during the competition.
  - E. **VIDEO REVIEW REGULATIONS**: See USAG Rules & Policies
  - F. **SCORE REVIEW**: at Sectional / Qualifying and State Championships
    1. AA score 0.10 or less than qualifying score, Coach may submit inquiry for lowest scoring event.
    2. Change of score is official and included in official results.
    3. Score review process does not apply: for mobility purpose or if qualification by percentage or number.
- IV. **JUDGE INADVERTENTLY MISSES THE EXERCISE** (rare occurrence - one Judge misses routine)
  - A. **TWO JUDGE PANEL**: Coach advised of the score of the Judge who evaluated the whole routine.
    1. Option 1: Accept the score OR
    2. Option 2: Repeat the exercise, score of the second routine will count.
  - B. **FOUR JUDGE PANEL**:
    1. Enter a “substitute” score for the Judge who misses the routine.
    2. Use the highest score of the other three Judges.
    3. Average the two middle scores.
  - C. **DECISION MADE**: by the CJ consulting with the MR, who will then notify the Coach of the options.
- V. **PROCEDURES FOR INJURIES / FALLS RESULTING IN BLEEDING**
  - A. **TAKE IMMEDIATE ACTION** to cover wound.
  - B. **INJURY DOES NOT GIVE RIGHT** to repeat routine.
  - C. **IF FALL TIME EXCEEDED**, exercise terminated.
  - D. **BLOOD MUST BE REMOVED** before next Gymnast.
  - E. **COACH & ATHLETE HAVE THE RIGHT** to choose to continue within fall time limits.
- VI. **RE-EVALUATION OF EXERCISE**
  - A. **INCORRECT RULES APPLIED**: Judged using incorrect (LEVEL) rules, re-evaluated to determine Start Value and specific compositional deductions, based on the Judges’ shorthand.
    1. Re-evaluation must occur within five (5) minutes of the end of competition / session.
    2. Judging panel must notify MR and scoring personnel.
    3. Coach must be notified immediately of any score change.
  - B. **REVIEW A ROUTINE**: at State and above championship meets, MR can allow a review to verify that Special Requirements were fulfilled.
    1. Coach must be notified that a review will occur.
    2. No additional deductions are allowed after the review, if SR(s) in question is (are) awarded.

**GROUP 1: HANDSPRING / YAMASHITA L.6/7 L.8 L.9 L.10**

1.111	Handspring → Mat Stack. . . . .	10.0		
1.101	Handspring → . . . . .	9.0	8.5	8.1
1.102	Handspring → ½ t. . . . .	9.1	8.6	8.2
1.103	Yamashita → . . . . .	9.0	8.5	8.1
1.104	Yamashita → ½ t. . . . .	9.1	8.6	8.2
1.105	½ t. → ½ t. OR ¼ t. → ¾ t. . . . .	9.2	8.6	8.2
1.106	¼ or ½ t. on → Repulsion . . . . .	9.0	7.0	7.0
1.201	Handspring → 1/1 t. . . . .	9.5	9.0	8.8
1.202	Handspring → 1-½ t. . . . .	9.7	9.4	9.2
1.203	Yamashita → 1/1 t. . . . .	9.5	9.0	8.8
1.205	½ t. → 1-½ t. OR ¼ t. → 1-¾ t. . . . .	9.6	9.3	9.1
1.206	½ t. → 1/1 t. OR ¼ t. → 1-¼ t. . . . .	9.4	8.9	8.7
1.207	Full on → Hsp. / Yami . . . . .	9.5	9.0	8.9
1.208	Full on → ½ t. . . . .	9.7	9.3	9.1
1.301	Handspring → 2/1 t. . . . .	10.0	9.9	9.7
1.306	½ t. → 2/1 t. OR ¼ t. → 2-¼ t. . . . .	10.0	9.8	9.6
1.307	Full on → 1/1 t. . . . .	9.7	9.6	
1.308	Full on → 1-½ t. . . . .		9.8	
1.402	Handspring → 2-½ t. . . . .	10.0 +		
1.504	Yamashita → 2-½ t. . . . .	10.0 +		

**GROUP 2: CUERVO / SALTO FORWARD L.9 L.10**

2.301	Handspring → Front Tuck . . . . .	10.0	9.7	
2.302	Handspring → Front Tuck ½ t. . . . .	10.0	9.9	
2.303	Handspring → ½ t. Back Tuck . . . . .	9.9		
2.304	Handspring → Front Pike . . . . .	10.0	9.8	
2.310	Hsp.on Hsp. → Front Tuck . . . . .	10.0	9.8	
2.311	Hsp.on Hsp. → Front Pike . . . . .	10.0	9.9	
2.402	Handspring → Front Tuck 1/1 t. . . . .	10.0 +		
2.403	Handspring → ½ t. Back Tuck ½ t. . . . .	10.0 +		
2.404	Handspring → Front Pike ½ t. . . . .	10.0 +		
2.405	Handspring → ½ t. Back Pike . . . . .	10.0 +		
2.406	Handspring → Front Layout . . . . .	10.0 +		
2.407	Handspring → Front Layout ½ t. . . . .	10.0 +		
2.407	Handspring → ½ t. Back Layout . . . . .	10.0 +		
2.408	Handspring → Front Pike 1/1 t. . . . .	10.0 +		
2.409	Full on → Front Tuck . . . . .	10.0 +		
2.410	Hsp.on Hsp. → Front Tuck ½ t. . . . .	10.0 +		
2.411	Hsp.on Hsp. → Front Pike ½ t. . . . .	10.0 +		
2.501	Handspring → Double Front . . . . .	10.0 +		
2.502	Handspring → Front Tuck 1-½ t. . . . .	10.0 +		
2.507	Handspring → Front Layout 1/1 t. . . . .	10.0 +		
2.508	Handspring → Front Layout 1-½ t. . . . .	10.0 +		
2.509	Full on → Front Pike . . . . .	10.0 +		
2.607	Handspring → Front Layout 2/1 t. . . . .	10.0 +		
2.609	Full on → Front Layout . . . . .	10.0 +		

**GROUP 3: TSUKAHARA (1/4 t. – 1/2 t.) L.6/7 L.8 L.9 L.10**

3.116	Tsukahara → Mat Stack. . . . .	10.0		
3.201	Tsukahara → Back Tuck . . . . .	10.0	9.6	9.4
3.302	Tsukahara → Back Tuck 1/1 t. . . . .	10.0	9.8	
3.303	Tsukahara → Back Pike . . . . .	10.0	9.7	9.5
3.304	Tsukahara → Back Layout . . . . .	10.0	9.7	
3.305	Hsp.onTsuk. → Back Pike . . . . .	9.8	9.6	
3.306	Tsukahara → ½ or ¾ t. Front Tuck . . . . .	10.0	9.7	
3.306	Tsukahara → Back Tuck ½ t. . . . .	10.0	9.7	
3.307	Tsukahara → ½ or ¾ t. Front Pike . . . . .	9.8		
3.307	Tsukahara → Back Pike ½ t. . . . .	9.8		
3.308	Tsukahara → ½ or ¾ t. Front Tuck ½ t. . . . .	10.0	9.8	
3.402	Tsukahara → Back Tuck 1-½ t. . . . .	10.0 +		

**GROUP 3: TSUKAHARA (1/4 t. – 1/2 t. ON) L.10**

3.403	Tsukahara → Back Pike 1/1 t. . . . .	9.9		
3.404	Tsukahara → Back Layout 1/1 t. . . . .	10.0 +		
3.405	Hsp.onTsuk. → Back Tuck 1/1t. . . . .	10.0 +		
3.407	Tsukahara → ½ or ¾ t. Front Layout . . . . .	10.0		
3.407	Tsukahara → Back Layout ½ t. . . . .	10.0		
3.504	Tsukahara → Back Layout 1-½ t. . . . .	10.0 +		
3.505	Tsukahara → Back Layout 2/1 t. . . . .	10.0 +		
3.507	Tsukahara → ½ or ¾ t. Front Layout ½ t. . . . .	10.0 +		
3.508	1/4t. – 1/4t. → Front Tuck 1 ½ t (Carey). . . . .	10.0 +		
3.509	Tsukahara → ½ or ¾ t. Front Tuck 1/1 t. . . . .	10.0 +		
3.605	Tsukahara → Back Layout 2-½ t. . . . .	10.0 +		

**GROUP 4: ROUNDOFF ENTRY L.6/7 L.8 L.9 L.10**

4.111	Roundoff → Mat Stack. . . . .	10.0		
4.101	Roundoff → Repulsion . . . . .	9.0	7.0	7.0
4.102	Roundoff → ½ Twist . . . . .	9.1	7.7	7.7
4.201	Roundoff → 1/1 Twist . . . . .	9.4	9.1	8.9
4.202	Roundoff → 1½ Twist . . . . .	9.6	9.3	9.1
4.203	Roundoff → Back Tuck . . . . .	10.0	9.6	9.4
4.301	Roundoff → 2/1 Twist . . . . .	9.8	9.7	
4.303	Roundoff. → Back Tuck 1/1 t. . . . .	10.0	9.8	
4.304	Roundoff. → Back Pike . . . . .	10.0	9.7	9.5
4.305	Roundoff → Back Layout . . . . .	10.0	9.7	
4.306	Roundoff → Back Layout 1/1 t. . . . .	10.0		
4.307	Roundoff → ½ t. Front Tuck . . . . .	10.0	9.7	
4.307	Roundoff → Back Tuck ½ t. . . . .	10.0	9.7	
4.308	Roundoff → ½ t. Front Pike . . . . .	9.8		
4.308	Roundoff → Back Pike ½ t. . . . .	9.8		
4.309	Roundoff → ½ t. Front Layout . . . . .	10.0		
4.309	Roundoff → Back Layout ½ t. . . . .	10.0		
4.403	Roundoff → Back Tuck 1-½ t. . . . .	10.0		
4.406	Roundoff → Back Layout 1-½ t. . . . .	10.0 +		
4.407	Roundoff → ½ t. Front Tuck ½ t. . . . .	10.0	9.8	
4.503	Roundoff → Back Tuck 2/1 t. . . . .	10.0 +		
4.506	Roundoff → Back Layout 2/1 t. . . . .	10.0 +		
4.508	Roundoff → ½ t. Front Pike ½ t. . . . .	10.0 +		
4.606	Roundoff → Back Layout 2-½ t. . . . .	10.0 +		

**GROUP 5: ROUNDOFF 1/2t. or 1/1t. ENTRY L.8 L.9 L.10**

5.101	Roundoff ½ → Handspring . . . . .	9.2	8.9	8.9
5.201	Roundoff ½ → Full Twist. . . . .	9.6	9.2	9.2
5.202	Roundoff ½ → 1½ Twist . . . . .	9.8	9.4	9.4
5.207	Roundoff Full → Full Twist . . . . .	9.3	9.3	
5.301	Roundoff ½ → Front Tuck . . . . .	10.0	9.9	
5.312	Roundoff ½ → 2/1 Twist . . . . .	10.0	9.9	9.8
5.401	Roundoff ½ → Front Tuck ½ t. . . . .	10.0 +		
5.402	Roundoff ½ → ½ t. Back Tuck . . . . .	10.0 +		
5.403	Roundoff ½ → Front Pike . . . . .	10.0 +		
5.404	Roundoff ½ → Front Pike ½ t. . . . .	10.0 +		
5.405	Roundoff ½ → ½ t. Back Pike . . . . .	10.0 +		
5.406	Roundoff ½ → Front Layout . . . . .	10.0 +		
5.408	Roundoff Full → Back Tuck . . . . .	10.0		
5.409	Roundoff Full → Back Pike . . . . .	10.0		
5.410	Roundoff Full → ½ t. Front Tuck . . . . .	10.0 +		
5.501	Roundoff ½ → Front Tuck 1-½ t. . . . .	10.0 +		
5.505	Roundoff ½ → ½ t. Back Layout . . . . .	10.0 +		
5.505	Roundoff ½ → Front Layout ½ t. . . . .	10.0 +		
5.509	Roundoff Full → Back Layout . . . . .	10.0 +		
5.510	Roundoff Full → Back Tuck 1/1 t. . . . .	10.0 +		
5.511	Roundoff Full → Back Layout 1/1 t. . . . .	10.0 +		

- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- Height Measurement..... = plum line from floor to the bottom of the rail ..... wrong specifications... = 0.3 CJ
  - Skill Cushions..... = max. 9 inches, must remove cushion after release(s).. unauthorized mats..... = 0.3 CJ
  - Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
  - Mats for Mounts..... = no plywood allowed under board (**NCAA OK**)..... unauthorized mats..... = 0.3 CJ
    - without board / trainer = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
    - with board / trainer..... = 9" landing mats + sting or 4 inch throw mat (board / trainer must be removed) = 0.3 CJ
- 
- II. **ATTIRE REGULATIONS**
- Hip or Heel Pads..... = not allowed, CJ should warn before competition (compete with & deduct)..... = 0.2 CJ
  - Bandages, grips, etc..... = allowed, broken grips = allowed to repeat, unfastened grips no repetition.
- III. **TIMING REGULATIONS**
- Touch Warm-Up:** only one (1) gymnast allowed on Bars.
  - Meet Format determines Warmup Format.**
    - 30 second period..... = does not include bar settings, warning – time exceeded.....(team/event)... = 0.2 CJ
    - Prior to competing .. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
  - Timing Falls:**
    - Remount..... = 45 second time period.
    - Start..... = contact the floor.  
Stop..... = feet leaves the floor.
    - Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
- IV. **BAR FALL REGULATIONS**
- Gymnast may use chalk or adjust grips..... = may not leave competition area.
  - Coach may talk to gymnast..... = without penalty.
  - Fall and does not remount..... = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
  - Coach may lift gymnast back up to bar..... = without penalty.  
Allowed to resume with 2 pump swings..... = 0.3 for extra swings; maximum 0.6 per occurrence
  - Resume judging optional routine..... = with first recognized element performed (L10 allowed only one squat on LB).
  - Remount with glide kip – STOP – crawl up... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
  - Remount with cast squat on (fall back) ..... = to glide kip allowed without fall deduction, take execution.
- V. **SPOTTING REGULATIONS**
- Coach assists or spots with element..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount.
  - Coach spots UPON landing dismount..... = 0.5 spot, 0.5 if fall after spot..... OK VP / SR - No Bonus.
  - Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
  - Coach catches falling gymnast..... = 0.5 fall ONLY.
  - Gymnast inadvertently touches the coach.... = no penalty.
  - Coach must use manufactured device..... = 0.3 CJ (warning) spotting device not removed (may not use chair).
  - Coach may stand between the rails (1 skill).. = 0.1 CJ, if coach remains throughout routine.
  - Coach leans against the bars..... = no penalty, if coach does not touch gymnast.
- VI. **MOUNT AND DISMOUNT REGULATIONS**
- Mounts:**
    - Rules and Policies for mats allowed..... = may stand on 8" mat.
    - Board must be removed after mount..... = 0.3 CJ – mounting apparatus not removed after mount / spotting.
    - Mount Attempts:**
      - Balk (2 allowed)..... = did NOT touch board, bars or run under the bars.
      - Third attempt..... = 0.5 penalty, OK Bonus.
      - Fourth attempt..... = not permitted.
      - No mount..... = 0.5 penalty – touch board, bars or runs under (may walk under - jump HB)
      - Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
    - Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
    - One element prior to mount allowed..... = 0.2 penalty – more than one element performed.
  - Dismounts:** (sole = any part of the bottom of the foot)
    - Dismounts (designated bar) ..... = Flyway dismount must be from HB No VP, SR, No Dismount
    - Flyaway Dismounts VP..... = regardless of starting position (from handstand / cast), body position = VP.
    - No Salto (Level 6, 7, 8, 9, 10)..... = 0.5 SR. (sole circle dismount)
    - No Value Part or Restricted Element..... = 0.5 SR, 0.3 No Dismount; 0.5 R.E. (front salto from feet = "0")
    - Fall, early Termination (5 elements)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
    - Fall, no Salto (not to bottom of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
    - Fall, Salto (not to bottom of feet)..... = 0.5 SR,....., 0.5 fall. (flyaway salto to knees)
- 
- VII. **RECOGNITION OF VALUE PARTS**
- Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
  - Elements DIFFERENT, if different..... = #, body position, degree of turn, 1 or 2 arms, mount in routine.  
= legs together or apart in Saltos or Tkatchevs.
  - Elements SAME, if same # AND..... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
  - Swing to Handstand..... = within 20° of vertical = VP.
  - Cast On with Circle - Jump to HB..... = Two ("A") elements (Squat / Stoop / Straddle) + Sole Circle
  - Release Element with Fall:**
    - Grasp/touch with one/two hands..... = OK – VP / SR / Composition, No Bonus, flight requirement OK with touch.
    - No grasp or touch ..... = NO – VP / SR / Composition / Bonus, may repeat element for credit.
  - Award VP if Simultaneous..... = Hands and Bottoms of Feet at the same time.



## H. REQUIRED TECHNIQUE FOR VP RECOGNITION: 20° of Vertical = VP

1. Cast to Handstand (Lv 7-10) ... = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
2. Uprise Handstand ..... = 20° of Handstand (VP), closed shoulder angle over the bar.
3. Flight to LB Non-Hst ..... = 21° or more (VP), → 0.2 amplitude, both hands contact = completed.
4. Flight to LB Handstand ..... = 20° of Handstand (VP)
5. Clear Circle to Handstand ..... = 20° of Handstand (VP) Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)
6. Giants & L-Grip Handstand .... = 20° of Handstand (VP)
7. Upswing ½ t. .... = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", Clear Hip ½ t. prior = "A")
8. Hop Grip Change ..... = 20° Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
9. Twisting Salto Dismount ..... = 90°+ missing (Lower VP) Twist is complete when feet land

(Degree from Vertical)

### Cast Handstand (LEVEL 7-10)

0° – 10°	= 0.0	= "B" credit
11° – 20°	= 0.05	= "B" credit
21° – 30°	= 0.1	= "O" credit
31° – 45°	= 0.15 – 0.2	= "O" credit
46° +	= 0.25 – 0.3	= "O" credit

### Cast to 45° – LEVEL 6 – REQUIREMENT

0° – 45°	= 0.0	= SR credit
46° – Horizontal	= → 0.3	= SR credit
Below Horizontal	= 0.3	= NO SR

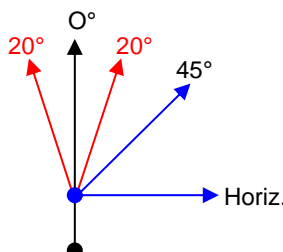
(Degree from Vertical)

### 1/1t. (Healy) or 1-1/2t.

1° – 30°	= 0.0
31° – 45°	= 0.05 – 0.15
46° +	= 0.20 – 0.30

### Dismount Saltos with Twists

1° – 44°	= 0.05 – 0.10
45° – 89°	= 0.15 – 0.20
90° +	= Lower VP



(Degree from Vertical)

### 1/2t. or 1/1t. (Non-Healy)

0° – 20°	= 0.0
21° – 30°	= 0.05 – 0.1
31° – 45°	= 0.15 – 0.2
46° +	= 0.25 – 0.3

(Degree from Vertical)

### Circle to Handstand / Uprise

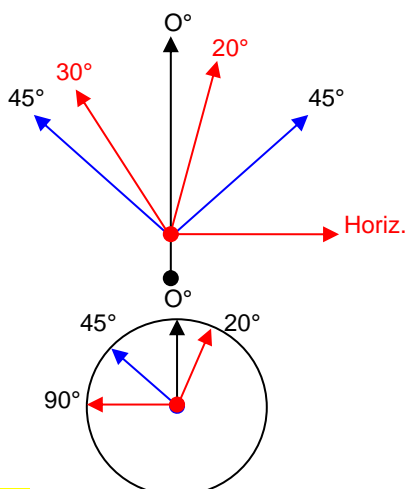
0° – 10°	= 0.0
11° – 20°	= 0.05
21° – 45°	= 0.00 Lower VP
46° – 90°	= 0.05 – 0.20 Lower VP

### Clear Hip Circle ("B") = → 0.4

45° above	= 0.0
Horizontal	= 0.3

### Flight to LB Handstand

0° – 10°	= 0.0
11° – 20°	= 0.05
21° +	= Lower VP



## I. SELECTED ELEMENT REQUIREMENTS:

1. # 1.414 (D) = Jump Extended 1/2t. LB... = Stretched with legs together (not straddled)
2. # 4.202 (B) = Back Giants..... = Accelerated Giant allowed, no vertical stretch required, split legs = OK
3. # 4.102 (A) = LB Giants..... = Legs must quickly straighten by vertical, same VP as HB
4. # 5.405 (D) = Large Release Elements... = Height above HB, at HB = .05, below HB = 0.1 - 0.2, under rotate = 0.1
5. # 3.301 (C) = LB to HB Release..... = Under rotation, rotate to full stretch = 0.1
6. # 2.205 (B) = Straddle Back..... = Flight before hands, feet may be placed after hands, touch floor = OK VP
7. # 3.203 (B) = Underswing ½ t..... = Contact LB completed at or above horizontal.
8. # 3.207 (B) = Weiler Kip..... = Forward Clear Hip to Handstand
9. # 4.406 (D) = Pak Salto..... = To Clear Support on LB, (Fall = full support on feet between LB - HB)
10. # 6.204 (B) = Back Stalder Circle..... = Shoulders to hip angle, Clear Straddle Circle to "L" support = A
11. # 8.505 (E) = Double Layout Flyaway..... = Stretch through majority of Salto
12. # 8.103 (A) = Flyaway Dismounts..... = From HB for Value Part Credit
13. # 3.401 (D) = Shaposhnikova ..... = → 0.1 backward swing does not achieve horizontal

