

# **WOMEN'S ARTISTIC GYMNASTICS DEVELOPMENT PROGRAM OPTIONAL CODE OF POINTS**

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## **USA GYMNASTICS EXTENDS ITS DEEPEST APPRECIATION TO THE FOLLOWING CONTRIBUTORS TO THE 2022-2026 OPTIONAL DEVELOPMENT PROGRAM**

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# TABLE OF CONTENTS

## SECTION 1 GENERAL INFORMATION

### CHAPTER 1

Judging Panels	GENERAL 1
Meet Referee	GENERAL 4
Chief Judge	GENERAL 5
Panel Judges	GENERAL 10
Judging Assistants	GENERAL 10
Jury of Appeals	GENERAL 12

### CHAPTER 2

Scoring / Determining Average Score / Range of Scores	GENERAL 13
Open Scoring	GENERAL 14
Flashing of Start Values / Changing a Score	GENERAL 15

### CHAPTER 3

Value Parts	GENERAL 16
Special Requirements	GENERAL 19
Composition / Execution / Artistry	GENERAL 20
General Deductions	GENERAL 21
Bonus	GENERAL 23
Calculating Start Values	GENERAL 23

### CHAPTER 4

Incomplete Exercise / Equipment Failure	GENERAL 26
Inquiries	GENERAL 27
Missed Exercise / Falls Resulting in Bleeding / Re-evaluation of Exercise	GENERAL 28

## SECTION 2 VAULT

Rule Chart	VAULT 1
General Vault Information	VAULT 3
Level 6 / 7 Vault	VAULT 6
Level 6 / 7 Specific Apparatus Deductions	VAULT 8
Level 8 / 9 / 10 Specific Apparatus Deductions	VAULT 11

### VAULT ELEMENTS

Group 1	VAULT 17
Group 2	VAULT 20
Group 3	VAULT 24
Group 4	VAULT 27
Group 5	VAULT 30

## **SECTION 3    UNEVEN BARS**

### **CHAPTER 1**

Rule Chart	BARS 1
Attire / Timing Regulations	BARS 2
Fall Regulations	BARS 3
Spotting Regulations	BARS 4
Mount and Dismount Regulations	BARS 5
Recognition of Value Parts	BARS 7
Required Technique for Recognition of Value Parts	BARS 10
Specific Element Technique Clarification	BARS 15
Description of Various Hand Grip Positions	BARS 17
Descriptions of Various Turns in / after Handstand	BARS 18

### **CHAPTER 2**

Special Requirements and Difficulty Restrictions	BARS 20
Specific Compositional Deductions	BARS 29
Execution and Amplitude Deductions	BARS 30

### **CHAPTER 3**

Specific Execution Deductions	BARS 32
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### **CHAPTER 4**

Connection Value Bonus	BARS 38
Awarding Connection Value Bonus	BARS 40
Level 9 & 10 – “D/E” Bonus	BARS 48
Bonus Restrictions	BARS 49

### **UNEVEN BAR ELEMENTS**

Group 1 - Mounts	BARS 51
Group 2 – Casts / Counterswings	BARS 59
Group 3 – Underswings / Clear-hip Circles	BARS 64
Group 4 – Giant Swings Backward	BARS 69
Group 5 – Giant Swings / Circles Forward	BARS 74
Group 6 – Stalder Circles	BARS 78
Group 7 – Circle Swings / Hechts	BARS 82
Group 8 – Dismounts	BARS 91

## **SECTION 4    BALANCE BEAM**

### **CHAPTER 1**

Rule Chart	BEAM 1
Timing Regulations	BEAM 2
Spotting Regulations	BEAM 4
Mount and Dismount Regulations	BEAM 5
Recognition of Value Parts	BEAM 6
Required Technique for Recognition of Value Parts	BEAM 10

### **CHAPTER 2**

Routine Content / Special Requirements	BEAM 16
Allowable Difficulty	BEAM 23
Clarification regarding Series	BEAM 24
Specific Compositional Deductions	BEAM 26

### **CHAPTER 3**

Execution and Amplitude Deductions	BEAM 27
Specific Execution Deductions / Artistry Deductions	BEAM 30

### **CHAPTER 4**

Connection Value Bonus	BEAM 31
Awarding Connection Value Bonus	BEAM 32
Level 10 – “D/E” Bonus	BEAM 39
Bonus Restrictions	BEAM 41

### **BALANCE BEAM ELEMENTS**

Group 1 – Mounts	BEAM 43
Group 2 – Leaps / Jumps / Hops	BEAM 53
Group 3 – Turns	BEAM 62
Group 4 – Waves	BEAM 66
Group 5 – Holds / Stands	BEAM 68
Group 6 – Rolls	BEAM 73
Group 7 – Walkovers / Cartwheels / Etc.	BEAM 76
Group 8 – Saltos	BEAM 85
Group 9 – Dismounts	BEAM 88

**SECTION 5 FLOOR EXERCISE****CHAPTER 1**

Rule Chart	FLOOR 1
Timing Regulations	FLOOR 2
Music Regulations	FLOOR 3
Line Violations (Out of Bounds)	FLOOR 4
Coach on the Floor Mat / Spotting Regulations	FLOOR 5
Recognition of Value Parts	FLOOR 6
Required Technique for Recognition of Value Parts	FLOOR 9
Specific Element Technique Clarifications	FLOOR 10

**CHAPTER 2**

Routine Content / Special Requirements	FLOOR 13
Allowable Difficulty	FLOOR 22
Clarification regarding Acro Passes	FLOOR 23
Specific Compositional Deductions	FLOOR 24

**CHAPTER 3**

Execution and Amplitude Deductions	FLOOR 25
Specific Execution Deductions	FLOOR 28

**CHAPTER 4**

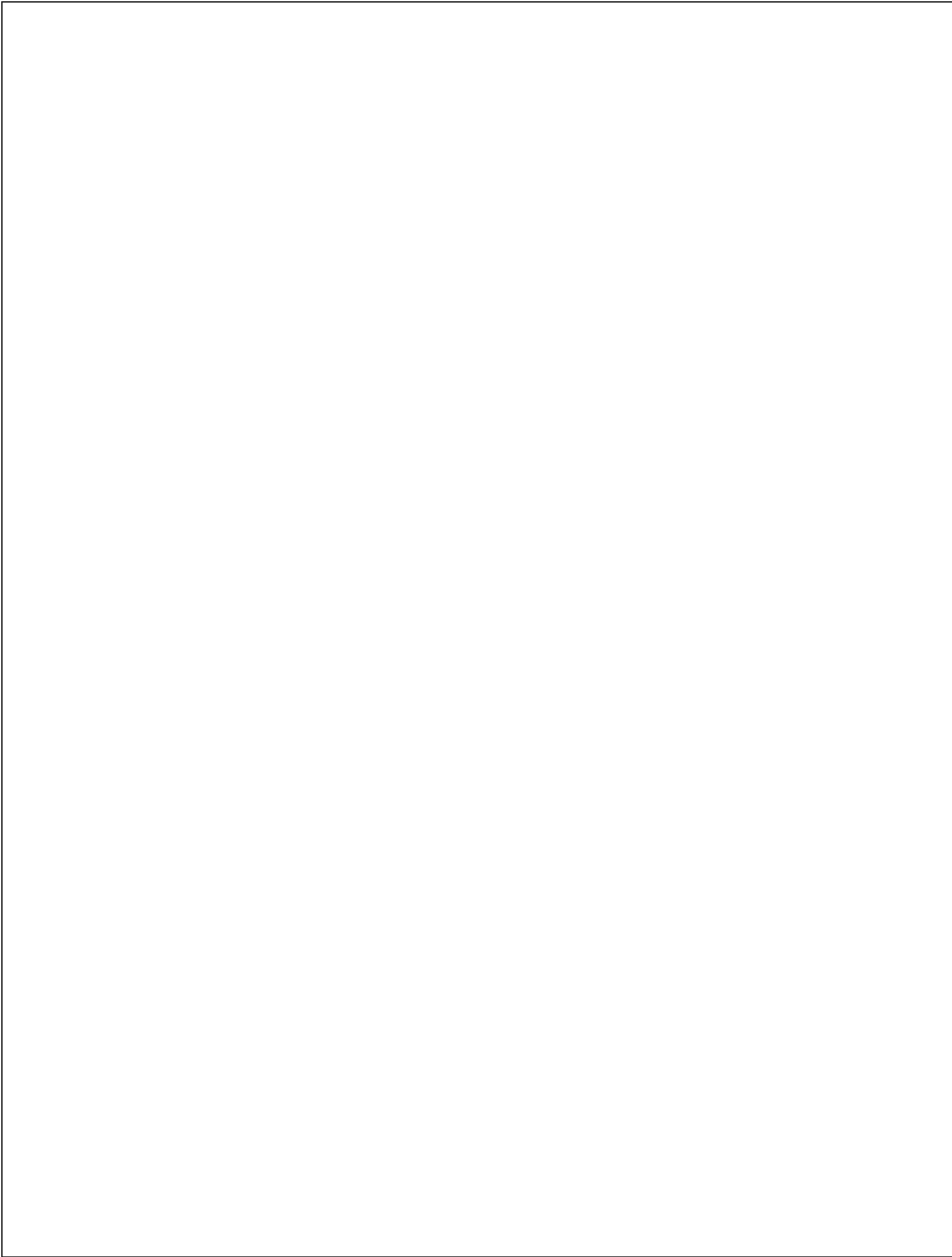
Connection Value Bonus	FLOOR 29
Awarding Connection Value Bonus	FLOOR 30
Level 9 & 10 – “D/E” Bonus	FLOOR 40
Bonus Restrictions	FLOOR 41

**FLOOR EXERCISE ELEMENTS**

Group 1 – Leaps / Jumps / Hops	FLOOR 43
Group 2 – Turns	FLOOR 52
Group 3 – Handstands	FLOOR 55
Group 4 – Rolls	FLOOR 56
Group 5 – Walkovers / Cartwheels / Etc.	FLOOR 57
Group 6 – Saltos Forward	FLOOR 61
Group 7 – Saltos Sideward / Arabians	FLOOR 62
Group 8 – Saltos Backward	FLOOR 63

## **APPENDIX**

1. Level 10 Vault Value Chart
2. Level 9 Vault Value Chart
3. Levels 6 / 7 / 8 Vault Value Chart
4. Uneven Bars Symbol Chart
5. Balance Beam Symbol Chart
6. Floor Exercise Symbol Chart
7. Judges' "Cheat Sheet" – Levels 6 / 7 / 8
8. Judges' "Cheat Sheet" – Levels 9 / 10
9. Dance Technique
10. Uneven Bars Technique
11. Judges' Score Sheet – Levels 9 / 10
12. Judges' Score Sheet – Levels 6 / 7 / 8
13. Judges' Score Sheet – Vault – Levels 8 / 9 / 10
14. Judges' Score Sheet – Vault – Levels 6 / 7
15. Specific Compositional Guidelines





**MEET REFEREE (who may also act as a Chief Judge) (continued)**

- l. Notates a warning given by Chief Judge concerning incorrect attire or signaling with a verbal cue. She / he will then notify Chief Judge on the other events that a warning has been given so that appropriate deductions may be applied.
- m. Upon notification from Chief Judge, issues a warning to coach for unsportsmanlike conduct. Follow USA Gymnastics' Safe Sport policy and coaches' behavior policy in *Rules and Policies*. This would also be applied for excessive cheers and / or behavior of teammates, or the coach who is disruptive to the competition.
- n. Will be available for a minimum of five minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or judges' scores.
- o. Serves as president of Jury of Appeals.
- p. May be an affiliated judge.
- q. Indicates any violations of *Rules and Policies* on the sanction report form or notifies USA Gymnastics Member Services directly in writing by email.
- r. Is responsible for compiling and checking information regarding judges' fees and expenses for Meet Director.
- s. Checks with scoring personnel to verify that scores for all gymnasts are entered and all inquiries have been resolved.
- t. Issues a warning to coach and notifies Meet Director if she / he observes more than one gymnast on UB at the same time during any warm-up (timed or 30-second touch).
- u. Monitors judging panels to ensure appropriate use of electronic tablets for judging and reference purposes.
- v. Determines with Meet Director the designated time for judging panels to leave and to return to field of play between sessions.
  - Judges are required to remain on competition floor until Meet Referee releases them to begin break time. All break time will now be compensated; therefore, the judge MUST remain on the grounds of the venue.
- w. In conjunction with Meet Director, assess the situation to make an appropriate call regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.).

**C. CHIEF JUDGE**

- 1. Prepares judges for correct evaluation of exercises prior to competition at judges' meeting.
- 2. Advises Meet Director of any equipment safety concerns or non-approved equipment; checks that all materials necessary are available and functioning properly, including:
  - a. Light or time signals
  - b. Stopwatches
- 3. Instructs judging assistants to assure their knowledge of:
  - a. Correct use of signal to indicate line violations.
  - b. Correct use of stopwatch and timing device to indicate time limitations.
  - c. Proper reporting procedures for the following violations:
    - 1) Exceeding time allowed
    - 2) Stepping out of Floor Exercise area
  - d. Correct method of scoring being used.
  - e. Correct procedures for flashing of start values, individual scores and / or average score.
- 4. Is responsible for correct work of her / his panel and assistant judges.
- 5. Uses a green flag or hand signal to acknowledge presentation of gymnast.

**CHIEF JUDGE (continued)**

6. Must evaluate exercises accurately without bias and **MUST** first write (or enter into electronic scoring system) her / his own score before reviewing scores from other judges.
7. Must determine and record score and SV, as well as record deductions for execution / amplitude, artistry, compositional errors, and neutral deductions.
  - Should write the European 7.
8. Verifies that scores fall within proper range.
9. Verifies that score of Chief Judge, panel judge(s), average score and time / line deductions are properly recorded during the competition.
  - a. It is **NOT** necessary to sign official score sheet.
  - b. Judges **MUST** keep a record of scores on a heat sheet.
10. Confirms when a gymnast may continue the exercise from the point of interruption after a technical/equipment failure and determines when the continuation will occur.
  - a. A flash from a camera is **NOT** a valid reason to allow gymnast to repeat exercise.
  - b. These decisions **MUST** be made in consultation with the Meet Referee prior to the score being flashed.
11. Is responsible for calling a conference if an impossible SV has been awarded and / or for other reasons to assist judges in arriving at a common basis for scoring during competition.
12. Terminates an exercise if (after a fall) gymnast exceeds allotted fall time.
  - If an injury occurs, fall time begins when medical assessment is complete.
  - a. Vault (after fall on first VT, once gymnast is standing on feet) = 45 seconds to salute for second VT.
  - b. Uneven Bars (once standing up on feet) = 45 seconds.
  - c. Balance Beam (once standing up on feet) = 45 seconds.
  - d. A bleeding wound (or any other injury due to a fall) does **NOT** give gymnast the right to repeat exercise. Once the wound is covered, the gymnast may resume routine from point of interruption.
13. Reports to Meet Referee or Jury of Appeals if any of the following is observed:
  - a. Incorrect gymnast attire
  - b. Unsportsmanlike conduct of coach (after warning).
  - c. Excessive cheers or behavior disruptive to competition by teammates or coach.  
EXAMPLE: Gymnasts standing around FX area, blocking view of judges and / or spectators.
  - d. Team fails to observe specified warm-up time (after a warning). Deduction would be applied to team event score where infraction occurred.
  - e. Coach or teammates warned about technical verbal cues.
14. Is responsible for responding, in conjunction with panel judge(s), to an inquiry in a professional manner.
15. May **NOT** be affiliated at any sanctioned qualifying meets.
  - EXCEPTION: affiliated judges may be assigned as CJ at non-qualifying invitational meets.
16. Takes deduction from average score for the **FOLLOWING INFRACTIONS**. Deduction **MUST** be indicated to coach either verbally or by visual means at conclusion of exercise.

# SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

<b>CHIEF JUDGE DEDUCTIONS</b>	
<u>0.10</u>	<b>Overtime</b>
<u>0.10</u>	<b>Coach standing between or next to equipment throughout exercise</b> Example: between UB or next to BB
<u>0.10</u>	<b>Failure to mark the FX boundary line on additional mats</b> <ul style="list-style-type: none"> <li>Applies to any mat which covers the FX boundary line.</li> </ul>
each time <u>0.10</u>	<b>Out of bounds</b> Any part of the body touching outside of the FX border marking.
each time <u>0.10</u>	<b>Failure to present before and after exercise.</b> Before: Gymnast required to present to CJ before exercise. After: Gymnast required to present, either to the apparatus or to a judge.
<u>0.20</u>	<b>Gymnast fails to begin exercise within 30 sec.</b> (after CJ signals to begin)
<u>0.20</u>	<b>Unsportsmanlike conduct of gymnast</b> (after warning).
<u>0.20</u>	<b>Incorrect padding</b> (gymnast wearing heel / hip pads on UB) <ul style="list-style-type: none"> <li>If CJ notices heel pads prior to gymnast's mount, a warning <b>MUST</b> be given.</li> <li>However, if gymnast wears heel pads during her exercise (whether or not the CJ warned her previously), deduction <b>MUST</b> be taken.</li> </ul>
<u>0.20</u>	<b>Failure to observe specified warm-up time</b> (after a warning). <ul style="list-style-type: none"> <li>Deduction is taken from event score or may be taken from team score on that event at Dev Nationals or team competitions.</li> <li>Deduction applies only to practice of an element(s). <ul style="list-style-type: none"> <li>✓ If gymnast is preparing for a skill or dismount when time is called, she may continue to finish skill(s) and / or dismount without penalty.</li> <li>✓ No deduction for jumping on board and / or briefly touching apparatus immediately prior to competition on UB or BB.</li> <li>✓ Refer to VT and FX sections for specific allowable procedures.</li> </ul> </li> <li>If gymnast fails to leave the apparatus after "time" has been called, timer <b>MUST</b> warn gymnast by announcing "time exceeded".</li> <li>If gymnast remains on apparatus, timer reports infraction to CJ, who then deducts <u>0.20</u> from average score.</li> <li><b>Warming up on mat after a fall (NO warning will be given)</b></li> </ul>
<u>0.20</u>	<b>Technical verbal cues by coach or teammate(s) to own gymnast</b> (after a warning). <ul style="list-style-type: none"> <li>Judge(s) <b>MUST</b> hear words.</li> <li><u>EXAMPLES</u> of technical cues: "hollow", "pull", etc.</li> <li><u>EXCEPTION</u>: If gymnast is competing on apparatus and coach instructs her by giving specific information on what to do during the routine (for example, what comes next in the routine or to repeat a missed requirement), a deduction of <u>0.20</u> is taken from the average without a warning.</li> <li>This deduction is only taken once, regardless of the number of cues given.</li> </ul>
<u>0.20</u>	<b>Coach sprays water or adds chalk to UB once exercise has begun (No warning will be given)</b>

0.20	<p><b>Incorrect attire</b> (after a warning)</p> <ul style="list-style-type: none"> <li>• Deduction applied to first event competed if NOT corrected / removed, etc.</li> <li>• Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken.</li> <li>• Deduction is taken one time <u>ONLY</u>.</li> </ul> <p>1. <u>Acceptable attire</u>:</p> <ol style="list-style-type: none"> <li>a. One-piece leotard with or without sleeves. <ul style="list-style-type: none"> <li>• Leg cut of the leotard MUST be below the pelvis / hip bone.</li> </ul> </li> <li>b. Unitards with long legs to ankle or <b>short length</b>, with or without sleeves.</li> <li>c. <b>Shorts</b> or Tights (<b>capri length or longer</b>) may be worn <b>under or over</b> the leotard. <b>They may be black, match the leotard, or be the athlete's skin tone. Small manufacturer's branding allowed, with no embellishments.</b></li> <li>d. Head covering (if attached to leotard or unitard and fits snugly overhead) <ul style="list-style-type: none"> <li>• Not to impose a safety hazard to gymnast.</li> </ul> </li> <li>e. Clear bra straps.</li> <li>f. Only stud earrings are allowed in any part of ear. <ul style="list-style-type: none"> <li>• All other piercings MUST be removed, not just covered with tape or a bandage.</li> </ul> </li> </ol> <p>2. <u>Unacceptable / inappropriate / incorrect attire</u>:</p> <ol style="list-style-type: none"> <li>a. Backless leotards <ul style="list-style-type: none"> <li>• Unless any open area(s) is/are filled in with mesh or flesh-colored fabric, a leotard is considered backless when any open area(s) visually extend(s): <ol style="list-style-type: none"> <li>1) lower than two inches (approximately) below the bottom of the scapula (shoulder blade).</li> <li>2) wider than the vertical midpoint of the scapula.</li> </ol> </li> </ul> </li> <li>b. Visible underwear (including sports bras) <ul style="list-style-type: none"> <li>• If underwear is visible due to cut of the leotard, warn the gymnast's coach. If gymnast does NOT correct it, take a deduction on subsequent event.</li> <li>• Underwear, including sports bras, should NOT be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do NOT take a deduction.</li> <li>• COMMON SENSE SHOULD PREVAIL.</li> </ul> </li> <li>c. Unacceptable jewelry <ul style="list-style-type: none"> <li>• Necklaces and bracelets NOT allowed during warm-ups or competition. <u>EXCEPTION</u>: Medical bracelets MUST be covered by athletic tape.</li> <li>• Any non-stud earrings.</li> </ul> </li> <li>d. Spaghetti straps <ul style="list-style-type: none"> <li>• Straps MUST be a minimum of 2 cm. (7/8") wide.</li> </ul> </li> <li>e. Bare midriff</li> <li>f. Elastic waistbands traditionally worn as training aids. <ul style="list-style-type: none"> <li><u>EXCEPTION</u>: This does NOT include medically necessary bandages.</li> </ul> </li> <li>g. <b>Tennis Shoes are NOT appropriate gymnastics footwear.</b></li> <li>h. <b>Ear buds/pods are NOT allowed to be worn during competition.</b></li> </ol> <p>3. Failure to wear a competitor number when required.  <u>EXCEPTION</u>: At Level 9 East / West Championships and Level 10 Nationals, gymnast MUST wear a competitive number during competition, unless performing a back spin on BB or FX, in which case coach MUST show number to judges.</p> <p>4. Hair should be secured away from face – should NOT obscure vision of apparatus.</p>
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# SECTION 1 – GENERAL INFORMATION – JUDGING PANELS – CHAPTER 1

<b>CHIEF JUDGE DEDUCTIONS (continued)</b>	
<u>0.20</u>	<p><b>Excessive use of magnesia (chalk) or incorrect use of tape</b></p> <p><b>VAULT</b></p> <ol style="list-style-type: none"> <li>Runway: Athletic tape or Velcro strips (<b>NO CHALK</b>) may be placed on VT runway, provided that such markings are removed no later than end of rotation. <ul style="list-style-type: none"> <li>✓ Maximum width of the Velcro strip or athletic tape is 5 cm. (2").</li> <li>✓ Maximum length is 3 feet.</li> </ul> </li> <li>Table: Use of tape or <b>excessive</b> magnesia (chalk) is NOT permitted on VT table.</li> <li>Hand Placement Mat: Chalk (<b>NO TAPE</b>) may be used on the mat, provided that such markings are removed no later than end of rotation. <ul style="list-style-type: none"> <li>• Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed.</li> </ul> </li> </ol> <p><b>BALANCE BEAM</b></p> <p>Small chalk markings may be placed on BB (tape markings NOT allowed).</p> <p><b>FLOOR EXERCISE</b></p> <ol style="list-style-type: none"> <li>Spreading of magnesia on FX area NOT allowed; only small marks allowed.</li> <li>A single-line arc drawn in corner of FX area is acceptable.</li> <li>No Velcro or tape markings are allowed within FX area.</li> <li>Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.</li> </ol>
<del>Max</del> <u>0.30</u>	<p><b>Unauthorized <b>equipment or additional / insufficient matting</b></b></p> <ul style="list-style-type: none"> <li>• Springboard on unauthorized surface</li> <li>• Use of hand placement mat for traditional forward approach vaults</li> </ul>
<u>0.30</u>	<b>Lands UB / BB dismount or FX Acro Salto in solid or loose foam pit</b>
<u>0.30</u>	<b>Failure to remove board / mounting apparatus after mount</b>
<u>0.30</u>	<b>Failure to remove board or authorized spotting device after UB release element.</b>
<u>0.30</u>	<b>Using incorrect apparatus specifications</b> including incorrect spring configurations.
<u>0.50</u>	<p><b>Starting exercise before signal is given</b> (deduct from repeated performance).</p> <ul style="list-style-type: none"> <li>• If gymnast starts exercise before signal is given, should be asked to stop and repeat performance immediately.</li> <li>• Refer to Section 2 Vault for specifics.</li> </ul>
<u>0.30</u>	<p><b>Coach on the FX area (inside the border marking)</b> (Levels 6 / 7 / 8 / 9 / 10)</p> <ul style="list-style-type: none"> <li>• No deduction if coach / <b>athlete</b> is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.).</li> <li>• No deduction to adjust placement or to remove a skill cushion.</li> </ul>
<u>1.00</u>	<p><b>Absence of music or music with words or song / speech</b></p> <p>Refer to Section 5 Floor Exercise for specifics.</p>
<u>1.00</u>	<p><del><b>Performance of a one-arm vault:</b></del> <b>Removed as a CJ deduction</b></p> <ul style="list-style-type: none"> <li>• <del>At least half of the VT panel MUST see that only one hand touched VT table.</del></li> </ul>
<u>2.00</u>	<p><b>Short exercises</b> (applies to complete or incomplete routines).</p> <ul style="list-style-type: none"> <li>• UB routine with less than 5 Value Parts (VP)</li> <li>• BB and FX routines – less than 30 seconds</li> <li>• <b>EXCEPTION:</b> Refer to Level 6, Section 4 Balance Beam for specifics.</li> </ul>

Revised 10.22, 7.23 & 8.24

## D. PANEL JUDGES

1. Must evaluate the exercises quickly and accurately, without bias.
2. Must record VP, Bonus, Special Requirements (SR) and SV, as well as record deductions for execution / amplitude, artistry, and compositional errors.
3. Must include on score slip to send to CJ (if electronic score input is NOT available for each judge):
  - a. Judge's initials and assigned number.
  - b. Competitor number, SV and score.
  - c. Notification if a deduction was taken for coach spotting gymnast.
  - d. Notification if gymnast exceeded border marking on FX (if no line judges are present); should attempt to signal any such violation by raising hand.
  - e. Should write European 7.
4. Must flash SV after sending score to CJ.
5. When changing a score, judge MUST cross out first score, initial change and write in new score; do NOT erase.
6. May be affiliated; however, there may NOT be more than one judge per panel with same affiliation.

## E. JUDGING ASSISTANTS

1. Do NOT evaluate or score the exercise.
2. Signal and record specific faults and penalties to assist Chief Judge (CJ).
3. Types of judging assistants and their responsibilities:
  - a. FX LINE JUDGES:
    - 1) Must be rated official.
    - 2) Signal by raising hand or flag when gymnast steps (or touches some part of body) beyond boundary line.
    - 3) Inform CJ in writing of such violation.
  - b. TIMERS
    - 1) VAULT FALL TIMER:
      - a) CJ must monitor VT fall time on first VT. The watch:
        - Starts when gymnast is standing up on her feet and medical assessment is complete.
        - Stops when gymnast salutes for her second VT.
      - b) After 25 seconds have passed, "20 seconds remaining" is announced.
      - c) After 35 seconds have passed, "10 seconds remaining" is announced.
      - d) At 45 seconds, "TIME" is announced.
      - e) A second VT is NOT allowed after "TIME" is announced.
    - 2) UNEVEN BARS FALL TIMER:
      - a) Is responsible for correct timing of falls. The watch:
        - Starts when the gymnast is standing up on her feet and medical assessment is complete.
        - Stops when the gymnast leaves the floor to re-mount.
      - b) After 25 seconds have passed, "20 seconds remaining" is announced.
      - c) After 35 seconds have passed, "10 seconds remaining" is announced.
      - d) At 45 seconds, "TIME" is announced.

**I. DETERMINING AVERAGE SCORE****A. WITH FOUR-JUDGE PANEL:**

1. Establish final average score in the following manner:

- a. Highest and lowest scores = eliminated.
- b. Two middle scores are averaged by:
  - 1) Adding them together, then
  - 2) Divided by two:

EXAMPLE:

Chief Judge 1:	9.40	High = eliminated
Judge 2:	9.00	Low = eliminated
Judge 3:	9.20	
Judge 4:	9.30	
	$9.20 + 9.30 = 18.50 / 2$	9.25 average score

2. The average score determines allowable range between two counting scores.
3. If two counting scores are out of range, CJ calls conference.

**B. WITH TWO-JUDGE PANEL:**

1. Establish the final average score in the following manner:

- a. The two scores are added together, then
- b. Divided by two:

EXAMPLE:

Chief Judge 1:	7.80	
Judge 2:	7.50	
	$7.80 + 7.50 = 15.30 / 2$	7.65 average score

2. The average score determines the allowable range between the two scores.
3. If the two scores are out of range, CJ calls a conference.

**II. RANGE OF SCORES****A. ALLOWABLE RANGE OF SCORES**

The difference between the two middle scores (or the two scores when only two judges are used) at a USA Gymnastics Dev Program optional competition is:

If the average score is between:	The two counting scores MUST be within a range of:
9.500 – 10.000	0.20 pt.
9.000 – 9.475	0.50 pt.
8.000 – 8.975	0.70 pt.
<b>Below 8.00</b>	<b>1.00 pt.</b>

- Whenever a zero score **or a 1.00 or greater flat deduction** is one of the counting scores, the allowable score range does NOT apply.



## **B. A CONFERENCE OF THE JUDGES**

1. Called (and led) by CJ when there is too great a difference between the two counting scores, or if an impossible SV has been awarded.
2. All judges **MUST** attend conference at location designated by CJ.
3. Meet Referee may be notified of and / or be included in the discussion.
4. In this conference, the discrepancy is resolved by one of the following procedures:
  - a. The SV differences will be clarified.
  - b. Mathematical procedures are checked for accuracy.
  - c. Adjustments are made in scores to conform to allowable range.
  - d. It is professional responsibility of judges to come to an agreement if their scores are initially out of range.
  - e. If judges are unable to compromise, Chief Judge may mandate that scores be brought into allowable range.

## **III. ROUTINE EVALUATION**

### **A. ROUTINES EVALUATED IN 0.05 INCREMENTS**

at all Development Program competitions.

### **B. FINAL SCORE OF 1.00**

will be awarded for any optional exercise that results in a score equal to or less than one (1.00) point.

### **C. OPEN SCORING:**

Either manually or electronically flashing each judge's score or by writing each judge's score on each gymnast's competitor card. Open scoring is:

1. Required at Level 10 Nationals and Level 9 Eastern / Western Championships.
2. Allowed at Regional Championships (determined by the RAC).
3. Allowed at optional State Championships (determined by SAC).
4. Allowed at optional invitationals, at discretion of the Meet Director.
5. NOT allowed at any compulsory meet, including compulsory State Championships (per *R&P*).
6. Procedures for open scoring:
  - a. Each judge **MUST** independently determine her / his score.
  - b. Each judge **MUST** record SV and final score on judging slip and send it to CJ via the runner.
    - If electronic scoring system is used, judge **MUST** first enter score electronically, then flash SV manually.
  - c. After CJ receives all judging slips or reviews electronically displayed scores, individual judges' scores and average score are then flashed on score flashing unit.
  - d. If score is changed as a result of a conference, adjusted score should be re-flashed as a "corrected score".



**C. GENERAL DEDUCTIONS (UB, BB, FX)**

For faults in technique, execution, amplitude, and artistry

<b>SMALL FAULTS</b>	Each time <u>0.05</u>	<b>Flexed / sickled feet</b> during VP elements
	Up to 0.10	<b>Deviation from straight direction on landing</b>
	Up to 0.10	<b>Arm swings on landing to maintain balance</b>
	Up to 0.10	<b>Legs crossed during twisting VP elements</b>
	Up to 0.10	<b>Brush / touch of foot / feet on apparatus or mat</b>
	<u>0.05</u> <u>0.10</u> <u>0.10</u>	<b><u>LANDS WITH FEET APART</u></b> <ul style="list-style-type: none"> <li>No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.</li> </ul> <b>Lands with feet hip-width apart or closer, but never joins the feet (heels)</b> <b>Lands with feet further than hip-width apart</b> <ul style="list-style-type: none"> <li>If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for the step(s).</li> </ul> <b>If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.</b>
	Up to 0.10	<b>Slight hop, or small adjustment of feet on landing</b> <ul style="list-style-type: none"> <li>UB / BB dismounts: staggered feet on landing of elements</li> <li>FX: a small, controlled step forward from forward acro or small, controlled step backward from backward acro to lunge is allowed with no deduction.</li> </ul>
	Ea. <u>0.10</u> - <u>0.15</u> (max <u>0.40</u> )	<b>Small or medium step(s) on landing</b>
<b>MEDIUM FAULTS</b>	Up to 0.20	<b>Leg or knee separations</b>
	Up to 0.20	<b><u>INSUFFICIENT EXACTNESS OF BODY POSITIONS</u></b> <b>Insufficient tuck position</b> (Ideal = minimum of 90° bend in both hips and knees)
	Up to 0.20	<b>Insufficient pike position</b> (Ideal = minimum of 90° bend in the hips, 91°-135° = insufficient pike)
	Up to 0.20	<b>Insufficient stretched position</b> (Ideal = straight 180° position), but greater than 135° is considered stretched body position. a. Arch = up to 0.20 b. Hip angle (136°-179°) = up to 0.20
	Up to 0.20	<b>Failure to maintain stretched body position (pikes down)</b>
	Up to 0.20	<b>Incorrect body posture on landing</b> of elements or dismount
	Up to 0.20	<b>Insufficient split when required</b> (dance / non-flight acro elements)
	Up to 0.20	<b>Incomplete turn / twist</b>
	Up to 0.20	<b>Additional trunk movements to maintain balance / control upon landing</b> of UB / BB dismounts and FX acro elements. <ul style="list-style-type: none"> <li>Apply to “stuck” landings with trunk movements to avoid steps.</li> </ul>
	Each <u>0.20</u> (max <u>0.40</u> )	<b>Large step or jump on landing</b> (approximately 3 feet or more)

# SECTION 1 – GENERAL INFO – EVALUATION OF OPTIONAL EXERCISES – CHAPTER 3

<b>LARGE FAULTS</b>	Up to 0.30	<b>Bent arms in support</b> - on any one element (90° bend or greater = max <u>0.30</u> )
	Up to 0.30	<b>Bent legs - on any one element</b> (90° bend or greater = max <u>0.30</u> )
	Up to 0.30	<b>Additional movements to maintain balance / control</b> on the BB
	Up to 0.30 + 0.50	<b>Squat on landing</b> (hips <del>even with or</del> lower than the knees) <b>Lands Vault / Acro element / Dismount in squat position, then falls</b>
	Up to 0.30	<b>Brushes / touches the mat with one or two hands</b> (no support)
	Up to 0.30	<b>Insufficient extension (open) of body prior to landing</b> <ul style="list-style-type: none"> <li>Applies to UB / BB dismounts and BB / FX acro elements in tuck / pike position</li> </ul>
	Up to 0.30	<b>Insufficient height of Salto dismount</b> (UB / BB)

<b>VERY LARGE FAULTS</b>	<u>0.50</u>	<b>Support on mat with one or two hands</b>
	<u>0.50</u>	<b>Fall on mat to knee(s) or hips</b>
	<u>0.50</u>	<b>Fall onto or off</b> apparatus, or upon landing dismount, fall against apparatus <ul style="list-style-type: none"> <li>Apply all execution and/or amplitude deductions leading to a fall.</li> <li>Do NOT deduct for BALANCE errors leading to a fall.</li> </ul>
	<u>0.50</u>	<b>Fall / failure to land on the bottom of the feet first on elements or dismount</b> <ul style="list-style-type: none"> <li>No VP / No SR / No Bonus credit / No compositional credit</li> </ul> <b>NOTE:</b> If the gymnast lands on bottoms of feet and hands or knees simultaneously, award VP and SR credit, if appropriate.
	<u>0.30</u>	<b>Never initiates salto on dismount</b> – considered no dismount
	<u>0.50</u>	<b>Spotting assistance during an element</b> <ul style="list-style-type: none"> <li>No VP / No SR / No Bonus credit / No compositional credit</li> </ul>
	<u>0.50</u>	<b>Spotting assistance upon landing of dismount element</b> <ul style="list-style-type: none"> <li>Award VP, SR and compositional credit</li> <li>No Bonus</li> </ul>
	<u>0.50</u>	<b>Fall after assistance (spot) on element or dismount</b>
	<u>0.50</u> for fall only	<b>Coach catches a falling gymnast on element or dismount</b> a) No deduction for spot

## A. CLARIFICATION ON STEPS ON LANDING:

1. A **small** step-close is considered one **small** step and receives a 0.10 deduction.

**A medium step-close would receive a 0.15 deduction.**

A very small step-close or other small foot movement would receive a 0.05 deduction.

