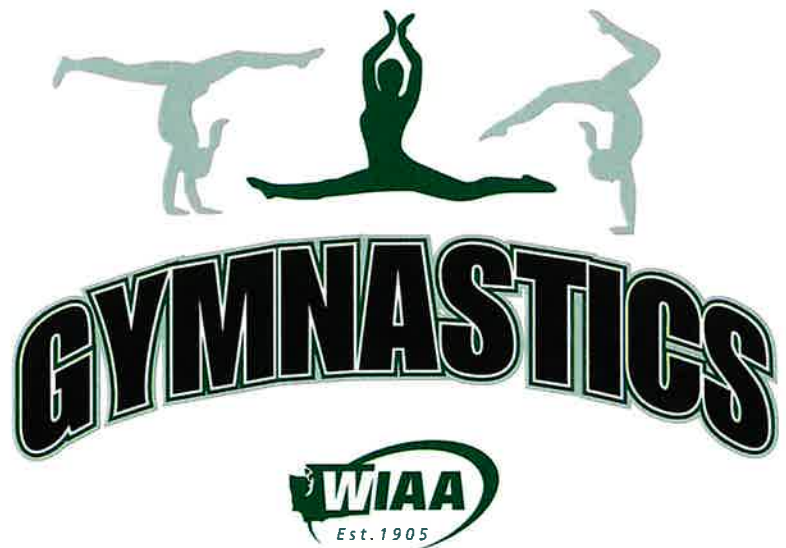


WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

Gymnastics Rule Book

2023-2024



I. REQUIREMENTS OF THE GYMNAST

A. Be informed about the Code of Points.

B. Incorrect Attire (warm-ups & competition) 0.2 – off 1st Event after Warning (CJ)

Note: (leotard may be with or without sleeves)

1. Must be one piece with no bare midriff.
2. Backless leotards are not acceptable.
3. Transparent attire not allowed; however transparent undergarments are acceptable.
4. Narrow shoulder straps not allowed (straps must be > 2cm)
5. Leg cut may not exceed hip bone
6. Jewelry is not allowed (including gauges)..... Disqualified from that event
Allowable jewelry = stud earrings in the ear.
7. Padding not allowed, bandages permitted (no warning needed)
8. Handgrips are permitted at the uneven bars.
9. Slippers and socks optional.
 - o Shoes & gloves are not permitted: NO warning needed, OK with medical permission.
10. Elastic waistbands are incorrect attire.
11. Non-offensive tattoos, make up, glitter, adhesive gems, etc., are acceptable.
12. Hair accessories **in the hair** (including, but not limited to headbands, clips, and bows) shall not be considered jewelry and shall be allowed.
13. Hair should be secured away from face.
 - o Long hair should not come between the athlete and the apparatus.
14. Exposed Undergarments are acceptable so long as the color is flesh tone, white or black or coordinates with the color of the leotard. Exposed undergarments (not flesh tone white or black or coordinating with the leotard) will first receive a warning and then will receive a 0.2 deduction. However, if briefs or bra straps show due to activity, do not take the deduction. Judges need to use common sense.
15. In addition to a leotard or ankle-length unitard, acceptable attire would also include ankle-length tights or leggings that match the leotard or are skin tone. These can be worn over or under the leotard.
16. All athletes are expected to wear only their official team leotard or team sweats while on the competitive floor or warm-up area, including the march in, march out and awards ceremonies. Athletes in street clothes or other non-gymnastics attire will not be allowed onto the competitive floor or into the warm-up area.
17. Exceptions to attire requirements for reasons of religious belief must be approved WIAA rules. See WIAA Handbook Section 17.25 for instructions.
18. For transgender athletes, refer to WIAA Handbook Section 18.16
19. Shorts are allowable apparel for competitions. Shorts must be solid black Lycra (small manufacturer's branding allowed) with no embellishments. They must be worn over a leotard and the length must be above the knee or shorter.
20. **May not use "earbuds / Ear Pods while competing."**

C. Use of Chalk or Incorrect Use of Tape 0.2 – Event (after warning) (CJ)

1. VT Runway – No Chalk marks. Allowable = Tape, Velcro, 2" wide, must remove.
2. VT Table – No Chalk, No Tape.
3. UB – excessive use of chalk not allowed.
4. BB – small chalk markings may be placed on the beam (without warning).
5. FX – small chalk markings (X) are permitted, no Tape or Velcro.
6. FX – Tape on corners allowed for two color carpets.
7. FX – corners marked with single arched chalk line.

D. Apparatus Modifications..... 0.3 – Event (after warning) (CJ)

1. Incorrect placement of additional mats or hand placement mat.
2. Incorrect placement of board on unauthorized surface.

E. Touch Warm-up Regulations..... 0.2 – Team or Event (warning) (CJ)

1. Failure to Observe Specified Warm-up Time Limit, after warning
 - a. VT = 1 vault max. (including salto off the table).
 - b. BB = 30 seconds each
 - c. FX = 30 seconds each
 - d. UB = 30 seconds each (does not include bar prep)
2. In Team competition, the entire warm-up time belongs to the team.
3. Gymnast may complete sequence if ready during the gong sound.
4. Following warm-up period, apparatus may be prepared, but not used.
5. May touch apparatus deduct only if element(s) performed (fall, perform skill on mat)
6. Touch warm-up is only required when warm up equipment is different from competition equipment.

F. Contact with meet officials (judges): The athletes should remain distanced from the officials at all times and shall not present to the judges before rotations during the competition.

G. **General Competition Rules** (must submit written request to evaluate a new element or vault.)

1. Fail to mark (FX) Line on mat, when using Line Judges..... 0.1 – Event (each time) (CJ)
2. Fail to present to the Chief Judge before or any Judge after..... 0.1 – Event (each time) (CJ)
3. Starting exercise before signal from Chief Judge..... 0.5 – Event (Stop and repeat) (CJ)
4. Fail to begin within 30 sec. of signal..... 0.2 – Event (CJ)
5. Exceed intermediate time (UB, BB 45 sec.) Exercise Ended
6. May not speak with active judges during competition..... 0.2 – Event (CJ)
7. Coach instructs gymnast for the next skill..... 0.2 – Event (without warning) (CJ)
8. May not participate in warm-up or competition, while wearing a hard, non-removable cast.

II. RIGHTS OF THE GYMNAST

1. to identical apparatus and mats conforming to specifications if more than one set of equipment is used between warm-up and competition.
2. to receive written evaluation of submitted new elements or vaults.
3. to have score flashed immediately after performance.
4. to receive final results for the competition.

REGULATIONS FOR COACHES

III. REQUIREMENTS FOR THE COACHES

A. Coach Conduct

1. 1st Offense = warning
2. 2nd Offense = 0.2 (off Team Score)
3. Be fair, sportsmanlike at march-in, competition & awards

B. Coaches are Permitted (without penalty) ...

1. To spot during the warm-up period
2. To move board and spot after the gymnast has begun her routine (penalties may apply for a spot).
3. To advise during fall time period (VT, UB, BB)

C. Coaches are not Permitted to ...

1. speak directly to the gymnast; give technical verbal cues, while competing (also from teammates).
2. obstruct the view of the judges
3. inquire to the Panel during competition
3. interfere with the rights of other participants
4. delay the competition
5. other flagrant, undisciplined and abusive behavior..... Immediate Removal
6. may not actively spot or assist an athlete, while wearing a cast or medical device that limits mobility.

D. GENERAL RULES

1. Coaches have the right to submit a request to evaluate a new element or vault.
2. Coaches must submit the competition order and information required.

E. ALL TEAM SUPPORT PERSONNEL ATTIRE:

1. All Team support personnel (i.e., coaches, assistant coaches, managers, medical personnel, etc.) are expected to dress in professional attire at all times while on the competitive floor or warm-up area.
2. Dress in attire reflecting the best image of gymnastics. clothing that promotes drug or alcohol use, is vulgar, obscene, or worn in a manner that draws attention away from the competitive environment is prohibited.
3. The coaches' dress code is as follows:
 - a. Athletic shoes with rubberized soles. Athletic warm-up or "Dockers-style" pants, **jeans without rips or tears.**
 - b. Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts.
 - c. Collared shirts, business casual shirts or T-shirts with or without gym logo. (No spaghetti straps, low-cut or open back tops or midriff/undergarment revealing shirts, **sweatshirts and jackets**).
 - d. No hats or visors.
 - e. **May not use "earbuds / Ear Pods while on the field of play.**

IV. REQUIREMENTS FOR JUDGES**A. MEET REFEREE (MR):**

1. Meet Referee or Acting Meet Referee must be designated for each post-season meet and is highly recommended for all meets.
2. Assists with draw for competition order.
3. President of Jury of Appeal.
4. Liaison between coaches and judges (attends coaches' meeting).
5. Conducts judges Meeting: logistics, rule changes, equipment issues, meet information, protocol.
6. Acts in a professional manner.
7. Selects Chief Judges and panel judges.
8. May observe or give opinion during conferences.
9. Available for counsel with CJ.
10. May counsel CJ.
11. May recommend a change of score (but never force).
12. Gives Technical judging information to Meet Director for distribution.
13. Final authority in technical matters: (timers, linesmen, scorer, flashers,).
14. Notates warning given by CJ for incorrect attire, notifies other CJs, so deduction may be taken.
15. Takes deduction for unsportsmanlike behavior of coach and disruptive behavior.
16. Available for questions and answers (15 minutes after last competitor).
17. Wears the correct uniform.
18. May be affiliated with a team.
19. Is not involved with or makes comments to gymnast during warm-ups or training.
20. Issues Warning to Coach / Meet Director, when more than one gymnast on UB during warm-ups.

B. CHIEF JUDGE (CJ):

1. Prepares judges at meeting prior to competition.
2. Check working materials, signals & devices.
3. Instruct Judging Assistants:
 - a. Line Judge Signals
 - b. Stop Watches, time limitations
 - c. Reporting procedures: line & time violations
 - d. Method of Scoring
 - e. Procedures for flashing scores.
4. Responsible for correct working of panel and assistants.
5. Must act professionally.
6. Green flag or hand signal gymnast presentation.
7. Evaluate and write down score - before reviewing other scores.
8. Record: VP, SR, SV, deductions, and neutral deductions.
9. Flash Start Value and Score.
10. Verify Range of Scores.
11. Verify proper recording of all scores on score sheet.
12. Decides with the MR whether exercise may be repeated (technical failure) before score is flashed.
13. Calls a conference to assist judges in finding common basis for scoring:
 - a. Start Value differences clarified
 - b. Meet Referee may be included
 - c. Judges may change score (not obligated) but must come to agreement.
 - d. CJ may mandate that judges come into range, after consultation with the MR.
14. Takes Neutral deductions (see page 10) from the average and NOTIFY COACH.
15. Terminate exercise if Fall Time exceeded (UB, BB 45 sec., a bleeding wound)
16. Report to Meet Referee: attire incorrect, lack of discipline, exceeding warm-up time, warnings given, excessive cheers or disruptive behavior by teammates or coach (blocking view of judges).
17. Responsible for responding with panel judges(s) inquires in a professional manner.
18. Must wear correct uniform.
19. May not be affiliated to the teams participating.
20. May not make comments to gymnast in training or warm-ups / training, only if requested from coach.

C. PANEL JUDGE (PJ):

1. Judges are obligated to the H.S. RULE BOOK to be unbiased and conscientious.
2. Record VP, SR, SV, and deduction errors.
3. Flash Start Value and Score
4. Initial a Score Change (cross out old score, record new score).
5. Act professionally: do not leave without CJ permission, remain at event, and avoid conversations with coaches.
6. Wear correct uniform.
7. May be affiliated with team (one per panel).
8. Is not involved or makes comments to gymnasts during warm-ups or training.

D. ASSISTANTS:

1. Chief Judge when no assistants are available
2. Send written notification given to the Chief Judge.
3. Type of Assistants:
 - a. Line Judges (FX) – when used in HS
 - b. Timers
 - 1) Uneven Bars Fall Timer (45 seconds) – When used in HS
 - a) Start = when gymnast stands back up on her feet (after injury assessment)
 - b) Stop= feet leave the mat.
 - b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
 - 2) Balance Beam Routine Timer
 - a) Start = feet leave the mat, Stop = feet land on mat (fall & dismount).
 - Restart = first movement to continue routine.
 - b) Signals (verbal or instrument):
 - Warning = 10 seconds remaining, Time = end of time.
 - c) Inform Chief Judge of time violation.
 - 3) Balance Beam Fall Timer (45 seconds)
 - a) Start = when gymnast stands back up on her feet (after injury assessment)
 - b) Stop = feet leave the mat.
 - b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
 - 4) Floor Exercise Timer – When used in HS
 - a) Timing Routine: Start = first movement, Stop = last movement.
 - b) Inform Chief Judge of time violation.
 - 5) Additional Timers
 - a) Warm-up Period (30 second touch) not including settings, markings, board.
 - 20 seconds remaining, 10 seconds remaining, Time.
 - Gymnast may continue movement when time is called.
 - Time Exceeded = inform Chief Judge (deduct 0.2).
 - b) Green Light from Chief Judge
 - c. Other Assistants as required.

E. JURY OF APPEAL

1. Meet Referee, Meet Director, Chief Judge (of event in question), neutral coach and judge.
2. Rights and Duties:
 - a. Govern technical and organizational matters.
 - b. Make final decisions – unusual situations.

F. VIDEO REVIEW

- a. There are no video reviews of routines.

I. AVERAGE SCORE:

- A. Judging Panels
1. One panel per event.
 2. 1 Chief Judge, 1 Panel Judge, Assistants.

II. RANGE OF SCORES:

- A. Average Score Determines the Range (not Chief Judge's score).

- B. Average Score Range of Scores

10.000 - 9.50 =	0.2 pt. range
9.475 - 9.00 =	0.5 pt. range
8.975 - 8.00 =	0.7 pt. range
7.975 - 0.00 =	1.0 pt. range

- C. Conference of Judges:

1. Called and led by Chief Judge, Start Value discussed (impossible SV, out of range, check math)
2. All Judges **MUST** attend conference at designated location (conference zone).
3. Meet Referee may be notified and/or included in the discussion.
4. Conference Resolution: clarify SV, check math, adjust range of scores, come to agreement.
 - Whenever a Zero "0" score is one of the counting scores, the allowable range does not apply.
 - CJ may mandate that scores be brought into range.

III. ROUTINE EVALUATION:

- A. Judges may work with 0.05 increments.

- B. Final Score of 1.00 for Exercises: (Complimentary Score \leq 0.00)

- C. Opening Scoring:

1. Not allowed at Regular Season meets, only average score posted.
2. Required at State Tournament.
3. Procedures for Open Scoring:
 - a. Score independently.
 - b. Record SV and Final Score on judging slip and send to CJ via Runner.
 - c. After all scores received flash scores.
 - d. After conferences, re-flash adjusted scores.

- D. Flashing Start Value (SV)

1. Required at State High School Tournament, Recommended at all other competitions.
2. SV flashed and / or written on scorecard.
3. Meet Director is responsible for SV flashing units or cards.
4. Procedures for Flashing Start Values:
 - a. Score independently.
 - b. Record SV and Final Score on judging slip and send to CJ via Runner.
 - c. After all scores received, flash Start Values.
 - d. Judges do not have to agree on Start Values.
 - Conference **MAY** be called to adjust either up or down.
 - e. After conferences, re-flash adjusted Start Values.

- E. Re-evaluation of Exercise / Time Frame for Changing Scores

1. May not be changed unless there is an Inquiry, Chief Judge is allowed to change the score:
 - a. To apply neutral deductions that were not applied, or
 - b. If data entry error was made.
2. Change must occur prior to the End of Rotation (neutral deductions).
3. Change within 5 minutes of End of Sessions (data entry errors).
4. Must notify coach of the change and display changed scores.

I. **VALUE PARTS**

A. Difficulty Values:

	<u>Element</u>	<u>Value</u>
Easy.....	A.....	0.1 pt.
Medium.....	B.....	0.3 pt.
High.....	C & D.....	0.5 pt.

B. Replacement: Higher Value may replace Lower Value (1 for 1)

C. Recognition (Counting) of VP: recognized **TWO** times as VP – in different connection.

1. Same element performed 2nd time in different connection receives VP.

2. Same element performed third time or performed second time in exact same connection:

a. Value Part Credit not awarded:

1) Element not completed on first or second performance.

2) Element used in the exact same connection a second time.
(exception: VP credit not given for previous performance of an element).

b. Execution and Amplitude deductions applied.

c. May not be used for Value Part (VP) credit.

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

D. Elements Not Listed / New elements: must be evaluated by TC, copy presented to MR or CJ prior to meet.

E. Technical Execution: if element not executed correctly, it may be recognized as another element.

F. Bottom of Feet First (NOT landing on Any Part) = No VP, No SR, No Dismount (if no salto action).

G. Value Part Requirements:

$$\begin{array}{r}
 3 A @ 0.1 = 0.3 \\
 4 B @ 0.3 = 1.2 \\
 1 C @ 0.5 = 0.5 \\
 \hline
 2.0
 \end{array}$$

II. **CALCULATION OF DIFFICULTY** – always give advantage to gymnast

III. **SPECIAL REQUIREMENTS (SR)**

A. SR = 0.5 each: (see exceptions for FX).

B. SR credit may be awarded for elements that do not receive VP credit,
if the element did not receive VP credit due to repetition.

C. One element may fulfill more than one SR: unless specified.

IV. COMPOSITION**A. Construction of Exercise:**

1. Distribution of Elements
2. Diversified, Creative and Artistic Composition throughout.
3. Use Entire Apparatus (space and direction)

B. Good Composition:

1. Change in Direction
2. Change in Tempo and Rhythm
3. Change in Body Positions in relation to the apparatus
4. High Points (Peaks)
 - a. Performance of Value Parts.
No additional consideration should be given for exceeding the VP required.
 - b. Movement contrasts
 - c. Distribution of elements

C. Specific Composition requirements: see each event**V. EXECUTION (TECHNIQUE / AMPLITUDE / POSTURE) & ARTISTRY****A. Excellent Execution and Amplitude:**

1. Maximum amplitude
 - a. Externally – body to apparatus
 - b. Internally – range of motion within the body
2. Turns in saltos completed at highest point
3. Optimal body lines, extension, and posture.

B. Excellent Artistry:

1. Original creative choreography in elements and connections – “How well did she move?”
2. Quality of gymnast’s movements to reflect her personal style – “The way she moved – unique?”
3. Quality of expression (i.e., projections, emotion, focus) – “What does her face express?”

Judges looking for Artistry in:

- ♦ Variety of level changes
- ♦ Variety of facial expression
- ♦ Variety in quality of movement (sharp, soft)
- ♦ Variety in the direction of movement
- ♦ Rhythm changes
- ♦ Focus changes

C. General Deductions: (see page 10 – General Execution Faults)**D. Clarification on Steps on Landing:**

1. A step-close is considered on step and receives a 0.10 deduction.
A very small step=close or other small foot movement would receive a 0.05 deduction.
 - a. Land feet together – one step forward, sideward, or backward; then returns to join foot
OR
 - b. Lands feet together – one step forward, backward, or sideward; then steps to join foot.
2. Additional movements to maintain balance after the steps(s), deductions may be applied.
3. Maximum deduction of 0.40 for steps; however, deduct only 0.50 for a fall.
 - a. UB or BB Dismount with feet a maximum of hip-width apart – no deduction, must slide heels together. Foot slides or is lifted off the mat to join = small step.
 - b. Deductions for landing with feet apart / staggered are to be applied only when the Gymnast “sticks” the landing on Bars / Beam Dismounts, Vault and on an Isolated Salto or the Last Salto in an Acro Pass on Floor Exercise.

VI. OPTIONAL REQUIREMENT FORMULA

- A. **VP** – Value Parts 2.0
- B. **SR** – Special Requirements 2.0 (exception on floor)
- C. **Execution & Composition** 6.0
- D. **SV** – Start Value 10.0

VII. CALCULATING START VALUES

- A. Each Judge determines the SV.
- B. Not mandatory that Start Values agree – if impossible SV, a conference must be held.
- C. Determining Start Value:
 - 1. START VALUE = 10.0
 - 2. DEDUCT missing . . .
 - b. Value Parts (VP)
 - 0.1 = A
 - 0.3 = B
 - 0.5 = C
 - b. Special Requirements (SR) 0.5 each
 - c. Exercises without dismount / last Salto (FX) 0.3

I. COMPLETE OR INCOMPLETE EXERCISE = - 2.0 off Average, determine SV, take deductions.

- A. Bars = less than 6 Value Parts 1.0 minimum score
- B. Beam = less than 30 seconds 1.0 minimum score
- Floor = less than 30 seconds 1.0 minimum score

II. EQUIPMENT FAILURE REPETITION: occurs through no fault of the gymnast or coach:

Apparatus failure, personal equipment failure, music failure.