## J. HAND GRIP DESCRIPTIONS:

- |   |                                       |
|---|---------------------------------------|
| 1. Overgrip... or Regular Grip..... = Palms Down – Knuckles Up..... | - Backward Circles                    |
| 2. Undergrip. or Reverse Grip..... = Palms Up – Knuckles Down.....  | - Forward Circles                     |
| 3. Mixed Grip..... = One Regular – One Reverse.....                 | - ½ t. Re-grasps                      |
| 4. L-Grip..... = 360° Reverse Grip .....                            | - Forward Invert Giants (Thumbs away) |
| 5. Mixed L-Grip..... = One L-Grip – One Undergrip.....              | - ½ t. Re-grasps                      |
| 6. Slip Grip..... = Regular Grip – Slide/Slip Grip.....             | - Front Giant # 5.402                 |
| 7. Cross Hand Grip..... = Regular Grip over Reverse Grip...         | - Backward Circle ½ t. Forward Circle |

## K. TURNS IN OR AFTER HANDSTAND:

- |   |                                       |
|---|---------------------------------------|
| 1. Blind Change..... ½ t..... = Turn – Chest Leading.....         | - Backward Giant ½ t. Forward Giant   |
| 2. Pirouette..... ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading..... | - Two Hand Changes                    |
| 3. Higgins Roll..... ½ t. after..... = Turn – Back Leading.....   | - To Mixed Grip (No Handstand ½ t. A) |
| 4. Healy ..... 1/1t. after..... = Turn – Back Leading.....        | - Front Giant to 1-arm 1/1t.          |

- I. **CONTENT:** Mounts, Kips, Casts, Counterswing, Underswing, Clear Hip, B./F. Giants, Stalder, Circles, Hechts, Dismounts
- II. **SPECIAL REQUIREMENTS** (0.5 each, off SV), One (1) element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA = 0.2 each
1....	One Cast..... Above Horizontal	One Cast..... 45° to Vertical	Bar Change..... (1-LB, 1-HB)	1 <sup>st</sup> Bar Change..... 2 <sup>nd</sup> Bar Change	C – Flight.....	1 <sup>st</sup> Bar Change 2 <sup>nd</sup> Bar Change
2....	Bar Change.....	B – Clear Circle.....	B – Flight / Turn.....	B – Flight.....	B – Flight.....	C – Turn
3....	Gr. 3, 6, 7..... Clear 360° Circle	A/B – Gr. 3, 6, 7.....	B – Gr. 3, 6, 7.....	C – Flight OR..... B – Turn	C – Turn.....	C or B – Flight C or D – Flight
4....	A – Salto.....	A – Salto.....	A – Salto.....	B – Salto.....	C – Salto.....	C – Salto B+B+C = - 0.1

## III. **SPECIFIC COMPOSITIONAL DEDUCTIONS** (Lv. 8, 9, 10)

Lack of Handstands or Pass thru Hst. (Lv 8)	→ 0.2
Uncharacteristic Elements	each 0.1
3/4 Forward Giant w/wo grip change	each 0.1
Dismount – Not up to Comp Level	→ 0.1
Facing Same Direction throughout (L9,10)	0.1
Choice of Elements: Requirements (L9,10)	<b>No Dismt.</b>
1. Forward Element (Circle or Release)	0 / 3 = 0.2
2. Element from Groups 3 / 6 / 7)	1 / 3 = 0.1
3. <b>C-Turn with or without Flight</b>	2 / 3 = 0.0
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1
Releases – Not up to Comp. Level (L10)	→ 0.2
Lack of 2 Bar Changes (L10)	0.2

## V. **SPECIFIC EXECUTION DEDUCTIONS**

Angle of Flight to LB Handstand (11°-20°)	0.05
Angle of Circle to Handstand	→ 0.2
Angle of Cast to Handstand	→ 0.3
Angle of Circle Hip Circle Elements	→ 0.4
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3
Hesitation in Jump, Swing to Handstand	→ 0.1
Precision of Handstand Positions thruout	→ 0.1
Insufficient Extension of Glide/Swing to Kip	→ 0.1
Incorrect Posture on Landing	→ 0.2
Insufficient Amplitude of Elements	→ 0.2
Insufficient Stretch (Arch / Pike)	→ 0.2
Insufficient Ext (Open) prior to Landing	→ 0.3
Insufficient Height of Salto Dismounts	→ 0.3
Swing Forward Under Horizontal	→ 0.1
Swing Backward Under Horizontal	→ 0.1
Under-Rotation of Release Elements	→ 0.1
Landing Too Close to Bars Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Hit Foot on Apparatus	0.2
Trunk Movement to Control Landings	→ 0.2
Hit Foot on Mat	0.3
Grasp Apparatus to Avoid a Fall	0.3
Land in foam pit (No VP, SR, Bonus)	0.3

## IV. **SPECIFIC EXECUTION DEDUCTIONS**

Failure to Remove Board / Spotting Block	(CJ) 0.3
3 <sup>rd</sup> Run to approach mount (each judge)	0.5
Insufficient Dynamics	→ 0.2
* Insufficient Swingful Execution thruout	
* Energy Not Maintained thruout	
* Failure to Make Difficult Look Effortless	
Poor Rhythm in Elements	→ 0.1
Intermediate (Extra) Swing/Cast ( <b>max. 0.5</b> )	0.3

- I. **CONNECTION VALUE** – without Fall, Spot or Extra swing between elements, CV Rules.

## II. **CONNECTION VALUE (CV) PRINCIPLES**

**NCAA: +0.1 CV = Same Bar “D” or Any “E” Release**

### A. **Flight Criteria:**

- LB → HB or HB → LB
- Counter flight, Vault or Salto → same or other bar
- Release Hop → Change Grip, completed within 20° of handstand
- Flight Exceptions: straddle cut # 1.204, giant hop 1/1t. # 4.402, swing 1/1t. # 2.204, cast 1/1t. # 2.304.

**Level 10** “C” elements must have Flight or Turn, all “C, D, E” mounts and dismounts may be used for CV  
 C + C = 0.1..... Both elements..... WITH \*\*..... Turn or Flight, \*\* Gr. 3,6,7 different elements – Turn / Flight not required  
 C + D = 0.1..... “C” elements..... WITHOUT.... Turn or Flight, when connected to “D/E” elements.  
 D + D = 0.2..... “D/E” elements..... Turn or Flight, not required.

### B. **Level 9** “D/E” element will be considered as “C” elements for CV – Maximum of ONE Restricted “D/E” allowed.

C + C = 0.1..... ONE element..... WITHOUT.... Turn or Flight.  
 C + C = 0.1..... Both elements..... WITHOUT.... Turn or Flight, “C” elements must be different.  
 C + C = 0.2..... Both elements..... WITH..... Turn or Flight.

### C. **Direct Connections:** Swing between elements...

- ¾ Forward Giant..... – hop change grip = “O” VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
- Forward Giant to 20° of vertical... – hop change grip = “C” VP, OK CV, No composition deduction.

## III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same (“D”) or (“E”) one (D/E) Bonus.

## IV. **ADDITIONAL BONUS +0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one (“E”) element.

## V. **BONUS RESTRICTIONS:** Fall / Spot, Extra swing, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

**LEVEL 10 Difficulty Restrictions** - no Difficulty Restrictions**LEVEL 9 Difficulty Restrictions**

- a. Only ("A") / ("B") / ("C") elements and any ("B") or ("C") with a Full Pirouette ("D's")
- b. Maximum of One (1) Restricted ("D") / ("E").
- c. All allowable ("D") / ("E") elements:  
("C") VP, SR awarded, ("C") in (CV), No ("D/E").
- d. Only first Restricted ("D") / ("E") element may be used.
- e. Any Other Restricted ("D") or ("E") element performed or attempted:  
No VP, No SR, Deduct 0.50 from SV
- f. Execution and Amplitude deductions applied.

**LEVEL 8 Difficulty Restrictions**

- a. Only ("A") and ("B") elements and any number of selected ("C") elements are allowed:
  - 1) #2.301 ("C") Cast to Handstand ½ (180°) Turn
  - 2) #3.304 ("C") Clear Hip Circle to Handstand
  - 3) #3.305 ("C") Clear Hip Circle to Handstand ½ (180°) Turn
  - 4) #6.304 ("C") Back Stalder Circle to Handstand
  - 5) #6.304 ("C") Back Stalder Circle to Handstand ½ (180°) Turn
  - 6) #7.309 ("C") Sole Circle Backward to Handstand
  - 7) #7.309 ("C") Sole Circle Backward to Handstand ½ (180°) Turn

**NOTE:** #4.204 ("B") Underswing ½ t., from HB Handstand, = Restricted ("C") (#4.304).  
#2.205 ("B") Counterswing, Straddle Back to LB Handstand = Restricted ("C") (#2.305).
- b. Maximum of One (1) Restricted ("C") element.
- c. All allowable ("C") elements:  
("B") VP awarded, SR awarded.
- d. Only the first Restricted ("C") element in the exercise may be used:  
("B") VP, SR awarded
- e. Any Other Restricted ("C") or any ("D") / ("E") performed or attempted  
No VP, No SR, Deduct 0.50 from SV.
- f. Execution and Amplitude deductions.

**LEVEL 7 Difficulty Restrictions**

- a. Only ("A") and ("B") elements, and any number selected ("C") elements are allowed:
  - 1) #2.301 ("C") Cast to Handstand with ½ (180°) Turn
  - 2) #3.304 ("C") Clear Hip Circle to Handstand
  - 3) #3.305 ("C") Clear Hip Circle to Handstand ½ (180°) Turn
  - 4) #6.304 ("C") Back Stalder Circle to Handstand
  - 5) #6.304 ("C") Back Stalder Circle to Handstand ½ (180°) Turn
  - 6) #7.309 ("C") Sole Circle Backward to Handstand
  - 7) #7.309 ("C") Sole Circle Backward to Handstand ½ (180°) Turn
- b. All allowable ("C") elements:  
("B") VP awarded, SR awarded.
- c. Any other Restricted ("C") or any ("D") / ("E") element performed or attempted  
No VP, No SR, Deduct 0.50 from SV.
- d. Execution and Amplitude deductions would be applied

**LEVEL 6 Difficulty Restrictions**

- a. Only ("A") and ("B") elements and  
ONE (1) of the following selected ("C") elements are allowed:
  - 1) #3.304 ("C") Clear Hip Circle to Handstand
  - 2) #6.304 ("C") Back Stalder Circle to Handstand
  - 3) #7.309 ("C") Pike Sole Circle Backward to Handstand
- b. All allowable ("C") elements:  
("B") VP awarded, SR awarded.
- c. Any other ("C") / ("D") / ("E") element that is performed or attempted  
No VP, No SR, Deduct 0.50 from SV.
- d. Flight / Release elements that transfer from HB → LB or LB → HB are not allowed, regardless of value.
- e. Execution and Amplitude deductions would be applied

I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions

- A. Padded Beam / Height... 100 – 125 cm  $\pm$  1 cm, all levels, all ages..... wrong specifications... = 0.3 CJ
- B. Base Mat..... = on floor or stable surface.
- C. Chalk Marks..... = allowed to place small marks on beam, no tape.
- D. Skill Cushions..... = max. 9 inches on 9" landing mat..... unauthorized mats..... = 0.3 CJ
- Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
- E. **Mats for Mounts**..... = no plywood allowed under board (**NCAA OK**)..... unauthorized mats..... = 0.3 CJ
  - 1. without board..... = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
  - 2. with..... board..... = 9" landing mats + sting or 4 inch throw mat (board/mat must be removed)

II. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**
  - 1. 30 second period.... = does not include settings, warning – time exceeded.....(team/event)..... = 0.2 CJ
  - 2. Prior to competing... = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
- B. **Timing Exercise:**
  - 1. Level 8 / 9 / 10..... = 1:30, warning at 1:20
  - Level 7..... = 1:20, warning at 1:10
  - Level 6..... = 1:15, warning at 1:05
  - 2. Start..... = take off from the board or floor.
  - Stop..... = each fall off or when dismount arrives on the floor.
  - 3. Overtime..... = if landing after time signal, continue to judge, award elements (< 1:31 OK) ... = 0.1 CJ (notify)
  - 4. Signal / Device..... = bell, whistle, gong, or audible verbal "warning" and "time", CJ must review.
  - 5. Short Exercise..... = < 30 seconds; missing VP, SR, if no dismount, (**Ex:** 10 SV Lv 6 = 0.5 CJ) ... = 2.0 CJ
- C. **Timing Falls:**
  - 1. Remount..... = **45 second time period.**
  - Start..... = contact the floor.
  - Stop..... = feet leaves the floor, short period to resume.
  - 2. Fall time exceeded: = terminated.
  - 3. Warnings..... = "20 seconds remaining" and "10 seconds remaining" and "Time"
  - 4. Remount & Fall..... = prior to resuming the timing of the routine..... = 0.5 Fall
  - 5. Warm-up after fall... = performs element on mat after a fall, no warning, additional warm-up..... = 0.2 CJ

III. **SPOTTING REGULATIONS**

- A. Coach touches or assists with element:..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount
- B. Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.
- C. Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
- D. Coach catches falling gymnast..... = 0.5 fall only.
- E. Gymnast inadvertently touches the coach.... = no penalty.
- F. Coach may stand next to beam (1 element).. = 0.1 CJ, if coach remains throughout routine.
- G. Coach must use manufactured device..... = 0.3 CJ, does not remove spotting device (may not use chair).

IV. **MOUNT AND DISMOUNT REGULATIONS**

- A. **Mounts:**
    - 1. May stand on board..... = or 8 inch skill cushion without board.
    - 2. Mats allowed for mounts..... = described in Apparatus Specifications (Beam I.E.).
    - 3. Mounting apparatus must be removed... = 0.3 CJ – board not removed after mount / spotting.
    - 4. One element prior to mount allowed..... = 0.2 Each Judge – more than one element performed.
    - 5. Mount Attempts:
      - a. Balk (2 allowed)..... = did NOT touch board, beam or run under the beam.
      - b. Third attempt..... = 0.5 penalty, OK Bonus.
      - c. Fourth attempt..... = not permitted.
      - d. No mount..... = 0.5 penalty – touch board, beam or runs under the beam.
      - e. Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
  - B. **Dismounts:**
    - 1. Dismount after "time" signal..... = elements will be evaluated.
    - 2. Dismount with Hand Support (Lv 7-10) = Ok VP, 0.5 SR. (handspring 1/1t.)
    - 3. Dismount with No Value / Restricted.... = No VP, 0.5 SR, 0.3 No Dismount. 0.5 RE (jump straddle)
    - 4. Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not remount)
    - 5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → no salto)
    - 5b. Fall, Salto (not to soles of feet first)..... = No VP, 0.5 SR..... 0.5 Fall. (roundoff → salto to knees)
- Elements with Fall:**
- 1. With bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on 2<sup>nd</sup> element of series = OK SR.
  - 2. Without bottom of feet on beam..... = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on 2<sup>nd</sup> element of series = NO SR.
  - 3. Dismount landing not feet first..... = 0.5 Fall, NO VP / NO Bonus / NO SR, if no salto action = 0.3 No Dismount.

V. **RECOGNITION OF VALUE PARTS** – (Root Skill Variation = VP)

- A. Any VP may be used 2 times for VP..... = in different connection (preceded / followed by different element).
- B. Elements DIFFERENT, if different..... = #, body position, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs.
- C. Elements SAME, if same # AND..... = delete or add flic-flac in connection, different leg positions.
- D. VP Credit with a Fall ..... = complete (contact top of BB), incomplete (no contact), no bottom of feet first.

E. **REQUIRED TECHNIQUE FOR VP RECOGNITION - GENERAL ELEMENT TECHNIQUE**

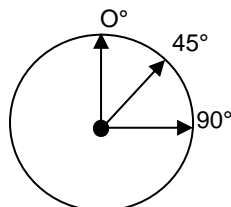
1. Turns/Jumps  $1/1t + \dots = \text{more than } \frac{1}{2} \text{ way} = \text{Greater VP credit}$
2. Turns/Jumps with  $< 1/1t \dots = 1^\circ - 44^\circ (0.05 - 0.1), 45^\circ - 89^\circ (0.15 - 0.2), 90^\circ + \text{Lower VP}$
3. Holds (Scales)..... = Less than 2 second hold = Lower VP
4. Leaps and Jumps..... =  $1^\circ - 20^\circ (0.05 - 0.1), 21^\circ - 45^\circ (0.15 - 0.2), 90^\circ + \text{Lower VP}, 180^\circ \text{ Split}$
5. Flight Elements..... = Hands and Feet free of beam = Flight
6. Salto with Twists..... =  $1^\circ - 44^\circ (0.05 - 0.1), 45^\circ - 89^\circ (0.15 - 0.2), 90^\circ + \text{Lower VP (Hands \& Feet = OK)}$

**Dance Turns – Saltos with Twists**

$1^\circ - 44^\circ = 0.05 - 0.1$

$45^\circ - 89^\circ = 0.15 - 0.2$

$90^\circ + \dots = \text{Lesser VP}$



➤ Turn is complete when heel drops.

➤ Twist is complete when feet land.

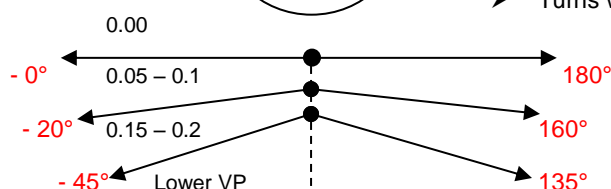
➤ Turns w/ less than  $360^\circ = 1^\circ \text{ past } \frac{1}{2} \text{ way}$

**Split Positions**

$1^\circ - 20^\circ = 0.05 - 0.1$

$21^\circ - 45^\circ = 0.15 - 0.2$

$46^\circ + \dots = \text{Lower VP}$

7. **SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS**

- a. ....Handstand Mounts..... = Vertical leg position, hips over shoulders, balanced, no hold req.
- b. # 2.110 (A) – Tuck Jump..... = Knees at or above horizontal, Knee angle  $90^\circ$ .
- c. # 2.111 (A) – Wolf Hop / Jump..... = Leg and Thigh above horizontal, knees together.
- d. # 2.102 (B) – Split Jump vs. # 2.107 Sissone = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing,  $180^\circ$ ; parallel vs. diagonal
- e. # 2.202 (B) – Straddle / Side Split..... = Cross position = B; Side position = C
- f. # 2.206 (B) – Pike Jump – cross..... =  $90^\circ$  closure required.
- g. # 2.305 (C) – Switch Leg Leap..... = Deduct  $\rightarrow 0.1 < 45^\circ$  lead leg, insufficient height of swing leg
- h. # 2.307 (C) – Ring Leap/Jump, Stag-Ring.... = Head release past vertical line, rear leg near top of head.
- i. # 2.405 (D) – Switch Side Leap..... = Deduct  $\rightarrow 0.1 < 45^\circ$ , stag lead leg = C side leap,  $< 135^\circ = \text{A leap}$ .
- j. # 2.407 (D) – Sheep Jump..... = Head release past vertical line, rear leg near top of head.
- k. # 3.303 (C) – Full Turn - Leg at Horizontal.... =  $45^\circ$  to lift leg and maintained at horizontal, no hand support.
- l. # 5.306 (C) – Reverse Planche..... = Legs in same plane, together or straddled, overarch = B.
- m. # 7.310 (C) – Flic  $\frac{1}{4}$  t. Handstand..... = Flight to Handstand, no flight = lower VP.  
# 7.410 (D) – Flic  $\frac{1}{4}$  t. Handstand..... = Flight to Handstand, no flight = lower VP.
- n. # 7.312 (C) – Tuck Chen Flic..... =  $90^\circ$  hip angle,  $90^\circ$  knee angle, open to swing down.
- o. # 7.505 (E) – Side Aerial to Scale..... = 2 second hold; minimum horizontal
- p. # 8.402 (D) – Side Salto..... = Lift  $\frac{1}{4}$  t. before salto – side landing.
- q. # 8.504 (E) – Layout Salto to 2 feet..... = Good height, stretched past vertical, pike down  $\rightarrow 0.2$
- r. # 9.209 (B) – Gainer Back Salto (off the end) = facing outward, reverse dive salto, directional error  $\rightarrow 0.3$