EXAMPLES of one **small/medium** step (0.10 - 0.15):

- a. Gymnast lands with feet together, then takes one step forward, sideward, or backward on the *right* foot; then returns *right* foot to join *left* foot, OR
  - b. Gymnast lands with feet together, then takes one step forward, backward, or sideward on the *right* foot; then steps with *left* foot to join *right* foot.
2. If gymnast is out of control or has additional movements to maintain balance after step(s), additional deductions may be applied.
  3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if steps result in a fall, deduct only 0.50 for fall.
    - a. If gymnast lands an UB or BB dismount with feet a maximum of hip-width apart, there is no deduction, provided heels slide together on controlled extension. If entire foot slides or is lifted off mat to join, it is considered a small step.
    - b. If gymnast lands with feet apart or staggered and then continues to take steps, deduct only for steps. Deductions for landing with feet apart / staggered are to be applied only when gymnast “sticks” the landing on UB / BB dismounts, VT and on an isolated Salto or the last Salto in an Acro pass on FX.

**VI. BONUS - SPECIFIC GUIDELINES**

for awarding element combination Bonus are discussed in each apparatus chapter.

**A. OPTIONAL EXERCISE REQUIREMENT FORMULA**

	<u>Level 10</u>	<u>Level 9</u>	<u>Level 8</u>	<u>Level 7</u>	<u>Level 6</u>
A. <b>VALUE PARTS (VP)</b>	2.20	2.00	1.60	1.10	0.80
B. <b>SPECIAL REQUIREMENTS (SR)</b>	2.00	2.00	2.00	2.00	2.00
C. <b>BONUS</b>	0.50	0.30	0.00	0.00	0.00
D. <b>EXECUTION, COMPOSITION * AND ARTISTRY (BB, FX)</b>	5.30	5.70	6.40	*6.90	*7.20

10.00      10.00      10.00      10.00      10.00

\* Compositional deductions are NOT applied at Levels 6 / 7.

**VII. CALCULATING SV AT DEVELOPMENT PROGRAM COMPETITIONS****A. ALL JUDGES DETERMINE THE START VALUE.****B. IT IS NOT MANDATORY THAT THE JUDGES AGREE ON THE SV,**

but if a judge has calculated an impossible start value, a conference MUST be held.

**C. STEPS IN DETERMINING THE START VALUE:**

The competitive level of the gymnast determines the starting score:

Level 10 starts at 9.50, Level 9 starts at 9.70, Level 6 / 7 / 8 start at 10.0.

**1. DEDUCT from the SV for each level.**

- a. Missing Value Parts (VP)
- b. Missing Special Requirements (SR) (0.50 each)
- c. Exercise is without a dismount (0.30)
- d. Performance of restricted elements (0.50 each)

**1) Restricted elements will be considered in chronological order.**

**ONLY the first restricted element in the exercise may be:**

- a) Awarded VP credit.
- b) Awarded SR, if applicable.
- c) Awarded CV Bonus, if applicable.
- d) Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives "0" VP credit the first time.
- e) Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.

**2) Any additional restricted element performed at Level 8 and 9 whether or not it meets the requirement to receive VP credit, or any restricted element at Level 6 and 7 that is performed or attempted (even if attempt is incomplete):**

- a) Deduct 0.50 from SV for restricted element.
- b) No VP credit awarded.
- c) No SR credit awarded.

**3) All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.**

**STEPS IN DETERMINING THE START VALUE (continued):**

**2. ADD any Bonus**

- a.** Level 10 is eligible to earn Bonus for both CV and “D/E” Bonus, with a minimum of +0.10 for “D/E” and a minimum of +0.10 for CV. The remaining 0.30 may be earned by “D/E” Bonus or CV Bonus.

Maximum SV is 10.00.

- 1)** If the exercise contains +0.50 in CV Bonus and no “D/E”, the SV will be 9.90.

- 2)** If the exercise includes +0.60 or more total Bonus with one “E” element (BB / FX = Acro “E”), the exercise is eligible for an additional Bonus of +0.10. Shall be flashed as +0.10 along with SV, NOT included in the SV.

- a)** Each judge adds the Bonus to her / his score and MUST visibly (by means of a placard or other signage) indicate that the additional Bonus was awarded.

- b)** If using paper score slips, the judge should also indicate in writing any Bonus awarded.

- 3)** If the exercise contains +0.60 or more in “D/E” Bonus, but no CV Bonus, the SV will be 9.90 and is NOT eligible for the additional +0.10 Bonus.

- b.** Level 9 is eligible to earn Bonus points for both CV and “D/E” Bonus.

Maximum SV is 10.00, with a maximum of 0.30 in Bonus:

- 1)** 0.30 CV, OR +0.20 CV and +0.10 for the first allowable or restricted “D/E” (UB – any D/E; BB/FX – Acro D/E).

- 2)** The first restricted (UB/BB/FX) or allowable (UB) “D/E” element receiving VP credit can be considered for +0.10 “D/E” Bonus.

- a.** If the “D/E” element receiving VP credit results in a fall or spot, no Bonus is awarded.

- b.** Additional restricted “D/E” elements performed later in exercise will NOT be considered for Bonus.

- Exception on Uneven Bars: Refer to Uneven Bars- Section 3, Chapter 4.

- 3)** Allowable “D/E’s” and the first restricted “D/E” count as “C” in Connection Value Principles.

- c.** Level 6 / 7 / 8 are NOT eligible for Bonus. Maximum SV is 10.0.

**III. INQUIRIES**

**A. THE COACH IS ALLOWED to see the four (or two) scores of her / his individual gymnast.**

**B. IF THE COACH HAS A QUESTION regarding an exercise during competition:**

1. Chief Judge (or Meet Referee) should advise coach to submit an inquiry form to officially receive information. There should be no casual conversation during the competition between coach and judge regarding evaluation of an exercise.
2. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if an inquiry should move forward. The video would follow the same criteria of questions listed below.

**C. INQUIRIES ON OPTIONAL ROUTINES ARE LIMITED to questions regarding:**

1. Start Value (SV)
2. Neutral deductions
3. Falls
4. Unusual occurrences
5. Specific flat (NOT “up to”) compositional deductions.

**D. INQUIRIES MUST BE LEGIBLY WRITTEN ON THE OFFICIAL INQUIRY FORM**

By the coach and submitted within five minutes of the completion of that event rotation to Meet Director or Meet Referee. Meet Director will then forward it to Meet Referee, who gives it to Chief Judge of apparatus in question.

1. No fee may be charged to submit an inquiry.
2. Coaches need to be aware that an inquiry allows for a second evaluation of exercise which may result in:
  - a. no change in score.
  - b. score being raised.
  - c. score being lowered.

Chief Judge and panel judge(s) will respond, providing only the information requested. After Chief Judge has completed the response to the inquiry, Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.

3. Coach may NOT approach the judge regarding the inquiry during the competition.

**E. VIDEO REVIEW**

See the USA Gymnastics *Women’s Rules and Policies* for video review regulations.

**F. JURY OF APPEALS**

See the USA Gymnastics *Women’s Rules and Policies* for video review regulations.

**G. SCORE REVIEW at sectional / state qualifying meets and State Championships.**

1. For qualification purposes, if, after the completion of the last event, a gymnast’s All-Around score is 0.10 or less than the qualifying score to State or Regional Championships, the coach may submit an inquiry for gymnast’s lowest scoring event (regardless of the order in which that event was performed).
2. Any change of score is official and would be included in official results.
3. Score review process does NOT APPLY:
  - a. for mobility purposes
  - b. if qualification to State / Regional Championships is by percentage or designated number per age division
  - c. for an Individual Event Specialist (IES)
  - d. qualification to Level 9 Eastern/Western or Level 10 National Championships

**IV. JUDGE INADVERTENTLY MISSES THE EXERCISE**

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

**A. WITH A 2-JUDGE PANEL:**

The gymnast has two options after coach is advised of the score of the judge who evaluated the whole routine:

1. Accept that score, OR
2. Repeat exercise after a reasonable period of rest. If gymnast elects to repeat, score of second routine will count.

**B. WITH A 4-JUDGE PANEL:**

Final score is determined by entering a score for judge who missed the routine that is equal to highest score given by the three other judges and then averaging the two middle scores, as usual. This method gives gymnast the benefit of having the highest possible score and there is no need for the option to repeat exercise.

**C. IN EITHER CASE,** Chief Judge should consult with Meet Referee, who will then notify coach of gymnast's options.

**V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING****A. TAKE STEPS TO STOP THE BLEEDING IMMEDIATELY**

- Cover wound as soon as possible.

**B. A BLEEDING WOUND (OR ANY OTHER INJURY DUE TO A FALL)** does NOT give gymnast the right to repeat exercise. **Once the wound is covered, the gymnast may resume exercise from point of interruption.**

**C. FALL TIME EXCEEDED:**

If the 45-second fall time on VT, UB or BB is exceeded before the wound can be covered, then the exercise is terminated.

**D. IF THERE IS BLOOD ON ANY EQUIPMENT OR MATS**

After the gymnast finishes her routine, blood must be removed prior to beginning next gymnast's routine.

**E. THE COACH AND GYMNAST HAVE THE RIGHT TO DETERMINE**

if gymnast can continue routine after the fall (within fall time limitations).

## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

### F. MISCELLANEOUS VAULT RULES

1. Arrival on Vault table
  - a. May occur from a run with forward arrival on board with both feet.
  - b. May occur from a run with backward arrival on board with both feet from a Round-off - Levels 6 / 7 / 8 / 9 / 10.
  - c. May occur from a run with a forward arrival on the board with both feet from a front handspring - Levels 9 / 10 only.
2. All Vaults must be performed with support of both hands on the Vault table.
  - a. If neither hand makes contact with the Vault table, the Vault is scored "0" (VOID).
  - b. Each judge will take the 1.00 deduction for the performance of a one-arm Vault. If one or more judges apply the 1.00 deduction, the scores will be averaged regardless of the range.
3. All Vaults must land with the feet first on the landing mat to be considered for Value Part (VP) credit.
  - a. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
  - b. Any Vault that fails to land on the feet first will be scored "0" (VOID).
    - Exception: Level 7 Tsukahara / Yurchenko entry Vaults.
    - Exception: Level 6 Tsukahara / Yurchenko entry Vaults will receive a 1.00 deduction.
  - c. The Vault is scored if the gymnast falls, landing on hands and bottom of feet simultaneously.
  - d. If the gymnast lands standing, sitting, or lying on top of the Vault table, it is a "0" (VOID) Vault.
  - e. At all sanctioned competitions, if there is a question whether the gymnast lands on the feet first on the mat, video review will be allowed if available and decisive. If video review is NOT available, the score will be averaged, regardless of range.
    - All Vaults should be evaluated in the case a Video Review would show the athlete did land on the bottom of the feet first.
  - f. Whenever a zero score or a 1.00 or greater flat deduction is one of the counting scores, the allowable score range does NOT apply.
4. **LEVEL 10** gymnasts may perform any Vault listed on the Level 10 Vault value chart (see Appendix). All Vault values listed in the Vault element illustration section of the *Dev Code of Points (COP)* refer to the values for Level 10.
  - a. For Level 10 only, all 10.0 SV Vaults performed successfully (no fall or spot) are eligible for a bonus of +0.10.  
EXCEPT those marked with an asterisk: #2.302, #2.311, #3.407, #4.306, #4.309, #4.403, #4.407, #5.301, #5.408, and #5.409.
  - b. Each judge adds the Vault bonus to her / his score and must visibly (by means of a placard or other signage) indicate that the bonus was awarded.
  - c. If using paper score slips, the judge should also indicate in writing any bonus awarded.
5. **LEVEL 9** gymnasts may perform only specific Vaults from the five groups found on the Level 9 Vault value chart in the Appendix.
6. **LEVEL 8** Vault regulations
  - a. Only specific Vaults from Groups 1 / 3 / 4 / 5 are permitted. Refer to the Level 8 Vault Value Chart in the Appendix.
  - b. Since Level 8 is the first level at which Salto Vaults are allowed, spotting assistance in the post-flight of SALTO Vaults at Level 8 ONLY will NOT void the Vault. A 1.00 penalty will be applied.
  - c. If a fall on the landing occurs after spotting assistance, an additional 0.50 deduction is taken for the fall.
  - d. Whenever a 1.00 deduction for spotting assistance during the Vault is one of the counting scores, the allowable score range does NOT apply.



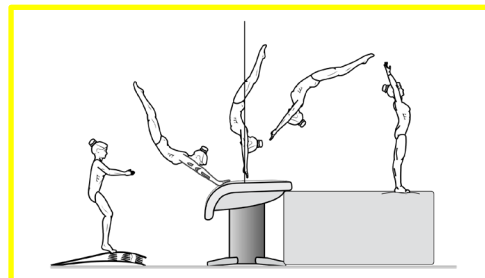
## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

### MISCELLANEOUS VAULT RULES (continued)

#### 7. LEVEL 6 / 7 Vault descriptions

##### Choice #1 – #1.111 - Handspring

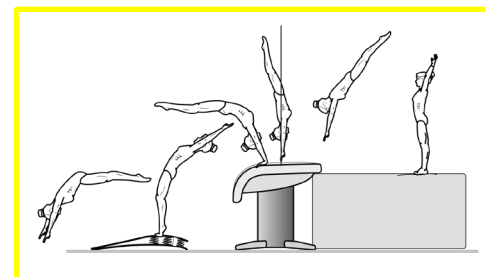
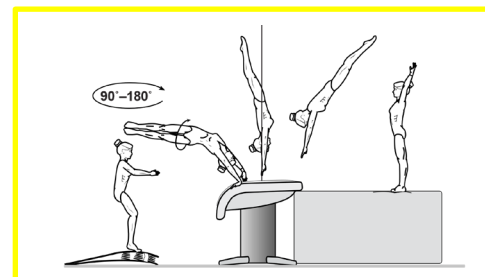
- Execute a front handspring entry Vault to arrive on the Mat Stack on the feet in a straight body position with a tight arch in the upper back; arm position optional.
- The evaluation ends when the gymnast's feet make contact with the mat stack.  
EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
- Additional forward movement (run, roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
- Body position will NOT be evaluated after the feet contact the Mat Stack.
- No flipping in any phase of any Vault, or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.



##### Choice #2 – #3.116 - Tsukahara entry

##### Choice #3 – #4.111 - Round-off entry (Yurchenko)

- Execute a Round-off entry (Yurchenko) or Tsukahara entry Vault to arrive on the mat stack on the feet (**Level 6/7**) or on the back (**Level 7 only**) in a straight-hollow body position; arm position optional.
- The evaluation ends when the gymnast's feet (**Level 6/7**) or body (**Level 7 only**) make(s) contact with the mat stack.  
EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
- Additional backward movement (backward steps, fall to the back, backward roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
- Body position will NOT be evaluated after the feet (**Level 6/7**), or body (**Level 7 only**) make(s) contact with the Mat Stack.
- No flipping in any phase of any Vault or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.
- If the first point of contact on mat stack is head / neck, the result is a "0" VOID Vault.



- Unknown Vault:** If a gymnast attempts a Vault listed on the Vault Value Chart for her level but does not complete it, resulting in a Vault that is not found on the chart, the Vault is scored "0" (VOID). However, the gymnast does NOT receive a "0" (VOID) as the final score for the event if the second Vault is a legitimate Vault.
- Restricted Vault - Levels 6, 7, 8, 9:** if either of the two Vaults performed are Vaults that are NOT allowed, the gymnast would receive a final score of "0" (VOID) for that event because a restricted Vault was performed.



## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
<b>SUPPORT / REPULSION PHASE</b>	up to 0.10 up to 0.10 up to 0.20 up to 0.20 up to 0.20 up to 0.30	<b>POOR TECHNIQUE</b> Staggered / alternate hand placement on all Vaults, except Tsukahara Failure to maintain neutral head position Shoulder angle Excessive arch Alternate repulsion from hands on all Vaults, except Tsukahara Legs bent
	each <u>0.10</u> (max 0.30)	Step(s) with hand(s)
	<u>0.30</u>	Hop(s) with both hands simultaneously
	up to 0.30	Failure to pass through vertical
	up to 0.50	Bent arms (bent 90° or more = maximum deduction) • Slight lead arm bend allowed on Tsukahara Vaults
	up to 0.50	Too long in support
	<b>up to 0.50</b>	<b>ANGLE OF REPULSION</b> • Determined by the line from the hands through the hips (center of mass). If there is a shoulder angle, measure from the shoulders to hips.  If the gymnast leaves the table: • By vertical • 1° to 45° past vertical • 46° past vertical to horizontal
	No Deduction <b>0.05 – 0.25</b> <b>0.30 – 0.50</b>	
	<u>1.00</u>	Touch table with only one hand. • <del>CJ takes the deduction from the average score if half of the panel sees only one hand touch.</del>
	<u>2.00</u>	Head contacting the table • Includes <u>0.50</u> deduction for extreme arm bend.
	<b>VOID</b>	No hand contact on the table
<b>SECOND FLIGHT PHASE</b>	up to 0.10	Fail to maintain neutral head position
	up to 0.10	Incorrect foot form (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	<b>INCORRECT LEG FORM</b> Legs crossed Legs separated Legs bent
	up to 0.20	Brush or hit of body on far end of table
	up to 0.30	Failure to create rotation
	up to 0.20	Insufficient length When evaluating length, consider size of the gymnast, type of Vault, where the hands contact the table, location of the center of mass upon initial contact of mat stack, and overall trajectory (amplitude) of the 2nd flight phase; NOT just the distance from where the gymnast first makes contact on the Mat Stack in relation to the end of the Vault table.
	up to 0.50	Fail to maintain prescribed body position
	up to 0.50	Insufficient height
	No Deduction	The arm position when leaving the table will NOT be evaluated.

## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

<b>LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)</b>		
<b>LANDING</b>	<b>up to 0.50</b>	<b>Incorrect body posture on landing</b> <ul style="list-style-type: none"> <li>Does not apply to Level 7 athletes who chose to land on their back instead of their feet.</li> </ul>
	<b>0.20</b>	<b>Lands on feet alternately (one then the other)</b> <ul style="list-style-type: none"> <li>When only one foot touches the mat, the deduction would take place for leg separation only.</li> </ul>
	<b>0.50</b> <b>up to 0.10</b> <b>Ea. 0.10 – 0.15</b> <b>(max 0.40)</b>  <b>each 0.20</b> <b>(max 0.40)</b>	<b>FRONT HANDSPRING ENTRY</b> <b>Lands and falls back against the table</b> <b>Slight hop, small adjustments of feet back towards table</b> <b>Small or medium step(s) back towards the table</b> (per step with maximum of 4)  <b>Large step or jump back towards the table</b> (approximately 3 feet or more)
	<b>VOID</b>	<b>Fail to land on any part of the bottom of the feet first - Front Handspring entry Vault</b>
	<b>0.50</b> <b>up to 0.10</b> <b>Ea. 0.10 – 0.15</b> <b>(max 0.40)</b>  <b>each 0.20</b> <b>(max 0.40)</b>	<b>ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY</b> <b>Lands and falls forward against the table</b> <b>Slight hop, small adjustments of feet forward towards the table</b> <b>Small or medium step(s) forward towards the table</b> (per step with maximum of 4)  <b>Large step or jump forward towards the table</b> (approximately 3 feet or more)
	<b>1.00</b> No deduction	<b>Fail to land on any part of the bottom of the feet first - Tsukahara / Yurchenko entry Vaults:</b> <ul style="list-style-type: none"> <li>Level 6</li> <li>Level 7</li> </ul>
	<b>up to 0.30</b>	<b>Deviation from straight direction</b> <ul style="list-style-type: none"> <li>Determined by initial contact with mat</li> </ul>
	<b>VOID</b>	<b>Salto performed after landing</b>
	<b>VOID</b>	<b>Landing on top of vault table (in a sitting, lying or standing position)</b>
	<b>VOID</b>	<b>First point of contact on mat stack is head / neck</b>
	<b>1.00</b>	<b>Failure to land on top of mat stack</b>

## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction <b>VOID</b>	Balk #1: run approach without coming to rest or support on top of the table <b>Balk #2 or Balk #3</b>
	<b>VOID</b>	Gymnast runs onto board, steps up onto Vault table or rebounds from board to come to rest / support on table
	<u><b>0.50</b></u>	<b>Vaults without signal from chief judge</b> <ul style="list-style-type: none"> <li>CJ deducts <u>0.50</u> from average of next completed Vault</li> </ul>
	<u><b>0.50</b></u>	<b>Coach standing between board and table</b> <b>EXCEPTION:</b> no deduction if gymnast performs a Group 4 / 5 (Round-off entry) Vault at Levels 8 / 9 / 10.
	<b>VOID</b> <u><b>1.00</b></u>	<b>Spotting assistance during the vault</b> <b>EXCEPTION:</b> Level 8 ONLY <ul style="list-style-type: none"> <li>Spotting assistance during second flight phase of Salto vaults ONLY</li> </ul>
	<u><b>0.50</b></u> <u><b>0.50</b></u>	<b>Spotting assistance upon landing</b> <ul style="list-style-type: none"> <li>Fall after assistance, additional deduction taken</li> </ul>
	<u><b>0.50</b></u> for fall only	<b>Coach catches a falling gymnast</b> <ul style="list-style-type: none"> <li>No deduction for the spot</li> </ul>
	<b>up to 0.30</b>	<b>Insufficient dynamics</b> (speed / power)
	<b>EVENT VOID</b>	<b>Restricted vault performed</b> for Level 8 / 9
	<b>VOID</b>	<b>Use of alternative springboard</b> (trampoline-like / junior board- <b>"Pre-School"</b> type / inflatable rebounding device)
	<b>VOID</b>	<b>Fail to use Safety Zone mat for Round-off entry vaults</b>

FIRST FLIGHT PHASE	<b>up to 0.10</b>	<b>Incorrect foot form</b> (flexed / sickled)
	<b>up to 0.10</b> <b>up to 0.20</b> <b>up to 0.30</b>	<b>INCORRECT LEG FORM</b> Legs Crossed Legs Separated Legs Bent
	<b>up to 0.20</b> <b>up to 0.30</b>	<b>POOR TECHNIQUE</b> Excessive Arch Hip Angle
	<b>up to 0.30</b>	<b>Incomplete LA turn</b>

## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
<b>SUPPORT / REPULSION PHASE</b>	up to 0.10	<b>POOR TECHNIQUE</b> <b>Staggered / alternate hand placement on all vaults,</b> <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with $\frac{3}{4}$ - 1/1 turn – on Salto off
	up to 0.20	<b>Shoulder angle</b>
	up to 0.20	<b>Excessive arch</b>
	up to 0.20	<b>Alternate repulsion from hands on all vaults,</b> <u>EXCEPT:</u> Group 3 Vaults & Group 5 Vaults with $\frac{3}{4}$ - 1/1 turn – on Salto off
	up to 0.30	<b>Legs bent (in support) or early tuck (Salto vaults)</b>
	each <u>0.10</u> (max 0.30)	<b>Step(s) with hand(s)</b>
	<u>0.30</u>	<b>Hop(s) with both hands simultaneously</b>
	up to 0.30	<b>Failure to pass through vertical</b>
	up to 0.50	<b>Bent arms</b> (bent 90° or more = maximum deduction) • Slight lead-arm bend allowed on Group 3 vaults
	up to 0.50	<b>Too long in support</b> • Applies to Level 8 / 9 / 10 non-Salto vaults from any group
	up to <b>0.30</b>	<b>Prescribed LA turn begun too early</b>
	up to 1.00	<b>Angle of repulsion</b> • Applies to Level 8 / 9 / 10 non-Salto vaults from any group • Determined by the angle created from the hands to the body part that is furthest past vertical.  If the gymnast leaves the Vault table: • By vertical • <b>1° to 45° past vertical</b> • 46° past vertical to horizontal
	No Deduction	
	<b>0.05 – 0.50</b>	
	<b>0.55 – 1.00</b>	
	<u>1.00</u>	<b>Touch with only one hand on the table.</b> • <del>CJ takes the deduction if half of the panel sees only one hand touch</del>
	<u>2.00</u>	<b>Head contacting table</b> • Includes <u>0.50</u> deduction for extreme arm bend
	<b>VOID</b>	<b>No hand contact on the table</b>

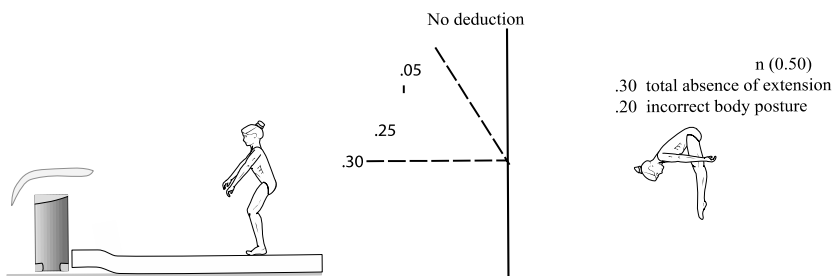
## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

### LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)

<b>SECOND FLIGHT PHASE</b>	up to 0.10	<b>Incorrect foot form</b> (flexed / sickled)
	up to 0.10	<b>INCORRECT LEG FORM</b>
	up to 0.20	Legs crossed
	up to 0.30	Legs separated
	up to 0.30	Legs bent
		<b>INSUFFICIENT EXACTNESS OF BODY POSITION (TUCK, PIKE, STRETCH)</b>
	up to 0.30	<b>Insufficient tuck</b> <ul style="list-style-type: none"> <li>Min. 90° bend in hip &amp; knees</li> <li>Allow open “puck” position during twists in tuck position</li> </ul>
	up to 0.30	<b>Insufficient pike</b> (91° – 135°) <ul style="list-style-type: none"> <li>Min. 90° bend in hips</li> </ul>
	up to 0.30	<b>Insufficient stretch</b> (180° ideal - Greater than 135° = stretched position) <ul style="list-style-type: none"> <li>136° – 179° hip angle (pike) = insufficient stretch</li> <li>Excessive arch</li> </ul>
	up to 0.30	<b>Failure to maintain stretched body</b> (pike down of stretched vaults to facilitate landing)
	up to 0.25 0.30	<b>INSUFFICIENT EXTENSION (OPEN) BEFORE LANDING</b> <ul style="list-style-type: none"> <li>Insufficient and / or late extension (tuck / pike vaults)</li> <li>Total absence of extension (tuck / pike vaults)</li> </ul>
	up to 0.10	<b>Under-rotation of Salto vaults</b>
	up to 0.10	<b>Insufficient exactness of LA turn</b>
	up to 0.30	<b>Late completion of the twist</b> <ul style="list-style-type: none"> <li>Group 1 Vaults, Group 4 / 5 Vaults without Saltos</li> </ul>
	up to 0.20	<b>Brush or hit of body on far end of Vault table</b>
	up to 0.30	<b>Insufficient length</b> When evaluating length, consider size of gymnast, type of Vault, where hands contact table, where feet land and overall trajectory (amplitude) of 2 <sup>nd</sup> flight phase; NOT just distance from where gymnast lands in relation to end of the Vault table.
	up to 0.50	<b>Insufficient height</b>

#### CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION

Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium and large errors. Illustration refers to degree of closure of upper body towards the legs.



**EXAMPLE 1:** Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for “incorrect body posture on landing”.

**EXAMPLE 2:** Gymnast never opens, lands in a full squat position, and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for total absence of extension, up to 0.30 for squat on landing, and up to 0.20 for incorrect body posture.

