

mat to knees or hips (includes steps before fall)	0.50
efficient dynamics	Up to 0.30
ing in a sitting, lying or standing position on top of the vault table	Void
to land on any part of the bottom of the feet first	Void

scored if gymnast falls, landing on hands and bottoms of feet simultaneously.

mastr falls and is spotted simultaneously, the gymnast is not penalized for the spot; however, a 0.50 on is taken under Execution for the fall.

4 VERTICAL VAULTS - GROUPS 2-6

First Flight Phase

toe LA twist	Up to 0.30
ngle	Up to 0.20
separated	Up to 0.20
knees	Up to 0.20
d body	Up to 0.30
crossed	Up to 0.20
rect foot form (flexed, sickled)	Up to 0.10
Up to 0:10	Up to 0:10

Support/Repulsion Phase

oulder angle	Up to 0.20
chad body	Up to 0.20
aggered/alternate hand placement on forward entry vaults	Up to 0.10
ternate repulsion from hands for Groups 2 and 3 vaults	Up to 0.20
arms (bent 90° or more = maximum deduction)	Up to 0.50
ribeid LA twist begun too early	Up to 0.30
1 with only one hand on the vault table (C1)	1.00
nd contact on the vault table	Void
onal hand placements (taking steps/hips on hands) each 0.10	Up to 0.30
ontacting table during support phase (includes 0.50 deduction for extreme arm bend)	2.00

Second Flight Phase

ribeid LA twist begun too late	Up to 0.50
crossed	Up to 0.10
separated	Up to 0.20
nees	Up to 0.30
rect foot form (flexed, sickled)	Up to 0.10
icient exactness of LA twist	Up to 0.10
icient exactness of body position	Up to 0.30
ufficient tuck (min. 90° bend in hip & knees)	Up to 0.30
ufficient tuck (min. 90° bend in hips; 91°-135° = insufficient pike)	Up to 0.30
ufficient pike (min. 90° bend in hips; 91°-135° = insufficient pike)	Up to 0.30
ufficient stretched position (ideal = 180°, but greater than 135° is considered stretched position)	Up to 0.30
1 arch	Up to 0.30
1 hip angle of 138° - 179° = insufficient stretched position	Up to 0.30
icient height	Up to 0.50
icient length	Up to 0.30
When evaluating length, consider height of the gymnast, type of vault, where the hands contact the table here the feet land and overall trajectory (amplitude) of the second flight phase, not using just the distance where the gymnast lands in relation to the end of the vault table.	
ufficient and/or late extension (tuck and pike vaults)	Up to 0.25
tal absence of extension (tuck and pike vaults)	0.30
1 to maintain stretched body (pike down on stretched vaults to facilitate landing)	Up to 0.30
ompletion of twist	Up to 0.30
-rotation of salto vaults	Up to 0.10
or hit of body/head on vault table during second flight	Up to 0.10

Landing Deductions

hop or adjustment of feet	Up to 0.10
arm swings	Up to 0.10
onal trunk movements to maintain balance	Up to 0.10
ect body posture on landing	Up to 0.20
steps (per step with maximum of 4)	each 0.10
step or jump (approximately 3 feet or more)	0.20
on landing (hips even with or lower than the knees)	Up to 0.30
touch of one or both hands on mat (no support)	Up to 0.30
ft on mat with 1 or 2 hands	0.50
ion from a straight direction (determined by initial contact with mat)	Up to 0.30

Fail against apparatus	0.50
Prescribed LA twist incomplete	Up to 0.10
(1) 1° - 30°	0.15 - 0.20
(2) 31° - 60°	0.25 - 0.30
(3) 61° - 89°	award different vault value
(4) 90° - or more missing	0.50
Fail on mat to knees or hips (includes steps before fall)	Up to 0.30
Insufficient dynamics	Void
Landing in a sitting, lying or standing position on top of the vault table	Void
Failure to land on any part of the bottom of the feet first	Void

NOTES:

1. Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously.
2. If a gymnast falls and is spotted simultaneously, the gymnast is not penalized for the spot; however, a 0.50 deduction is taken under Execution for the fall.

<p>No Deduction</p>	<p>No Opening Deduction</p>	<p>Maximum Opening Deduction (0.3)</p>
(deduction should reflect body shape prior to landing)		

SECTION 5 OTHER DEDUCTIONS

ART. 1 . . . Neutral

a. Run approach without execution of the vault - with touch of the springboard or vault table	Void
b. Spotting assistance upon landing	0.50
c. Coach standing between board and vault table	0.50
d. Exception: This deduction is not taken if the gymnast performs a round-off entry vault.	Void
e. Coach facilitates the vault	Void
f. For a handspring vault only:	
1. Coach facilitates the vault in first flight phase	1.00
2. Coach facilitates the vault in second flight phase	1.00

ART. 2 . . . Chief Judge (CJ)

To be deducted each time from the average score:	
a. Failure to present before and after exercise	each time 0.10
b. Gymnast failing to begin vault within 30 seconds after chief judge signals to begin	0.20
c. Unsporting conduct of gymnast (after one warning)	0.20
d. Failure to use the safety board mat and/or failure to have a spotter present for round-off entry vaults	Void
e. Improper uniform	0.20
f. Flagrant exceeding of warm-up time or warming up in the competitive area (after one warning)	0.20
1. Deduction is taken from the event score or may be taken from the team score if team exceeds warm-up time. This deduction applies only to the practice of an element(s).	
2. If a gymnast is preparing for an element or dismount when time is called, she may continue to finish the element and/or dismount without penalty.	
g. Verbal cues by coach or teammate(s) to own gymnast (after one warning)	0.20
1. If the gymnast is competing on the apparatus and the 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), the deduction of 0.20 is taken from the average without warning. This deduction is taken only once, regardless of the number of cues given.	0.20
h. Excessive use of magnaesia (chalk) or use of tape on vault table	
1. Velcro strips, athletic tape or small chalk marks may be placed across the width of the vault runway. The markings should be removed no later than at the end of the rotation.	
i. Use of additional mats or springboard on unauthorized surface	0.30
j. Using incorrect apparatus specifications	0.30
k. Starting vault before the signal is given (deduct from the average score of the next vault)	0.50
l. The performance of a one-arm vault if seen by at least half of the vault panel	1.00
m. Questioning or attempting to influence judges' decisions	1.00
n. Making an unauthorized approach of a judge concerning a score or rule infraction	1.00
o. Verbally abusing or disrespectfully addressing a judge/meet official or using profanity	1.00
1. Disqualification from event and All-Around	DD
2. May lead to disqualification from the meet by the meet referee	

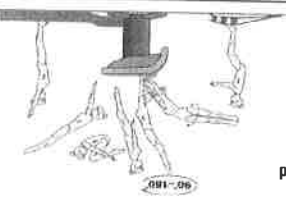
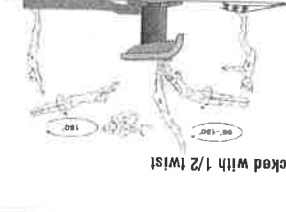
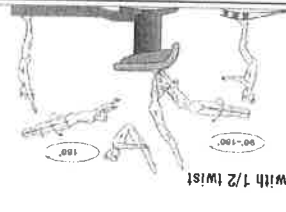
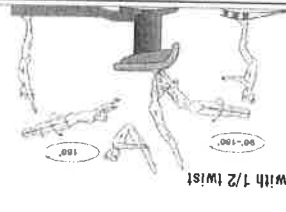
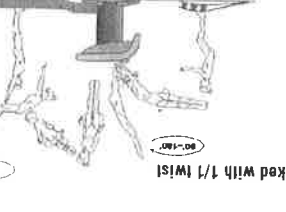
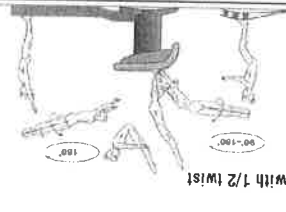


<p>1/4 on - 1 1/4 off 9.2</p>	<p>2.300 Handspring on - 1/1 off 9.4</p>	<p>2.306 Yamashita with 1/1 twist off 9.4</p>
<p>2.307 1/1 on - Handspring off 9.4</p>	<p>2.401 Handspring on - 1 1/2 off 9.6</p>	<p>2.402 1/2 on - 1 1/2 off 9.6</p>
<p>2.403 1/4 on - 1 3/4 off 9.6</p>	<p>2.404 1/1 on - 1/2 off 9.6</p>	<p>2.405 1/1 on - 1/1 off 9.8</p>
<p>2.501 Handspring on - 2/1 off 10.0</p>	<p>2.502 1/1 on - 1 1/2 off 10.0</p>	<p>2.503 1/2 on - 2/1 off 10.0</p>

Illustrations provided by USA Gymnastics

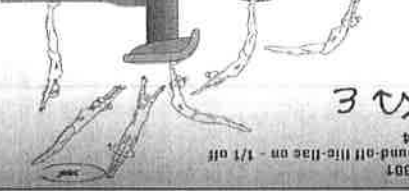
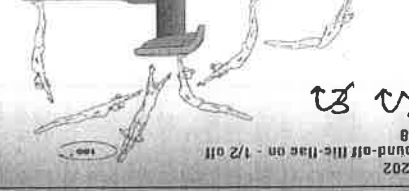



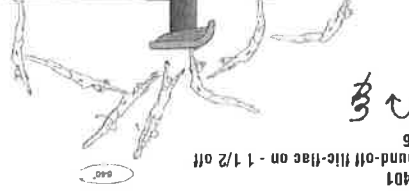




ART. 3 Group 3 - Handsprings with Saltos		
<p>3.501 Handspring on - salto forward tucked off (with or without twist) 10.0</p>	<p>3.502 Handspring on - salto forward piked off (with or without twist) 10.0</p>	<p>3.503 Handspring on - 1/2 twist to back salto off (Cuervo) 10.0</p>
<p>3.504 Front handspring onto board - front handspring on - salto forward tucked off (with or without twist) (Ilg) 10.0</p>	<p>3.505 Front handspring onto board - front handspring on - salto forward piked off (with or without twist) (Garbarino) 10.0</p>	

Illustrations provided by USA Gymnastics



 <p>4.401 Tsukahara tucked 9.6</p>	 <p>4.402 Tsukahara tucked with 1/2 twist 9.8</p>	 <p>4.501 Tsukahara piked with 1/2 twist 10.0</p>
 <p>4.403 Tsukahara piked 9.8</p>	 <p>4.502 Tsukahara tucked with 1/1 twist 10.0</p>	 <p>4.503 Tsukahara stretched (with or without twist) 10.0</p>
 <p>4.504 1/2 on - 1/2 off with salto forward, 1/4 - 1/4 front salto, 1/4 - 3/4 front salto 10.0</p>	 <p>10.0 1/4 - 3/4 front salto</p>	

Illustrations provided by USA Gymnastics

 <p>5.201 Round-off flic-flac on - 1/1 off 9.4</p>	 <p>5.202 Round-off flic-flac on - 1/2 off 8.8</p>	 <p>5.201 Round-off flic-flac on - Repulsion off 8.6</p>
 <p>5.402 Round-off flic-flac on - back salto tucked 9.6</p>	 <p>5.403 Round-off flic-flac on - back salto tucked 9.8</p>	 <p>5.401 Round-off flic-flac on - 1 1/2 off 9.6</p>
 <p>5.502 Round-off flic-flac on - back salto tucked with 1/1 twist 10.0</p>	 <p>5.503 Round-off flic-flac on - back salto stretched (with or without twist) 10.0</p>	 <p>5.501 Round-off flic-flac on - 2/1 off 10.0</p>
 <p>ART 5 Group 5 - Round-off entry vaults (Yurchenko) with or without twist and/or salto in second flight phase</p>		

Illustrations provided by USA Gymnastics

<p>6.301 Round-off, flic-flac with 1/2 on - Handspring off 9.2</p>	<p>6.302 Round-off, flic-flac with 1/2 on - 1/2 off 9.4</p>	<p>6.401 Round-off, flic-flac with 1/2 on - 1/1 off 9.6</p>
<p>6.402 Round-off, flic-flac with 1/2 on - 1 1/2 off 9.8</p>	<p>6.403 Round-off, flic-flac with 1/1 on - Repulsion off 9.6</p>	<p>6.404 Round-off, flic-flac with 1/1 on - 1/2 off 9.8</p>
<p>6.501 Round-off, flic-flac with 1/2 on - 2/1 off 10.0</p>	<p>6.502 Round-off, flic-flac with 1/1 on - 1/1 off 10.0</p>	

Illustrations provided by USA Gymnastics

SITUATIONS AND RULINGS — RULE 6

SCORING VAULT

6.2.5 SITUATION A: A gymnast completes her first vault. On her second vault, she runs and touches the board but not the vault table. The vault is given a "0" for a void vault and the judges do not permit a third approach and vault. **RULING:** Correct procedure. **COMMENT:** The second vault is considered complete because she touched the board which is considered part of the apparatus on vault.

6.2.5 SITUATION B: A gymnast performs her vault before the chief judge's signal. The judges void the vault. **RULING:** Incorrect. **COMMENT:** If the gymnast vaults without the signal from the chief judge, the chief judge deducts 0.5 from the average score of the gymnast's next vault performed.

6.2.5 SITUATION C: A gymnast performs a handspring front tuck salto vault but does not land on the bottom of her feet first and the judges void the vault and give a score of "0". She calls the same vault for her second attempt and the judges allow the vault. **RULING:** Correct. **COMMENT:** Gymnasts may call the same vault a second time regardless of how the first vault was performed.

6.2.5 SITUATION D: A gymnast balks on her first vault attempt and receives a score of 8.5 on her second attempt. Her third attempt is performed without the signal from the chief judge. The judges allow her another attempt and give her a score of 8.2 after deducting 0.5 for vaulting without the signal. **RULING:** Correct. **COMMENT:** Vaulting without the signal from the chief judge does not count as one of the gymnast's three attempts.

6.2.6 SITUATION: A gymnast begins her run for her first vault. The coach notices that the vaulting board is not placed at the correct distance. The coach signals for the gymnast to stop. The gymnast is charged with a balk and it is counted as one of her 3 authorized attempts with no deduction taken. **RULING:** Correct procedure.

6.5.1 SITUATION: During a gymnast's performance of a salto vault, her coach (a) barely touches her in the second flight phase; (b) assists her rotation in the second flight phase. **RULING:** (a) 0.5 deduction for a spot; (b) void vault. **COMMENT:** Only on a handspring vault may a spotter facilitate the vault without the vault being voided. A 1.0 neutral deduction is taken in each phase of the handspring vault that is facilitated.