A. Stop and Repeat:

1. Chief Judge (with MR) decision (at which point the exercise must resume).
2. Perform from the point of interruption, after reasonable amount of rest.
3. Camera flash is not a valid reason to repeat.
4. Does not include unfastening of bandages, or handgrips, or loss of footwear, incorrect bar settings, failure to tighten cables or handles.

B. Music Failure (Floor):

1. Decide whether accept score given or resume routine at point of music failure.
2. Score will not be posted until decision.
3. No deduction for absence of music, with decision to accept the scores.

III. INQUIRIES

A. Coach allowed to see all of the scores of the Panel.

B. Advise Coach to submit inquiry form, no casual conversation between coach and judge.

C. Submitted in writing: to Meet Director or Meet Referee on official inquiry form.

1. Meet Director will give inquiry to Meet Referee, who will give inquiry to the CJ.
2. Panel will respond, providing only the information requested.
3. There is no limit to the number of inquiries that may be submitted.

D. Submitted within 5 minutes: of the completion of the event rotation.

- Must be completed legibly by the coach.

E. Limited to questions regarding:

1. Compulsory Routines

a. Text	d. Falls
b. Major Element Evaluation	e. Unusual Occurrences
c. Neutral Deductions	
2. Optional Routines

a. Start Value	d. Unusual Occurrences
b. Neutral Deductions	e. Specific (flat) Composition Deductions
c. Falls	

F. Inquiry Results:

1. At the State Tournament, any inquiry that does not receive a score change will result in a deduction of 0.1 for that athlete on that event.
2. Scores can be raised, lowered, or remain the same.

G. Score Changes: once a final average score has been submitted to the scoring system, it may only be changed by using an inquiry; missing neutral deduction or data entry error.

IV. JUDGE INADVERTENTLY MISSES THE EXERCISE (rare occurrence - one judge misses routine)

A. Two Judge Panel:

1. Coach advised of the score of the judge who evaluated the whole routine.
2. Option 1: Accept the score OR
3. Option 2: Repeat the exercise, score of the second routine will count.

B. Decision made by the CJ consulting with the MR, who will then notify the coach of the options.

V. PROCEDURES FOR INJURIES / FALLS RESULTING IN BLEEDING

- A. Take immediate action to cover wound.
- B. Injury does not give right to repeat routine.
- C. If fall time exceeded, exercise terminated.
- D. Blood must be removed before next gymnast.
- E. Coach & athlete have the right to choose to continue within fall time limits

GENERAL DEDUCTIONS – UB, BB, FX:

Feet flexed / sickled during VP elements.....(each)	0.05
Brush / Touch of Foot / Feet on Apparatus or Mat.....	→0.1
Legs Crossed (during VP with twists).....	→0.1
Legs Separated.....	→0.2
Knees Bent (90°+ bend = maximum).....	→0.3
<u>Arms Bent (90°+ bend in support = maximum.).....</u>	<u>→0.3</u>
Insufficient Exactness of Tuck / Pike	→0.2
Insufficient Exactness of Stretch (arch).....	→0.2
Insufficient Exactness of Stretch (pike).....	→0.2
<u>Failure to maintain Stretch (pike down early).....</u>	<u>→0.2</u>
Insufficient split required in VP ... 1° - 20°	0.05 - 0.1
Insufficient split required in VP... 21° - 45°	0.15 - 0.2
<u>Insufficient split required in VP... 46° +.....</u>	<u>Lower VP</u>
Turns: incomplete..... 1° - 44°	0.05 - 0.1
Turns: incomplete..... 45° - 89°	0.15 - 0.2
<u>Turns: incomplete..... 90° +.....</u>	<u>Lower VP</u>
Acro: under rotated twist... 1° - 44°	0.05 - 0.1
Acro: under rotated twist... 45° - 89°	0.15 - 0.2
<u>Acro: under rotated twist... 90° +.....</u>	<u>Lower VP</u>

GENERAL LANDING FAULTS: (Elements and Dismounts)

Deviation from straight direction on landing.....	→0.1
<u>Extra arm swings.....</u>	<u>→0.1</u>
Slight Hop, Adjustment, Staggered, > Hip Width	→0.1
Extra steps (max. 4) (step-close or step-together) each... 0.1	
Medium Steps (VT, UB/BB dismounts., BB/FX acro.... 0.15	
Very large step or jump on landing (3 feet).....	0.2
<u>Incorrect Body Posture on landing.....</u>	<u>→0.2</u>
Deep (hips lower than knees) squat (+ Fall)	→0.3
Trunk Movements to control (UB/BB Dism. & FX Acro). →0.2	
<u>Trunk Movements to control (Elements on BB).....</u>	<u>→0.3</u>
Insufficient Height of Dismounts (UB/BB).....	→0.3
Insufficient Extension (Open) prior to landings.....	→0.3
Squat on Landing (hips even with or lower than knees) →0.3	
<u>Brush / Touch Landing with 1 or 2 hands (no support)..</u>	<u>→0.3</u>
Support on mat with 1 or 2 hands.....	0.5
Fall on mat with knees or hips.....	0.5
Fall on or against apparatus.....	0.5
<u>Fall on hands & Bottom of feet simultaneously (OK VP)..</u>	<u>0.5</u>
Fail to Land on Bottom of Feet (No - VP, SR, Bonus).....	0.5
Spot Element (No VP, SR, Bonus, Composition).....	0.5
Spot Landing (OK VP, SR, Comp.) No Bonus, (Fall + 0.5)0.5	
Spot Fall out of bounds (FX).....	0.5
Catch falling gymnast (do <u>not</u> deduct for SPOT)..Fall ... = 0.5	

START VALUE DEDUCTIONS

Value Parts Missing.....	A = 0.1 B = 0.3 C = 0.5
Exercise without Dismount (UB, BB).....	0.3
Special Requirements missing (4 per event).....	each 0.5
Exception FX	

TIME JUDGE (off Event Average by CJ) – Notify Coach

BB – Overtime.....	event 0.1
FX – Overtime.....	event 0.1
Warm-up skill on mat (BB) after a fall.....	event 0.2
Exceed warm-up time <u>after warning</u> (team).....	team 0.2
Exceed warm-up time <u>after warning</u> (individual).....	event 0.2
Exceed 45 second fall time (UB, BB).....	End

LINE JUDGE (off Event Average by CJ) – Notify Coach
(Only if Line Judges are being used – HS)

FX – Boundary Lines <u>not</u> marked on additional mats.....	event 0.1
FX – Touch outside border marking (each time)...	event 0.1

CHIEF JUDGE or MEET REFEREE (After Warning**)

Coach stands between Bars / by Beam throughout	event 0.1
<u>Failure to present to Judge (each time)</u>	<u>event 0.1</u>
Failure to start when signaled (30 sec.).....	event 0.2
<u>Excessive use of chalk or Incorrect Use of Tape.....</u>	<u>event 0.2</u>
Technical Verbal Cues, from Coach / Teammate....	event 0.2**
Judge(s) must hear the words.	
<u>Instruction from Coach.....(no warning)...</u>	<u>event 0.2</u>
Incorrect Heel / Hips Pads.....(no warning)...	event 0.2
<u>Incorrect attire (ex: Waist Bands).....</u>	<u>event 0.2**</u>
Exposed Underwear.....	event 0.2**
<u>Hair not Secured.....</u>	<u>event 0.2**</u>
Board on plywood surface.....	event 0.3
<u>Failure to remove board after mount / spot.....</u>	<u>event 0.3</u>
Use Additional mats.....	event 0.3
<u>Incorrect Apparatus (ex. hand placement mat).....</u>	<u>event 0.3</u>
Start exercise before Signal (repeat / deduct).....	event 0.5
VT – Coach between board and Table (ex Gr.4,5)	event 0.5
VT – Vault / Attempt without signal from CJ (off next vault)	0.5
<u>VT – Use of one-arm only (half of panel agree).....</u>	<u>vault 1.0</u>
FX – Coach on the Mat (OK to adjust mat).....	event 0.5
<u>FX – Absence of music or music with words.....</u>	<u>event 1.0</u>
<u>Short Exercise ... UB < 6 elements</u>	<u>event 2.0</u>
(Complete or BB < 30 seconds	
Incomplete) FX < 30 seconds	
Unsportsmanlike conduct - Gymnast (2 nd offense)...	event 0.2**
Unsportsmanlike conduct - Coach (2 nd offense).....	team 0.2**
Jewelry, other than stud earrings in the ears	event D.Q.
Flagrant undisciplined, abusive behavior – Coach...	Removal

GENERAL INFORMATION

- A. **Rules:** the WIAA Gymnastics Rule Book lists the compositional/combo guidelines and specific compositional/combo deductions for each event.
1. Judges should not create additional criteria for the application of specific combination / combination deductions, especially if they relate to the performance of more difficult skills that go beyond the expectations.
 2. No other rules, i.e., USA Gymnastics, NCAA, NFHA, apply to Washington HS Gymnastics. Please consult the Technical Director for any questions.
- B. **Equipment Failure Situations:**(including broken or completely torn handgrips) occurring through no fault of the gymnast or coach, the gymnast may:
1. Stop immediately and request permission from the Chief Judge to repeat her routine. The Chief Judge will consult with the Meet Referee on the determination to repeat. In questionable cases, this request should be made to the Jury of Appeal. Once permission is given, the gymnast would perform again after a reasonable amount of rest time. No score would be given for the partial routine.
 2. Continue to complete the routine. At the completion of the routine, she and her coach must decide whether to repeat the routine or accept the score given. No score will be posted by the judges until that decision is made. In the case of Floor Exercise, no deduction would be taken for the music failure.
 3. **Not** included: unfastening of bandages or handgrips or loss or partial loss of footwear.
- C. **Hip/Heel padding** used during an uneven bar exercise, a deduction (- 0.2) for incorrect attire would be taken by the Chief Judge. No warning is necessary.
- D. **No jewelry**, with the exception stud earrings in the ear. All other piercings must be REMOVED.
1. NO warning will be given. If a judge notices jewelry while the athlete is competing, she will be disqualified from that event and receive a score of 0.00.
 2. If a judge did **not** notice the jewelry while athlete was competing, they will **not** disqualify an athlete that has completed their routine and left the competitive area,
 3. The athlete/coach will be notified immediately that the disqualification has occurred.
 4. The definition of jewelry does **not** include tattoos, glitter, **appliques on the skin or** glitter and/or hair clips/**bows worn in the hair.**
 5. Covering jewelry with tape or bandages is **not** acceptable = disqualification.
 6. Vault is considered one event and jewelry worn at any point, while competing this event, will result in disqualification.
 7. **The definition of jewelry does include anything worn around the wrist, ankle or similar body part that is not a medical alert bracelet. Examples are, but not limited to scrunchies, hair ties.**
- E. **Failure to Present:** there is a penalty – 0.10 (each time) if the gymnast fails to present before or after the exercise.
- F. **Neutral deductions** (timing or out of bounds violations) must be indicated to the coach either verbally or by visual means.
- G. **No Dismount:** on Uneven Bars and Balance Beam, if a gymnast attempts a salto dismount, but does **not** initiate the salto, a deduction of 0.30 will be taken for **not** performing a dismount.
- H. **Cell Phones:** All individuals involved in the competition “field of play” are required to either turn off their cell phone or set it at vibrate mode during competition. Calls should be made outside the field of play.
- I. **Injuries and Falls:** The coach and athlete have the right to determine if the athlete can continue the routine after a fall (within the fall time limitations); however, it is advised that any recommendation from medical personnel be heeded, in the best interest of the athlete’s safety. The meet hosts should consider providing a small first-aid kit including tape, gauze, or band-aids at each event, especially if there is no trainer available, so that these items could be accessed quickly.
- J. **Out of Bounds** deductions will only be taken IF there are line judges (volunteer line judges = OK).
- K. **Vault Warmup** – gymnast waiting for signal, may run down runway (**not** in front of judges)
- L. **Floor Warmup** – gymnast waiting for signal, may jump within the FX boundaries.

- I. **APPARATUS SPECIFICATIONS:** Runway 76' – 82"; 1 3/8" thickness
 2" max. athletic tape, Velcro strips, must be removed at the end of rotation.
(HS: Vault Table legs MUST be on the hard floor, not resting upon the vault runway.)
- A. Rules & Policies..... = requirements subject to change, beginning each August 1st.
 B. Runway..... = Meet Director must include runway thickness in meet information.
 C. Tape or Chalk..... = Use excessive chalk on the Table or Runway = 0.2 CJ
 D. Hand Placement Mat.. = Hand placement mat is not part of apparatus – touch..... = Balk
 • Coach responsible to secure Velcro, not equipment failure.
 • Coach responsible to secure tape measure.
 E. Safety Zone Collar.... = required Roundoff entry, placed properly, may be used for other vaults, may not block the horizontal plane of the Table, no extra mats.
 F. Mats / Skill Cushions.. = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats.. = 0.3 CJ
 G. Runway = Tape, Velcro, No Chalk, maximum width across runway, remove after rotation.
 H. Mat Measurements.... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm

II. GENERAL INFORMATION

- A. Final Score..... 1) May perform 2 vaults
 2) Vaults may the same or different
 3) Average vaults separately
 4) Best Vault = Final Score
- B. Three (3) Approach / Attempts to successfully complete One or Two vaults
 1) Balk attempt = running approach that does not result in going over the vault table.
 2) Stops mid run, runs off runway, contact mat, zone, board, Table (w/o vault)
 a. BALK, one attempt
 b. Two Balks in a row (2nd Balk) = VOID vault
 3) 4th Attempt not allowed.
- C. Intended Vault..... 1) Vault Performed determines SV.
 2) Body Position demonstrated in majority of vault determines the vault executed.
- D. Perform w/o Signal..... 1) Vault performed without CJ Signal = Ignore Vault
 2) May perform 2 more Vaults
 3) CJ applies penalty to the Average of the next vault performed..... 0.5 CJ
 4) Penalty may or may not affect final score
- E. Coaching..... 1) Spot Landing..... 0.5 judge
 Fall after Spot on Landing (additional deduction)..... 0.5
 After landing, catch a falling gymnast (do not deduct for spot)..... 0.5 Fall only
 2) Spot VaultVOID
 3) Between Board & Table (except Roundoff entry)..... 0.5 CJ
 4) May speak to gymnast between vaults
 5) May always stand to the side of the Table or on the mats to the side of the Table.
- F. Misc. Vault Rules..... 1) Arrival: 2 feet, Forward / Backward (Roundoff) / Front Handspring
 3) Only One Hand Touch (half of panel must agree)..... 1.0 CJ
 No Hand Touch).....VOID
 3) Landing: failure to land on bottom of the feet first.....VOID
 Landing: ON table: standing, sitting lying.....VOID
 4) Whenever a Zero "0" score is one of the counting scores,
 the allowable score range does not apply.
 5) Vault performed that are not listed....."0" Vault
- G. Clarification Extension / Opening Deduction for vault should reflect the body shape before landing. The "up to 0.3" deduction should be applied according to small, medium, and large errors regarding the body shape. Note: If a gymnast begins to extend or completely extends the hips prior to landing, but upon landing cannot maintain the upper body posture and closes the upper torso downward toward the legs (compresses), the "up to 0.30" deduction for "additional movements to maintain balance" can be applied.
- H. Clarification Vault 1.106. ½ on – repulsion off: This vault must have a minimum of ¼ turn onto the vault table and an attempt to invert. If the feet never go above the plane of the table, the vault shall receive a 0.00.
- I. Clarification ¼ on – ¼ off vault: There is no vault listed on the vault table of acceptable vaults. If performed, a ¼ on, ¼ off vault will be judged as a handspring and appropriate twisting and directional deductions will be taken.
- J. If a gymnast Falls on her First Vault Attempt and an Injury is being Assessed: allowed a maximum of one minute after the completion of the judgment to leave the landing area. If the gymnast remains in the landing area for more than one minute after the judgment is complete, a second vault will not be allowed. In this instance, the Chief Judge will monitor the time
- K. Timed warmup begins with gymnast standing on the Table or runs toward the Table and touches board. Warmup drills that do not touch the board are not included in timed warmup. Excessive delay when timer is ready could result in a deduction.
- L. Vault Fall Time: following a fall on the first vault, once the gymnast is up on her feet, she has 45 seconds before the judge will salute for the second vault. After 25 seconds have passed, the Chief Judge will announce "20 seconds remaining". After 35 seconds have passed, "10 seconds remaining" will be announced. "Time" is announced at 45 seconds.

WSGCA New Vault with separate deductions for this vault.

Jump Up Onto Vault Table → Handstand Kickover Vault

Start Value: 5.00

1. **Hurdle** Up to 1.0
 - one (1) foot takeoff
 - correct two (2) foot landing on board with feet together.
2. **Straight Body Jump to Table** Up to 1.0
 - chest up
 - legs together
 - tight body
 - controlled landing on top of table
3. **Kick to Straight Body Handstand** Up to 1.0
 - maximum of two (2) steps to transition from jump up into lunge.
 - arms by ears
 - deduct for more than one (1) attempt to kick-over.
 - deduct for more than five (5) second pause before attempting Handstand.
 - general handstand form.
4. **Limber Over to Stuck Landing** Up to 1.0
 - straight arms and legs in limber
 - arms by ears throughout
 - landing position

F. Specific Deductions:

1. FIRST FLIGHT....	Feet:	Poor foot form	→ 0.1
	Legs:	Crossed (twisting vaults)	→ 0.1
	Legs:	Separated	→ 0.2
	Legs / Knees:	Bent.	→ 0.3
	Body:	Excessive Arch	→ 0.2
	Hips:	Poor Technique Hip Angle	→ 0.3
	Turn:	Incomplete, <u>not</u> fully executed	→ 0.3

2. SUPPORT.....	Hands:	Staggered hand placement (except Gr. 3 & 5).	→ 0.1
	Shoulders:	Poor shoulder angle technique (head out of line).	→ 0.2
	Body:	Excessive Arch	→ 0.2
	Hands:	Alternate repulsion off hands (except Gr. 3 & 5).	→ 0.2
	Knees:	Bent (in support) or Early Tuck (for Salto Vaults)	→ 0.3
	Hands:	Steps with Hands (max 0.3).	0.1 (each)
		Hop(s) both hands simultaneously	0.3
	Vertical	Failure to pass through vertical	→ 0.3
	Arms (→ 90°).	Bent (Group 3: lead arm slight bend allowed).	→ 0.5
	(NON SALTO).	Too long in support.	→ 0.5
	(NON SALTO).	Angle of repulsion (1° - 45°).	→ 0.5
		Angle of repulsion (45° - 90°).	0.55 - 1.0
	Turn:	Begun too early (twisting on the table).	→ 0.3
	One Hand	Only one hand, 1/2 panel agree,	1.0 (CJ)
Head:	Touches Table in support (include arm bend 0.5)	2.0	
No Hands	Vault without touching table	VOID	

3. SECOND FLIGHT..	Feet:	Poor foot form	→ 0.1
	Legs:	Crossed (twisting vaults)	→ 0.1
	Legs:	Separated	→ 0.2
	Legs / Knees:	Bent.	→ 0.3
	Body:	Insufficient Tuck (90° hips, 90° knees).	→ 0.3
		Insufficient Pike (91° - 135° hip angle).	→ 0.3
		Insufficient Stretch (pike 136° - 179°).	→ 0.3
		Insufficient Stretch (Excessive Arch)	→ 0.3
		Fail to maintain stretch (pike down)	→ 0.3
	Opening:	Insufficient / late Opening of tuck or pike	→ 0.25
		Total absence of Opening of tuck or pike	0.3
	Body:	Under Rotation of Salto vaults.	→ 0.1
	Turn:	Insufficient exactness of turn (at the top)	→ 0.1
		Late completion of twist (Gr. 1, 4, 5 without saltos)	→ 0.3
Touch Table.	Brush / hit vault table with body.	→ 0.2	
Length:	Insufficient Distance (amplitude of after flight)	→ 0.3	
Height:	Insufficient Height (NON-SALTO).	→ 0.5	
	Insufficient Height (SALTO).	→ 1.0	

LANDING.....	Arms:	Extra arm swing	→ 0.1
	Body:	Body Posture on landing (bent over)	→ 0.2
	Body:	Additional trunk movement to maintain balance	→ 0.2
	Turn:	Under or Over rotate	01° - 30° = 0.05 - 0.1
			31° - 60° = 0.15 - 0.2
			61° - 89° = 0.25 - 0.3
			90° + lower value
	Direction:	Deviation from straight direction (contact with mat).	→ 0.3
	Steps:	Slight hop, adjustment, Staggered, > Hip Width.	→ 0.1
		Extra steps (maximum 0.4)	0.10 (each)
		Medium steps	0.15 (each)
		Large step or jump (3 feet)	0.2
	Squat:	Squat (hips lower than knees) on Landing (+ Fall).	→ 0.3
	Brush/Touch.	Landing mat with 1 or 2 hands (no support).	→ 0.3
Fall:	Support on 1 or 2 hands, knee(s), hips, apparatus.	0.5	
Dynamics:	Insufficient quickness	→ 0.3	

5. GENERAL.....	No Signal:	Vault/Attempt without CJ Signal (deduct off next ult)	0.5 (CJ)
	Coach:	Between board and vault table (OK Group 4,5)	0.5
	Spot:	Catch falling gymnast (do not deduct for Spot)	0.5 Fall only
		Spotting assistance upon landing (Fall + Spot).	0.5+0.5
		Spotting during the vault (any phase)	VOID
	Landing	Fail to land on bottom of feet	VOID
		Comes to Rest / Support on Table.	VOID
	No Vault:	Approach and touch board or table without vault	VOID
Safety Collar:	No Safety Zone / Used improperly on roundoff vaults	VOID	

GENERAL INFORMATION:

1. Performance of Beginner or Novice level routines requires notification to the official prior to competition, or routine will be judged as an optional routine.
2. It is intended that all elements and connections be performed with maximum amplitude and execution.
3. All execution and/or amplitude errors leading to a fall, but not balance errors leading to a fall will be deducted. The total execution and/or amplitude deductions taken on a major element may not exceed the value of the element plus 0.50.
4. Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required series due to a fall are in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.
4. If more than half of the major elements in an exercise are performed with the assistance of the coach, then the score is determined by giving the value part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements.
5. After a fall, judging resumes from the point of the interruption.