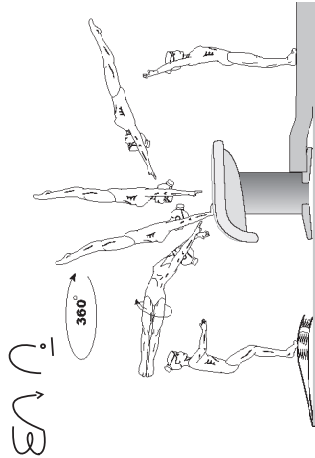
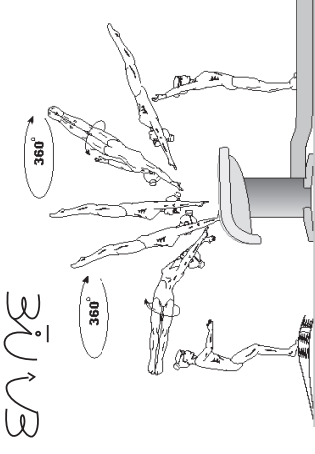
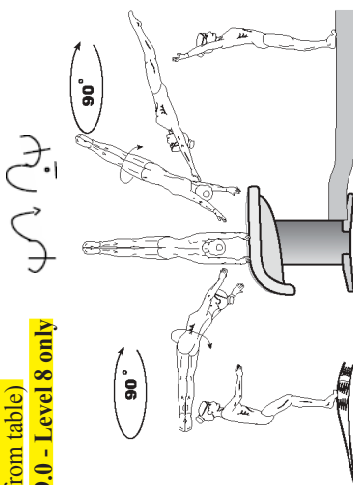
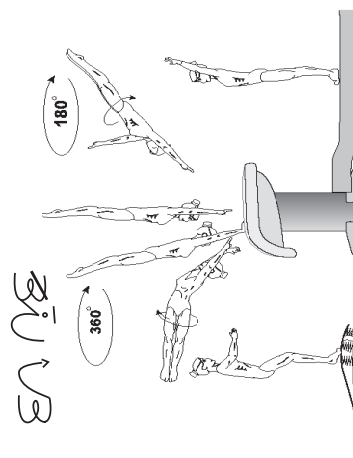
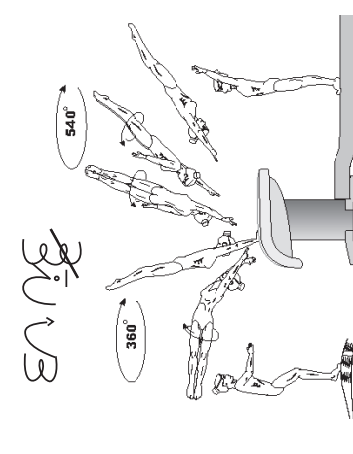
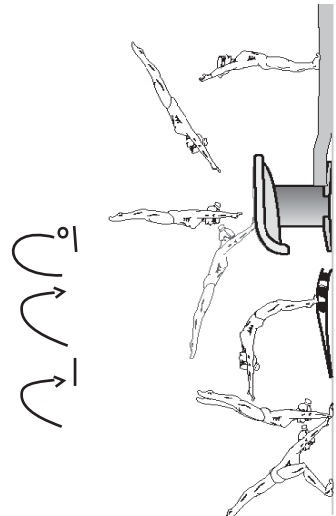
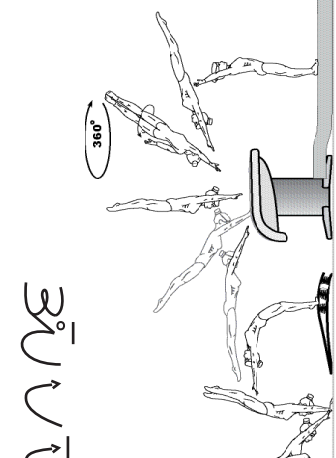
## SECTION 2 – OPTIONAL VAULT – GENERAL INFORMATION

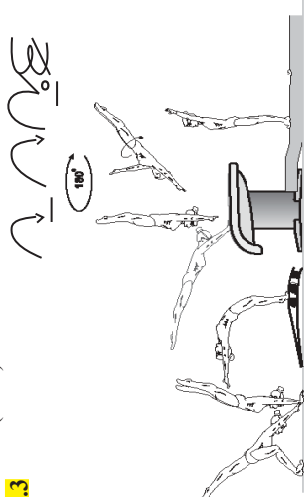
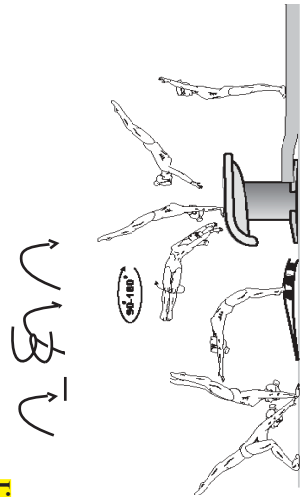
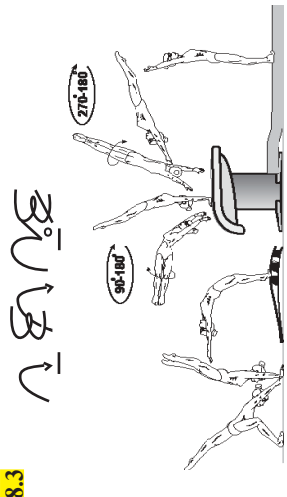
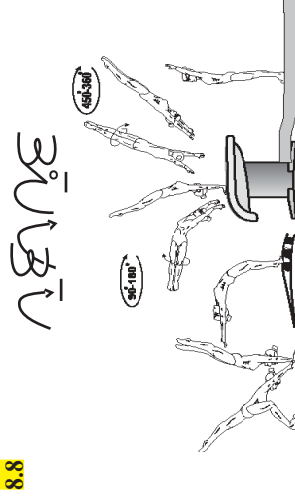
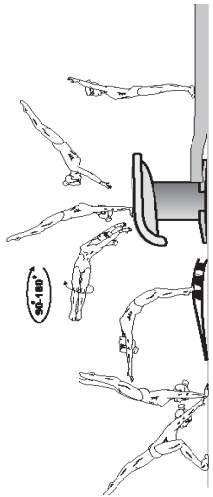
LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
LANDING	up to 0.10	Arm swings to maintain balance (applies to “stuck” landings)
	up to 0.20	Incorrect body posture
	up to 0.20	Trunk movement(s) to maintain balance
		<b><u>PRESCRIBED LA TURN INCOMPLETE</u></b>
	up to 0.10	1° – 30° missing
	0.15 – 0.20	31° – 60° missing
	0.25 – 0.30	61° – 89° missing
	Lower value	90° or more missing
	up to 0.30	Deviation from a straight direction <ul style="list-style-type: none"> <li>Determined by initial contact with the mat</li> </ul>
		<b><u>Lands with feet apart</u></b> <ul style="list-style-type: none"> <li>No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on the controlled extension.</li> </ul>
	<u>0.05</u>	<b>Lands with feet hip-width apart or closer, but never joins the feet (heels)</b>
	<u>0.10</u>	<b>Lands with feet further than hip-width apart</b> <p>Clarifications:</p> <ul style="list-style-type: none"> <li>If upon landing with the feet apart / staggered, the gymnast takes a step(s), deduct only for the step(s).</li> </ul>
	<u>0.10</u>	<b>If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.</b>
	up to 0.10	Slight hop, small adjustments of feet or staggered feet

Ea. <u>0.10</u> - <u>0.15</u> max ( <u>0.40</u> )	<b>Small or medium step(s)</b> (per step)
each <u>0.20</u> (max <u>0.40</u> )	<b>Large step or jump</b> (approximately 3 feet or more)
up to 0.30 <b>+ 0.50</b>	<b>Squat on landing</b> (hips <b>even with or</b> lower than knees) <b>Lands Vault in squat position, then falls</b> *See below diagram for specific squat deductions.
up to 0.30	<b>Slight brush / touch of 1 or 2 hands on mat (no support)</b>
VOID <u>0.50</u>	<b>Fail to land on any part of the bottom of the feet first</b> <ul style="list-style-type: none"> <li>If gymnast falls, landing on hands and bottom of feet simultaneously, Vault is scored.</li> </ul>
<u>0.50</u>	<b>Support on mat</b> (with 1 or 2 hands)
<u>0.50</u>	<b>Fall on mat</b> (to knee(s) or hips)
<u>0.50</u>	<b>Fall against Vault table</b>
VOID	<b>Landing on top of the vault table</b> (in a sitting, lying or standing position)

\*Squat on landing deduction guideline:

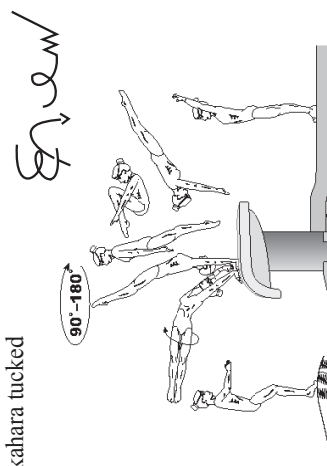
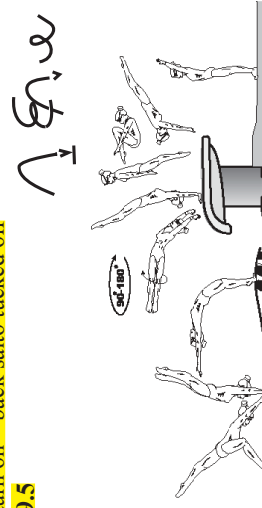


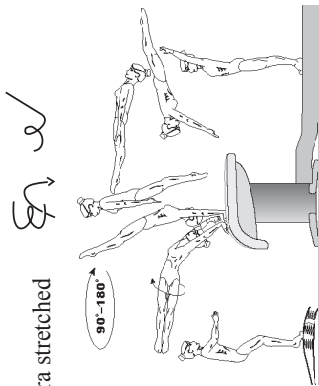
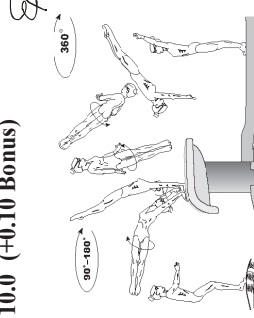
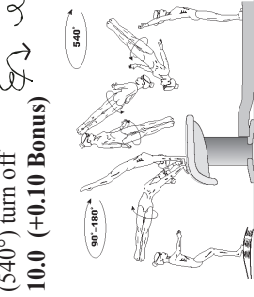

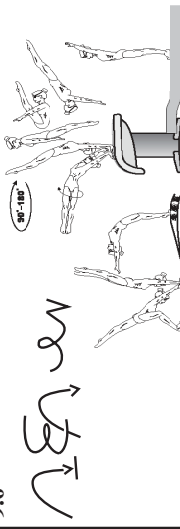
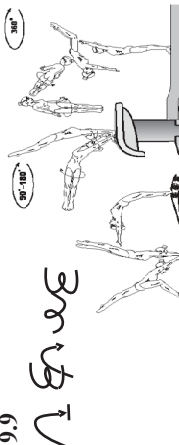
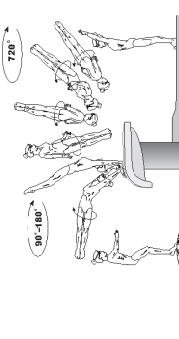
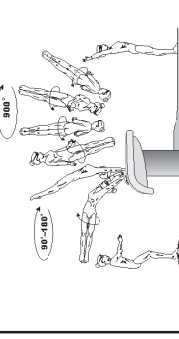




Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.					
All values listed refer to Level 10		Refer to Vault Value Charts for Levels 6/7/8/9			
1.107		1.207 1/1 (360°) turn on – Handspring/Yamashita off 8.9 	1.307 1/1 (360°) turn on – 1/1 (360°) turn off 9.7 	1.407	1.507
1.108 1/4 (90°) turn on - 1/4 (90°) off (land facing away from table) 9.0 - Level 8 only		1.208 1/1 (360°) turn on – Handspring 1/2 (180°) turn off 9.1 	1.308 1/1 (360°) turn on – 1½ (540°) turn off 9.8 	1.408	1.508
1.109 Handspring forward onto board – handspring forward on – repulsion off 8.2		1.209 Handspring forward onto board – handspring forward on – 1/1 (360°) turn off 8.9 	1.309	1.409	1.509

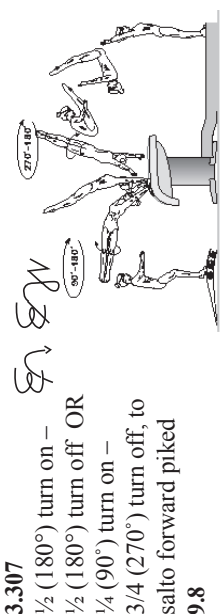
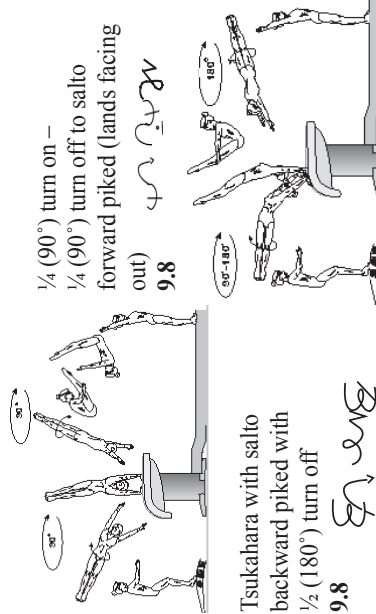
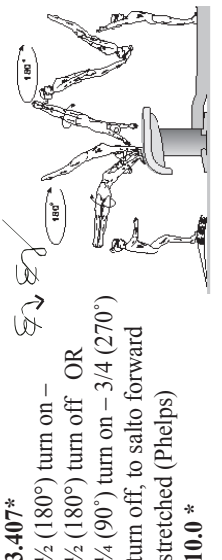
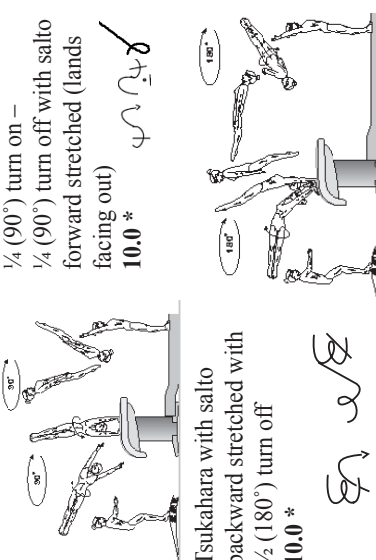
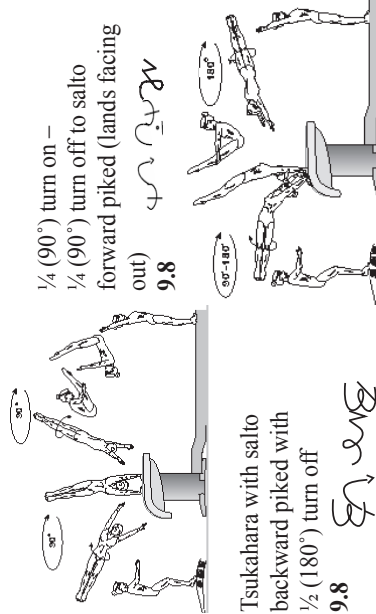
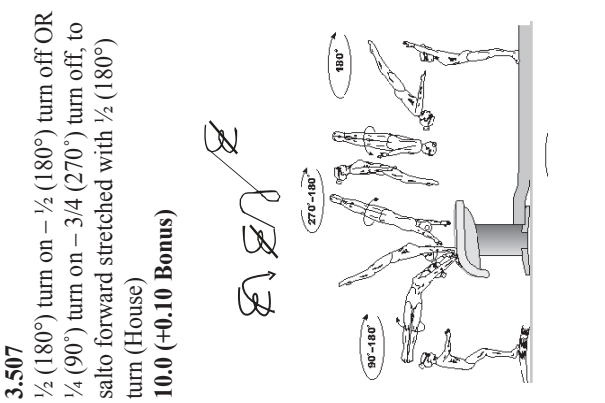
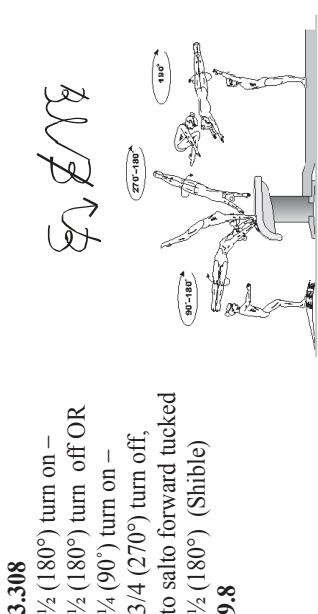
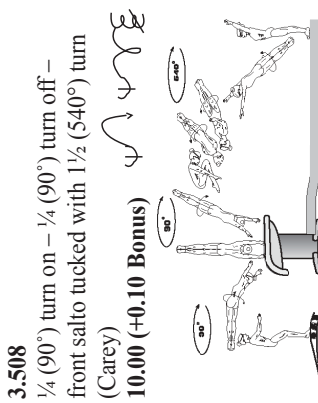
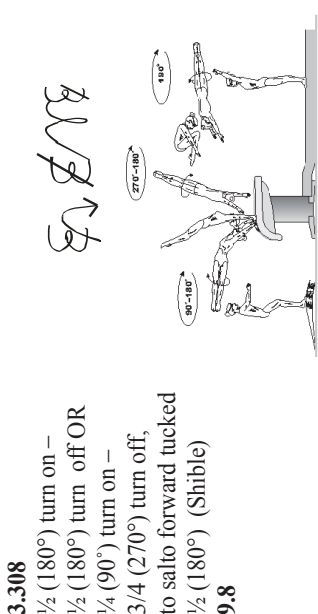

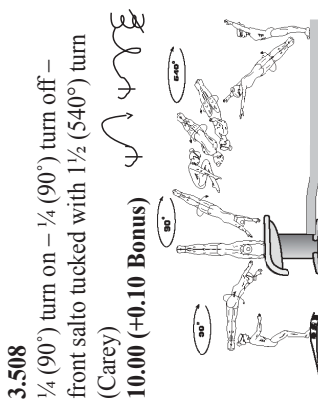
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.			
All values listed refer to Level 10		Refer to Vault Value Charts for Levels 6/7/8/9	
1.110 Handspring forward onto board – handspring forward on – 1/2 (180°) turn off 8.3 	1.210	1.310	1.410 1.510
1.111 Handspring forward onto board – 1/4 – 1/2 (90°–180°) turn on – repulsion off 7.1 	1.211 Handspring forward onto board – 1/2 (180°) turn on – 1/2 (180°) turn off OR 1/4 (90°) turn on – 3/4 (270°) turn off 8.3 	1.311 Handspring forward onto board – 1/2 (180°) turn on – 1/1 (360°) turn off OR 1/4 (90°) turn on – 1 1/4 (450°) turn off 8.8 	1.411 1.511
1.112 	1.212	1.312	1.412 1.512



**Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry)**  
– Salto forward or backward with or without LA turn in second flight phase.

All values listed refer to Level 10		Refer to Vault Value Charts for Levels 6/7/8/9	
3.101	3.201 Tsukahara tucked 9.4 	3.301 Handspring forward onto board, 1/4 – 1/2 (90° – 180°) turn on – back salto tucked off 9.5 	3.401  

Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry) – Salto forward or backward with or without LA turn in second flight phase.					
		All values listed refer to Level 10	Refer to Vault Value Charts	for Levels 6/7/8/9	
3.104	3.204	3.304 Tsukahara stretched 9.7 	3.404 Tsukahara stretched with 1/1 (360°) turn off 10.0 (+0.10 Bonus) 	3.504 Tsukahara stretched with 1½ (540°) turn off 10.0 (+0.10 Bonus) 	3.604 
3.105	3.205	3.305 Handspring forward onto board, ¼ (90°) – ½ (180°) turn on – back salto piked (Zuhlke) 9.6 	3.405 Handspring forward onto board, ¼ (90°) – ½ (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) 9.9 	3.505 Tsukahara stretched with 2/1 (720°) turn off 10.0 (+0.10 Bonus) 	3.605 Tsukahara stretched with 2½ (900°) turn off 10.0 (+0.10 Bonus) 
3.106	3.206	3.306 ½ (180°) turn on – ½ (180°) turn off OR ¼ (90°) turn on – ¾ (270°) off to salto forward tucked 9.7 	3.406 	3.506 	3.606 

Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry) – Salto forward or backward with or without LA turn in second flight phase.				
		All values listed refer to Level 10	* = 10.0 vaults	
		with no bonus	Refer to Vault Value Charts	for Levels 6/7/8/9
3.107	3.207	<p><b>3.307</b>  <math>\frac{1}{2}</math> (180°) turn on –  <math>\frac{1}{2}</math> (180°) turn off OR  <math>\frac{1}{4}</math> (90°) turn on –  <math>\frac{3}{4}</math> (270°) turn off, to  salto forward piked  <b>9.8</b></p>  <p><b>3.308</b>  Tsukahara with salto  backward piked with  <math>\frac{1}{2}</math> (180°) turn off  <b>9.8</b></p> 	<p><b>3.407*</b>  <math>\frac{1}{2}</math> (180°) turn on –  <math>\frac{1}{2}</math> (180°) turn off OR  <math>\frac{1}{4}</math> (90°) turn on –<math>\frac{3}{4}</math> (270°)  turn off, to salto forward  stretched (Phelps)  <b>10.0 *</b></p>  <p><math>\frac{1}{4}</math> (90°) turn on –  <math>\frac{1}{4}</math> (90°) turn off with salto  forward stretched (lands  facing out)  <b>10.0 *</b></p>  <p><b>3.408</b>  Tsukahara with salto  backward stretched with  <math>\frac{1}{2}</math> (180°) turn off  <b>10.0 *</b></p> 	<p><b>3.507</b>  <math>\frac{1}{2}</math> (180°) turn on – <math>\frac{1}{2}</math> (180°) turn off OR  <math>\frac{1}{4}</math> (90°) turn on – <math>\frac{3}{4}</math> (270°) turn off, to  salto forward stretched with <math>\frac{1}{2}</math> (180°)  turn (House)  <b>10.0 (+0.10 Bonus)</b></p> 
3.108	3.208	<p><b>3.308</b>  <math>\frac{1}{2}</math> (180°) turn on –  <math>\frac{1}{2}</math> (180°) turn off OR  <math>\frac{1}{4}</math> (90°) turn on –  <math>\frac{3}{4}</math> (270°) turn off,  to salto forward tucked  <math>\frac{1}{2}</math> (180°) (Shible)  <b>9.8</b></p> 		<p><b>3.508</b>  <math>\frac{1}{4}</math> (90°) turn on – <math>\frac{1}{4}</math> (90°) turn off –  front salto tucked with <math>\frac{1}{2}</math> (540°) turn  (Carey)  <b>10.00 (+0.10 Bonus)</b></p> 
3.109	3.209	<p><b>3.309</b></p> 	<p><b>3.409</b></p> 	<p><b>3.509</b>  <math>\frac{1}{4}</math> – <math>\frac{1}{2}</math> (90° – 180°) turn on –  <math>\frac{3}{4}</math> – <math>\frac{1}{2}</math> (270° – 180°) turn off, salto  forward tucked with 1/1 (360°) turn  (Shible 1/1)  <b>10.00 (+0.10 Bonus)</b></p> 

Group 4 – Round-off entry (Yurchenko) - Repulsion off with or w/out turn OR Salto forward or backward with or without LA turn in second flight phase				
<i>All values listed refer to</i>	<i>Level 10</i>	<i>* = 10.0 vaults with no bonus</i>	<i>Refer to Vault Value</i>	<i>Charts for Levels 6/7/8/9</i>
<b>4.101</b> Round-off, flic-flac on – repulsion off 7.0 	<b>4.201</b> Round-off, flic-flac on – 1/1 (360°) turn off 8.9 	<b>4.301</b> Round-off, flic-flac on – 2/1 (720°) turn off (Allen - 2/1 turn) 9.7 	4.401	4.501
<b>4.102</b> Round-off, flic-flac on – repulsion off with 1/2 (180°) turn 7.7 	<b>4.202</b> Round-off, flic-flac on – 1 1/2 (540°) turn off (Allen - 1 1/2 turn) 9.1 	4.302	4.402	4.502
<b>4.103</b> 	<b>4.203</b> Round-off, flic-flac on – salto backward tucked off 9.4 	<b>4.303</b> Round-off, flic-flac on – salto backward tucked with 1/1 (360°) turn off 9.8 	<b>4.403*</b> Round-off, flic-flac on – salto backward tucked with 1 1/2 (540°) turn off 10.0 * 	<b>4.503</b> Round-off, flic-flac on – salto backward tucked with 2/1 (720°) turn off (Dungelova) 10.0 (+0.10 Bonus) 
<b>4.104</b> 	<b>4.204</b> 	<b>4.304</b> Round-off, flic-flac on – salto backward piked off 9.5 	4.404	4.504

**REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)****10. Casts, uprisers, and circle elements performed with  $\frac{1}{2}$  (180°) turn on the upswing – descend on the same side of the bar:**

- Cast, uprise backward or circle element MUST first reach within 20° of vertical on upswing to receive value as listed in the *Dev COP*.
- Timing of initiation of turn is irrelevant if long swing / circle is completed to within 20° of vertical.
- Angle of completion of turn determines the deduction for late completion when higher VP credit is awarded to root element.
- Element never swings / circles up into the HS phase (within 20° of vertical), but completes  $\frac{1}{2}$  (180°) turn, value will be based on value of the root element. Depending upon angle of completion of turn, deductions for late completion may be appropriate.

**EXAMPLES:****1) Turns that descend on the SAME side of the bar, angle measured FROM vertical.**

Giant $\frac{1}{2}$	Clear Hip $\frac{1}{2}$	Stalder $\frac{1}{2}$	Pike Sole Circle $\frac{1}{2}$
"C" (4.303) 0° - 10°	"C" (3.305) 0° - 10°	"C" (6.304) 0° - 10°	"C" (7.309) 0° - 10°
"C" (4.303) 11° - 20°	"C" (3.305) 11° - 20°	"C" (6.304) 11° - 20°	"C" (7.309) 11° - 20°
"B" (4.201) 21° - 44°	"B" (3.205) 21° - 44°	"B" (6.204) 21° - 44°	"B" (7.209) 21° - 44°
"A" (4.101) 45° - Horizontal	"A" (3.105) 45° - Horizontal	"A" (6.104) 45° - Horizontal	"A" (7.109) 45° - Horizontal

- Any of the above Forward upswings that finish below horizontal, even if  $\frac{1}{2}$  (180°) turn is completed. = NO VP credit
- 2) Cast to 21° – 45° from vertical with  $\frac{1}{2}$  (180°) turn (same side of bar) = ("A") (#2.101)  
Appropriate deductions for amplitude of cast.  
If cast finishes more than 45° from vertical = NO VP credit  
even if a  $\frac{1}{2}$  (180°) turn is completed.
- 3) Giant circle forward to 21° or more from vertical with  $\frac{1}{2}$  (180°) turn = No value

**11. Elements with hop-grip change to HS**

- Hop-grip change to handstand elements receive VP credit when the hop-grip change:
  - shows simultaneous release of the bar with both hands.
  - finishes in different grip (mixed, reverse, mixed-L, L, etc.).
  - occurs as body is ascending (that is, on the upswing)
  - is completed by vertical (circle / cast / swing reaches within 20° of vertical) with hips extended.
- Requirement(s) missing (any or all) - the element is NOT recognized as an element with a hop-grip change, and therefore:
  - receives the value of root element (if applicable).
  - cannot be considered a "flight" element.
  - no SR "flight" credit (if applicable) for the level.
- Hop-grip change, as well as HS position (with hips extended), MUST be completed to within 20° of vertical to receive VP credit.
  - Hop-grip change to HS is incomplete (unable to continue over the bar).
    - VP credit awarded, provided upswing is within 20° of vertical and requirements are fulfilled (see list in 11.a.)
  - Hop-grip change occurs on the upswing and is NOT within 20° of vertical.
    - Considered incomplete and VP credit is NOT awarded.

**EXAMPLES:**

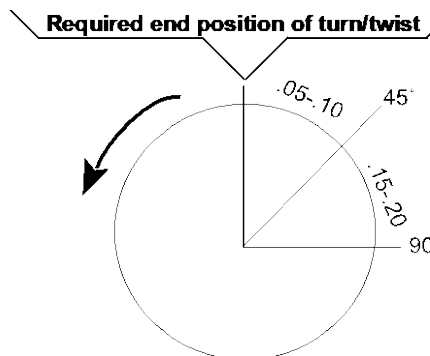
- ✓ Cast and hop to reverse grip on upswing and is NOT within 20° of vertical, then falls - No VP credit is awarded.
- ✓ Clear hip circle - hop on upswing and is NOT within 20° of vertical. No VP credit is awarded.

**REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)****ELEMENTS WITH HOP-GRIP CHANGE TO HANDSTAND (continued)**

- 3) Cast (or any forward circle / swing) with legs straddled and hips bent,
  - ✓ Hop-grip change must be completed before or by vertical, and
  - ✓ Show HS position with legs closed and hips extended.
- a) Hips are extended through the HS position, but legs are separated throughout or close after vertical, deduct up to 0.20 for leg separation.
- b) Handstand position with extended hips is never achieved:
  - ✓ Retain value of the root element (if applicable) and
  - ✓ Does NOT meet requirement for “flight” element.
- d. Hop-grip change occurs after the HS position on the descending (downswing) phase. It will retain value of the root element and will NOT meet requirement of a “flight” element.  
EXAMPLE: Cast to HS, pass through vertical over the bar and begin descent phase, hands hop simultaneously to a reverse grip. Award cast to HS (“B”).
- e. Hop-grip change with LA (longitudinal axis) turn
  - 1) Hop-grip change to a reverse grip MUST be completed prior to the initiation of the turn to be considered a flight element.  
EXCEPTION: Giant circle backward – hop 1/1 (360°) turn (same grip allowed).
  - 2) Hop-grip change to a reverse grip, followed by a ½ (180°) turn, is considered one element.

**9. Twisting Salto dismounts**

- a. Incomplete LA (longitudinal axis) twist:
  - 1) 1° to 44° of twist missing, deduct 0.05 – 0.10
  - 2) 45° to 89° of twist missing, deduct 0.15 – 0.20
  - 3) 90° or more of twist missing, award VP credit for element performed.



EXAMPLE: 1½ twisting flyaway dismount (“C”) is missing 90° of twist.

- ✓ Award 1/1 twisting flyaway dismount (“B”) VP credit.
- ✓ Deductions for execution and amplitude errors are also applied.

- b. Clarification - completion of twists:
  - 1) Twist is completed once the feet land on the floor at the finish of the dismount.
  - 2) Degree of twist completed when the feet land on the floor determines the VP credit awarded.
  - 3) Placement of the front foot is decisive for awarding VP credit.

**B. LEVEL 9 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS**

1. **Minimum of two bar changes.**
2. **One flight element, minimum of “B”, excluding dismount.**
3. **Second, different, flight element, minimum of “C”, excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of “B”, excluding mount / dismount.**
4. **Salto dismount, minimum of “B”.**

1. **SR #1: Minimum of two bar changes.**

- a. No bar change or only one bar change = deduct 0.50 for missing SR.
- b. MUST perform VPs on both bars (performing a minimum of two times on one rail and once on the other rail) HB → LB → HB or LB → HB → LB  
EXAMPLE: Mount HB, transition to LB, back to HB to dismount = two bar changes.
- c. Transfer movement is NOT required to have a value to fulfill bar change.
- d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on LB.
- e. Free mounts over LB (no contact with LB) - NOT considered a bar change.
- f. Mounts with hand support on LB to catch HB – considered a bar change.

2. **SR #2: One flight element, minimum of “B”, excluding dismount.**

Refer to Level 10 for specifics.

3. **SR #3: Second, different flight element, minimum of “C”, excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of “B”, excluding mount / dismount.**

LA turn MAY be:

- ✓ Pirouette on the hands
- ✓ Turn in a flight element
- ✓ Turn from a long hang swing
- ✓ Turn in an underswing with feet on bar and ½ (180°) turn

NOTE: Requirements # 2 and #3 MUST be fulfilled by two different elements.

4. **SR #4: Salto dismount, minimum of “B” - Refer to the dismount regulations section.**

5. **Difficulty; Allowable and Restricted – Level 9**

- a. Only “A” / “B” / “C” elements + any number of “B” or “C” root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) to HS (“D/Es”) are allowed.  
EXAMPLES of allowable “D’s”: Cast to handstand and Giant circle backward, both with 1/1 (360°) turn in HS. Clear hip circle, Stalder circle backward and pike sole circle backward, all with ½ turn to reverse, L or mixed-L grip.  
EXAMPLES of allowable “E’s”: Clear hip circle, Stalder circle backward and pike sole circle backward, all with 1/1 (360°) turn in HS.
- b. Maximum of one restricted “D/E” element from any Group is allowed.
- c. All allowable “D/E” elements:
  - 1) “C” VP credit awarded; SR awarded, if applicable.
  - 2) Serve as “C” element in CV Bonus, if applicable.
- d. Restricted “D/E” elements will be considered in chronological order. Only the first restricted “D/E” element in the exercise may be:
  - 1) Awarded “C” VP credit and SR credit, if applicable.
  - 2) Used as “C” element in CV Bonus, if applicable.
  - 3) The same restricted element may be repeated if the element receives “0” VP credit the first time.
- e. First “D/E” (allowable or restricted) receives +0.10 “D/E” Bonus, if performed without a fall or spot.
- f. Any other restricted “D” or “E” element whether or not it meets the requirement to receive a VP:
  - 1) Deduct 0.50 from SV for restricted element.
  - 2) No VP or SR credit awarded.
- g. All appropriate execution and amplitude deductions are applied to all elements performed, whether VP credit is awarded or not.



**C. LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS****1. Minimum of one bar change.****2/3. Two “B” elements, same or different:****a. One “B” element with flight, excluding dismount, OR****One “B” element with minimum 180° Long Axis (LA) Turn, excluding mount / dismount.****b. One “B” 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.****4. Salto dismount, minimum of “A”.****1. SR #1: Minimum of one bar change.****a. No bar change = deduct 0.50 for missing SR.****b. MUST perform VPs on both bars. (Minimum of HB → LB or LB → HB)****c. Transfer movement is NOT required to have a value to fulfill the bar change.****d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on the LB.****e. Free mounts over LB (no contact with LB) - NOT considered a bar change.****f. Mounts with hand support on LB to catch HB - considered a bar change.****2 / 3. SR #2/3: Two “B” elements, same or different:****a. One “B” element with flight, excluding dismount, OR****One “B” element with minimum 180° Long Axis (LA) turn, excluding mount / dismount****1) Turns MUST be an element listed in the *Dev COP*.**



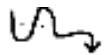






LA Turn may be:

✓ Pirouette on the hands

✓ Turn in a flight element

✓ Turn from a long hang swing

✓ Turn in an underswing with feet on bar and ½ (180°) turn

**2) Flight includes release and flight from LB → HB or HB → LB or catch the same bar.****EXAMPLES:****a) #1.204** Glide, stoop through, back kip-up with straddle cut backward to hang on LB (straddle cut catch to hang) (“B”) **b) #2.204** HB-Swing backward with release and 1/1 turn to hang on HB (“B”) **c) #2.205** Counterswing backward in straddle/pike with flight over LB to hang on LB (“B”) **d) #2.304** HB front support, swing back with release, 1/1 turn to hang on HB (Caslavka pirouette) (“C”) **e) #3.203–** Underswing (toe-on) with ½ turn and flight over LB to hang on LB (“B”) **f) #3.301–** Clear underswing on LB, release and counter movement forward in flight to hang on HB (“C”) **g) #4.204–** Hang on HB-Long swing forward with ½ turn and flight over LB to hang on LB (“B”) **h) #6.305** Stalder circle backward with release and counter movement forward in flight to hang on HB (“C”) **i) #7.310** Pike sole circle backward on LB, release and counter movement forward in flight to hang on HB (“C”) 



**LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS**  
(continued)**2/3. Two “B” elements, same or different (continued):****b. One “B” 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.**

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings
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- 1) “B” 360° Circling element finishing in a HS or clear support.

NOTE: Circle finishes within 11° – 20° of vertical - deduction for insufficient amplitude of “C” circles is NOT applied at Level 8.

- 2) Requirement may be performed on LB or HB.
- 3) Clear hip circle severely lacks amplitude and finishes with hips on bar (never passing through clear support),
  - a) Deduct 0.50 for missing SR– Circling element was NOT “clear”.
  - b) Award “A” VP credit (for **#7.101** hip circle backward).

**EXAMPLES:**

- 1) Clear hip circle to 45° + cast HS with ½ turn:
    - SR # 2 and #3 fulfilled.
  - 2) Clear hip circle HS + clear hip circle backward with ½ turn to mixed grip in HS:
    - SR # 2 and #3 fulfilled.
  - 3) Clear hip circle + clear hip circle:
    - Deduct 0.50 for missing one SR (2a. missing “B” flight or turn).
  - 4) Giant circle backward + counterswing straddle back over LB:
    - Deduct 0.50 for missing one SR (**3b.** missing 360° clear circle from Groups 3 / 6 / 7).
  - 5) **#3.203** Underswing (toe-on) on HB with ½ turn and flight over LB to hang on LB + cast handstand ½ turn in HS:
    - Deduct 0.50 for missing one SR (3b. missing 360° clear circle from Groups 3 / 6 / 7).
  - 6) Clear hip circle backward to HS with ½ turn to regular grip:
    - Deduct 0.50 for missing SR for 2<sup>nd</sup> “B” element.
- 4. SR #4: Salto Dismount, minimum of “A” – Refer to the dismount regulations section.**
- 5. Difficulty: Allowable and Restricted – Level 8**
- a. Only “A” & “B” elements and any number of the following selected “C” elements are allowed:
    - 1) **#2.301** (“C”) - Cast to HS backward with ½ (180°) turn
    - 2) **#3.304** (“C”) - Clear hip circle backward to HS
    - 3) **#3.305** (“C”) - Clear hip circle backward to HS with ½ (180°) turn to regular grip
    - 4) **#6.304** (“C”) - Stalder circle backward to HS
    - 5) **#6.304** (“C”) - Stalder circle backward to HS with ½ (180°) turn to regular grip
    - 6) **#7.309** (“C”) – Pike Sole circle backward to HS
    - 7) **#7.309** (“C”) – Pike Sole circle backward to HS with ½ (180°) turn to regular grip

NOTE: Level 8 allowed to perform:

    - #4.204** (“B”) - Underswing with ½ turn over LB to hang,
      - If preceded by HS on HB, becomes a restricted “C” (**#4.304**).
    - #2.205** (“B”) - Counterswing, straddle back over LB to hang,
      - If the straddle back goes to HS on LB, becomes a restricted “C” (**#2.305**).
  - b. Level 8 allowed to perform a maximum of one restricted “C” element from any Group.
  - c. Allowable “C” elements:
    - 1) “B” VP credit awarded.
    - 2) SRs awarded (if applicable).
  - d. Restricted “C” elements considered in chronological order.
 