6.5.2 SITUATION A: A gymnast begins her run for her first vault. Her coach signals with her hands for the gymnast to run faster. The judges do not take a deduction. **RULING:** Correct. **COMMENT:** There is no deduction for signaling.

6.5.2 SITUATION B: The gymnasts from Team A place tape on the vault runway. After the last gymnast from Team A vaults they remove the tape. The judge does not take a deduction. **RULING:** Correct. **COMMENT:** Small markings are permitted but should be removed when the team placing the tape on the runway finishes bumping on vault.

Rule 7

Uneven Bars

SECTION 1 EQUIPMENT AND SPECIFICATIONS

ART 1 . . . Uneven bars with round fiberglass rails shall be provided for all competitions and meet the following specifications:

- a. Height - The bars may be set and dual-locked to the gymnast's preference provided the low bar is not lower than 58 inches (147 cm +/- 1 cm) and the high bar is not lower than 88 inches (223.5 cm +/- 1 cm). Height is determined by measuring from the floor to the top of the bar.

Host management shall mark the minimum setting in black and the maximum in red.

NOTE: Manufactured height adapters may be used according to manufacturer's instructions.

- b. The distance (spread) between the bars shall be capable of extending to at least 47.2 inches (120 cm +/- 1 cm) and may be set to the gymnast's preference provided the bars remain within the allowances identified by the manufacturer. Distance is measured from the inside of the low bar to the inside of the high bar.

- c. The bars shall be placed on a level and stable foundation (surface) with fastenings to the floor or ground where possible. If fastening is not possible, the base shall be suitably weighted to prevent movement.
- d. The rails shall not be altered by any foreign substance other than water and/or chalk. The gymnast shall not use anything on her hands and/or grips except water and chalk.

ART 2 . . . The working area (the area underneath the rails and the dismount area shall be padded and meet the following specifications:

- a. The working and dismount area shall have non-slip matting at least 4 3/4 inches (12 cm) thick.
- b. The maximum total matting including a sling mat shall not exceed 19 inches (48 cm).
- c. The top mat, including a sling mat, shall not be wider than any mat underneath it except for a mat at least 4 inches (10 cm) thick on top of a base mat.

- 6. Grasp of apparatus to avoid a fall 0.30
- 7. Hit on mat with foot (feet) 0.30
- 8. Intermediate (extra) swing 0.30

NOTES:

- 1. No more than 2 consecutive extra swings should be taken on any single element (maximum of 0.6).
- 2. After a fall, a gymnast is allowed to jump (or be lifted) to the bar and may take a maximum of 2 pump swings to initiate momentum. If more than 2 are taken, a 0.3 deduction for each extra swing(s) (after the 2 allowed) would be applied up to a maximum of 0.6.

Very Large Falls

- 1. Support on mat with 1 or 2 hands 0.50
- 2. Full support on foot/feet on mat during exercise 0.50
- 3. Fall on mat to knee(s) or hips (includes steps before fall) 0.50
- 4. Fall on or against the apparatus 0.50
- 5. Fall/failure to land on any part of the bottom of the feet first on dismount 0.50

NOTES:

- 1. If the gymnast lands on bottom of feet and the hands or knees simultaneously, award Value Part credit and a Requirement credit, if appropriate, and deduct for a fall.
- 2. If a gymnast falls and is spotted simultaneously, the gymnast is not penalized for the spot; however, a 0.5 deduction is taken under Execution for the fall.

5 . . . Bonus

- Up to a maximum of 0.4 – For advanced high superiors provided no fall or spot has occurred. (0.2 for one advanced high superior or 0.4 if there is a second different advanced high superior)
- 0.2 – For a high level back-to-back superior. (Examples: HS+HS, HS+AHS, AHS+AHS)
- Up to a maximum of 0.2 – Credit may be earned in any of the following ways:
 - 1. 0.1 each – For a low level back-to-back superior, same or different. (Examples: S+S, S+HS, S+AHS)
 - 2. 0.2 – For a second high level back-to-back superior, same or different. (Examples: HS+HS, HS+AHS, AHS+AHS)
 - 3. 0.2 – For a 3rd different advanced high superior, provided no fall or spot has occurred.

TES:

An advanced high superior (AHS) that does not receive 0.2 AHS credit in the Bonus category due to a fall or spot may be performed a second time and receive AHS credit if performed without a fall or spot. To receive 0.2 for a single advanced high superior in Bonus, there must be no fall or spot. Advanced high superiors with a fall or spot, if complete, may receive credit in difficulty, event requirements or as part of any back-to-back series. A single element in a series may not be counted twice to receive back-to-back superior credit.

6 . . . Neutral Deductions

- spotting assistance upon landing 0.50
- Award Value Part/Event Requirement/Back-to-Back Superior spotting assistance during element (deducted each time it occurs) 0.50
- No Value Part/Event Requirement/Bonus credit
- OTE: Award Value Part/Event Requirement/Back-to-Back Superior for a touch without assistance and deduct 0.5 for the spot.
- hind run approach 0.50
- If a gymnast balks two times, she may take one more approach, however, on the third approach the judge deducts 0.50
- putline consisting of less than five elements (must be listed in the rules book) 2.0

7 . . . Chief Judge (CJ)

- Deducted each time from the average score
- each standing between the bars throughout the entire exercise 0.10
- failure to present before and after exercise 0.10
- gymnast failing to begin exercise within 30 seconds after the chief judge signals to begin each time 0.10
- incorrect padding (gymnast wearing heel pads on bars) 0.20
- Chief judge notices the heel pads prior to the gymnast's mount, a warning shall be given 0.20
- Gymnast wears the heel pads during her exercise (whether or not the chief judge warned her previously), the deduction shall be taken
- proper uniform 0.20

grant exceeding of warm-up time or warming up in the competitive area (after one warning) 0.20
 Deduction is taken from the event score or may be taken from the team score if team exceeds warm-up time. This deduction applies only to the practice of an element(s).
 If a gymnast is preparing for an element or dismount when time is called, she may continue to finish the element and/or dismount without penalty.
TE: There is no deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on uneven bars.
 If the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example what comes next in the routine or to eat a missed requirement), the deduction of 0.20 is taken from the average without warning.

This deduction is taken only once, regardless of the number of cues given.

- Excessive use of magnesium (chalk) or use of tape 0.20
- Use of additional mats or springboard on unauthorized surface 0.30
- Failure to remove the board after the mount 0.30
- Failure to remove an authorized spotting device after a release element 0.30
- Using incorrect apparatus specifications 0.30
- Starting the exercise before the signal is given 0.50
- (deduct from the score of the repeated performance)
- 1. If the gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately.
- 2. Questioning or attempting to influence judges' decisions 1.00
- 3. Making an unauthorized approach of a judge concerning a score or rule infraction 1.00
- 4. Verbally abusing or disrespectfully addressing a judge/meet official or using profanity 1.00
- 5. Disqualification from event and All-Around 1.00
- 6. Disqualification from the meet by the meet referee

SECTION 4 REQUIRED TECHNIQUES

- NOTE: The angle of the lowest body part shall be used to determine amplitude deductions for the following figures: a through d.
- 1. Casts to Handstand and Flight to Handstands on LB (See Figure 1)
- 2. Amplitude at Turn Completion (Pirouettes and Hop Grip Changes) (See Figure 2)
- 3. Amplitude at Turn Completion-Healy's (See Figure 3)
- 4. Dismounts with twists (See Figure 4)

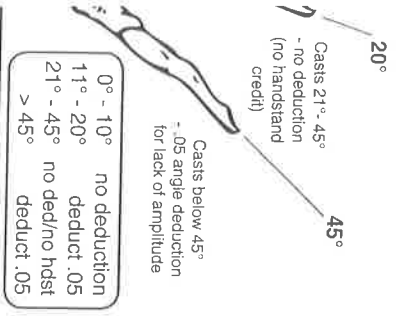
SECTION 5 DIFFICULTY

The difficulty category is determined by the sum of all Value Parts. Elements/series listed separately in the rules book are considered separate elements/series. Any element can be recognized as a Value Part two times. The third time an element is repeated it will not receive Value Part credit. If an element does not receive Value Part credit, it cannot be used to fulfill Event Requirements, Bonus or Back-to-Back Superior credit.

- Elements are different if:
 - 1. They have a different number in the rules book.
 - 2. They have the same number in the rules book, but:
 - a. saltos have different body positions;
 - 1. elements are performed with different degrees of turn/twist (1/2, 1/4, 1 1/2);
 - 2. elements are performed with different degrees of turn/twist (1/2, 1/4, 1 1/2);
 - 3. support is on one or both arms;
 - 4. mount elements are performed as elements within the routine;
 - 5. the legs are together or straddled in saltos or Tkatchevs only.
- Elements are the same if:
 - 1. They finish in a different grip
 - 2. The legs are together or separated (not to include saltos or Tkatchevs)



FS TO HANDSTANDS & TO HANDSTANDS ON LB



Artificial is expected of all handstands, 1.20° of vertical receive superior credit, deductions are not applied to casts, jumps/straddle onto low bar, sp high bar. Deduct: .05 if no wing of legs prior to squation (lift of

Figure 1

AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes) Turns IN Handstand (180°, 360° to any grip)

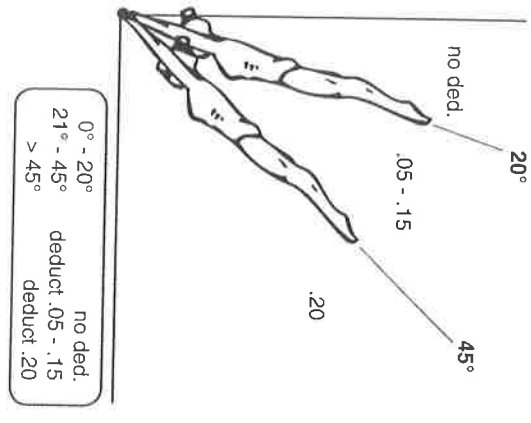
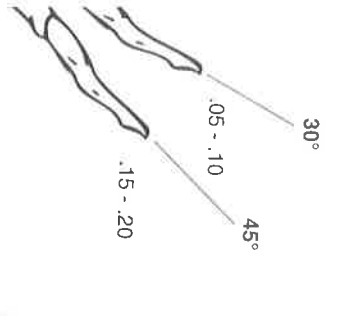


Figure 2

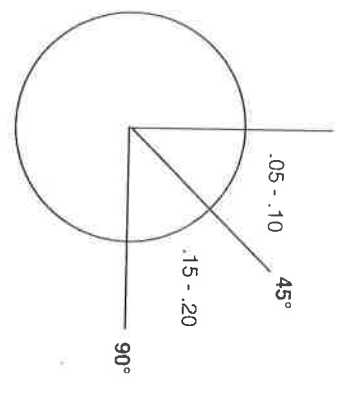
FE AT TURN COMPLETION AFTER Handstand (Healy's)



Deductions: 0-30 degrees: no deduction; 31-45 degrees: deduct .05 - .10; >45 degrees: deduct .15 - .20.

Figure 3

DISMOUNTS w/ TWISTS



Deductions: 1-44 degrees: deduct .05 - .10; 45-89 degrees: deduct .15 - .20.

If 90° or more is missing, credit the value part for element performed, Twists are complete when feet contact floor.




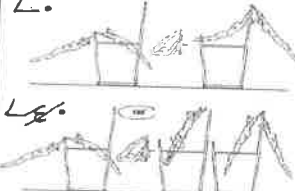

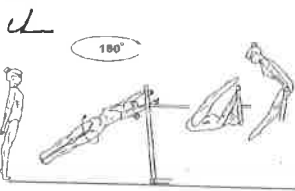
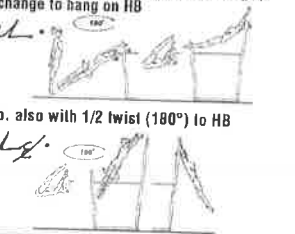
Figure 4

SECTION 6 - ELEMENTS

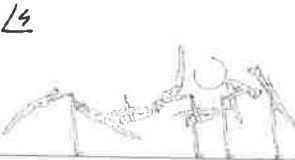
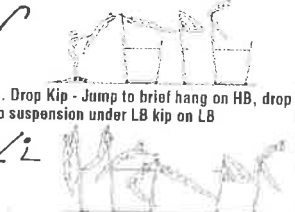
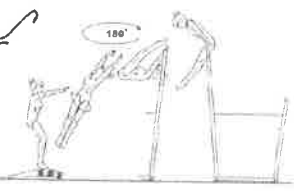

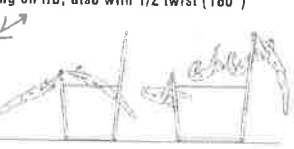
Medium	Superior	High Superior	Advanced High Superior
Group 1 - Mounts			
<p>ART. 1</p> <p>1.101</p> <p>NOTE: Kips have the same value when performed within the exercise and are considered different.</p>	<p>1.201</p> <p>Jump to handstand on LB with hips bent then extended</p>	<p>1.301</p> <p>Jump to handstand on LB with hips bent then extended with 1/2 turn (180°) in handstand</p>	<p>1.401</p> <p>Jump with extended body to handstand on LB, also with 1/2 twist (180°)</p>
<p>1.102</p> <p>Squat or straddle vault with hand repulsion over LB to hang on HB</p>	<p>1.202</p> <p>Free luck or straddle jump over LB to hang on HB, also with 1/2 twist (180°)</p>	<p>1.302</p> <p>a. Free jump with 1/2 twist (180°) with flight backward over LB to catch either bar b. Round-off with flight backward over LB to catch either bar</p>	<p>1.402</p> <p>Salto mount to catch either bar or to brief sit on LB</p>
<p>1.103</p> <p>Back hip pullover</p>	<p>1.203</p> <p>Jump with 1/1 (360°) twist to catch either bar</p>	<p>1.303</p> <p>Hecht jump (legs together) with hand repulsion over LB to hang on HB</p>	<p>1.403</p>