**Tuck Jump**

- Insufficient tuck position.....  $\rightarrow 0.2$
- Hips greater than  $135^\circ$ ..... Straight Jump

**Wolf Jump**

- Leg below horizontal.....  $\rightarrow 0.1$  each
- Hips greater than  $135^\circ$ ..... Straight Jump

**Side Split or Straddle Jump**

- Insufficient Split.....  $\rightarrow 0.2$
- Legs not parallel to beam/floor....  $\rightarrow 0.2$
- Straddle: Legs not at horizontal...  $\rightarrow 0.1$  each
- Less than  $135^\circ$ ..... Different Element

**Switch-Leg Leap**

- Insufficient Split after leg change  $\rightarrow 0.2$
- Lead Leg less than  $45^\circ$ ..... Split Leap
- Less than  $135^\circ$ split ..... Different Element

**Sheep Jump**

- Feet at shoulder / upper back.....  $\rightarrow 0.1$
- Insufficient Arch.....  $\rightarrow 0.1$
- No head release..... "A" Jump

**Pike Jump**

- Insufficient pike position.....  $\rightarrow 0.2$
- Hips greater than  $135^\circ$ ..... Straight Jump

**Cat Leap**

- Failure to reach horizontal.....  $\rightarrow 0.1$  each leg
- Incorrect leg position (knee bend).....  $\rightarrow 0.2$
- Lack of alternate leg lift..... Tuck Jump

**Sissone / Split Jump**

- Insufficient split position.....  $\rightarrow 0.2$
- Legs not parallel to floor (split jump)...  $\rightarrow 0.2$
- Less than  $135^\circ$  split ..... Different Element
- Sissone - front leg less than  $45^\circ$ ....  $\rightarrow 0.1$

**Ring Leap / Jump**

- Rear foot at shoulder height.....  $\rightarrow 0.1$
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than  $45^\circ$ .....  $\rightarrow 0.1$
- No Head Release..... Different Element
- Insufficient Arch.....  $\rightarrow 0.1$



- I. **CONTENT:** Acrobatic with/without flight F/ S/ B; turns, leaps/jumps/hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	Acro Series..... without Flight or (1) Acro Flight (solo / series)	Acro Series..... w or w/o Flight + (1) Acro Flight (solo / series)	Acro Series..... (1) Flight	Acro Series..... (2) Flight	Acro Series..... (2) Flight, (1) C (Group 7) A + E	Acro Series (Mt OK) (2) Flight, (1) C (Group 7) A + E 180° Leap/Jump
2.....	180° Leap/Jump.....	180° Leap/Jump.....	180° Leap/Jump.....	180° Leap/Jump.....	180° Leap/Jump.....	Dance/Mixed Series With (1) C-Dance
3.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn.....	Full Turn
4.....	A – Dismount..... Aerial / Salto	A – Dismount..... Aerial / Salto	A – Dismount..... Aerial / Salto	B – Dismount..... Aerial / Salto	C – Dismount..... C Flt / C Dance → B Flt series w/ C → B	C – Dismount D → B

- III. **CLARIFICATIONS REGARDING SERIES** – plie / straighten / plie between elements / = breaks dance series
- A. **Direct Connection**
- 1) Back / Side to Back Acro Series – slow, no immediate takeoff, arms at thigh or lower after landing.
  - 2) → 0.2 Non Flight Acro, F/S Flight, Counter-flight Series – continuous but slow
  - 3) → 0.2 Dance or Mixed Series – free leg drops/lifts or truck stops forward movement = broken
  - 4) Broken: stop, delay, balance, extra step / hop / jump, reposition leg(s), pivot, acro free leg above 45°
- B. **Non-Connectable** Series: (Flic Flac step-out → Roundoff), step through allows series to be connected.
- C. **Repetition** Failure Series: 3<sup>rd</sup> performance of VP = No VP, No series; if VP = 0 may be repeated for VP credit.

IV. **SPECIFIC COMPOSITIONAL DEDUCTIONS (Lv 8 / 9 / 10)**

More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Strad. Shapes	ea 0.1
Dance – Not up to Competitive Level	→ 0.2
Acro – Not up to Competitive Level	→ 0.2
Dismount – Not up to Competition Level	→ 0.1
Insufficient Level Changes	→ 0.1
Insufficient Use Entire Beam (Space)	→ 0.1
Choreography in Different Directions (F/S/B)	→ 0.1
Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2
Acro 2 Directions – Back & Forward/Sideward	0.1
(Groups: 1, 6, 7, 8) If only in Dismount	0.05

I. **SPECIFIC EXECUTION DEDUCTIONS**

3 <sup>rd</sup> Run to approach mount (each judge)	0.5
Insufficient Dynamics (thruout)	→ 0.2
Artistry: Original Choreography	→ 0.1
Artistry: Movement Reflects Personal Style	→ 0.1
Artistry: Quality of Expression	→ 0.1
Failure to perform VP Turns on High Relevé	→ 0.1
Concentration Pause (2 seconds)	ea. 0.1
Concentration Pause (more than 2 sec.)	ea. 0.2
Hesitation in Jump, Swing, Press Handstand	→ 0.1

I. **SPECIFIC EXECUTION DEDUCTIONS**

Insufficient Variation Rhythm/Tempo (thruout)	→ 0.2
Rhythm in Acro / Dance / Mixed Connections	→ 0.2
Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.2
Relax/Incorrect Leg/Post./Flex. (non-VP thruout)	→ 0.3
Insufficient Sureness of Performance	→ 0.2
Insufficient Split - Required (Dance / Acro)	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights, Aerials, Saltos	→ 0.2
Insufficient Height of Salto Dismounts	→ 0.3
Insufficient Ext (Open) prior to Acro/Dismount	→ 0.3
Dance - Lack of Precision in Dance VP	→ 0.1
Dance - failure to land 2 feet together (side)	→ 0.1
Dance - Incorrect Body Posture	→ 0.1
Dance - Legs not Parallel- Split/Straddle Pike	→ 0.2
Landing Too Close to Beam on Dismount	0.1
Support of 1 leg against side of Beam	0.2
Touch / Brush Landing Surface (1 or 2 hands)	→ 0.3
Incorrect Body Posture on Landings	→ 0.2
Trunk Movement to Control Dismount Landing	→ 0.2
Trunk Movement to Balance Elements on Beam	→ 0.3
Grasp Beam to Avoid a Fall	0.3
Squat on Landing + fall	→ 0.3
Direction of Gainer Dismount of the End	→ 0.3
Supplemental Support - contact Mat or Board	0.3
Land dismount in foam pit (No VP, SR)	0.3

- I. **CONNECTION VALUE:** Dance and Arco Flight VP elements directly connected, placed in any order.

II. **CONNECTION VALUE (CV) PRINCIPLES**

**TWO - ACRO FLIGHT ELEMENTS** – Including mounts

$$\begin{aligned} B + C \text{ Salto / Lv 9 Aerial} & B + D = 0.2 \\ (\text{no mount / dismount}) & B + E = 0.2 \\ & C + C = 0.2 \end{aligned}$$

**THREE - ACRO FLIGHT ELEMENTS** – Including mounts & dismounts

$$\begin{aligned} B + B + C = 0.1 & B + B + D = 0.2 \\ & B + C + C = 0.2 \\ & B + C + D = 0.2 \end{aligned}$$

**NCAA No B + C Salto connection**

Flic, Flic 2 ft., Gainer or Swing Down

0.0 = Flic, Layout Step-out or Front Aerial

0.1 = Flic, Layout to 2 feet, Pike Down

0.1 = Flic, Flic, Layout Step-out combos

**0.1 = B-Arco → C-Dismount**

**0.1 = D-Dance → C-Dismount**

**+0.1 CV (3 Acro with Salto/Aerial or D/E element) NO Dismount**

**TWO DANCE OR DANCE/ACRO FLIGHT ELEMENTS** – Including Mounts

$$\begin{aligned} A + D = 0.1 & B + D = 0.2 \\ B + C = 0.1 & C + D = 0.2 \\ & C + C = 0.2 \end{aligned}$$

0.2 = Dance ("B") + Layout Step-out

0.1 = Dance ("A") + Layout Step-out

**TWO TURNS** A + C = 0.1

- III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E") one (D/E) Bonus.

- IV. **ADDITIONAL BONUS + 0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one ("E") element.

- V. **BONUS RESTRICTIONS:** Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.



	<b>(“C”) Value Part</b>	<b>(“D/E”) Value Part</b>
<b>LEVEL 10</b>	No Restrictions	No Restrictions
<b>LEVEL 9</b>	No Restrictions	<ul style="list-style-type: none"> <li>Any (“D/E”) Dance Elements</li> <li>One Acro (“D/E”) Element (includes Mount / Dismount)</li> <li>Count as (“C”) Value Parts</li> </ul>
<b>LEVEL 8</b>	<ul style="list-style-type: none"> <li>Any (“C”) Dance Elements</li> <li>One Acro (“C”) Element (includes Mount / Dismount)</li> <li>Count as (“B”) Value Parts</li> </ul>	Restricted Elements
<b>LEVEL 7</b>	<ul style="list-style-type: none"> <li>One (“C”) Dance Element</li> <li>Count as (“B”) Value Part</li> </ul>	Restricted Elements
<b>LEVEL 6</b>	Restricted Elements	Restricted Elements

**Guidelines for LEVEL Restrictions:**

- a. LEVELS allowing One (1) Restricted Element (refer to chart)  
May use an Acro, Mount or Dismount element.
- b. Allowable Elements:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded
  - 3) LEVEL 9 only: (“C”) element in (CV) Bonus.
  - 4) No (D/E) Bonus is possible.
- c. Only the first Restricted Element may be used:
  - 1) Value-Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
- d. Any Other Restricted Element that is performed or attempted
  - 1) No Value-Part credit.
  - 2) No Special Requirements credit.
  - 3) Deduct 0.50 from SV for Restricted element.
- e. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.

## USAG UNEVEN BARS

A = 100		B = 200		C = 300	
MOUNTS		MOUNTS		MOUNTS	
1.101	Kip LB / Reverse Grip / Glide 1/2t. Kip	1.201	Kip --> catch HB, Kip --> 1/2t. catch HB	1.301	Kip --> 1/1t. catch HB
1.102	Jump 1/2t. Kip LB	1.202	Jump 1/2t. Kip --> HB / --> 1/2t. HB, 1/2t. Back Kip	1.302	Jump 1/2t. Kip --> 1/1t. HB
1.103		1.203	Jump 1/1t. Kip LB	1.303	Jump 1/1t. Kip --> Catch HB
1.104	Stoop (Sit) / Back Kip, LB --> HB, --> 1/2t.	1.204	Kip Cut Catch, Stoop/Strad (Clear) LB -->HB, -->1/2t.	1.304	Stoop LB --> Cut Catch HB / Stoop 1/1t. --> HB
1.105		1.205	Reverse Kip / LB -->catch HB	1.305	
1.106	Jump to HB - Kip / Reverse Grip / Drop to LB	1.206	HB - Jump 1/2t. Kip / Free Jump 1/2t. --> LB to HB	1.306	Jump 1/2t. over LB --> Kip to HB
1.107	Jump 1/2t. - 1/1t. HB hang	1.207		1.307	Jump F. Salto - HB hang; <b>HB - B. Salto Tuck/Strad --&gt; LB</b>
1.108	Squat or Straddle Vault LB --> HB	1.208	Free Straddle or Tuck over LB --> HB	1.308	Jump Free Straddle LB --> 1/2t. (free) to L-grip HB
1.109		1.209	Hecht Jump (legs together) LB --> HB	1.309	
1.110		1.210		1.310	Front Salto --> LB sit, LB L-Hang
1.111		1.211	Roundoff Straddle over LB	1.311	Roundoff over LB --> HB hang
1.112		1.212		1.312	
1.113		1.213		1.313	
1.114		1.214	Jump Bent Hip Handstand - LB	1.314	Jump Bent Hip Handstand LB - 1/2t.
1.115		1.215	Jump HB - Underswing 1/2t. --> LB	1.315	Jump HB - Clear Hip to Handstand (Rev, Mix, Reg)
1.116		1.216		1.316	
CAST & UPRISES		CAST & UPRISES		CAST & UPRISES	
2.101	Cast to 21° - 45° with 1/2t.	2.201	Cast Handstand bent / extend	2.301	<b>Cast Handstand (bent/ext.)</b> - Hop Rev., 1/2t., <b>1/1t. Healy**</b>
2.102	Cast Squat, Stoop, Straddle on LB --> HB	2.202	Cast Free Straddle LB --> HB, Free Stoop 1/2t. HB	2.302	HB - Uprise Straddle or Rear Vault --> over HB ( <b>Schier</b> )
2.103		2.203	HB - Uprise to Clear / Turning 1/2t. Uprise to Clear	2.303	HB - Uprise Handstand, <b>Uprise 1/2t.**</b> , <b>1/1t. Healy **</b>
2.104		2.204	HB - Swing 1/1t. Hang HB	2.304	HB - Cast 1/1t. hang ( <b>Caslavska Pirouette</b> )
2.105		2.205	HB - Counterswing Straddle / Pike Back --> LB	2.305	HB - Counterswing --> LB Handstand, 1/2t. IN
2.106		2.206	<b>(no counter swing - from D/E release = C)</b>	2.306	HB - Counterswing Front Salto 1/2t. --> LB clear ( <b>Pritchard</b> )
UNDERSWINGS & CLEAR HIP		UNDERSWINGS & CLEAR HIP		UNDERSWINGS & CLEAR HIP	
3.101		3.201	LB - Underswing / Clear 1/2t. --> HB hang	3.301	LB - Clear Swing --> F. Counter to HB, --> 1/2t
3.102	HB - Underswing 1/2t. hang	3.202	HB - Underswing / Clear 1/2t. Flair, 1/2t. Clear	3.302	Underswing / Clear 1-1/2t. hang
3.103		3.203	HB - Underswing (toe-on) 1/2t. --> LB	3.303	HB Handstand Underswing (toe-on) 1/2t. --> LB
3.104		3.204	Clear Back Hip Circle	3.304	<b>Clear Hip Handstand</b>
3.105		3.205		3.305	<b>Clear Hip Handstand 1/2t. IN, 1/2t. Higgins, 1/1t. Healy**</b>
3.106	HB Inverted Pike swing - dislocate hang	3.206		3.306	HB - Inverted Pike Dislocate, Hop Hst., --> LB ( <b>Schleudern</b> )
3.107		3.207	Clear Hip Forw. - above horz. (Weiler Kip) <b>bent hip ok</b>	3.306	HB - Dislocate Underswing 1/2t. --> LB ( <b>Tai</b> )
3.108		3.208		3.308	
BACK GIANTS		BACK GIANTS		BACK GIANTS	
4.101	HB - Back Swing 1/2t. @ Horiz. - 45° Vertical	4.201	HB - Back Swing 1/1t. @ horizontal, L-grip	4.301	HB - Back Swing 1-1/2t. @ 45o vertical
		4.201	<b>HB - Swing 1/2 t. to 21 - 44° from Vertical</b>		
4.102	HB - Long Hang Pullover, LB Back Giant	4.202	HB - Back Giant, Cross ( <b>Dussier</b> ), Bent, One-arm ( <b>Liu</b> )	4.302	HB - Back Giant Hop IN - Grip Change
4.103	(Note: all LB Giants with extended	4.203	LB - Back Giant 1/2t. Handstand	4.303	HB - Giant 1/2t., 1/2t.-1/2t., <b>1/1t. Healy **</b> , LB 1/1t.( <b>Borkan</b> )
4.104	body & legs = HB Giant values)	4.204	HB - Bail Swing 1/2t. --> LB (from D/E release = C)	4.304	HB - Handstand Bail Swing 1/2t. --> LB
4.105		4.205	catch with extended body at horizontal	4.305	
4.206		4.206		4.306	<b>HB - B. Salto T./Str. --&gt; LB/Clear, 1/2t. --&gt; LB mix (Cullinan)</b>
4.207		4.207		4.307	LB - B. Giant 1/2t. Tuck --> HB hang ( <b>Laumann</b> )
FRONT GIANTS		FRONT GIANTS		FRONT GIANTS	
5.101		5.201	HB - Handstand Front Giant 1/1t. @ horizontal	5.301	
5.102		5.202	LB - Front Giant, 1/2t. (handstand to handstand)	5.302	HB - Front Giant, HOP, 1/2t., <b>1/1t. Healy **</b> , LB 1/1t.
5.103		5.203		5.303	HB - Front Giant (reg./rev.) --> over LB
5.104		5.204		5.304	HB - B. Giant (cross grip) 1/2t. Front Giant, 1/2t. ( <b>Shahaf</b> )
5.105		5.205		5.305	LB - Front Giant --> Front Salto HB
5.106		5.206		5.306	HB - F. Giant (rev.) Free stoop/str. 1/2t. HB ( <b>Wenning/Volpi</b> )
5.107		5.207		5.307	
STALDERS		STALDERS		STALDERS	
6.101	Clear Straddle Forward - Clear Straddle Support	6.201	Clear Straddle Forward to Clear Support	6.301	<b>F. Stalder**, 1/2t. IN**, 1/1t. Healy **</b> , Kip Str. 1/2t.( <b>Chow</b> )
6.102		6.202	Clear Straddle Back HB --> LB, 1/2t. Catch HB	6.302	HB - Clear Straddle Circle Forward --> over LB
6.103		6.203		6.303	Front Stalder (L-Grip) to Clear Support
6.104	Clear Straddle Back - Clear "L" Support	6.204	Back Stalder Circle - Clear Support	6.304	<b>Back Stalder**, 1/2t. IN**, 1/1t. Healy **</b>
6.105		6.205		6.305	LB - Back Stalder Release --> HB ( <b>Ray</b> ), Hecht --> HB
CIRCLES & HECHTS		CIRCLES & HECHTS		CIRCLES & HECHTS	
7.101	Hip Circle F/B (with or without support)	7.201		7.301	LB - Clear Hip Hecht --> HB, -->1/2t.
7.102	Free Back Hip "false pop" -> regrasp bar	7.202	LB - Back Hip --> free straddle to sit ( <b>Korbut</b> )	7.302	<b>Removed Back Hip Circle Hecht</b>
7.103	Sole Circles F/B, Tuck/Pike, LB -->HB	7.203	HB - Piked Back Sole Circle --> LB stand	7.303	
7.104	Front Seat Circle / LB --> HB	7.204	LB - Front Seat --> 1/2t., HB Stoop ->1/2t. / P. Salto	7.304	
7.105		7.205	Front Seat Circle --> Straddle Cut Catch	7.305	HB - (F/B) Pike Cut --> LB, LB - F. Seat --> Cut HB
7.106	Back Seat Circle / LB --> HB	7.206	LB - Back Seat --> 1/2t. HB, HB - Back Seat --> LB	7.306	HB - Clear Back Pike Circle - Clear ( <b>Steinmann circle</b> )
7.107		7.207		7.307	
7.108		7.208		7.308	Front Pike Sole Circle - Handstand, 1/2t. IN, <b>1/1t. Healy **</b>
7.109		7.209	Piked Back Sole Circle - Clear Support (toe on-off)	7.309	<b>Back Pike Sole Circle - Handstand, 1/2t. IN, 1/1t. Healy **</b>
7.110		7.210		7.310	LB - B. Pike Sole Circle --> Counter HB, 1/2t. ( <b>Reinhardt</b> )
7.111		7.211		7.311	<b>1/1t. Healy, Uprise 1/2t.** = D (NCAA)</b>
7.112		7.212		7.312	<b>Stalder, Stalder 1/2t.** = D (NCAA)</b>
7.113		7.213		7.313	LB - Clear Back Pike --> Hecht / Counter to HB
		7.213	Clear Back Pike Circle - Clear Pike Support	7.313	<b>Clear Back Pike Circle - Disengage to Horizontal or above</b>
DISMOUNTS		DISMOUNTS		DISMOUNTS	
8.101	HB - Toe-on or Clear, 1/2t., 1/1t.	8.201	HB - Toe-on or Clear 1-1/2t., 2/1t.	8.301	HB - Toe-on or Clear Front Salto T/P, 1/2t.
8.102		8.202		8.302	Underswing / Clear 1/2t. B. Salto T/P ( <b>Comaneci</b> )
8.103	From HB - Flyaway - Back Salto T / P / S	8.203	Flyaway - Back Salto T/P/S, 1/2t., 1/1t.	8.303	Flyaway - B. Salto T/P/S 1-1/2t., <b>2/1t. = D (NCAA)</b>
8.104		8.204		8.304	Double Back Salto - Tuck or Pike
8.105		8.205		8.305	
8.106		8.206		8.307	F. Giant - Salto Tucked 1-1/2t.
8.107	HB - F.Giant - F. Salto T/P/S	8.207	Clear Front Straddle / Giant - Front Salto 1/2t., 1/1t.	8.307	F. Giant - Salto Layout ( <b>Pechstein</b> ) <b>1-1/2t.= D, 2/1t.= E (NCAA)</b>
8.108	(allowed to counterswing into Front Salto)	8.208	Hecht or Clear Hecht	8.308	Hecht 1/1t. or Clear Hecht 1/1t.
8.109		8.209	Cast Near Handstand - F. Salto Tuck	8.309	Cast Near Handstand - F. Salto Pike, B. Salto T/P
8.110		8.210	Straddle Cut --> Whip-Salto ( <b>Tanac</b> ) T/P/S (LB/HB)	8.310	Clear Hip / Giant - B. Salto ( <b>Gonzales</b> ), Tanac 1/1t., 1-1/2t.
				8.310	Back Giant 1/2t. - Back Salto Tuck