**Only the first restricted “C” element in the exercise may be:**

    - 1) Awarded “B” VP credit.
    - 2) Awarded SR credit, if applicable.
    - 3) **The same restricted element may be repeated if the element receives a “0” VP credit the first time.**

**LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS  
(continued)**

**5. Difficulty: allowable and restricted – Level 8 (continued)**

- e. Any other restricted “C” or any “D/E” element **whether or not it meets the requirement to receive a VP**

- 1) Deduct 0.50 from SV for restricted element.
- 2) No VP credit; no SR credit awarded.

**EXAMPLE:**

- **Group 3/6/7 circles backward to HS with  $\frac{1}{2}$  (180°) turn to reverse, L, or mixed-L grip (“D”)**
- f. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

**E. CLARIFICATIONS ON DIRECT CONNECTIONS**

1. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing downward to ¾ Giant circle forward, then hop-grip change to swing forward to next element.  
Apply the following:
  - a. Connection is broken.
  - b. No CV Bonus awarded.
  - c. Deduct 0.10 composition for ¾ Giant circle forward, with or without grip change.
  - d. Deduct up to 0.10 for insufficient amplitude if swing backward is under horizontal.

EXAMPLE: Giant circle forward with 1/1 (360°) turn to mixed-L grip ("C") +  
¾ Giant circle forward, hop grip change +  
Underswing ½ (180°) turn over LB to HS on LB ("D") → ("C")
2. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing upward and backward to within 20° of HS, then hop-grip change to swing back down to next element.  
Apply the following:
  - a. Swing to within 20° of vertical considered Giant circle forward ("C").
  - b. Connection considered direct, regardless of grip change.
  - c. No deduction for poor composition.

III. “D/E” BONUS – LEVEL 9 AND 10 **ONLY****A. “D” or “E” ELEMENTS MAY REPLACE:**

1. Required VP of “A” / “B” / “C”.
2. “D/E” Bonus awarded.

**B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY**



1. Without fall.
2. Without spot.

**C. “D/E” BONUS FOR LEVEL 9**

**MAXIMUM OF + 0.10 AWARDED** for “D/E” Bonus.



The 1st Restricted or allowable “D/E” element performed may be considered for +0.10 “D/E” Bonus **one time ONLY**.

1. If 1<sup>st</sup> Restricted or allowable “D/E” element results in **0 VP**: No Bonus is awarded.
  - The same restricted or allowable “D/E” element may be repeated to receive VP credit and **MAY** be considered for +0.10 DV.

Example:  FALLS, later performs .

- 1) Level 9 gymnast attempts a Pak salto and does NOT touch the bar = No Value part awarded.
- 2) Gymnast later performs Pak salto and catches LB and continues routine = Value part awarded, and MAY be considered for +0.10 DV.

2. If 1<sup>st</sup> Restricted or allowable “D/E” element results in **0 VP**: No Bonus is awarded.

Example:  FALLS, later performs .

- 1) Level 9 gymnast attempts a Tkatchev, does NOT touch HB and FALLS = No Value Part or “D/E” bonus awarded for incomplete Tkatchev.
- 2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives “D” VP credit. Eligible for “D/E” Bonus as it is an Allowable “D/E”.

3. If 1<sup>st</sup> Restricted or Allowable “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.

- a. Any additional different Restricted “D/E” elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.

Example:  FALLS .

- 1) Level 9 gymnast performs a Tkatchev touches HB, then FALLS. Receives VP credit.
- 2) Gymnast later performs Pak Salto (catches bar and continues routine). No VP for Pak Salto. Deduct 0.50 for 2<sup>nd</sup> restricted element.

- b. Additional Allowable “D/E” elements receiving VP credit **MAY** be considered for +0.10 DV.

Example:  FALLS .

- 1) Level 9 gymnast performs a Tkatchev touches HB, then FALLS. Receives VP credit.
- 2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives “D” VP credit. Eligible for “D/E” Bonus as it is an allowable “D/E”.

4. If 2 **different** restricted elements are performed in the same routine, regardless of whether either element receives VP credit or not (due to spot, failure to land on feet, not touching the hands on a release element, etc.), the gymnast will receive a 0.50 deduction for performing a 2nd restricted element.



- 1) Level 9 gymnast attempts a Tkatchev, does NOT touch HB and FALLS = No Value Part, SR, or "D/E" bonus awarded for incomplete Tkatchev.
  - 2) Gymnast later attempts a Pak salto and does NOT touch the bar = No Value Part awarded and no SR. Deduct 0.50 for 2<sup>nd</sup> different restricted element.
5. 1<sup>st</sup> Restricted and any allowable "D/E" elements count as "C" in Connection Value Principles.

#### D. "D/E" BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for "D/E" Bonus.
  - a. "D" elements each receive + 0.10 Bonus.
  - b. "E" elements each receive + 0.20 Bonus.
2. **SAME "D" or "E" ELEMENT** eligible for "D/E" Bonus one time **ONLY**.  
**EXCEPTION:** Same "D" or "E" element performed a second time.
  - a. 1<sup>st</sup> time performed without touching bar or with a spot = **0 VP**:
  - b. Second time element is complete - VP credit awarded.
  - c. "D/E" Bonus awarded.

### IV. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY

#### A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus and "D/E" Bonus.
  - a. Minimum of + 0.10 for "D/E"
  - b. Minimum of + 0.10 for CV
2. Remaining 0.30 may be earned:
  - a. "D/E" or CV Bonus.
  - b. Maximum SV = 10.00.
3. Eligible for additional + 0.10 Bonus (NOT included in SV).
  - a. Must have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of one "E" element (no fall / spot)

#### B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE

1. Each judge adds the Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
2. If using paper score slips, the judge should also indicate in writing any bonus awarded.

**V. BONUS RESTRICTIONS****A. FALLS or SPOT:**

1. During “D” or “E” element – No “D/E” Bonus
2. On CV element – No CV

**B. EXTRA SWING OCCURS BETWEEN “C” or “D” or “E” ELEMENTS:**

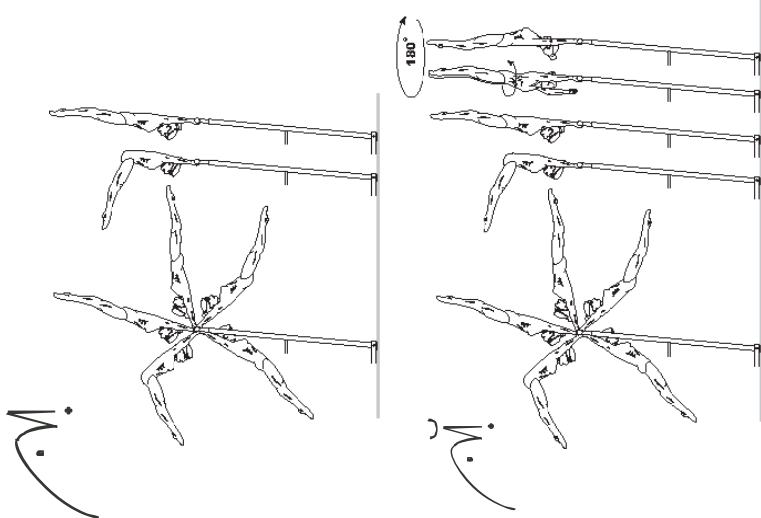
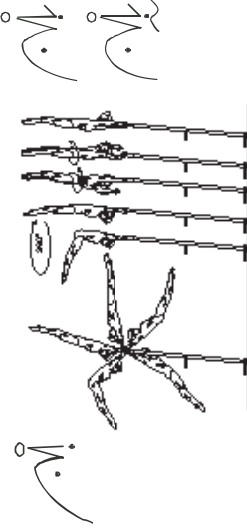

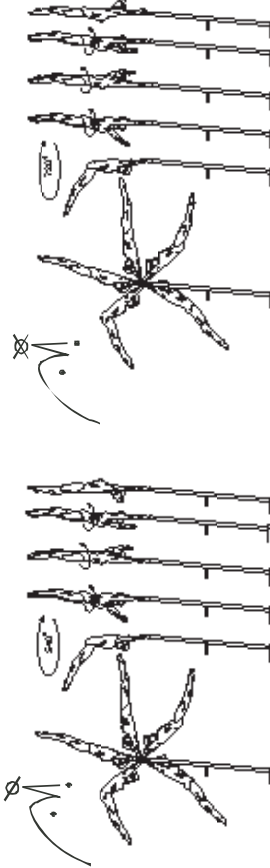
1. Will break direct connection.
2. No CV Bonus may be awarded.

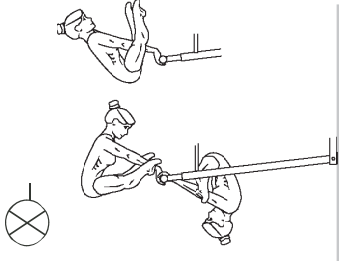
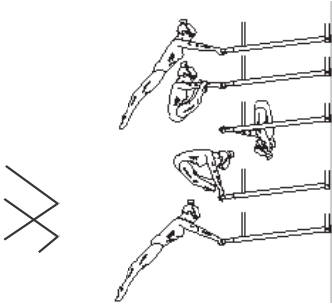
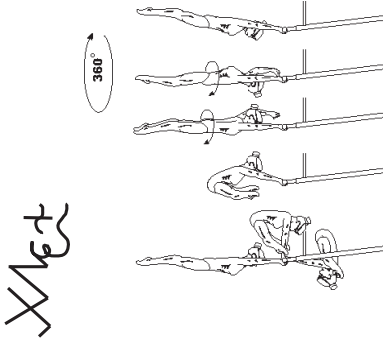
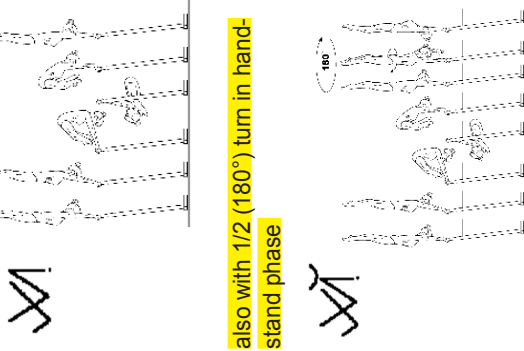
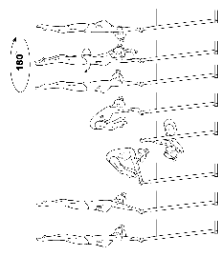
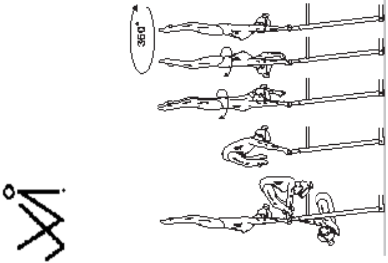
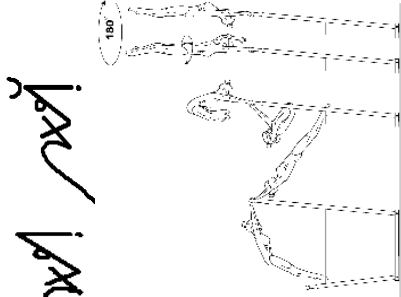
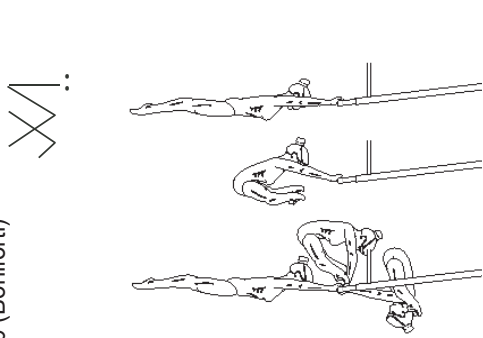
**C. REPEATED “D” or “E” ELEMENT – LEVEL 10**

1. “D/E” Bonus awarded one time ONLY.
2. No “D/E” Bonus for same “D” or “E” a second time, unless Different connection (before / after).
  - a. The first time a “D/E” element receives VP credit; however, if performed with a fall, no Bonus is awarded.  
Example: Gymnast performs a Tkatchev, touches the HB and falls: Award VP; NO bonus.
  - b. The second time the same “D/E” element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.  
Example: Gymnast repeats the Tkatchev, catches the HB connecting to an overshoot (bail with ½ turn) to clear support on LB = Award VP, DV, and CV.

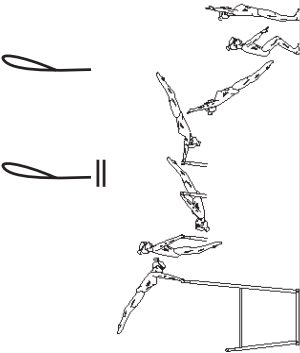
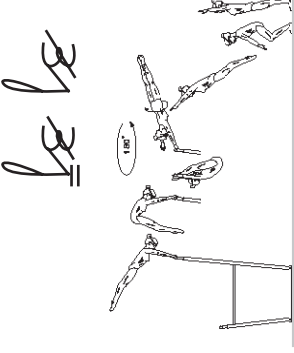
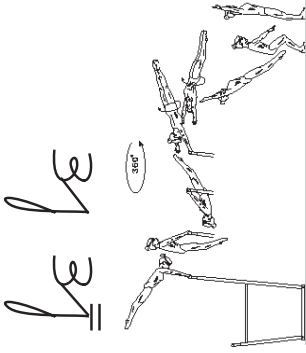
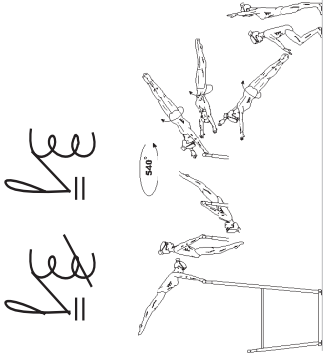

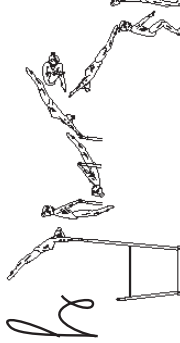
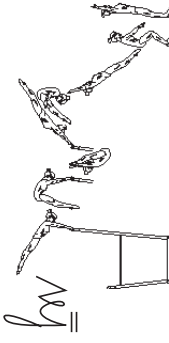


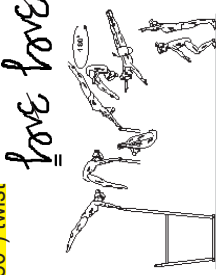



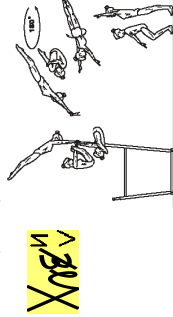


**D. EXACT SAME CONNECTION REPEATED - CV BONUS NOT AWARDED.****E. TOTAL BONUS CREDIT POSSIBLE:**

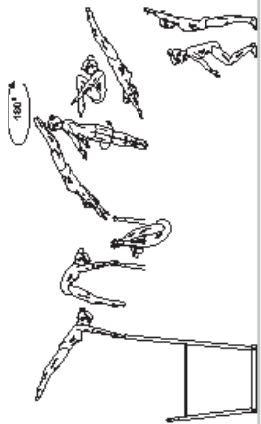
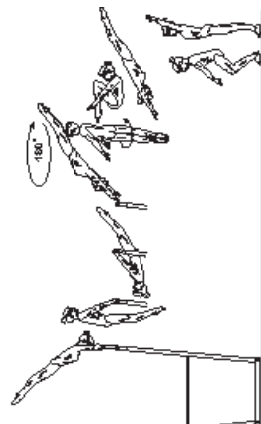

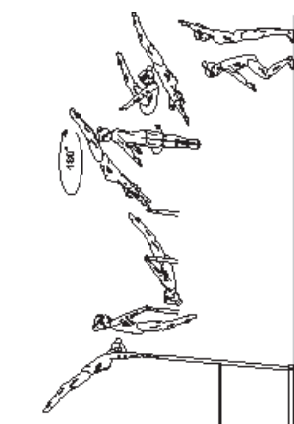
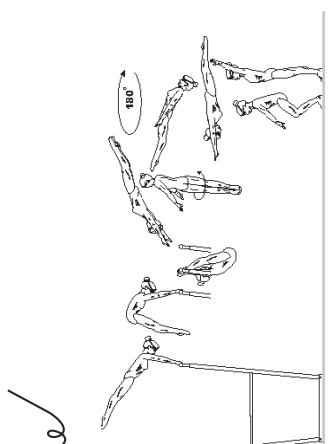
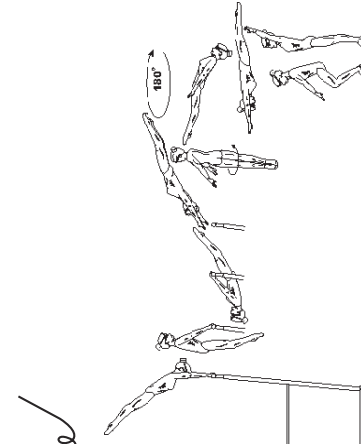
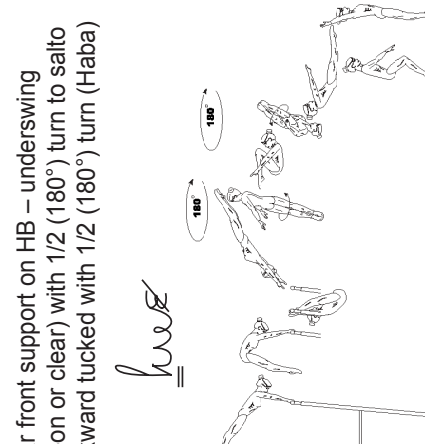
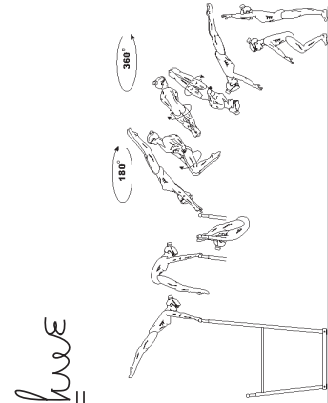
1. Level 10: +0.50 total Bonus needed to start at 10.0
  - a. No more than + 0.40 may be awarded for CV.
  - b. No more than + 0.40 may be awarded for “D/E”.
2. Level 9: +0.30 total Bonus needed to start at 10.0.
  - a. No more than + 0.30 may be awarded for CV.
  - b. No more than + 0.10 may be awarded for “D/E”.
    - Only the 1<sup>st</sup> “D/E” performed is eligible for + 0.10 “D/E” Bonus.
3. Level 6 / 7 / 8: NOT eligible for Bonus.

Group 5 – Giant swings–Circles forward				
A	B	C	D	E
5.107	5.207	5.307	<p><b>5.407</b> Handstand on HB – Giant circle swing forward in L grip (rearways) to handstand with piked or stretched body (L grip front giant) through handstand phase, also with 1/2 (180°) turn in handstand phase (Zaytseva)...to regular grip</p> 	<p><b>5.507</b> Handstand on HB - Giant circle swing forward in L grip with stretched body (L grip front giant), hop-change to reverse grip to initiate 1/1 (360°) turn completed in handstand phase ....to mixed-L grip (Karpenko)...to L grip (Ling)</p>  <p>(Handstand on HB) - Giant circle swing forward in L-grip with stretched body (L grip front giant) to handstand and 1/1 (360°) turn in handstand phase from L grip on one arm with side flair of free arm (Bi)...to reverse grip</p>  <p>Giant circle swing forward in L grip to handstand with 1½ - 2/1 (540° - 720°) turn</p> 

Group 6 – Stalder Circles				
A	B	C	D	E
<p><b>6.101</b> Clear straddle circle forward on LB or HB to clear straddle “L” support</p> 	<p><b>6.201</b> Stalder forward to clear support</p> 	<p><b>6.301</b> Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip</p> 	<p><b>6.401</b> Stalder forward to handstand</p>  <p>also with 1/2 (180°) turn in hand-stand phase</p> 	<p><b>6.501</b> Stalder forward to handstand with 1/1 (360°) turn in hand-stand phase</p> 
		<p>Long kip on HB, passing through clear straddle support – swing/press to handstand, also with 1/2 (180°) turn in handstand phase (Chow)</p> 	<p>Stalder forward with regular (over) grip (Boniforti)</p> 	



Group 8 – Dismounts				
A	B	C	D	E
<p><b>8.101</b> From HB – underswing (toe-on or clear) to stand</p>  <p>also with 1/2 (180°) or 1/1 (360°) twist to both sides</p>  	<p><b>8.201</b> From HB - underswing (toe-on or clear) with 1½ (540°) or 2/1 (720°) twist</p> 	<p><b>8.301</b> From HB – underswing (toe-on or clear) to salto forward tucked or piked</p>    <p>From HB - Back stalder to salto forward tucked or piked (not illustrated)</p>  <p>From HB – underswing (toe-on or clear) to salto forward tucked with 1/2 (180°) twist (not illustrated)</p> 	<p><b>8.401</b> From HB - underswing (toe-on or clear) to salto forward piked with 1/2 (180°) twist</p>  <p>From HB – underswing (toe-on or clear) to salto forward tucked with 1/1 (360°) twist</p>  <p>From HB - underswing (toe-on or clear) to salto forward stretched (Kennedy)</p>  <p>From HB - clear pike circle backward to salto forward stretched with 1/2 (180°) turn (not illustrated)</p>  <p>From HB - Back stalder to salto forward tucked (Celestine) or piked with 1/2 (180°) twist</p> 	<p><b>8.501</b> From HB - underswing (toe-on or clear) to salto forward piked with 1/1 (360°) twist</p>  <p>From HB – underswing (toe-on or clear) to salto forward tucked or piked with 1½ (540°) twist</p> 

Group 8 – Dismounts				
A	B	C	D	E
8.102	8.202	<p>8.302</p> <p>Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward tucked or piked (Comaneci)</p>  <p><i>hwe</i></p>  <p><i>hwe</i></p>  <p><i>hwe</i></p>  <p><i>hwe</i></p>	<p>8.402</p> <p>Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward stretched (clear-Okino)</p>  <p><i>hwe</i></p>  <p><i>hwe</i></p>  <p><i>hwe</i></p>	<p>8.502</p> <p>Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward tucked with 1/1 (360°) twist (Kraeker)</p>  <p><i>hwe</i></p>

**IV. MOUNT AND DISMOUNT REGULATIONS****A. MOUNTS**

1. Board, mount trainer mat or panel mat **MUST** be removed as soon as possible after gymnast has mounted.
2. Mounts that are preceded by one element prior to take-off from board will be allowed:
  - Evaluation begins after feet leave mounting apparatus.
3. Mount attempts:
  - a. Attempt without mounting is considered a “balk.”
  - b. Two attempts allowed to mount BB without penalty.
    - No touch of board and / or BB or run under BB on either attempt allowed.

EXAMPLE:     1st attempt:     Run, balks, no mount performed  
                          2nd attempt:     Run, mount performed  
    NO DEDUCTION
  - c. Three attempts allowed, but each judge takes a 0.50 deduction for third attempt.
 

EXAMPLE:     1st attempt:     Run, balk, no mount performed  
                          2nd attempt:     Run, balk, no mount performed  
                          3rd attempt:     Runs, performs a “D” mount (0.50 deducted for 3<sup>rd</sup> approach)

    - “D” mount awarded + 0.10 “D/E” Bonus at Level 9 (Acro) and 10.

EXAMPLE:     1st attempt:     Run, balk, no mount performed  
                          2nd attempt:     Run, balk, no mount perform  
                          3rd attempt:     Run, balk, no mount performed (0.50 deducted for 3<sup>rd</sup> approach)

    - No mount performed; athlete must climb onto BB to begin exercise.
  - d. Fourth approach NOT permitted.
  - e. Run, touch board and / or BB or run under BB without mounting, deduct 0.50 (considered a fall).
  - f. Round-off entry mount attempt, performs only Round-off:
    - 1) May repeat mount and receive appropriate VP credit.
    - 2) Deduct 0.50 for fall - contact made with board, which is considered part of the apparatus.
    - 3) Second attempt results in successfully performed mount. Bonus could be awarded (if applicable).

**B. DISMOUNTS:**

1. Evaluate all elements, including dismount, after final time signal.
2. Dismount element with hand support instead of Salto or Aerial (Level 6 / 7 / 8 / 9 / 10):
  - a. Deduct 0.50 for missing dismount SR.
  - b. Do NOT deduct 0.30 for no dismount.
3. Dismount element of no value
  - a. NOT listed in *Dev COP*

EXAMPLE: Straddle Jump dismount

    - 1) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - 2) Deduct 0.30 from SV for no dismount.
  - b. Restricted or additional restricted element performed.
 

EXAMPLE: Level 7 performs “C” dismount.

    - 1) Deduct 0.50 from SV for restricted dismount.
    - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - 3) Deduct 0.30 from SV for no dismount.

**DISMOUNTS (continued):**

4. Leaves apparatus (terminates exercise early, intentionally or due to a fall):
  - a. Deduct 0.50 from SV for missing dismount SR specific to each level.
  - b. Deduct 0.30 from SV for no dismount.
  - c. Deduct 0.50 for fall from apparatus (with or without an actual fall onto mat).
  - d. CJ deducts 2.00 from average score if exercise is under 30 seconds.  
EXCEPTION: LEVEL 6 = 0.50 deduction with 10.0 SV.
5. Falls on Salto dismount: (applies to Level 6 / 7 / 8 / 9 / 10):
  - a. Never initiates Salto action and falls **without landing on bottom of feet first**:
    - 1) No VP credit awarded for dismount.
      - Deduct from SV for any missing difficulty requirements (if appropriate).
    - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - 3) Deduct 0.30 from SV for no dismount.
    - 4) Deduct 0.50 for fall.
    - 5) Deduct for any other execution / amplitude errors.
  - b. Initiates Salto action and falls without landing on bottom of feet first:
    - 1) No VP credit awarded for dismount.
      - Deduct from SV for any missing difficulty requirements (if appropriate).
    - 2) Deduct 0.50 from SV for missing dismount SR specific to each level.
    - 3) Deduct 0.50 for fall.
    - 4) Deduct for any other execution / amplitude errors.
    - 5) Do NOT deduct 0.30 for no dismount.

**V. RECOGNITION (COUNTING) OF VALUE PARTS (VP)****A. ANY BB ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:**

1. Repeated element **MUST** occur in a different connection (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev COP* – whether it received VP credit or not).
2. Leap / jump / hop NOT found in *Dev COP*:
  - a. May be awarded comparable VP credit of “root” element.
  - b. May have variations of leg position and landing position.
  - c. New elements NOT listed in *Dev COP*:
    - 1) **MUST** be evaluated by Regional Technical and Regional Development Program Committee Chairmen.
    - 2) Element evaluation form on [USA Gymnastics website](#) (Women - Forms - Meet Forms).
3. **All variations of root Acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position.**
4. Same “D” or “E” element performed a second time in different connection:
  - a. Level 10:
    - 1) Receives VP credit twice.
    - 2) Eligible for CV Bonus each time (if applicable).
    - 3) Eligible for “D/E” Bonus **ONLY** once

**REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)****5. Two-second hold requirement**

- a. If no two-second hold in element - award value of root element.

EXAMPLE:

#1.311 Press side Handstand – lower to Planche (“C”)

- If Planche is NOT held - award “B” VP credit for press Handstand.

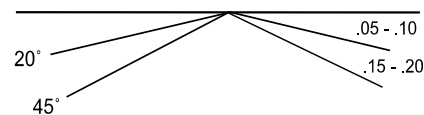
- b. Change of leg position is allowed during the two-second hold of a HANDSTAND.

**6. Leaps / Jumps**

- a. Split Leaps / Split Jumps – require 180° leg separation.

- b. If split is insufficient, evaluate as follows:

0.05 – 0.10	Missing 1° – 20° of split
0.15 – 0.20	Missing 21° – 45° of split
Award “A” VP performed if applicable	Missing 46° or more of split



- c. Any leap / jump that is required to have 180° leg separation, but achieves less than 135° leg separation, will be awarded “A” VP credit.

- Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.

- Deduct up to 0.20 for insufficient split for a leg separation of 134° or less.

**Award VP as applicable and apply appropriate deductions.**

NOTE: All leaps / jumps: deduct for insufficient amplitude / execution in addition to insufficient split.

**7. Flight elements**

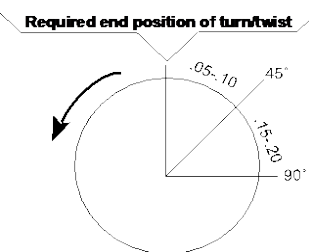
- If flight element fails to show flight (moment when both hands and feet are free of BB) - award VP credit for actual element performed.

EXAMPLE: Flic-Flac with no flight - recognize as Walkover backward (“A”) VP.

**8. Dismounts**

- a. Twisting dismounts – incomplete Long Axis (LA) turn / twist:

0.05 – 0.10	Missing 1° – 44° of twist
0.15 – 0.20	Missing 45° – 89° of twist
Award VP performed	Missing 90° or more of twist

EXAMPLE:

**2½ (900°)** twist dismount (“E”) - missing 90° of twist:

- Award “C” VP credit for **2/1 (720°)** twist.

- Deduct for balance, execution and amplitude.

Clarification: completion of twist:

- Placement of front foot upon landing = amount of twist completed.
- Twist completion determines VP credit awarded.

- b. Salto dismounts - incomplete Breadth Axis (BA) turn

- If Salto dismount does NOT land on bottom of feet first:

- No VP, SR credit awarded.

- Deduct 0.30 from SV for no dismount, if no Salto action initiated.

- If Salto action WAS initiated = no deduction.

- Simultaneously landing on feet / hands or feet / buttocks, award VP credit; give benefit of doubt to gymnast.

**F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS**

1. Any jump, press, or swing to Handstand mount:
  - a. To award VP credit - body **MUST** be vertical with hips over shoulders in balanced position.
    - If fall occurs after vertical is achieved, VP credit is awarded.
  - b. Legs may be together or split / straddle / stag / double-stag position.
  - c. Two-second hold is **NOT** required.
  - d. If vertical position is **NOT** achieved, deduct for insufficient amplitude (if applicable), or recognize actual VP performed.
  - e. Press Handstand and Handstands with turn performed within the exercise do **NOT** require a two-second hold to receive VP credit.
  - f. Press Handstand within the exercise (**NOT** the mount) has no hold requirement. Can be used as first element in Acro series for Level 6 / 7 / 8.
2. **#2.110 - Tuck Jump (“A”):**
  - a. Both knees should be at horizontal or above, with 90° angle at hips and knees.
  - b. Deduct up to 0.20 for knees lower than horizontal (0.10) and / or greater than 90° angle at knees (0.10).
  - c. Greater than 135° angle at hips and greater than 90° at knees - **award VP performed (if applicable)**.
3. **#2.111 – Wolf Hop (“A”) or Wolf Jump (“A”):**
  - a. To award VP = both extended leg and thigh of bent leg **MUST** be at or above horizontal with knees together.
  - d. Greater than 135° angle at hips and greater than 90° at knees - **award VP performed (if applicable)**.
  - b. Deduct up to 0.10 for each error if the extended leg / thigh of bent leg is below horizontal.
  - c. Wolf Jump **MUST** take off from two feet but may land on one foot or two feet.
  - d. Forward lean of body is acceptable during jump.
4. **#2.201 - Split Jump (“B”) vs. #2.107 - Sissonne (“A”):**
  - a. Cross Split Jump has 2-foot take-off and landing on two feet.
    - Cross Split Jump shows 180° split with legs even, parallel to BB.
  - b. Sissonne has 2-foot take-off and 1-foot landing.
    - Sissonne requires 180° split of legs, in diagonal position with:
      - 1) Front leg forward-downward (minimum of 45° from BB) and
      - 2) Back leg backward-upward (minimum of horizontal).
      - 3) Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from BB.
  - c. Split less than 135° = no SR credit for Leap with 180° cross / side split. **Award VP performed (if applicable). Apply appropriate deductions.**
5. **#2.202 - Straddle-Pike Jump (“B”) or #2.302 - Side-Split Jump, also with ¼ (90°) turn (“C”):**
  - a. Straddle Jump or Side-Split Jump in cross position awarded “B” (#2.202)
    - 1) Cross stand, Straddle-Pike Jump or Side-Split Jump
      - Straddle position facing end of BB - ¼ turns - closing legs - finish in side stand, facing sideward (“B”).
    - 2) Cross stand, Straddle Jump or Side-Split Jump
      - Makes ¼ turn - finish in straddle-pike or side-split position - facing sideward (“C”).

**SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)**

- b. Straddle-Pike Jump or Side-Split Jump in side position awarded “C” (#2.302).
    - 1) Side position, Straddle-Pike Jump or Side-Split Jump
      - Shows straddle position, while facing sideward, then  $\frac{1}{4}$  turns, closing legs to finish in cross stand (“C”).
    - 2) Side position, Straddle-Pike Jump or Side-Split Jump
      - Makes  $\frac{1}{4}$  turn to show straddle-pike or side-split position, while facing end of BB (“B”).
6. **#2.206 - Pike Jump in cross position (“B”) or #2.306 - Pike Jump in side position (“C”):**
- a. Requirement is minimum of  $90^\circ$  closure for VP credit.
  - b. Legs NOT required to be at horizontal; however, deduct for lack of height (amplitude) of jump.
7. **#2.305 - Split Leap with leg change (Switch-leg Leap) (“C”):**
- a. First leg should swing forward (minimum of  $45^\circ$ ) prior to swinging backward.
  - b. If first leg does NOT reach  $45^\circ$  = award (“C”) VP credit. Deduct up to 0.10 for insufficient height of leg swing.
  - c. Expected leg separation following leg change =  $180^\circ$  split.
  - d. Deduct up to 0.20 for insufficient split after leg change (if applicable).
  - e. Split less than  $135^\circ$  =
    - no SR credit for Leap / Jump with  $180^\circ$  in cross / side-split.
    - ~~Deduct up to 0.20 for insufficient leg separation.~~
- Award VP as applicable and apply appropriate deductions.**
- f. Stag Switch-leg Leap – Stag first (swing) leg, bent minimum of  $90^\circ$  with no extension of leg prior to leg switch, award “A” VP credit (#2.105 Stag-Split Leap).
8. **#2.307 - Ring (“C”) and #2.307 - Stag-Ring Leap / Jump (“C”):**
- a. Head release backward past vertical line MUST be shown to be considered “Ring” position.
  - b. Expected amplitude of rear foot is to top of head.
  - c. Deduct up to 0.10 for insufficient arch.
  - d. Deduct up to 0.10 if rear foot is at shoulder or upper back height.
  - e. Rear foot at hip-height or no backward head release, (regardless of height of leg), considered Split Leap with bent back leg or Sissonne #2.101 (“A”) or #2.107 (“A”).
  - f. **Ring Jump** expectations are:
    - 1) Front leg MUST be minimum of  $45^\circ$  from BB.
    - 2) Forward-downward diagonal position.
    - 3) Deduct up to 0.10 for insufficient amplitude of front leg.
  - g. **Ring Leap** expectations are:
    - 1) Front leg should first brush / extend close to horizontal.
    - 2) Front leg MUST be a minimum of  $45^\circ$  from BB, when Ring shape is executed.
    - 3) Deduct up to 0.10 for insufficient amplitude of front leg.
  - h. **Stag-Ring Jump or Stag-Ring Leap**, expectations are:
    - 1) Front leg bent a minimum of  $90^\circ$  with no extension of leg.
    - 2)  $180^\circ$  leg separation from front knee to back knee.



**SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)****9. #2.405 - Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) (“D”):**

- a. First leg should swing forward to minimum of 45° prior to swinging backward.
  - 1) Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn, award “D” VP. Deduct up to 0.10 for insufficient height of leg swing.
  - 2) Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn, award “C” VP (Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
- b. ¼ (90°) turn MUST occur in air; NOT prior to leg swinging backward.
  - 1) Leg swings to minimum of 45°; early ¼ (90°) turn - occurs before leg begins backward swing, award “D” VP. Deduct up to 0.10 for lack of precision in Dance elements.
  - 2) Leg swings to minimum of 45°; incomplete ¼ (90°) turn, award “C” VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
- c. Expected amplitude of side-split position is 180° split.
  - Less than 135° split, award VP performed (if applicable). Apply appropriate deductions.
- d. Ronde de Jambe technique is acceptable:
  - 1) Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
  - 2) Front leg moves across horizontal plane to side-split position.
- e. Stag first leg, award “A” VP credit.
  - 1) First (swing) leg bent minimum of 90°.
  - 2) Leg never extends prior to leg switch.

**10. #2.407 - Sheep Jump (“D”):**

- a. Head release backward past vertical line MUST be shown to be considered “Sheep” position.
- b. Expected amplitude of legs is to top of head.
- c. Deduct up to 0.10 for insufficient arch.
- d. Deduct up to 0.10 if feet are at shoulder or upper back height.
- e. Feet at hip-height or no backward head release, (regardless of height of feet), considered jump with bent legs, Award VP performed (if applicable).

**11. #3.303 - 1/1 (360°) turn - heel of free leg forward at / above horizontal throughout turn (“C”):**

- a. Allow time (up to 45° - 1/8<sup>th</sup> of turn) to quickly lift leg into position without deduction. Free leg may be bent (front attitude position) or extended, but entire leg MUST be at minimum of horizontal to receive “C” VP credit.
- b. MUST maintain leg position throughout turn:
  - 1) Once minimum of horizontal position established.
  - 2) Free leg may NOT be supported with hand to maintain leg position.  
(See ~~#3.209~~ and #3.309 for variation of full turn holding leg with hand).
- c. Incorrect leg position for more than 45° of turn or leg NOT maintained throughout remaining 7/8 (315°) of turn:
  - 1) Recognize as another element, dependent on height of leg
  - 2) #3.203 (“B”), #3.101 (“A”)



**D. ALLOWABLE DIFFICULTY**

LEVEL	“A” Value Part	“B” Value Part	“C” Value Part	“D/E” Value Part
Level 10	Yes	Yes	Yes	Yes
Level 9	Yes	Yes	Yes	1. Any “D/E” Dance elements 2. One “D/E” Acro element (includes mount / dismount) 3. Count as “C” VP for CV Bonus
Level 8	Yes	Yes	1. Any “C” Dance elements 2. One “C” Acro element (includes mount / dismount) 3. Count as “B” VPs	No
Level 7	Yes	Yes	1. Any “C” Dance element (unlimited) 2. Count as “B” VP	No
Level 6	Yes	Yes	1. One “C” Dance element 2. Count as “B” VP	No

- Guidelines for level restrictions:**

- Levels allowing one restricted Acro element (refer to chart) may use a mount or dismount element.
- Allowable elements:
  - Will receive element value listed in **Balance Beam Elements section of COP.**
  - May be used to fulfill SRs.
  - Level 9 ONLY:
    - Allowable “D/E” element may serve as a “C” element in any applicable CV Bonus.
    - ONLY first “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus.
- Restricted elements will be considered in chronological order.  
**ONLY the first restricted element in the exercise may be:**
  - Awarded VP credit.
  - Awarded SR, if applicable.
  - Awarded CV Bonus, if applicable.
  - Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives “0” VP credit the first time.
  - Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.
- Any additional restricted element(s) performed at Level 8 / 9 whether or not they receive VP credit, or **any** restricted element(s) performed or attempted at Level 6 / 7 (even if attempt was incomplete):
  - Deduct 0.50 from SV for restricted element.
  - No VP credit awarded.
  - No SR credit awarded.
- All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

**III. CLARIFICATIONS REGARDING SERIES****A. ACRO or DANCE SERIES - CONTINUOUS CONNECTION BETWEEN ELEMENTS**

- ✓ Landing leg / free leg on first element – MUST be take-off leg for next element.
  - ✓ Landing with both feet on first element – MUST take off from two feet for next element.
1. Backward Acro series and sideward to backward Acro series with one or more flight elements:
    - a. Considered broken with delay in immediate take-off of second element.
    - b. Deduct 0.50 for missing SR (if applicable).
    - c. Causes for delays that break connections:
      - 1) Arms moving low as thighs or further back after landing first element in connection.  
NOTE: Gainer Flic-Flac / Gainer Salto backward stretched with step-out (as second element)
        - a) Arms continue circling forward-upward and backward-downward without automatically breaking connection.
        - b) Circling action is inherent arm pattern for Gainer type elements.
      - 2) Cautious, slow-moving attempt to connect one or more elements.
        - a) Acro series considered broken.
        - b) No rhythm deduction applied.
  2. Non-flight Acro series (any direction), forward / sideward Acro flight series, counter Acro flight series:
    - a. Lack of tempo / poor rhythm between elements in series
    - b. Deduct up to 0.20 for lack of tempo between elements.
      - Slow, continuous connection in line with BB.
  3. Dance series / Mixed series:
    - a. Lack of tempo / poor rhythm between elements in series.
    - b. Deduct up to 0.20 for lack of tempo between elements.
    - c. Slow, continuous connection in line with BB.
    - d. Arm circle does NOT necessarily break connection if body continues movement.
    - e. Dance element: (EXAMPLE: Cat Leap or Hitch-Kick):
      - 1) Series considered broken if free leg position drops and lifts again.
      - 2) Series considered broken if trunk stops forward movement.
  4. All series considered broken when:
    - a. Stop between elements.
    - b. Loss of balance.
    - c. Any deviation of body movement which is NOT in line with BB.
    - d. Repositioning of foot (feet) or pivoting.
    - e. Extra step / hop / jump between elements.
    - f. Legs straighten between elements:
      - 1) First element lands in plié on two feet.
      - 2) Legs totally straighten and plié again to initiate jump into next element.
      - 3) Straightening the legs breaks series.
    - g. Acro series considered broken if kick / leg-swing above 45° leading into second element.  
NOTE: Series with two of the same elements with broken connection: no VP awarded for second (same) element.

## B. SOME ACRO ELEMENTS ARE INHERENTLY “NON-CONNECTABLE”:

- Regardless of how quickly elements are connected, some series are NOT connectable.

EXAMPLE: Walkover backward or Flic-Flac step-out (lunge) to Round-off or Cartwheel

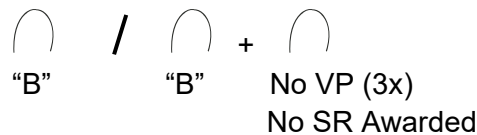
- a. First element lands in lunge on two feet.
- b. No Acro series credit awarded, no connection to second element.

**NOTE:** Land first element on one leg and step through to second element = Elements are eligible for connection.

### C. REPETITION OF FAILED SERIES:

EXAMPLES:

1. Flic-Flac step-out, stops / falls, then Flic-Flac step-out + Flic-Flac step-out

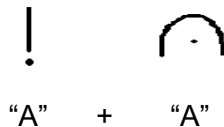


- a.** No VP awarded for third Flic-Flac step-out.
- b.** No Acro series SR awarded.

- 2. Level 7: Walkover backward + walkover backward (never lands on BB)**



Kicks to Handstand (2-second hold) steps down + walkover backward



- a. One part of Acro SR has been met.
- b. No VP credit award if Handstand NOT held for two seconds.
- c. No SR credit awarded if Handstand NOT held for two seconds.

**IV. SPECIFIC COMPOSITIONAL DEDUCTIONS – LEVEL 8 / 9 / 10**

- Composition NOT considered for Level 6 / 7.

**A. LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS**

<b>0.10</b>	<b>Failure to perform Acro elements in two different directions</b> (Backward and forward / sideward), MUST be from Groups: # 1 (Mounts), # 6 (Rolls), # 7 (Walkovers / Cartwheels / Handsprings), # 8 (Saltos)
<b>0.05</b>	<b>If dismount element is the only forward / sideward or only backward element</b> <ol style="list-style-type: none"> <li>1. Forward / sideward elements MUST move through forward / sideward plane. <ul style="list-style-type: none"> <li>• Kick-up to HS (with / without Pirouette) is NOT eligible (from Group 5).</li> </ul> </li> <li>2. May perform a forward or sideward element but MUST perform a backward element. <u>EXAMPLES:</u> <ul style="list-style-type: none"> <li>• Round-off = sideward element.</li> <li>• Jump backward (Flic-Flac take-off) ½ (180°) twist to walkover or Salto forward (Arabian walkover or Salto) = forward element.</li> <li>• Flic-Flac ¼ or ¾ twist to Handstand = backward element.</li> <li>• Tic-Toc = either forward or backward element (advantage to gymnast).</li> <li>• Silivas-type mounts (<b>#1.208 &amp; #1.308</b>) = “sideward” (Group 1 allowed).</li> </ul> </li> </ol>

**B. LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS**

<b>0.10</b>	<b>Overuse of Dance elements with same shape</b> <ol style="list-style-type: none"> <li>1. More than two Wolf or Tuck <b>hops / jumps</b> with or without turn</li> <li>2. More than two Straddle Jumps, with or without turn</li> </ol>
<b>0.10</b>	<b>More than one 180° turn on two feet (pivots) with straight legs</b> (throughout the exercise) <u>EXAMPLES</u> of allowable 180° turns: <ol style="list-style-type: none"> <li>1. Turn on one foot;</li> <li>2. Turn in squat or demi-plié position;</li> <li>3. ¼ turn - ¼ turn</li> </ol>

**C. CHOICE OF ACRO NOT UP TO THE COMPETITIVE LEVEL**

<b>up to 0.20</b>	<b>See Appendix 15 for Specific Deductions.</b> <ul style="list-style-type: none"> <li>• All mount elements are considered Acro unless marked (D) for Dance or “not Acro”</li> </ul>
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**D. CHOICE OF DANCE NOT UP TO THE COMPETITIVE LEVEL**

<b>up to 0.20</b>	<b>See Appendix 15 for specific deductions.</b>
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**E. CHOICE OF DISMOUNT NOT UP TO THE COMPETITIVE LEVEL**

<b>up to 0.10</b>	<b>See Appendix 15 for specific deductions.</b>
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**F. LACK OF DANCE SERIES WITH A MINIMUM OF TWO DANCE ELEMENTS**

<b>0.20</b>	<b>Groups # 1 (Mounts), # 2 (Leaps / Hops / Jumps), # 3 (Turns)</b>
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**G. INSUFFICIENT USE OF ENTIRE BEAM APPARATUS**

<b>up to 0.10</b>	<b>Insufficient level changes throughout exercise</b> <ol style="list-style-type: none"> <li>1. Level changes in elements and / or connections</li> <li>2. Movements high-off BB, semi-low, and low (kneel, squat, sit, lying)</li> </ol>
<b>up to 0.10</b>	<b>Spatial use: entire length of BB</b>
<b>each 0.05</b>	<b>Directional use: MUST show two out of three directions</b> <ul style="list-style-type: none"> <li>• Forward / backward / sideward movements / non-VPs / choreography</li> </ul>

**I. CHIEF JUDGE DEDUCTIONS**

<b>CHIEF JUDGE DEDUCTIONS</b>	<u>0.10</u>	Coach standing next to BB throughout entire exercise
	<u>0.10</u>	Overtime
	<u>0.20</u>	Warming up on mat after a fall (no warning)
	<u>0.30</u>	Failure to remove mounting apparatus / spotting block after mount
	<b>(CJ) 0.30</b>	<b>Lands dismount in solid / loose foam pit</b> <b>No VP, SR, Bonus</b>
	<u>2.00</u> <u>0.50</u>	<b>Complete or incomplete exercise less than 30 seconds</b> <b>EXCEPTION:</b> Level 6 ONLY – completed routine with all required VPs and 10.0 SV
	<b>Exercise Terminated</b>	<b>Exceeds 45-second fall time</b>

**II. EXECUTION AND AMPLITUDE DEDUCTIONS**

<b>SMALL FAULTS</b>	each time <u>0.05</u>	Flexed / sickled feet on VP elements
	up to 0.10	Deviation from straight direction on dismount landing
	up to 0.10	Arm swings on landing to maintain balance
	up to 0.10	Legs crossed during Salto dismounts with twist
		<b><u>LANDS DISMOUNT WITH FEET APART</u></b> <ul style="list-style-type: none"> <li>There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.</li> </ul>
	<u>0.05</u>	<b>Lands with feet hip-width apart or closer, but never joins feet (heels)</b>
	<u>0.10</u>	<b>Lands with feet further than hip-width apart</b> <ul style="list-style-type: none"> <li>If upon landing with feet apart / staggered, gymnast takes a step(s), deduct ONLY for step(s).</li> </ul>
	<u>0.10</u>	<b>If entire foot / feet slide or lift off floor to join, it is considered a small step.</b>
	up to 0.10	<b>Slight hop or small adjustment of feet or feet staggered (one foot in front) on landing of elements or dismount</b>
	each up to 0.10	<b>Hesitation during jump / press / swing to Handstand</b>
	up to 0.10	<b>Incorrect body posture / alignment during Dance VPs</b>
	<u>0.10</u>	<b>Landing too close to the beam on dismount</b>
	<b>Ea. 0.10 - 0.15</b> (max. <u>0.40</u> )	<b>Small or medium step(s) on landing</b>

**EXECUTION and AMPLITUDE DEDUCTIONS (continued)**

<b>MEDIUM FAULTS</b>	<b>each up to 0.20</b>	<b>Leg or knee separations</b>
	<b>up to 0.20</b>	<b>Trunk movements to maintain balance / control upon dismount landing</b>
	<b>up to 0.20</b>	<b>Insufficient height on leaps / jumps / hops</b>
	<b>up to 0.20</b>	<b>Insufficient height of Aerials / Saltos / Acro flight with hand support</b>
	<b>up to 0.20</b>	<b>Insufficient split position (deviation from 180°)</b> Dance & Acro (when required)
	0.05 – 0.10	1° – 20° missing
	0.15 – 0.20	21° – 45° missing
	Lesser VP	46° or more missing
	<b>up to 0.20</b>	<b>Legs NOT parallel to BB in Split or Straddle-Pike Leaps / Jumps</b>
	<b>up to 0.20</b>	<b>Insufficient exactness of tuck or pike position in VP elements</b>
	<b>up to 0.20</b>	<b>Failure to maintain stretched body position (pikes down dismount)</b>
	<b>up to 0.20</b>	<b>Insufficient exactness of stretched position</b> <ul style="list-style-type: none"><li>• Arch</li><li>• Hip angle (136° – 179°)</li></ul>
	<b>up to 0.20</b>	<b>DANCE: incomplete turn – Group 2 / 3 elements (with 180° + turn)</b>
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	Lesser VP	90° or more missing
	<b>up to 0.20</b>	<b>DISMOUNTS: incomplete twist – dismounts (with 180° or more twist)</b>
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	Lesser VP	90° or more missing
	<b>up to 0.20</b>	<b>Insufficient variation in rhythm and tempo throughout exercise.</b> Consider: <ul style="list-style-type: none"><li>• Insufficient variation in rhythm / tempo in non-VP movements</li><li>• Lack of fluid connection / series of disconnected elements or movements</li></ul>
	<b>up to 0.20</b>	<b>Incorrect body posture on landing of elements and dismount</b>
	<b>up to 0.20</b>	<b>Insufficient sureness of performance throughout exercise</b>
	<b>up to 0.20</b>	<b>Insufficient dynamics – Consider:</b> <ul style="list-style-type: none"><li>• Energy maintained throughout exercise (makes difficult look effortless)</li></ul>
	<b><u>0.20</u></b> (max. <u>0.40</u> )	<b>Large step / jump on landing</b> (approximately three feet or more)

**EXECUTION and AMPLITUDE DEDUCTIONS (continued)**

<b>LARGE FAULTS</b>	<b>up to 0.30</b>	<b>Bent arms in support</b> - on any one element
	<b>up to 0.30</b>	<b>Bent legs</b> - on any one element (90° bend or greater = max 0.30)
	<b>up to 0.30</b> <b>+ 0.50</b>	<b>Squat on landing</b> (hips <b>even with or</b> lower than knees) <b>Lands Acro element/Dismount in squat position, then falls</b>
	<b>up to 0.30</b>	<b>Insufficient height of Salto dismounts</b>
	<b>up to 0.30</b>	<b>Insufficient extension</b> <ul style="list-style-type: none"> <li>Open of tuck / pike body position prior to landing Acro elements / dismount</li> </ul>
	<b>up to 0.30</b>	<b>Brush / touch landing surface with one or two hands (no support)</b>
<b>VERY LARGE FAULTS</b>	<b>0.30</b>	<b>Use of supplemental support</b> <u>EXAMPLES:</u> <ol style="list-style-type: none"> <li>Foot / feet remain on mat / board as mount is completed.</li> <li>Foot / feet contact mat in cross straddle-sit during exercise.</li> <li>Foot / feet / leg using base of BB for support on mount / on BB.</li> </ol>
	<b>0.50</b>	<b>Support on mat / apparatus with one or two hands upon landing</b>
	<b>0.50</b>	<b>Fall onto BB / off BB onto mat</b>
	<b>0.50</b>	<b>Fall on or against apparatus</b>
	<b>0.50</b>	<b>Spotting assistance during an element</b> <ul style="list-style-type: none"> <li>No VP, SR, Bonus</li> </ul>
	<b>0.50</b>	<b>Fall after spot</b>
	<b>0.50</b>	<b>Spotting assistance upon landing dismount</b> <ul style="list-style-type: none"> <li>Award VP, SR</li> <li>No Bonus</li> </ul>
	<b>0.50</b>	<b>Fall after spot</b>
	<b>0.50</b>	<b>Fall / failure to land on bottom of feet first (Aerials / Saltos / dismounts)</b> <ul style="list-style-type: none"> <li>No VP, SR, Bonus</li> </ul>
	<b>0.30</b>	<b>Never initiates Salto on dismount</b>
	<b>0.50</b>	<b>Fall with simultaneously landing on bottom of feet + hands / knees:</b> <ul style="list-style-type: none"> <li>Award VP, SR (if appropriate)</li> <li>No Bonus</li> </ul>
	<b>0.50</b> for fall ONLY	<b>Coach catches a falling gymnast on element or dismount</b> <ul style="list-style-type: none"> <li>No deduction for spot</li> </ul>

**III. SPECIFIC EXECUTION DEDUCTIONS**

each up to 0.10	Failure to perform Group # 3 turns in high Relevé
each up to 0.10	<b>Lack of precision in Dance VPs</b> <u>EXAMPLES:</u> 1. Lack of definite arm or leg position on turns / Leaps 2. Degree of turn NOT exact
each up to 0.10	<b>Fail to land with feet / legs together on jumps / leaps landing on two feet in side position</b>
	<b><u>CONCENTRATION PAUSES</u></b>
each 0.10	Two seconds
each 0.20	More than two seconds
each up to 0.20	<b>Lack of tempo / poor rhythm between elements:</b> (Dance series / Mixed series / Acro series).
0.05 – 0.10	<b>Body continues moving in line with BB, but arms swing between elements, and / or Legs slightly extend but do NOT completely straighten, and slightly bend again to initiate take-off</b>
0.15 – 0.20	<b>Torso/trunk deviation in line with BB with or without arm swing between elements</b> <ul style="list-style-type: none"> <li><u>EXCEPTION:</u> Backward Acro series or sideward to backward Acro series with one or more flight elements is connected or NOT connected; tempo deduction does NOT apply.</li> </ul>
No Deduction	Slow, continuous connection: <ul style="list-style-type: none"> <li>Arms finish to take-off immediately for 2nd element (legs in plié / NOT pumping)</li> </ul>
each 0.20	<b>Support of one leg against side surface of BB to maintain balance</b>
up to 0.30	<b>Additional movements to maintain balance on BB</b>
up to 0.30	<b>Relaxed / incorrect footwork on non-VPs throughout exercise</b>
up to 0.30	<b>Directional error on Gainer Salto dismounts off end of BB</b>
up to 0.30	<b>Incorrect body alignment, position, or posture in non-VPs throughout exercise</b>
0.30	<b>Grasp of BB to avoid a fall</b> <ul style="list-style-type: none"> <li>Grasp under BB to facilitate candlestick / roll elements is NOT a deduction.</li> </ul>
0.50	<b>Third run approach to mount / touch of springboard without mounting apparatus</b>

NOTE: Minimum score of 1.00 awarded when routine score is equal to or less than one point.

**IV. INSUFFICIENT ARTISTRY THROUGHOUT THE EXERCISE**

0.05 – 0.10	<b>Lack of variety in choreography</b> (poses, phrases, connections) <u>EXAMPLES:</u> unnecessary adjustments and/or steps without choreography
0.05 – 0.10	<b>Quality of movement to reflect personal style</b>
0.05 – 0.10	<b>Quality of expression (i.e. projection, focus)</b>



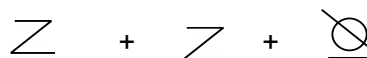
**E. CONNECTIONS – THREE or MORE ELEMENTS**

- Second element (and following elements) may be used twice,
  - First time as last element of first connection, and
  - Second time as first element beginning new connection.
- Applies ONLY for elements with VP credit.
- An additional +0.10 connection / series Bonus to be awarded for any three element Acro flight series with a minimum “C” Salto / Aerial or “D/E” flight element with or without hand support (excluding dismounts).

EXAMPLES – Do NOT receive additional +0.10 connection / series Bonus:

- Switch-leg Leap (“C”) +  
Switch-leg Leap (“C”) +  
Stretched Jump  $1\frac{1}{2}$  (540°) turn (“D”)

- Award + 0.20 “C” + “C”
  - Award + 0.20 “C” + “D”
- Total = + 0.40 CV Bonus  
Plus = + 0.10 “D/E” Bonus



- Switch-leg Leap (“C”) +  
Gainer Salto backward stretched with step-out (“D”) +  
Flic-Flac (“B”)

- Award + 0.20 “C” + “D”
  - Award + 0.20 “D” + “B”
- Total = + 0.40 CV Bonus  
Plus = + 0.10 “D/E” Bonus

EXAMPLES – Awarded additional +0.10 connection / series Bonus:

- Flic-Flac step-out (“B”) +  
Salto backward stretched with step-out (“C”) +  
Flic-Flac step-out (“B”)

- Award + 0.10 “B” + “C”-Salto
  - Award + 0.10 “C”-Salto + “B”
  - Award + 0.10 for 3 element acro flight series (see 3. Above)
- Total = + 0.30 CV Bonus



- Flic-Flac step-out (“B”) +  
Salto backward stretched with step-out (“C”) +  
Salto backward stretched with step-out (“C”)

- Award + 0.10 “B” + “C”-Salto
  - Award + 0.20 “C”-Salto + “C”-Salto
  - Award + 0.10 for 3 element acro flight series (see 3. above)
- Total = + 0.40 CV Bonus



- Flic-Flac step-out (“B”) +  
**Salto backward stretched with step-out (“C”)** +  
Salto backward stretched to two feet (“E”)

- Award + 0.10 “B” + “C”-Salto
  - Award + 0.20 “C” + “E”
  - Award + 0.10 for 3 element Acro flight series (see 3. above)
- Total = + 0.40 CV Bonus  
Plus = + 0.20 “D/E” Bonus



**CONNECTIONS – THREE or MORE ELEMENTS** (continued)**4) Mount: Round-off, Flic-Flac (“D”) +**

Salto backward stretched with step-out (“C”) +

Salto backward stretched with step-out (“C”) 

- Award + 0.20 “D”-mount + “C”

- Award + 0.20 “C” + “C”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus

**Plus = + 0.10 “D/E” Bonus****5) Handspring forward with step-out (“B”) +**

Aerial walkover (“D”) +

Flic-Flac (“B”) 

- Award + 0.20 “B” + “D”

- Award + 0.20 “D” + “B”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus

Plus = + 0.10 “D/E” Bonus

**6) Flic-Flac step-out (“B”) +**Flic-Flac step-out (“B”) + 

Salto backward stretched with step-out (“C”) +

Salto backward stretched with 1/1 (360°) twist dismount (“B”)

- Award + 0.10 for “B” + “B” + “C”-Salto

- No CV for “C”-Salto + “B” dismount

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.20 CV Bonus

Salto backward stretched with step-out (last element of 1<sup>st</sup> connection) and (first element of 2<sup>nd</sup> connection).

- Connection of two Acro flight elements excludes dismount; therefore,

- No CV Bonus awarded for “C” + “B” dismount connection.

**7) Flic-Flac step-out (“B”) +**

Salto backward stretched with step-out (“C”) +

Flic-Flac step-out (“B”) + 

Salto backward stretched with 1/1 (360°) twist dismount (“B”)

- Award + 0.10 “B” + “C”-Salto

- Award + 0.10 “C”-Salto + “B”

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.30 CV Bonus

**8) Flic-Flac step-out (“B”) +**Flic-Flac step-out (“B”) + 

Salto backward stretched with step-out (“C”)

- Award + 0.10 for “B” + “B” + “C”-Salto Award, **OR** + 0.10 for “B” + “C”-Salto

- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.20 CV Bonus

**CONNECTIONS – THREE or MORE ELEMENTS (continued)****9) Flic-Flac (“B”) +**

Flic-Flac with support on one arm (“C”) +



Salto backward stretched with step-out (“C”)

- No CV Bonus for “B” + “C” (non-Salto)
- Award + 0.20 for “C” + “C”-Salto, OR “B” + “C” + “C”
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.30 CV Bonus

**III. “D/E” BONUS - LEVEL 9 AND 10 ONLY****A. “D/E” ELEMENTS MAY REPLACE**

1. Required VP of “A” / “B” / “C” and
2. Awarded “D/E” Bonus.

**B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY**

1. Without fall.
2. Without spot.

**C. “D/E” BONUS FOR LEVEL 9****MAXIMUM OF + 0.10 AWARDED** for “D/E” Bonus.The 1st restricted “D/E” Acro element performed AND receives VP credit can be considered for +0.10 “D/E” Bonus **one time ONLY**.

1. If 1<sup>st</sup> Restricted “D/E” element results in **0 VP**: No Bonus is awarded.
  - The same Restricted “D/E” element may be repeated to receive VP credit and MAY be considered for +0.10 DV.
  - Additional different Restricted “D/E” elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
2. If 1<sup>st</sup> Restricted “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
  - Any additional Restricted “D/E” elements whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1<sup>st</sup> Restricted “D/E” element counts as “C” in Connection Value Principles.

**D. “D/E” BONUS FOR LEVEL 10**

1. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus.
  - a. “D” elements each receive + 0.10 Bonus.
  - b. “E” elements each receive + 0.20 Bonus.
2. **SAME “D” or “E” ELEMENT** eligible for “D/E” Bonus one time ONLY.  
 EXCEPTION: Same “D” or “E” element performed a second time.
  - a. 1<sup>st</sup> time performed without touching beam or with a spot = **0 VP**:
  - b. Second time element is complete - VP credit awarded.
  - c. “D/E” Bonus awarded.

**IV. ADDITIONAL BONUS + 0.10 - LEVEL 10 ONLY**

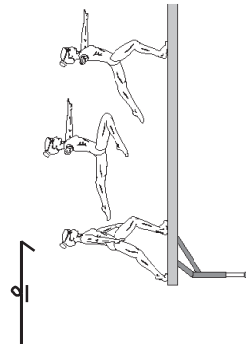
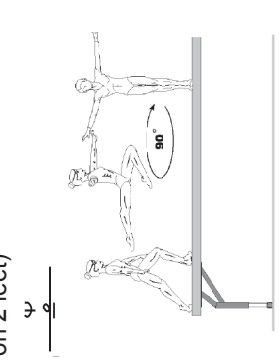
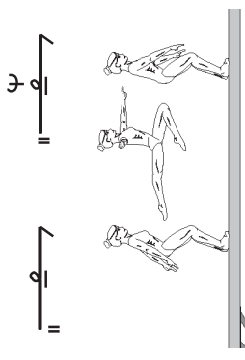
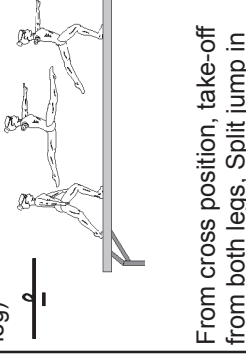
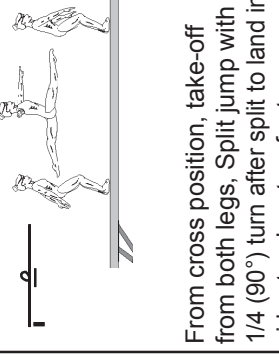
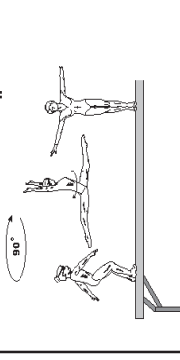
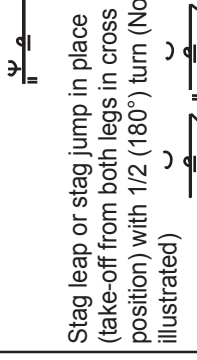

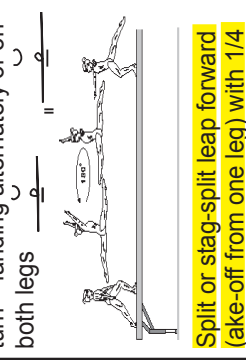
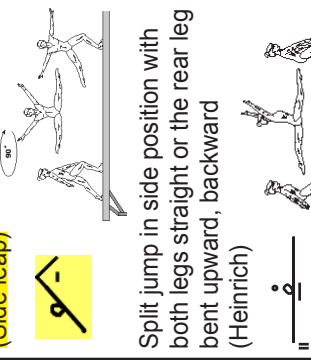
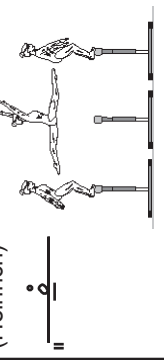
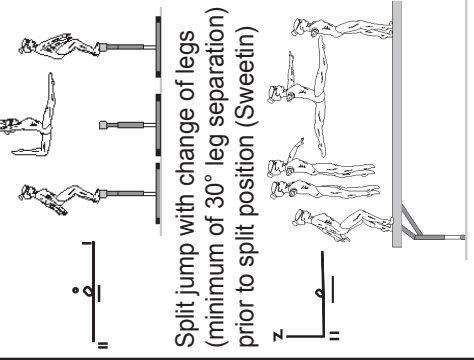
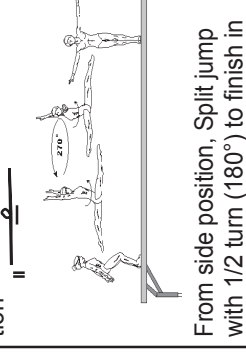
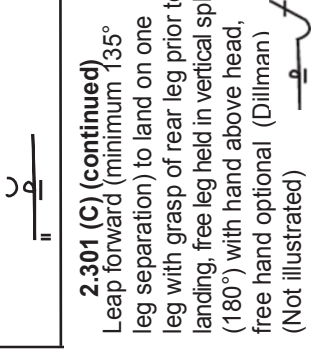
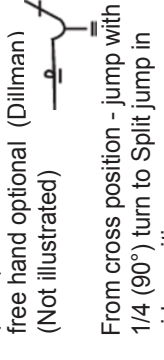
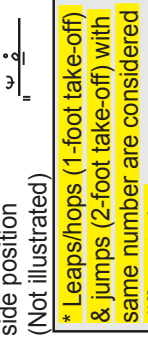
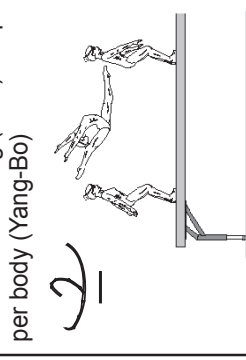
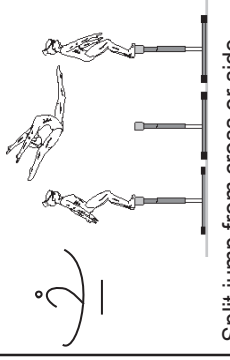
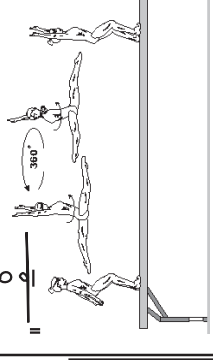

**A. ELIGIBLE TO EARN BONUS POINTS**

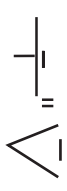

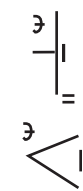


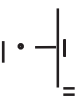

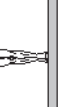
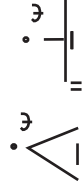





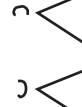


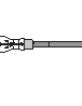











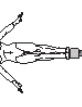




1. Both CV Bonus and “D/E” Bonus
  - a. Minimum of + 0.10 for “D/E”.
  - b. Minimum of + 0.10 for CV.
2. Remaining 0.30 may be earned
  - a. “D/E” Bonus or CV Bonus.
  - b. Maximum SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
  - a. MUST have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of one “E” Acro element (no fall / no spot).