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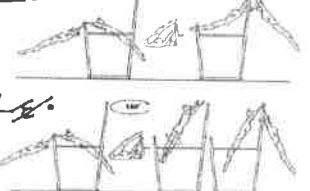
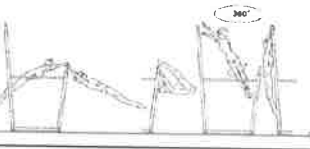
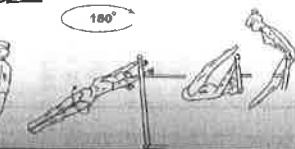


 <p>b. Single leg overshoot 4 c. Double leg stoop through to brief rear support</p>	<p>b. Long hang/pendle kip double leg stoop through to rear support</p> 		
<p>1.105 Glide 1/2 turn (180°) glide kip to support on LB</p> 	<p>1.205 Glide kip on LB with grip change to hang on HB, also with 1/2 twist (180°)</p> 	<p>1.305 Glide kip on LB with 1/1 twist (360°) and grip change to hang on HB</p> 	<p>1.405</p>
<p>1.106 Jump with 1/2 twist (180°) kip to support on LB</p> 	<p>1.206 a. Jump w/ 1/2 twist, kip on LB with grip change to hang on HB b. also with 1/2 twist (180°) to HB</p> 	<p>1.306</p>	<p>1.406</p>

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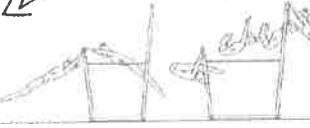
Medium	Superior	High Superior	Advanced High Superior
Group 1 - Mounts			
<p>1.107</p>	<p>1.207 Reverse kip - glide forward, stoop through, seat (pike) circle backward to rear support</p> 	<p>1.307</p>	<p>1.407</p>
<p>1.108</p>	<p>1.208 a. Long Hang/Pendle Kip (considered the same) - Jump to brief hang on HB, kip to HB b. Drop Kip - Jump to brief hang on HB, drop to suspension under LB kip on LB</p> 	<p>1.308 Jump with 1/2 twist (180°) kip to support on HB</p> 	<p>1.408</p>
<p>1.109</p>	<p>1.209 Glide on LB, stoop through, back kip-up with straddle cut backward to hang on LB</p> 	<p>1.309 Glide on LB, stoop through, back kip-up with straddle cut backward and grip change to hang on HB, also with 1/2 twist (180°)</p> 	<p>1.409</p>

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Group 1 - Mounts			
<p>1.104 a. Glide kip to support on LB </p> <p>b. Single leg overshoot 4</p> <p>c. Double leg stoop through to brief rear support </p>	<p>1.204 a. Glide double leg stoop through to brief/clear rear support with grip change to hang on HB b. Long hang/pendle kip double leg stoop through to rear support </p>	1.304	1.404
<p>1.105 Glide 1/2 turn (180°) glide kip to support on LB </p>	<p>1.205 Glide kip on LB with grip change to hang on HB, also with 1/2 twist (180°) </p>	<p>1.305 Glide kip on LB with 1/1 twist (360°) and grip change to hang on HB </p>	1.405
<p>1.106 Jump with 1/2 twist (180°) kip to support on LB </p>	<p>1.206 a. Jump w/ 1/2 twist, kip on LB with grip change to hang on HB  b. also with 1/2 twist (180°) to HB </p>	1.306	1.406

Illustrations provided by USA Gymnastics

Medium	Superior	High Superior	Advanced High Superior
Group 1 - Mounts			
1.107	<p>1.207 Reverse kip - glide forward, stoop through, seat (pike) circle backward to rear support </p>	1.307	1.407
1.108	<p>1.208 a. Long Hang/Pendle Kip (considered the same) - Jump to brief hang on HB, kip to HB  b. Drop Kip - Jump to brief hang on HB, drop to suspension under LB kip on LB </p>	<p>1.308 Jump with 1/2 twist (180°) kip to support on HB </p>	1.408
1.109	<p>1.209 Glide on LB, stoop through, back kip-up with straddle cut backward to hang on LB </p>	<p>1.309 Glide on LB, stoop through, back kip-up with straddle cut backward and grip change to hang on HB, also with 1/2 twist (180°) </p>	1.409

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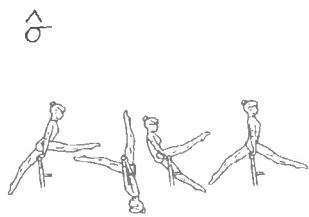
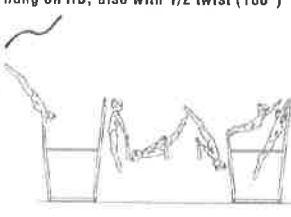

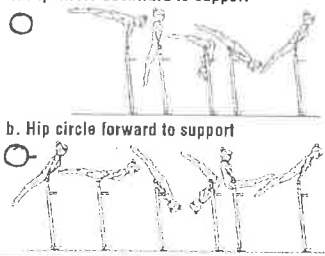
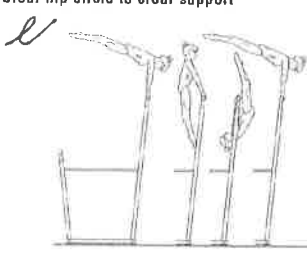
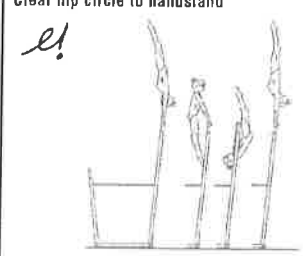
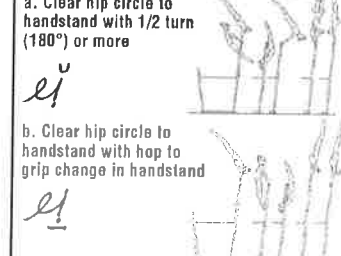


<p>2.101 Cast to squat, stoop or straddle on LB, jump to grasp HB</p>	<p>2.201 Cast to handstand with legs straddled (hips bent) or together (hips extended)</p>	<p>2.301 a. Cast to handstand with hop to reverse grip in handstand b. Cast to handstand with 1/2 turn (180°) in handstand</p>	<p>2.401 a. Cast to handstand with 1/1 turn (360°) on one arm after handstand (Healy) b. Cast to handstand with 1/1 turn (360°) in handstand</p>
<p>2.102 a. Single leg cut forward or backward (cutting leg simultaneously as hand moves) b. Cast to single leg or double shoot through, passing leg(s) stretched or flexed between hands</p>	<p>2.202 Cast with flight to straddle cut over bar to rear support</p>	<p>2.302 From support on HB - Rear vault, stoop with flight or free straddle forward over HB and 1/2 twist (180°) to hang on HB</p>	<p>2.402 Front salto - Outer front support on LB, cast with salto roll forward straddling legs to hang on HB</p>
<p>2.103</p>	<p>2.203</p>	<p>2.303</p>	<p>2.403 Front salto - Inner front support on LB, facing HB, cast with salto roll forward to hang on HB (Brause)</p>

Illustrations provided by USA Gymnastics

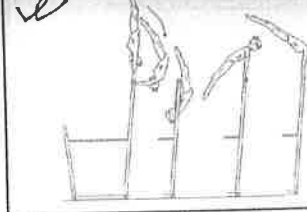
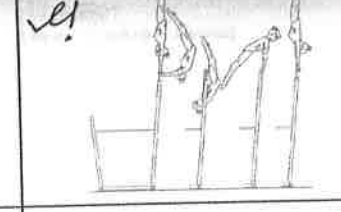
Medium	Superior	High Superior	Advanced High Superior
Group 3 - Counterswings/Uprises			
<p>ART. 3 3.101</p>	<p>3.201 Counterswing backward in straddle position with flight over LB to hang on LB</p>	<p>3.301 Counterswing backward in pike position with flight over LB to hang on LB</p>	<p>3.401 Counterswing backward with flight to handstand on LB</p>
<p>3.102</p>	<p>3.202</p>	<p>3.302</p>	<p>3.402 From handstand on HB - swing down forward (back facing LB) with straddle flight over LB to hang on LB, also to handstand on LB</p>
<p>3.103</p>	<p>3.203</p>	<p>3.303 Hang on HB - Uprise backward to clear support on HB, also with 1/2 turn (180°) or with flank/rear/straddle vault over HB w/wo 1/2 twist (180°)</p>	<p>3.403 Uprise backward to handstand on HB</p>

Illustrations provided by USA Gymnastics



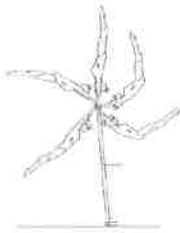





<p>Stride circle forward or backward</p> 		<p>Clear hip circle backward on LB, hecht to hang on HB, also with 1/2 twist (180°)</p> 	<p>Inner front support on LB - Clear hip circle through handstand with flight to hang on HB (Schaposchnikova)</p> 
<p>4.102 a. Hip circle backward to support b. Hip circle forward to support</p> 	<p>4.202 Clear hip circle to clear support</p> 	<p>4.302 Clear hip circle to handstand</p> 	<p>4.402 a. Clear hip circle to handstand with 1/2 turn (180°) or more b. Clear hip circle to handstand with hop to grip change in handstand</p> 
<p>4.103</p>	<p>4.203</p>	<p>4.303 Clear underswing on LB, release and counter movement forward in flight to hang on HB</p> 	<p>4.403 Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorf)</p> 

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Medium	Superior	High Superior	Advanced High Superior
Group 4 - Hip Circles			
<p>4.104</p>	<p>4.204</p>	<p>4.304 From near handstand - Clear hip circle forward to clear support (Weiler kip)</p> 	<p>4.404 From near handstand - Clear hip circle forward to handstand, also with turn (Weiler kip)</p> 
<p>4.105</p>	<p>4.205</p>	<p>4.305</p>	<p>4.405</p>
<p>4.106</p>	<p>4.206</p>	<p>4.306</p>	<p>4.406</p>

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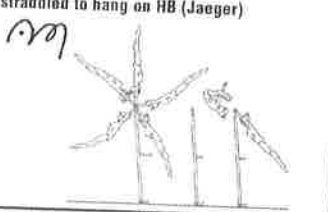

ART. 5 Group 5 - Giant Swings Backward			
<p>5.101</p> <p>NOTES: 1. All giant circles are one value lower if performed on the LB 2. Giant Swings on LB - Bent legs are permitted during the bottom of the circle, but must extend to stretched handstand position at the completion of the circle</p>	<p>5.201</p>	<p>5.301 Giant circle backward to handstand on HB</p> 	<p>5.401 a. Giant circle backward to handstand with 1/2 turn (180°) or more</p>  <p>b. Giant circle backward to handstand with hop to grip change in handstand</p> 
<p>5.102 Long hang pullover to front support on high bar</p> 	<p>5.202</p>	<p>5.302</p>	<p>5.402 a. Hang on HB, facing LB - swing forward and salto backward tucked between bars to catch LB b. Hang on HB, facing LB - swing forward and salto backward stretched between bars to clear support on LB (Pak)</p> 
<p>5.103</p>	<p>5.203</p>	<p>5.303</p>	<p>5.403 On LB facing HB, backward giant circle with release and 1/2 twist (180°) in tuck position with flight to catch HB, finishing in a hang on HB, facing LB (Laumann)</p> 

Illustrations provided by USA Gymnastics

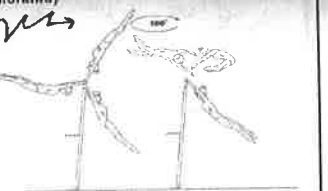
Medium	Superior	High Superior	Advanced High Superior
Group 5 - Giant Swings Backward			
<p>5.104</p>	<p>5.204</p>	<p>5.304</p>	<p>5.404 Swing down between bars, swing forward and salto backward with 1/2 twist (180°) to catch same bar - tucked/straddled (Deltchev)</p> 
<p>5.105</p>	<p>5.205</p>	<p>5.305</p>	<p>5.405 Swing down between bars, swing forward and salto backward with 1/2 twist (180°) to catch same bar - piked (Geinger)</p> 
<p>5.106</p>	<p>5.206</p>	<p>5.306</p>	<p>5.406 Giant circle backward, counter straddle-reverse hecht over HB to hang on HB (Tkatchev)</p> 

Illustrations provided by USA Gymnastics



<p>NOTES: 1. All giant circles are one value lower if performed on the LB 2. Giant Swings on LB - Bent legs are permitted during the bottom of the circle, but must extend to stretched handstand position at the completion of the circle.</p>	<p>6.201</p>	<p>6.301</p>	<p>6.401 Giant circle forward to handstand, also with turn</p> 
<p>6.102</p>	<p>6.202</p>	<p>6.302</p>	<p>6.402 From handstand on HB - swing down forward between bars in reverse grip, swing backward with salto forward tucked or straddled to hang on HB (Jaeger)</p> 
<p>6.103</p>	<p>6.203</p>	<p>6.303</p>	<p>6.403 Facing out on LB, giant circle forward to salto forward to catch HB (Jaeger from LB to HB)</p> 

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Medium	Superior	High Superior	Advanced High Superior
Group 6 - Giant Swings Forward			
<p>6.104</p>	<p>6.204</p>	<p>6.304</p>	<p>6.404 Handstand on HB - Circle swing forward in reverse grip with 1/2 twist (180°) and straddle flight over HB to hang on HB (Khorkina)</p> 
<p>6.105</p>	<p>6.205</p>	<p>6.305</p>	<p>6.405</p>
<p>6.106</p>	<p>6.206</p>	<p>6.306</p>	<p>6.406</p>

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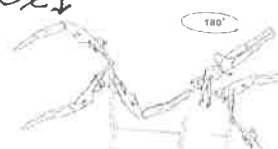





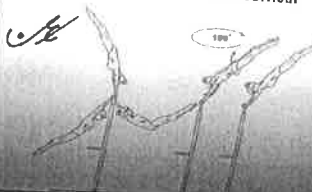
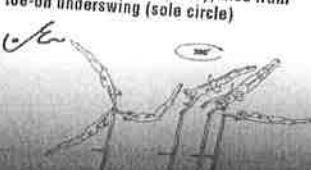

	<p>7.201 Clear straddle circle backward, seat circle backward or stretched swing forward passing the legs between the hands on HB, grip change to hang on LB (Peach)</p>	<p>7.301 Facing inward-Stalder backward with release and counter movement forward in flight to hang on HB (Ray)</p>	7.401
<p>7.102 Clear straddle circle forward - pass legs straddled over bar, clear circle to clear straddle support</p>	<p>7.202 Stalder circle forward to clear support</p>	7.302	<p>7.402 Stalder circle forward to handstand, also with turn</p>
<p>7.103 Clear straddle circle backward - pass legs straddled over bar, clear circle to clear straddle support</p>	<p>7.203 Stalder circle backward to clear support</p>	7.303	<p>7.403 Stalder circle backward to handstand, also with turn</p>