## USAG UNEVEN BARS

D = 400		E = 500	
MOUNTS		MOUNTS	
1.401		1.501	
1.402		1.502	
1.403		1.503	
1.404		1.504	
1.405		1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409		1.509	
1.410	Free Front Tuck / Pike Salto over LB --> HB hang, 1/2t. --> LB Hang	1.510	
1.411	Roundoff over LB --> 1/1t. HB hang	1.511	
1.412	Roundoff Back Tuck --> LB ( <b>Jentsch</b> ), LB Handstand ( <b>Gonzalez</b> )	1.512	Roundoff Flic Flac 1/1t. Clear / Handstand LB ( <b>Gurova</b> )
1.413	Roundoff Arabian Tuck / Pike - LB sit	1.513	Roundoff Arabian Tuck / Pike over LB --> HB
1.414	Bent Hip Handstand 1/1t., Extended Handstand or 1/2t. IN	1.514	
1.415	Jump HB - Clear Hip Handstand 1/2t. IN ( <b>McNamara</b> )	1.515	
1.416	Jump LB - Clear Support (Rev Grip) - Clear Forward Hip Circle Hst. 1/2t. ( <b>Garner</b> )	1.516	
CAST & UPRISES		CAST & UPRISES	
2.401	<b>Cast Handstand</b> 1/1t. ( <b>Pacheco</b> ), Hop to L-grip, 1-1/2t. Healy, 1-1/2t. ( <b>Miller</b> )**	2.501	<b>Note: Handstand 1-1/2t.** = E (NCAA)</b>
2.402	LB in/out - Cast Front Salto --> HB ( <b>Brause</b> ), B. Giant 1/2t.-1/2t. Rear Vault HB ( <b>Janz</b> )	2.502	LB - Cast Front Salto 1/1t. --> HB (Brause 1/1t.), Cast Front Salto ( <b>Comaneci</b> )
2.403	<b>Uprise</b> -1/1t., Hop ( <b>McCalla</b> ), Hop 1/1t.Healy, 1-1/2t.Healy, 1-1/2t. ( <b>Reeder</b> )**	2.503	
2.404	Turning Uprise - Straddle Forw. 1/2t. ( <b>Wilson</b> ), 1/2t. Straddle Back ( <b>Franzella</b> )	2.504	
2.405	Counterswing --> LB Handstand 1/1t. IN, 1/2t. --> LB Handstand	2.505	
2.406	Counterswing --> F. Salto Stretch 1/2t. to LB ( <b>Cox</b> ), Straddle Salto --> HB ( <b>Bullock</b> )	2.506	
2.406	Counterswing --> F. Salto --> catch LB in reverse grip ( <b>Montell</b> )		
UNDERSWINGS & CLEAR HIPPS		UNDERSWINGS & CLEAR HIPPS	
3.401	LB - Clear Hip --> HB ( <b>Schaposchnikova</b> )	3.501	LB - Clear Hip --> 1/2t. HB ( <b>Khorkina</b> )
3.402		3.502	Clear Hip Handstand - Counter Straddle ( <b>Hindroff</b> ), Piked ( <b>Jones</b> )
3.403	HB - Underswing (toe-on) 1/2t. --> LB Handstand	3.503	Underswing / Clear 1-1/2t. flight --> LB ( <b>Strong</b> )
3.404	Clear Hip Hop - IN Handstand phase	3.504	
3.405	Clear Hip Circle - Handstand 1/1t. IN ( <b>Ma</b> )	3.505	Clear Hip Handstand 1-1/2t.
3.406	HB - Inverted Pike Swing Dislocate --> LB Handstand ( <b>Zuchold-Schleudern</b> )	3.506	
3.407	Clear Hip Forw. Hst. ( <b>Weiler Kip Hst.</b> ) bent hip ok, 1/2t. IN, 1/1t. Healy ( <b>McAllister</b> )	3.507	
3.408	LB - Clear Hip Forward --> F. Salto over LB to HB ( <b>Pelaez</b> )	3.508	Clear Hip Forward - Front Salto Straddled ( <b>Sims</b> )
BACK GIANTS		BACK GIANTS	
4.401		4.501	
4.402	HB - Back Giant - Hop to L-grip IN ( <b>Dochney</b> )	4.502	HB - Back Giant - Hop 1/1t. ( <b>Chusovitina</b> )
4.403	<b>HB - Back Giant</b> 1/1t., 1/2t. +1/1t. Healy, Hop 1/2t.-1/2t., 1-1/2t. ( <b>Dawes</b> )**	4.503	Back Giant 2/1t.
4.404	HB - Bail Swing 1/2t. --> LB Handstand	4.504	Bail Swing 1-1/2t. --> over LB
4.405	HB - Reverse Hecht Straddle ( <b>Tkatchev</b> )	4.505	Back Giant - Reverse Hecht - Pike, 1/2t.-1/2t., 1/1t. ( <b>Schuschonova</b> )
4.406	HB - Back Salto Stretch --> LB ( <b>Pak</b> ) regular or cross grip	4.506	Swing --> F. Salto ( <b>Counter Kim</b> ), Pak Salto 1/1t. T/S ( <b>Phillips/Bhardwa</b> )
4.407	HB - Back Salto 1/2t., T./Str. ( <b>Deltchev</b> ), Pike ( <b>Gienger</b> ), Pike 1/2t. ( <b>O'Neal</b> )	4.507	Layout Back Salto 1-1/2t. ( <b>Hristakieva</b> ), 1/2t. ( <b>Hubbard/Martinjak</b> )
		4.507	<b>Piked Deltchev (Bardes)</b>
FRONT GIANTS		FRONT GIANTS	
5.401		5.501	
5.402	Front Giant - Slip Grip ( <b>Galloway</b> ), 1/1t. ( <b>Portocarreo</b> ), Hop to L-grip ( <b>Estella</b> )	5.502	Front Giant (one arm) 1/1t. to Handstand, Front Giant 1-1/2t.
5.403	Front Giant (reg./rev.) --> LB Handstand, Front Giant 1/2t. --> LB ( <b>Ejova</b> )	5.503	
5.404	Back Swing - Cross Grip 1/2t. Front Salto Straddle / Tuck (Mixed Grip Deltchev)	5.504	HB Handstand Swing Cross Grip 1/2t. --> F. Salto Pike catch HB ( <b>Garrett</b> )
5.405	F. Giant (rev./L) - F.Salto Tuck, Str. ( <b>Jaeger</b> ), LB - F.Salto 1/1t.--> HB ( <b>Graeble</b> )	5.505	F. Giant - Salto Pike, Tuck --> over HB ( <b>Mo</b> ), Straddle ( <b>Cappuccitti</b> ) / 1/2t.
5.406	Front Giant (rev.) - 1/2t. Free Straddle --> HB ( <b>Khorkina</b> )	5.506	F. Giant (L-grip) 1/2t. Free Straddle --> HB ( <b>Perret</b> )
5.407	Front Giant (L-grip) Pike / Stretched, 1/2t. ( <b>Zaytseva</b> )	5.507	F. Giant (L-grip) 1/1t., ( <b>Karpenko</b> ) to L-grip ( <b>Ling</b> ), 1-arm flair ( <b>Bi</b> ), 1-1/2t., 2/1t.
STALDERS		STALDERS	
6.401	<b>F. Stalder - Handstand 1/1t. IN**</b> , F. Stalder Overgrip ( <b>Boniforti</b> )	6.501	<b>Note: Stalders 1/1t.** = E (NCAA)</b>
6.402	(HB) - Clear Straddle Circle (F/B) --> LB Hst., (LB out) F. Stalder --> F. Salto HB	6.502	
6.403	L-grip Front Stalder Handstand, 1/2t. ( <b>White</b> )	6.503	Front Stalder (L-grip) Handstand 1/1t.
6.404	<b>Back Stalder - Hop IN, 1/1t. IN** (Frederick)</b>	6.504	Back Stalder 1-1/2t. Mix ( <b>Chow</b> ), L-grip ( <b>Khorkina</b> )
6.405	(LB) Back Stalder --> HB Hang	6.505	(LB) Back Stalder --> 1/2t. HB hang / B. Stalder --> Rev. Hecht ( <b>Ricna</b> )
CIRCLES & HECHTS		CIRCLES & HECHTS	
7.401	Free Hecht / Clear Hecht over bar --> 1/2t. hang	7.501	
7.402		7.502	
7.403		7.503	
7.404	Clear Pike Forward L-grip Handstand ( <b>Adler</b> ), 1/2t.	7.504	Clear Pike Forward IN L-grip Handstand ( <b>Luo</b> ); 1/2t.
7.406	Clear Back Pike - rear inverted pike support	7.505	
7.406	Clear Back Pike - hang ( <b>Mirgorodskaja</b> ), --> LB salto ( <b>Teza</b> ), 1/2t. LB Hst. ( <b>Teza</b> )	7.506	
7.407	Clear Back Pike --> Reverse Hecht Straddle / Stoop ( <b>Li-Li</b> )	7.507	
7.408	(L-grip) Front Pike Sole to Handstand or 1/2t., Front Pike Sole 1/1t. to Handstand	7.508	(L-grip) Front Pike Sole 1/1t. to Handstand
7.409	Back Pike Sole - Hop IN, Sole 1/1t. L-grip ( <b>Maloney</b> )	7.509	Back Pike Sole Circle - Handstand 1-1/2t., L-grip ( <b>Lucke</b> )
7.410	Back Pike Sole (LB out) --> HB ( <b>Maloney</b> ); Toe Shoot 1/1t. ( <b>Oster</b> )	7.510	Back Pike Sole (LB in/out) --> 1/2t. HB ( <b>Byhovsky</b> ), 1/1t. HB ( <b>Ramier</b> )
7.411		7.511	Back Pike Sole Circle --> Reverse Hecht Strad. ( <b>Ray</b> ), 1/2t. ( <b>Tweedle</b> ), Piked
7.412	Clear Pike Forward to Handstand, 1/2t. (Endo Pike)	7.512	Clear Pike Forward to Handstand 1/1t. (Endo Pike Full)
7.413	Clear Pike Backward to Handstand, 1/2t.	7.513	Clear Pike Backward to Handstand 1/1t.
7.413	<b>Clear Back Pike Circle - Handstand (within 20° of Vertical)</b>		
DISMOUNTS		DISMOUNTS	
8.401	HB Toe-on or Clear F. T/P 1/1t., Stretch ( <b>Kennedy</b> ), Clear B. Pike Cir. --> F. Stretch 1/2t.	8.501	HB Toe-on or Clear Front Salto Tuck / Pike 1-1/2t.
8.402	Underswing / Clear - 1/2t. Back Salto Stretch ( <b>Okino</b> ), 1/2t. Back Salto 1/2t. ( <b>Haba</b> )	8.502	Underswing - 1/2t. Back Salto Tuck 1/1t. ( <b>Kraeker</b> )
8.403	Back Salto Stretched 2-1/2t. ( <b>Ji</b> )	8.503	Flyaway - Back Salto Stretched 3/1t. ( <b>Bar</b> )
8.404	Double Back Salto Tuck - 1/2t. in 2nd Salto ( <b>Elmore</b> )	8.504	Double Back Tuck 1/1t. ( <b>Ch</b> ), 2/1t. ( <b>Fab</b> ), 1/2t.B.-F.Pike1/2t. ( <b>Var</b> ), 3x Back ( <b>Mag</b> )
8.405	Double Back Salto Pike-Layout or Layout-Pike	8.505	Double Back Salto - Stretched, Scissor ( <b>Rickett</b> ), 1/2t. ( <b>Peele</b> ), 1/1t., 2/1t. ( <b>Ray</b> )
8.406		8.506	Back 1/2t. - F.Tuck ( <b>Fontaine</b> ), 1/2t. ( <b>Beckman</b> ), F.Stretch ( <b>Bianco</b> ), D.F.Tuck
8.407	HB - Forward Swing --> Front Salto Stretched 2-1/2t., 1/2t. Double Back T/P ( <b>Goerlitz</b> )	8.507	Front Giant - Double Front Tuck, 1/2t., Front 1/2t. Back Out
8.408	Hecht or Clear Hecht - Back Salto Tuck ( <b>Muchina</b> )	8.508	Hecht / <b>Clear Hecht</b> - 1/2t. Front Salto, Hecht Back Salto 1/1t. ( <b>Ma</b> )
8.409		8.509	
8.410	Back Stalder Hst. - B.Tuck / Pike, Back Giant --> B.Tuck 1/1t. Over HB ( <b>Harriman</b> )	8.510	
8.410	Straddle Cut to Whip-Salto (Tanac) 2/1t. ( <b>Bronson</b> )		Note: Any Double Salto flyaway with twists on first or second salto = E

## USAG BALANCE BEAM

A = 100 MOUNTS		B = 200 MOUNTS		C = 300 MOUNTS	
1.101	Free Leap / Jump - 1 or 2 ft. / Scale	1.201	Free Jump 1/2t., Straddle Split Jump to Stand	1.301	Switch Split Leap
1.102	Scissors sit / 1/2t. Cross, Side 1/2t. to support	1.202	Thief vault - Free Leap over beam to rear sit	1.302	
1.103	Flank over to rear support, Straddle Cut Sit	1.203	Flank over 1/2t. to rear support	1.303	Two Flank Circles - Leg Flairs ( <b>Baitova</b> )
1.104	Jump - Straddle / Free, Side / Cross Splits	1.204	Jump 1/2t. Clear Straddle	1.304	Roundoff Straddle Back - Hip Circle
1.105	Leap / Switch - Cross Split Sit (one hand)	1.205		1.305	Free Jump - Cross Split Sit or 1/2t. side / diagonal
1.106	Jump - Tuck, Squat, Stoop - rear support	1.206	Squat / Stoop thru - Clear Pike Support -2 sec.	1.306	
1.107	Forward Roll, Swing Forward Roll	1.207	Free Forward Roll at the end	1.307	Hecht Roll (extended hips)
1.108	Cheststand or Headstand	1.208	Jump - Neckst. 1/2t. Chest St., 1/2t. Neckst. (side)	1.308	Jump - Cheststand 1/1t. (Silivas) = Sideward Comp.
1.109	From Side Stand - Back Pullover off 1 or 2 feet	1.209	Handspring	1.309	Piked Handspring step out
1.110		1.210	Jump, Press, Swing, Clear - Hst. or 1/2t.	1.310	Jump, Press, Swing - Hst. 1/1t. to 2/1t.
1.111		1.211	Jump - Side Planche above Horizontal (2 sec.)	1.311	Jump Planche @ Horiz. ( <b>Schus</b> ), Hst. Planche/Clear Pike 2 s
1.112		1.212	Press Side - Hop 1/4t. - Cross Hst. ( <b>Lori-Hop</b> )	1.312	Jump, Press Hst. - shift to 1-Arm 2 sec.
1.113		1.213	Hecht - Cartwheel, 1-arm, Handst., Roff. (end)	1.313	(side) 1/4t.-1/4t.Hst., Roff 1/2t. clear/circle ( <b>Gurova</b> )
1.114	Front Walkover (off board) to Sit	1.214	Handspring or Front Aerial to sit or 1/4t. thigh	1.314	Front Tuck to Sit (end / diagonal) ( <b>Poulin</b> ), Pike sit
1.115		1.215		1.315	Roundoff Flic Flac / 1-arm / Swing down
				1.315	Roundoff - Back Tuck Swing down ( <b>Milosovici</b> )
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
2.101	Stag / Stag-Split Leap, Stag Leap 1/4t. (same)	2.201	(Cross) Split Leap, Split / Stag-Split Leap 1/4t.	2.301	Split 1/2t., (Side) Split Jump or Rear leg up ( <b>Henrich</b> )
2.101	Double Stag Leap or Jump, 1/4t.	2.201	(Cross) Split Jump, Split Jump 1/4t.	2.301	(Cross) Split Jump 1/4t. Side, Beat Split Jump (Sweetin)
		2.201	(Side) 1/4t. Split Jump, Stag Leap / Jump 1/2t.	2.301	Leap with back leg grasp - Vertical Split Stand ( <b>Dillman</b> )
2.102		2.202	(Cross) Strad Split Jump, 1/4t. Side, (Side) 1/4t.	2.302	(Side) Straddle Jump, 1/4t. Side-Cross, 1/4t. Cross-Side
2.103		2.202	Straddle 1/4t. (cross-side, side-cross) = C (NCAA)	2.303	Straddle Jump (side), 1/4t. Prone/Circle (cross/side)
2.104	Hop (leg above horizontal)	2.203	Straddle Jump to prone (cross)	2.304	Hop 1/2t. or Fouette Hop Scale (leg above horizontal)
2.105	Stag Switch Split Leap / Switch Wolf Leap	2.205		2.305	Switch Leap, Scale, 1/4t. Prone/Circle, Straddle ( <b>Clauson</b> )
2.106		2.206	Pike Jump (cross) Hips < 90o	2.306	Pike Jump (side), 1/2t. (cross), Hips < 90o
2.107	Sissone, (2 ft. take off) - OK Large Leap	2.207		2.307	Ring Leap / Jump - @ head = D (NCAA)
2.108	Stretch / Arch Jump, Jump 1/2t., Beat Jump	2.208	Stretch jump 3/4t.	2.308	Stretch Jump 1/1t., 1-1/4t.
2.109	Cat Leap / Hitchkick / Cabriole (F/B)	2.209	Cat Leap 1/2t.	2.309	Cat Leap 1/1t.
2.110	Tuck Jump or Hop	2.210	Tuck Jump or Hop 1/2t.	2.310	Tuck Jump or Hop 3/4t.
2.111	Wolf Jump or Hop (leg above horizontal)	2.211	Wolf Jump or Hop 1/2t. (cross/side), Prone	2.311	Wolf Hop or Jump 3/4t.(cross/side), prone
TURNS		TURNS		TURNS	
3.101	1/1 Turn	3.201	1-1/2 Turn	3.301	
3.102		3.202	1/1t. - (back leg) thigh @ 45o below horizontal	3.302	1/1t. - (back leg) thigh @ or above horizontal
3.103		3.203	1/1t. - (front leg) heel @ 45o below horizontal	3.303	1/1t. - (front leg) heel @ or above horizontal
3.104		3.204		3.304	Scale - 1/1t. - Scale (free leg at or above horizontal)
3.105		3.205		3.305	1/2 illusion Turn - one hand touch
3.106	Knee stand 1/1t. (alternate hand support)	3.206	F. Tuckstand 1/1t., Knee Scale 1-1/2t.	3.306	F. Tuckstand 1-1/2t., 1-3/4t. ( <b>Ferguson</b> ), Knee Scale 2/1t.
3.107	Prone 1/2t. (alternate hand support)	3.207	Prone 1/1t. to 1-1/2t. - alternate hands	3.307	Back Spin 1-1/4t. in kip position ( <b>Li-Li</b> )
3.108		3.208	Flank Circle 1/1t. - legs together	3.308	One Leg Circle with Flair ( <b>Talavera</b> )
3.109		3.209	1/1t. - (hold leg min. horizontal to 44°)	3.309	1/1t. - (hold leg min. 44° above horizontal)
BODY WAVES		BODY WAVES		BODY WAVES	
4.101	Forward Body Wave - 2 sec.	4.201	Forward Body Wave - Balance one leg - 2 sec.	4.301	
4.102	Backward Body Wave - 2 sec.	4.202	Backward Body Wave - Balance one leg - 2 sec.	4.302	Note: Balance Stand - ball of foot on High Releve
4.103	Sideward Body Wave - 2 sec.	4.203	Sideward Body Wave - Balance one leg - 2 sec.	4.303	
4.104		4.204	Kneeling - Toe Rise to stand (no required hold)	4.304	
HOLDS		HOLDS		HOLDS	
5.101	2 sec. Scale (above horizontal), leg held	5.201	2 sec. Scale (on toe - above horizontal), leg held	5.301	
5.102	2 sec. Needle Scale (hand support)	5.202		5.302	2 sec. Standing Split backward (on whole foot)
5.103	2 sec. Free Leg @ +90o - For/Side, Hold OK	5.203	2 sec. Free Leg @ +140o side on toe, Hold OK	5.303	
5.104	2 sec. Free Lying - large leg/torso ( <b>Not Acro</b> )	5.204	2 sec. Clear Pike "V" or Straddle ( <b>Not Acro</b> )	5.304	
5.105	2 sec. Planche with one/both arms ( <b>Not Acro</b> )	5.205		5.305	2 sec. Element to Handstand - Planche
5.106	2 sec. Kick to Handstand, 1/2t. (not sideward)	5.206	2 sec. Hst. arch/pike bent knee, Cross Hst. 1/1t.	5.306	2 sec. Reverse Planche - legs horizontal .
5.107		5.207		5.307	2 sec. One-Arm Hst., Side Handstand. - flank to sit
5.108		5.208	2 sec. Jump to Handstand, Cheststand	5.308	(side) Jump 1/2t. Chest Stand legs straddled ( <b>Kmeciak</b> )
ROLLS		ROLLS		ROLLS	
6.101	Forw. Roll / Swing Forw. Roll / Shoulder Roll	6.201	Dive Forward Roll, Stretch Shoulder Roll, hands	6.301	
6.102		6.202	Free Forward Roll	6.302	Free Shoulder Roll Forward Stretched ( <b>Garrison</b> )
6.103		6.203	Kick, Press Handstand Forward Roll / Free Roll	6.303	
6.104	Backward Roll / Shoulder Roll	6.204	Backward Roll - Handstand	6.304	Free Back Shoulder Roll Stretched ( <b>Kreifels</b> )
6.105		6.205	Side Roll T/S, Neckst.1/2t., Stretch Side Roll	6.305	Neck Roll Stretched 1/1t. or 1-1/2t.
6.106		6.206		6.306	
WALKOVERS		WALKOVERS		WALKOVERS	
7.101	Front Walkover to Bridge 1/1t. Sit	7.201	Front Walkover / Tinsica / One Arm	7.301	(side) Front Walkover
7.102		7.202	Front Handspring / Tinsica Spring	7.302	Front Handspring - Switch Leg Landing, One Arm Hsp.
7.103	Cartwheel / 1-Arm / Forearm-cheststand	7.203	Dive Cartwheel / Pop Cartwheel / Roundoff	7.303	
7.104	B.Walkover / 1-Arm / Sw.down / Bridge 1/1t.Sit	7.204	Scale 1/2t. Back Walkover	7.304	(side) Back Walkover
7.105	Tic-Toc, Walkover Forward-Backward	7.205	Back Walkover clear support	7.305	Back Walkover stoop thru 1 leg --> splits
7.106	Back Lying - Bridge (head/hands) Kickover	7.206	Valdez, One Arm, 1/2t.	7.306	Valdez 1/2t.-1/2t., One Arm Horizontal Valdez ( <b>Garrison</b> )
7.107	Back Walkover, 1/2t.	7.207	Walkover 1/2t. - Walkover (F/B); Forward Roll	7.307	Element 1/1t - 2/1t. in Handstand
7.108		7.208	Flic-flac Step-out	7.308	One Arm Flic Flac, Flic Flac 1/2t. after hand support
7.109		7.209		7.309	(side) Flic-flac to support / hip circle
7.110		7.210	Flic-flac (2 feet)	7.310	One Arm Flic-flac (2ft), Flic-flac 1/4t.Side Handstand
7.111		7.211	Gainer Flic-flac	7.311	Gainer One Arm Flic-flac
7.112		7.212	Flic-flac or Gainer swing down ( <b>Korbut</b> )	7.312	Tuck ( <b>Chen</b> ), Pike ( <b>Rueda</b> ), Gainer Pike Swing Down
SALTOS		SALTOS		SALTOS	
8.101		8.201		8.301	Front Salto Sit ( <b>Puolin</b> ), Free ( <b>Portocarrero</b> ) = D (NCAA)
8.102		8.202		8.301	Swing Front Salto to Straddle sit ( <b>Kivisto</b> )
8.103		8.203		8.303	Back Salto Tuck / Scale - 2 sec., Step-out 1/4t. ( <b>DeVries</b> )
8.104		8.204		8.304	B. Pike, Swing down ( <b>Pearce</b> ), Stretch Stepout = D (NCAA)
8.105		8.205		8.305	Gainer Back Salto T/P
8.106		8.206		8.306	
DISMOUNTS		DISMOUNTS		DISMOUNTS	
9.101	Handspring or Handspring 1/2t.	9.201	Handspring 1/1t.	9.301	Handspring 1-1/2t.
9.102	Front Aerial Walkover or 1/2t., Aerial Roff.	9.202	F. Aerial 1/1t., Gainer 1/1t. ( <b>Mabrey</b> ) = D (NCAA)	9.302	Front Aerial 1-1/2t., Gainer F.1-1/2t. Tuck ( <b>Jawarowicz</b> )
9.103	Cartwheel 1/4t. or 3/4t.	9.203	Cartwheel 1-1/4t. or 1-3/4t.	9.303	Cartwheel 1/4t. (Tsuk.) - Back Tuck ( <b>Lawson</b> ) Pike ( <b>Keck</b> )
9.104	Front Salto Tuck / Pike or 1/2t.	9.204	Front Salto Stretch or 1/2t., (side) Swing F. 1/2t.	9.304	F. Salto 1/1t., 1-1/2t. Tuck / Stretched = D (NCAA)
9.105		9.205	Arabian Salto T/P - Jump 1/2t. Front Salto	9.305	
9.106	Back Salto Tuck / Pike / Stretch	9.206	Back Salto T/P/S 1/2t. - 1/1t., 1ft. or 2 ft.	9.306	Back Salto Tuck / Pike / Stretched 1-1/2t., 2/1t.
9.107		9.207		9.307	
9.108	(side) Gainer Back Salto T/P/S	9.208	(side) Gainer Back Tuck 1/1t., Stretch 1/2t.	9.308	(side) Gainer Back 1/1t.,Tuck or Stretch 1-1/2t. = D (NCAA)
9.109		9.209	(end) Gainer Back Tuck Salto	9.309	(end) Gainer Back Salto Tuck or Pike 1/1t. = D (NCAA)
9.110		9.210	Jump 1/2t. Back Salto T/P	9.310	Jump 1/2t. Back Salto Stretched