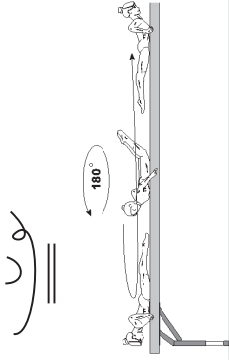
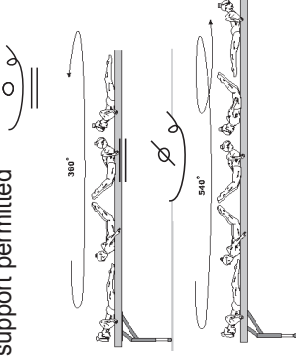

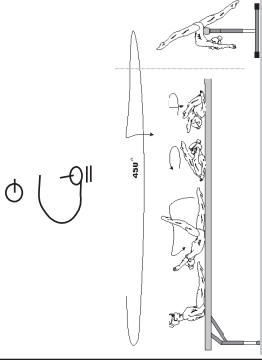
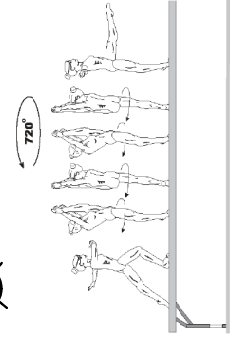
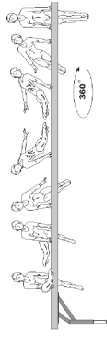



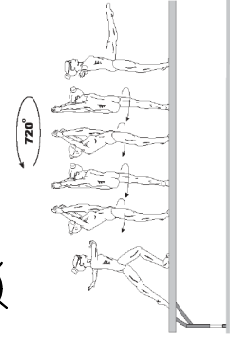
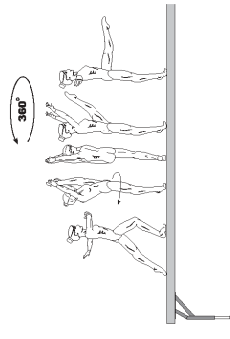
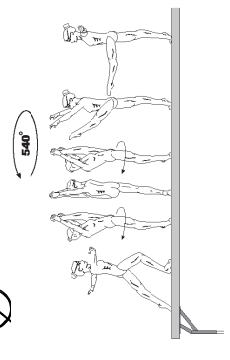
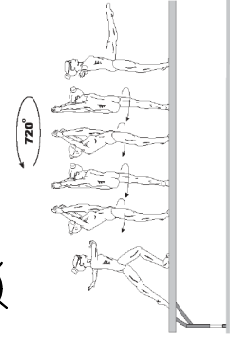
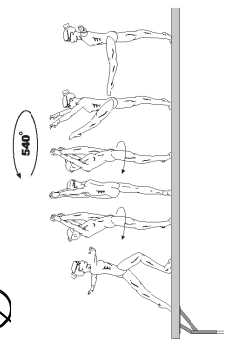
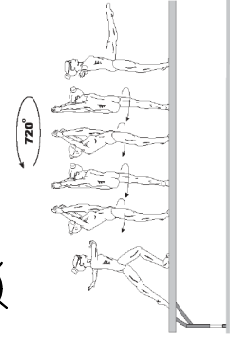
**B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE**

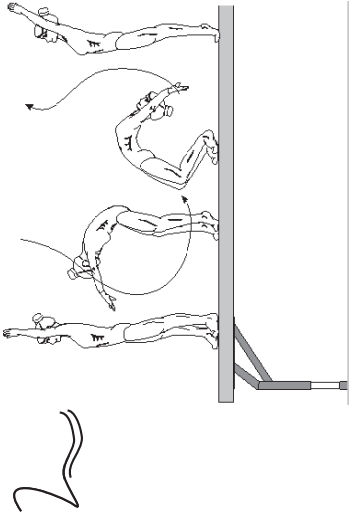
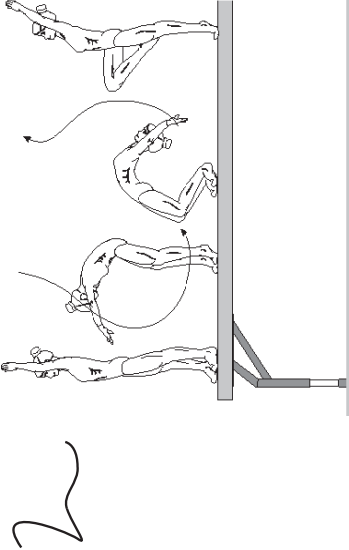
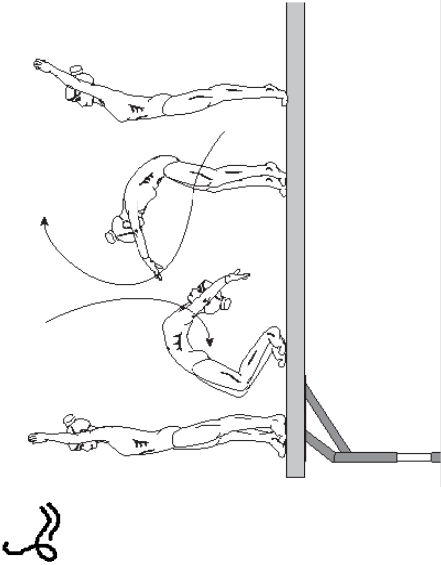
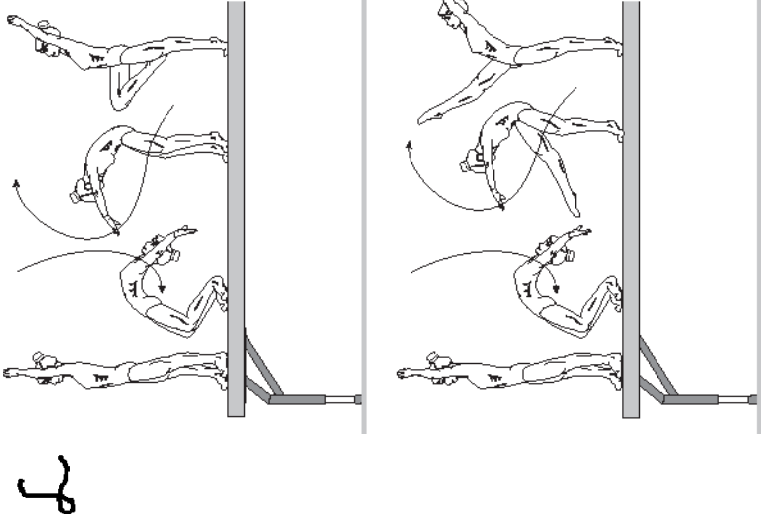
1. Each judge adds the additional Bonus to her / his score and MUST visibly indicate, by means of a placard or other signage, that Bonus was awarded.
2. If using paper score slips, Judge should also indicate in writing any Bonus awarded.

# Group 2 – Leaps, Jumps, and Hops

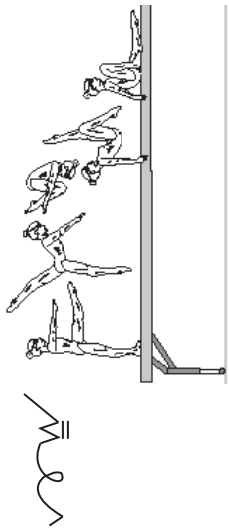
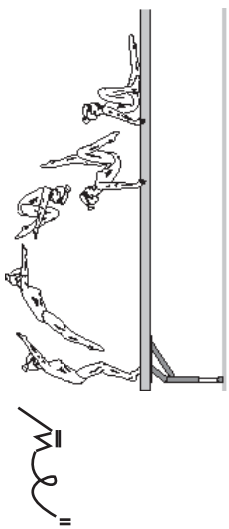
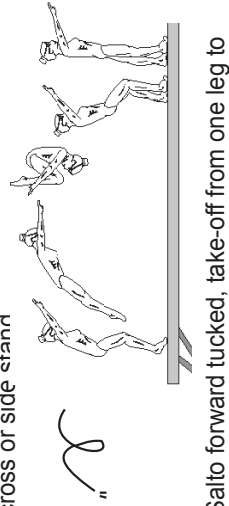
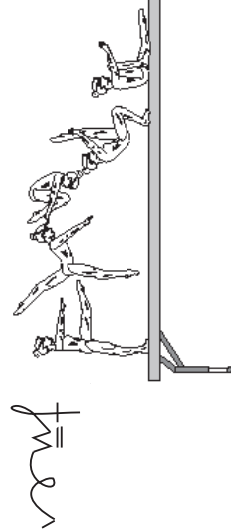
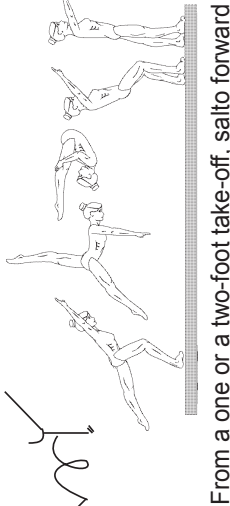
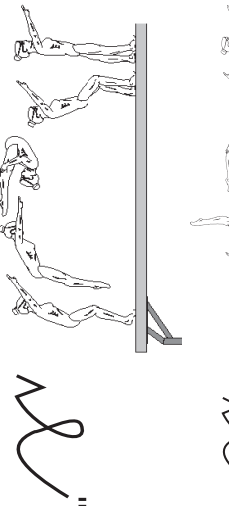

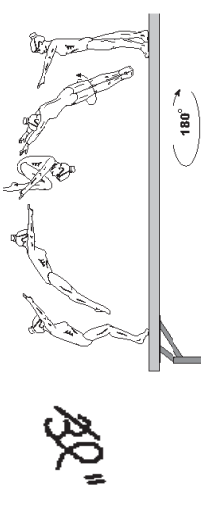
A	B	C	D	E
<p><b>2.101</b> Stag leap or stag-split leap forward (take-off from one leg)</p>  <p>- also with 1/4 (90°) turn to land on 2 feet</p>  <p><b>Stag or double stag jump in place (take-off from both legs in cross position), also with 1/4 (90°) turn (Not illustrated)</b></p>  <p><b>Note: Stag or double stag jump are considered the same element.</b></p>	<p><b>2.201</b> Split leap forward (straight-leg entry-no stag; take-off from one leg)</p>  <p>From cross position, take-off from both legs, Split jump in place (180° leg separation) to land on two feet</p>  <p>From cross position, take-off from both legs, Split jump with 1/4 (90°) turn after split to land in side stand on two feet</p>  <p>From side position, take-off from both legs, Jump with 1/4 (90°) turn to Split jump in cross position (Not illustrated)</p>  <p>Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180°) turn (Not illustrated)</p> 	<p><b>2.301</b> Split or Stag-split leap or Split jump forward with 1/2 (180°) turn – landing alternately or on both legs</p>  <p><b>Split or stag-split leap forward (take-off from one leg) with 1/4 (90°) turn to straddle position (Side leap)</b></p>  <p>Split jump in side position with both legs straight or the rear leg bent upward, backward (Heinrich)</p>  <p>Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)</p> 	<p><b>2.401</b> Split jump with 3/4 (270°) turn beginning in cross or side position</p>  <p>From side position, Split jump with 1/2 turn (180°) to finish in side position (Not illustrated)</p>  <p><b>2.301 (C) (continued)</b> Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional (Dillman) (Not illustrated)</p>  <p>From cross position - jump with 1/4 (90°) turn to Split jump in side position</p>  <p><b>* Leaps/hops (1-foot take-off) &amp; jumps (2-foot take-off) with same number are considered different ele..</b></p> <p><b>* Leaps/jumps/hops with same COP number &amp; different degrees of turn (1/2, 1/1, 1 1/2 +) are considered different ele..</b></p> <p><b>* Additional 1/4 turn in a leap or jump does NOT make element different, unless listed in COP under another number.</b></p> <p><b>* Stag or split variations of leaps &amp; of jumps with same number-considered same ele..</b></p>	<p><b>2.501</b> From cross stand – Jump to cross split (split over 180°) and backward bending (arch) of upper body (Yang-Bo)</p>  <p>From side stand - jump to cross split (split over 180°) and backward bending (arch) of upper body (Teza)</p>  <p>Split jump from cross or side position with 1/1 (360°) turn – take-off from both feet</p>  <p>From cross position, Jump with change of legs (minimum of 30° leg separation) and 1/4 (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional 1/4 (90°) turn to finish in cross position (Rader). (Not illustrated)</p> 

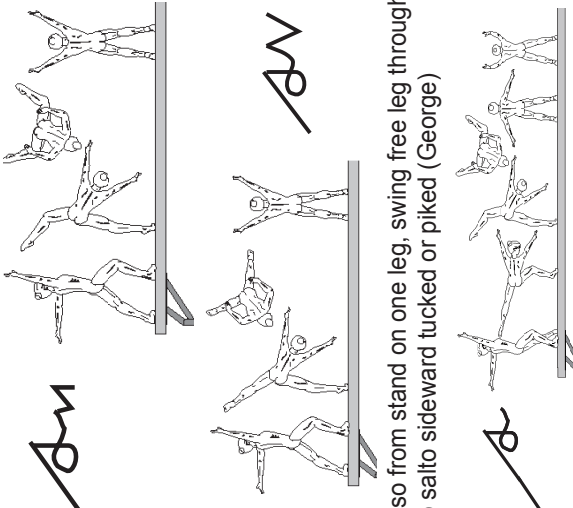
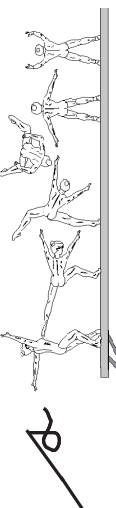
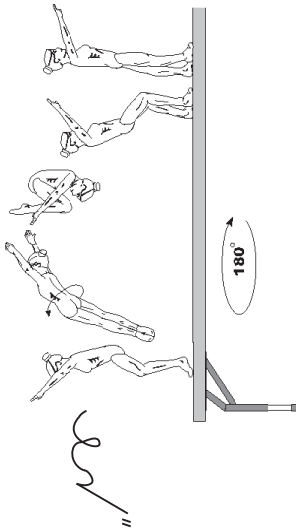
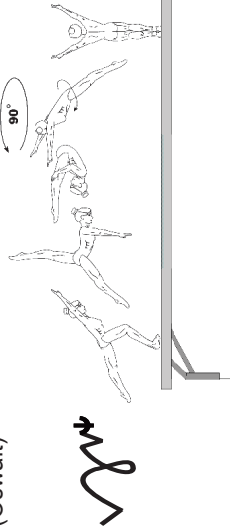
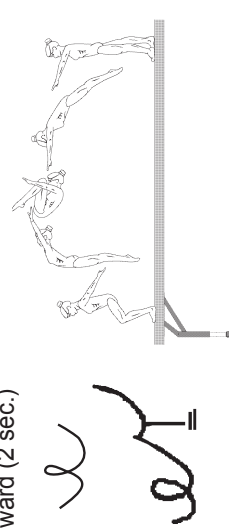
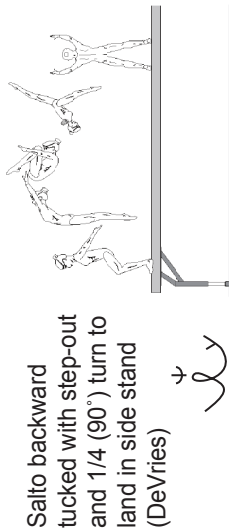
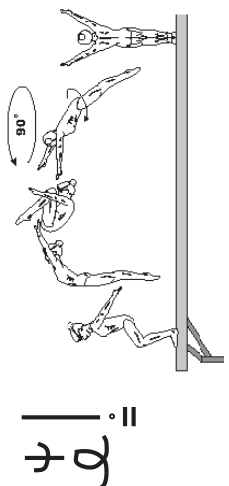
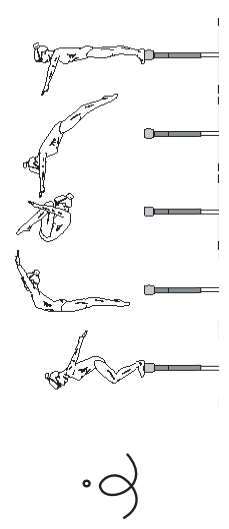
Group 2 – Leaps, Jumps, and Hops				
A	B	C	D	E
<p><b>2.102</b></p>	<p><b>2.202</b></p> <p>Straddle-pike jump (Hill) or side-split jump from in cross position – (180°) leg separation</p>   <p>Straddle pike-jump or side-split jump in cross position – (180°) leg separation, with a 1/4 (90°) turn to finish in side position</p>  	<p><b>2.302</b></p>   <p>Straddle-pike jump or side-split jump from side position – (180°) leg separation</p>   <p>Straddle-pike jump or side-split jump in side position – (180°) leg separation, with a 1/4 (90°) turn to finish in cross position</p>   <p>From side position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation</p>    	<p><b>2.402</b></p>   <p>Straddle-pike jump or side-split jump with 1/2 (180°) turn (Borden) or 3/4 (270°) turn from a cross or side position (180°) leg separation (not illustrated)</p>     <p>From cross position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in side position – (180°) leg separation</p>    	<p><b>2.502</b></p>   <p>Straddle-pike jump or side-split jump with 1/1 (360°) turn from a cross or side position with (180°) leg separation</p>     <p>From side position, jump with a 1/4 (90°) turn to straddle-pike jump or side-split in cross position – (180°) leg separation</p>    

Group 3 – Turns				
A	B	C	D	E
<p><b>3.107</b> 1/2 (180°) turn in prone position – hand support alternate</p> 	<p><b>3.207</b> 1/1 to 1½ (360° - 540°) turn in prone position –alternate hand support permitted</p> 	<p><b>3.307</b></p> 	<p><b>3.407</b> 11/4 (450°) turn on back in kip position (hip-angle closed) (Lil'i)</p> 	<p><b>3.507</b></p> 
<p><b>3.108</b></p> 	<p><b>3.208</b> 1/1 (360°) turn flank circle, legs together</p> 	<p><b>3.308</b> One leg circle with "flair" (legs separated) (Talavera)</p> 	<p><b>3.408</b></p> 	<p><b>3.508</b></p> 
<p><b>3.109</b></p> 	<p><b>3.209</b></p> 	<p><b>3.309</b> 1/1 turn (360°) with hand(s) holding leg upward in 180° split position throughout turn</p> 	<p><b>3.409</b> 1½ (540°) turn with hand(s) holding leg upward in 180° split position throughout turn</p> 	<p><b>3.509</b> 2/1 (720°) turn with hand(s) holding leg upward in 180° split position throughout turn</p> 

Group 4 – Waves		All Wave elements are considered Dance Value Parts		
A	B	C	D	E
<p><b>4.101 (D)</b> Body wave forward to balance stand (2 sec.) on both legs</p> 	<p><b>4.201 (D)</b> Body wave forward to balance stand (2 sec.) on one leg</p> 	<p><b>4.301</b></p>	<p><b>4.401</b></p>	<p><b>4.501</b></p>
		Balance stand indicates a stand on the ball of the foot in high relevé.		
		(D) indicates element is considered a Dance Value Part		
<p><b>4.102 (D)</b> Body wave backward to balance stand (2 sec.) on both legs</p> 	<p><b>4.202 (D)</b> Body wave backward to balance stand (2 sec.) on one leg</p> 	<p><b>4.302</b></p>	<p><b>4.402</b></p>	<p><b>4.502</b></p>



Group 8 – Saltos				
A	B	C	D	E
8.101	8.201	8.301 From a one or a two-foot (Puolin) take-off, salto forward tucked to an extended tuck sit with hand support	8.401 Salto forward tucked, take-off from one leg to stand, <b>also with 1/4 (90°) turn (not illustrated)</b> , or to land on one knee and one foot simultaneously (Hawthorne); -also from a stand on one leg, swing free leg through backward to front salto tucked (Rowe)	8.501 From two-foot take off, salto forward tucked to cross or side stand
				
		also, without hand support (Portocarrero)		Salto forward tucked, take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above)(2 sec.)
				
		From a straddle-sit, cast and whip to front salto in straddle position to land on the hands in a cross straddle sit (Kivisto)		Salto forward tucked with 1/2 (180°) twist, take-off from both legs (Grigoras)
				

Group 8 – Saltos				
A	B	C	D	E
8.102	8.202	8.302	<p>8.402</p> <p>Salto sideward tucked or piked, take off forward or sideward from one leg to side stand</p>  <p>also from stand on one leg, swing free leg through to salto sideward tucked or piked (George)</p>  <p><i>All of the above are considered different elements.</i></p>	<p>8.502</p> <p>Arabian salto tucked (take-off backward with 1/2 (180°) twist, salto forward tucked)</p>  <p>Salto forward piked, take-off from one leg, with 1/4 (90°) turn to land in side stand on two feet (Oswalt)</p> 
8.103	8.203	<p>8.303</p> <p>Salto backward tucked to stand or to scale forward (2 sec.)</p>  <p>Salto backward tucked with step-out and 1/4 (90°) turn to land in side stand (DeVries)</p> 	<p>8.403</p> <p>From a cross stand, salto backward tucked with 1/4 (90°) turn to land sideways on beam (Rosette)</p> 	<p>8.503</p> <p>Salto backward tucked in side position (across the beam)</p> 

**C. SHORT EXERCISE: less than 30 seconds (either complete or incomplete)**

1. Deduct for any missing Value Parts (VP) from Start Value (SV).
2. Deduct 0.50 each for any missing Special Requirements (SR) from SV.
3. CJ deducts 2.00 from average score.
4. Minimum score of 1.00 is awarded when optional routine score is equal to or less than one (1.00) point.

**III. MUSIC REGULATIONS****A. MUSICAL ACCOMPANIMENT:**

1. MUST be recorded with orchestra, piano or other instruments.
2. Without singing / voice – human sounds are allowed, provided no lyrics spoken or sung. A single word used as a rhythmical sound is allowed.
  - a. No deduction for music with whistles / animal sounds.
  - b. CJ deducts 1.00 from average score for absence of music / music with lyrics / song.
3. Any question regarding music containing words:
  - a. Music and music approval form should be sent to Regional Technical Committee Chairman (RTCC).
  - b. RTCC will forward music and form to:
    - 1) Dev Program Director
      - a) Dev Program Director will then forward questionable music piece to National Technical Committee Chairman (NTCC) and Dev Technical Director for discussion.
      - b) Dev Program Director will send final decision to the RTCC, using the official music approval form.
    - 2) RTCC sends to the coach.
  - c. Coach should carry approval form to competitions:
    - 1) The form provides verification that music has been approved.
    - 2) No deduction should be taken if form can be provided.

**B. PROCEDURES FOR MUSIC FAILURE (TECHNICAL FAILURE):**

1. Gymnast continues routine:
  - a. Upon completion, MUST decide whether to **resume from point of music failure** or accept score given.
  - b. Judges will NOT post score until decision is made.
  - c. No deduction would be taken for absence of music **if decision is to accept score.**
2. Gymnast stops performance immediately:
  - a. **May request permission from CJ to continue from point of music failure.**
  - b. **If permission granted, after reasonable amount of rest time gymnast may perform again from point of music failure.**

**C. MUSIC MUST BE RECORDED DIGITALLY**

1. Meet Directors (at all sanctioned events):
  - a. MUST provide options for ONLY digital copies of music (MP3 players, computers, tablets, smart phones, etc.).
  - b. Electronic devices MUST have display screen and MUST be on airplane mode, when applicable.
    - Playing music via Bluetooth is NOT allowed.
2. Meet Directors are NOT required to provide compact disc players.
3. FX music MUST be downloaded onto a mobile device for competitions to avoid interruptions / failure to play / errors. Accessing music via cellular or internet connections at competitions is NOT allowed.

**IV. LINE VIOLATIONS (OUT OF BOUNDS)****A. TOUCH OUTSIDE BOUNDARY AREA:**

1. Steps on, but NOT over, the line - NOT considered out of bounds.
2. FX area marked by two different colors:
  - a. Any part of the body touching the outside color, considered out of bounds.
  - b. Permissible to place small pieces of tape on the inside corners of boundary:
    - 1) Same color as FX area carpet.
    - 2) For awareness of actual boundary area.
3. Out of bounds deduction taken for each line violation.

**B. NEUTRAL DEDUCTION:**

- CJ deducts 0.10 from average score for each line violation.

**C. FALLS – OUT OF BOUNDS:**

1. Each judge deducts 0.50 for the fall.
2. CJ deducts 0.10 from average score for each line violation.

**D. ELEMENT LANDING – OUT OF BOUNDS:**

1. Take-off MUST be performed while inside boundary line to receive VP credit.
2. Take-off performed outside of boundary line:
  - a. No VP credit awarded.
  - b. No SR awarded.
  - c. No Connection Value (CV) Bonus awarded (if applicable).
  - d. No “D/E” Bonus awarded (if applicable).

**E. LINE JUDGES PRESENT:**

1. Two Line Judges ideal.
2. Should be seated at opposite corners to insure clear view of two lines each.
3. Indicate line violations by raising flag or their hand.

**F. NO LINE JUDGES PRESENT:**

1. Chief and panel judge(s) MUST watch for line violations.
2. Indicate line violations by raising their hand.

**G. LINE VIOLATIONS NOTIFICATIONS:**

1. Indicated in writing by line judge / panel judge.
2. Submitted to CJ.
3. Deduction MUST be communicated to coach verbally or visually.

**V. COACH – ON FX AREA / SPOTTING REGULATIONS**  
LEVEL 6 / 7 / 8 / 9 / 10**A. NO DEDUCTION – COACH / **ATHLETE** ON FX AREA:**

1. When placing, adjusting or removing a mat.
2. During the exercise to remove any object which may impede or endanger the athlete.  
EXAMPLE: hair clips, eyeglasses, etc.

**B. COACH ON FX AREA (without assisting gymnast):**

1. CJ deducts 0.30 from average score for “coach on the floor”.
2. Applied ONLY one time, regardless of the number of times coach enters the area.

**C. COACH ON FX AREA (assists gymnast during an element):**

1. Each judge deducts 0.50 for spot.
2. If fall occurs after spot, each judge **also** deducts 0.50 for fall.
3. No VP or SR credit awarded (if applicable).
4. No “D/E” or CV Bonus awarded (if applicable).
5. CJ deducts **0.30** from average score for “coach on the floor”.
6. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.

**D. COACH ON FX AREA (assists gymnast on landing of element):**

1. Each judge deducts 0.50 for the spot.
2. If falls after spot, each judge also deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts **0.30** from average score for “coach on the floor”.
7. “Coach on the floor” deduction is applied **ONLY** one time, regardless of the number of times coach enters the area.
8. Coach catches a falling gymnast: 0.50 fall; no deduction for spot; CJ deducts **0.30** from average score for “coach on the floor”.

**E. COACH OR TEAMMATE TOUCHES / PUSHES GYMNAST TO STOP MOMENTUM – RUNNING / FALLING OUT OF BOUNDS.**

1. Each judge deducts 0.50 for assisting gymnast.
2. If gymnast falls after assistance, do NOT deduct for both assistance and fall.
  - Each judge deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts 0.10 from average score for line violation.

**F. STAND AROUND FLOOR EXERCISE AREA TO CHEER:**

1. Gymnasts / coaches are permitted.
2. **MUST NOT** obstruct the view of judges / spectators.
3. Obstruction:
  - a. CJ gives a warning.
  - b. If obstruction continues, CJ deducts 0.20 for unsportsmanlike conduct.
    - 1) All-Around score of gymnast creating obstruction, OR
    - 2) Team score of team in violation.

**VI. RECOGNITION (COUNTING) OF VALUE PARTS (VP)****A. ANY FX ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:**

- Repeated element **MUST** occur in a different connection. (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev Code of Points (COP)* – whether it received VP credit or not).
  1. Leap / jump / hop / NOT found in *Dev COP*:
    - a. May be awarded comparable VP credit of the “root” element.
    - b. May have variations of leg position and landing position.
    - c. New elements NOT listed in *Dev COP*:
      - 1) **MUST** be evaluated by Regional Technical and Regional Development Program Committee Chairmen.
      - 2) Element evaluation form on [USA Gymnastics website](#) (Women – Forms - Meet Forms).
  2. All variations of root Acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position.
  3. Same “D/E” element performed a second time in different connection:
    - a. Level 10:
      - 1) Receives VP credit twice.
      - 2) Eligible for CV Bonus each time (if applicable).
      - 3) Eligible for “D/E” Bonus **ONLY ONCE**.
    - b. Level 9:
      - 1) If “D/E” Dance element performed twice in different connection:
        - Receives VP credit twice, eligible for CV Bonus each time (if applicable).
      - 2) If “D/E” Acro element performed twice in different connection:
        - a) First time – receives credit for VP, SR, “D/E” Bonus (+0.10) and CV Bonus (if applicable).
        - b) Second time - receives **NO** credit for VP, SR or CV Bonus (if applicable). Deduct 0.50 for restricted element.
  4. Same element is performed a third time, or performed second time in exact same connection:
    - a. No VP credit awarded.  
**EXCEPTION: Round-offs / Flic-Flacs / Handsprings forward in Acro pass with Saltos.**
    - b. No SR awarded (**MUST** receive VP credit to fulfill SR).
    - c. All applicable execution and amplitude deductions are applied.
    - d. No CV Bonus awarded with no VP credit.  
**EXCEPTION:** VP credit awarded for an element performed for the third time if NOT previously awarded VP credit because:
      - 1) Element lacked completion first or second time performed, OR
      - 2) Element was used in exact same connection the second time performed.
  5. Saltos / Aerials required to land on feet first **MUST** land on any part of the bottom of foot / feet first to receive VP credit.
    - a. Deduct 0.50 for the fall if landing hands and bottom of feet simultaneously. VP credit will be awarded.
    - b. Deduct 0.50 for the fall with failure to land on bottom of feet first. VP credit is **NOT** awarded.
  6. Definition of Acro pass:
    - An approach (usually initiated by a hurdle or run) resulting in the performance of one or more Acro elements (with or without hand support). An Acro pass with two or more non-Salto elements **MUST** be directly connected. An Acro pass with two or more Saltos may be directly or indirectly connected with flight elements with hand support.

**E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS**

1. Leg positions / posture / body position / amplitude requirements indicated in the *Dev COP* MUST be fulfilled to award VP credit.
2. Appropriate execution / amplitude deductions, in some cases, would be taken rather than recognizing a different element.

**3. Leaps / Jumps**

- a. Split Leaps and Jumps require 180° leg separation.
- b. If split is insufficient, evaluate as follows:



0.05 – 0.10	missing 1° – 20° of the split
0.15 – 0.20	missing 21° – 45° of the split
Award VP performed if applicable	missing 46° or more of the split

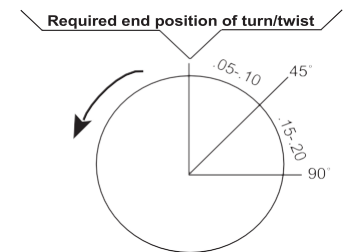
- c. Any leap / jump that is required to have 180° leg separation, but achieves less than 135° leg separation, will be awarded “A” VP credit.

- 1) Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.
- 2) Award VP as applicable and apply appropriate deductions.

NOTE: All leaps / jumps: deduct for insufficient amplitude / execution in addition to insufficient split.

**4. Twisting Saltos – Incomplete LA (Long Axis) Turn**

0.05 – 0.10	missing 1° – 44° of the twist
0.15 – 0.20	missing 45° – 89° of the twist
Award VP performed	missing 90° or more of the twist

EXAMPLE:

Triple (1080°) twist (“E”) missing 90° or more of the twist:

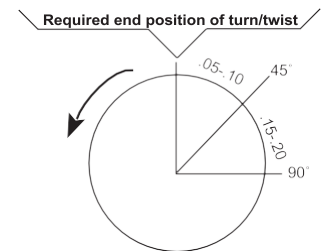
- Award (“D”) credit for 2½ (900°) twist.
- Deduct for balance and execution errors.

Completion of twist clarification:

- Placement of front foot upon landing determines the amount of twist completed.
- Twist completion determines VP credit.

**5. Turning leaps / jumps / hops and turns on one foot with 360° turn or more**

0.05 – 0.10	missing 1° – 44° of the turn
0.15 – 0.20	missing 45° – 89° of the turn
Award VP performed	missing 90° or more of the turn



NOTE: Deduct for balance / insufficient amplitude / execution

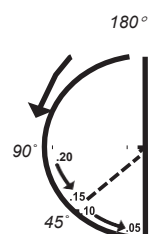
Completion of turns clarification:

- Heel drops = turn completion.
- VP credit awarded for degree of turn completed prior to heel drop.

**6. Leaps / jumps / hops with ½ (180°) turn**

EXAMPLE: Wolf Jump ½ (“B”) and Wolf Jump (“A”)

- Degree of turn completion upon landing determines VP awarded.
- To receive higher value, turn MUST finish closer to higher degree of turn.
- Minimum of 1° past halfway mark between the two values.
- Execution deductions for incomplete turn will be applied.