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Medium	Superior	High Superior	Advanced High Superior
<p>ART. 8 8.101 Seat (pike) circle forward or backward</p>	8.201	<p>8.301 Hang on HB, back to LB - stoop through, underswing backward (inverted pike swing), dislocate (Schleudern) with flight over LB to hang, also from rear support on HB</p>	<p>8.401 Dislocate (Schleudern) with flight to handstand on LB</p>
<p>8.102 a. 3/4 Sole circle forward with grip change and swing forward to suspension under LB b. Toe-on underswing (sole circle) backward with 1/2 turn (180°)</p>	<p>8.202 Toe-on underswing (sole circle) on LB with grip change to hang on HB, also with 1/2 twist (180°)</p>	<p>8.302 Toe-on underswing (sole circle) on LB, release and counter movement forward in flight to hang on HB</p>	8.402
<p>8.103 Cast to stoop, straddle or squat circle forward or backward</p>	<p>8.203 Underswing (toe-on) with 1/2 turn (180°) to clear support on same bar</p>	<p>8.303 Toe-on underswing (sole circle) forward or backward to handstand</p>	<p>8.403 Toe-on underswing (sole circle) forward or backward to handstand with 1/2 turn (180°) or more</p>

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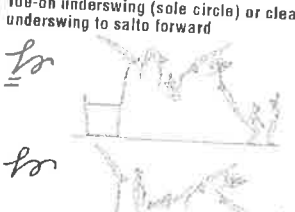

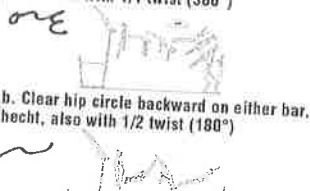


		<p>8.404</p> <p>a. From support on HB: (1) long swing forward (bail); or (2) toe-on underswing (sole circle); or (3) clear underswing with 1/2 twist (180°) and flight over LB to handstand on LB</p>  <p>✓ ✓ ✓</p>	<p>b. From handstand on HB: (1) long swing forward (bail); or (2) toe-on underswing (sole circle); or (3) clear underswing with 1/2 twist (180°) and flight over LB to hang on LB</p>  <p>! ✓ ! ✓ ! ✓</p>
<p>8.105</p> <p>Basket Swing - From rear support, inverted pike swing backward, return swing to rear support</p> 	<p>8.205</p> <p>From rear support on HB, inverted pike swing backward, on return swing straddle cut backward to hang on HB; also from long swing forward</p> 	<p>b. From HB - Toe-on underswing (sole circle) with 1/2 twist (180°) and flight over LB to hang on LB, also from clear underswing on HB</p>  <p>✓</p>	<p>c. From handstand on HB: (1) long swing forward (bail); or (2) toe-on underswing (sole circle); or (3) clear underswing with 1/2 twist (180°) and flight over LB to handstand on LB</p>  <p>! ✓ ! ✓ ! ✓</p>
<p>8.106</p> <p>Swing down between bars, swing forward with 1/2 turn (180°) at 45° from vertical</p> 	<p>8.206</p> <p>From HB - Swing down between bars, swing forward with 1/1 turn (360°), also from toe-on underswing (sole circle)</p> 	<p>8.306</p> <p>From HB - Swing down between bars, swing forward with 1 1/2 turn (540°), also from toe-on underswing (sole circle)</p>  <p>✓ ✓</p>	

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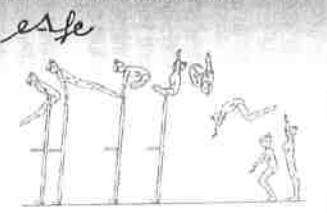
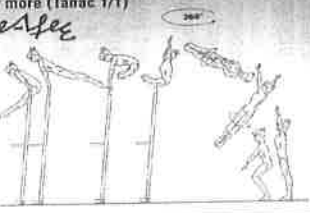
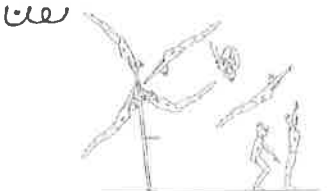

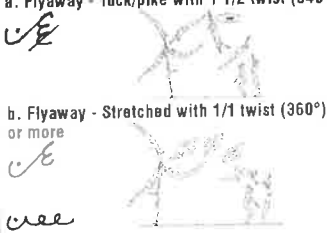

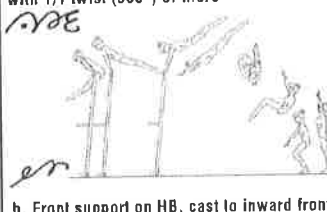
Medium	Superior	High Superior	Advanced/High Superior
Group B - Circles/Swings			
<p>8.107</p>	<p>8.207</p> <p>Hang on HB, swing backward with release and 1/1 twist (360°) hang on HB</p> 	<p>8.307</p> <p>Front support on HB, swing backward with release and 1/1 twist (360°) to hang on HB</p> 	<p>8.407</p>
<p>8.108</p>	<p>8.208</p>	<p>8.308</p>	<p>8.408</p>
<p>8.109</p>	<p>8.209</p>	<p>8.309</p>	<p>8.409</p>

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<p>From front support on either bar, toe-on underswing (sole circle) or clear underswing, also with 1/2 twist (180°)</p> 	<p>Toe-on underswing (sole circle) or clear underswing with 1/1 twist (360°)</p> 	<p>9.301 Toe-on underswing (sole circle) or clear underswing with 1 1/2 twist (540°) or more</p> 	<p>9.401 Toe-on underswing (sole circle) or clear underswing to salto forward</p> 
<p>9.102</p>	<p>9.202 Hip circle backward on either bar, hecht, also with 1/2 twist (180°)</p> 	<p>9.302 a. Hip circle backward (also clear) on either bar, hecht with 1/1 twist (360°) b. Clear hip circle backward on either bar, hecht, also with 1/2 twist (180°)</p> 	<p>9.402 Toe-on underswing (sole circle) or clear underswing with 1/2 twist (180°) to salto backward (Comaneci)</p> 
<p>9.103</p>	<p>9.203</p>	<p>9.303</p>	<p>9.403 a. From cast to near handstand, salto backward from hands b. From clear hip circle, salto backward from hands c. From stalder circle, salto backward from hands d. From giant circle, salto backward from hands</p> 

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Medium	Superior	Group 9 - Dismounts	High Superior
<p>9.104</p>	<p>9.204 From front support on either bar, straddle cut over bar, back salto (Tanac)</p> 	<p>9.304 From front support on either bar, straddle cut over bar, back salto with 1/1 twist (360°) or more (Tanac 1/1)</p> 	<p>9.404</p>
<p>9.105</p>	<p>9.205 Flyaway - Swing down between bars, swing forward to salto backward (tuck/pike), also with 1/2 twist (180°)</p> 	<p>9.305 a. Flyaway - Tuck/pike with 1/1 twist (360°) b. Flyaway - Stretched, also with 1/2 twist (180°)</p> 	<p>9.405 a. Flyaway - Tuck/pike with 1 1/2 twist (540°) b. Flyaway - Stretched with 1/1 twist (360°) or more c. Flyaway - Double salto</p> 
<p>9.106</p>	<p>9.206</p>	<p>9.306 From swing backward, inward front salto (tuck/pike/stretched), also with 1/2 twist (180°)</p> 	<p>9.406 a. From swing backward, inward front salto with 1/1 twist (360°) or more b. Front support on HB, cast to inward front salto</p> 

Illustrations provided by USA Gymnastics



c. A warning signal shall be given at 1:20 and time at 1:30 if the gymnast is on the beam or in the air at the final time signal, the judges continue to evaluate the routine.

- The chief judge deducts 0.1 for overtime from the average score which must be indicated in the score. No overtime deduction is taken if the time is within a fraction of a second over the time allowed. Example: Routine is clocked at 1:30.01 to 1:30.99 (less than 1:31). Do not take the overtime deduction.
- Value Parts, Event Requirements, Composition, and Bonus are awarded.

Limiting of Falls

- The gymnast is allowed 30 seconds to remount the beam after a fall. The fall time is timed separately from the floor to remount in preparation to resume her routine. If the gymnast does not remount within 30 seconds, the exercise is terminated. When the gymnast is off the apparatus following a fall, no deductions (other than for misconduct) shall be taken while the fall watch is running. The coach may speak to the gymnast without a penalty. The timer gives notification of 10 seconds remaining in the fall time. Time is called at 30 seconds. If after a fall, the gymnast attempts to remount and falls again (prior to resuming the timing of the routine), the deduction will be another 0.5 for another fall.

from the average score for additional warm-up. No warning is required.

- A well-composed beam routine is one which moves smoothly with many changes of level, direction and rhythm. Elements showing balance, dance, acro, flexibility and sureness should be choreographed into the routine.
- All of the following event requirements must be included in the routine. A single element may fulfill more than one requirement (Exception: A single element within a series shall not be used twice in a series of two series requirements). Elements not awarded Value Part credit may not be used to fulfill event requirements. A 0.20 deduction, up to a total of 1.0, shall be taken for each event requirement that is missing.

Event Requirements

- Minimum 360-degree turn on one foot.
- One acro flight element (must start and finish on the beam).
- Acro series of difficulty (both elements must start and finish on the beam).
- Superior dismount.
- a balances and body waves may NOT be used to fulfill the following requirement:
- Dance series of difficulty (on beam).
- The rhythm shall be varied and rhythmic changes shall be seen. A slow monotonous exercise will be penalized for each stop.
- Two medium acro elements may be awarded superior credit, if the following requirements are met:
 - They must pass through the vertical and inverted position each time.
 - There must be continuous movement of the trunk in the direction of elements.
 - No intermediary steps can be taken.
 - Both elements are performed on the beam.
 - If an element of value is almost completed and weight is borne, credit shall be given.

NON 3 DEDUCTIONS

1. . . . Difficulty	Value Part	0.3	3.0
lack of each medium	Value Part	0.3	
lack of each superior	Value Part	0.5	
lack of a high superior or advanced high superior	Value Part	0.3	
potter facilitates an element		No Value Part credit	
2. . . . Event Requirements		No Value Part credit	
lack of an event requirement (each one omitted)		No Value Part credit	
3. . . . Composition		0.2	1.8
lack of 0.3 Varying in choice of elements and connections		0.3	

Guidelines

- Lack of variety of acro elements Up to 0.10
- Lack of variety of dance elements Up to 0.10
- Lack of balance of acro and dance elements Up to 0.10
- Lack of balance in the level of acro vs. dance Value Parts Up to 0.10
- Most higher level Value Parts being isolated elements Up to 0.10
- Variety of connections (non-Value Parts) Up to 0.10

Using more than 2 straight leg pivot turns
Lack of variety in arm movements, locomotor movements, etc. 0.10

- Overuse of dance elements of the same shape 0.10
- More than 2 elements with a woit or tuck shape, with or without twist
More than 2 elements with a straddle shape, with or without twist
- Using the same element twice to fulfill difficulty Value Parts 0.10

1. Up to 0.2 Spacing and Direction

- Up to 0.1 - lack of using all space and levels
- Up to 0.1 - lack of an acro element in each of two different directions (one must be backward and another must be forward or sideward)

NOTES:

- May include the mount.
- May include the dismount, deduct .05 if the dismount is the only forward/sideward or the only backward element.
- A tic-toc may count as a forward or backward direction element.
- May not include a handstand, which has no direction.

2. Up to 0.2 Original Choreography/Artistry

- Up to 0.1 - originality and creativity in elements, combinations of elements, and connections
- Up to 0.1 - quality of gymnast's movement to reflect her personal style; quality of expression (projection, emotion, focus)

4. Up to 0.1 Distribution

Consider lack of distribution of Value Parts and maintaining difficulty level throughout routine

ART. 4. . . . Execution (Technique/Amplitude/Posture) 4.4

NOTE: Deductions for Leaps/Jumps/Twists/Turns are listed in Section 4

Small Faults:

- Fixed/checked feet during Value Parts each time 0.05
- Slight hop, or small adjustment of feet on landing of elements or dismounts Up to 0.10
- Deviation from straight direction on landing Up to 0.10
- Extra arm swings on landing Up to 0.10
- Hesitation during jump, press or swing to handstand Up to 0.10
- Touchdown on apparatus or mat with foot (feet) Up to 0.10
- Incorrect body posture/alignment during dance Value Parts Up to 0.10
- Lack of precision in dance Value Parts Up to 0.10

NOTE: Lack of definite arm or leg positions on turns/leaps

- Failure to perform Group 3 turns in high level Up to 0.10
- Failure to land with legs/feet together on jumps/leaps/hops that land on two feet Up to 0.10
- Legs crossed Up to 0.10
- Dismount landing too close to the beam 0.10
- Extra steps on landing (maximum 4) each 0.10
- Concentration pauses each 0.10
- Pauses of more than 2 seconds taken for concentration prior to difficult elements or connections

Medium Faults:

- Leg or knee separations Up to 0.20
- Relaxed/incorrect footwork in non-Value Parts throughout exercise Up to 0.20
- Insufficient height on leaps, jumps and hops Up to 0.20
- Insufficient height of aerials, saltos, & acro flight elements with hand support Up to 0.20
- Insufficient split position (deviation from 135° or 180°) Up to 0.20

(See Figure 3)

- Legs not parallel to beam (if 180° required) or uneven in split or straddle pike leaps/jumps Up to 0.20
- Insufficient exactness of tuck or pike position in Value Part elements Up to 0.20
- Insufficient exactness of stretched position in Value Part elements
- a) arch Up to 0.20
- b) hip angle (135° - 179°) Up to 0.20
- Dance: Incomplete turn/twist - Group 2 and 3 elements Up to 0.20
- (See Figure 4)
- Acro: Incomplete turn/twist Up to 0.20
- Dismounts: Incomplete twist on dismounts with 360° or more twist Up to 0.20
- (See Figure 5)
- Incorrect body posture on landing of elements and dismounts Up to 0.20



3. Additional trunk movements, to maintain balance/control upon landing dismount Up to 0.20
- NOTE:** This applies to stuck landings, but uses trunk movements to avoid steps.
4. Insufficient variation in rhythm and tempo throughout exercise Up to 0.20
5. Lack of tempo/poor rhythm between elements performed in a series Up to 0.20
6. Insufficient dynamics - Consider:
 - a) energy maintained throughout exercise Up to 0.20
 - b) makes difficult look effortless Up to 0.20
7. Large step or jump on landing (approximately 3 feet or more) 0.20
8. Insufficient sureness of performance throughout the exercise Up to 0.20
9. Support of one leg against side surface of the beam to maintain balance each 0.20
- Beant Arms** Up to 0.20
 - a) Bent arms in support or bent knees Up to 0.30
 - b) Maximum on any one element Maximum deduction of 0.30
- Additional trunk movements to maintain balance on the beam 0.30 bent arms & 0.30 bent legs
- Squat on landing (hips even with or lower than the knees) Up to 0.30
- NOTE:** If the gymnast lands an acro element in a squat position and then falls off the beam, deduct up to 0.30 and 0.50 for the fall.
- Insufficient height of salto dismounts Up to 0.30
- Insufficient extension (open) of body prior to landing of dismount Up to 0.30
- Brush/touch of landing surface with one or both hands (no support) Up to 0.30
- Relaxed/incorrect leg position/body posture/and/or insufficient flexibility during non-Value Parts throughout the exercise Up to 0.30
- Grasp on apparatus to avoid a fall Up to 0.30
- Directional error on gainer salto dismounts off the end of the beam 0.30
- Large Falls** Up to 0.30
 - Support on mat with 1 or 2 hands Up to 0.50
 - Fall onto beam or off the beam onto the mat (includes steps before fall) 0.50
 - Fall/failure to land on any part of the bottom of the feet first on aerials/saltos/dismounts 0.50
 - a) no Value Part/Event Requirement/Bonus Credit 0.50

NOTES:

1. If the gymnast lands on bottom of feet and the hands or knees simultaneously, award Value Part credit and Event Requirement credit, if appropriate, and deduct for a fall.
2. If a gymnast falls and is spotted simultaneously, the gymnast is not penalized for the spot, however, a 0.25 deduction is taken under Execution for the fall.