CHANGES IN PRESCRIBED TEXT:

- *Changing or omitting a major element (allowed + penalty) Beginner Routine.... 0.0 + 0.50
- *Changing or omitting a major element (value + penalty) Novice Routine..... 0.5 + 0.50
- Failure to complete a major element (value)..... Up to 0.50
- Adding an extra element..... each 0.30
- Major element with additional twist/turn/major change in flight (value)..... Up to 0.50
- ***Changing** = performing a totally different element than the element prescribed.
- ***Omitting** = leaving the element out completely or performing it out of order.
- *There is no “changing” deduction if a pull-over is performed instead of the glide kip mount.

EXECUTION:

- Repetition of missed element (start judging at the point of interruption)..... No penalty
- Incorrect body alignment, position, or posture Up to 0.20
- Lack of coordination on connections..... Up to 0.10
- Lack of lightness..... Up to 0.10
- Movement lacking dynamics (General deduction for whole exercise)..... Up to 0.30
- Feet contacting floor:
 - Slight..... Up to 0.10
 - Moderate..... 0.20 - 0.30
 - Full weight..... 0.50
- Run out glide instead of jumping from two feet to perform the glide..... 0.30
- Refer to General Table for other deductions.

RHYTHM:

- Lack of continuity between connections and elements..... Up to 0.10
- For overall rhythm during exercise..... Up to 0.40
- Incorrect rhythm of connections/elements when specifically noted in text..... Up to 0.10
- Lack of continuity between elements in a directly connected series..... Up to 0.20

AMPLITUDE:

- Insufficient internal body amplitude (stretch/tightness) during extended positions.. Up to 0.20
- Insufficient external amplitude away from bar during swinging/circling moves..... Up to 0.20

REQUIREMENTS:

- Beginner Routine Start Value = 5.0 points
- Novice Routine Start Value = 7.0 points
- Total execution deductions → up to 0.5 + 0.5 value (maximum/element)
- Fall deductions are in addition to execution deductions.
- No compositional deductions.

Start Value: 5.00

Starting Position: Stand with the feet together, outside of the bars and facing the low bar. A board or raised surface (such as a panel mat) may be used as a mounting surface but must be removed as soon as possible after the gymnast has mounted.

1A. MOUNT: PULL OVER (0.50) OR

PULL OVER: While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. The arms and legs are straight throughout.

1B. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.50)

Jump from both feet, lifting the hips upward and backward to grasp the low bar with an over-grip. Maintain a hollow body position, with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide, the legs are together, and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to execute a GLIDE KIP. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with the legs/feet in front of the bar (body slightly piked), shoulders forward and the head neutral. The arms and legs are straight throughout.

2. SMALL CAST

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward.

3. BACK HIP CIRCLE (0.50)

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight body position to execute a BACK HIP CIRCLE. Maintain straight arms and shift the hands to the top of the bar to finish in a momentary extended straight arm front support.

4. SMALL CAST

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward.

5. BACK HIP CIRCLE (0.50)

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight body position to execute a BACK HIP CIRCLE. Maintain straight arms and shift the hands to the top of the bar to finish in a momentary extended straight arm front support.

6. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.

Upon completion of the horizontal cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

7A. SMALL CAST TO SOLE CIRCLE DISMOUNT (0.50) OR

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward placing feet on the bar, then executing a sole circle dismount. .

7B. SMALL CAST, SQUAT ON, STRETCH JUMP DISMOUNT (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward placing feet on the bar, then perform a stretch jump landing slightly forward from the low bar.

Start Value: 7.00

NOTE: A kip must be performed in either skill 1 or skill 6. If a pull-over is performed in both skills, there will be a deduction of 0.50.

Starting Position: Stand with the feet together, outside of the bars and facing the low bar. A board or raised surface (such as a panel mat) may be used as a mounting surface but must be removed as soon as possible after the gymnast has mounted.

1A. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.50) OR

Jump from both feet, lifting the hips upward and backward to grasp the low bar with an over-grip. Maintain a hollow body position, with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide, the legs are together, and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a GLIDE KIP.

1B. MOUNT: PULL-OVER (0.50)

While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with the legs/feet in front of the bar (body slightly piked), shoulders forward and the head neutral. The arms and legs are straight throughout to execute a PULL-OVER.

2. CAST TO HORIZONTAL (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight. Upon completion of the horizontal cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

3. BACK HIP CIRCLE (0.50) AND 4. BACK HIP CIRCLE (0.50)

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight body position to execute a BACK HIP CIRCLE. Maintain straight arms and shift the hands to the top of the bar to finish in a momentary extended straight arm front support.

5. CAST, SQUAT ON, STOOP ON, OR WITH CIRCLE (0.50)

Immediately CAST again with straight arms. Bend the legs to place the balls of the feet on the bar between the hands in a tuck position, shifting the shoulders back over the bar to execute a SQUAT ON.

6A. JUMP TO LONG HANG KIP OR LONG HANG PULLOVER (0.5) OR

From the squat position on the low bar, jump up to grasp the high bar while maintaining a straight hollow body position. With the legs together, swing the body downward, forward, and upward to horizontal.

At the completion of the forward swing, the body is fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a LONG HANG KIP or LONG HANG PULLOVER. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. The arms and legs are straight throughout.

6B. JUMP TO TAP SWING TO 30° BELOW HORIZONTAL, COUNTER SWING TO LONG HANG KIP OR LONG HANG PULLOVER (0.5)

From the squat position on the low bar, jump up to grasp the high bar while maintaining a straight hollow body position. With the legs together, swing the body downward, forward, and upward to horizontal.

At the completion of the forward swing, the body is fully extended at a minimum of 30° below horizontal. The swing backward in a counter swing. With the legs together, swing the body downward, forward, and upward to horizontal.

At the completion of the forward swing, the body is fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a LONG HANG KIP or LONG HANG PULLOVER. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. The arms and legs are straight throughout.

DISMOUNT OPTION 1a.b.**7A. CAST TO 45° BELOW HORIZONTAL (0.50)**

With the shoulders slightly in front of the bar, immediately swing the legs backward push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO 45° BELOW HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.

8A. TAP SWING FORWARD WITH ½ (180°) TURN (0.50) OR

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward to swing to a minimum of 45°, maintaining a hollow body position. Kick both feet simultaneously in the direction of the turn, leading with the toes, knees, hips, then shoulder in a sequential manner. Initiate the ½ (180°) turn after 45°. The head remains neutral, with the focus on the toes during the initial phase of the turn. During the final stage of the turn, shift the focus to the bar where the re-grasp will occur. (The hand position is optional.) Re-grasp the bar as the turn is completed. Maintain straight arms throughout.

Push against the bar, open the hands, and release the bar to execute the TAP SWING FORWARD WITH ½ (180°) TURN DISMOUNT. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

8B. FLYAWAY TUCK/PIKE/STRETCH DISMOUNT (0.50)

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward and upward to swing, maintaining a hollow body position.

Tap feet through to perform a FLYAWAY TUCK / PIKE / STRETCH DISMOUNT. The head remains neutral, with the focus on the toes during the initial phase. Maintain straight arms throughout. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

DISMOUNT OPTION 2a.b.**7B. UNDERSWING, COUNTERSWING (0.50)**

Immediately press the bar downward to the mid to lower thigh with the head neutral, chest and torso hollow and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute the UNDERSWING. Immediately drive heels backward to execute a Counterswing.

8C. TAP SWING FORWARD WITH ½ (180°) TURN (0.5) OR

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward to swing to a minimum of 45°, maintaining a hollow body position. Kick both feet simultaneously in the direction of the turn, leading with the toes, knees, hips, then shoulder in a sequential manner. Initiate the ½ (180°) turn after 45°. The head remains neutral, with the focus on the toes during the initial phase of the turn. During the final stage of the turn, shift the focus to the bar where the re-grasp will occur. (The hand position is optional.) Re-grasp the bar as the turn is completed. Maintain straight arms throughout.

Push against the bar, open the hands, and release the bar to execute the TAP SWING FORWARD WITH ½ (180°) TURN DISMOUNT. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

8B. FLYAWAY TUCK/PIKE/STRETCH DISMOUNT (0.50)

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward and upward to swing, maintaining a hollow body position. Tap feet through to perform a FLYAWAY TUCK / PIKE / STRETCH DISMOUNT. The head remains neutral, with the focus on the toes during the initial phase. Maintain straight arms throughout. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

I. APPARATUS SPECIFICATIONS – See Rules and Policies for dimensions

- A. Height Measurement..... = plum line from floor to the bottom of the rail wrong specifications... = 0.3 CJ
- B. Supplemental Mats..... = Sting Mat, 4" Throw Mat, 8" Skill Cushion – additional or unauthorized mats.. = 0.3 CJ
Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
- C. Mats for Mounts..... = no plywood allowed under board unauthorized mats..... = 0.3 CJ
 - 1. without board..... = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
 - 2. with..... board..... = 9" landing mats + sting or 4 inch throw mat (board must be removed)..... = 0.3 CJ

II. ATTIRE REGULATIONS

- A. Hip or Heel Pads..... = not allowed, CJ should warn before competition (compete with & deduct)..... = 0.2 CJ
- B. Bandages, grips, etc..... = allowed, broken grips = allowed to repeat, unfastened grips no repetition.

III. TIMING REGULATIONS

- A. Warm-Up Regulations:
 - 1. 30 second period... = does not include bar settings, warning – time exceeded(team/event)... = 0.2 CJ
 - 2. Prior to competing.. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
- B. Timing Falls: fall time does not start until the athlete is on her feet (all levels).
 - 1. Remount..... = 45 second time period.
 - 2. Start..... = when gymnast stands back up on her feet (after injury assessment).
Stop..... = feet leaves the floor.
 - 3. Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
 - 4. Remount and Fall.. = 0.5 second fall (allowed 45 sec. fall time).

IV. BAR FALL REGULATIONS

- A. Gymnast may use chalk or adjust grips..... = may not leave competition area.
- B. Coach may talk to gymnast..... = without penalty.
- C. Fall and does not remount..... = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
- D. Coach may lift gymnast back up to bar..... = without penalty.
Allowed to resume with 2 pump swings..... = 0.3 for extra swings; maximum 0.5 per occurrence
- E. Resume judging optional routine..... = with first recognized element performed.
- F. Remount with glide kip – STOP – crawl up... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
- G. Remount with cast squat on (fall back) = to glide kip allowed without fall deduction, take execution.

V. SPOTTING REGULATIONS

- A. Coach touches or assists with element..... = 0.5 spot, 0.5 if fall after spot No VP / SR, OK Dismount
- B. Coach spots UPON landing dismount..... = 0.5 spot, 0.5 if fall after spot OK VP / SR
- C. Coach touches without assisting..... = 0.5 inadvertent contact..... OK VP / SR
- D. Coach catches falling gymnast..... = 0.5 fall ONLY.
- E. Gymnast inadvertently touches the coach.... = no penalty.
- F. Coach must use block, mat or board..... = 0.3 CJ (warning) spotting device not removed (may not use chair).
- G. Coach may stand between the rails (1 skill) = 0.1 CJ, if coach remains throughout routine.
- G. Coach leans against the bars..... = no penalty if coach does not touch gymnast.

VI. MOUNT AND DISMOUNT REGULATIONS

- A. Mounts:
 - 1. Board must be removed after mount..... = 0.3 CJ – mounting apparatus not removed after mount / spotting.
 - 2. Mount Attempts:
 - a. Balk (2 allowed)..... = did not touch board, bars or run under the bars.
 - b. Third attempt..... = 0.5 penalty
 - c. Fourth attempt..... = not permitted.
 - d. No mount..... = 0.5 penalty – touch board, bars or runs under (may walk under - jump HB)
 - e. Attempt Roundoff only..... = 0.5 penalty – may remount
 - 3. Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
 - 4. One element prior to mount allowed..... = 0.2 penalty – more than one element performed.
- B. Dismounts: (sole = any part of the bottom of the foot)
 - 1. Dismounts (designated bar)..... = Flyway dismount must be from HB (No VP, SR, No Dismount)
 - 2. Flyaway Dismounts VP..... = regardless of starting position (from handstand / cast), body position = VP.
 - 3. No Salto or Hecht = 0.5 SR. (sole circle dismount)
 - 4. No Value Part = 0.5 SR, 0.3 No Dismount (front salto from feet = "0")
 - 5. Fall, early Termination (5 elements)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
 - 6a. Fall, no Salto (not to bottom of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
 - 6b. Fall, Salto (not to bottom of feet)..... = 0.5 SR, ok Dismount....., 0.5 fall. (flyaway salto to knees)

VII. RECOGNITION OF VALUE PARTS

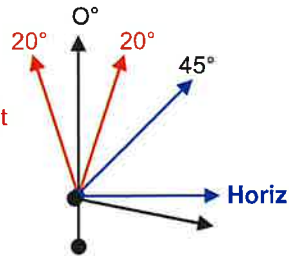
- A. Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
- B. Elements DIFFERENT, if different..... = #, body position, degree of turn, 1 or 2 arms, mount in routine.
= legs together or apart in Saltos or Tkatchevs.
- C. Elements SAME, if same # AND..... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
- D. Swing to Handstand..... = within 20° of vertical = VP.
- E. Cast Squat on w/Circle – Jump to HB ... = Two ("A") Elements (Squat / Stoop / Straddle) + Sole Circle
- F. Release Element with Fall:
 - 1. Grasp/touch with one/two hands..... = OK VP / SR / Composition, flight requirement OK with touch.
 - 2. No grasp or touch = NO VP / SR / Composition, may repeat element for credit.
- G. Award VP if Simultaneous..... = Hands and Bottoms of Feet at the same time.

VII. RECOGNITION OF VALUE PARTS (continued)

H. Required Technique for VP Recognition: 20° of Vertical = VP

All Casts / Cast Handstand

..0° – 20° from Vertical = 0.00 ("B") credit
 Above Horizontal 46°+ = 0.00
 Above Horizontal 1°– 45° = 0.05 – 0.1
 At Horizontal = 0.15
 Below Horizontal = 0.20 – 0.30

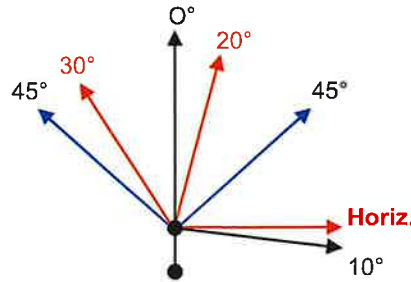


(Degree from Vertical)
1/2t. or 1/1t. (Non-Healy)

0° – 20° = 0.0
 21° – 30° = 0.05 – 0.1
 1° – 45° = 0.15 – 0.2
 46° + = 0.25 – 0.3

(Degree from Vertical)
1/1t. (Healy) or 1-1/2t.

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

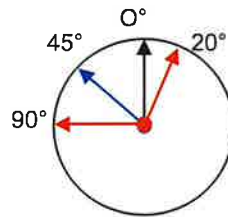


(Degree from Vertical)
Circle to Handstand / Uprise

0° – 10° = 0.0
 11° – 20° = 0.05
 21° – 45° = 0.00 Lower VP
 46° – 90° = 0.05 – 0.20 Lower VP
 1° – 10° = 0.0 ("A") VP
 Below 10° = 0.05 – 0.20 "0" credit

Dismount Saltos with Twists

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



Flight to LB Handstand

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

I. Selected Element Requirements:

1. Flyaway Dismounts..... = From HB for Value Part Credit

J. Hand Grip Descriptions:

1. Overgrip or Regular Grip..... = Palms Down – Knuckles Up..... - Backward Circles
2. Undergrip or Reverse Grip..... = Palms Up – Knuckles Down..... - Forward Circles
3. Mixed Grip..... = One Regular – One Reverse..... - ½ t. Re-grasps
4. L-Grip..... = 360° Reverse Grip - Forward Invert Giants (Thumbs away)

I. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

Special Requirements	
1.....	ONE Bar Changes (fall from HB and continue routine with a listed VP on the LB is a bar change).
2.....	("B") – Turn (may be in the mount, routine or dismount)
OR	
	("B") – Flight (+ 0.10 added to SV, if a Flight Skill is performed) ** (must be in the mount or in the routine) (Hop with Flight = grip change, on ascending phase, 20° of vertical, simultaneous hand release)
3.....	("B") – Group 3, 6, 7
4.....	("A") – Dismount Salto

** An additional +0.10 will be added to the Start Value, if the gymnast performs a flight skill, as part of the mount or in the routine, not as the dismount.