## USAG BALANCE BEAM

D = 400		E = 500	
MOUNTS		MOUNTS	
1.401	Free Jump 1/1t. (diagonal or end)	1.501	
1.402		1.502	
1.403	3 Flying Flairs (Homma)	1.503	
1.404		1.504	
1.405	Switch Leap - Free (no hands) Cross Split Sit (Whitney)	1.505	
1.406		1.506	
1.407		1.507	
1.408		1.508	
1.409	Hecht - Hsp., Roundoff - 1/2t. F. Hsp.(Dunn), Pike Flyspring (McCool)	1.509	
1.410		1.510	
1.411	Handstand 1/1t. to 2/1t. to Planche / Clear - 2 sec.	1.511	
1.412	One Arm Press Hst. (Rankin), to Clear (Rankin/Lowing)	1.512	
1.413	Side - Flight 1/2t. - Side Hst., Back - Flic Flac to F. Support (w/wo circle)	1.513	(side) Roundoff - Flic Flac 1/1t. Hip circle (Zamolodchikova)
1.414	F.Tuck - 1/P free-sit (side), Stand (end), F.Aerial (end), Hsp.F.Tuck (Kewitz)	1.514	Front Salto Pike (end), Front Salto Tuck 1/2t. (end)
1.415	Roundoff Flic Flac 1/1t. (Luconi), Swing Down (Tsavdaridou)	1.515	Arabian Front Salto to Stand
1.416	Roundoff Back Salto Tuck / Pike / Stretch-step out, to cross/side stand	1.516	Roundoff Back Salto Stretch, Stretch 1/1t. (Garrison)
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
2.401	Split Jump 3/4t. (cross/side)	2.501	Over-Split Jump - Arch, Side (Teza), Split Jump 1/1t., Cross (Yang Bo)
2.401	(Side) Split Jump 1/2t. (Side)		
		2.502	Straddle Pike Jump 1/1t.(cross/side)
2.402	Straddle Pike Jump 1/2t. or 3/4t.(cross/side)	2.503	Straddle Jump 1/1t. Prone / Circle (cross/side)
2.403	Straddle Jump 1/2. or 3/4t. Prone / Circle (cross/side)	2.504	Tour Jete + 1/2t.
2.404	Tour Jete, Tour Jete 1/4t.	2.505	Switch Leap 1/2t., Switch Leap 3/4t. or more (Salcedo)
2.405	Switch Side Leap or 1/4t. (Johnson), (Side) Switch Split 1 or 2 ft. (Concannon)	2.505	Switch Side 1/2t., 3/4t. (Ikoma), Switch Bo (Courville)
2.406	Pike Jump 1/2t. (side), 3/4t. (cross/side)	2.506	Pike Jump 1/1t. (cross/side) (Cox)
2.407	Sheep Jump w/arch @ head; Switch Stag-Ring Leap / Jump - @ head	2.507	Switch Split - Ring Leap, (side) Switch Double Stag-Ring (Concannon)
2.408	Stretch Jump 1-1/2t.	2.508	
2.409	Cat Leap 1-1/2t.	2.509	
2.410	Tuck Jump or Hop 1/1t., 1-1/4t.	2.510	Tuck Jump or Hop 1-1/2t. (Barclay, Rosette)
2.411	Wolf Hop or Jump 1/1t. (cross/side)	2.511	Wolf Jump or Hop 1-1/2t. (Vitui)
TURNS		TURNS	
3.401	Double Turn 2/1t. = E (NCAA)	3.501	Triple Turn 3/1t. (Okino)
3.402	1-1/2t. - (back leg) thigh @ or above horizontal	3.502	
3.403	1-1/2t. - (front leg) heel @ or above horizontal	3.503	
3.404	Scale - 1-1/2t. - Scale (free leg at or above horizontal)	3.504	
3.405		3.505	1/1 illusion Turn - one hand touch, to Scale (Jarred / Medvitz)
3.406	Tuckstand 2/1t. = E (NCAA), 2-1/2t. (Humphrey), to stand (Swartzentruber)	3.506	Tuckstand 3/1t. (free leg - forward horizontal) (George)
3.407		3.507	
3.408		3.508	
3.409		3.509	
BODY WAVES		BODY WAVES	
4.401		4.501	
4.402		4.502	
4.403		4.503	
4.404		4.504	
HOLDS		HOLDS	
5.401		5.501	
5.402	2 sec. Scale backward (on toe)	5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407	2 sec. (side) Back Walkover Hst. - One Arm, with Planche (Shaposhnikova)	5.507	
5.408		5.508	
ROLLS		ROLLS	
6.401		6.501	
6.402		6.502	
6.403		6.503	
6.404		6.504	
6.405		6.505	
6.406		6.506	
WALKOVERS		WALKOVERS	
7.401		7.501	
7.402	Front Aerial, Swing thru Front Aerial (George), Swing thru to Kneel/sit (Stevens)	7.502	Jump 1/2t. - F. Walkover (Onodi), F. Aerial - swing Scale 2 sec. (Luikin)
7.403	Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clare), Aerial Roundoff Side Aerial, Free Leg Held (Marinez), Gainer Aerial Roundoff (Burgess)	7.502	Front Aerial - 2ft. (Davidson)
	(side) Press Handstand - Front Walkover 2 ft. (Phillips)	7.503	Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial (Baudhuin)
7.404			Side Aerial - Scale 2 sec. @ horizontal (Peko)
7.406		7.506	
7.407		7.507	
7.408		7.508	Flic-Flac 3/4 - 1/1t. before hand support (Kochetkova)
7.409	(side) Flic Flac (Tousek), (side) Flic Flac 1/2t. Handstand (Kolesnikova)	7.509	(side) Flic-flac 1/1t. - hip circle (Teza)
7.410	Flic-Flac 3/4t. - Side Hst. (Omelianchik), 1/4t.+1/1t. support (Fortunato)	7.510	
7.411		7.511	Gainer Flic-Flac 3/4t. - 1/1t. before hand support (Khorkina)
7.412	Flic-Flac 1/1t. swing down (Rulfova) = E (NCAA)	7.512	
SALTOS		SALTOS	
8.401	F. Tuck Salto (2-2 ft.) = E (NCAA), off 1 ft. (Rowe), to knee & ft. (Hawthorne)	8.501	Front Tuck (off 1 ft.) - swing Scale 2 sec., F. Pike, F. Tuck 1/2t. (Grigoras)
8.402	Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto (George)	8.502	Arabian Front Tuck Salto; off 1 ft. Front Pike 1/4t. to 2ft. (Oswalt)
8.403	Back Tuck (side-side) or Back Tuck 1/4t. (cross-side) (Rosette)	8.503	
8.404	Back Salto Stretch 2 ft. with pike down = D (NCAA)	8.504	Back Salto Stretch to 2 feet, 1/1t. Tuck (Schischova), 1/1t. Stretch
8.404	Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (Edlin)	8.504	Jump 1/2t. Back Salto Piked (Produnova)
8.405	Gainer Back Salto Stretched Stepout	8.506	
DISMOUNTS		DISMOUNTS	
9.401		9.501	
9.402	Front Aerial 2/1t. (Muhr)	9.502	
9.403		9.503	
9.404	Front Salto Stretched 2/1t. (Araujo) = E (NCAA)	9.504	Double Front Salto
9.405	Jump 1/1t. Front Salto Tuck / Pike / Stretched	9.505	Arabian Double Front Salto (Patterson)
9.406		9.506	Back Salto Stretched 2-1/2t. and 3/1t. (triple full)
9.407		9.507	Double Back Salto Tuck / Pike, Tuck 1/1t.
9.408	(side) Gainer Back Salto Stretched 2/1t., 2-1/2t. (Khorkina) = E (NCAA)	9.508	(side) Gainer Stretched 3/1t. (Plante)
9.409	(end) Gainer Back Salto Stretched, Gainer Pike 1/1t. (Rinaldo)*	9.509	(end) Gainer Back Salto Stretched 1/1t., 2/1t. (Wolf)
9.410		9.510	



I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions

- A. Skill Cushions..... = 9 inches (cushion + top/under sting), 2 allowed, must mark covered corners.. = 0.1 CJ each  
 B. Unauthorized Mats..... = Additional mats, one mat per pass allowed (not required to remove mats) .... = 0.3 CJ  
 C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).  
 D. Conversion ..... = 9" = 24 cm, 8" = 20cm, 4.5" = 12 cm, 4" = 10cm, ¾" = 2 cm

II. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**  
 1. 30 sec./ gymnast..... = size of squad determines time, split warm-up for 9+, no block time for teams  
 2. Warning ..... = warning given for exceeding the time limit  
 3. Deduction..... = after warning, take deduction.....(team / event) = 0.2 CJ  
 4. Allowable..... = jump within boundaries on FX mat to warmup prior to signal from judge.  
 B. **Timing Exercise:**  
 1. Level 7, 8, 9, 10..... = 1:30  
    Level 6..... = 1:15  
 2. Start..... = first movement of the gymnast.  
    Stop..... = final movement of the gymnast.  
 3. Evaluate..... = entire routine, regardless of overtime.  
 4. Overtime..... = notify coach of deduction, no deduction for < 1:31 ..... = 0.1 CJ  
 5. No Warning..... = is given on floor.  
 C. **Short Exercise:**..... = less than 30 seconds, deduct missing VP, SR ..... = 2.0 CJ  
    Minimum Score..... = Equal or less than 1.0 Score..... = 1.0 PJ

III. **MUSIC REGULATIONS**

- A. **Absence of Music:**..... = recorded, without WORDS (repeated single word OK) ..... = 1.0 CJ  
    = music with whistles / animal sounds will NOT receive a deduction.  
 B. **Music Failure:**  
 1. **Continue and Complete:**  
    • Decide whether to repeat or accept score given.  
    • Score will not be posted until decision.  
    • No deduction for absence of music.  
 2. **Stop and Repeat:**  
    • Repeat whole routine or to continue from the point of interruption.  
    • No score will be given for the partial routine.  
 C. **Music must be downloaded onto a mobile device. Internet access of music not allowed.**

IV. **LINE VIOLATIONS (OUT OF BOUNDS)** Level 6-10 only

- A. Out of Bounds..... = touch outside the prescribed area, may tape corners with same color..... = 0.1 each CJ  
    In Bounds..... = step ON the line (but not over), no deduction.  
 B. Neutral Deduction..... = deduction taken from average score by CJ.  
 C. Fall Out of Bounds..... = 0.5 fall and OB deduction .....spot a fall = 0.5  
 D. Elements OB..... = elements completed out of bounds are recognized; takeoff OB = No Credit.  
 E. Line Judges..... = 2 judges seated at opposite corners to view two lines each.  
 F. No Line Judges..... = judges will watch the lines and indicate OB by raising hand  
 G. Line Violations..... = indicated in writing and submitted to CJ, coach will be notified.

V. **SPOTTING / MAT REGULATIONS** (Coach inside the boundary markings)

- A. Coach on the floor – place or remove mat... = no penalty.  
 B. Coach on the floor – without spotting..... = 0.5 CJ (apply one time only).  
 C. Coach on the floor – with Spot..... = 0.5 CJ, 0.5 spot, 0.5 if fall, No VP / No SR / No Bonus  
 D. Coach on the floor – spot UPON landing..... = 0.5 CJ, 0.5 spot, 0.5 if fall, Ok VP / Ok SR / No Bonus (fall after spot).  
 E. Coach Spotting (falling out of bounds)..... = .....0.5 spot, 0.0 if fall, Ok VP / Ok SR / No Bonus, if OB = 0.1  
    Coach inadvertently touches gymnast..... = ..... 0.5 spot, ..... Ok VP / Ok SR / No Bonus, if OB = 0.1  
    Gymnast inadvertently touches coach..... = no deduction.  
 F. Coach / Gymnasts – stand around FX..... = 0.2 CJ (warning) unsportsmanlike conduct, AA / Team

VI. **RECOGNITION OF VALUE PARTS** – Root Skill variation = Value Part Credit

- A. Any VP may be used 2 times for VP ..... = in different connection (preceded or followed by different element)  
 1. Leap / Jump / Hop not listed ..... = Root element, Variations, New Element evaluation process.  
 2. ("D/E") in Different connection..... = OK VP, OK Bonus  
 3. 3<sup>rd</sup> Time or Same connection ..... = No VP, No SR, No CV  
 4. Saltos / Aerials Landings..... = Fail to land on Bottom of Feet first = No VP, Simultaneously VP awarded.

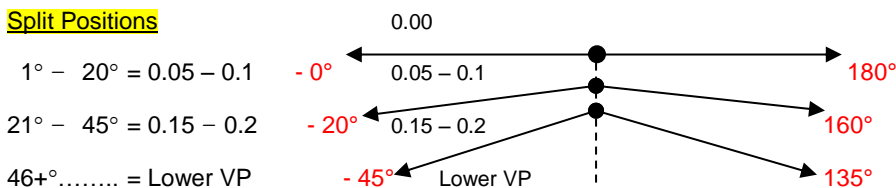
**DISMOUNTS / LAST SALTO (SR):**

- Dismount with No Value ..... = No VP, 0.5 SR, 0.3 No Dismount..... (repetition, restricted, spot)  
 Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (Fall, does not continue)  
 Salto NEVER initiated..... = No VP, 0.5 SR, 0.3 No Dismount, ..... (roundoff → no salto, no fall)  
 Salto, Fall (not to feet first)..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → salto to knees)  
 B. Elem./Series DIFFERENT, if different.... = #, body position, degree of turn, leap/jump takeoff 1 or 2, +/- aerials/saltos.  
 C. Elem./Series SAME, if same # AND..... = Salto to 1 or 2 feet, +/- "A" acro hand support.  
 D. Salto Fail to land Bottom of Feet first = Fall 0.5, No VP, No SR, No Bonus, deduct Execution and Amplitude.



E. **REQUIRED TECHNIQUE FOR VP RECOGNITION**

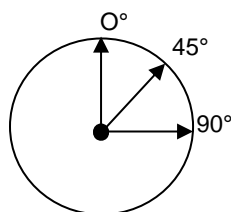
1. Split Leaps and Jumps..... = require 180° split

**Split Positions**

2. Twisting Saltos..... = incomplete twist deductions
3. Turns & Leaps/Jump/Hops 1/1t. + = incomplete turn deductions
4. Leaps/Jump/Hops with ½ t..... = minimum half way for credit

**Dance Turns – Saltos with Twists**

- 1° - 44° = 0.05 - 0.1
- 45° - 89° = 0.15 - 0.2
- 90° + ..... = Lesser VP



- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

F. **SPECIFIC ELEMENT TECHNIQUE CLARIFICATION:**

1. # 1.101 (A) – Split Jump vs. # 1.110 Sissone..... = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
2. # 1.204 (B) – Switch Leg Leap..... = Deduct → 0.1 < 45°, stag lead leg or <135° = (“A”) Leap.
3. # 1.208 (B) – Schushunova..... = 180° split, stretch to horizontal.
4. # 1.210 (B) – Ring / Stag Ring ..... = Head release, Arch, Front Leg 45°
5. # 1.305 (C) – Switch Side Leap..... = Deduct → 0.1 < 45°, stag leg = B side leap, <135° = (“A”) Leap.  
= Lack of Precision → 0.1 (early 1/4t.)
6. # 1.309 (C) – Tour Jeté 1/2t. / Switch 1/1 t. .... = Tour Jeté turns away and Switch Leg turns toward the turn
7. # 1.307 (C) – Popa, Straddle Jump 1/1t..... = straddle 1/1t. or split 1/1t., legs at or above horizontal.
8. # 1.308 (C) – Schushunova 1/1t..... = 1/1t. split to prone, ½ t. split ½ t. prone.
9. # 1.311 (C) – Switch Leg Ring Leap..... = Deduct → 0.1 < 45°  
= head release past vertical, rear leg near top of head.
10. # 2.202 (B) – Full Turn with Leg Horizontal..... = 45° to lift leg and maintained at horizontal, no hand support.
11. # 2.208 (B) – Full Turn with Leg Hold 180°..... = Deduct → 0.2 Split 135° - 179°, Less than 135° = (“A”) Turn
12. (Group 6) ....Front Saltos (accelerating)..... = No amplitude deduction, Last Salto with greater amplitude.