**F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS****1. #1.101 Split Jump (“A”) vs. #1.110 Sissonne (“A”):**

- a. Cross Split Jump has 2-foot take-off and landing on two feet.
  - Cross Split Jump shows 180° split with legs even, parallel to BB.
- b. Sissonne has 2-foot take-off and 1-foot landing.
  - Sissonne requires 180° split of legs, in diagonal position with:
    - 1) Front leg forward-downward (minimum of 45° from BB) and
    - 2) Back leg backward-upward (minimum of horizontal).
  - 3) Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from floor.
- c. Split less than 135° = no SR credit for Leap with 180° cross / side split. **Award VP performed (if applicable). Apply appropriate deductions.**

**2. #1.204 Split Leap forward with leg change (Switch-leg Leap) (“B”):**

- a. First leg should swing forward (minimum of 45°) prior to swinging backward.
- b. First leg does NOT reach 45° = award “B” VP credit. Deduct up to 0.10 for insufficient height of leg swing.
- c. Required leg separation following leg change is 180° split for “B” value Switch-leg Leap.
  - Deduct up to 0.20 for insufficient split after leg change, if applicable.
- d. Split less than 135° = no SR credit for Leap with 180° cross / side split. **Award VP performed (if applicable). Apply appropriate deductions.**
- e. Stag-Switch leg Leap – swing leg bent minimum of 90° (stag) with no extension of leg prior to leg switch = award “A” VP credit (Stag-Split Leap).

**3. #1.208 Schushunova (“B”):**

- a. MUST show 180° side-split **or straddle-pike** position, rotate legs rearward to horizontal stretched body position in the air before landing.
- b. Slight forward lean, rather than strict vertical torso, is acceptable.

**4. #1.210 Ring or Stag-Ring Leap / Jump (“B”):**

- a. Head release backward past vertical line MUST be shown to be considered “ring” position.
- b. Expected amplitude of rear foot is to the top of head.
- c. Deduct up to 0.10 for insufficient arch.
- d. Deduct up to 0.10 if rear foot is at shoulder or upper back height.
- e. Rear foot at hip-height or no backward head release (regardless of height of leg) considered Split Leap with bent back leg #1.101 (“A”) or Sissonne #1.110 (“A”).
- f. **Ring Jump** expectations are:
  - 1) Front leg MUST be minimum of 45° from floor.
  - 2) Forward-downward diagonal position.
  - 3) Deduct up to 0.10 for insufficient amplitude of front leg.
- g. **Ring Leap** expectations are:
  - 1) Front leg should first brush / extend close to horizontal.
  - 2) Front leg MUST be a minimum of 45° from the floor when ring shape is executed.
  - 3) Deduct up to 0.10 for insufficient amplitude of front leg.
- h. **Stag-Ring Jump** or **Stag-Ring Leap** expectations are:
  - 1) Front leg bent a minimum of 90° with no extension of leg.
  - 2) 180° leg separation from front knee to back knee.



**SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)****5. #1.305 Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) (“C”):**

- a. First leg should swing forward to minimum of 45° prior to swinging backward.
  - 1) Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn. Award “C” VP. Deduct up to 0.10 for insufficient height of leg swing.
  - 2) Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn. Award “B” VP (recognize as Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
- b. ¼ (90°) turn MUST occur in the air; NOT prior to leg swinging backward.
  - 1) Leg swings to minimum of 45°; ¼ (90°) turn occurs early - before leg begins backward swing, award “C” VP. Deduct up to 0.10 for lack of precision in Dance elements.
  - 2) Leg swing to minimum of 45°; ¼ (90°) turn is incomplete, award “B” VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
- c. Expected amplitude of side-split position is 180° split.
  - Less than 135° split, **award VP performed (if applicable). Apply appropriate deductions.**
- d. ROND DE JAMBE technique is acceptable:
  - 1) Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
  - 2) Front leg moves Across horizontal plane to side-split position.
- e. First leg staggered, award “A” VP credit.
  - 1) First (swing) leg bent minimum of 90°.
  - 2) Leg never extends prior to leg switch.

**6. #1.309 Tour Jeté with ½ (180°) turn (“C”)****#1.404 Switch-leg Leap with 1/1 (360°) turn (“D”)**

- a. Elements often identified incorrectly.
- b. Both show cross split position, finish facing same direction as take-off.
- c. **Tour Jeté with ½ (180°)** turns away from initial swing leg.
- d. **Switch-leg Leap with 1/1 (360°)** turns toward initial swing leg.

#1.309 (“C”)



#1.404 (“D”)

**7. #1.307 Straddle-Pike Jump with 1/1 (360°) turn (Popa) (“C”):**

- a. Straddle-Pike Jump position in any phase of 360° turn (with legs at or above horizontal).
- b. Side-split Jump with 1/1 (360°) turn receives “C” VP credit.

**8. #1.308 JUMP with 1/1 (360°) turn – Side-split Jump, landing in front lying support (Prone) (Schushunova 1/1) (“C”) (two variations):**

- a. Straddle-Pike Jump with ½ (180°) turn and “turn over” (½ turn, ½ turn) to land in front lying position.
- b. Jump with 1/1 (360°) turn to side-split, legs rotate back to horizontal plane to land in front lying position.

**9. #1.311 Switch-Ring Leap (“C”):**

- a. First leg should swing forward to minimum of 45° prior to swinging backward.
- b. Fails to swing first leg forward to minimum of 45°. Deduct up to 0.10 for insufficient height of leg swing.
- c. Head release backward past vertical line MUST be shown to be considered “ring” position.
- d. Expected amplitude of rear foot is to top of head.
- e. Deduct up to 0.10 if rear foot is at shoulder or upper back height.
- f. Rear foot at hip-height or no backward head release (regardless of height of leg) recognized as Switch-leg Leap (“B”).
- g. Deduct up to 0.10 for insufficient arch.

**SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)****10. #2.202 1/1 (360°) turn with free leg at or above horizontal from start to end of turn (“B”):**

- a. Allow time (up to 45° - 1/8<sup>th</sup> of turn) to quickly lift leg into position without deduction. Free leg may be bent or extended, but entire leg **MUST** be minimum of horizontal to receive “B” VP credit.
- b. **MUST** maintain leg position throughout turn:
  - 1) Once minimum of horizontal position established.
  - 2) Free leg may NOT be supported with hand to maintain leg position.
- c. Recognize as 1/1 (360°) turn (“A”)
  - 1) Incorrect leg position for more than 45° of turn, OR
  - 2) Leg NOT maintained throughout remaining 7/8<sup>ths</sup> (315°) of turn.

**11. #2.208 1/1 (360°) turn with free leg held upward at a 180° split position (“B”):**

- a. Leg held between 135° – 179° split:
  - 1) Award “B” VP credit.
  - 2) Deduct up to 0.20 for insufficient split.
- b. Leg held less than 135° split:
  - Award “A” for 1/1 (360°) turn.

**12. Salto forward (Group 6) in Direct Connection**

- a. Any forward Salto used as an accelerating element:
  - 1) Directly connected Salto forward pass element.
  - 2) No up to 0.30 deduction applied for insufficient amplitude.
- b. Last Salto in connection expected to have greater amplitude.

**EXAMPLE:**

Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist



The Salto forward stretched is the accelerating element in the Acro pass.

13. All Walkovers Forward and Backward and walkover-type Elements must demonstrate a 180° split at some point during execution of the element.
  - Deduct up to 0.20 for insufficient split.

**C. LEVEL 6 FLOOR EXERCISE SPECIAL REQUIREMENTS**

1. **One Acro pass – minimum three directly connected elements, two with flight.**
2. **Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in a 2<sup>nd</sup> different connection.**
3. **Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
4. **Turn – minimum 360° Turn on one foot.**

1. **SR #1: One Acro pass – minimum three directly connected elements, two with flight.**
  - a. Flight or non-flight Acro element groups 5 / 6 / 7 / 8.
    - 1) Roll category (Group 4) may NOT be used to fulfill SR #1.
    - 2) Salto / Aerial in Acro pass #1 may NOT also fulfill SR #2 (Salto / Aerial).
  - b. Acro elements MUST receive VP credit to fulfill SR.
  - c. Acro pass considered broken, and NO SR awarded, when:
    - 1) Stop between elements.
    - 2) Loss of balance, causing stop between elements.
    - 3) Repositioning of support leg.
    - 4) Extra step / hop / jump between elements.
2. **SR #2: Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in 2<sup>nd</sup> different connection.**
  - a. May be backward / forward / sideward.
  - b. May be isolated or in 2<sup>nd</sup> different connection.
  - c. If Salto / Aerial does NOT land on bottom of feet first, no SR awarded.
3. **SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
  - a. See Level 8 / 9 / 10 – SR #3 for specific information.
  - b. ONLY one Group 1 “C” Dance element is allowed.
  - c. More than one Group 1 “C” or any “D/E” Dance elements are NOT allowed. If performed:
    - 1) Deduct 0.50 from SV for restricted element.
    - 2) SR #3 NOT awarded.
4. **SR #4: Turn – minimum 360° turn on one foot.**
  - a. Turn requirement MUST be completed in high relevé.
    - 1) Heel drops onto floor during turn.
    - 2) Heel drop marks degree of turn completion.
    - 3) Deduct for incomplete turn, (see Chapter 3 – Execution and Artistry).
  - b.  $\frac{3}{4}$  turn or less (90° or more deficient)
    - 1) SR #4 NOT awarded.
    - 2) Deduct 0.50 for missing SR #4.
  - c. Turn may be isolated or in series.
  - d. Illusion Turns:
    - 1) Illusion 1/1 (360°) turn (“A”), with brief touch of floor with one hand.
    - 2) Illusion 1/1 (360°) turn (“B”), without touching the floor with hand or free leg.
    - 3) Both may be used to fulfill Level 6 SR #4

**D. ALLOWABLE DIFFICULTY**

LEVEL	“A” Value Part	“B” Value Part	“C” Value Part	“D/E” Value Part
LEVEL 10	Yes	Yes	Yes	Yes
LEVEL 9	Yes	Yes	Yes	1. Any “D/E” Dance elements 2. One Acro “D/E” element 3. Count as “C” VP
LEVEL 8	Yes	Yes	1. Any “C” Dance elements 2. One Acro “C” element 3. Count as “B” VP	No
LEVEL 7	Yes	Yes	1. Any “C” Dance element (unlimited) 2. Count as “B” VP	No
LEVEL 6	Yes	Yes	1. One “C” Dance element 2. Count as “B” VP	No

- **Guidelines for restrictions:**

1. Levels allowing one restricted Acro element (refer to chart).
2. Allowable elements:
  - a. Will receive element value listed in the Floor Exercise Elements section of the COP.
  - b. May be used to fulfill SRs.
  - c. Level 9 ONLY:
    - 1) Allowable “D/E” elements may serve as a “C” element in any applicable CV Bonus.
    - 2) ONLY first “D/E” Acro element receiving VP credit can be considered for +0.10 “D/E” Bonus.
3. Restricted elements will be considered in chronological order. ONLY the first restricted element in the exercise may be:
  - a. Awarded VP credit.
  - b. Awarded SR, if applicable.
  - c. Awarded CV Bonus, if applicable.
  - d. Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives “0” VP credit the first time.
  - e. Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.
4. Any additional restricted element(s) performed at Level 8 / 9 whether or not they receive VP credit, or any restricted element(s) performed or attempted at Level 6 / 7 (even if attempt was incomplete):
  - a. Deduct 0.50 from SV for restricted element.
  - b. No VP credit awarded.
  - c. No SR credit awarded.
5. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

**I. CHIEF JUDGE DEDUCTIONS**

<b>CHIEF JUDGE DEDUCTIONS</b>	<u>0.10</u>	<b>Overtime</b>
	<u>0.10</u>	<b>Failure to mark the FX boundary line on additional mats</b> • Applied to any mat which covers the FX boundary line
	<b>Each time <u>0.10</u></b>	<b>Out of bounds</b> • Any part of body touching outside of FX border marking
	<b>(CJ) 0.30</b>	<b>Lands Acro element in solid / loose foam pit</b> <b>No VP, SR, Bonus</b>
	<b>0.30</b>	<b>Coach on FX area</b> (inside border markings) • No deduction if coach is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.). • No deduction to adjust placement of or to remove a skill cushion
	<u>1.00</u>	<b>Absence of music or music with words or song / speech</b>
	<u>2.00</u>	<b>Complete or incomplete exercise less than 30 seconds</b>

**II. EXECUTION AND AMPLITUDE DEDUCTIONS**

<b>SMALL FAULTS</b>	<b>each time <u>0.05</u></b>	<b>Flexed / sickled feet on VP elements</b>
	<b>up to 0.10</b>	<b>Slight hop or small adjustment of feet or staggered feet (one foot in front) on landing elements</b>
	<b>up to 0.10</b>	<b>Deviation from straight direction on landing</b>
	<b>up to 0.10</b>	<b>Arm swings on landing to maintain balance</b>
	<b>up to 0.10</b>	<b>Legs crossed during Salto with twist</b>
	<b>each up to 0.10</b>	<b>Incorrect body posture / alignment during Dance VP</b>
	<b>Ea. <u>0.10</u> - <u>0.15</u> (max. <u>0.40</u>)</b>	<b>Small <u>or medium</u> steps on landing</b>

**EXECUTION AND AMPLITUDE DEDUCTIONS (continued)**

<b>MEDIUM FAULTS</b>	<b>each up to 0.20</b>	<b>Leg or knee separations</b>
	<b>up to 0.20</b>	<b>Insufficient height on leaps / jumps / hops</b>
	<b>up to 0.20</b>	<b>Insufficient height of Aerials &amp; Acro flight elements with hand support</b>
	<b>up to 0.20</b>	<b>Insufficient split position (deviation from 180°) – Dance &amp; Acro (when required)</b>
	0.05 – 0.10	1° – 20° missing
	0.15 – 0.20	21° – 45° missing
	lesser VP	46° or more missing
	<b>up to 0.20</b>	<b>Legs NOT parallel to floor</b>
		<ul style="list-style-type: none"> <li>In Split Leaps / Jumps or Straddle-Pike Jumps</li> </ul>
	<b>up to 0.20</b>	<b>Insufficient exactness of tuck or pike position in VP elements</b>
	<b>up to 0.20</b>	<b>Failure to maintain stretched body position (pike down)</b>
	<b>up to 0.20</b>	<b>Insufficient exactness of stretched position</b>
		<ul style="list-style-type: none"> <li>Arch</li> <li>Hip angle (136° – 179°)</li> </ul>
	<b>up to 0.20</b>	<b>Group 1 &amp; 2 Dance elements (with 180° + turn): Incomplete turn</b>
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	lesser VP	90° or more missing
	<b>up to 0.20</b>	<b>Acro elements: Incomplete twist</b>
	0.05 – 0.10	1° – 44° missing
	0.15 – 0.20	45° – 89° missing
	lesser VP	90° or more missing
	<b>up to 0.20</b>	<b>Insufficient variation in rhythm and tempo throughout the exercise</b>
	<b>up to 0.20</b>	<b>Insufficient dynamics – consider:</b>
		<ul style="list-style-type: none"> <li>Energy maintained throughout the exercise</li> <li>Makes difficult look effortless</li> </ul>
	<b>up to 0.20</b>	<b>Incorrect body posture on landing of VP elements</b>
	<b>up to 0.20</b>	<b>Additional trunk movements</b>
		<ul style="list-style-type: none"> <li>To maintain balance / control upon landing of Acro elements</li> </ul>
	<b>each 0.20</b> (max 0.40)	<b>Large step / jump on landing</b> (approximately 3 feet or more)

**CONNECTIONS OF THREE OR MORE ELEMENTS (continued):**

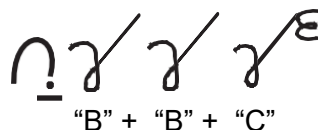
Second element (and following) may be used second time
--

- First time as last element of first connection.
- Second time as first element of new connection.
- All elements receive VP credit.

Direct connection applied prior to indirect connection principle.
---

EXAMPLE 6:

Front handspring,  
 Salto forward stretched ("B"),  
 Salto forward stretched ("B"),  
 Salto forward stretched with 1/1 (360°) twist ("C")



"B" + "B" + "C"

Principles applied:

#2 Direct "B" + "B" = + 0.10

#2 Direct "B" + "C" = + 0.20

EXAMPLE 7:

Round off,  
 Whip Salto ½ (180°) turn ("B"),  
 Salto forward stretched ("B"),  
 Salto forward stretched with 2/1 (720°) twist ("E")



"B" + "B" + "E"

Principles applied:

#2 Direct "B" + "B" = + 0.10

#2 Direct "B" + "E" = + 0.20

EXAMPLE 8:

Salto forward stretched ("B"),  
 Salto forward with 2/1 (720°) twist ("E"),  
 Salto forward piked ("B")



"B" + "E" + "B"

Principles applied:

#2 Direct "B" + "E" = + 0.20

#2 Direct "E" + "B" = + 0.20

EXAMPLE 9:

Salto forward tucked with step-out ("A"),  
 Round-off, Flic-Flac, Flic-Flac,  
 Double Salto backward tucked ("D"),  
 Flic-Flac,  
 Salto backward stretched with 1/1 twist ("B")



"A" → "D" → "B"

Principles applied:

#1 Indirect "A" + "D" = + 0.10

#1 Indirect "D" + "B" = + 0.20

**III. “D/E” BONUS – LEVEL 9 AND 10 ONLY****A. “D/E” ELEMENTS MAY REPLACE**

1. Required VP of “A” / “B” / “C” and
2. Awarded “D/E” Bonus.

**B. “D/E” BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY**

1. Without fall.
2. Without spot.

**C. “D/E” BONUS FOR LEVEL 9**

**MAXIMUM OF + 0.10 AWARDED** for “D/E” Bonus.

The first restricted “D/E” Acro element performed AND receives VP credit can be considered for +0.10 “D/E” Bonus **one time ONLY**

1. If 1<sup>st</sup> Restricted “D/E” element results in **0 VP**: No Bonus is awarded.
  - The same Restricted “D/E” element may be repeated to receive VP credit and MAY be considered for +0.10 DV.
  - Additional different Restricted “D/E” elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
2. If 1<sup>st</sup> Restricted “D/E” element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
  - Any additional Restricted “D/E” elements whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1<sup>st</sup> Restricted “D/E” element counts as “C” in Connection Value Principles.

**D. “D/E” BONUS FOR LEVEL 10**

1. **MAXIMUM OF + 0.40 AWARDED** for “D/E” Bonus.
  - a. “D” elements each receive + 0.10 Bonus.
  - b. “E” elements each receive + 0.20 Bonus.
2. **SAME “D” or “E” ELEMENT** eligible for “D/E” Bonus one time ONLY.  
EXCEPTION: Same “D” or “E” element performed a second time.
  - a. 1<sup>st</sup> time performed without landing on any part of the bottom of the feet or with a spot = **0 VP**
  - b. Second time element is complete - VP credit awarded.
  - c. “D/E” Bonus awarded.

**IV. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY****A. ELIGIBLE TO EARN BONUS POINTS**

1. Both CV Bonus and “D/E” Bonus,
  - a. Minimum of + 0.10 for “D/E”.
  - b. Minimum of + 0.10 for CV.
2. Remaining 0.30 may be earned
  - a. “D/E” Bonus or CV Bonus.
  - b. Maximum SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
  - a. MUST have 10.0 SV
  - b. Total Bonus = +0.60 or more, and
  - c. Minimum of one “E” Acro element (no fall / no spot).

**B. ADDITIONAL BONUS – NOT INCLUDED IN SV**

1. Each judge adds the additional Bonus to her / his score and MUST visibly indicate by means of a placard or other signage, that the additional Bonus was awarded.
2. If using paper score slips, the judge should also indicate in writing any Bonus awarded.



# USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 10

Effective 8/1/22 – 7/31/26

GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD/BACKWARD	GROUP III TSUKAHARA or ½ → SALTO FORWARD/BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD/BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.1		All Group 3 vaults allow a 90° to 180° LA turn in the first flight	4.101 RO, FF → Repulsion 7.0	Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.2		3.201 Tsukahara Tuck 9.4	4.102 RO, FF → Repulsion ½ 7.7	5.101 RO, FF ½ → Hsp off 8.9
1.103 Yamashita 8.1		3.301 F. Hsp onto board- ¼ to ½ → B. Tuck 9.5	4.201 RO, FF → 1/1 8.9	5.102 RO, FF ½ → Hsp ½ off 9.1
1.104 Yami → ½ 8.2		3.302 Tsuk Tuck 1/1 9.8	4.202 RO, FF → 1½ (Allen) 9.1	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.105 ½ → ¾ OR 8.2		3.303 Tsuk Pike 9.5		5.108 RO, FF 1/1 → Repulsion 8.2
1.106 ¼ - ½ → Repulsion 7.0		3.304 Tsuk Layout 9.7	4.203 RO, FF → B. Tuck 9.4	
1.109 FHS onto board, → Repulsion 8.2	2.301 Hsp → F. Tuck 9.8	3.305 F. Hsp onto board- ¼ to ½ → B. Pike 9.6	4.301 RO, FF → 2/1 twist (Allen) 9.7	
1.110 FHS onto board, → Hsp ½ 8.3	2.302 Hsp → F. Tuck ½ 10.0*	(Zuhlike) 9.7	4.303 RO, FF → B. Tuck 1/1 9.8	5.201 RO, FF ½ → 1/1 twist 9.2
1.111 FHS onto board, ¼-½ → Repulsion 7.1	2.303 Hsp → ½, B. Tuck (Cuervo tuck) 9.9	3.306 ½ → ½, F. Tuck or ¼ → ¼, F. Tuck (land facing out) or Tsuk Tuck ½ 9.8	4.304 RO, FF → B. Pike 9.5	5.202 RO, FF ½ → 1½ twist 9.4
	2.304 Hsp → F. Pike 9.9	3.307 ½ → ½, F. Pike or ¼ → ¾, F. Pike (land facing out) or Tsuk Pike ½ 9.8	4.305 RO, FF → B. Layout 10.0*	5.207 RO, FF 1/1 → 1/1 twist 9.3
	2.310 F. Hsp onto board, Hsp. → F. Tuck (llg) 9.9	3.308 ½ → ½, F. Tuck ½ (Shible) or ¼ → ¾, F. Tuck ½ 9.8	4.306 RO, FF → B. Layout 1/1 10.0*	
	2.311 F. Hsp onto board, Hsp. → F. Pike (Garbarino) 10.0*		4.307 RO, FF → ½, F. Tuck or RO, FF → B. Tuck ½ 9.9	5.301 RO, FF ½ → F. Tuck 10.0*
1.201 Hsp → 1/1 8.8			4.308 RO, FF → ½, F. Pike or RO, FF → B. Pike ½ 10.0*	5.312 RO, FF ½ → 2/1 twist 9.9
1.202 Hsp → 1½ 9.2	2.402 Hsp → F. Tuck 1/1 10.0		4.309 RO, FF → ½, F. Layout or RO, FF → B. Layout ½ 10.0*	
1.203 Yami → 1/1 8.8	2.403 Hsp → ½, B. Tuck w/ ½ (Cuervo Tk w/ ½) 10.0	3.402 Tsuk Tuck 1½ 10.0		
1.205 ½ → 1½ or 1¼ 8.7	2.404 Hsp → F. Pike ½ 10.0	3.403 Tsuk Pike 1/1 9.9	4.403 RO, FF → B. Tuck 1½ 10.0*	5.401 RO, FF ½ → F. Tuck ½ 10.0
1.206 ½ → 1/1 or 1¼ 8.7	2.405 Hsp → ½, B. Pike (Cuervo Pike) 10.0	3.404 Tsuk Layout 1/1 10.0	4.406 RO, FF → B. Layout w/ 1½ twist 10.0	5.402 RO, FF ½ → ½, B. Tuck 10.0
1.207 1/1 → H/Y 8.9	2.406 Hsp → F. Layout 10.0	3.405 F. Hsp onto board- ¼ to ½ → B. Tuck 1/1 (Zuhlike) 9.9	4.407 RO, FF → ½, F. Tuck ½ (Beckman) 10.0*	5.403 RO, FF ½ → F. Pike 10.0
1.208 1/1 → ½ 9.1	2.407 Hsp → F. Layout ½ or Hsp → ½, B. Layout (Cuervo Layout) 10.0	3.407 ½ → ½, F. Layout or ¼ → ¾, F. Layout (land facing out) or Tsuk Layout ½ 10.0*		5.404 RO, FF ½ → F. Pike ½ 10.0
1.209 FHS onto board, Hsp. → 1/1 8.9	2.408 Hsp → F. Pike 1/1 (Chusovitina) 10.0			5.405 RO, FF ½ → ½, B. Pike 10.0
1.211 FHS onto board, ½ → ½ OR ¼ → ¾ 8.3	2.409 1/1 → F. Tuck 10.0			5.406 RO, FF ½ → F. Layout 10.0
1.301 Hsp → 2/1 9.8	2.410 F. Hsp onto board Hsp → F. Tuck ½ (Mantle) 10.0			5.408 RO, FF 1/1 → B. Tuck 10.0*
1.306 ½ → 2/1 or 1¼ → 2¼ 9.6	2.411 F. Hsp onto board Hsp. → F. Pike ½ (Whitman) 10.0			5.409 RO, FF 1/1 → B. Pike 10.0*
1.307 1/1 → 1/1 9.7				5.410 RO, FF 1/1 → ½, F. Tuck 10.0
1.308 1/1 → 1½ 9.8				
1.311 FHS onto board, ½ → 1/1 OR ¼ → 1¼ 8.8	2.501 Hsp → Double F. Tuck 10.0	3.504 Tsuk Layout 1½ 10.0	4.503 RO, FF → B. Tuck w/ 2/1 twist 10.0	5.501 RO, FF ½ → F. Tuck 1½ 10.0
1.402 Hsp → 2½ 10.0	2.502 Hsp → F. Tuck 1½ 10.0	3.505 Tsuk Layout 2/1 10.0	4.506 RO, FF → B. Layout w/ 2/1 twist 10.0	5.505 RO, FF ½ → ½, B. LO 10.0
	2.507 Hsp → F. Layout 1/1 10.0	3.507 ½ → ½, F. Layout ½ (House) or ¼ → ¾, F. Layout ½ 10.0	4.508 RO, FF → ½, F. Pike ½ (Beckman) 10.0	5.509 or RO, FF ½ → F. Layout ½ 10.0
	2.508 Hsp → F. Layout 1½ 10.0	3.508 ¼ → ¼, F. Tuck 1½ (Carey) 10.0		5.510 RO, FF 1/1 → B. Tuck 1/1 10.0
	2.509 1/1 → F. Pike 10.0	3.509 ½ → ½, F. Tuck 1/1 (Shible) or ¼ → ¾, F. Tuck 1/1 10.0	4.606 RO, FF → B. Layout w/ 2½ twist 10.0	5.511 RO, FF 1/1 → B. LO 1/1 (Tankousheva) 10.0
1.504 Yami → 2½ (Kincaid) 10.0	2.607 Hsp → F. Layout 2/1 10.0			
	2.609 1/1 twist → F. Layout 10.0	3.605 Tsuk Layout 2½ 10.0		

Revised 7.15.2024

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10. No bonus for the following 10.0 Vaults listed with an asterisk: 2.302, 2.311, 3.407, 4.306, 4.309, 4.403, 4.407, 5.301, 5.408, 5.409

# USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 9

Effective 8/1/22 – 7/31/26

Revised 7.15.2024

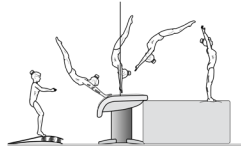
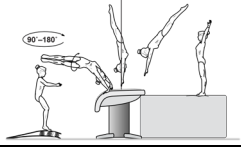
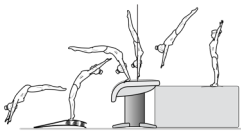
GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD /BACKWARD	GROUP III TSUKAHARA or ½ on → SALTO FORWARD /BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD /BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
1.101 Handspring 8.5		All Group 3 vaults allow 90° to 180° LA turn in the first flight		Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.102 Hsp → ½ 8.6			4.101 RO, FF → Repulsion 7.0	5.101 RO, FF ½ → Hsp 8.9
1.103 Yamashita 8.5			4.102 RO, FF → Repulsion ½ 7.7	5.102 RO, FF ½ → Hsp ½ off 9.1
1.104 Yami → ½ 8.6			4.201 RO, FF → 1/1 twist 9.1	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.105 ½ → ½ 8.6			4.202 RO, FF → 1½ twist (Allen) 9.3	5.108 RO, FF 1/1 → Repulsion 8.2
OR ¼ → ¾				
1.106 ¼ - ½ → Repulsion 7.0			4.203 RO, FF → Back Tuck 9.6	
1.109 FHS onto board, → Repulsion 8.6		3.201 Tsukahara Tuck 9.6		5.201 RO, FF ½ → 1/1 twist 9.2
1.110 FHS onto board, → Hsp ½ 8.7				5.202 RO, FF ½ → 1½ twist 9.4
1.111 FHS onto board, ¼ - ½ → Repulsion 7.1				5.207 RO, FF 1/1 → 1/1 twist 9.3
1.201 Hsp - → 1/1 9.0				
1.202 Hsp → 1½ 9.4				
1.203 Yami → 1/1 9.0				
1.205 ½ → ½ 9.3				
OR ¼ → ¾				
1.206 ½ → 1/1 8.9				
OR ¼ → ¾				
1.207 1/1 → H/Y 9.0				
1.208 1/1 → ½ 9.3				
1.209 FHS onto board, Hsp → 1/1 9.1	2.301 Hsp → Front Tuck 10.0	3.301 F. Hsp onto board - ¼ to ½ → B. Tuck 9.7	4.301 RO, FF → 2/1 twist (Allen) 9.8	
1.211 FHS onto board, ½ → ½ OR ¼ → ¾ 8.7	2.302 Hsp → Front Tuck ½ 10.0	3.302 Tsuk Tuck 1/1 10.0	4.303 RO, FF → B. Tuck 1/1 10.0	5.301 RO, FF ½ → Front Tuck 10.0
	2.304 Hsp → Front Pike 10.0	3.303 Tsuk Pike 9.7	4.304 RO, FF → B. Pike 9.7	5.312 RO, FF ½ → 2/1 twist off 10.0
	2.310 Fr. Hsp onto board, Hsp. → Fr. Tuck (llg) 10.0	3.304 Tsuk Layout 10.0	4.305 RO, FF → B. Layout 10.0	
	2.311 Fr. Hsp onto board, Hsp. → Fr. Pike (Garbarino) 10.0	3.305 Fr. Hsp onto board, ¼ to ½ → B. Pike (Zuhlike) 9.8	4.307 RO, FF → ½ off, Fr. Tuck or RO, FF → B. Tuck ½ 10.0	
		3.306 ½ → ½, Fr. Tuck or ¼ → ¼, Fr. Tuck (land facing out) or Tsuk Tuck ½ 10.0		
		3.308 ½ → ½, Fr. Tuck ½ (Shible) OR ¼ → ¾, Fr. Tuck ½ 10.0	4.407 RO, FF → ½ turn, Fr. Tuck ½ (Beckman) 10.0	
1.301 Hsp → 2/1 10.0				
1.306 ½ → 2/1 9.8				
OR ¼ → ¾				
1.307 1/1 → 1/1 9.8				
1.311 FHS onto board, ½ → 1/1 OR ¼ → ¾ 9.0				

# USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES

## FOR LEVELS 6 / 7 / 8

Effective August 1, 2022 - July 31, 2026 **Revised 7.15.2024**

### LEVEL 6 & 7 - ONLY THE FOLLOWING THREE VAULTS ARE ALLOWED AT LEVEL 6/7; ALL VALUED AT 10.0

1.111	Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in the upper back; arm position optional	
3.116	¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	
4.111	Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	

### LEVEL 8 - ONLY THE FOLLOWING GROUP 1 / 3 / 4 / 5 VAULTS ARE ALLOWED AT LEVEL 8:

# in DP Code	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring → ½ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → ½ twist	9.1
1.105	½ twist → ½ twist OR ¼ twist → ¾ twist	9.2
1.106	¼ - ½ twist → repulsion (with flight to feet)	9.0
1.108	¼ twist → ¼ twist (to face outward)	9.0
1.109	FHS onto board → Repulsion (with flight to feet)	9.1
1.110	FHS onto board → Handspring ½	9.2
1.111	FHS onto board, ¼ - ½ twist → Repulsion (w/ flight to feet)	9.1
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1½ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	½ twist → 1½ twist OR ¼ twist → 1¾ twist	9.6
1.206	½ twist → 1/1 twist OR ¼ twist → 1¼ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → ½ twist	9.7
1.209	FHS onto board → Handspring 1/1	9.6
1.211	FHS onto board, ½ twist → ½ twist OR ¼ twist → ¾ twist	9.3
1.301	Handspring → 2/1 twist	10.0
1.306	½ twist → 2/1 twist ¼ twist → 2¼ twist	10.0
1.311	FHS onto board, ½ twist → 1/1 twist OR ¼ twist → 1 ¼ twist	9.5
3.201	Tsukahara Tuck	10.0
3.303	Tsukahara Pike	10.0
4.101	RO, FF → Repulsion (with flight to feet)	9.0
4.102	RO, FF → Repulsion ½	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1½ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF ½ → Handspring	9.2
5.102	RO, FF ½ → Handspring ½	9.4
5.201	RO, FF ½ → 1/1 twist	9.6
5.202	RO, FF ½ → 1½ twist	9.8
5.312	RO, FF ½ → 2/1 twist	10.0

	A - 100	B - 200	C - 300	D - 400	E - 500
5. <b>٧</b>		30			
01		٣٠			
02		٣٠	٣٠	٣٠	٣٠
03			٣٠	٣٠	٣٠
04			٣٠	٣٠	٣٠
05			٣٠	٣٠	٣٠
06			٣٠	٣٠	٣٠
07		٣٠			
01	⊗	⊗	٣٠	٣٠	٣٠
02		⊗	٣٠	٣٠	٣٠
03			٣٠	٣٠	٣٠
04	⊗	⊗	٣٠	٣٠	٣٠
05			٣٠	٣٠	٣٠
01	⊗	⊗	٣٠	٣٠	٣٠
02	⊗	⊗	٣٠	٣٠	٣٠
03	⊗	⊗	٣٠	٣٠	٣٠
04	⊗	⊗	٣٠	٣٠	٣٠
05	⊗	⊗	٣٠	٣٠	٣٠
01	⊗	⊗	٣٠	٣٠	٣٠
02	⊗	⊗	٣٠	٣٠	٣٠
03	⊗	⊗	٣٠	٣٠	٣٠
04	⊗	⊗	٣٠	٣٠	٣٠
05	⊗	⊗	٣٠	٣٠	٣٠
06	⊗	⊗	٣٠	٣٠	٣٠
07	⊗	⊗	٣٠	٣٠	٣٠
08	⊗	⊗	٣٠	٣٠	٣٠
09	⊗	⊗	٣٠	٣٠	٣٠
10	⊗	⊗	٣٠	٣٠	٣٠
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