II. **SPECIFIC COMPOSITIONAL DEDUCTIONS (HS)**

Lack of elements thru Vertical	→ 0.2
Uncharacteristic Elements	each 0.1
3/4 Forward Giant w/wo grip change	each 0.1
Choice of Dismount	→ 0.1
Not up to the Competitive Level	
• Dismount = ("A")	0.1
• Dismount = Minimum ("B")	No deduction

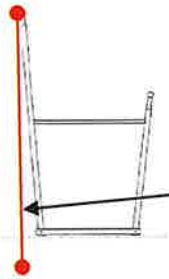
III. **SPECIFIC EXECUTION DEDUCTIONS**

Insufficient Dynamics	→ 0.2
* Insufficient Swingful Execution thruout	
* Energy Maintained thruout	
* Makes Difficult Look Effortless	
Poor Rhythm in Elements	→ 0.1
Angle of Clear Hip Circle Elements	→ 0.4
Angle of Flight to LB Handstand (11°-20°)	0.05
Angle of Circle to Handstand	→ 0.2
Angle of Cast to Handstand	→ 0.3
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3
Hesitation in Jump, Swing to Handstand	→ 0.1
Precision of Handstand Positions thruout	→ 0.1
Insufficient Amplitude of Elements	→ 0.2
Insufficient Height of Salto Dismounts	→ 0.3
Insufficient Stretch (Arch / Pike)	→ 0.2
Insufficient Extension (Open) prior to Landing	→ 0.3
Under-Rotation of Release Elements	→ 0.1
Insufficient Extension of Glide/Swing to Kip	→ 0.1
Swing Forward Under Horizontal	→ 0.1
Swing Backward Under Horizontal	→ 0.1
Landing Too Close to Bars Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Trunk Movements to Control Landing	→ 0.2
Hit Foot on Apparatus	0.2
Hit Foot on Mat	0.3
Grasp Apparatus to Avoid a Fall	0.3
Intermediate (Extra) Swing (max = 0.5)	0.3
Failure to Remove Board / Spotting Block	(CJ) 0.3
3 rd Run to approach mount (each judge)	0.5

UNEVEN BARS - Required Technique for the Recognition of Value Parts

- A. Handstands: All casts are expected to achieve handstand phase. The amplitude of cast deductions are not applied to casts prior to a squat/stoop/straddle onto the low bar, jump to grasp HB.
- B. Uprise to Handstand (without a turn) and Flight to Handstand (on LB) must go to within 20° of vertical to receive VP credit. An Uprise finished below 20° of vertical will receive (“B”) VP credit. Flights to handstand on LB, landing below 20° of vertical will be awarded the next lower appropriate VP credit.
- C. Uprise to Clear Support (#2.203): an uprise must finish in a clear support position. The position is demonstrated by the shoulders being in front of the bar, the body in a straight position at approximately a 30° angle from vertical (feet down). Variation from this can result in deductions for body position and amplitude to no VP credit awarded if there is never a clear support position demonstrated at all.
- D. Low Bar Giants: It is permissible to bend the knees as the body circles under the LB; however, the legs must begin to straighten as soon as possible and must be completely straight and body stretched by vertical
- E. Release elements: such as the Jaeger, Deltchev and Geinger must show good height with shoulders at or above the level of the high bar upon catching the bar. Deduct for amplitude on release elements that show very little flight height and rotation.
- F. Elements with flight to arrive in handstand on LB: The handstand position on LB must finish within 20° of vertical to receive the higher VP credit. If the release element does not finish within 10° of vertical, but is within 20°, deduct 0.05. If it finishes at 21° or more from vertical, recognize it as the lower valued element.
- G. #2.205 Counterswing to Straddle Back over LB: element must show flight to a hand grasp on the LB. Feet may be placed on the bar for a sole circle or “toe on” action AFTER flight and hand grasp.
- If feet hit the LB first, or hands and feet hit simultaneously, then recognize it as an (“A”) element.
- If the feet contact the floor on the glide (following the grasp of the LB in the Straddle Back), apply the appropriate execution deductions but award (“B”) Value-part credit for the Straddle Back.
- Note: these principals are applied to any elements that transfer from the HB to the LB and are followed by a glide kip.
- Note: look for flight (distance of hips from bar) and for the element to finish in an extended body position from shoulder to hips, but it is acceptable to maintain a pike in the hips.
- H. Swing Forward with ½ turn at 45° above Horizontal (# 4.101): if the ½ turn is completed, 45° above horizontal, it is considered an element of no value; therefore, would not receive SR of an LA turn. If the swing were under horizontal, a specific execution deduction of 0.10 would also be applied.
- I. Stalder Circle Clarification: Stalder circle backward to clear support is a (“B”) element and should show an opening of the shoulder angle on the upward part of the circle.
- J. Cast squat / stoop / straddle on to LB: in order to be considered an element, it must be followed by a jump to the HB.
- K. # 4.204 Long swing forward with ½ turn and flight over LB to hang on LB – This element should catch in an extended body position (shoulders to feet) at horizontal or above for no amplitude deduction.
- L. Intentional Early Termination of a bar exercise without executing a dismount element (gymnast swings and jumps off, for example), that the deductions be applied for failure to perform a dismount (0.30) and for failure to fulfill the dismount Special Requirement (0.50). Do not take 0.50 for a fall.
- M. Dismounts from the Feet are not allowed and will not receive Value-part credit.

- N. Gymnast attempts a Squat on, falls backward, but stays on the bars and continues the exercise with a glide kip - do not consider it a fall. Use any applicable execution deductions, such as bent legs, arms, touch of floor with feet, etc.
- O. **#3.301 – Clear Underswing / #7.310 – Underswing (Pike sole circle)** from Low Bar, release and counter movement forward in flight to hang on HB.
1. **Both elements require counter flight between the bars** with the feet behind the hands at the point of contact with the High Bar for “C” value part.
 2. **Exception: catch High Bar with feet in front of the body or on the outside of the High Bar = “A” value part credit.**



Catch the HB – feet must be behind this vertical line to receive “C” value part credit.

- P. “(B”) Release element with Flight over LB: whenever directly connected (without counterswing) to a “D” or “E” release element on HB, the (“B”) release will receive “C” value part credit.
- Q. Dismount Landings:
1. No deduction will be applied for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension.
 2. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and deduction of up to 0.1 would be applied.
 3. Landing with feet further than hip-width apart will receive a 0.10 deduction.
- R. Consecutive Sole Circles: are not extra swings, but execution and rhythm deductions may be applied if the gymnast performs the sole circle three or more times consecutively.
- S. Pak Salto:
1. If full support on the feet occurs on the mat BETWEEN the bars after the gymnast catches the low bar, award value part credit for the Pak Salto. However, it is considered a fall, therefore, it is not eligible for bonus.
 2. If the gymnast demonstrates full support on the feet on the mat IN FRONT of the low bar (past the vertical line of the low bar), the fall is considered on the glide, not the Pak Salto.
- T. **“(B”) Release – Cast, cross grip swing 1/2t. to Straddle Back #2.205 element description: from cast in regular grip on HB, swing down with grip change to cross grip and ½ turn in range of hang position and swing backward in straddle or pike with flight over LB to hang.**

I. APPARATUS SPECIFICATIONS / RULINGS

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

II. TIMING REGULATIONS

- A. Touch Warm-Up:
 1. 30 second period... = does not include settings, warning – time exceeded.....(team/event)..... = 0.2 CJ
 2. Prior to competing.. = may touch board / BB briefly, may perform element prior CJ signal (after) = 0.2 CJ
 B. Timing Exercise:
 1. Time Limit..... = 1:30, warning at 1:20
 2. Start..... = take off from the board or floor.
 Stop..... = each fall off or when dismount arrives on the floor.
 3. Overtime..... = if landing after time signal, continue to judge, award elements (< 1:31 OK).... = 0.1 CJ (notify)
 4. Signal / Device..... = bell, whistle, gong, or audible verbal "warning" and "time", CJ must review.
 coach may request "no signal" for their athlete's routine.
 5. Short Exercise..... = less than 30 seconds; missing VP, SR, if no dismount..... = 2.0 CJ
 C. Timing Falls: fall time does not start until the athlete is on her feet
 1. Remount..... = 45 second time period.
 Start..... = when gymnast stands back up on her feet (after injury assessment).
 Stop..... = feet leaves the floor, short period to resume.
 2. Fall time exceeded: = terminated.
 3. Warnings..... = "20 seconds remaining" and "10 seconds remaining" and "Time"
 4. Remount & Fall..... = prior to resuming the timing of the routine..... = 0.5 Fall
 5. Warm-up after fall... = performs element on mat after a fall, no warning, additional warm-up..... = 0.2 CJ

III. SPOTTING REGULATIONS

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

IV. MOUNT AND DISMOUNT REGULATIONS

- A. Mounts:
 1. May stand on board/trainer/panel mat... = or 8 inch skill cushion without board.
 2. Mats allowed for mounts..... = described in Apparatus Specifications (Beam I.E.).
 3. Mounting apparatus must be removed... = 0.3 CJ – board not removed after mount / spotting.
 4. One element prior to mount allowed..... = 0.2 Each Judge – more than one element performed.
 5. Mount Attempts:
 a. Balk (2 allowed)..... = did not touch board, beam, or run under the beam.
 b. Third attempt..... = 0.5 penalty, OK Bonus.
 c. Fourth attempt..... = not permitted.
 d. No mount..... = 0.5 penalty – touch board, beam or runs under the beam.
 e. Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
 B. Dismounts:
 1. Dismount after "time" signal..... = elements will be evaluated.
 2. Dismount with Hand Support = Ok VP, 0.5 SR, Ok Dismount. (handspring 1/1t.)
 3. Dismount with No Value = No VP, 0.5 SR, 0.3 No Dismount. (jump straddle)
 4. Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not remount)
 = 2.0 CJ short exercise if <:30 sec.
 5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → no salto)
 5b. Fall, Salto (not to soles of feet first)..... = No VP, 0.5 SR, Ok Dismount..... 0.5 Fall. (roundoff → salto to knees)

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

- A. Any VP may be used 2 times for VP..... = in different connection (preceded / followed by different element).
 B. Elements DIFFERENT, if different..... = #, body position, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs.
 C. Elements SAME, if same # AND..... = delete or add flic-flac in connection, different leg positions.
 D. Elements with Fall:
 1. With bottom of one or two of feet.... = 0.5 Fall, OK VP / OK SR, fall on 2nd element of series = OK SR.
 2. Without bottom of feet on beam..... = 0.5 Fall, NO VP / NO SR, fall on 2nd element of series = NO SR.
 3. Dismount landing not feet first..... = 0.5 Fall, NO VP / NO SR, if no salto action = 0.3 No Dismount.

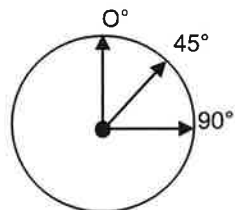
V. **RECOGNITION OF VALUE PARTS** (continued)

Required Technique for VP Recognition

1. Required Positions..... = must be fulfilled to award VP
2. Execution / Amplitude..... = may be taken rather than recognized as different element.
3. Turns/Jumps 1/1t +..... = more than ½ way = Greater VP credit
4. Turns/Jumps with < 1/1t..... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP
5. Holds (Scales)..... = Less than 2 second hold = Lower VP
6. Leaps and Jumps..... = 1° – 20° (0.05 – 0.1), 21° – 45° (0.15 – 0.2),
= Less than 135° = ("A") VP deduct → 0.2 insufficient split, No Special Requirement.
7. Flight Elements..... = Hands and Feet free of beam = Flight
8. Salto with Twists..... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP (Hands & Feet = OK)

Dance Turns – Saltos with Twists

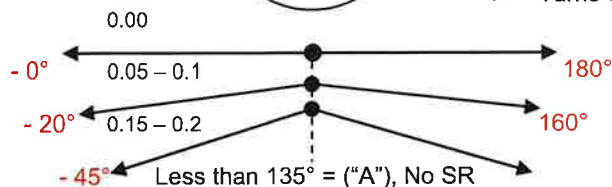
- 1° – 44° = 0.05 – 0.1
- 45° – 89° = 0.15 – 0.2
- 90° + = Lesser VP



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

Split Positions

- 1° – 20° = 0.05 – 0.1
- 21° – 45° = 0.15 – 0.2
- 46°+..... = Lower VP



Selected Element Requirements

1.Handstand Mounts..... = Vertical leg position, hips over shoulders, balanced, no hold req.
2. # 2.110 ("A") – Tuck Jump..... = Knees at or above horizontal, Knee angle 90°.
3. # 2.111 ("A") – Wolf Hop / Jump..... = Leg and Thigh above horizontal, knees together.
4. # 2.201 ("B") – Split Jump vs. # 2.107 Sissone. = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
5. # 2.202 ("B") – Straddle / Side Split..... = Cross position = ("B"); Side position = ("C")
6. # 2.206 ("B") – Pike Jump – cross..... = 90° closure required.
7. # 2.305 ("C") – Switch Leg Leap..... = Deduct → 0.1 < 45° lead leg, insufficient height of swing leg.
8. # 2.307 ("C") – Ring Leap/Jump, Stag-Ring..... = Head release past vertical line, rear leg near top of head.
9. # 2.405 ("D") – Switch Side Leap..... = Deduct → 0.1 < 45°, stag lead leg = ("C") side leap, <135° = A leap.
10. # 2.407 ("D") – Sheep Jump..... = Head release past vertical line, rear leg near top of head.
11. # 3.303 ("C") – Full Turn - Leg at Horizontal..... = 45° to lift leg and maintained at horizontal, no hand support.
12. # 3.206 ("B") – Turns in Tuck stand..... = Completed with support foot, hips and free leg touch.
13. # 9.209 ("B") – Gainer Back Salto (off the end). = facing outward, reverse dive salto, directional error → 0.3

Tuck Jump

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

Wolf Jump

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

Side Split or Straddle Jump

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

Switch-Leg Leap

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

Sheep Jump

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release.....("A") Jump

Pike Jump

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

Cat Leap

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

Sissone / Split Jump

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

Ring Leap / Jump

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

I. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

Special Requirements	
1.....	Acrobatic Series: 2 elements, Group 6 / 7 / 8 only, ("B") acrobatic skill required on ONE skill, start & finish on beam, no holds
2.....	One Leap/Jump with 180° cross or side split (must achieve 135° split)
3.....	Full Turn, 360° on one leg, may be included in dance series
4.....	("A") – Dismount, Aerial / Salto, land soles of the feet first for VP

**** An additional +0.10 will be added to the Start Value if the gymnast performs a Salto or Aerial skill that starts and finishes on the Beam.**

II. **CLARIFICATIONS REGARDING SERIES:** the connection between the elements must be continuous.

1. The 1st element lands on 1-foot and the 2nd foot steps down behind into a lunge.
 - Example of broken series: Back walkover to 1-foot → lunge (front walkover, cartwheel, round-off) broken by either by stepping or leaning forward into the 2nd element.
 - Example of possible connections: Back Walkover to 1-foot → step into 2nd back walkover or Flic-flac.
 2. The 1st element to 1-foot → 2nd foot swings forward to step-kick (less than 45°) into the 2nd element. (OK series)
 3. The 1st element to 2-feet (not step-out to lunge).
 - Example of a broken series: Round-off to 2 feet → (front walkover, cartwheel, or round-off); broken by either stepping or leaning forward into the 2nd element.
 4. Arms moving to thighs or further back "after landing" will break the series for backward ACRO Flight Series.
- A. Backward Acro and Sideward to Backward Flight Series (with one or more flight elements):
- No stop must be immediate, delay, loss of balance, reposition support leg, extra step / hop / jump.
 - Arms moving as low as the thighs or further will break the series.
- B. Non-flight Acro Series or Acro Flight Series with Forward or Sideward Elements, and Counter Acro. Flight Series:
- → 0.2 Lack of tempo/poor rhythm between the elements performed in a series
 - Continuous, but slow connections inline with the Beam.
- C. Dance or Mixed Series: Plie – straightened – Plie between elements, breaks dance series
- → 0.2 Lack of tempo/poor rhythm between the elements performed in a series.
- D. All Series are considered Broken when: (any deviation of body movement which in not in line with the Beam)
- Stop between elements; Loss of balance; Reposition support leg; Extra step, hop, jump between elements

III. **SPECIFIC COMPOSITIONAL DEDUCTIONS**

Insufficient Level Changes	→ 0.1
Spatially Insufficient Use Entire Beam	→ 0.1
More than One (1) Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Strad. Shapes	ea.0.1
Choreography F/S/B, show 2 directions (each)	0.05
Missing Acro - Backward & Forward / Sideward	0.1
• from Groups: 1,6,7,8 (If only in Dismount)	0.05
Choice of Acro - Not up to Competitive Level	→ 0.2
• Flight Series	0.0
• Only ("A") Acro Skills (maximum)	0.2
Choice of Dance - Not up to Competitive Level	→ 0.2
• Two (2) "C" Dance Skills	0.0
• Only ("A") Dance Skills (maximum)	0.2
Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2
Dismount - Not up to Competitive Level	→ 0.1
• ("B") Dismount	0.0
• Acro Element + ("A") Dismount	0.0
• ("A") Dismount (maximum)	0.1

IV. **SPECIFIC EXECUTION DEDUCTIONS**

Insufficient Dynamics (thruout)	→ 0.2
Artistry: Lack of Variety in Choreography	→ 0.1
Artistry: Quality of Movement – Personal Style	→ 0.1
Artistry: Quality of Expression - Projection/Focus	→ 0.1
Lack of Tempo/Poor Rhythm between elem.(thru)	→ 0.2
Relaxed/Incorrect Footwork (non-VP) (thruout)	→ 0.3
Incorrect Body Positions/Posture (thruout)	→ 0.3
Insufficient Sureness of Performance	→ 0.2

IV. **SPECIFIC EXECUTION DEDUCTIONS (continues)**

Dance (side) fail to land 2 feet together	→ 0.1
Failure to perform VP Turns on high relevé	→ 0.1
Concentration Pause (2 sec.)	ea. 0.1
Concentration Pause (more than 2 sec.)	ea. 0.2
Rhythm – F/S, Counter, Non Flt., Connections	→ 0.2
• Arm swing between, legs do not straighten	.05 – 0.1
• Torso deviation from in line with Beam	.15 – 0.2
Rhythm – Dance, Mixed Connections	→ 0.2
Hesitation in Jump, Swing, Press Handstand	→ 0.1
Dance – Lack of Precision in Dance VP	→ 0.1
Dance – Incorrect Body Posture	→ 0.1
Legs not Parallel to BB - Split/Straddle Pike	→ 0.2
Insufficient Split - Required (Dance / Acro)	→ 0.2
Insuff. Height of Leaps - Jumps - Hops	→ 0.2
Insuff. Height of Acro Flights, Aerials, Saltos	→ 0.2
Insuff. Height of Dismounts	→ 0.3
Insufficient Ext (Open) prior to Acro / Dismount	→ 0.3
Body Position on Landing	→ 0.2
Trunk Movement to Control Dismount Landing	→ 0.2
Additional Movements to maintain Balance	→ 0.3
Squat on Landing + fall	→ 0.3
Landing Too Close to Beam on Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Support of 1 leg against side of Beam	0.2
Supplemental Support contact with mat / board	0.3
Grasp Beam to Avoid a Fall	0.3
Direction of Gainer Dismount of the End	→ 0.3
3 rd Run to approach mount (each judge)	0.5

BALANCE BEAM - Required Technique for the Recognition of Value Parts

Leg positions, posture/body position, and/or amplitude requirements must be fulfilled in order to award the value part as listed. In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.

- A. Holds: If an element requiring a 2-second hold is not held for 2 seconds, it is awarded the value part credit of the root skill.

Example: Press to side handstand - lower to a planche. If the planche position is not held award ("B") value part credit for the Press to handstand.

- B. Flight Elements: If an element requires flight but fails to show flight (a moment when both the hands and feet are free of the beam), then the element is awarded value part credit for the actual element performed.

Example: Flic-flac performed with no flight may be recognized as a back walkover and awarded an ("A") value part.

- C. Leaps and Jumps

Determination of Cross or Side Jumps:

The take off position determines whether the leap or jump was performed in a side or cross position.

- C. Mounts

Clarification for simple mounts, such as jump to front support (or anything comparable) will be valued at ("A") for the counting of value parts.

- D. Turns

Clarification for completion of turns: Once the heel drops onto the beam during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to heel drop.

- F. Cross Position

Cross position is facing the end of the balance beam with shoulders across the width of the balance beam.

- G. Side Position

Side position is facing off the side of the balance beam with shoulders parallel with the length of the balance beam.

- H. Gainer Saltos Backward:

1. All backward salto DISMOUNTS performed off the end of the beam but starts by facing in towards the length of the beam, may be performed with a two-foot or one-foot (swing through) take off. These are not considered Gainer Saltos.
2. All Gainer Saltos backward performed off the side of beam have a one foot take-off (swing through).
3. To be considered a Gainer Salto at the end of the beam, the gymnast must be facing out and performing a salto backward toward the beam (similar to a reserve dive).

- I. Scales forward: in order to receive value part credit for #5.101 and 5.201 (Scale forward), the back leg must be held above horizontal for two seconds.

- J. (Beam & Floor) Technique of Turns on one foot and Leaps/Jumps/Hops with Turns: when evaluating elements based upon less than a 360° turn (example, wolf jump $\frac{3}{4}$), the gymnast must finish a minimum of 1° past the half-way mark between the two value parts.