**Tuck Jump**

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Wolf Jump**

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

**Side Split or Straddle Jump**

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

**Switch-Leg Leap**

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split ..... Different Element

**Sheep Jump**

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... “A” Jump

**Pike Jump**

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Cat Leap**

- Failure to reach horizontal..... → 0.1 ea. leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

**Sissone / Split Jump**

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split ..... Different Element
- Sissone - front leg less than 45°..... → 0.1

**Ring Leap / Jump**

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

- I. **CONTENT:** Acrobatic with/without flight F/ S / B; turns, leaps, jumps, hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	Acro Flight Series... (3) Direct (2) Flight Group 5,6,7,8	Acro Flight Series... (1) Back Layout 2 ft.	Series (2) Saltos	Series (2) Saltos	Series (2) Saltos	Series (2) Saltos or 2 Saltos Direct
2.....	(1) Salto/Aerial Solo / 2 <sup>nd</sup> Series	(2) Acro Flight Forward / Direct with (1) Forward Salto / Aerial	(3) Different Saltos	(3) Different Saltos	(3) Different Saltos	(3) Different Saltos
3.....	Dance Pass	Dance Pass	Dance Pass	Dance Pass	Dance Pass	Dance Pass 2 Diff. Elements Group 1 Direct or Indirect One – 180° Leap
4.....	Full Turn	Full Turn	A – Last Salto	B – Last Salto	C – Last Salto	C – Last Salto

- III. **CLARIFICATIONS REGARDING SERIES** – Balk = No SR (no last salto requirement)

- A. **Dance in Acro Series** = will break connection, No SR, No CV
- B. **Acro in Dance Series** = will break direct connections, No SR, No CV

- IV. **SPECIFIC COMPOSITIONAL DEDUCTIONS (L 8 / 9 / 10)**

Insufficient Use of Space (floor pattern)	→ 0.1
More than 2 Wolf / Tuck Shapes	0.1
More than 2 Straddle Jump Shapes	0.1
Lack of ("B") Turn on One Foot	0.2
Dance – Not up to Competitive Level	→ 0.2
Acro Saltos – Not up to Competitive Level	→ 0.2
Last Salto – Not up to Competitive Level	→ 0.1
Lack Forward / Side & Back Salto / Aerial	0.1
Lack of Minimum 3 ("A") Saltos (L 8)	0.3
Lack of ("B") Salto – not Last Salto (L 9)	0.3
Lack of ("C") Salto – not Last Salto (L10)	0.3

Artistry - Original Creative Choreography	→ 0.1
Artistry - Movement Reflects Personal Style	→ 0.1
Artistry - Quality of Expression	→ 0.1
Dance - Lack of Precision in Dance Elements	→ 0.1
Dance - Incorrect Body Position in Dance VP	→ 0.1
Dance - Failure to Land 2 feet together	→ 0.1
Dance - Legs Not Parallel - Split / Straddle	→ 0.2
Concentration Pause (2 sec.) prior to Acro	each 0.1
Rhythm During Exec. of Direct Connections	→ 0.1
Rhythm / Tempo - Insufficient Variations (thru)	→ 0.2
Relaxed / Incorrect Footwork (non-VP thru)	→ 0.2
Relaxed / Incorrect Leg/Pos/Flex (non-VP thru)	→ 0.3
Turns - Fail to perform VP on High Relevé	→ 0.1
Insufficient Split on Value Parts	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights - Aerials	→ 0.2
Insufficient Height of Saltos (*not 1 <sup>st</sup> Fr layout)	→ 0.3
Trunk Movement to Control Acro Landings	→ 0.2
Body Posture on Landing	→ 0.2
Insufficient Ext (Open) prior to Landing Acro	→ 0.3
Lands acro in foam pit (No VP, SR,- 0.1 OB)	0.3

- I. **SPECIFIC EXECUTION DEDUCTIONS**

Music & Moves Poor Relationship (thru)	→ 0.2
Music & Moves non-synchronization (thru)	→ 0.3
• Music & Moves Not in Harmony	each 0.05
• Music & Moves Not Ended with Music	at end 0.1
Music with Words / No Music	(CJ) 1.0
Insufficient Dynamics (throughout)	→ 0.2

- I. **CONNECTION VALUE:** Acrobatic Saltos / Aerials / Acro Flight / Dance elements.

- II. **CONNECTION VALUE (CV) PRINCIPLES**

**INDIRECT – SALTOS / AERIALS** – Connections with "A" Acro Flight elements with hand support (Group 5).

$$\begin{aligned}
 A + D &= 0.1 \\
 B + D &= 0.1 \\
 A/B + A/B + C/D &= 0.1 \\
 C + C &= 0.1 \dots\dots\dots C + D = 0.2
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA (C} \rightarrow \text{C)} &= 0.2 \\
 \text{NCAA (C + C)} &= 0.3
 \end{aligned}$$

**DIRECT – SALTOS / AERIALS**

$$\begin{aligned}
 B + B &= 0.1 \dots\dots\dots B + C = 0.2 \dots\dots\dots C + C = 0.2 \\
 A + C &= 0.1 \dots\dots\dots A + D = 0.2 \dots\dots\dots B + D = 0.2 \\
 A + A + C &= 0.1 \dots\dots\dots A + A + D = 0.2
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA (F. Lay + F. Lay)} &= 0.0 \\
 \text{NCAA (Last Pass)} &= 0.1 \\
 \text{Double Salto or E Acro} &= 0.1
 \end{aligned}$$

**DIRECT – DANCE or MIXED** – Acro Saltos and/or Flight elements w/wo hand support – No CV (Turns + Jumps)

$$\begin{aligned}
 B + D &= 0.1 \\
 \text{(Same or Different)} \quad C + C &= 0.1 \dots\dots\dots C + D = 0.2 \\
 \text{(Salto First + Jump)} \quad D + A &= 0.1
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA OK (Turns + Jumps)} \\
 \text{NCAA (C-Salto + A-Dance + A-Salto)}
 \end{aligned}$$

- III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E") one (D/E) Bonus.

- IV. **ADDITIONAL BONUS +0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one ("E") element.

- V. **BONUS RESTRICTIONS:** Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

	<b>(“C”) Value Part</b>	<b>(“D/E”) Value Part</b>
<b>LEVEL 10</b>	No Restrictions	No Restrictions
<b>LEVEL 9</b>	No Restrictions	<ul style="list-style-type: none"> <li>Any (“D/E”) Dance Elements</li> <li>One Acro (“D/E”) element</li> <li>Count as (“C”) Value Parts</li> </ul>
<b>LEVEL 8</b>	<ul style="list-style-type: none"> <li>Any (“C”) Dance Elements</li> <li>One Acro (“C”) Element</li> <li>Count as (“B”) Value Parts</li> </ul>	Restricted Elements
<b>LEVEL 7</b>	<ul style="list-style-type: none"> <li>One (“C”) Dance Element</li> <li>Count as (“B”) Value Part</li> </ul>	Restricted Elements
<b>LEVEL 6</b>	Restricted Elements	Restricted Elements

**Guidelines for Restrictions:**

- a. Allowable elements:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded
  - 3) LEVEL 9 only: (“C”) element in (CV) Bonus.
  - 4) No (D/E) Bonus is possible.
- b. Only the first Restricted element may be used:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
- c. Any Other Restricted element that is performed or attempted
  - 1) No Value-Part credit.
  - 2) No Special Requirements credit.
  - 3) Deduct 0.50 from SV, for Restricted element.
- d. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.

## USAG FLOOR EX

	A = 100		B = 200		C = 300
	LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	Jumps with 1/2t. or 3/4t. = Same Value	NOTE	All Leaps & Jumps with 1/1t. = C
1.101	Split/Stag - Leap (same), Split/Stag Jump (same)	1.201	Tuck - Split Jump / Double Stag 1/1t. Leap or Jump	1.301	
1.102		1.202	Split Leap 1/4t. or 1/2t., Split Jump 1/2t. (Differnt)	1.302	Split Jump - 1/1t. ( <b>Rivarola</b> )
1.103		1.203	Split Leap Back - 1/4t. or 1/2t.	1.303	
1.104	Switch Leap - Wolf / Stag Switch / Switch < 135o	1.204	Switch Leap ( <b>less than 45° lead leg deduction</b> )	1.304	Switch Leap 1/2t., Rond-de-Jambe ( <b>Plataroti</b> ), 1/2t.
1.105		1.205		1.305	Switch Side Leap, 1/2t. - 3/4t., Prone ( <b>Kosowski</b> )
1.106		1.206	Pike Jump, Pike 1/2t. Prone (90° Hip angle)	1.306	Pike Jump 1/1t. (legs above horiz.)
1.107		1.207	Straddle Jump / Side Split Jump / Straddle 1/2t.	1.307	Straddle Pike Jump 1/1t. (Popa), Side Split Jump 1/1t.
1.108		1.208	Side Split Jump Prone ( <b>Schuschunova</b> ), 1/2t.	1.308	Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone ( <b>Khorkina</b> )
1.109	Scissor Leap (hitchkick) / Cabriole, F./B.	1.209	Hitchkick 1/4 - 1/4t. / Tour Jete Leap	1.309	TourJete Leap 1/2t., 2ft. ( <b>Strug</b> ), split ( <b>Produnova</b> ), 3/4t.
1.110	Sissone Jump	1.210	Ring Leap / Jump - rear leg @ head	1.310	TourJete-Ring ( <b>Boucher</b> ), <b>Stag-Ring 1/1t. = D (NCAA)</b>
1.111		1.211	Sheep Jump @ head; Switch Double Stag	1.311	Switch Split Leap - Ring, Sheep Jump 1/1t. ( <b>Dunn</b> )
1.112	Jump 1/2t. or 1/1t., Chasse 1/1t.	1.212	Stretch Jump 1-1/2t.	1.312	Stretch Jump 2/1t. or 2-1/2t.
1.113	Cat Leap / Cat Leap 1/2t.	1.213	Cat Leap 1/1t., Split Sit	1.313	Cat Leap 1-1/2t. ( <b>Garrison</b> )
1.114	Hop 1/2t. (Leg above Horizontal)	1.214	Hop 1/1t. (Leg above Horizontal), Fouette to Scale	1.314	Hop 1-1/2t. (Leg above Horizontal)
1.115	Tuck Jump/Hop, also with 1/2t.	1.215	Tuck Jump/Hop 1/1t.	1.315	Tuck Jump/Hop 1-1/2t.
1.116	Wolf Hop or Jump (Leg Horizontal)	1.216	Wolf Hop or Jump 1/2t. (Leg Horizontal)	1.316	Wolf Hop or Jump 1/1t. (Leg Horizontal), to Prone
	TURNES		TURNES		TURNES
2.101	Full (1/1) turn	2.201	One & Half (1-1/2) turn	2.301	Double (2/1) turn
2.102		2.202	1/1t. Free Leg Horizontal	2.302	1-1/2t. Free Leg Horizontal
2.103		2.203	1/1t. to Scale - 2 sec.	2.303	1-1/2t. to Scale - 2 sec.
2.104		2.204	Scale - 1/1t. Scale (free leg above horizontal)	2.304	Scale - 1-1/2t. - Scale (free leg above horizontal)
2.105	Illusion 1/1t. (with brief one hand touch)	2.205	Illusion 1/1t. (without touching free leg or hand)	2.305	
2.106		2.206	Tuckstand 1/1t.	2.306	Tuckstand 1-1/2t.
2.107		2.207	Back (kip position) Spin 2/1t.	2.307	Double Flair ( <b>Homma</b> )
2.108		2.208	1/1t. Free Leg Held upward @ 180°	2.308	1-1/2t. Free Leg Held upward @ 180°
	HANDSTANDS		HANDSTANDS		HANDSTANDS
3.101	Jump Hst. / Kick or Press Hst. 1/2t. or 1/1t.	3.201	Handstand 1-1/2t. - 2/1t. +	3.301	
	ROLLS		ROLLS		ROLLS
4.101	Forward Roll, Handst. Roll, Dive/Hecht Roll	4.201	Jump 1/2t. or 1/1t. - Dive/Hecht Roll	4.301	Jump 1-1/2t. - Dive/Hecht Roll ( <b>Esslinger</b> )
4.102	Backward Roll T/P, Back Roll - Handstand, 1/2t.	4.202	Backward Roll - Handstand 1/1t. +	4.302	
	WALKOVERS		WALKOVERS		WALKOVERS
5.101	Forward / Backward Walkovers, Valdez	5.201	Back Walkover 1/1t., Valdez 1/1t.	5.301	
5.102	Handspring / Handspring 1/2t. / Flyspring (1 ft.)	5.202	Arabian Front Handspring / Flyspring (2 ft.)	5.302	Handspring 1/1t. or 1/1t. Handsp. ( <b>Mostepanova</b> )
5.103	Front Aerial, Kick-over Front / to Knees (not Salto)	5.203		5.303	Front Aerial 1/1t.
5.104	Cartwheel, Dive / Side Aerial / Butterflies (F/B)	5.204		5.304	
5.105	Roundoff / Aerial Roundoff	5.205		5.305	
5.106	Flic-flac / Gainer Flic-flac / One-Arm Flic-flac	5.206	1/1t. Flic-flac	5.306	
5.107	Head Kips / Neck Kips	5.207		5.307	
	FRONT SALTOS		FRONT SALTOS		FRONT SALTOS
6.101	Front Salto Tuck	6.201	Front Salto Pike / Stretched, T/P/S 1/2t.	6.301	Front Salto Tuck / Pike / Stretch 1/1t.
6.102		6.201	<b>Front Salto Pike = A (NCAA)</b>	6.302	
	SIDE SALTOS		SIDE SALTOS		SIDE SALTOS
7.101	(Forward Takeoff) Side Salto Tuck/Pike/Stretch	7.201	(Backward Takeoff) Side Salto Stretched	7.301	
7.102		7.202	Arabian Salto T/P/S (back 1/2t. front)	7.302	
	BACK SALTOS		BACK SALTOS		BACK SALTOS
8.101	Back Salto T/P/S	8.201	Back Salto T/P/S 1/2t. (Half) or 1/1t. (Full)	8.301	Back Salto 1-1/2t. or 2/1t. (Double Full)
8.102	Whip-Salto Backward	8.202	Whip-Salto 1/2t., 1/1t. (Full)	8.302	
8.103		8.203		8.303	
8.104		8.204		8.304	
8.105	Gainer Back Salto Tuck/Pike/Stretch	8.205	Gainer Back Salto - Tucked 1/1t.	8.305	
8.106		8.206	Jump 1/2t. - Back Salto T/P	8.306	Jump 1/2t. - Back Salto Stretch

## USAG FLOOR EX

D = 400		E = 500	
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	1/2t., 1/1t., 1-1/2t. = Different Elements
1.401		1.501	
1.402	Split Jump 1-1/2t.	1.502	
1.403		1.503	
1.404	Switch Leap 1/1t. ( <b>Forlova</b> )	1.504	
1.405		1.505	
1.406		1.506	
1.407	Straddle Pike Jump 1-1/2t.	1.507	
1.408	Leap 2-1/2t.to Prone ( <b>Toussaint</b> )	1.508	
1.409	TourJete Leap - 1/1t. to 2 ft. ( <b>Gogean</b> )	1.509	
1.410	Tourjete Ring 1/2t. ( <b>Jackson</b> ), Ring 1/1t.( <b>Johnson</b> )	1.510	
1.411	Switch Split Leap 1/2t. - Ring Leap ( <b>Trevor</b> )	1.511	
1.412	Stretch Jump 3/1t.	1.512	
1.413	Cat Leap 2/1t. ( <b>Benton</b> )	1.513	
1.414	Hop 2/1t. (Leg above Horizontal)	1.514	
1.415	Tuck Jump/Hop 2/1t., Prone ( <b>Ziganshiva</b> )	1.515	
1.416	Wolf Hop or Jump 1-1/2t. (Leg Horizontal)	1.516	Wolf Hop or Jump 2/1t. (Leg Horizontal)
TURNS		TURNS	
2.401	Triple (3/1) turn	2.501	Quad (4/1) turn ( <b>Gomez</b> )
2.402	2/1t. to 2-1/2t. Free Leg Horizontal (start to end)	2.502	
2.403	2/1t. to Scale - 2 sec.	2.503	
2.404	Scale - 2/1t. - Scale (free leg above horizontal)	2.504	
2.405	2/1t. Illusion Turn (without touching free leg or hand)	2.505	
2.406	Tuckstand 2/1t.	2.506	Tuckstand 3/1t.
2.407		2.507	
2.408	2/1t. Free Leg Held upward @ 180° ( <b>Mommel</b> )	2.508	
HANDSTANDS		HANDSTANDS	
3.401		3.501	
ROLLS		ROLLS	
4.401		4.501	
4.402		4.502	
WALKOVERS		WALKOVERS	
5.401		5.501	
5.402		5.502	
5.403		5.503	
5.404		5.504	
5.405		5.505	
5.406		5.506	
5.407		5.507	
FRONT SALTOS		FRONT SALTOS	
6.401	Front Salto Tuck / Pike / Stretch 1-1/2t. ( <b>Rudi</b> )	6.501	Front Salto Stretched 2/1t. ( <b>Tarasevich</b> ), 2-1/2t., 3/1t.
6.402		6.502	Double Front Salto or 1/2t. ( <b>Podkopayeva</b> )
SIDE SALTOS		SIDE SALTOS	
7.401		7.501	
7.402		7.502	Arabian Double Front Salto or 1/2t. ( <b>Andreasen</b> ), Pike ( <b>Dos Santos</b> )
BACK SALTOS		BACK SALTOS	
8.401	Back Salto 2-12/t. (Two & Half)	8.501	Back Salto 3/1t. (Triple Full), 3-1/2t. (Three & Half)
8.402		8.502	
8.403	Double Back Salto - Tuck or Pike	8.503	Double Back Salto - Tuck / Pike 1/1t. ( <b>Muchina</b> ), 1-1/2t. Tuck ( <b>Jones</b> )
8.404		8.504	Double Back Salto - Stretch, Double Back Tuck or Stretch 2/1t. ( <b>Silivas</b> )
8.405		8.504	Double Back Salto - Stretch 1/1t. IN ( <b>Tougikova</b> ), 1/1t. OUT ( <b>Chusovitina/Silivas</b> )
8.406		8.506	

## ANGLE REQUIREMENTS and DEDUCTIONS

*° From Horizontal*

<b>Insufficient SPLIT Positions</b>	1° - 20°	- .05 - .10	
	21° - 45°	- .15 - .20	
	46° +		Lower VP

*° From Completion*

<b>Incomplete TURN / TWIST Rotations</b>	1° - 44°	- .05 - .10	
	45° - 89°	- .15 - .20	
	90° +		Lower VP

*° From Vertical*

<b>UB FLIGHT to LB Handstand</b>	0° - 10°	- .0	
	11° - 20°	- .05	
	21° +		Lower VP

*° From Vertical*

<b>UB CIRCLE to Handstand</b>	0° - 10°	- .0	
	11° - 20°	- .05	
	21° - 45°	- .0	Lower VP
	46° - 90°	-.05 - .20	Lower VP

*° From Vertical*

<b>UB CAST to Handstand</b>	0° - 10°	- .0	"B"
	11° - 20°	- .05	"B"
	21° - 30°	- .10	"0"
	31° - 45°	- .15 - .20	"0"
	46° +	- .25 - .30	"0"

*° From Vertical*

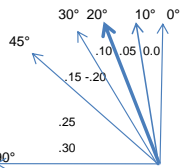
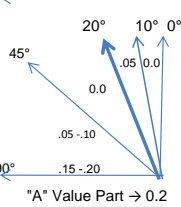
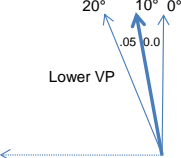
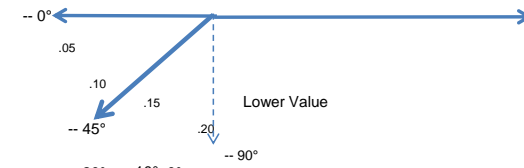
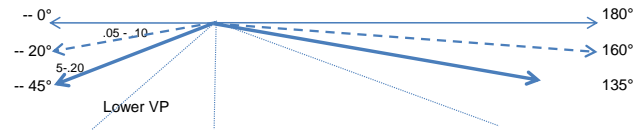
<b>UB TURNS 180° - 360°</b>	0° - 20°	- .0	
	21° - 30°	- .05 - .10	
	31° - 45°	- .15 - .20	
	46° +	- .25 - .30	VP