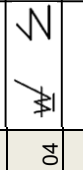
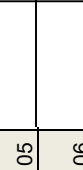
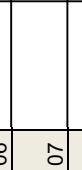



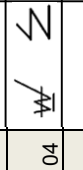
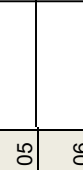
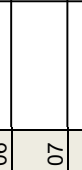



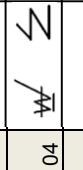
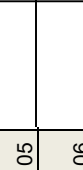
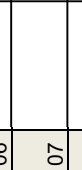



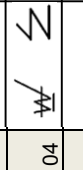
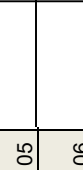
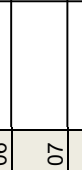



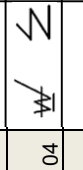
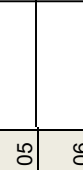
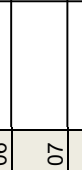



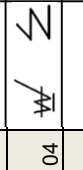
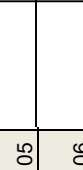
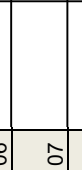



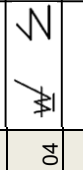
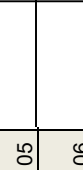
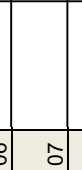



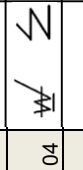
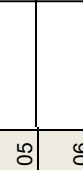
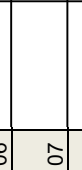



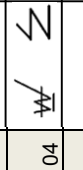
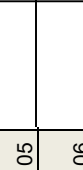
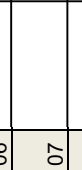



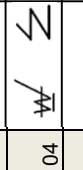
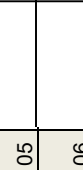
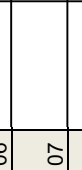



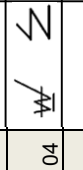
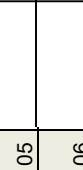
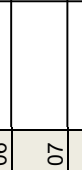



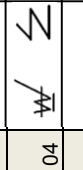
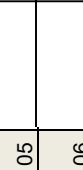
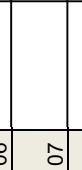



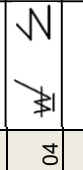
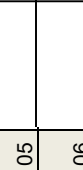
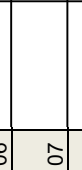



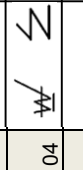
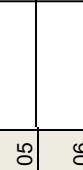
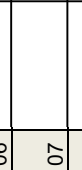



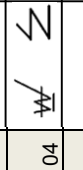
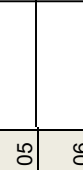
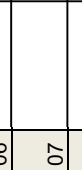



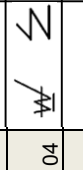
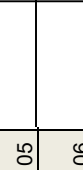
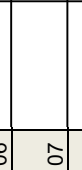



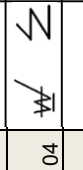
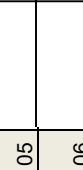
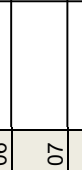



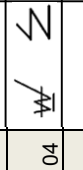
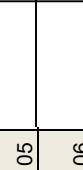
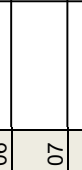



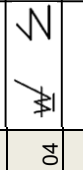
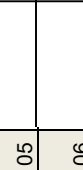
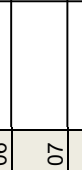



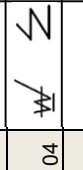
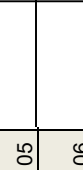
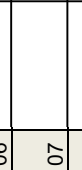
	A - 100	B - 200	C - 300	D - 400	E - 500
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	A-100	B-200	C-300	D-400	E-500
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11	↓	↓	↓	↓	↓

	A-100	B-200	C-300	D-400	E-500
3. ○	○	○	○	○	○
01	○	○	○	○	○
02	○	○	○	○	○
03	○	○	○	○	○
04	○	○	○	○	○
05	○	○	○	○	○
06	○	○	○	○	○
07	○	○	○	○	○
08	○	○	○	○	○
09	○	○	○	○	○
4. S	S	S	S	S	S
01	S	S	S	S	S
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04	S	S	S	S	S
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06	S	S	S	S	S
07	S	S	S	S	S
08	S	S	S	S	S
09	S	S	S	S	S
5. I	I	I	I	I	I
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03	I	I	I	I	I
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06	I	I	I	I	I
07	I	I	I	I	I
08	I	I	I	I	I
09	I	I	I	I	I
6. X	X	X	X	X	X
01	X	X	X	X	X
02	X	X	X	X	X
03	X	X	X	X	X
04	X	X	X	X	X
05	X	X	X	X	X

	A-100	B-200	C-300	D-400	E-500
7. U	U	U	U	U	U
01	U	U	U	U	U
02	U	U	U	U	U
03	U	U	U	U	U
04	U	U	U	U	U
05	U	U	U	U	U
06	U	U	U	U	U
07	U	U	U	U	U
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09	U	U	U	U	U
10	U	U	U	U	U
11	U	U	U	U	U
12	U	U	U	U	U
8. V	V	V	V	V	V
01	V	V	V	V	V
02	V	V	V	V	V
03	V	V	V	V	V
04	V	V	V	V	V
05	V	V	V	V	V
9. W	W	W	W	W	W
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02	W	W	W	W	W
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07	W	W	W	W	W
08	W	W	W	W	W
09	W	W	W	W	W
10	W	W	W	W	W

WOMEN'S DEVELOPMENT PROGRAM

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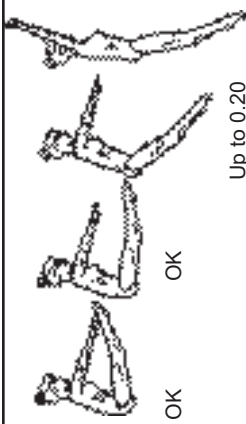


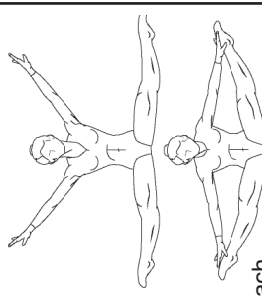
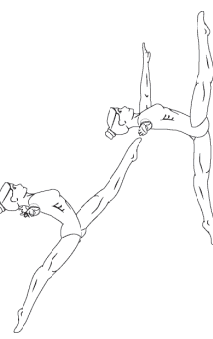
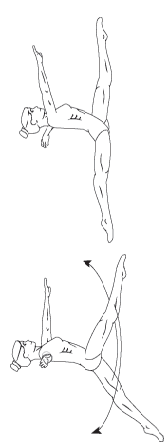
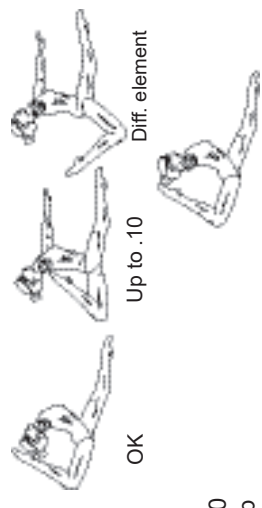


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Conn. Val.	0.1	0.2	SR	Level 10	SR	7-10	SR	0.1	0.2	Connection Value	0.1	0.2	SR	Level 10	Content
<b>*Turn/Flight</b> C+C	<b>Level 10</b>			<b>Level 10</b>		<b>Level 10</b>		<b>Acro Flight</b>	B+D/E	<b>Acro Indirect</b> A/B+A/B+C		<b>C+C</b>	<b>Level 10</b>	<b>Level 10</b>	<b>Content</b>
*For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)	Min. of 1 C-Flight 2 <sup>nd</sup> diff. Flight; min. B			Min. of 1 C-Flight 2 <sup>nd</sup> diff. Flight; min. B		Min. of 1 C-Flight 2 <sup>nd</sup> diff. Flight; min. B		<b>(Two elements, excluding dmt)</b> B + C*	C+C/D/E	<b>(Salto/Aerials)</b> B+C		A+A+D	<b>One Acro Pass w/ min. 2</b>	A	10
(C-No turn/flight req.)	Min. of C element with LA Turn (excludes Mnt/Dmt)			Min. of C element with LA Turn (excludes Mnt/Dmt)		Min. of C element with LA Turn (excludes Mnt/Dmt)		<b>Acro flight</b> B + B + C	D/E + D/E	A+D		A+E	<b>Salto (same or diff.), dir./indir. conn. w/</b>	B	3
	2 Bar Changes			2 Bar Changes		2 Bar Changes		<b>(3+ elem. Incl. mnt/dmt)</b> B+B+C	B+C+C			B/C+D/E	<b>Flight elem. w/wo hand support</b>	C	4
	Min. of one B-Flight 2 <sup>nd</sup> diff. Flight - min. C			Min. of one B-Flight 2 <sup>nd</sup> diff. Flight - min. C		Min. of one B-Flight 2 <sup>nd</sup> diff. Flight - min. C		<b>Acro flight</b> B+B+C	B+C+C				<b>Flight elem. w/wo hand support</b>		1
	OR min. B element with LA Turn (excludes Mnt/Dmt)			OR min. B element with LA Turn (excludes Mnt/Dmt)		OR min. B element with LA Turn (excludes Mnt/Dmt)		<b>2 Dance/Mixed</b> A+D/E	B+D/E				<b>3 Diff. Salto (No Aerials)</b>		9.5
	Salto Dmt - Min. of B			Salto Dmt - Min. of B		Salto Dmt - Min. of B		<b>(excludes dmt)</b> B+C	*C+C				<b>Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection)</b>		7
	Turn/Flight			Turn/Flight		Turn/Flight		<b>Turns</b> A+C (or reverse)	C+D/E				<b>one a Leap requiring 180° split in or Last Salto conn.</b>		1
								<b>All Acro elements used for CV must have Flight Turns</b>					<b>Level 9</b>		9.7
													<b>2 *Dance/Mix</b> B+D/E		10
													<b>*Same or different dance</b> D/E-Salto + A-Jump		10
													<b>(This order only)</b>		10
													<b>No CV for a Turn followed by a Jump</b>		10
													<b>Level 9</b>		10
													<b>Min. of B Salto- Isolated or in Last Salto conn.</b>		10
													<b>Min. of B Salto- Isolated or in Last Salto conn.</b>		10

Landing - Execution - General															
Landing															
Feet hip-width or closer; never join on dmt.															
Slight hop, adjustment of feet, staggered feet															
Deviation from straight direction															
Arm swings to maintain balance															
Feet more than hip-width apart															
Steps															
Trunk movements for balance (UB/BB dmt & FXacro)															
Incorrect body posture on landing of VPs															
Large step or jump															
Brush/touch of landing surface w/hand(s)															
Squat upon landing															
Spotting assist upon landing															
Award VP/SR + .50															
Execution															
Flexed/cocked feet during value parts															
Legs/knees: crossed															
Insufficient exactness of body shape - N, V, /															
Failure to maintain stretched body pos.															
- Pikes down (UB, BB, FX)															
Incomplete turn/twist															
Bent arms in support or bent legs															
Fall or support on hand(s) on apparatus or mat															
Fall to land on bottom of feet first															
Salto/Aerials/Dmt.															
Fall (.50) + No VP/SR															
General															
Fail to mark boundary line on mat (CJ)															
Fail to Present before/after (CJ)															
Exceeds Floor Ex. boundary (CJ)															
Overtime - BB/FX (CJ)															
Coach between bars or next to BB thruout (CJ)															
Excessive use of magnesia (chalk) (CJ)															
Incorrect attire/jewelry (after 1 warning) (CJ)															
Verbal cues by coach/team (after warning) (CJ)															
Coach instructs gymnast during routine (CJ)															
Failure to begin exercise w/in 30 sec. of CJ signal (CJ)															
Exceeds warm-up time (after warning) (CJ)															
Incorrect apparatus specs. (CJ)															
Board on unpermitted surface (CJ)															
Failure to remove board after mount (CJ)															
Use of Supplementary mats (CJ)															
No Dismount															
Lands Acro ele. or dmt in Pit (CJ)															
Spotting Assist on element															
Start exercise before signal (repetition) (CJ)															
3 <sup>rd</sup> Run approach (UB/BB mounts)															
Coach on FX mat (CJ)															
Short Exercise: BB/FX-less than 30 sec. (CJ)															
UB- (less than 5 Value Parts)															
Exceeds Fall time (UB/BB) CJ Terminates exercise															

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 - 8.975: 0.7 Below 8.0: 1.00 Courtesy score: Minimum of 1.00



<p><b>TUCK JUMP</b></p>  <p>OK Up to .20 Diff. element</p> <p>Evaluation: 90° Hip and knee angle required          - Insufficient tuck position up to 0.20          - Greater than 135° angle at the hips-  <b>award VP performed (if applicable)</b></p>	<p><b>PIKE JUMP</b></p>  <p>OK OK Up to 0.20  <b>Award as applicable</b></p> <p>Evaluation: Minimum of 90° hip angle required          - Insufficient pike up to 0.20          - Greater than 135° hip angle-  <b>award VP performed (if applicable)</b></p>
<p><b>WOLF HOP/JUMP</b></p>  <p>OK Up to .10 Up to .10 ea. leg <b>Award as applicable</b></p> <p>Evaluation: Both extended leg and thigh of bent leg at horizontal or above          - below horizontal with either leg up to 0.10 each          - Greater than 135° angle-  <b>award VP performed (if applicable)</b></p>	<p><b>CAT LEAP</b></p>  <p>Evaluation:          Thighs at horizontal with 90° hip angle and knees bent in turn-out or parallel          - Failure to reach horizontal with both legs up to 0.10 each          - Incorrect leg position (lack of knee bend) up to 0.20          - Lack of alternated leg lift - <b>award VP performed (if applicable)</b></p>
<p><b>SIDE SPLIT JUMP/STRADDLE PIKE JUMP</b></p>  <p>Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split          - Insufficient split up to 0.20          - Legs not parallel to beam/floor up to 0.20          - Less than 135° split - <b>award VP performed (if applicable)</b>          Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked          - Failure to reach horizontal with both legs up to 0.10 each</p>	<p><b>SISSONNE/SPLIT JUMP</b></p>  <p>Evaluation:          Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°          Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split          - Insufficient split up to 0.20          - Legs not parallel to beam/floor in split jump up to 0.20          - Less than 135° split - <b>award VP performed (if applicable)</b>  <b>- apply appropriate deductions</b></p>
<p><b>SWITCH-LEG LEAP</b></p>  <p>Evaluation:          -If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP)          -If the swing leg is less than 45° before the switch, award VP as listed &amp; deduct up to 0.10          - Insufficient Height of Leg Swing up to 0.20          - Insufficient split after leg change          - Less than 135° split after leg change - <b>award VP performed (if applicable)</b>  <b>- apply appropriate deductions</b></p>	<p><b>RING LEAP/JUMP</b></p>  <p>OK Up to .10 Diff. element</p> <p>Evaluation:          - Head release backward past the vertical line is required.          • If no head release - credit as another element          - Rear foot at head height is required up to 0.10          • Rear foot at hip height-credit as a split leap/jump or Sissonne with bent back leg up to 0.10          - Front leg should be a minimum of 45° up to 0.10          - Insufficient arch up to 0.10</p>
<p><b>SHEEP JUMP</b></p>  <p>OK Up to .10 Diff. element - insufficient leg Head Release</p> <p>Evaluation:          - Head release backward past the vertical line is required. up to 0.10          - Feet expected to be at head height          - Feet at shoulder or upper back          • Feet at hip height or no backward head release (regardless of leg height), <b>award VP performed (if applicable)</b> up to 0.10          - Insufficient arch</p>	<p><b>DIFF. ELEMENT DEDUCTIONS</b></p>  <p>Diff. element - due to no Head Release = Split leap or jump with bent back leg</p>

<div><div>AMPLITUDE OF CASTS/SWINGS</div><div>LEVEL 6</div><div><div><div><div>Award Value Part</div><div>10° no ded.</div><div>20° .10</div><div>30° .15</div><div>45° .20</div><div>no Value Part</div></div><div><div>Award Value Part</div><div>10° no ded.</div><div>20° .10</div><div>30° .15</div><div>45° .20</div><div>no Value Part</div></div></div><div><div>Award "B" Value</div><div>20° no ded.</div><div>45° no ded.</div><div>no Value Part</div><div>.05 - .30</div></div><div><div>Special Requirement NOT awarded if all Casts are at Horizontal or below</div></div></div></div>	<div>ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LB</div> <div><div>Award higher Value Part</div><div>20° 10° no ded.</div><div>.05</div></div> <div><div>Award lower Value Part</div></div>
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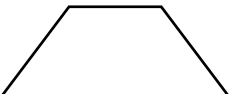
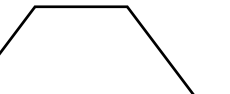

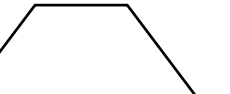
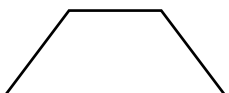
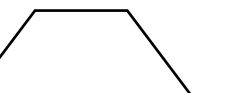
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**2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET LEVELS 8 / 9 / 10**

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique: Staggered/alternate hands for all vaults except: ↑.10 <i>All Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on + Salto off</i>	Incorrect foot form (flexed/sickled) ↑.10	Lands w/ Feet hip-width or closer; never joins feet/heels together .05
<u>Incorrect Leg form:</u>	Shoulder Angle ↑.20	Incorrect Leg form:	Slight hop/adj. feet/staggered feet ↑.10
Crossed ↑.10	Excessive Arch ↑.20	Crossed ↑.10	Arm swings to maintain balance (on stuck vaults) ↑.10
Separated ↑.20	Alternate Repulsion ↑.20	Separated ↑.20	Lands w/ feet more than hip-width apart .10
Bent ↑.30	<i>-Except for all Gr. 3 vaults &amp; Gr. 5 vaults with ¼ - 1/1 turn on - Salto off</i>	Bent ↑.30	Steps each .10 - .15 max .40
<u>Poor Technique:</u>	Legs bent (in support) or early tuck (Salto Vaults) ↑.30	Insufficient exactness of Body Pos.	Large step/Jump (approx. 3 ft) each .20 max .40
Excessive Arch ↑.20	Step(s) w/ hand(s) ea .10 Max .30	• Insufficient N, V ↑.30	Incorrect Body Posture ↑.20
Hip Angle ↑.30	Hop(s) w/ both hands simultaneously .30	• Insufficient stretched pos. * excessive arch ↑.30	Trunk movements to maintain balance ↑.20
Incomplete LA turn. ↑.30	Failure to pass thru vertical ↑.30	* hip angle (136°-179°) ↑.30	Squat on landing ↑.30
	Bent arms ↑.50 (slight lead-arm bend allowed on Grp. 3 vaults)	Fails to maintain stretch (pikes down) ↑.30	Brush/touch w/ hand(s) (no support) ↑.30
	LA turn begun too early ↑.30	Insuff/late extension of tuck/pike pos. -Total absence of extension .30	LA turn incomplete ↑.30
	<b>Touch with only 1 hand 1.00</b>	Under-rotation of <b>Salto</b> vaults ↑.10	Deviation from straight direction ↑.30
	Head contacting table in support (incl. 0.50 for extreme arm bend) 2.00	Insufficient exactness of LA turn ↑.10	Insufficient Dynamics ↑.30
	No hand contact on table VOID	Late completion of twist (Gr. 1 & Gr. 4/5 w/out Saltos) ↑.30	Fall to knees/hips or support on mat with one or both hands .50
	<u>For All NON-SALTO Vaults:</u>	Brush/hit of body on far end of Vault table ↑.20	Fall against vault table .50
	Too long in support ↑.50	Insufficient Length ↑.30	Landing on top of the table in a sitting, lying or standing position VOID
	Angle of repulsion - leaves table: By vertical no ded. 1° - 45° .05 - .50 46° - Horizontal .55 -1.00	Insufficient Height ↑.50	Runs onto board/steps up onto Table or rebounds from board to come to rest/support on body parts other than hands VOID
**Line from hands to body part furthest past vertical			Vaults without signal (from average by CJ) .50
			Coach between board & table .50
			(Except for Gr. 4/5 vaults-no penalty)
			Spotting assistance during the vault VOID
			<b>Exception for Lev. 8 Salto vaults:</b>
			-Spotting assistance during 2 <sup>nd</sup> flight 1.00
			-Spotting assistance during 1 <sup>st</sup> flight or Support phase VOID
			Spotting assistance upon landing .50
			Coach catches falling gymnast only .50 - fall VOID
			Failure to land on bottom of feet 1 <sup>st</sup> VOID
			Use of alternative springboard VOID
			No safety zone mat (Gr. 4/5 vaults) VOID

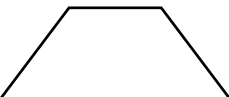
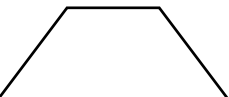




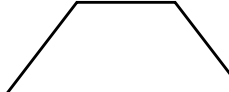

  

# vault:	SV	# vault:	SV
	Ex		Ex
	Score		Score
# vault:	SV	# vault:	SV
	Ex		Ex
	Score		Score
# vault:	SV	# vault:	SV
	Ex		Ex
	Score		Score
# vault:	Score	# vault:	Score
	Ex		Ex
	Score		Score

**2022 – 26 USA GYMNASTICS WOMEN’S DEVELOPMENT PROGRAM VAULT SCORESHEET - LEVEL 6/7**

1st FLIGHT		SUPPORT/REPULSION		2nd FLIGHT		LANDING/GENERAL	
Incorrect foot form (flexed/sickled) ↑.10		<u>Poor technique:</u>		Failure to maintain neutral head position ↑.10		Incorrect Body Posture on landing ↑.50	
		Staggered/alternate hands-on for all vaults except Tsukahara ↑.10		Incorrect foot form (flexed/sickled) ↑.10		<i>Not applied to L7's landing on back</i>	
<u>Incorrect Leg form:</u>		Failure to maintain neutral head position ↑.10		Incorrect Leg form:		Lands on feet alternately .20	
Crossed ↑.10		Shoulder Angle ↑.20		Crossed ↑.10		If only one foot touches-deduct for leg separation	
Separated ↑.20		Excessive Arch ↑.20		Separated ↑.20		Slight hop/adj. feet toward Table ↑.10	
Bent ↑.30		Alternate Repulsion-all vaults except Tsukahara ↑.20		Bent ↑.30		Steps toward Table each .10 - .15 max .40	
		Legs bent ↑.30		Brush/hit of body on table ↑.20		Large step/Jump toward Table each .20 max. .40	
<u>Poor Technique:</u>		Step(s) w/ hands each .10 (Max. 0.30)		Insufficient Length ↑.20		Deviation from Straight Direction ↑.30	
Failure to maintain neutral head pos. ↑.10		Hop(s) w/ both hands simultaneously Max .30		Failure to create rotation ↑.30		Insufficient Dynamics ↑.30	
Excessive Arch ↑.20		Failure to pass through vertical ↑.30		Failure to maintain prescribed body position. ↑.50		Land on mat + Fall against Table .50	
Hip Angle ↑.30		Bent arms ↑.50		Insufficient Height ↑.50		Failure to land on top of the mat stack 1.00	
		(90° or more = max. ded.)		Arm position when leaving Table No deduction		Landing on top of table in a sitting, lying or standing position VOID	
		(slight lead-arm bend allowed on Tsukahara vault)				Failure to land on bottom of feet 1 <sup>st</sup> on Front Handspring vault VOID	
		Too long in support ↑.50				Failure to land on bottom of feet 1 <sup>st</sup> on Tsuk/Yurchenko for Lev. 6 1.00	
		Angle of repulsion: ↑.50				for Lev. 7 No deduction	
		By vertical no ded.				1 <sup>st</sup> pt. of contact on mat stack head/neck VOID	
		1° - 45° past vertical .05 - .25				Salto performed after landing VOID	
		46° past vert. – Horiz. .30 - .50				Balk #1 No deduction	
		Touch table with only one hand 1.00				Balk #2 or #3 VOID	
		Head contacting table in support (includes 0.50 for extreme arm bend) 2.00				Vaults without signal (from average by CJ) .50	
		No hand contact on table VOID				Coach between board & table .50	
						(except RO Entry vault-no penalty)	
						Spotting assistance during the vault VOID	
						Spotting assistance upon landing .50	
						(no penalty for spot/assist after landing)	
						Vault performed not one of allowable choices VOID	
						Failure to use a mat stack for landing VOID	
						No safety zone mat (RO Entry vault) VOID	
						Use of alternative springboard VOID	

# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					
# vault:	SV		# vault:	SV	
	Ex			Ex	
	Score			Score	
					

## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## BALANCE BEAM

## UP TO 0.20

CHOICE OF BEAM ACRO ELEMENTS (EXCLUDING DISMOUNT) NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8 (C's receive B credit)	LEVEL 9 (D/E's receive C credit)	LEVEL 10 <u>BEAM ACRO FORMULA 1:</u> Routines w/ a maximum of "C" in the Acro Flight Series:	LEVEL 10 <u>BEAM ACRO FORMULA 2:</u> Routines with a "D or E" element in the Acro Flight Series:
No deduction if all criteria met	1. Acro Series w/ 2 "B" Flight 2. Two additional Acro, one a "B"	1. Acro Series w/ 2 Flights, one a "C" 2a. One Salto/ Aerial, OR 2b. One "D/E" Acro Flight w/ hand support * * If Acro series includes a Salto or Aerial, then the additional Acro Flight can be a minimum of "C" w/ or w/out hand support	1a. 2-ele. Acro Flight Series w/ a C-salto, OR 1b. 3-ele. Acro Flight series w/ a C (w/ or w/out hand support) 2. "D/E" Acro Flight (w/ or w/out hand support) 3. Min. of additional "C" salto* or additional D/E Acro Flight (w/ or w/out hand support)  <i>*If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C- Salto.</i>	1. 2-ele. Acro Flight Series w/ min. of one "D or E" Flight 2. One additional "D/E" Acro Flight
0.05	1. Acro Series w/ 2 "B" Flight 2a. Two additional "A" Acro OR 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. 1 additional "C" Acro Flight w/ hand-support	1. 2-element Acro Series w/ C-salto 2. One "D/E" Acro Flight (w/ or w/out hand support)	1. Acro Flight series w/ "D" or "E" ele. 2. Additional C-Salto
0.10	1a. Acro Series w/ 2 "B" flight 2a. One additional "A" Acro OR 1b. Acro Series w/ 1 "B" flight 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. One or more "B" Acro Flight	1a. 2-element Acro Series w/ C-Salto 2a. One additional C-Salto OR 1b. Acro flight series w/out C-Salto 2b. One C-Salto (not in Acro Series) 3b. One "D/E" Acro Flight	1. Acro flight Series w/ "D" or "E" 2. Additional "B" or "C" Flight w/ hand support
0.15	1. Acro Series w/ 1 "B" flight 2. One additional "A" Acro OR 1. Acro Series w/ 2 "B" flight	1. Acro Series w/ 1 or 2 "B" Flight 2. 1 "C" Salto or Aerial	1a. 2-element Acro Series w/ C-Salto OR 1b. Acro Flight Series w/out C-Salto 2b. Only 1 "D/E" Acro Flight	1a. Acro Flight Series w/ "D" or "E" 2a. No additional Acro Flight OR 1b. No Acro Flight Series 2b. Only one "D/E" Acro Flight
0.20 (if all criteria apply)	1a. Acro Series w/ 1 "B" Flight or less difficult, OR 1b. No Acro Flight Series 2. No other Acro	1a. Acro Series w/ 1 or 2 "B" Flight, OR 1b. No Acro Flight Series 2. No other "B" or more difficult Acro	1. No Acro Flight Series, OR Acro Flight Series w/ more difficult Salto/Aerial in exercise. 2a. No additional "C" or more difficult C-Salto less difficult 2b. Performs only an isolated C-Salto less difficult <i>Example: Back tuck/Back tuck broken series w/ no other Acro Take 0.20 - the "C" + "D" VP for series can't be used as the additional C.</i>	1. No Acro Flight Series w/out a Salto or Aerial 2a. No additional "C" or more difficult Salto/Aerial in exercise. OR 2b. Performs only an isolated C-Salto less difficult <i>Example: Back tuck/Back tuck broken series w/ no other Acro Take 0.20 - the "C" + "D" VP for series can't be used as the additional C.</i>



## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## BALANCE BEAM

## UP TO 0.20 CHOICE OF BEAM DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction if all criteria met	Minimum of 2 "B's" + 1 "A"	Minimum of 2 "C's"	Minimum of 3 "C's" OR 2 "D/E"
0.05	2 "B's"	1 "C" and 1 "B"	2 "C's" and 1 "B" OR 1 "C" and 1 "D/E"
0.10	1 "B" + 2 "A's"	1 "C"	2 "C's" OR 1 "B" and 1 "D/E"
0.15	1 "B" + 1 "A"	2 "B"	1 "C" and 1 "B" OR 1 "D" or "E"
0.20	Only "A's"	1 "B"	1 "C" OR 2 "B's"

## UP TO 0.10 CHOICE OF BEAM DISMOUNT NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" Acro directly connected to "A" Dismount OR Any "B" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "B" Dismount OR Any "C" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "C" Dismount OR Any "D" or "E" Dismount
0.05	"A" Acro directly connected to "A" Dismount	"A" Acro connected to "B" Dismount OR "B" Dance connected to "B" Dismount	"A" Acro connected to "C" Dismount, OR "B" Dance connected to "C" Dismount, OR Acro Series with a "C" connected to "B" Dismount, OR "D" or "E" Acro Flight connected to "B" Dismount
0.10	Isolated "A" or non-VP Dismount	Isolated "B" Dismount OR Any "A" Dismount	Isolated "C" (or less difficult) Dismount OR "C" Acro Flight or Dance connected to "B" Dismount, or less difficult

*Note: Any Acro Element performed a 3<sup>rd</sup> time (receiving NO Value-Part credit) that is used in a direct connection to a Beam Dismount element may be used to fulfill the Beam Dismount Compositional requirement as a connection. The 0.10 deduction for performing an isolated dismount element is not applied.*



## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## FLOOR EXERCISE

## UP TO 0.20 CHOICE OF FLOOR ACRO (SALTO) ELEMENTS NOT UP TO THE COMPETITIVE LEVEL – SALTOS MAY BE IN ANY ORDER

- Formulas are based on 4 Saltos performed in a routine; regardless of Direct/Indirect connections or whether saltos are isolated or within an Acro pass.
- There will be an additional 0.05 deduction for each Salto missing from a formula.

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction (if all criteria met)	B B B A	C C C A	D D D A OR D D C B
0.05	B B A A	C C B B	D D C A
0.10	B A A A	C C B A	D C C B
0.15	B A A -	C B B B	D C C A
0.20	No "B" Saltos	No "C" Saltos	No "D / E" Saltos

## UP TO 0.20 CHOICE OF FLOOR DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction (if all criteria met)	Minimum of 2 B's + 1 A	Minimum of 2 C's	Minimum of 3 C's OR 2 "D/E"
0.05	2 B's	1 C + 1 B	2 C's + 1 B OR 1 C + 1 D or E
0.10	1 B + 2 A's	1 C	2 C's OR 1 B + 1 D or E
0.15	1 B + 1 A	2 B	1 C + 1 B OR 1 D or E
0.20	Only A's	1 B	1 C OR 2 B's

## UP TO 0.10 VALUE OF SALTO(S) PERFORMED AS LAST ISOLATED SALTO OR W/N LAST ACRO CONNECTION NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	B-Salto	C-Salto OR B+B Direct	D or E-Salto OR C+B Direct (or ↑ difficult) OR C+C Indirect
0.05	A+A (Direct or Indirect)	B+B Indirect OR B+A Direct	C+B Indirect OR C+A Direct
0.10	Isolated A-Salto OR Non-Salto-Acro-Flight	B+A Indirect (or less difficult conn.) OR Isolated B-Salto or less difficult	C+A Indirect or less difficult conn. OR Isolated C-Salto or less difficult

## 2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 &amp; 10

## UNEVEN BARS

**UP TO 0.20****LEVEL 10 ONLY: CHOICE OF BAR RELEASE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL**

When applying this deduction, consider not only the value of the release elements (excluding dismounts), but also:

- Type of release
- Direct connection to other releases and/or other high value parts
- Total number of releases in exercise

*This chart provides guidelines for routines with 2 release elements. If 3 or more releases are performed, use your judgement when deciding the proper deduction.*

DEDUCTION	LEVEL 10 ONLY
No deduction	Minimum of 2 Different "D or E" Release elements
0.05	1 "D/E" Release Directly connected to "C" Release
0.10	1 Isolated "D/E" Release + 1 Isolated "C" Release
0.15	2 "C's" Directly connected, OR 1 Isolated "D/E" Release + 1 Isolated "B" Release
0.20	2 Isolated "C" Releases, OR 1 "B" and 1 "C" Release element, or less

**UP TO 0.10 CHOICE OF BAR DISMOUNT NOT UP TO THE COMPETITIVE LEVEL**

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" (or "C" awarded "B") Dismount OR 1 or more "B" elements connected to "A" Salto Dismount	Any "C" (or D/E awarded "C") Dismount	"D" or "E" element connected to "C" Dismount OR "D" or "E" Dismount
0.05		"C or more difficult" element connected to a "B" Dismount	2 "C" elements connected to a "C" Dismount OR "D/E" to "C" connection to a "C" Dismount
0.10	1 "A" element (or non-Value Part) connected to any "A" Dismount	1 "B" element (or less difficult) connected to a "B" (or less difficult) Dismount	1 "C" element (or less difficult) connected to "C" or less difficult Dismount