- K. Broken Series (Free Leg)

1. Acro elements (cartwheel + cartwheel) a kick above 45° between elements, will break a connection.
2. Dance Or Dance / Acro Series, the height of the free leg at the finish of the first element will not be the sole cause for breaking the dance or mixed series; however, if the free leg position drops and lifts again OR if the trunk stops forward movement, the series would be considered broken.

BALANCE BEAM - Specific Element Technique Clarifications

- A. Any Jump to Handstand Mount: the legs must be together in vertical, with hips over the shoulders in a balanced position to receive Value Part credit. If this position is not achieved, apply appropriate deductions for insufficient amplitude or, if applicable, recognize the actual value part performed.
- B. Split Leap Forward with Leg Change (Switch-leg leap): First leg should swing forward (minimum of 45°) prior to swinging backward. If first leg does not reach 45°, deduct up to 0.10 for insufficient height of Leg Swing, but award value as listed in Code.
- Expected leg separation following leg change is 180° split. Deduct for Insufficient Split after Leg change (up to 0.20) If split is less than 135°, award ("A") Value part credit. No SR credit if element was needed to fulfill the required dance leap/jump requiring 180° split. Stag-switch Leg Leap: if first leg is in stag position (never extends prior to leg switch), award ("A") for stag leap.
- C. Ring Leap: Requires the rear foot at head height and a release of the head backward.
- If the rear foot is at shoulder or upper back height, or front leg below 45° deduct up to 0.10 each.
- If the rear foot is at hip height or if there is no head release, regardless of leg position, it would be considered a Sissone ("A").
- D. Sheep Jump: Requires the feet at head height. If the feet are shoulder or upper back height, deduct up to 0.10.
- If the feet are hip height or if there is no head release, it would be awarded an ("A") value part.
- E. Pike Jump: In order to receive value part credit, the only specific requirement is a minimum of 90° closure. The legs are not required to be at horizontal; however, deductions for lack of height (amplitude) may be taken.
- G. Wolf Position: There is no specific angle of closure required for the wolf jumps. The criteria for value part consideration are that the extended leg must be at horizontal or above, and the knees should be together. Wolf jumps must take off from two feet but may land on either two feet or one foot.
- H. Wolf Hop/Jump with Turn: One leg should be extended horizontally forward at one point of the turn. If the turns are incomplete, or the correct leg positions are not shown, recognize the actual element performed, and award the appropriate value part.
- I. Straight Jump, Stretched Jump with Arch and Beat Jump are all considered to be the same element and may only be used twice for value part credit.
- M. Pivot Turns between two acrobatic elements will break an acrobatic series.
- N. Turns with Free Leg Held above Horizontal from start to finish of Turn. Gymnast must have time to quickly lift the leg into position then the free leg position must be maintained throughout the turn. The free leg may not be held with the hand in order to maintain an above horizontal position.
- O. Turns that are described as requiring a Leg Position "above horizontal throughout the turn" shall be described as "at or above horizontal throughout the turn."
- P. #5.201 Scale on Toe (2 second hold required): Scale must begin on toe and hold for a minimum of two seconds before lowering.
- Q. #2.110 Tuck Jump: both knees should be at horizontal or above, with a 90° angle at the hips and knees. If the knees are lower than horizontal and/or there is greater than 90° angle at the knees, deduct up to 0.2 (0.1 for each error). If there is greater than 135° angle at the hips and greater than 90° at the knees, then award credit for the actual VP performed. (Consider it an ("A") stretch jump with abstract leg position).
- R. # 5.203 Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.): may be performed also by holding the leg with the hand.
- S. #4.101, 4.102, 4.103, 4.201, 4.202, 4.203 Group 4 Body Waves: the balance stand requires a 2 second hold. #4.204 Toe rise: does not require a 2-second hold.

BALANCE BEAM - Specific Element Technique Clarifications (continued)

- T. Press Handstand: used as a mount or within the exercise is not required to have a 2 sec. hold to receive VP.
- U. #5.106 and 5.206, Kick-up to Handstand with pirouette to step down: is not eligible as a Sideward element as it comes from Group 5.
- V. Dismount Landings:
1. No deduction will be applied for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension.
 2. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and deduction of up to 0.1 would be applied.
 3. Landing with feet further than hip-width apart will receive a 0.1 deduction.
- W. Non-flight walkover-type elements are required to show **180° split of the legs at one point during the element.**

I. APPARATUS SPECIFICATIONS

- A. Allowed up to 2 mats..... = Only one mat (skill cushion / 4" throw per pass (not required to remove). = 0.1 CJ each
 = Must mark mats that cover corners..... = 0.3 CJ
 = May not put other marks on mat (excessive use of chalk)..... = 0.3 CJ
- B. Supplemental Mats..... = Sting Mat, 4" Throw Mat, 8" Skill Cushion – additional or unauthorized mats.. = 0.3 CJ
 Conversion..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
- C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).

II. TIMING REGULATIONS

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

III. MUSIC REGULATIONS

- A. Absence of Music:..... = recorded, without WORDS (repeated single word OK)..... = 1.0 CJ
 = music with whistles / animal sounds will not receive a deduction.
- B. Music Failure (Technical Failure):
 - 1. Continue and Complete:
 - Decide whether to resume from point of music failure or accept score given.
 - Score will not be posted until decision.
 - No deduction for absence of music.
 - 2. Stop:
 - Decide to continue from the point of music failure.
 - Reasonable time for rest.
- C. Digital Recording: Meet Director must have necessary equipment for music.
 Music must be downloaded onto a mobile device. Internet access of music not allowed.
 Note: HS State Tournament will only be accepting iPod, or similar devices and must be in airplane mode.

IV. LINE VIOLATIONS (OUT OF BOUNDS) (Only when there are Line Judges)

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

V. COACH on FLOOR AREA / SPOTTING / MAT REGULATIONS (Coach inside the boundary markings)

- A. Coach on the floor – purposely on the mat... = 0.5 CJ (one time deduction)
 Coach on the floor – remove object..... = no penalty.
- B. Coach on the floor – no spot..... = 0.5 CJ
- C. Coach on the floor – with Spot..... = 0.5 CJ, 0.5 spot, 0.5 if fall,..... No VP / No SR
- D. Coach on the floor – spot UPON landing..... = 0.5 CJ, 0.5 spot, 0.5 if fall,..... Ok VP / Ok SR
- E. Coach / Teammate – Spot Fall (OB)..... = 0.1 CJ, 0.5 spot / fall,..... Ok VP / Ok SR
- F. Coach / Gymnasts – stand around FX..... = 0.2 CJ (warning) for obstructing view of judges.

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

- A. Any VP may be used 2 times for VP = in different connection (preceded or followed by different element)
 - Bottom of the Feet first = 0.5 fall, OK VP (any part of the bottom of the foot)
 - Simultaneous Hands & Bottom of Feet= 0.5 fall, OK VP
 - Not to Bottom of the Feet first = 0.5 fall, No VP
- B. Elem./Pass DIFFERENT, if different..... = #, shape, turn, takeoff, +/- aerials/saltos, +/- Dance VP at the end.
- C. Elem./Pass SAME, if same # AND..... = Salto to 1 or 2 feet, +/- ("A") acro hand support.
- D. Falls, VP credit (not to Bottom of feet)... = No VP / No SR / 0.5 fall / deductions.

RECOGNITION OF VALUE PARTS (continued)

E. Required Technique for VP Recognition

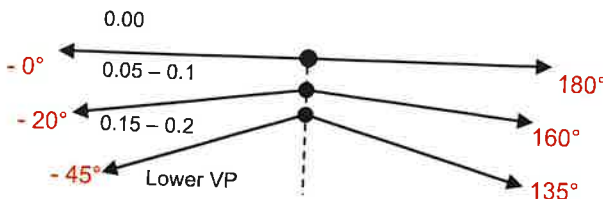
1. Required Positions..... = must be fulfilled to award VP
2. Execution / Amplitude..... = may be taken rather than recognize different element.
3. Split Leaps and Jumps..... = require 180° split

Split Positions

1° – 20° = 0.05 – 0.1

21° – 45° = 0.15 – 0.2

46+°..... = Lower VP



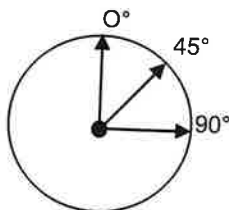
4. Twisting Saltos..... = incomplete twist deductions
5. Turns & Leaps/Jump/Hops 1/1t. +... = incomplete turn deductions
6. Leaps/Jump/Hops with ½ t..... = minimum halfway for credit

Dance Turns – Saltos with Twists

1° – 44° = 0.05 – 0.1

45° – 89° = 0.15 – 0.2

90° + = Lesser VP



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

F. Specific Element Technique:

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

Tuck Jump

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

Wolf Jump

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

Side Split or Straddle Jump

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

Switch-Leg Leap

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

Sheep Jump

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... ("A") Jump

Pike Jump

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

Cat Leap

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

Sissone / Split Jump

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

Ring Leap / Jump

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

I. SPECIAL REQUIREMENTS (SR) (0.5 each, off start value), one element may fulfill more than one SR.

- 1..... 2 Salto Pass, 3 acrobatic flight elements with 2 saltos, same or different saltos, OR
..... 2 Saltos Directly Connected, same or different saltos
- 2..... 3 Different Saltos (0.2 each), within the exercise, solo or in pass (maybe part of another SR Pass)
- 3..... Dance Passage with 2 different Group 1 elements directly or indirectly connected,
One 180° split Leap element with one-foot takeoff
- 4..... Turn, minimum of B (Group 2)
- 5..... Acrobatic Pass anywhere in routine, with 3 fast flight elements, Pass must be in addition to SR #1.

Note: the addition / deletion of a Dance value part element following and directly connected to the last element in an Acro Pass will make the Acro Pass different.

Note: in order to receive Value-Part credit a second time for the same Salto, there must be a different element preceding or directly following the Salto.

II. CLARIFICATIONS REGARDING PASS / PASSAGE

- A. Dance in Acro Pass = will break connection, No SR
- B. Acro in Dance Passage = will break direct connections, No SR
- C. Acro Pass = 3 fast flight elements
- D. Dance Passage: = direct or indirect connection of two dance elements

1. An Indirect Connection: would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance Value Part elements.
2. No Pauses or Stops: are allowed within the dance passage.
 - Example: Using a lunge that pauses prior to a turn on one foot would break the dance passage.
3. Acro Elements: performed between the dance value part elements will break the dance passage.
4. Landing Change: Group 1 elements in the dance passage may land on one **or both** feet as the first and/or second/last element of the dance passage.
 - Example: rebounding out of a leap/jump is allowed and does not constitute a pause or stop.
5. Leap with 180° split:
 - a. If the cross position is used, it must have the forward leg extended.
 - b. Only the leap that is used to fulfill the 180° split requirement may not finish in a stag position.
 - c. If the rear leg finishes in a stag position, it **WILL** fulfill the Special Requirement.
 - b. The stride leap forward with change of legs to wolf position (#1.404) **DOES not** require a 180° split; therefore, it will not fulfill that part of the Special Requirement.
6. Finish Position: the second (or last) element may also land in a prone or split-sit position.

III. SPECIFIC COMPOSITIONAL DEDUCTIONS

More than 2 Wolf / Tuck Shapes	0.1
More than 2 Straddle Jump Shapes	0.1
Insufficient Use of Space (floor pattern)	→ 0.1
Lack of Forward or Side Salto	0.1
Lack of Backward Salto	0.1
Lack of ("B") Salto	0.3
Choice of Acro Saltos	
- Not up to Competitive Level	→ 0.2
• One (1) "C" and Two (2) ("B") Saltos	0.0
• No Saltos (maximum)	0.2
Choice of Dance Elements	
- Not up to Competitive Level	→ 0.2
• Two (2) "C" Dance Skills	0.0
• Only ("A") Dance Skills (maximum)	0.2

IV. SPECIFIC EXECUTION DEDUCTIONS

Artistry: Lack Variety (poses/connect/steps)	→ 0.1
Artistry: Movement Reflects Personal Style	→ 0.1
Artistry: Quality of Expression	→ 0.1
Insufficient Dynamics throughout	→ 0.2
Insufficient Variations in Rhythm/Tempo (thru)	→ 0.2
Relaxed/Incorrect Footwork (non-VP) (thruout)	→ 0.3
Incorrect body pos./posture (non-VP) (thru)	→ 0.3
Failure to perform VP Turns on high relevé	→ 0.1
Dance – Lack of Precision in Dance Elements	→ 0.1
Dance - fail to land with 2 feet together	→ 0.1
Dance - Incorrect Body Position in Dance VP	→ 0.1
Legs Not Parallel to FX - Split or Strad. Pike	→ 0.2
Insufficient Split on Value Parts	→ 0.2
Concentration Pause (2 sec. or more) Acro	ea. 0.1
Rhythm During Exec. of Direct Connections	→ 0.1
Insuff. Height of Leaps - Jumps - Hops	→ 0.2
Insuff. Height of Acro Flights - Aerials	→ 0.2
Insuff. Height of Acrobatic Saltos	→ 0.3
Insufficient Ext (Open) prior to Landing Acro	→ 0.3
Trunk Movements to Control Acro Landings	→ 0.2
Body Posture on Landing	→ 0.2
Poor relationship - music & moves (thru)	→ 0.3
• Fail to hold ending pose for one(1) sec.	0.05
• Fail to synch music and ending pose.	end 0.1
Music with Words / No Music	CJ 1.0

FLOOR EXERCISE - Specific Element Technique Clarification

- A. Split Leap Forward with Leg Change (Switch-leg leap): First leg should swing forward (minimum of 45°) prior to swinging backward. If first leg does not reach 45°, deduct up to 0.10 for insufficient height of Leg Swing, but award value as listed in Code.
- Expected leg separation following leg change is 180° split. Deduct for Insufficient Split after Leg change (up to 0.20) If split is less than 135°, award ("A") Value part credit. No SR credit if element was needed to fulfill the required dance leap/jump requiring 180° split. Stag-switch Leg Leap: if first leg is in stag position (never extends prior to leg switch), award ("A") for stag leap.
- B. Schushunova ("B"): Must show 180° Side Split position, then legs rotate rearward to attain a stretched body position in horizontal before landing. A slight forward lean of the body, rather than a strict vertical torso, is acceptable. If the entire body does not land simultaneously (as a unit) and the gymnast performs a chest roll down, ("B") value part credit would be awarded, assuming that the element met the requirements of a straddle jump.
- C. Straddle Pike Jump with 360° turn (Popa)-("C"): Must show a straddle pike jump position in ANY phase of the 360° turn (legs at or above horizontal). A Side Split (180°) jump with 360° turn would also receive "C".
- D. Switch Leg Ring Leap ("C"): The second split must be 180° with rear foot at head height, upper body arched, and head released backward past the vertical line.
- If the rear foot is at shoulder or upper back height, deduct up to 0.10. If the rear foot is to hip height, it would be recognized as a switch leg leap and ("B") value part credit would be awarded.
- E. Switch leg leap with 1/4 (90°) turn (Switch side leap): The first leg must swing forward to a minimum of 45°, prior to swinging backward to a 180° split. The ¼ turn must occur in the air and not prior to the leg swing backward. A 180° side split position must be attained. Distinct phases (switch leg leap, ¼ turn and side split position) must be shown.
- If the gymnast fails to swing the first leg to a minimum of 45°, award ("B") value part for a side leap. Deductions for insufficient amplitude, insufficient ¼ turn and/or insufficient 180° side split position may be taken. If the element is not recognizable as a switch side leap, recognize the actual element performed and award the appropriate Value Part credit.
- F. All jumps that land in front lying support will retain the same value as the root element, unless specifically listed in the WIAA Gymnastics Rule Book.
- G. Wolf Position: There is no specific angle of closure required for the wolf jumps. The criteria for value part consideration are that the extended leg must be at horizontal or above, and the knees should be together. Wolf jumps must take off from 2 feet but may land on either 2 feet or 1 foot.
- H. Saltos landing in a sitting or split-sit position are not considered saltos. If the element lands on 1 or 2 feet and lowers with control to 1 knee, it is considered a salto and will be eligible to fulfill SRs and and/or CVs
- I. Turns with free leg held: Gymnast must have time to quickly lift the leg into position then the free leg position must be maintained throughout the turn. The free leg may not be held with the hand in order to maintain an above horizontal position.
- J. Turns that are described as requiring a leg position "above horizontal throughout the turn" shall be described as "at or above horizontal throughout the turn."
- K. Turn Completion Clarification: Once the heel drops onto the floor during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to heel drop.
- L. Kick-over Front Salto to Sit Clarification: is not considered a salto, and if performed, would not affect the awarding of the Salto Special Requirement.
- M. #1.101 Stag-Split and Split Leap are the same element.
- N. #1.101 Stag-Split and Split Jump are the same element.

FLOOR EXERCISE - Specific Element Technique Clarification

- O. Landings of an Isolated Salto or Last Acrobatic Element:
- a. No deduction for landing with feet a maximum of hip width, if
 - i. Gymnast slides the heels together or
 - ii. Takes a CONTROLLED step forward out of a forward acro element or
 - iii. Takes a CONTROLLED step backward to a lunge out of a backward acro element.
 - b. Do not deduct unless the landing position appears out of control.
- P. Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

I. GENERAL CONSIDERATIONS

- A. Equipment specifications: must be published in the pre-meet information if they differ from these equipment norms.
- B. Bar Measurements: meet directors must list exact bar measurements in pre-meet information for all meets, including League, District, Sub-District and Regional meets.
- C. Boards: all Meet Directors must arrange to have boards that accommodate gymnasts of varying weights. Any boards brought into a competition must be available to all gymnasts in that session for warm-up and competition.
- D. Clearance: it is recommended that there be a clearance of 5' to 6' from one apparatus to any other. This includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- E. Landing Mats: one 10-12 cm competition landing mat is required; a second 10-12 cm may be placed on top of the required mat. The maximum height is 24 cm.
- F. Landing Mats: 20 cm landing mats maybe used but are not required.
1. Vault Mats: if 20 cm mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm landing mat.
2. Bars and Beam: in order to use a 20 cm mat, the apparatus must be capable of being raised to account for the difference in mat height.
- G. Base mat (1¼"): may be used if a 10 cm landing mat is used. When using 12 -20 cm mats, a base mat is not required.
- H. Skill Cushions: manufactured skill cushions to a maximum thickness of 8" are allowed in addition to the maximum allowable landing surface of 24 cm. Whenever a full 8" skill cushion is used, it must be a minimum of 5' x 10', however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
- I. Sting Mat: one sting mat may be used in addition to the up to 8" skill cushions placed on top of or under the competition landing mats of 24 cm.
- J. Athlete Safety Guidelines: should always be considered.
 1. Make sure all reasonable safety measures are considered. Examples:
 - a) Each competitive area must have its own physical space and may not overlap with another competitive area.
 - b) There cannot be any obstructions on the Floor Exercise Area.
 - c) There must be sufficient room for mounting, dismounting, and vaulting areas.
 - d) Procedures for the removal of blood and disinfecting of the apparatus: A solution of 1 part bleach and 10 parts water (or an Anti-viral spray disinfectant) should be available for the removal/disinfecting of blood from the apparatus or matting.

K. Springboards

1. Only unaltered manufactured springboards that meet the specifications of 22 cm ± 1.5 cm are approved for competitions. The height of the board is measured from the floor to the highest point of the board, including the covering.
 2. Plywood is not permitted underneath the board.
 3. Mounts on Bars and Beam: a springboard may be used, and the board must be removed as soon as possible after the gymnast has mounted
 - a) The board may be placed on up to 24 cm of competition landing mats. It may also be placed on a sting mat or a 4" throw mat; however, it may not be used on an 8" skill cushion.
 - b) For standing mounts: The gymnast may stand (without a board) on one or two competition landing mats, and may also stand on an "up to 8" skill cushion" (sting or throw mat
 - c) A manufactured mount mat (mount trainer) may be used instead of a board.
 - d) Folded panel mats may be used as a mounting surface for Beam and Bars. Must be removed after mount. May not be placed on an 8-inch skill cushion.
- L. Raised Spotting Surface: it is recommended that a spotting block or folded mat be used; however, there is no penalty for standing on the board, provided that the board (or spotting device) is removed immediately after the release move is performed. A 0.30 deduction will be taken if the spotting device is not removed.