Bonus

- 1) a maximum of 0.4 - For advanced high superiors provided no fall or spot has occurred; for one advanced high superior or 0.4 if there is a second different advanced high superior.
- For a high level back-to-back superior. (Examples: HS+HS, HS+AHs, AHs+AHs, AHs acro + S acro)
- 1) a maximum of 0.2 - Credit may be earned in any of the following ways:
 - 1) 1 each - For a low level back-to-back superior, same or different. (Examples: S+S, S+HS, S+AHs)
 - 1) 2 - For a second high level back-to-back superior, same or different. (Examples: HS+HS, HS+AHs, AHs+AHs, AHs acro + S acro)
 - 1) 2 - For a 3rd different advanced high superior provided no fall or spot has occurred.

Advanced high superior (AHs) that does not receive 0.2 AHs credit in the Bonus category due to a fall or spot may receive 0.2 for a single advanced high superior if performed without a fall or spot. Advanced high superior element in a series may not be counted twice to receive back-to-back superior credit. L BBS.

0-back superior credit may be awarded if there is a fall following the second element in the series provided both are considered complete according to the criteria for awarding Value Part credit.

Neutral Deductions

- 1. Deducted each time it occurs within a routine:
 - 1) Value Part/Event Requirement/Back-to-Back Superior 0.50
 - 2) Value Part/Event Requirement/Bonus credit 0.50
 - 3) Award Value Part/Event Requirement/Back-to-Back Superior for a touch without assistance 0.50
 - 4) Jump 0.5 for the spot.
- 2. gymnast balks two times, she may take one more approach, however, on the third approach less than 30 seconds 2.0

87

Art. 1. Chief Judge (CJ)

- 1. Deducted each time from the average score 0.10
- 2. Not standing next to beam throughout the entire exercise 0.10
- 3. Fails to present before and after exercise each time 0.10
- 4. Element falling to begin exercise within 30 seconds after the chief judge signals to begin 0.20
- 5. Unsporting conduct of gymnast (after one warning) 0.20
- 6. Incomplete uniform 0.20
- 7. Element exceeding of warm-up time or warming up in the competitive area (after one warning) 0.20
- 8. Deduction is taken from the event score or may be taken from the practice of an element(s). Deduction is taken from the practice of an element or dismount when time is called, she may continue warm-up time. This deduction applies only to the practice of an element(s).
- 9. If a gymnast is preparing for an element or dismount without penalty, she may continue to finish the element and/or dismount without penalty.
- 10. If a gymnast is preparing for jumping on the board and/or briefly touching the apparatus while there is no deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on balance beam 0.20
- 11. Wives cues by coach or teammate(s) to own gymnast (after one warning) 0.20
- 12. If the gymnast is competing on the apparatus and the 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), the deduction of 0.20 is taken from the average without warning. This deduction is taken only once, regardless of the number of cues given.
- 13. Excessive use of magnesium (chalk) or use of tape 0.20
- 14. Small chalk markings may be placed on the beam (tape markings are not allowed) 0.30
- 15. Use of additional mats or springboard on unauthorized surface 0.30
- 16. Failure to remove the board after the mount 0.30
- 17. Failure to remove an authorized spotting device 0.30
- 18. Using incorrect apparatus specifications 0.50
- 19. Starting the exercise before the signal is given 0.50
- 20. Strapping the score of the (repeated performance) (deduct from the score of the exercise before the signal is given, she should be asked to stop and repeat the performance immediately) 1.00
- 21. Questioning or attempting to influence judges' decisions 1.00
- 22. Making an unauthorized approach of a judge concerning a score or rule infraction 1.00
- 23. Verbally abusing or disrespectfully addressing a judge/meet official or using profanity DQ
- 24. Disqualification from event and All-Around DQ
- 25. May lead to disqualification from the meet by the meet referee

SECTION 4 REQUIRED TECHNIQUES - CRITERIA FOR AWARDED CREDIT FOR LEAPS/JUMPS/TWISTS/TURNS

ART. 1. . . . Leg Positions - Split, Side Split (straddle), Straddle Pike
 Split or stag-split leaps/jumps have a forward-backward split. Side split jumps have a sideward split. Straddle pike position the body is piked at the hips with the legs horizontal and split to at least 135°.

ART. 2. . . . Tuck Jumps, Cat Leaps, Wolf Jumps, Straddle Pike Jumps, Hitchkicks
 The execution is that the thighs be at horizontal. If the thighs are up to 44° below horizontal, credit is given with an up to .2 deduction for height of the legs, depending on the severity of the error. If the thighs are 45° or more below horizontal, the element can be recognized as a different Value Part. Straddle pike jumps should also be expected to have at least a 135° split of the legs. (See Figure 1)

ART. 3. . . . Pike Jumps
 The expectation is that the body has a 90° closure. There is no height requirement for the legs although the body is bent too far forward, deductions may be taken for poor body position and height. If the body is open 91°-134°, an up to .2 deduction is taken. If the body is open 135° or more, the element is recognized as a different Value Part. (See Figure 2)

ART. 4. . . . Leaps/Jumps with a required degree of split
 Split or stag-split leaps/jumps have a forward backward split. Side split jumps have a sideward split. Split or stag-split leaps/jumps have a forward backward split. Side split jumps have a sideward split. When 180° is required, credit may be given with an up to .2 deduction if the split is at least 135°. When 135° is required, credit may be given with an up to .2 deduction if the split is at least 91°. For switch leg leaps, if the first leg fails to reach at least 45° prior to the switch backward, credit as a split leap.

(See Figure 3)
ART. 5. . . . Leaps/Jumps with a required degree of twist
 Twists are considered complete when the feet land. Twists of 360° or more will be given a specified Value Part if completed within 89° of the required end position. If up to 89° of the twist is missing, a deduction of up to .2 is taken for an incomplete twist. If 90° or more is missing, the element is recognized as a different Value Part. Twists of 180° or 270° must be completed within 44° of the required end position. If up to 44° of the twist is missing, a deduction of up to .1 is taken for an incomplete twist. If 45° or more is missing, the element is recognized as a different Value Part. (See Figure 4)



ART. 6 . . . Ring Leap/Jump, Sheep Jump

In order to be credited as a ring or sheep position, there must be a head release backward past the vertical line. If not, the element is recognized as a different element. If the leg/legs are required to be at least height, credit may be given with an up to .2 deduction if at least at hip height. If head height is required, credit may be given with an up to .2 deduction if at least shoulder height.

NOTE: In all of the above, additional deductions may be taken for lack of height (amplitude) as well as poor body position or alignment.

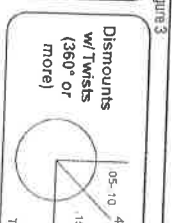
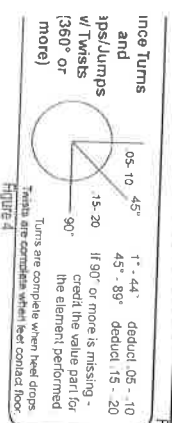
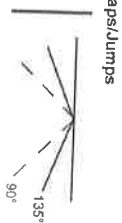
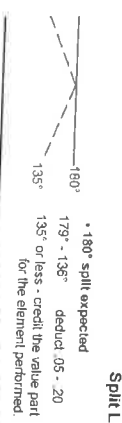
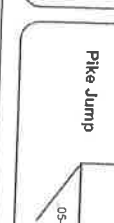
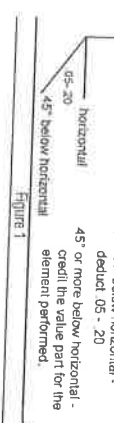
ART. 7 . . . Dance Turns

Turns are considered complete when the heel drops. Appropriate Value Part credit is awarded for the degree of turn completed prior to the heel drop. Turns of 360° or more will be awarded Value Part credit for the completed within 89° of the required end position. If up to 89° is missing, a deduction of up to .2 is given for an incomplete turn. If 90° or more is missing, the element is recognized as a different Value Part. Turns of 180° or 270° must be completed within 44° of the required end position. If 45° or more is missing, the element is recognized as a different Value Part. (See Figure 4)

ART. 8 . . . Dismounts with Twists

Once the feet land on the floor at the finish of the dismount, it is considered complete. Appropriate Value Part credit is awarded for the degree of twist completed at the moment the feet contact the floor. Turns of 360° or more will be given a specified difficulty value if completed within 89° of the required end position. If up to 89° of the twist is missing, a deduction of up to .2 is taken for an incomplete twist. If 90° or more is missing, the element is recognized as a different Value Part. Twists of 180° or 270° must be completed within 44° of the required end position. If 45° or more is missing, the element is recognized as a different Value Part. (See Figure 5)

Tuck, Cat, Wolf, Straddle Pike, Hitchkick



SECTION 5 DIFFICULTY

difficulty category is determined by the sum of all Value Parts. Elements/series listed separately in the book are considered separate elements/series. Any element can be recognized as a Value Part two times in a routine, it cannot be used to fulfill event requirements, bonus or back-to-back superior credit. Elements are different if:

1. They have a different number in the rules book.
2. They have the same number in the rules book, but:

 1. salios have different body positions;
 2. elements are performed with different degrees of turn/twist (¼, 1/1, 1½);
 3. support is on one or both arms;
 4. mount elements are performed as elements within routine;
 5. takeoff for a leap/jump is from one or both legs;
 6. acro elements takeoff or land on one or both legs.

Medium	Superior	Group 1 - Mounts	High Superior	Advanced High Superior
<p>ART. 1</p> <p>1.101 Jump with hand support to tuck stand, side straddle stand, wolf position or split sit</p>	<p>1.201 Squat/sloot through or jump to clear pike support (2 sec.)</p>	<p>1.301</p>	<p>1.401</p>	
<p>1.102 Free step up mount to a stand</p>	<p>1.202 Free jump to stand on 1 or both legs (take off from 2 feet) approach at end or diagonal to beam</p>	<p>1.302</p> <p>a. Free jump with 1/2 turn (180°) in flight phase to stand (take off from 2 feet)</p> <p>h. Free jump to cross split sit (take off from 2 feet)</p>	<p>1.402 Free jump with 1/1 turn (360°) in flight phase to stand (take off from 2 feet)</p>	
<p>1.103 Flank over or straddle cut forward to rear support</p>	<p>1.203</p> <p>a. Straddle cut backward to front support</p> <p>b. Thief vault - free leap over beam, one leg after another to rear support (take off from one leg)</p>	<p>1.303</p>	<p>1.403</p>	

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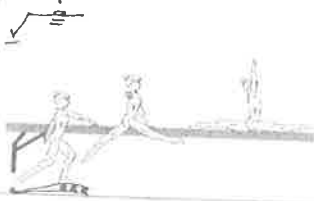


Group 1 - Mounts

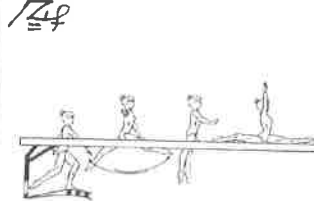
1.104 Scissors leap to cross sit on L or R thigh, diagonal approach to beam



1.204 Leap to cross split sit from one foot take-off (support of one hand permitted)



1.304 Free switch leg leap to arrive in split sit



1.404

1.105

1.205

1.305 a. Press to handstand from jump or clear straddle support



b. Jump with extended hips (hecht phase) to cartwheel or cross handstand



1.405

1.106

1.206

1.306 Jump to handstand with hip angle (pike) to handstand forward with step-out



1.406 Handspring forward with extended hips (hecht phase) before and after hand support on beam



Illustrations provided by USA Gymnastics

Medium

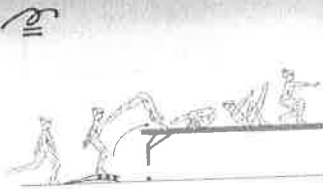
Superior

Group 1 - Mounts

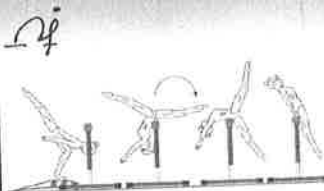
High Superior

Advanced High Superior

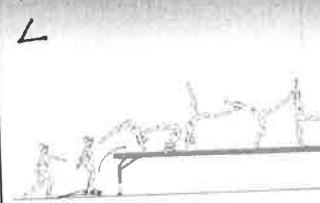
1.107 Jump to roll forward at end or middle of beam