*° From Vertical*

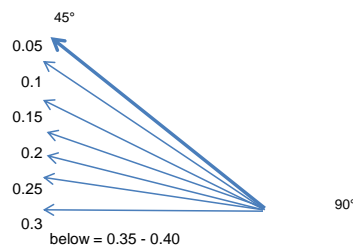
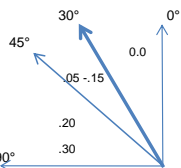
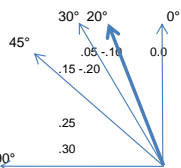
<b>UB TURNS Healy / 540° +</b>	0° - 30°	- .0	
	31° - 45°	- .05 - .15	
	46° +	- .20 - .30	VP

*° From Vertical*

<b>UB "B" CLEAR HIP CIRCLE</b>	21° - 45°	- 0.00	VP
	46° - 54°	-0.05	VP
	55° - 63°	-0.10	VP
	64° - 72°	-0.15	VP
	73° - 81°	-0.20	VP
	82° - 89°	-0.25	VP
	90°	-0.30	VP
	below 90°	0.35 - 0.40	VP



<b>UB - LEVEL 6</b>	0° - 20°	- .0	"B"
CAST	21° - 45°	- .0	SR
45o above	46° - 90°	- .05 - .30	SR
Horizontal	Below 90°	- 0.3	No SR





# OPTIONAL REQUIREMENTS - JR. OLYMPIC LEVEL 6, 7, 8, 9, 10

Value Parts	Level 6	Level 7	Level 8	Level 9	Level 10
A = 0.1	5 - A	5 - A	4 - A	3 - A	3 - A
B = 0.3	1 - B	2 - B	4 - B	4 - B	3 - B
C = 0.5	0 - C	0 - C	0 - C	1 - C	2 - C
Start Value	10.0	10.0	10.0	9.7	9.5
<b>BONUS</b>	BONUS = not eligible at Level 6	BONUS = not eligible at Level 7	BONUS = not eligible at Level 8	BONUS = Maximum 0.3	BONUS = Maximum 0.5
<b>without Fall or Spot</b>				Connections Value only	CV = Minimum 0.1 DV = Minimum 0.1
<b>Restrictions</b>	Only A/B elements with Exceptions	Only A & B elements with Exceptions	Only A & B elements;	Only A, B & C elements allowed	No Restrictions
	UB - Choice of "ONE" Allowable "C"	ONE "C" Dance Allowed	Any "C" Dance Allowed	Dance "D/E" Allowed	Additional Bonus
<b>BARS BEAM FLOOR</b>		#2.301 (UB) Cast Handstand 1/2t.	#2.301 (UB) Cast Handstand 1/2t.		10.0 Start Value
	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand	#3.304 (UB) Clear Hip Handstand		0.6 or more Bonus, min. (1) ("E")
		#3.305 (UB) Clear Hip Handstand 1/2t.	#3.305 (UB) Clear Hip Handstand 1/2t.	Bars: B & C Root Skill with 1/1t.	0.1 Bonus
	#6.304 (UB) Back Stalder Handstand	#6.304 (UB) Back Stalder Handstand / 1/2t.	#6.304 (UB) Back Stalder Handstand / 1/2t.		not included in the SV
	#7.309 (UB) Back Pike Sole Cir Hst.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.	#7.309 (UB) Back Pike Sole Cir Hst. / 1/2t.		
	UB Flight LB=HB, Other "C" Elements	All Other "C" Elements - Restricted	One Restricted "C" Allowed	One Restricted "D/E" Allowed	
	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	Restricted elements = - 0.5 off SV	
<b>VAULTS Allowed</b>	<b>Vault: Lv 6</b>	<b>Vault: Lv 7</b>	<b>Vault: Lv 8</b>	<b>Vault: Lv 9</b>	<b>Vault: Lv 10</b>
	Choice # 1 Handspring to Mat Stack	Choice # 1 Handspring to Mat Stack	Vault Groups 1 & 3, 4, 5	Vault Groups 1, 2, 3, 4, 5	Vault Groups 1, 2, 3, 4, 5
	Choice # 2 Tsukahara to Mat Stack	Choice # 2 Tsukahara to Mat Stack	See List of allowable vaults	See List of allowable vaults	See List of 10.0 vaults = +0.1 Bonus
	Choice # 3 Roundoff to Mat Stack	Choice # 3 Roundoff to Mat Stack			if performed successfully
	Other Vaults = VOID	Other Vaults = VOID	Unallowable vaults = VOID	Unallowable vaults = VOID	
<b>Special Requirements (0.5 each)</b>	<b>Bars: Lv 6</b>	<b>Bars: Lv 7</b>	<b>Bars: Lv 8</b>	<b>Bars: Lv 9</b>	<b>Bars: Lv 10</b>
	1. One Cast - Above Horizontal to 45o	1. One Cast - 45o to Vertical	1. Bar Change - 1 required	1. Bar Changes - 2 required	1. "B" Flight Element
	2. Bar Change - 1 required	2. 360o Clear Circle (same/different, one "B")	2. "B" Flight OR Turn	2. "B" Flight Element	2. "C" Flight Element (different)
	3. 360o Clear Circle (one Group 3,6,7)	3. 360o Clear Circle (one Group 3,6,7)	3. "B" Group 3,6,7 Circle	3. "C" Flight (different) OR "B" Turn	3. "C" Turn (no mount / dismount)
	4. "A" Salto Dismount	4. "A" Salto Dismount	4. "A" Salto Dismount	4. "B" Salto Dismount	4. "C" Salto Dismount
<b>Special Requirements (0.5 each)</b>	<b>Beam: Lv 6</b>	<b>Beam: Lv 7</b>	<b>Beam: Lv 8</b>	<b>Beam: Lv 9</b>	<b>Beam: Lv 10</b>
	1. Acro Series w/o Flight or One (1) Acro Flight Element	1-a. Acro Series (2) elements, w/ or w/o flight 1-b. One (1) Flight Element (isolated or series)	1. Acro. Flight Series (2) elements, (1) Flight (series on the beam)	1. Acro. Flight Series (2) flight elements (series on the beam)	1. Acro. Flight Series, (2) elements (1) C (series on the beam)
	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Split Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)	2. One Leap / Jump with 180o split (cross or side, isolated or series)
	3. Full Turn (isolated or series)	3. Full Turn (isolated or series)	3. Full Turn	3. Full Turn	3. Full Turn
	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "A"	4. Aerial / Salto Dismount - "B"	4. Aerial / Salto Dismount - "C"
					Acro Flight Series with "C" --> "B"
					Acro Flight "C" / Dance "C" --> "B"
<b>Special Requirements (0.5 each)</b>	<b>Floor: Lv 6</b>	<b>Floor: Lv 7</b>	<b>Floor: Lv 8</b>	<b>Floor: Lv 9</b>	<b>Floor: Lv 10</b>
	1. Acro Series (3) Direct with (2) Flight Group 5, 6, 7, 8	1. Acro Series (3 flight with Back Layout 2 ft.)	1. Series with 2 Saltos (same/different) <b>OR</b> - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) <b>OR</b> - Two Saltos Direct (same/different)	1. Series with 2 Saltos (same/different) <b>OR</b> - Two Saltos Direct (same/different)
	2. One Salto/Aerial (Single, 2nd Series)	2. Forward Flight (2) direct, (1) Salto / Aerial)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)	2. Three Different Saltos (solo/series)
	3. Dance Pass (2 different elements) Group 1 only, direct or indirect One - 180o (cross or side) Split LEAP	3. Dance Pass (2 different elements) Group 1 only, direct or indirect One - 180o (cross or side) Split LEAP	3. Dance Pass (2 different elements) Group 1 only, direct or indirect One - 180o (cross or side) Split LEAP	3. Dance Pass (2 different elements) Group 1 only, direct or indirect One - 180o (cross or side) Split LEAP	3. Dance Pass (2 different elements) Group 1 only, direct or indirect One - 180o (cross or side) Split LEAP
	4. Full Turn	4. Full Turn	4. Last Salto "A" (solo/series)	4. Last Salto "B" (solo/series)	4. Last Salto "C" (solo/series)

BARS Composition Deductions			BEAM Composition Deductions			FLOOR Composition Deductions		
Lack of Handstands or Pass thru Hst. (L.8)	→ 0.2		More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1		Insufficient Use of Space (floor pattern)	→ 0.1	
Uncharacteristic Elements	each 0.1		More than 2 Wolf / Tuck or 2 Strad. Shapes	ea 0.1		More than 2 Wolf / Tuck Shapes	0.1	
3/4 Forward Giant w/wo grip change	each 0.1					More than 2 Straddle Jump Shapes	0.1	
Dismount – Not up to Comp Level	→ 0.1		Dance - Not up to Competitive Level	→ 0.2		Lack of ("B") Turn on One Foot	0.2	
Facing Same Direction throughout (L.9 / 10)	0.1		Acro - Not up to Competitive Level	→ 0.2				
Choice of Elements: Requirements (L. 9 / 10)			Dismount - Not up to Competition Level	→ 0.1		Dance – Not up to Competitive Level	→ 0.2	
1. Forward Element (Circle / Release) min. "B"	0 / 3 = 0.2					Acro Saltos – Not up to Competitive Level	→ 0.2	
2. Element from Groups 3 / 6 / 7) min. "B"	1 / 3 = 0.1		Insufficient Level Changes	→ 0.1		Last Salto – Not up to Competitive Level	→ 0.1	
3. Min. "C" 1/2 Turn w/wo flight	2 / 3 = 0.0		Insufficient Use Entire Beam (Space)	→ 0.1				
			Choreography in Different Directions (F/S/B)	→ 0.1		Lack Forward / Side or Back Salto / Aerial	0.1	
Squat-on LB w/wo sole, more than 1 (L.10)	each 0.1		Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2		Lack of Minimum 3 ("A") Saltos (L 8)	0.3	
Releases - Not up to Comp. Level (L.10)	→ 0.2		Lack of Acro Forward/Sideward & Backward	ea 0.1		Lack of ("B") Salto – not Last Salto (L 9)	0.3	
Lack of 2 Bar Changes (L.10)	0.2		(Groups: 1, 6, 7, 8) If only in Dismount	0.05		Lack of ("C") Salto – not Last Salto (L10)	0.3	
BARS Execution Deductions			BEAM Execution Deductions			FLOOR Execution Deductions		
Failure to Remove Board / Spotting Block	(CJ) 0.3		3 <sup>rd</sup> Run to approach mount (each judge)	0.5		Music & Moves Poor Relationship (thru)	→ 0.2	
3 <sup>rd</sup> Run to approach mount (each judge)	0.5		Insufficient Dynamics (thruout)	→ 0.2		Music & Moves non-synchronization (thru)	→ 0.3	
Insufficient Dynamics	→ 0.2		Artistry: Original Choreography	→ 0.1		• Music & Moves Not in Harmony	each 0.05	
* Insufficient Swingful Execution thruout			Artistry: Movement Reflects Personal Style	→ 0.1		• Music & Moves Not Ended with Music	at end 0.1	
* Energy Not Maintained thruout			Artistry: Quality of Expression	→ 0.1		Music with Words / No Music	(CJ) 1.0	
* Failure to Make Difficult Look Effortless			Failure to perform VP Turns on High Relevé	→ 0.1		Insufficient Dynamics (throughout)	→ 0.2	
Poor Rhythm in Elements	→ 0.1							
Intermediate (Extra) Swing/Cast (max. 0.5)	0.3		Concentration Pause (2 seconds)	ea. 0.1		Artistry - Original Creative Choreography	→ 0.1	
Angle of Flight to LB Handstand (11°-20°)	0.05		Concentration Pause (more than 2 sec.)	ea. 0.2		Artistry - Movement Reflects Personal Style	→ 0.1	
Angle of Circle to Handstand	→ 0.2		Hesitation in Jump, Swing, Press Handstand	→ 0.1		Artistry - Quality of Expression	→ 0.1	
Angle of Cast to Handstand	→ 0.3		Insufficient Variation Rhythm/Tempo (thruout)	→ 0.2				
Angle of Circle Hip Circle Elements	→ 0.4		Rhythm in Acro / Dance / Mixed Connections	→ 0.2		Dance - Lack of Precision in Dance Elements	→ 0.1	
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3		Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.2		Dance - Incorrect Body Position in Dance VP	→ 0.1	
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3		Relax/Incorrect Leg/Post./Flex.(non-VP thruout)	→ 0.3		Dance - Failure to Land 2 feet together	→ 0.1	
Hesitation in Jump, Swing to Handstand	→ 0.1		Insufficient Sureness of Performance	→ 0.2		Dance - Legs Not Parallel - Split / Straddle	→ 0.2	
Precision of Handstand Positions thruout	→ 0.1		Insufficient Split - Required (Dance / Acro)	→ 0.2				
Insufficient Extension of Glide/Swing to Kip	→ 0.1		Insufficient Height of Leaps - Jumps - Hops	→ 0.2		Concentration Pause (2 sec.) prior to Acro	each 0.1	
Incorrect Posture on Landing	→ 0.2		Insufficient Height of Acro Flights, Aerials, Saltos	→ 0.2		Rhythm During Exec. of Direct Connections	→ 0.1	
Insufficient Amplitude of Elements	→ 0.2		Insufficient Height of Salto Dismounts	→ 0.3		Rhythm / Tempo - Insufficient Variations (thru)	→ 0.2	
Insufficient Stretch (Arch / Pike)	→ 0.2		Insufficient Ext (Open) prior to Acro/Dismount	→ 0.3				
Insufficient Ext (Open) prior to Landing	→ 0.3		Dance - Lack of Precision in Dance VP	→ 0.1		Relaxed / Incorrect Footwork (non-VP thru)	→ 0.2	
Insufficient Height of Salto Dismounts	→ 0.3		Dance - failure to land 2 feet together (side)	→ 0.1		Relaxed / Incorrect Leg/Pos/Flex (non-VP thru)	→ 0.3	
Swing Forward Under Horizontal	→ 0.1		Dance - Incorrect Body Posture	→ 0.1		Turns - Fail to perform VP on High Relevé	→ 0.1	
Swing Backward Under Horizontal	→ 0.1		Dance - Legs not Parallel- Split/Straddle Pike	→ 0.2		Insufficient Split on Value Parts	→ 0.2	
Under-Rotation of Release Elements	→ 0.1					Insufficient Height of Leaps - Jumps - Hops	→ 0.2	
Landing Too Close to Bars Dismount	0.1		Landing Too Close to Beam on Dismount	0.1		Insufficient Height of Acro Flights - Aerials	→ 0.2	
Touch / Brush Foot on Apparatus or Mat	→ 0.1		Support of 1 leg against side of Beam	0.2		Insufficient Height of Saltos (*not 1 <sup>st</sup> Fr layout)	→ 0.3	
Hit Foot on Apparatus	0.2		Touch / Brush Landing Surface (1 or 2 hands)	→ 0.3				
Trunk Movement to Control Landings	→ 0.2		Incorrect Body Posture on Landings	→ 0.2		Trunk Movement to Control Acro Landings	→ 0.2	
Hit Foot on Mat	0.3		Trunk Movement to Control Dismount Landing	→ 0.2		Body Posture on Landing	→ 0.2	
Grasp Apparatus to Avoid a Fall	0.3		Trunk Movement to Balance Elements on Beam	→ 0.3		Insufficient Ext (Open) prior to Landing Acro	→ 0.3	
Land in foam pit (No VP, SR, Bonus)	0.3		Grasp Beam to Avoid a Fall	0.3		Lands acro in foam pit (No VP, SR, - 0.1 OB)	0.3	

<b>Chief Judge Deductions</b>	
<i>Present to Chief Judge Before and Present After</i>	<i>each 0.1</i>
<i>Failure to Begin within 30 sec. after Signal</i>	<i>0.2</i>
<i>Start Exercise Before Signal (Repeat)</i>	<i>0.5</i>
<i>Exceeding Warm-up Time (after warning)</i>	<i>0.2</i>
<i>(BB) Warm-up an Element on Mat after a Fall</i>	<i>0.2</i>
<i>(BB) Overtime</i>	<i>0.1</i>
<i>(FX) Overtime</i>	<i>0.1</i>
<i>(FX) Exceeds Boundary</i>	<i>each 0.1</i>
<i>(FX) Failure to Mark Boundary Lines on Mat</i>	<i>each 0.1</i>
<i>(BB) Coach Next to BB (thruout)</i>	<i>0.1</i>
<i>(UB) Coach Between UB (thruout)</i>	<i>0.1</i>
<i>Coach / Teammate Technical Cues (after warning)</i>	<i>0.2</i>
<i>Coach Instructs Gymnast during Routine</i>	<i>0.2</i>
<i>Unsportsmanlike Conduct (after warning)</i>	<i>0.2</i>
<i>Incorrect Attire / Jewelry (after 1 warning)</i>	<i>0.2</i>
<i>Incorrect Padding (ex: heel / hip pads)</i>	<i>0.2</i>
<i>Excessive Use of Chalk or Tape (w/o warning)</i>	<i>0.2</i>
<i>* (BB) small markings OK, no tape</i>	
<i>* (FX) corner arch line, no tape or Velcro</i>	
<i>* (VT) Table no tape or chalk, <b>Runway no chalk</b></i>	
<i>Incorrect Apparatus Specifications</i>	<i>0.3</i>
<i>Mounting Apparatus on Unpermitted Surface</i>	<i>0.3</i>
<i>Landing in a Foam Pit (No VP, No SR)</i>	<i>0.3</i>
<i>Additional Mats</i>	<i>0.3</i>
<i>Coach Fails to Remove Mounting Apparatus</i>	<i>0.3</i>
<i>(UB) Coach Fails to Remove Spotting Block</i>	<i>0.3</i>
<i>(BB) Supplemental Mat - contact board or mat</i>	<i>0.3</i>
<i>(VT) Vault / Attempt without Signal (off next vault)</i>	<i>0.5</i>
<i>(VT) One Hand only (half of the panel agree)</i>	<i>1.0</i>
<i>(UB) Short Exercise: less than 5 Value Parts</i>	<i>2.0</i>
<i>(BB) Short Exercise: less than 30 sec. (Lv 6, SV10, -0.5)</i>	<i>2.0</i>
<i>(FX) Short Exercise: less than 30 sec.</i>	<i>2.0</i>
<i>(FX) Absence of Music or With Words</i>	<i>1.0</i>
<i>(FX) Coach on the Floor (inside boundary) 1x</i>	<i>0.5</i>

BARS Connection Values		0.1	0.2	BARS Special Requirements			VP	Level 9	Level 10
Level 9				2 - Bar Changes		0.5	A = 0.1	3	3
One with Flight / Turn		C+C		1 - B Flight		0.5	B = 0.3	4	3
							C = 0.5	1	2
Both without Flight / Turn		C+C		1 - C Flight / B Turn		0.5	SR	0.5	0.5
		(different)		* different flight			SV	9.7	9.5
Both with Flight / Turn			C+C	B - Dismount		0.5	Bonus	0.3	0.5
Level 10				1 - B Flight		0.5	Bonus	OK without Fall / Spot	
Both with Turn / Flight							Level 9 - Bonus		
** Group 3,6,7 - Different		C+C		1 - C Flight		0.5	Max (1 Restricted) D/E = C		
No Turn or Flight Required				* Different Flight			Other Restricted Elements		
				1 - C Turn		0.5		No VP	0.5 off SV
w / without Flight / Turn		C+D	D+D	* No Mount / Dismount			Additional Bonus - Level 10		
				C - Dismount		0.5	0.1 Bonus with 0.6 and E		
BEAM Connection Values		0.1	0.2	BEAM Special Requirements			VP	Level 9	Level 10
2 - Acro. Flight		B+C *	B+D	1 Acro Flight Series			A = 0.1	3	3
including Mounts		C = Salto *	C+C	* Min 1-C Flight (L10)		0.5	B = 0.3	4	3
		* No Mt / Dtm, Lv 9 Aerials*		* A (non flight) + E (L10)			C = 0.5	1	2
3 - Acro. Flight		B+B+C	B+C+C	1 - One Leap / Jump			SR	0.5	0.5
including Mounts		(+0.1) Acro Series BBC		* 180o split		0.5	SV	9.7	9.5
including Dismounts		with Salto/Aerial or D/E Flt.		* Cross or Side			Bonus	0.3	0.5
		excluding Dismounts					Bonus	OK without Fall / Spot	
2 Dance / * Mixed		A+D	B+D	1 - Full Turn		0.5	Level 9 - Bonus		
* Acro Flight + Dance		B+C					Max (1 Restricted) D/E = C		
including Mounts			C+C	B - Dismount (L9)			Other Restricted Elements		
				C - Dismount (L10)		0.5		No VP	0.5 off SV
2 Turns		A+C		C+B - Acro Series = OK			Additional Bonus - Level 10		
				C+B - Dance/Acro = OK			0.1 Bonus with 0.6 and E		
FLOOR Connection Values		0.1	0.2	FLOOR Special Requirements			VP	Level 9	Level 10
		A/B + A/B + C		2 Salto Series or		0.5	A = 0.1	3	3
Acro. Indirect		A/B + A/B + D		2 Direct Saltos			B = 0.3	4	3
(Aerials / Saltos)		A/B+D		3 Different		0.5	C = 0.5	1	2
		C+C	C+D	Saltos			SR	0.5	0.5
		A+C	B+C	Dance Pass			SV	9.7	9.5
Acro. Direct		B+B	C+C	2 Different Elements		0.5	Bonus	0.3	0.5
(Aerials / Saltos)			A/B+D	Group 1 only			Bonus	OK without Fall / Spot	
		A+A+C	A+A+D	Direct or Indirect			Level 9 - Bonus		
				One - 180o Split LEAP			Max (1 Restricted) D/E = C		
* Dance / Mixed		B+D		Last Salto			Other Restricted Elements		
* No CV = Turn + Jump		C+C	C+D	B - Salto (L9)		0.5		No VP	0.5 off SV
		(same / different)		C - Salto (L10)			Additional Bonus - Level 10		
Mixed		Salto D+A Jump					0.1 Bonus with 0.6 and E		