II. VAULT

A. Vault Table Specifications

1. Athletes may use the Vault Table at any height up to a maximum 135 cm (\pm 1 cm). Measure from top of Table to floor.
2. Vault Tables with two pistons must have both set at the same number of notches.
3. Matting must be used to cover the upright of the vault table as well as to cover any weights placed on the base for stability.
4. **Vault Table legs MUST be on the hard floor, not resting upon the vault runway.**

B. Runway:

1. Minimum of 76', maximum of 82'.
2. The tape measure is placed at the point even with the front edge of the table (drop a vertical line from the near edge of the Table closest to the board).
3. Allow athletic tape, Velcro strips or small chalk marks to be placed across the width of the vault runway. The markings should be removed no later than at the end of the rotation. None of the above may be wider than 2 inches.
4. A hand placement mat may be used for any vault.

C. Round Off Entry Vault Safety Zone:

1. Use of the safety zone mat is required for all Round-off Entry Vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.
2. It may also be used for all other vaults. It does not have to fit snugly around the board.

D. Mat specifications:

1. Landing area: a minimum of 8' x 12' must be matted with a 1¼" base mat or with 12 cm landing mats.
2. One sting mat or manufactured Round-off entry hand placement mat may be placed on the vault runway for any vault. Manufactured mat \leq 2 inches may not be placed on the board.
3. Competition landing mats (plus the maximum allowable skill cushions) will be allowed to be placed on top of a solid-foam pit provided that this information is stated in the meet information sent to the participating schools. Matting measurements must be the same as if the landing were on a hard surface equivalent to the vault table.
4. Landing into a "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION, unless the pit area is covered by a stable (wooden or metal) surface. Exception – this is allowable if the landing surface is deemed firm by the Meet Referee and Meet Director prior to the competition.

E. Clarification – Round-off Entry Hand Placement Mats and Safety Zone Mats:

1. The Round-off entry hand placement mat and the safety zone mat are not considered part of the vault apparatus. If a Round-off entry hand placement mat slips on the runway, it is not considered apparatus or personal equipment failure. It is the coaches' responsibility to make sure the mat is placed properly, and the Velcro is secure. The tape measure is also part of the coaches' responsibility.
2. If the gymnast runs over or touches the hand placement mat (or the safety zone mat) with or without executing a vault, this should be considered one of the three vault approaches / attempts allowed. Do not void the vault.

F. All equipment measurements have a \pm 1 cm variance.

III. UNEVEN BARS**A. Specifications:****1. Measurements:**

High Bar 250 cm \pm 1 cm, measure from top of rail to floor.

Low Bar 170 cm \pm 1 cm, measure from top of rail to floor.

Width Distance between the bars:

- Must close to a minimum of 130 cm \pm 1 cm
- Must extend to a maximum spread of 180 cm \pm 1 cm
- Measure from the inside of Low Rail to the inside of the High Rail.

2. Height Adjustments: based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the specifications, provided that after such adjustment, the bars remain within the allowances identified by the apparatus manufacturer and the rails must be adjusted only to a position that locks-in with a dual locking mechanism.

3. Spread: the distance between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.

4. Fiberglass Rails with wood covering are required for all meets. Round fiberglass rails are allowed at all competitions. Diameter: 39 mm \pm 1 mm

5. Bar Base Extensions: may be used at local or invitational competitions. They may not be used at any qualifying or championship tournaments and visiting schools must be informed before the competition.

B. Mount Specifications:

1. Measured from a plumb line dropped from the rail.
2. 18' minimum is allowed (No maximum).

C. Mat Specifications:

1. Minimum matting is 7½' by 36'.

D. All equipment measurements have a \pm 1 cm variance.

IV. BALANCE BEAM

- A. Specifications: 100 cm \pm 1 cm to 125 cm \pm 1 cm total height, measure from the top of the beam to the floor. For competition the balance beam legs must be placed on the floor or a stable surface
1. Padded manufactured beams are required at all competitions.
 1. It is strongly recommended that padding for the Beam uprights be used if available from the manufacturer.
 2. The Beam must be adjustable to 125 cm in height to use the 20 cm mat.
- B. Mount specifications:
1. 18' minimum (No maximum)
 2. It is strongly recommended that the entire mounting area be level.
- C. Mat specifications: requires 12 cm and suggests 20 cm mat thickness.
1. Landing area - minimum 7½' x 12' at each end and a matted area 15' wide by 15½' long under the beam. An 8' wide mat for dismount area is recommended.
- D. All equipment measurements have a \pm 1 cm variance.

V. FLOOR EXERCISE

- A. Resolite or Wrestling Mat type surface is permitted.
- B. Specifications: 12 m x 12 m (39' 4 7/16" x 39' 4 7/16"). The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of 1¼" thick (3.2 cm) to a maximum of 7" thick (17.8 cm).
1. The top of the mat must be joined into one continuous level surface. The outside of the corners must be padded with unfolded panel mats or other such matting or carpet-bonded foam (a minimum of 3.5 cm (1 3/8) inches high) to protect the gymnast if they go beyond the dimensions of the Floor mat.
 2. The matting must extend a minimum of 5 feet out from the edge of the boundary line and extend a minimum of 6 feet from the corner down each side of the Floor Exercise area.
 3. The corner padding should be attached (with Velcro or something similar) to the floor, foam, or carpet to avoid separating or slipping.
- C. Carpeting: if is used, ¼" pile is maximum height recommended.
- D. Additional Mats: up to two manufactured skill cushions (maximum thickness of 8") may be used. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" skill cushions.
- E. Moving Mats: if the gymnast uses an additional mat(s) on floor exercise, the mat(s) is not required to be removed during the exercise.
- F. Boundary Lines Marked: whenever additional matting is placed on the FX area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s). Failure to mark the mat will result in a 0.1 deduction. No warning is necessary.
- G. Tumbling "strip" for Warm-ups: when used in place of a full floor exercise area for warm-ups conducted in a separate gym, it must be constructed of the same materials as the spring floor used in the competition gym and must be a minimum of 56'. A minimum of 3' in length of additional padding (carpet bonded foam or something similar), is required at each end of a 56' tumble strip that is used for warm-up.
- H. All equipment measurements have a \pm 1 cm variance.

Vaults listed with "or" and "-" the Degree of Turn is combined in the same order as listed. Example: #1.105 listed as 1/2 - 1/4 t. on → 1/2 or 3/4 t. Options: 1/2 t. on → 1/2 t. off, OR 1/4 t. on → 3/4 t. off.

GROUP 1: HANDSPRING, YAMASHITA

1.100	Jump on	→.Handstand Kickover 5.0
1.101	Handspring	→.....8.8
1.102	Handspring	→ 1/2 t.....8.9
1.103	Yamashita	→.....8.8
1.104	Yamashita	→ 1/2 t.....8.9
1.105	1/2 or 1/4 t. on	→ 1/2 or 3/4 t.....9.2
1.106	1/4 - 1/2 on	→ Repulsion.....8.0
1.201	Handspring	→ 1/1 t.....9.7
1.202	Handspring	→ 1-1/2 t.....10.0
1.203	Yamashita	→ 1/1 t.....9.7
1.205	1/2 or 1/4 t. on	→ 1/1t. or 1-1/4 t.....9.6
1.206	1/2 or 1/4 t. on	→ 1-1/2 t. or 1-3/4 t.....10.0
1.207	Full on	→ Hsp. / Yami.....9.8
1.208	Full on	→ 1/2 t.....10.0
1.301	Handspring	→ 2/1 t.....10.0
1.306	1/2 or 1/4 t. on	→ 2/1 t. or 2-1/4 t.....10.0
1.307	Full on	→ 1/1 t.....10.0

GROUP 2: CUERVO / SALTO FORWARD

2.301	Handspring	→ Front Tuck.....10.0
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GROUP 3: TSUKAHARA (1/4 t. - 1/2 t. ON)

3.201	Tsukahara	→ Back Tuck.....9.9
3.303	Tsukahara	→ Back Pike.....10.0
3.304	Tsukahara	→ Back Layout.....10.0

GROUP 4: ROUNDOFF ENTRY

4.101	Roundoff	→ Repulsion.....8.0
4.102	Roundoff	→ Repulsion 1/2 t.....9.2
4.201	Roundoff	→ 1/1 t.....9.8
4.202	Roundoff	→ 1 1/2 t.....10.0
4.203	Roundoff	→ Back Tuck.....9.9
4.304	Roundoff	→ Back Pike.....10.0
4.305	Roundoff	→ Back Layout.....10.0

GROUP 5: ROUNDOFF 1/2t. or 1/1t. ENTRY

5.101	Roundoff 1/2 t.	→ Handspring.....9.6
5.102	Roundoff 1/2 t.	→ 1/2 t.....9.9
5.107	Roundoff 1/1t.	→ 1/2 t.....10.0
5.201	Roundoff 1/2 t.	→ 1/1 t.....9.9
5.202	Roundoff 1/2 t.	→ 1 1/2 t.....10.0
5.207	Roundoff 1/1 t.	→ 1/1 t.....10.0

USAG UNEVEN BARS

A = 100 MOUNTS		B = 200 MOUNTS		C = 300 MOUNTS		D = 400 MOUNTS	
1.101	Kip LB / Reverse Grip / Glide 1/2l. Kip	1.201	Kip -> catch HB, Kip -> 1/2l. catch HB	1.301	Kip -> 1/1l. catch HB	1.401	
1.102	Jump 1/2l. Kip LB	1.202	Jump 1/2l. Kip -> HB / -> 1/2l. HB, 1/2l. Back Kip	1.302	Jump 1/2l. Kip -> 1/1l. HB	1.402	
1.103		1.203	Jump 1/1l. Kip LB	1.303	Jump 1/1l. Kip -> Catch HB	1.403	
1.104	Sloop (Sit) / Back Kip, LB -> HB, -> 1/2l.	1.204	Kip Cut Catch, Sloop/Strad (Clear) LB -> HB, -> 1/2l.	1.304	Sloop LB -> Cut Catch HB / Sloop 1/1l. -> HB	1.404	
1.105	Jump to HB - Kip / Reverse Grip / Drop to LB	1.205	Reverse Kip / LB -> catch HB	1.305	Jump 1/2l. over LB -> Kip to HB	1.405	
1.106	Jump 1/2l. - 1/1l. HB hang	1.206	HB - Jump 1/2l. Kip / Free Jump 1/2l. -> LB to HB	1.306	HB - Front Salto - HB hang; HB - B. Salto Tuck / Strad -> LB	1.406	
1.107	Squat or Straddle Vault LB -> HB	1.207	Free Straddle or Tuck over LB -> HB	1.307	Jump Free Straddle LB -> 1/2l. (free) to L-grip HB	1.407	
1.108		1.208	Hechl Jump (legs together) LB -> HB	1.308	Front Salto -> LB sil. LB L-Hang	1.408	
1.109		1.210	Roundoff Straddle over LB	1.311	Roundoff over LB -> HB hang	1.409	
1.110		1.211		1.312	Free Front Tuck / Pike Salto over LB -> HB hang, 1/2l. -> LB Hang	1.410	
1.111		1.212		1.313	Roundoff Back Tuck -> LB (Jentsch), LB Handstand (Gonzalez)	1.411	
1.112		1.213		1.314	Roundoff Arabian Tuck / Pike - LB sil	1.412	
1.113		1.214	Jump Bent Hip Handstand - LB	1.315	Bent Hip Handstand 1/1l. - Extended Handstand or 1/2l. IN	1.413	
1.114		1.215	Jump HB - Underswing 1/2l. -> LB	1.316	Jump HB - Clear Hip to Handstand (Rev. Mix. Reg)	1.414	
1.115				1.317	Jump LB - Clear Support in Rev grip - Clear Hip Circle Forward Hst. 1/2l. (Garner)	1.415	
CAST & UPRISSES		CAST & UPRISSES		CAST & UPRISSES		CAST & UPRISSES	
2.101	Cast lo 21° - 45° / with 1/2l.	2.201	Cast Handstand bent / extend	2.301	Cast Handstand - Hop. Hop 1/2l. 1/2l. 1/1l. Healy	2.401	Cast Handstand 1/1l. (Pacheco), Hop to L-grip, 1-1/2l. Healy, 1-1/2l. (Miller)
2.102	Cast Squat, Sloop, Straddle on LB -> HB	2.202	Cast Free Straddle LB -> HB, Free Sloop 1/2l. HB	2.302	HB - Uprise Straddle or Rear Vault -> over HB (Schier)	2.402	LB In/out - Cast Front Salto -> HB (Brause), B. Giant 1/2l.-1/2l. Rear Vault HB
2.103		2.203	HB - Uprise to Clear / Turning 1/2l. Uprise to Clear	2.303	HB - Uprise Handstand, Uprise 1/2l., 1/1l. Healy	2.403	Uprise - 1/1l. Hop (McCallia), Hop 1/1l. Healy, 1-1/2l. Healy, 1-1/2l. (Reeder)
2.104		2.204	HB - Swing 1/1l. Hang HB	2.304	HB - Cast 1/1l. hang (Caslavskva Pirouette)	2.404	Turning Uprise - Straddle Fow. 1/2l. (Wilson), 1/2l. Straddle Back (Franzella)
2.105		2.205	HB - Counterswing Straddle / Pike Back -> LB	2.305	HB - Counterswing -> LB Handstand, 1/2l. IN	2.405	Counterswing -> LB Handstand 1/1l. IN, 1/2l. -> LB Handstand
2.106		2.205	HB - Cast, cross grip 1/2l. to Straddle Back -> LB (no counter swing - from D/E release = C)	2.306	HB - Counterswing F. Salto Strad/Pike 1/2l. -> LB (Pritchard)	2.406	Counterswing -> F. Salto Stretch 1/2l. to LB (Cox), Straddle Salto -> HB (Bullock) Counterswing -> F. Salto -> catch LB in reverse grip (Montell)
UNDERSWINGS & CLEAR HIPS		UNDERSWINGS & CLEAR HIPS		UNDERSWINGS & CLEAR HIPS		UNDERSWINGS & CLEAR HIPS	
3.101	LB Undersw.-> HB Front of Vert. Hang (HS)	3.201	LB - Underswing / Clear 1/2l. -> HB hang	3.301	LB - Clear Swing -> F. Counter to HB, -> 1/2l.	3.401	LB - Clear Hip -> HB (Schaposchnikova)
3.102	HB - Underswing 1/2l. hang	3.202	HB - Underswing / Clear 1/2l. Flair, 1/2l. Clear	3.302	Underswing / Clear 1-1/2l. hang	3.402	HB - Underswing (toe-on) 1/2l. -> LB Handstand
3.103		3.203	HB - Underswing (toe-on) 1/2l. -> LB	3.303	HB Handstand Underswing (toe-on) 1/2l. -> LB	3.403	Clear Hip Hop - IN Handstand phase
3.104		3.204	Clear Back Hip Circle	3.304	Clear Hip Handstand	3.404	Clear Hip Handstand 1/2l. IN, 1/2l. Higgins
3.105	Clear Back Hip Circle (1/2l. upswing 90-45o)	3.205	Clear Back Hip Circle (1/2l. on upswing 46o-21o)	3.305	Clear Hip Handstand 1/1l. Healy	3.405	HB - Inverted Pike Swing Dislocate -> LB Handstand (Zuchold/Schleudern)
3.106	HB Inverted Pike swing - dislocate hang	3.206	Clear Hip Forw. above horiz. (Weiler Kip) bent hips ok	3.306	HB - Dislocate Underswing 1/2l. -> LB (Tail)	3.406	Clear Hip Forw. - Hst. bent/extend hips (Weiler), 1/2l. IN, 1/1l. Healy (McAllister)
3.107		3.207		3.307		3.407	LB - Clear Hip Forward -> F. Salto over LB to HB (Pelaez)
3.108		3.208		3.308		3.408	
BACK GIANTS		BACK GIANTS		BACK GIANTS		BACK GIANTS	
4.101	HB - Back Swing 1/2l @ Horiz. - 45° vertical	4.201	HB - Swing 1/1l. @ Horizontal to L-grip	4.301	HB - Back Swing 1-1/2l. @ 45o vertical	4.401	
4.102	HB - Long Hang Pullover, LB Back Giant	4.202	HB - Swing 1/2l. to 21°-44° before Vertical Handst.	4.302	HB - Back Giant Hop IN - Grip Change	4.402	HB - Back Giant - Hop to L-grip IN (Dochney)
4.103	(Note: all LB Giants with extended body & legs = HB Giant values)	4.203	LB - Back Giant, Cross Grip, Bent Hip, One-arm	4.303	HB - Giant 1/2l., 1/2l.-1/2l., 1/1l. Healy, LB 1/1l. (Borkan)	4.403	HB - Back Giant 1/1l., 1/2l. +1/1l. Healy, Hop 1/2l.-1/2l., 1-1/2l. (Dawes)
4.104		4.204	HB - Ball Swing 1/2l. -> LB (from D/E release = C)	4.304	HB - Handstand Ball Swing 1/2l. -> LB	4.404	HB - Ball Swing 1/2l. -> LB Handstand
4.105		4.205	catch with extended body at horizontal	4.305	HB - B. Salto T/Str -> LB/Clear, 1/2l. -> LB mix (Cullinan)	4.405	HB - Reverse Hecht Straddle (Tkatchev)
4.1206		4.206		4.306	HB - B. Giant 1/2l. Tuck -> HB hang (Laumann)	4.406	HB - Swing Back Salto Stretch -> LB clear (Pak) to Regular or Mixed Grip
4.107		4.207		4.307	LB - B. Giant 1/2l. Tuck -> HB hang (Laumann)	4.407	HB - Back Salto 1/2l., T/Str. (Deltochev), Pike (Glenger), Pike 1/2l. (O'Neal)
FRONT GIANTS		FRONT GIANTS		FRONT GIANTS		FRONT GIANTS	
5.101		5.201	HB - Handstand Front Giant 1/1l. @ horizontal	5.301		5.401	
5.102		5.202	LB - Front Giant, 1/2l. (handstand to handstand)	5.302	HB - Front Giant, Hop, 1/2l., 1/1l. Healy, LB 1/1l.	5.402	Front Giant - Slip Grip (Galloway), 1/1l. (Portocarreo), Hop to L-grip (Estiella)
5.103		5.203		5.303	HB - Front Giant (reg. rev.) -> over LB	5.403	Front Giant (reg. rev.) -> LB Handstand, Front Giant 1/2l. -> LB (Ejova)
5.104		5.204		5.304	HB - B. Giant (gross grip) 1/2l. Front Giant, 1/2l. (Shahaf)	5.404	Back Swing - Cross Grip 1/2l. Front Salto Straddle / Tuck (Mixed Grip Delichev)
5.105		5.205		5.305	LB - Front Giant -> Front Salto HB	5.405	F. Giant (rev. L) - F Salto Tuck, Str. (Jaeger), LB - F Salto 1/1l. -> HB (Graeble)
5.106		5.206		5.306	HB - F. Giant (rev.) Free stoopstr. 1/2l. HB (Weinling/Volpl)	5.406	Front Giant (rev.) - 1/2l. Free Straddle -> HB (Khorkina)
5.107		5.207		5.307		5.407	Front Giant (L-grip) Pike / Stretched, 1/2l. (Zaytseva)