1.207 Free (aerial) walkover forward to rear support



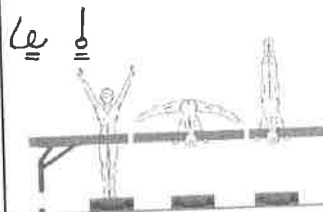
1.307 From cross stand facing end of beam - head kip



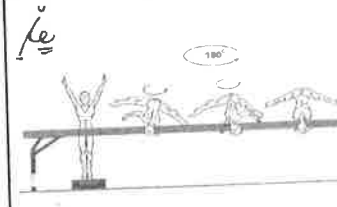
1.407 Salto forward to arrive in stand or sit on beam, also with 55 twist (100°)



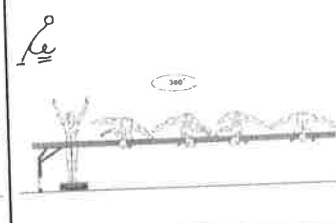
1.108 Jump to chest or headstand



1.208 Jump to chest stand, 1/2 turn (180°) over shoulder to shoulder stand



1.308 Jump to chest stand, 1/1 turn (360°) over shoulder to chest stand



1.408

1.109

1.209

1.309 Round-off, flic-flac through handstand to stand or swing down to cross straddle sit
















































1.409 Round-off, back salto to stand (luck/pike/stretched)



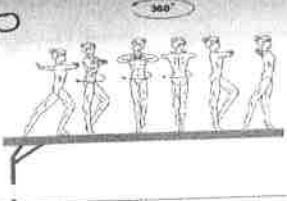
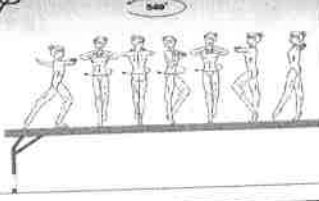
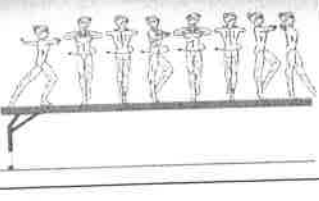


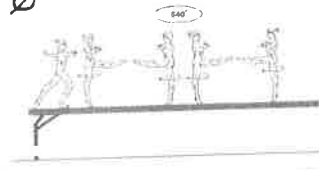
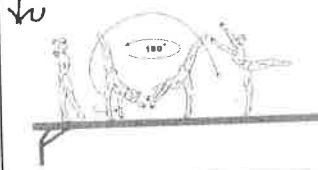

Illustrations provided by USA Gymnastics

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Group 2 - Leaps/Jumps

Medium	Superior	High Superior	Advanced High Superior
2.101 tuck jump 	2.201 tuck jump 1/2 	2.301 tuck jump 3/4 	2.401 tuck jump 1/1 
2.102 cat leap 	2.202 cat leap 1/2 	2.302 cat leap 1/1 	2.402 cat leap 1 1/2 
2.103	2.203 wolf jump/hop/switch 	2.303 wolf jump/hop 1/2 	2.403 wolf jump/hop 3/4 
2.104	2.204 pike jump 90° 	2.304 a. pike jump 90° w/ 1/2  b. pike jump 45° 	2.404 a. pike jump 90° w/ 3/4  b. pike jump 45° w/ 1/2 
2.105 stretched jp w/wo 1/2 	2.205 stretched jump 3/4 	2.305 stretched jump 1/1 	2.405 stretched jump 1 1/2 
2.106 split/stag split lp/jp 135°w/wo 1/4 	2.206 split/stag split lp/jp 180° w/wo 1/4 	2.306 split/stag split lp/jp 180° w/ 1/2 	2.406 split jump 180° w/ 3/4 
2.107	2.207 side split jp 135°w/wo 1/4 	2.307 side split jp 180° w/wo 1/4 	2.407 side split jump 180° w/ 1/2 
2.108	2.208	2.308 straddle pike jp w/wo 1/4 	2.408 straddle pike jump w/ 1/2 
2.109 NOTE: deduct up to 0.2 if stag on any switch leg leap	2.209 switch leg lp/jp 135° w/wo 1/4 	2.309 switch leg lp/jp 180° 	2.409 a. switch lp/jp 180° w/ 1/4 to side split  b. switch lp/jp 180° w/ 1/4 to straddle pike  c. switch lp/jp to ring at head height 
2.110 hitchkick, cabriole, changement 	2.210	2.310	2.410
2.111 sissone 135° 	2.211 sissone 180° 	2.311 tour jete 135° 	2.411 a. tour jete 180°  b. tour jete to ring at head height  c. tour jete 135° w/ 1/4 or 1/2 
2.112	2.212 ring/stag ring lp/jp at waist height 	2.312	2.412 ring/stag ring lp/jp at head height 
2.113	2.213 whoop jump at waist height 	2.313	2.413 whoop jp at head height 

NOTE: Jump/leaps to pron/w/ack hip circle shall be evaluated consistent with the root jump/leap.

Medium	Superior	High Superior	Advanced High Superior
ART. 3 3.101 1/1 turn (360°) on one leg, free leg below horizontal 	3.201 1 1/2 turn (540°) on one leg 	3.301	3.401 2/1 (720°) turn on one leg 
3.102	3.202	3.302 a. 1/1 turn (360°) with hand holding leg at a minimum 45° above horizontal  b. 1/1 turn (360°) with free leg at or above horizontal throughout 	3.402 1 1/2 turn with free leg at or above horizontal throughout 
3.103	3.203	3.303 1/2 illusion turn (180°), brief touch of one hand permitted 	3.403 1/1 illusion turn (360°), brief touch of one hand permitted 

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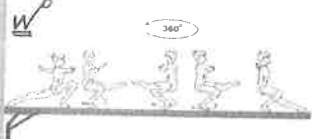


ART. 3

Group 3 - Turns

3.104

3.204
1/1 turn (360°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1/1 turn



3.304
1 1/2 turn (540°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of 1 1/2 turn



3.404
2/1 - 2 1/2 turn (720° - 900°) in tuck stand on one leg, free leg in forward horizontal, placing of free leg at end of turn (Humphrey)



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Medium

Superior

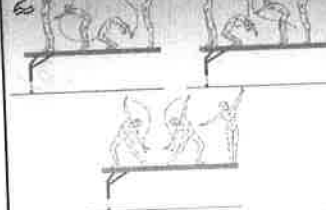
High Superior

Advanced High Superior

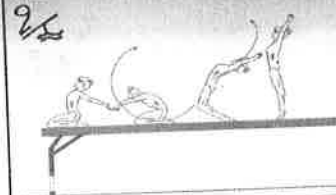
ART. 4

Group 4 - Waves

4.101
Body wave forward, backward or sideward



4.201
Toe Rise - From kneeling position, rise upward with body wave through toe-balance stand



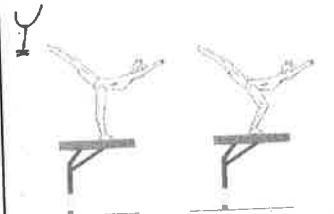
4.301

4.401

Group 5 - Holds-Dance

ART. 5

5.101
Scale forward, support leg extended or bent and free leg above horizontal (2 sec.)



5.201
Stand on one leg holding free leg with hand in 180° split (2 sec.)

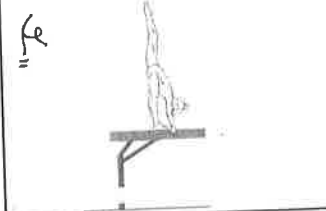


5.301
Stand on one leg with free leg in 180° split (no support of leg with hand) (2 sec.)



5.401

5.102
Needle Scale - Standing 180° split forward with hand support in front of leg (2 sec.)



5.202

5.302

5.402

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<p>! XI!</p>	<p>Handstand, descend to clear straddle support</p>	<p>Handstand, clear sloop through of one leg to cross split sit, also with pike through to clear pike "V" support</p>	<p>6.401</p>
<p>6.102</p>	<p>6.202 Handstand 1/2 turn</p>	<p>6.302 a. One-arm handstand (2 sec.) b. Planche (2 sec.) c. Handstand with 1/1 turn</p>	<p>6.402</p>
<p>ART. 7 Group 7 - Rolls</p>			
<p>7.101 Forward roll or shoulder roll with hand support</p>	<p>7.201 Forward roll without hand support</p>	<p>7.301</p>	<p>7.401</p>

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Medium	Superior	High Superior	Advanced High Superior
<p>Group 7 - Rolls</p>			
<p>7.102</p>	<p>7.202 a. Dive forward roll b. Handstand forward roll</p>	<p>7.302</p>	<p>7.402</p>
<p>7.103 Backward roll or shoulder roll with hand support</p>	<p>7.203</p>	<p>7.303 Backward roll to handstand</p>	<p>7.403</p>
<p>ART. 8 Group 8 - Walkovers/Cartwheels</p>			
<p>8.101</p>	<p>8.201 Walkover forward</p>	<p>8.301 Walkover forward in side position to side stand</p>	<p>8.401 Free (aerial) walkover forward</p>

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Group 8 - Walkovers/Cartwheels		Advanced High Superior	
8.102	8.202 Walkover forward, backward (Tic-Toc) 	8.302 Walkover forward with support of one arm 	8.402 Jump backward (flic-flac take-off) with 1/2 twist (180°) to walkover forward (Onodi)
8.103 a. Walkover backward b. Walkover backward with swing down to cross straddle sit 	8.203 a. Series of walkovers backward b. Walkover backward with support of one arm 	8.303	8.403
8.104	8.204 a. Scale forward, 1/2 turn (180°) to walkover backward b. Walkover backward from tuck sit (Valdez) 	8.304 a. Valdez with support of one arm b. Valdez with 1/4 turn (360°) (Diamidov) 	8.404

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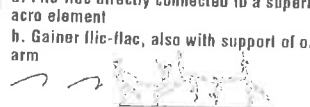
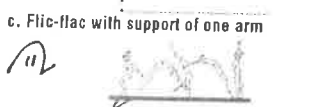
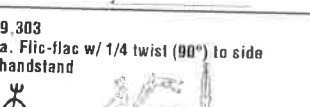
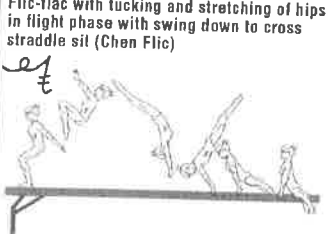
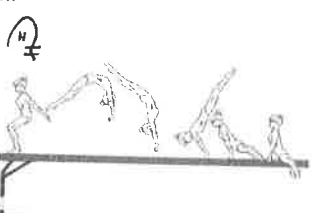






Medium	Superior	High Superior	Advanced High Superior
8.105 a. Cartwheel b. Cartwheel with support of one arm c. Cartwheel with bending of both arms or on forearms through chest stand 	8.205 a. Series of cartwheels b. Cartwheel w/flight phase before or after hand support 	8.305	8.405 Free (aerial) cartwheel
8.106	8.206 Round-off w/flight after hand support 	8.306 Round-off w/flight directly connected to a superior acro element	8.406

Group 9 - Handsprings		
ART. 9 9.101	9.201	9.301 a. Handspring forward with flight before or after support of hands b. Handspring forward with support on one arm
		9.401

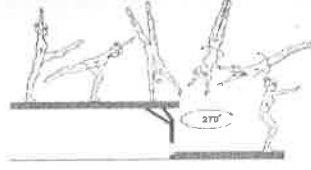
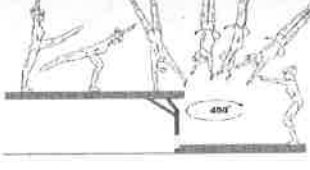
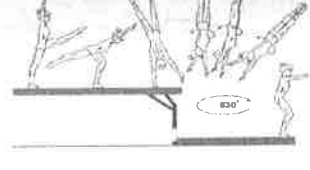
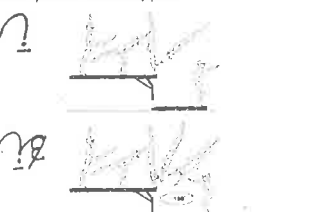
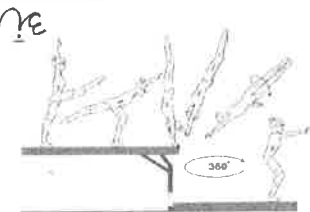
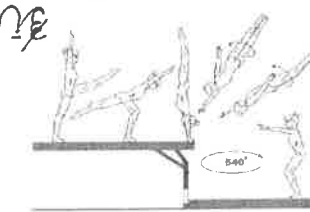
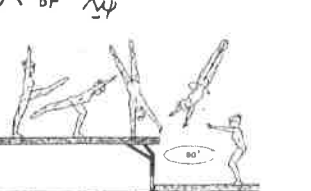





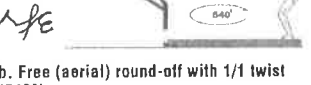
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Group 9 - Handsprings

<p>9.102</p>	<p>9.202 a. Flic-flac (handspring backward) landing on both legs in stand </p> <p>b. Flic-flac (handspring backward) with step-out </p>	<p>9.302 a. Flic-flac directly connected to a superior acro element </p> <p>b. Gainer flic-flac, also with support of one arm </p> <p>c. Flic-flac with support of one arm </p>	<p>9.402 Flic-flac with tucking and stretching of hips in flight phase with swing down to cross straddle sit (Chen Flic) </p>
<p>9.103</p>	<p>9.203 Flic-flac with swing down to cross straddle sit </p>	<p>9.303 a. Flic-flac w/ 1/4 twist (90°) to side handstand </p> <p>b. Flic-flac w/ 1/2 twist (180°) </p>	<p>9.403 a. Flic-flac with 3/4 - 1/1 twist (270°-360°) to stand </p> <p>b. Flic-flac with 1/1 twist (360°) with swing down to cross straddle sit </p>
<p>ART. 10 Group 10 - Salto</p>			
<p>10.101</p>	<p>10.201</p>	<p>10.301 Front aerial/salto to sit </p>	<p>10.401 Salto (forward/backward/sideward) </p>