GROUP 1: HANDSPRING / YAMASHITA				Lv.6/7	Lv.8	Lv.9	Lv.10
1.111	Handspring	→ Mat Stack	10.0				
1.101	Handspring	→		9.0	8.5	8.1	
1.102	Handspring	→ ½ t.		9.1	8.6	8.2	
1.103	Yamashita	→		9.0	8.5	8.1	
1.104	Yamashita	→ ½ t.		9.1	8.6	8.2	
1.105	½ t. → ½ t.	OR ¼ t. → ¾ t.		9.2	8.6	8.2	
1.106	¼ or ½ t. on	→ Repulsion		9.0	7.0	7.0	
1.201	Handspring	→ 1/1 t.		9.5	9.0	8.8	
1.202	Handspring	→ 1-½ t.		9.7	9.4	9.2	
1.203	Yamashita	→ 1/1 t.		9.5	9.0	8.8	
1.205	½ t. → 1-½ t.	OR ¼ t. → 1-¾ t.		9.6	9.3	9.1	
1.206	½ t. → 1/1 t.	OR ¼ t. → 1-¼ t.		9.4	8.9	8.7	
1.207	Full on	→ Hsp. / Yami.		9.5	9.0	8.9	
1.208	Full on	→ ½ t.		9.7	9.3	9.1	
1.301	Handspring	→ 2/1 t.		10.0	9.9	9.7	
1.306	½ t. → 2/1 t.	OR ¼ t. → 2-¼ t.		10.0	9.8	9.6	
1.307	Full on	→ 1/1 t.			9.7	9.6	
1.308	Full on	→ 1-½ t.				9.8	
1.402	Handspring	→ 2-½ t.				10.0 +	
1.504	Yamashita	→ 2-½ t.				10.0 +	(Kincaid)

GROUP 2: CUERVO / SALTO FORWARD				Lv.9	Lv.10
2.301	Handspring	→ Front Tuck		10.0	9.7
2.302	Handspring	→ Front Tuck ½ t.		10.0	9.9
2.303	Handspring	→ ½ t. Back Tuck			9.9
2.304	Handspring	→ Front Pike		10.0	9.8
2.310	Handsp.on Handsp.	→ Front Tuck		10.0	9.8
2.311	Handsp.on Handsp.	→ Front Pike		10.0	9.9
2.402	Handspring	→ Front Tuck 1/1 t.		10.0 +	
2.403	Handspring	→ ½ t. Back Tuck ½ t.		10.0 +	
2.404	Handspring	→ Front Pike ½ t.		10.0 +	
2.405	Handspring	→ ½ t. Back Pike		10.0 +	
2.406	Handspring	→ Front Layout		10.0 +	
2.407	Handspring	→ Front Layout ½ t.		10.0 +	
2.407	Handspring	→ ½ t. Back Layout		10.0 +	
2.408	Handspring	→ Front Pike 1/1 t.		10.0 +	(Chusovitina)
2.409	Full on	→ Front Tuck		10.0 +	
2.410	Handsp.on Handsp.	→ Front Tuck ½ t.		10.0 +	(Mantle)
2.411	Handsp on Handsp.	→ Front Pike ½ t.		10.0 +	(Whitman)
2.501	Handspring	→ Double Front		10.0 +	
2.502	Handspring	→ Front Tuck 1-½ t.		10.0 +	
2.507	Handspring	→ Front Layout 1/1 t.		10.0 +	
2.508	Handspring	→ Front Layout 1-½ t.		10.0 +	(Chusovitina)
2.509	Full on	→ Front Pike		10.0 +	
2.607	Handspring	→ Front Layout 2/1 t.		10.0 +	
2.609	Full on	→ Front Layout		10.0 +	

GROUP 3: TSUKAHARA (1/4 t. – 1/2 t. ON)				Lv.6/7	Lv.8	Lv.9	Lv.10
3.116	Tsukahara	→ Mat Stack	10.0				
3.201	Tsukahara	→ Back Tuck		10.0	9.6	9.4	
3.302	Tsukahara	→ Back Tuck 1/1 t.			10.0	9.8	
3.303	Tsukahara	→ Back Pike		10.0	9.7	9.5	
3.304	Tsukahara	→ Back Layout			10.0	9.7	
3.305	Handsp on Tsuk	→ Back Pike			9.8	9.6	(Zuhlke)
3.306	Tsukahara	→ ½ or ¾ t. Front Tuck			9.9	9.7	
3.306	Tsukahara	→ Back Tuck ½ t.			9.9	9.7	
3.307	Tsukahara	→ ½ or ¾ t. Front Pike				9.8	
3.307	Tsukahara	→ Back Pike ½ t.				9.8	
3.308	Tsukahara	→ ½ or ¾ t. Front Tuck ½ t.			10.0	9.8	(Shible)

GROUP 3: TSUKAHARA (1/4 t. – 1/2 t. ON)			Lv.8	Lv.9	Lv.10
3.402	Tsukahara	→ Back Tuck 1-½ t.			10.0 +
3.403	Tsukahara	→ Back Pike 1/1t.			9.9 (Staruk)
3.404	Tsukahara	→ Back Layout 1/1 t.			10.0 +
3.405	Handsp on Tsuk	→ Back Tuck 1/1t.			10.0 (Zuhlke)
3.407	Tsukahara	→ ½ or ¾ t. Front Layout			10.0
3.407	Tsukahara	→ Back Layout ½ t.			10.0 +
3.504	Tsukahara	→ Back Layout 1-½ t.			10.0 +
3.505	Tsukahara	→ Back Layout 2/1 t.			10.0 +
3.507	Tsukahara	→ ½ or ¾ t. Front Layout ½ t.			10.0 + (House)
3.508	1/4t. – 1/4t.	→ Front Tuck 1-1/2 t. (Carey)			10.0 + (Carey)
3.509	Tsukahara	→ ½ or ¾ t. Front Tuck 1/1 t.			10.0 + (Shible)
3.605	Tsukahara	→ Back Layout 2-½ t.			10.0 +

GROUP 4: ROUNDOFF ENTRY			Lv.6/7	Lv.8	Lv.9	Lv.10
4.111	Roundoff	→ to Mat Stack	10.0			
4.101	Roundoff	→ Repulsion	9.0	7.0	7.0	
4.102	Roundoff	→ ½ Twist	9.1	7.7	7.7	
4.201	Roundoff	→ 1/1 Twist	9.4	9.1	8.9	
4.202	Roundoff	→ 1½ Twist	9.6	9.3	9.1	(Allen)
4.203	Roundoff	→ Back Tuck	10.0	9.6	9.4	
4.301	Roundoff	→ 2/1 Twist		9.8	9.7	(Allen)
4.303	Roundoff.	→ Back Tuck 1/1 t.		10.0	9.8	
4.304	Roundoff.	→ Back Pike	10.0	9.7	9.5	
4.305	Roundoff	→ Back Layout		10.0	9.7	
4.306	Roundoff	→ Back Layout 1/1 t.			10.0	
4.307	Roundoff	→ ½ t. Front Tuck		9.9	9.7	
4.307	Roundoff	→ Back Tuck ½ t.		9.9	9.7	
4.308	Roundoff	→ ½ t. Front Pike			9.8	
4.308	Roundoff	→ Back Pike ½ t.			9.8	
4.309	Roundoff	→ ½ t. Front Layout			10.0	
4.309	Roundoff	→ Back Layout ½ t.			10.0	
4.403	Roundoff	→ Back Tuck 1-½ t.			10.0	
4.406	Roundoff	→ Back Layout 1-½ t.			10.0 +	
4.407	Roundoff	→ ½ t. Front Tuck ½ t.		10.0	9.8	(Beckman)
4.503	Roundoff	→ Back Tuck 2/1 t.			10.0 +	
4.506	Roundoff	→ Back Layout 2/1 t.			10.0 +	
4.508	Roundoff	→ ½ t. Front Pike ½ t.			10.0 +	(Beckman)
4.606	Roundoff	→ Back Layout 2-½ t.			10.0 +	

GROUP 5: ROUNDOFF 1/2t. or 3/4t. - 1/1t. ENTRY			Lv.8	Lv.9	Lv.10
5.101	Roundoff ½	→ Handspring	9.2	8.9	8.9
5.201	Roundoff ½	→ Full Twist	9.6	9.2	9.2
5.202	Roundoff ½	→ 1½ Twist	9.8	9.4	9.4
5.207	Roundoff Full	→ Full Twist		9.3	9.3
5.301	Roundoff ½	→ Front Tuck		10.0	9.9
5.312	Roundoff ½	→ 2/1 Twist	10.0	9.9	9.8
5.401	Roundoff ½	→ Front Tuck ½ t.			10.0 +
5.402	Roundoff ½	→ ½ t. Back Tuck			10.0 +
5.403	Roundoff ½	→ Front Pike			10.0 +
5.404	Roundoff ½	→ Front Pike ½ t.			10.0 +
5.405	Roundoff ½	→ ½ t. Back Pike			10.0 +
5.406	Roundoff ½	→ Front Layout			10.0 +
5.408	Roundoff Full	→ Back Tuck			10.0
5.409	Roundoff Full	→ Back Pike			10.0
5.410	Roundoff Full	→ ½ t. Front Tuck			10.0 +
5.501	Roundoff ½	→ Front Tuck 1-½ t.			10.0 +
5.505	Roundoff ½	→ ½ t. Back Layout			10.0 +
5.505	Roundoff ½	→ Front Layout ½ t.			10.0 +
5.509	Roundoff Full	→ Back Layout			10.0 +
5.510	Roundoff Full	→ Back Tuck 1/1 t.			10.0 +
5.511	Roundoff Full	→ Back Layout 1/1 t.			10.0 + (Tankousheva)



Group 1	HANDSPRING	YAMASHITA	Lv. 6/7	Lv.8	Lv.9	Lv.10
1.111	Handspring	to Mat Stack	10.0			
1.101	Handspring	→		9.0	8.5	8.1
1.102	Handspring	→ 1/2 t.		9.1	8.6	8.2
1.103	Yamashita	→		9.0	8.5	8.1
1.104	Yamashita	→ 1/2 t.		9.1	8.6	8.2
1.105	1/2 t.	→ 1/2 t.		9.2	8.6	8.2
	1/4 t.	→ 3/4 t.				
1.106	1/4t. or 1/2 t. on	→ Repulsion		9.0	7.0	7.0
1.201	Handspring	→ 1/1 t.		9.5	9.0	8.8
1.202	Handspring	→ 1-1/2 t.		9.7	9.4	9.2
1.203	Yamashita	→ 1/1 t.		9.5	9.0	8.8
1.205	1/2 t.	→ 1-1/2 t.		9.6	9.3	9.1
	1/4 t.	→ 1-3/4 t.				
1.206	1/2 t.	→ 1/1 t.		9.4	8.9	8.7
	1/4 t.	→ 1-3/4 t.				
1.207	Full on	→ Hsp. / Yami		9.5	9.0	8.9
1.208	Full on	→ 1/2 t.		9.7	9.3	9.1
1.301	Handspring	→ 2/1 t.		10.0	9.9	9.7
1.306	1/2 t.	→ 2/1 t.		10.0	9.8	9.6
	1/4 t.	→ 2-1/4 t.				
1.307	Full on	→ 1/1 t.			9.7	9.6
1.308	Full on	→ 1-1/2 t.				9.8
1.402	Handspring	→ 2-1/2 t.				10.0 +
1.504	Yamashita	→ 2-1/2 t. (Kincaid)				10.0 +
Group 2	CUERVO	SALTO FORWARD	Lv. 6/7	Lv.8	Lv.9	Lv.10
2.301	Handspring	→ Front Tuck			10.0	9.7
2.302	Handspring	→ Front Tuck 1/2 t.			10.0	9.9
2.303	Handspring	→ 1/2 t. Back Tuck				9.9
2.304	Handspring	→ Front Pike			10.0	9.8
2.310	Hsp.on Hsp.	→ Front Tuck (Ilg)			10.0	9.8
2.311	Hsp.on Hsp.	→ Front Pike (Garbarino)			10.0	9.9
2.402	Handspring	→ Front Tuck 1/1 t.				10.0 +
2.403	Handspring	→ 1/2 t. Back Tuck 1/2 t.				10.0 +
2.404	Handspring	→ Front Pike 1/2 t.				10.0 +
2.405	Handspring	→ 1/2 t. Back Pike				10.0 +
2.406	Handspring	→ Front Layout				10.0 +
2.407	Handspring	→ Front Layout 1/2 t.				10.0 +
2.407	Handspring	→ 1/2 t. Back Layout				10.0 +
2.408	Handspring	→ Front Pike 1/1 t. (Chusovitina)				10.0 +
2.409	Full on	→ Front Tuck				10.0 +
2.410	Hsp.on Hsp.	→ Front Tuck 1/2 t. (Mantle)				10.0 +
2.411	Hsp.on Hsp.	→ Front Pike 1/2 t. (Whitman)				10.0 +
2.501	Handspring	→ Double Front				10.0 +
2.502	Handspring	→ Front Tuck 1-1/2 t.				10.0 +
2.507	Handspring	→ Front Layout 1/1 t.				10.0 +
2.508	Handspring	→ Front Layout 1-1/2 t. (Chusovitina)				10.0 +
2.509	Full on	→ Front Pike				10.0 +
2.607	Handspring	→ Front Layout 2/1 t.				10.0 +
2.609	Full on	→ Front Layout				10.0 +
Group 3	TSUKAHARA		Lv. 6/7	Lv.8	Lv.9	Lv.10
3.116	Tsukahara	to Mat Stack	10.0			
3.201	Tsukahara	→ Back Tuck		10.0	9.6	9.4
3.302	Tsukahara	→ Back Tuck 1/1 t.			10.0	9.8
3.303	Tsukahara	→ Back Pike		10.0	9.7	9.5
3.304	Tsukahara	→ Back Layout			10.0	9.7
3.305	Hsp. on Tsuk.	→ Back Pike (Zuhlke)			9.8	9.6
3.306	Tsukahara	→ 1/2 or 3/4 t. Front Tuck			9.9	9.7
3.306	Tsukahara	→ Back Tuck ½ t.			9.9	9.7
3.307	Tsukahara	→ 1/2 or 3/4 t. Front Pike				9.8
3.307	Tsukahara	→ Back Pike ½ t.				9.8
3.308	Tsukahara	→ 1/2 or 3/4 t. Front Tuck 1/2 t. (Shible)			10.0	9.8
3.402	Tsukahara	→ Back Tuck 1-1/2 t.				10.0 +
3.403	Tsukahara	→ Back Pike 1/1 t. (Staruk)				9.9
3.404	Tsukahara	→ Back Layout 1/1 t.				10.0
3.405	Hsp. on Tsuk.	→ Back Tuck 1/1t. (Zuhlke)				9.9
3.407	Tsukahara	→ 1/2 or 3/4 t. Front Layout				10.0
3.407	Tsukahara	→ Back Layout 1/2 t.				10.0 +
3.504	Tsukahara	→ Back Layout 1-1/2 t.				10.0 +
3.505	Tsukahara	→ Back Layout 2/1 t.				10.0 +

Group 3	TSUKAHARA		Lv. 6/7	Lv.8	Lv.9	Lv.10
3.507	Tsukahara	→ 1/2 or 3/4 t. Front Layout 1/2 t. (House)				10.0 +
3.508	1/4 t. - 1/4 t.	→ Front Tuck 1-1/2 t. (Carey)				10.0 +
3.509	Tsukahara	→ 1/2 or 3/4 t. Front Tuck 1/1 t. (Shible)				10.0 +
3.605	Tsukahara	→ Back Layout 2-1/2 t.				10.0 +
GROUP 4	ROUND OFF		Lv. 6/7	Lv.8	Lv.9	Lv.10
4.111	Roundoff	to Mat Stack	10.0			
4.101	Roundoff	→ Repulsion		9.0	7.0	7.0
4.102	Roundoff	→ 1/2 Twist		9.1	7.7	7.7
4.201	Roundoff	→ 1/1 Twist		9.4	9.1	8.9
4.202	Roundoff	→ 1-1/2 Twist (Allen)		9.6	9.3	9.1
4.203	Roundoff	→ Back Tuck		9.8	9.6	9.4
4.301	Roundoff	→ 2/1 Twist (Allen)			9.8	9.7
4.303	Roundoff	→ Back Tuck 1/1 t.			10.0	9.8
4.304	Roundoff	→ Back Pike		10.0	9.7	9.5
4.305	Roundoff	→ Back Layout			10.0	9.7
4.306	Roundoff	→ Back Layout 1/1 t.				10.0
4.307	Roundoff	→ 1/2 t. Front Tuck			9.9	9.7
4.307	Roundoff	→ Back Tuck 1/2 t.			9.9	9.7
4.308	Roundoff	→ 1/2 t. Front Pike				9.8
4.308	Roundoff	→ Back Pike 1/2 t.				9.8
4.309	Roundoff	→ 1/2 t. Front Layout				10.0
4.309	Roundoff	→ Back Layout 1/2 t.				10.0
4.403	Roundoff	→ Back Tuck 1-1/2 t.				10.0
4.406	Roundoff	→ Back Layout 1-1/2 t.				10.0 +
4.407	Roundoff	→ 1/2 t. Front Tuck 1/2 t. (Beckman)			10.0	9.8
4.503	Roundoff	→ Back Tuck 2/1 t.				10.0 +
4.506	Roundoff	→ Back Layout 2/1 t.				10.0 +
4.508	Roundoff	→ 1/2 t. Front Pike 1/2 t. (Beckman)				10.0 +
4.606	Roundoff	→ Back Layout 2-1/2 t.				10.0 +
GROUP 5:	ROUND OFF	1/2 t., 3/4 t. to 1/1t. ON	Lv. 6/7	Lv.8	Lv.9	Lv.10
5.101	Roundoff 1/2t.	→ Handspring		9.20	8.90	8.90
5.201	Roundoff 1/2t.	→ Full Twist		9.60	9.20	9.20
5.202	Roundoff 1/2t.	→ 1-1/2 Twist		9.80	9.40	9.40
5.207	Roundoff Full	→ Full Twist			9.30	9.30
5.301	Roundoff 1/2t.	→ Front Tuck			10.0	9.90
5.312	Roundoff 1/2t.	→ 2/1 Twist		10.0	9.90	9.80
5.401	Roundoff 1/2t.	→ Front Tuck 1/2 t.				10.0 +
5.402	Roundoff 1/2t.	→ 1/2 t. Back Tuck				10.0 +
5.403	Roundoff 1/2t.	→ Front Pike				10.0 +
5.404	Roundoff 1/2t.	→ Front Pike 1/2 t.				10.0 +
5.405	Roundoff 1/2t.	→ 1/2 t. Back Pike				10.0 +
5.406	Roundoff 1/2t.	→ Front Layout				10.0 +
5.408	Roundoff Full	→ Back Tuck				10.0
5.409	Roundoff Full	→ Back Pike				10.0
5.410	Roundoff Full	→ 1/2 t. Front Tuck				10.0 +
5.501	Roundoff 1/2t.	→ Front Tuck 1-1/2 t.				10.0 +
5.505	Roundoff 1/2t.	→ 1/2 t. Back Layout				10.0 +
5.505	Roundoff 1/2t.	→ Front Layout 1/2 t.				10.0 +
5.509	Roundoff Full	→ Back Layout				10.0 +
5.510	Roundoff Full	→ Back Tuck 1/1 t.				10.0 +
5.511	Roundoff Full	→ Back Layout 1/1 t. (Tankousheva)				10.0 +