



Errata
USA Gymnastics Women's Program Flipbook
Compulsory, Optional, & Xcel

1st Edition, 1st Printing

October 10, 2024

General; Video Review	2 nd column Exception: Add highest rated unaffiliated judge
Level 3 Uneven Bars	CAST (.20)
Level 5 Uneven Bars	LONG HANG KIP; Remove underline from the ↑0.20 deduction, Fail to swing near horizontal
Level 3 Balance Beam	CARTWHEEL TO HANDSTAND ¼ DISMOUNT Remove arrow from 0.20 Fail to perform 1/4 turn Add arrow to ↑0.10 1/4 turn incomplete/overturned
Level 4 Balance Beam	½ TURN IN FORWARD PASSÉ; Remove deduction 0.05 Fail to lower heel at completion STRETCH JUMP (.20) STRAIGHT LEG LEAP (.60) CARTWHEEL TO HANDSTAND ¼ DISMOUNT Add arrow to ↑0.30 Fail to attain vertical Remove arrow from 0.20 Fail to perform 1/4 turn Add arrow to ↑0.10 1/4 turn incomplete/overturned
Level 5 Balance Beam	STRAIGHT LEG LEAP (.60) STRETCH JUMP (.20) After CARTWHEEL, STRETCH JUMP (.20)
Level 2 Floor Exercise	STRAIGHT LEG LEAP (.60)
Level 4 Floor Exercise	BACKWALKOVER (.40) BAKWARD ROLL TO HANDSTAND (.40) FLIC-FLAC TO 2 FEET Add Ea. 0.10 Fail to land on 2 feet
Level 5 Floor Exercise	FLIC-FLAC TO 2 FEET Remove deduction 0.10 Fail to rebound immediately Remove deduction 0.05 Fail to pause in “stick”
Level 8 Uneven Bars	Move stray arrow in 2 nd column next to ↑0.20 Lack of elements that achieve (or pass through) vertical
Specific Level 6-10 Beam Execution	Remove arrow from Ea. 0.20 Support of 1 leg against side surface of BB to maintain balance Remove arrow from Ea. 0.20 CONCENTRATION PAUSES – More than 2 seconds
Silver Vault	Remove arrow from 0.50 Support on landing mat with 1 or 2 hands
Gold/Platinum/ Sapphire Vault	Remove arrow from 0.05 Lands feet hip-width or closer, never joins heels
Specific Xcel Beam Execution	Remove arrow from Ea. 0.20 Support of 1 leg against side surface of BB to maintain balance Remove arrow from Ea. 0.20 CONCENTRATION PAUSES – More than 2 seconds