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Medium	Superior	High Superior	Advanced High Superior
<p>Group 11 - Dismounts</p>			
<p>ART. 11 11.101 Cartwheel with 3/4 twist (270°) after hand support at end of beam </p>	<p>11.201 Cartwheel with 1 1/4 twist (450°) after hand support at end of beam </p>	<p>11.301 Cartwheel with 1 3/4 twist at end of beam </p>	<p>11.401</p>
<p>11.102 Handspring forward, also with 1/2 twist (180°) after hand support </p>	<p>11.202 Handspring forward with 1/1 twist (360°) after hand support </p>	<p>11.302 Handspring forward with 1 1/2 twist (540°) after hand support </p>	<p>11.402</p>
<p>11.103 Round-off </p>	<p>11.203 a. Free (aerial) walkover forward, also with 1/2 twist (180°) at side or end </p> <p>b. Free (aerial) round-off </p>	<p>11.303 a. Free (aerial) walkover forward with 1/1 twist (360°) at side or end </p> <p>b. Free (aerial) round-off with 1/2 twist (180°) </p>	<p>11.403 a. Free (aerial) walkover forward with 1 1/2 twist (540°) at side or end </p> <p>b. Free (aerial) round-off with 1/1 twist (540°) </p>

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	<p>11.204 Salto forward (tuck/pike), also with 1/2 twist (180°)</p> <p><i>the Berner</i></p>	<p>11.304 Salto forward (stretched), also with 1/2 twist (180°)</p> <p><i>BR</i></p>	<p>11.404 Salto forward (tuck/pike/stretched) with 1/1 twist (360°) or more</p> <p><i>3E</i></p>
11.105	11.205	<p>11.305 Arabian salto (tuck/pike) - jump backward, 1/2 twist (180°), salto forward</p> <p><i>BR</i></p>	<p>11.405 Double salto forward or Arabian double salto forward</p> <p><i>BR</i></p>
11.106	<p>11.206 Salto backward from 1 or 2 foot takeoff (tuck/pike/stretched)</p> <p><i>ee</i></p>	<p>11.306 Salto backward with 1/2 twist (180°) from 1 or 2 foot takeoff (tuck/pike/stretched)</p> <p><i>BR ee</i></p>	<p>11.406 Salto backward with 1/1 twist (360°) or more from 1 or 2 foot takeoff (tuck/pike/stretched)</p> <p><i>E</i></p>

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Medium	Superior		Advanced High Superior
Group 11 - Dismounts			
11.107	<p>11.207 Gainer salto backward to side of beam: (tuck/pike/stretched)</p> <p><i>re</i></p>	<p>11.307 Gainer salto backward to side of beam with 1/2 twist (180°) (tuck/pike/stretched)</p> <p><i>re</i></p>	<p>11.407 Gainer salto backward with 1/1 twist (360°) or more (tuck/pike/stretched) at side or end</p> <p><i>re</i></p>
11.108	11.208	<p>11.308 Gainer salto backward (tuck), at end of beam</p> <p><i>re</i></p>	<p>11.408 Gainer salto backward (pike/stretched) at end of beam</p> <p><i>re</i></p>
11.109	11.209	11.309	<p>11.409 Double salto backward</p> <p><i>ee</i></p>

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- 302a One-arm handstand (2 sec.)
- 302b Planche (2 sec.)
- 302c Handstand with 1/1 turn
- ILLS**
- 303 Backward roll to handstand
- ALKOVERS/CARTWHEELS**
- 301 Walkover forward in side position to side stand
- 401 Free (aerial) walkover forward
- 302 Walkover forward with support of one arm
- 402 Jump backward (filic-flac take-off) with 1/2 twist (180°) to walkover forward (Onodi)
- 304a Valdez with support of one arm
- 304b Valdez with 1/1 turn (360°) (Diamidov)
- 105 Free (aerial) cartwheel
- 106 Round-off w/ flight directly connected to a superior acro element
- NDSPINNS**
- 01a Handspring forward with flight before or after support of hands
- 01b Handspring forward with support on one arm
- 02a Filic-flac directly connected to a superior acro element
- 02b Gainer filic-flac, also with support of one arm
- 02c Filic-flac with support of one arm
- 02 Filic-flac with tucking and stretching of hips in flight phase with swing down to cross straddle sit (Chen Flit)
 - 13a Filic-flac with 1/2 twist (90°) to side handstand
 - 13b Filic-flac with 1/2 twist (180°)
 - 13a Filic-flac with 3/4 - 1/1 twist (270° - 360°) to stand
 - 13b Filic-flac with 1/1 twist (360°) with swing down to cross straddle sit
- TOS**
- 01 Front aerial/salto to sit
- 01 Salto (forward/backward/sideward)
- OUNTS**
- 01 Cartwheel with 1 1/4 twist at end of beam
- 32 Handspring forward with 1 1/2 twist (540°) after hand support
- 13a Free (aerial) walkover forward with 1/1 twist (360°) at side or end
- 13b Free (aerial) round-off with 1/2 twist (180°)
- 13a Free (aerial) walkover forward with 1 1/2 twist (540°) at side or end
- 13b Free (aerial) round-off with 1/1 twist (180°)
- 14 Salto forward (stretched), also with 1/2 twist (180°)
- 14 Salto forward (tuck/pike/stretched) with 1/1 twist (360°) or more
- 5 Arabian salto (tuck/pike) - Jump backward, 1/2 twist (180°), salto forward
- 15 Double salto forward or Arabian double salto forward
- 6 Salto backward with 1/2 twist (180°) from 1 or 2 foot takeoff (tuck/pike/stretched)
- 6 Salto backward with 1/1 twist (360°) or more from 1 or 2 foot takeoff (tuck/pike/stretched)
- Gainer salto backward to side of beam with 1/2 twist (180°) (tuck/pike/stretched)
- 7 Gainer salto backward with 1/1 twist (360°) or more (tuck/pike/stretched) at side or end
- 3 Gainer salto backward (tuck), at end of beam
- 3 Gainer salto backward (pike/stretched) at end of beam
- 3 Double salto backward

Rule 9 Floor Exercise

IN 1 EQUIPMENT AND SPECIFICATIONS

1. A padded competitive area shall be provided for all competitions and meet the following:
 1 top of the mat must be joined into one continuous level surface and fastened together securely. If the mat is covered by another material, it shall be taut in order to prevent wrinkles and uneven surfaces.
 1 dimensions of the padded competitive area shall be between 39 feet, 4 1/2 inches (12 m) x 39 feet, 4 1/2 inches (12 m) and 40 feet x 40 feet clearly marked with solid lines. The padded competitive area should be centered in an area at least 42 feet x 42 feet (12.8 m x 12.8 m).
 1 mat shall be at least 1 inch thick.

- 1 The measurement is from the outside of the tape or where the carpet changes color.
- 1 There shall be a competitive boundary marker at least 1 inch wide and in a contrasting color to the floor exercise mat.
- NOTE:** Wrestling mats currently available are acceptable, provided their overall measurements meet minimum standards.
- ART. 2 . . .** Additional matting may be used for floor exercise and meet the following specifications:
 - 1 Up to two manufactured mats (maximum thickness of 8 inches / 20 cm) may be placed separately on the floor exercise area.
 - 1 If a skill cushion is, it must be a minimum of 5' x 10'.
 - 1 If using a sling mat, it may be placed on top of an up to 8 inch mat. The combination of the two mats on top of each other is considered as one of the allowed additional mats.
 - 1 Only one mat per acro pass may be used, with no more than two mats on the floor exercise area at any one point in time.
- 1 If additional matting is used, there is no requirement to remove it from the floor area during the exercise. If either mat is removed during the routine, it shall not be placed back onto the floor exercise mat.
- 1 Whenever additional matting is placed on the floor exercise area and covers any portion of the boundary line(s), the mat shall be marked clearly with tape or chalk to indicate the actual boundary line(s).
- 1 Failure to mark the mat shall result in a 0.10 deduction taken from the average by the chief judge.
- 1 Only manufactured mats of a thickness referenced in the rules book from 1 1/2 inches +/- 1/4 inch to 8 inches +/- 1/2 inch may be used.

SECTION 2 EVENT DESCRIPTION

- ART. 1 . . .** The duration of the exercise shall not exceed 1 minute, 30 seconds.
 - 1 The clock shall start as soon as the gymnast begins a movement of the exercise and shall stop when she maintains her final position.
 - 1 The entire routine shall be scored, and if overtime, a chief judge time infraction deduction shall be taken from the competitor's average score.
- ART. 2 . . .** A well composed floor exercise routine flows with creative expression, demonstrating changes of level, direction and dynamics. The routine shall use the entire floor area, passing through all quadrants, to create an interesting pattern. The routine shall have balanced distribution of dance and acro. An acro pass must contain a minimum of three directly connected acro elements, one of which must be a Value Part or two directly combined front acro elements, at least one of which (or the series) is a high superior/advanced high superior.
- ART. 3 . . .** All of the following event requirements are required in the routine. A single element may fulfill more than one event requirement (exception: A single element within a series shall not be used twice in order to fulfill two series requirements). Elements not awarded Value Part credit may not be used to fulfill event requirements. A 0.20, up to a total of 1.0, deduction shall be taken for each event requirement that is missing.
 - Event Requirements**
 - 1. Acro
 - 1 Twisting salto - at least 1/2 (180 degrees);
 - 1 Three acro passes;
 - 2 Superior acro element in the 3rd acro pass or as last acro element. A series of front or back handspings, which receives superior credit can be considered the last acro element;
 - 2. Dance
 - 1 One jump/leap or turn on one foot of at least superior difficulty;
 - 2 Dance series of difficulty of two different Group 1 leaps/jumps.
- ART. 4 . . .** Musical accompaniment is required.
- 1 The selection of the music shall personalize the gymnast and reflect a change in rhythm.
- 1 Recorded accompaniment of one or more instruments is authorized. Live accompaniment shall only be a single instrument. Musical accompaniment shall not include vocal arrangements. Human sounds are allowed, provided there are no words spoken or sung.
- 1 Music and movement need not begin simultaneously.
- 1 The musical accompaniment shall end with the concluding movement of the gymnast.
- ART. 5 . . .** If an element of value is almost completed and weight is borne, credit shall be given.

SECTION 3 DEDUCTIONS

ART. 1 . . . Difficulty	3.0
a. Lack of each medium Value Part	0.3
b. Lack of each superior Value Part	0.5
c. Lack of a high superior or advanced high superior Value Part	0.3
d. Element performed a third time	No Value Part credit



ART. 1			
Group 1 - Leaps/Jumps			
Medium	Superior	High Superior	Advanced High Superior
1.101 tuck jp w/wo 1/2	1.201 tuck jp 1/1	1.301 tuck jp 1 1/2	1.401 tuck jp 2/1
1.102 cat lp w/wo 1/2	1.202 cat lp 1/1	1.302 cat lp 1 1/2	1.402 cat lp 2/1
1.103 wolf jp/hop/switch	1.203 wolf jp/hop 1/2	1.303 wolf jp/hop 1/1	1.403 wolf jp/hop 1 1/2
1.104 pike jp 90°	1.204 a. pike jp 90° w/ 1/2 b. pike jp 45° w/wo 1/2	1.304 a. pike jp 90° w/ 1/1 b. pike jp 45° w/ 1/1	1.404 a. pike jp 90° w/ 1 1/2 b. pike jp 45° w/ 1 1/2
1.105 stretched jp 1/1	1.205 stretched jp 1 1/2	1.305 stretched jp 2/1	1.405 stretched jp 3/1
1.106 split/stag split lp/jp 180°	1.206 split/stag split lp/jp 180° w/ 1/2	1.306 split jp 180° w/ 1/1	1.406 a. split jp 180° w/ 1 1/2 b. lp 1 1/2 tw in horiz to prone (Khorokina)
1.107 side split lp/jp 135°	1.207 side split lp/jp 180° w/wo 1/2	1.307 side split jp 180° w/ 1/1	1.407 side split jp 180° w/ 1 1/2
1.108	1.208 a. straddle pike jp w/wo 1/2 b. Schuschunova w/wo 1/2	1.308 a. straddle pike jp w/ 1/1 (Popa) b. Schuschunova w/ 1/1	1.408 straddle pike jp w/ 1 1/2
1.109 switch leg lp 135° NOTE: deduct up to 0.2 if stag on any switch leg leap	1.209 a. switch leg lp 180° b. switch leg lp 180° to split sit	1.309 a. switch leg lp 180° w/ 1/2 b. switch leg lp 180° w/ 1/4 to side split c. switch leg lp 180° w/ 1/4 to straddle pike d. switch leg lp to ring at head height	1.409 switch leg lp 180° w/ 1/4 to side split or straddle pike w/ additional 1/2
1.110 hitchkick, cabriole	1.210	1.310	1.410
1.111 a. sissone 180° b. tour jete 135°	1.211 a. tour jete 180° b. tour jete 180° to split sit	1.311 a. tour jete 135° w/ 1/2 b. tour jete 135° to ring at head height	1.411 tour jete 180° w/ 1/2 (Strug)
1.112 ring/stag ring lp/jp at waist ht	1.212 ring/stag ring lp/jp w/wo 1/2 at head ht	1.312 ring/stag ring jp w/ 1/1 at head height	1.412
1.113 sheep jp at waist height	1.213 sheep jp at head height	1.313	1.413

Medium	Superior	High Superior	Advanced High Superior
ART. 2			
Group 2 - Turns			
2.101 1/1 turn (360°) on one leg (free leg optional)	2.201 1 1/2 turn (540°) on one leg (free leg optional)	2.301 2/1 - 2 1/2 turn (720°-900°) on one leg (free leg optional)	2.401 3/1 turn on one leg (free leg optional)
2.102	2.202 1/1 turn (360°) with free leg at or above horizontal throughout	2.302 1 1/2 turn (540°) with free leg at or above horizontal throughout	2.402 2/1 turn (720°) with free leg at or above horizontal throughout
2.103	2.203 1/1 turn (360°) with free leg held upward, with hand, at a 180° split position	2.303 1 1/2 turn (540°) with free leg held upward, with hand at a 180° split position	2.403 2/1 turn (720°) with free leg held upward, with hand, at a 180° split position (Mommel)

Illustrations provided by USA Gymnastics



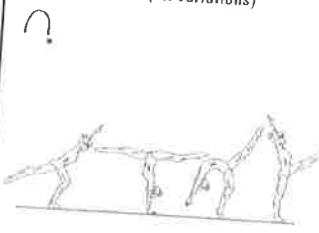





2.105	2.205	2.305	2.405
Group 3 - Handstands			
3.101 Handstand with 1/2 turn (180°)	3.201 Handstand with 1/1 - 1 1/2 turn (360°-540°)	3.301 Handstand with 2/1 turn (720°) or more	3.401