USAG UNEVEN BARS

A = 100		B = 200		C = 300		D = 400	
STALDERS		STALDERS		STALDERS		STALDERS	
6.101	Clear Straddle Forward - Clear Support	6.201	Clear Straddle Forward -> HB, 1/2L, Clear Support	6.301	F. Stalder, 1/2L IN, 1/1L Healy, Kip Str, 1/2L (Chow)	6.401	F. Stalder - Handstand 1/1L IN, F. Stalder Overgrip (Boniforti)
6.102	Free Back Hip "false pop" -> regrasp bar	6.202	Clear Straddle Back HB -> LB, 1/2L Catch HB	6.302	HB - Clear Straddle Circle Forward -> over LB	6.402	(HB) - Clear Straddle Circle (F/B) -> LB Hst. (LB out) F. Stalder -> F. Salto HB
6.103		6.203		6.303	Front Stalder (L-Grip) to Clear Support	6.403	L-grip Front Stalder Handstand, 1/2L (White)
6.104	Clear Straddle Back - Clear "L" Support	6.204	Clear Back Stalder Circle - Clear Support	6.304	Back Stalder, 1/1L Healy	6.404	Back Stalder - 1/2L IN, Hop IN
6.105		6.205		6.305	LB - Back Stalder Release -> HB (Ray), Hecht -> HB	6.405	(LB) Back Stalder -> HB hang
CIRCLES & HECHTS		CIRCLES & HECHTS		CIRCLES & HECHTS		CIRCLES & HECHTS	
7.101	Hip Circle F/B (with or without support)	7.201	LB - Clear Hip Hecht -> HB, -> 1/2L	7.301	LB - Clear Hip Hecht -> HB, -> 1/2L	7.401	Free Hecht / Clear Hecht over bar -> 1/2L hang
7.102	Free Back Hip "false pop" -> regrasp bar	7.202	LB - Back Hip -> free straddle to sit (Korbut)	7.302	LB - Back Hip Circle Hecht -> 1/2L HB, -> 1/1L HB	7.402	
7.103	Sole Circles F/B, Tuck/Pike, LB -> HB	7.203	HB - Piked Back Sole Circle -> LB stand	7.303		7.403	
7.104	Front Seat Circle / LB -> HB	7.204	LB - Front Seat -> 1/2L HB Stoop -> 1/2L / P. Salto	7.304		7.404	Clear Pike Forward L-grip Handstand (Adler), 1/2L
7.105		7.205	Front Seat Circle -> Straddle Cut Catch	7.305	HB - (F/B) Pike Cut -> LB, LB - F. Seat -> Cut HB	7.405	Clear Back Pike - rear inverted pike support
7.106	Back Seat Circle / LB -> HB	7.206	LB - Back Seat -> 1/2L HB, HB - Back Seat -> LB	7.306	HB - Clear Back Pike Circle - Clear (Steinmann circle)	7.406	Clear Back Pike - hang (Mirgorodskaiia) -> LB salto (Teza), 1/2L LB Hst. (Teza)
7.107		7.207		7.307		7.407	Clear Back Pike -> Reverse Hecht Straddle / Sloop (L-L)
7.108		7.208		7.308	Front Pike Sole Circle - Handstand, 1/2L IN, 1/1L Healy	7.408	(L-grip) Front Pike Sole to Handstand or 1/2L, Front Pike Sole 1/1L to Handstand
7.109		7.209	Piked Back Sole Circle - Clear Support (toe on-off)	7.309	Back Pike Sole Circle - Handstand, 1/1L Healy	7.409	Back Pike Sole - 1/2L IN, Hop IN
7.110		7.210		7.310	LB - B. Pike Sole Circle -> Counter HB, 1/2L (Reinhardt)	7.410	Back Pike Sole (LB out) -> HB (Maloney); Toe Shoot 1/1L (Oster)
7.111		7.211		7.311		7.411	
7.112		7.212		7.312		7.412	Clear Pike Forward to Handstand, 1/2L (Endo Pike)
7.113		7.213		7.313	LB - Clear Back Pike -> Hecht / Counter to HB	7.413	Clear Pike Backward to Handstand, 1/2L
DISMOUNTS		DISMOUNTS		DISMOUNTS		DISMOUNTS	
8.101	HB - Toe-on or Clear, 1/2L, 1/1L	8.201	HB - Toe-on or Clear 1-1/2L, 2/1L	8.301	HB - Toe-on / Stalder Front Salto T1/2L (Celestine), P1/2L	8.401	HB - Toe-on or Clear F. T/P 1/1L, Streich (Kennedy), Clear B. Pike Cir. -> F. Stretch 1/2L
8.102		8.202		8.302	Underswing / Clear 1/2L B. Salto T/P (Comaneci)	8.402	Underswing / Clear - 1/2L Back Salto Stretch (Okino), 1/2L Back Salto 1/2L (Haba)
8.103	HB - Flyaway - Back Salto T / P / S	8.203	Flyaway - Back Salto T/P/S, 1/2L, 1/1L	8.303	Flyaway - Back Salto T/P/S 1-1/2L, 2/1L	8.403	Back Salto Stretched 2-1/2L (Ji)
8.104		8.204		8.304	Double Back Salto - Tuck or Pike	8.404	Double Back Salto Tuck - 1/2L in 2nd Salto (Elmore)
8.105		8.205		8.305		8.405	Double Back Salto Pike-Layout or Layout-Pike
8.106		8.206		8.306		8.406	
8.107	HB - F. Giant - F. Salto T / P / S	8.207	HB/Countersw - Clear Sid/F. Giant - F. Salto 1/2L, 1/1L	8.307	F. Giant - F. Salto Layout (Pechstein)	8.407	F. Giant - Front Salto T/P/S 2/1L, 1/2L Double Back T/P (Goerlitz)
8.108	(allowed to counterswing into F. Salto)	8.208	Hecht or Clear Hecht	8.308	Hecht 1/1L or Clear Hecht 1/1L	8.408	Hecht or Clear Hecht - Back Salto Tuck (Muchina)
8.109		8.209	Cast Near Handstand - F. Salto Tuck	8.309	Cast Near Handstand - F. Salto Pike B. Salto T/P	8.409	
8.110		8.210	Straddle Cut -> Whip-Salto (Tanac) T/P/S (LB/HB)	8.310	Clear Hip / Giant - B. Salto (Gonzales), Tanac 1/1L, 1-1/2L	8.410	Back Stalder Hst. - B. Tuck / Pike, Back Giant -> B. Tuck 1/1L Over HB (Harriman)
				8.310	Back Giant 1/2L - Back Salto Tuck	8.410	Straddle Cut to Whip-Salto (Tanac) 2/1L (Bronson)

USAG BALANCE BEAM

A = 100 MOUNTS		B = 200 MOUNTS		C = 300 MOUNTS		D = 400 MOUNTS	
1.101	Free Leap / Jump - 1 or 2 ft. / Scale	1.201	Free Leap 1/2L, Straddle Split Jump to Stand	1.301	Split Jump - Beat to Split (Whipple) to 1 or 2 feet landing	1.401	Switch Split Leap, Free Jump 1/1L (diagonal or end)
1.102	Scissors sit / 1/2L, Cross, Side 1/2L, to support	1.202	Thief vault - Free Leap over beam to rear sit	1.302	Two Flank Circles - Leg Flairs (Baikova) (Not Acro)	1.402	3 Flying Flairs (Homma) (Not Acro)
1.103	Flank to rear, Straddle Cut Sit (Not Acro)	1.203	Flank over 1/2L, to rear support (Not Acro)	1.303	Roundoff Straddle Back - Hip Circle	1.403	Switch Split Leap to Free (no hands) Cross Split Sit (Whitney)
1.104	Jump - Straddle / Free, Side / Cross Spilts	1.204	Jump 1/2L, or Rear Jump Back - Clear Straddle	1.304	Free Leap - Cross Split Sit or 1/2L side / diagonal	1.404	Hecht - Hsp., Roundoff - 1/2L, F. Hsp. (Dum), Pike Flyspring (McCool)
1.105	Leap / Switch - Cross Split Sit (one hand)	1.205	Squat / Stoop thru - Clear Pike Support - 2 sec.	1.305	Hecht Roll (extended hips)	1.405	Handstand 1/1L to 2/1L, to Planche / Clear - 2 sec.
1.106	Forward Roll, Swing Forward Roll	1.206	Free Forward Roll at the end	1.306	Jump - Cheststand 1/1L, (Silvas), Rear Jump 1/2L	1.406	One Arm Press Hst. (Rankin), to Clear (Rankin/Lowling)
1.107	From Side Stand - Back Pullover off 1 or 2 feet	1.207	Jump - Neckst. 1/2L, Chest St., 1/2L, Neckst. (side)	1.307	Jump - Handspring step out	1.407	F. Tuck - T/P free-sit (side)
1.108	Headspring	1.208	Jump - Press, Swing, Clear - Hst. or 1/2L (F. Acro)	1.308	Jump - Side Planche above Horizontal (2 sec.)	1.408	Roundoff Flc Flac / 1-arm / Swing down
1.109	Cartwheel (off board) to front support	1.209	Press Side - Hop 1/4L, - Cross Hst. (Lof-Hop)	1.309	Hecht - Cartwheel, 1-arm, Handst., Roff (end)	1.409	Roundoff - Back Tuck Swing down (Milosovic)
1.110	Front Walkover (off board) to Sit	1.210	Handspring or Front Aerial to sit or 1/4L, high	1.310	Front Tuck to Sit (end / diagonal) (Poulin), Pike sit	1.410	Split Jump 3/4L (cross/side)
1.111		1.211		1.311		2.401	(Side) Split Jump 1/2L (Side)
1.112		1.212		1.312		2.401	Straddle Pike Jump 1/2L or 3/4L (cross/side)
1.113		1.213		1.313		2.401	Straddle Jump 1/2, or 3/4L, Prone / Circle (cross/side)
1.114		1.214		1.314		2.404	Tour Jete, Tour Jete 1/4L
1.115		1.215		1.315		2.405	Switch Side Leap or 1/4L (Johnson), (Side) Switch Split 1 or 2 ft. (Concannon)
2.101	Stag / Stag-Split Leap, Stag Leap 1/4L, (same)	2.201	(Cross) Split Leap, Split / Stag-Split Leap 1/4L	2.301	Split 1/2L, (Side) Split Jump or Rear leg up (Henrich)	2.406	Sheep Jump w/arch @ head; Switch Stag-Ring Leap / Jump - @ head
2.101	Double Stag Leap or Jump, 1/4L	2.201	(Side) Split Leap, Split Jump 1/4L	2.301	(Cross) Split Jump 1/4L, Side, Beat Split Jump (Sweetin)	2.408	Stretch Jump 1-1/2L
2.102		2.202	(Cross) Strad Split Jump, 1/4L, Side, (Side) 1/4L	2.302	(Side) Straddle Jump, 1/4L, Side-Cross, 1/4L, Cross-Side	2.409	Cat Leap 1-1/2L
2.103		2.203	Straddle 1/4L, (cross-side, side-cross)	2.303	Straddle Jump (side), 1/4L, Prone/Circle (cross/side)	2.410	Tuck Jump or Hop 1/1L, 1-1/4L
2.104	Hop (leg above horizontal)	2.204	Straddle Jump to prone (cross)	2.304	Hop 1/2L or Fouette Hop Scale (leg above horizontal)	2.411	Wolf Hop or Jump 1/1L (cross/side)
2.105	Stag Switch Split Leap / Switch Wolf Leap	2.205	Pike Jump (cross) Hips < 90o	2.305	Switch Leap, Scale, 1/4L, Prone/Circle, Straddle (Clauson)	3.401	Double Turn 2/1L (free leg below horizontal)
2.106		2.206		2.306	Pike Jump (side), 1/2L, (cross), Hips < 90o	3.402	1-1/2L - (back leg) high at or above horizontal
2.107	Sissone, (2 ft. take off) - OK Large Leap	2.207		2.307	Ring Leap / Jump - @ head height	3.403	1-1/2L - (front leg) heel at or above horizontal
2.108	Stretch / Arch Jump, Jump 1/2L, Beat Jump	2.208	Stretch jump 3/4L	2.308	Stretch Jump 1/1L, 1-1/4L	3.404	Scale - 1-1/2L - Scale (free leg at or above horizontal)
2.109	Cat Leap / Hitchkick / Cabriote (FB)	2.209	Cat Leap 1/2L	2.309	Cat Leap 1/1L	3.405	F/S, Tuckstand 2/1L, 2-1/2L (Humphrey), Rise to Stand (Swartzentruber)
2.110	Tuck Jump or Hop	2.210	Tuck Jump or Hop 1/2L	2.310	Tuck Jump or Hop 3/4L	3.406	1-1/2L Turn - holding leg upward 180o split thruout
2.111	Wolf Jump or Hop (leg above horizontal)	2.211	Wolf Jump or Hop 1/2L (cross/side), Prone	2.311	Wolf Hop or Jump 3/4L (cross/side), prone	3.407	BODY WAVES
3.101	1/1 Turn	3.201	1-1/2 Turn	3.301	1/1L - (back leg) high at or above horizontal	3.408	2 sec. Scale backward (on toe)
3.102		3.202	1/1L - (back leg) high @ 45o below horizontal	3.302	1/1L - (front leg) heel at or above horizontal	5.401	HOLDS
3.103		3.203	1/1L - (front leg) heel @ 45o below horizontal	3.303	Scale - 1/1L - Scale (free leg at or above horizontal)	5.402	2 sec. Element to Handstand - Planche
3.104		3.204		3.304	Scale - 1/1L - Scale (free leg at or above horizontal)	5.403	2 sec. Reverse Planche - legs horizontal
3.105		3.205		3.305	1/2 illusion Turn - one hand touch	5.404	2 sec. One-Arm Hst., Side Handstand - flank to sit
3.106		3.206	F/S, Tuckstand 1/1L	3.306	F/S, Tuckstand 1-1/2L, 1-3/4L, (Ferguson)	5.405	2 sec. (side) Back Walkover Hst. - One Arm, with Planche (Shaposhnikova)
3.107	Prone 1/1L to 1-1/2L, - alternate hands	3.207	Flank Circle 1/1L - legs together	3.307	Back Spin 1-1/4L, in kip position (L-L-L)	5.406	
3.108		3.208		3.308	One Leg Circle with Flair (Talavera)		
3.109		3.209		3.309	1-1L Turn - holding leg upward 180o split thruout		
4.101	Forward Body Wave - 2 sec.	4.201	Forward Body Wave - Balance one leg - 2 sec.	4.301	Note: Balance Stand - ball of foot on High Relieve		
4.102	Backward Body Wave - 2 sec.	4.202	Backward Body Wave - Balance one leg - 2 sec.	4.302			
4.103	Sideward Body Wave - 2 sec.	4.203	Sideward Body Wave - Balance one leg - 2 sec.	4.303			
4.104		4.204	Kneeling - Toe Rise to stand (no required hold)	4.304			
5.101	2 sec. Scale (leg above horizontal), Leg Held	5.201	2 sec. Scale (on toe - above horizontal), leg held	5.301			
5.102	2 sec. Needle Scale (hand support)	5.202	2 sec. Free Leg @ +140o side on toe, Hold OK	5.302			
5.103	2 sec. Free Lying - large leg/lorso (Not Acro)	5.203	2 sec. Clear Pike "V" or Straddla (Not Acro)	5.303			
5.104	2 sec. Kick to Handstand, 1/2L (not sideward)	5.204	2 sec. Hst. arch/pike bent knee, Cross Hst. 1/1L	5.304			
5.105		5.205	2 sec. (Dive or Jump) to Handstand, Cheststand	5.305			
5.106		5.206		5.306			
5.107		5.207		5.307			
5.108		5.208		5.308			

USAG BALANCE BEAM

A = 100 ROLLS		B = 200 ROLLS		C = 300 ROLLS		D = 400 ROLLS	
6.101	Forw. Roll / Swing Forw. Roll / Shoulder Roll	6.201	Dive Forward Roll, Stretch Shoulder Roll, hands	6.301	Free Shoulder Roll Forward Stretched (Garrison)	6.401	
6.102		6.202	Free Forward Roll	6.302		6.402	
6.103		6.203	Kick, Press Handstand Forward Roll / Free Roll	6.303		6.403	
6.104	Backward Roll / Shoulder Roll	6.204	Backward Roll - Handstand	6.304	Free Back Shoulder Roll Stretched (Kreiffels)	6.404	
6.105		6.205	Side Roll 1/5, Neckst. 1/2L, Stretch Side Roll	6.305	Neck Roll Stretched 1/11, or 1-1/2L	6.405	
6.106		6.206		6.306		6.406	
WALKOVERS		WALKOVERS		WALKOVERS		WALKOVERS	
7.101	Front Walkover to Bridge 1/1t. Sit	7.201	Front Walkover / Tinsica / One Arm	7.301	(side) Front Walkover	7.401	Front Aerial, Swing thru Front Aerial (George), Swing thru to Kneel/sit (Stevens)
7.102	** All Variations = Different Elements	7.202	Front Handspring / Tinsica Spring	7.302	Front Handspring - Switch Leg Landing, One Arm Hsp.	7.402	
7.103	** Cartwheel / 1-Arm / Forearm-cheststand	7.203	** Dive Cartwheel / Pop Cartwheel / Roundoff	7.303		7.403	
7.104	B.Walkover / 1-Arm / Sw.down / Bridge 1/1t. Sit	7.204	Scale 1/2t. Back Walkover	7.304	(side) Back Walkover	7.403	Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clore),
7.105	Tic-Toc, Walkover Forward-Backward	7.205	Back Walkover clear support	7.305	Back Walkover stoop thru 1 leg --> splits	7.404	Side Aerial, Free Leg Field (Marinez)
7.106	Back Lying - Bridge (head/hands) Kickover	7.206	Valdez, One Arm, 1/2t.	7.306	Valdez 1/2t.-1/2t., One Arm Horizontal Vaidez (Garrison)	7.406	(side) Press Handstand - Front Walkover 2 ft. (Phillips)
7.107	Back Walkover, 1/2t.	7.207	Walkover 1/2t. - Walkover (F/B); Forward Roll	7.307	Element 1/1t - 2/1t. in Handstand	7.407	
7.108		7.208	Flic-flac Step-out	7.308	One Arm Flic Flac, Flic Flac 1/2t. after hand support	7.408	
7.109		7.209		7.309	(side) Flic-flac to support / hip circle	7.409	(side) Flic Flac (Tousek), (side) Flic Flac 1/2t. Handstand (Kolesnikova)
7.110		7.210	Flic-flac (2 feet)	7.310	One Arm Flic-flac (2ft), Flic-flac 1/4t. Side Handstand	7.410	
7.111		7.211	Gainer Flic-flac	7.311	Gainer One Arm Flic-flac	7.411	
7.112		7.212	Flic-flac or Gainer swing down (Korbut)	7.312	Tuck (Chern), Pike (Rueda), Gainer Pike	7.412	
SALTOS		SALTOS		SALTOS		SALTOS	
8.101		8.201		8.301	Front Salto Sit (Puolin), Free (Portocarrero)	8.401	Front Salto Tuck to Stand, takeoff 1 ft. (Rowe), to Knee (Hawthorne)
8.102		8.202		8.301	Swing Front Salto to Straddle sit (Kivisto)	8.402	Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto (George)
8.103		8.203		8.303	Back Salto Tuck / Scale - 2 sec., Step-out 1/4t. (DeVries)	8.403	Back Tuck 1/4t. (cross-side) (Rosette)
8.104		8.204		8.304	B. Pike, Swing down (Pearce)	8.404	
8.105		8.205		8.305	Gainer Back Salto T/P	8.404	Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (Edlin)
8.106		8.206		8.306		8.405	Gainer Back Salto Stretched Stepout
DISMOUNTS		DISMOUNTS		DISMOUNTS		DISMOUNTS	
9.101	Handspring or Handspring 1/2t.	9.201	Handspring 1/1t.	9.301	Handspring 1-1/2t.	9.401	
9.102	Front Aerial Walkover or 1/2t., Aerial Roll.	9.202	(end) Front Aerial 1/1t. or Gainer Front Aerial 1/1t.	9.302	Front Aerial 1-1/2t.	9.402	Front Aerial 2/1t. (Mühr)
9.103	Cartwheel 1/4t. (Roundoff), Cartwheel 3/4t.	9.202	Gainer Tuck 1/1t. (Mabrey)	9.302	(side) Front Aerial 1/1t. or Gainer Front Aerial 1/1t.	9.402	
9.104	Front Salto Tuck / Pike or 1/2t. (from 1t. / 2tL)	9.203	Cartwheel 1-1/4t. or 1-3/4t.	9.303	Cartwheel 1/4t. (Tsuk.) - Back Tuck (Lawson) Pike (Keck)	9.403	
9.105		9.204	Front Salto Stretch or 1/2tL, (side) Swing F. 1/2t.	9.304	F. Salto 1/1t., 1-1/2t. Tuck / Stretched	9.404	Front Salto Stretched 2/1t. (Araujo)
9.106		9.205	Arabian Salto T/P - Jump 1/2t. Front Salto	9.305		9.405	Jump 1/1t. Front Salto Tuck / Pike / Stretched
9.107		9.206	Back Salto T/P/S 1/2t. - 1/1t., 1ft. or 2 ft.	9.306		9.406	
9.107	Back Salto Tuck / Pike / Stretch	9.207		9.307	Back Salto Tuck / Pike / Stretched 1-1/2t., 2/1t.	9.407	
9.108	(side) Gainer Back Salto T/P/S	9.208	(side) Gainer Back Tuck 1/1t., Stretch 1/2t.	9.308	(side) Gainer Back 1/1t., Tuck or Stretch 1-1/2t.	9.408	(side) Gainer Back Salto Stretched 2/1t., 2-1/2t. (Khorkina)
9.109		9.209	(end) Gainer Back Tuck Salto	9.309	(end) Gainer Back Salto Tuck or Pike 1/1t.	9.409	(end) Gainer Back Salto Stretched, Gainer Pike 1/1t. (Rinaldo)
9.110		9.210	Jump 1/2t. Back Salto T/P	9.310	Jump 1/2t. Back Salto Stretched	9.410	