Illustrations provided by USA Gymnastics

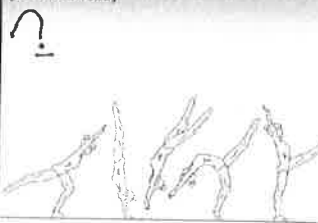
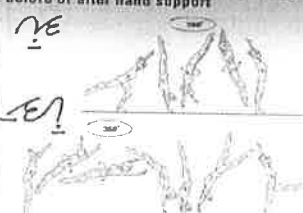
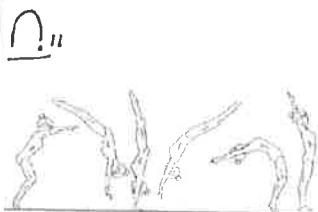

Medium	Superior	High Superior	Advanced High Superior
Group 4 - Rolls			
4.101 a. Forward roll or hecht roll b. Handstand forward roll	4.201 From backward takeoff - stretched jump with 1/2 twist (180°) to hecht roll	4.301 From stretched jump, 1/1 twist (360°) to hecht roll	4.401
4.102 a. Backward roll b. Backward roll to handstand, also with 1/2 turn (180°)	4.202 Backward roll to handstand with 1/1 - 1 1/2 turn (360°-540°)	4.302 Backward roll to handstand with 2/1 (720°) or more	4.402
4.103	4.203	4.303	4.403

Illustrations provided by USA Gymnastics



<p>5.201</p> <p>walkover forward (all variations)</p> 	<p>5.201</p>	<p>5.301</p>	<p>5.401</p>
<p>5.102</p> <p>a. Walkover backward (all variations)</p>  <p>b. Walkover backward from tuck sit (Valdez), also with 1/2 turn (180°)</p> 	<p>5.202</p> <p>Walkover backward from tuck sit (Valdez) with 1/1 turn (360°) in handstand (Diamidov)</p> 	<p>5.302</p>	<p>5.402</p>
<p>5.103</p> <p>a. Cartwheel (all variations)</p>  <p>b. Round-off</p> 	<p>5.203</p>	<p>5.303</p>	<p>5.403</p>

Illustrations provided by USA Gymnastics

ART. 6	Medium	Superior	Group 5 - Handsprings	High Superior	Advanced High Superior
<p>6.101</p> <p>Handspring forward - take off from one leg (all variations)</p> 	<p>6.201</p> <p>Series of handsprings forward</p>	<p>6.301</p> <p>Handspring forward with 1/1 twist (360°) before or after hand support</p> 	<p>6.401</p>		
<p>6.102</p>	<p>6.202</p> <p>Flyspring forward - take off from both legs landing on 2 feet</p> 	<p>6.302</p> <p>a. Series of flysprings forward</p> <p>b. Series - Flyspring to salto forward (tuck/pike) w/wo 1/2 twist (180°)</p>	<p>6.402</p>		
<p>6.103</p> <p>Flic-flac (Handspring backward) (all variations)</p> 	<p>6.203</p> <p>Series of flic-flacs</p>	<p>6.303</p>	<p>6.403</p>		

Illustrations provided by USA Gymnastics



Superior		High Superior	Advanced High Superior
Group 6 - Handsprings			
<p>6.104 Gainer flic-flac (all variations)</p>	<p>6.204 Flic-flac with support of one arm</p>	6.304	6.404
6.105	<p>6.205 Flic-flac with 1/2 twist (180°)</p>	<p>6.305 Flic-flac with 1/1 twist (360°)</p>	6.405
6.106	6.206	6.306	6.406

Illustrations provided by USA Gymnastics

Medium	Superior	High Superior	Advanced High Superior
Group 7 - Aerials			
<p>ART. 7 7.101</p>	<p>7.201 a. Free (aerial) cartwheel Xf</p> <p>b. Free (aerial) round-off Xf</p>	7.301	7.401
<p>7.102 Front aerial/kick-over front salto to sit Mf</p>	<p>7.202 Free (aerial) walkover forward fu</p>	7.302	7.402
7.103	<p>7.203 Butterfly forward or backward A A</p>	<p>7.303 Series of butterflies</p>	7.403

Illustrations provided by USA Gymnastics



Group 8 - Saltos Forward

<p>8.101 All saltos to prone</p>	<p>8.201 Salto forward (tuck), also with 1/2 twist (180°)</p>	<p>8.301 Salto forward (stretched), also with 1/2 twist (180°)</p>	<p>8.401 Salto forward (tuck/pike/stretched) with 1/1 twist (360°) or more</p>
<p>8.102</p>	<p>8.202 Salto forward (pike), also with 1/2 twist (180°)</p>	<p>8.302 a. Series of saltos forward (tuck/pike) b. A series of saltos, one of which is forward and one of which is backward</p>	<p>8.402 Series of saltos forward (stretched)</p>
<p>8.103</p>	<p>8.203</p>	<p>8.303</p>	<p>8.403 Double salto forward, also with 1/2 twist (180°)</p>

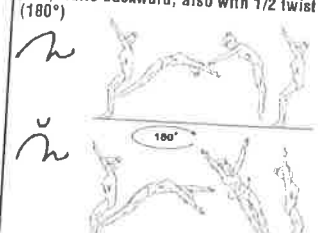
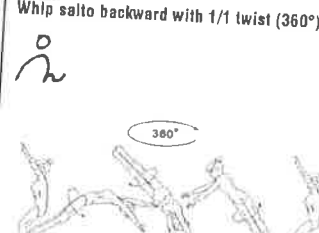
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Group 9 - Saltos Backward

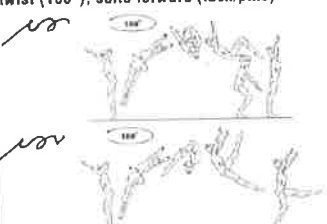
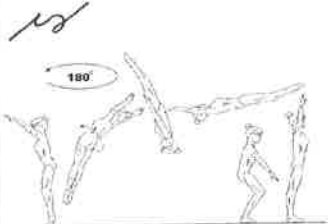
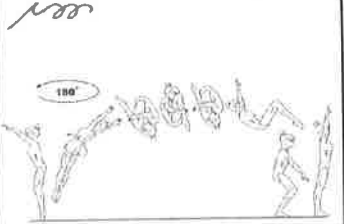


Medium	Superior	High Superior	Advanced High Superior
<p>ART. 9 9.101 All saltos prone</p>	<p>9.201 Salto backward (tuck/pike/stretched), also with 1/2 twist (180°)</p>	<p>9.301 Salto backward (tuck/pike/stretched) with 1/1 twist (360°)</p>	<p>9.401 Salto backward (tuck/pike/stretched) with 1 1/2 twist (540°) or more</p>
<p>9.102</p>	<p>9.202</p>	<p>9.302 a. Series of saltos backward (tuck/pike/stretched) b. Series of saltos, one of which is forward and one of which is backward</p>	<p>9.402 Series of saltos backward (tuck/pike/stretched) with 1/1 twist (360°) or more in both saltos</p>
<p>9.103</p>	<p>9.203</p>	<p>9.303</p>	<p>9.403 Double salto backward, also with 1/2 twist (180°) or more</p>

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	<p>Whip salto backward, also with 1/2 twist (180°)</p> 	<p>Whip salto backward with 1/1 twist (360°)</p> 	9.404
9.105	9.205	9.305 Series of whip saltos backward	9.405 Series of whip saltos backward with 1/1 twist (360°) in both saltos
9.106	9.206	9.306	9.406

Illustrations provided by USA Gymnastics

Medium	Superior	High Superior	Advanced High Superior
Group 10 - Saltos Sideward/Arabian			
<p>ART. 10 10.101 All saltos to prone</p>	<p>10.201 Arabian salto - take-off backward with 1/2 twist (180°), salto forward (tuck/pike)</p> 	<p>10.301 Arabian salto (stretched)</p> 	<p>10.401 Arabian double salto forward</p> 
10.102	<p>10.202 From take-off forward or backward from one or both legs - salto sideward (tuck/pike/stretched)</p> 	10.302	10.402
10.103		10.303	10.403

Illustrations provided by USA Gymnastics



In Bars: Judge's Initials _____ C/J/AJ Gymnast _____ School _____

SUMMARY SCORESHEET

Requirements - 1.0	Difficulty	TALLY
1. Release / flight (exclude dismt)	(3.0)	_____
2. Direction change (exclude mt/dismt)	(0.2)	_____
3. Hand stretched vert. element (handstand)	(0.2)	_____
4. Superior dismt	(0.2)	_____
Requirement - 0.8	Event req. (1.0)	_____
5. Variety in choice of elements	_____	_____
6. Spacing / Direction	_____	_____
7. All spaces / levels	_____	_____
8. Ack of 2 Bar changes	_____	_____
9. Original Choreography	_____	_____
10. Orig / creativity	_____	_____
11. Characteristic element	_____	_____
12. Distribution	_____	_____
13. Dist of VP & maintain level of diff	_____	_____
Bonus - 0.8	Composition (0.8)	_____
14. (max 4) AHS - 2 diff, no fall/spot	_____	_____
15. HL BBS	_____	_____
16. (max 2) LL BBS	_____	_____
17. 2nd HL BBS	_____	_____
18. 3rd AHS - diff, no fall/spot	_____	_____
FINAL SCORE	Execution (4.4)	_____
NOTES	Subtotal	_____
	Neutral Ded.	_____
	FINAL SCORE	_____
	CJ Deduction (Deduct from Average)	_____

In Bars: Judge's Initials _____ C/J/AJ Gymnast _____ School _____

SUMMARY SCORESHEET

Requirements - 1.0	Difficulty	TALLY
1. 360° turn on 1 foot	(3.0)	_____
2. 1 acro flight elem (on beam)	(0.2)	_____
3. Acro series of diff (on beam)	(0.2)	_____
4. Dance series of diff (on beam)	(0.2)	_____
5. Superior dismt	(0.2)	_____
Requirement - 0.8	Event req. (1.0)	_____
6. Variety in choice of elements & connections	_____	_____
7. Spacing / Direction	_____	_____
8. All spaces / levels	_____	_____
9. Acro in 2 diff dir: bwd & fwd or swd (.05 if dismt only)	_____	_____
10. Original Choreography / Artistry	_____	_____
11. Orig / creativity	_____	_____
12. Quality of movement	_____	_____
13. Distribution	_____	_____
14. Dist of VP & maintain level of diff	_____	_____
Bonus - 0.8	Composition (0.8)	_____
15. (max 4) AHS - 2 diff, no fall/spot	_____	_____
16. HL BBS	_____	_____
17. (max 2) LL BBS	_____	_____
18. 2nd HL BBS	_____	_____
19. 3rd AHS - diff, no fall/spot	_____	_____
FINAL SCORE	Execution (4.4)	_____
NOTES	Subtotal	_____
	Neutral Ded.	_____
	FINAL SCORE	_____
	CJ Deduction (Deduct from Average)	_____

Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORESHEET

Requirement - 1.0	Score	Difficulty (3.0)	TALLY
1. Salto with min of 180°	(0.2)		
2. 3 acro passes	(0.2)		
3. Sup acro elem - in 3rd acro pass or as last acro elem	(0.2)		
4. Sup lp / tp / tn on 1 foot	(0.2)		
5. Dance series of 2 diff Grp 1 elements	(0.2)		
Position - 0.8		Event req. (1.0)	
fairly in choice of elements & connections	(Up to 0.3)	Composition (0.8)	
spacing / Direction	(Up to 0.2)	Bonus (0.8)	
all spaces / levels	(Up to 0.1)	Execution (4.4)	
acro in 2 diff dir: bwd & fwd or swd	(0.1)		
Original Choreography / Artistry	(Up to 0.1)		
orig / creativity	(Up to 0.1)		
quality of movement	(Up to 0.1)		
distribution	(Up to 0.1)		
dist of VP & maintain level of diff	(Up to 0.1)		
IS - 0.8		Subtotal	
max .4) AHS - 2 diff, no fall/spot	(0.2 ea)	Neutral Ded.	
2) HL BBS	(0.2)	FINAL SCORE	
max .2) LL BBS	(0.1 ea, Up to 0.2)	CJ Deduction (Deduct from Average)	
2nd HL BBS	(0.2)		
3rd AHS - diff, no fall/spot	(0.2)		

NOTES

CHIEF JUDGE/MEET REFEREE DEDUCTION SHEET

Chief Judge - Deduct from Average/Event Score:

Failure to present: to CJ before: any judge after (each time)	0.1
Failure to begin within 30 seconds after CJ signal	0.2
Beginning prior to signal from CJ	0.5
Improper Uniform	0.2
Verbal cues by coach/teammate to own gymnast (excluding falls and following 1 warning per team)	0.2
Flagrant exceeding of warm-up time or warming up in competitive area (after one warning)	0.2
Touch of the table with only one hand (vault)	1.0
Incorrect padding (heel pads)	0.2
Coach standing between bars throughout	0.1
Failure to remove board after mount	0.3
Failure to remove spotting device	0.3
Coach next to beam throughout	0.1
Overtime	0.1
Out of bounds (each time)	0.1
Failure to mark sting mat/skill cushion that covers boundary	0.1
Coach on FX mat inside the border marking	1.0
Absence of music or music with song/speech	1.0
Excessive use of chalk or use of tape	0.2
Using incorrect apparatus specifications	0.3
Use of additional mats or board on unauthorized surface	0.3
Unsporting conduct of gymnast (after one warning)	0.2
Unauthorized approach of judge by competitor	1.0
Questioning/influencing judges' decision (gymnast)	1.0
Profanity/verbal abuse/disrespect of judge (gymnast)	Disq.

Meet Referee - Deduct from Team Score:

Delay of meet	1.0
Competing out of order (each event)	1.0
Flagrant exceeding of warm-up time or warming up in competitive area (team - after one warning)	0.2
With the exception of mathematical error inquiries, each inquiry after the first one that does not result in a score correction	0.5
Unauthorized approach of judge by coach	1.0
Questioning/influencing judges' decision (coach)	1.0
Coach/gymnast using cell phone or other electronic device in a restricted area	1.0
Deliberate disruptive behavior by team	1.0
Profanity/verbal abuse/disrespect of judge (coach/team)	2.0
Coach or competitor using tobacco products	2.0

Gymnast _____ School _____ Deduct From: _____

Event _____ CJ Initials _____

Event Score Team Score