USAG FLOOR EX

A = 100		B = 200		C = 300		D = 400	
LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS		LEAPS, JUMPS, HOPS	
NOTE	1/4t. or land in split sit or prone = Root Element	NOTE	Jumps with 1/2t. or 3/4t. = Same Value	NOTE	All Leaps & Jumps with 1/1t. = C	NOTE	1/4t. or land in split sit or prone = Root Element
1.101	Split/Stag - Leap (same), Split/Stag Jump (same)	1.201	Tuck - Split Jump / Double Stag 1/1t. Leap or Jump	1.301		1.401	
1.102		1.202	Split Leap 1/4t. or 1/2t., Split Jump 1/2t. (Different)	1.302	Split Leap - 1/1t. (Rivarola)	1.402	Split Jump 1-1/2t.
1.103		1.203	Split Leap Back - 1/4t. or 1/2t.	1.303		1.403	
1.104	Switch Leap - Wolf / Stag Switch / Switch < 135o	1.204	Switch Leap (less than 45o lead leg deduction)	1.304	Switch Leap 1/2t., Free Leg F./S./B. Horiz., 1/2t.	1.404	Switch Leap 1/1t. (Forlova)
1.105		1.205		1.305	Switch Side Leap, 1/2t. - 3/4t., Prone (Kosowski)	1.405	
1.106		1.206	Pike Jump, Pike 1/2t. Prone (90o Hip Angle)	1.306	Pike Jump 1/1t. (legs above horiz.)	1.406	
1.107		1.207	Straddle Jump / Side Split Jump / Straddle 1/2t.	1.307	Straddle Pike Jump 1/1t. (Popa), Side Split Jump 1/1t.	1.407	Straddle Pike Jump 1-1/2t.
1.108		1.208	Side Split Jump Prone (Schuschunova), 1/2t.	1.308	Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone (Khorkina)	1.408	Leap 2-1/2t. Prone (Toussaint)
1.109	Scissor Leap (hitchkick) / Cabriole, F./B.	1.209	Hitchkick 1/4 - 1/4t. / Tour Jete Leap	1.309	Tourjete Leap 1/2t., 2t. (Strug), split (Prodnunova), 3/4t.	1.409	Tourjete Leap - 1/1t. to 2 ft. (Gogean)
1.110	Sissone Jump	1.210	Ring Leap / Jump - rear leg @ head	1.310	Tourjete-Ring (Boucher), Stag-Ring 1/1t.	1.410	Tourjete Ring 1/2t. (Jackson), Ring 1/1t. (Johnson)
1.111		1.211	Sheep Jump @ head; Switch Double Stag	1.311	Switch Split Leap - Ring, Sheep Jump 1/1t. (Dunn)	1.411	Switch Split Leap 1/2t. to Ring Leap (Trevor)
1.112	Jump 1/2t. or 1/1t., Chasse 1/1t.	1.212	Stretch Jump 1-1/2t.	1.312	Stretch Jump 2/1t. or 2-1/2t.	1.412	Stretch Jump 3/1t.
1.113	Cat Leap / 1/2t. knees turn out or parallel	1.213	Cat Leap 1/1t., Split Sit	1.313	Cat Leap 1-1/2t. (Garrison)	1.413	Cat Leap 2/1t. (Benten)
1.114	Hop 1/2t. (Leg above Horizontal)	1.214	Fouette to Scale	1.314	Hop 1/1t. (Leg above Horizontal)	1.414	Hop 1-1/2t. (Leg above Horizontal)
1.115	Tuck Jump / Tuck Jump 1/2t. (off 1 or 2 ft.)	1.215	Tuck Jump 1/1t. (off 1 or 2 ft.)	1.315	Tuck Jump 1-1/2t. (off 1 or 2 ft.)	1.415	Tuck Jump 2/1t. (off 1 or 2 ft.), Prone (Ziganshiva)
1.116	Wolf Hop or Jump (Leg Horizontal)	1.216	Wolf Hop or Jump 1/2t. (Leg Horizontal)	1.316	Wolf Hop or Jump 1/1t. (Leg Horizontal), to Prone	1.416	Wolf Hop or Jump 1-1/2t. (Leg Horizontal)
TURNS		TURNS		TURNS		TURNS	
2.101	Full (1/1) turn	2.201	One & Half (1-1/2) turn	2.301	Double (2/1 or 2-1/2) Turn	2.401	Triple (3/1) turn
2.102		2.202	1/1t. Free Leg Horizontal (no leg hold)	2.302	1-1/2t. Free Leg Horizontal (no leg hold)	2.402	2/1t. to 2-1/2t. Free Leg Horizontal (start to end) no leg hold
2.103		2.203	1/1t. to Scale - 2 sec.	2.303	1-1/2t. to Scale - 2 sec.	2.403	2/1t. to Scale - 2 sec.
2.104		2.204	Scale - 1/1t. Scale (free leg above horizontal)	2.304	Scale - 1-1/2t. - Scale (free leg above horizontal)	2.404	Scale - 2/1t. - Scale (free leg above horizontal)
2.105		2.205	Illusion 1/1t. (without touching free leg or hand)	2.305		2.405	2/1t. Illusion Turn (without touching free leg or hand)
2.106		2.206	Tuckstand 1/1t.	2.306	Tuckstand 1-1/2t.	2.406	Tuckstand 2/1t.
2.107		2.207	Back (kip position) Spin 2/1t.	2.307	Double Flair (Hommel)	2.407	
2.108		2.208	1/1t. Free Leg Held with hand(s) upward @ 180°	2.308	1-1/2t. Free Leg Held with hand(s) upward @ 180°	2.408	2/1t. Free Leg Held with hand(s) upward @ 180° (Mammel)

USAG FLOOR EX

A = 100		B = 200		C = 300		D = 400	
HANDSTANDS		HANDSTANDS		HANDSTANDS		HANDSTANDS	
3.101	Jump Hst. / Kick or Press Hst. 1/2L. or 1/1t.	3.201	Handstand 1-1/2L. - 2/1t. +	3.301		3.401	
ROLLS		ROLLS		ROLLS		ROLLS	
** All Forward and Backward Roll Variations "A"							
4.101	** Forward Roll, Handst. Roll, Dive/Hecht Roll	4.201	Jump 1/2t. or 1/1t. - Dive/Hecht Roll	4.301	Jump 1-1/2t. - Dive/Hecht Roll (Esslinger)	4.401	
4.102	** Backward Roll T/P, Back Roll - Handstand, 1/2L	4.202	Backward Roll - Handstand 1/1t. +	4.302		4.402	
WALKOVERS		WALKOVERS		WALKOVERS		WALKOVERS	
5.101	Forward / Backward Walkovers, Valdez	5.201	Back Walkover 1/1t., Valdez 1/1t.	5.301		5.401	
5.102	Handspring / Handspring 1/2L. / Flyspring (1 ft.)	5.202	Arabian Front Handspring / Flyspring (2 ft.)	5.302	Handspring 1/1t. or 1/1t. Handsp. (Mostepanova)	5.402	
5.103	Front Aerial, Kick-over Front / to Knees (not salto)	5.203		5.303	Front Aerial 1/1t.	5.403	
5.104	Cartwheel, Dive / Side Aerial / Butterflies (F/B)	5.204		5.304		5.404	
5.105	Roundoff / Aerial Roundoff	5.205		5.305		5.405	
5.106	Flic-flac / Gainer Flic-flac / One-Arm Flic-flac	5.206	1/1t. Flic-flac	5.306		5.406	
5.107	Head Kips / Neck Kips	5.207		5.307		5.407	
FRONT SALTOS		FRONT SALTOS		FRONT SALTOS		FRONT SALTOS	
6.101	Front Salto Tuck	6.201	Front Salto Pike / Stretched, T/P/S 1/2L.	6.301	Front Salto Tuck / Pike / Stretch 1/1t.	6.401	Front Salto Tuck / Pike / Stretch 1-1/2L. (Rudi)
6.102		6.202		6.302		6.402	
SIDE SALTOS		SIDE SALTOS		SIDE SALTOS		SIDE SALTOS	
7.101	(Forward) Side Salto Tuck / Pike / Stretch	7.201	(Backward) Side Salto Stretched	7.301		7.401	
	1-foot take-off not a Salto SR or Composition	7.202	Arabian Salto T/P/S (back 1/2L. front)	7.302		7.402	
BACK SALTOS		BACK SALTOS		BACK SALTOS		BACK SALTOS	
8.101	Back Salto T/P/S	8.201	Back Salto T/P/S 1/2L. (half) or 1/1t. (full)	8.301	Back Salto 1-1/2t. or 2/1t. (Double Full)	8.401	Back Salto 2-1/2t. (Two & Half)
8.102	Whip-Salto Backward	8.202	Whip-Salto 1/2L., 1/1t. (full)	8.302		8.402	
8.103		8.203		8.303		8.403	Double Back Salto - Tuck or Pike
8.104		8.204		8.304		8.404	
8.105	Gainer Back Salto Tuck/Pike/Stretch	8.205	Gainer Back Salto - Tucked 1/1t.	8.305		8.405	
8.106		8.206	Jump 1/2L. - Back Salto T/P	8.306	Jump 1/2L. - Back Salto Stretch	8.406	

Beginner Bars	Requirements	Novice Bars	Requirements	Intermediate Bars	Requirements	Cast / Circle Deductions	Start Values	
Omission Change Substitute $0.0 + 0.5 = 0.5$ No Composition Deductions Start Value 5.0	1A Pull Over Mount 0.5	1A Kip (either skill 1** or skill 6**)	1A 0.5	Intermediate Bars Omission 0.5+0.5 Rhythm 0.1 Dynamics 0.2 Start Value 8.0	6 Elements	0.0 at 30o above horizontal 0.05 - 0.30 at 1o - 29o above horizontal 0.4 - 0.5 horizontal or below	Beginner Bars	
	1B Glide Kip Mount 0.5	1B Glide Kip** Mount	0.5		One Bar Change		5.0	
	2 Small Cast	2 Cast to Horizontal	0.5		Kip Mount			
	3 Back Hip Circle 0.5	3 Back Hip Circle	0.5					
	4 Small Cast	4 Back Hip Circle	0.5		5 Cast - Squat on, Stoop on or with Circle		Cast to 30o above Horizontal	7.0
	5 Back Hip Circle 0.5	5 Cast - Squat on, Stoop on or with Circle	0.5		6A Long Hang Kip** / Pullover			
	6 Cast to Horizontal 0.5	6A Long Hang Kip** / Pullover	0.5		6B Tap-Counterswing Long Hang / Pullover		Circle to 30o above Horizontal	
	7A Small Cast	6B Tap-Counterswing Long Hang / Pullover	0.5		7A Cast to 45° Below Horizontal (Option 1a)		OR	8.0
	7B Sole Circle Dismount 0.5	7A Cast to 45° Below Horizontal (Option 1a)	0.5		7B Flyaway Tuck/Pike/Stretch Dismount			
	7B Small Cast	7B Flyaway Tuck/Pike/Stretch Dismount	0.5		8A Tap Swing Forward 1/2t. Dismount		"B" Flight	
Squat on Jump off 0.5	8A Tap Swing Forward 1/2t. Dismount	0.5	8B Underswing, Counterswing (Option 2a)	Salto Dismount				
	8B Underswing, Counterswing (Option 2b)	0.5	8B Flyaway Tuck/Pike/Stretch Dismount					
#								
#								
#								

BARS	BEAM	FLOOR	HIGH SCHOOL
<p>ONE Bar Change B - Flight or Turn (+0.1 added to SV for Flight Skill) B - Group 3,6,7 A - Salto Dismount</p>	<p>Acro Series (one "B" Acro element required) One 180o Leap / Jump in Cross / Side Full Turn A - Dismount</p>	<p>2 Saltos in Acro Pass - OR - 2 Saltos Direct 3 Different Saltos (0.2 each) Dance Passage - One 180° Split Leap Turn One Acro Pass with Flight (anywhere)</p>	<p>A 3 = 0.1 each B 4 = 0.3 each C 1 = 0.5 each SR 4 = 0.5 each</p>
#			<p>SV Level: 10.0 S.V. + VP - Ded. - SR - J1 Score J2 Score Exec. - Average Comp. - Neutral Ded. - Artistry - Score</p> <p>A - B - C - Time: _____</p>
#			<p>SV Level: 10.0 S.V. + VP - Ded. - SR - J1 Score J2 Score Exec. - Average Comp. - Neutral Ded. - Artistry - Score</p> <p>A - B - C - Time: _____</p>
#			<p>SV Level: 10.0 S.V. + VP - Ded. - SR - J1 Score J2 Score Exec. - Average Comp. - Neutral Ded. - Artistry - Score</p> <p>A - B - C - Time: _____</p>

Gymnast #	Vault #	Vault #	Vault #
	Symbol	Symbol	Symbol
> 0.1 Foot Form (flexed, sickled)			
> 0.1 Legs - Crossed			
> 0.2 Legs - Separated			
> 0.3 Knees - Bent			
> 0.2 Body - Excessive Arched			
> 0.3 Hips - Angle Poor			
> 0.3 Turn - Not Fully Executed			
FIRST FLIGHT PHASE			
> 0.1 Hands - Staggered / Alternate			
> 0.2 Hands - Alternate Repulsion			
> 0.3 Hands - Step(s) with hand(s) 0.1 each			
> 0.3 Hop(s) - both hands simultaneously			
> 0.5 Arms - Bent			
2.0 Head contact in Support (inc. arms)			
> 0.2 Shoulder - Angle Poor			
> 0.2 Body - excessive arch			
> 0.3 Turn - Begun Too Early			
> 0.3 Legs Bent or Early Tuck (Salto Vaults)			
> 0.3 Failure to Pass Through Vertical			
> 0.5 Too Long in Support (Non-Salto)			
> 1.0 Angle of Repulsion (Non-Salto)			
SECOND FLIGHT PHASE			
> 0.1 Foot Form (flexed, sickled)			
> 0.1 Legs - Crossed			
> 0.2 Legs - Separated			
> 0.3 Legs - Bent			
> 0.3 Insufficient Tuck / Pike			
> 0.3 Insufficient Stretch (excessive arch / pike)			
> 0.3 Pike Down of Stretch position			
> 0.3 Insufficient Opening (tuck / pike)			
> 0.1 Salto - Under Rotation of Salto Vault			
> 0.1 Turn - Insufficient Exactness			
> 0.3 Turn - Late Completion (non-saltos)			
> 0.5 Turn - Begun Too Late			
> 0.2 Brush / Hit far end of table			
> 0.3 Length - Distance			
> 0.5 Height - Hip Rise (Non-Salto)			
> 1.0 Height - Hip Rise (Salto)			
LANDING / GENERAL			
> 0.1 Arms - Extra Swings			
> 0.2 Body - Incorrect Body Posture			
> 0.2 Trunk - Movement(s)			
> 0.3 Turn - Incomplete			
> 0.3 Direction (mat contact)			
0.05 Fail to Join Feet = < Hip Width			
0.1 Land feet > Hip-Width			
> 0.1 Slight hop, small adjustment / staggered			
> 0.4 Step (0.1) Large Step / Jump (0.2)			
> 0.3 Squat on Landing			
> 0.3 Brush / Touch Mat (no support)			
0.5 Fail (to support, against table)			
0.5 Coach - Between Board-Table			
0.5 Spot Landing			
> 0.3 Dynamics (speed / power)			
START VALUE			
DEDUCTIONS			
JUDGE #1			
JUDGE #2			
Chief Judge:			
1.0 One Arm, 0.5 Vault w/o signal, Unauthorized Mat, 0.2 Tape on Table			
	1st Vault	1st Vault	2nd Vault

Gymnast #	Vault #	Vault #	Vault #
	Symbol	Symbol	Symbol
> 0.1 Foot Form (flexed, sickled)			
> 0.1 Legs - Crossed			
> 0.2 Legs - Separated			
> 0.3 Knees - Bent			
> 0.2 Body - Excessive Arched			
> 0.3 Hips - Angle Poor			
> 0.3 Turn - Not Fully Executed			
FIRST FLIGHT PHASE			
> 0.1 Hands - Staggered / Alternate			
> 0.2 Hands - Alternate Repulsion			
> 0.3 Hands - Step(s) with hand(s) 0.1 each			
> 0.3 Hop(s) - both hands simultaneously			
> 0.5 Arms - Bent			
2.0 Head contact in Support (inc. arms)			
> 0.2 Shoulder - Angle Poor			
> 0.2 Body - excessive arch			
> 0.3 Turn - Begun Too Early			
> 0.3 Legs Bent or Early Tuck (Salto Vaults)			
> 0.3 Failure to Pass Through Vertical			
> 0.5 Too Long in Support (Non-Salto)			
> 1.0 Angle of Repulsion (Non-Salto)			
SECOND FLIGHT PHASE			
> 0.1 Foot Form (flexed, sickled)			
> 0.1 Legs - Crossed			
> 0.2 Legs - Separated			
> 0.3 Legs - Bent			
> 0.3 Insufficient Tuck / Pike			
> 0.3 Insufficient Stretch (excessive arch / pike)			
> 0.3 Pike Down of Stretch position			
> 0.3 Insufficient Opening (tuck / pike)			
> 0.1 Salto - Under Rotation of Salto Vault			
> 0.1 Turn - Insufficient Exactness			
> 0.3 Turn - Late Completion (non-saltos)			
> 0.5 Turn - Begun Too Late			
> 0.2 Brush / Hit far end of table			
> 0.3 Length - Distance			
> 0.5 Height - Hip Rise (Non-Salto)			
> 1.0 Height - Hip Rise (Salto)			
LANDING / GENERAL			
> 0.1 Arms - Extra Swings			
> 0.2 Body - Incorrect Body Posture			
> 0.2 Trunk - Movement(s)			
> 0.3 Turn - Incomplete			
> 0.3 Direction (mat contact)			
0.05 Fail to Join Feet = < Hip Width			
0.1 Land feet > Hip-Width			
> 0.1 Slight hop, small adjustment / staggered			
> 0.4 Step (0.1) Large Step / Jump (0.2)			
> 0.3 Squat on Landing			
> 0.3 Brush / Touch Mat (no support)			
0.5 Fail (to support, against table)			
0.5 Coach - Between Board-Table			
0.5 Spot Landing			
> 0.3 Dynamics (speed / power)			
START VALUE			
DEDUCTIONS			
JUDGE #1			
JUDGE #2			
Chief Judge:			
1.0 One Arm, 0.5 Vault w/o signal, Unauthorized Mat, 0.2 Tape on Table			
	1st Vault	1st Vault	2nd Vault

Gymnast #	Vault #	Vault #	Vault #
	Symbol	Symbol	Symbol
> 0.1 Foot Form (flexed, sickled)			
> 0.1 Legs - Crossed			
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FIRST FLIGHT PHASE			
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> 0.2 Hands - Alternate Repulsion			
> 0.3 Hands - Step(s) with hand(s) 0.1 each			
> 0.3 Hop(s) - both hands simultaneously			
> 0.5 Arms - Bent			
2.0 Head contact in Support (inc. arms)			
> 0.2 Shoulder - Angle Poor			
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> 0.3 Legs Bent or Early Tuck (Salto Vaults)			
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> 0.5 Too Long in Support (Non-Salto)			
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> 0.3 Pike Down of Stretch position			
> 0.3 Insufficient Opening (tuck / pike)			
> 0.1 Salto - Under Rotation of Salto Vault			
> 0.1 Turn - Insufficient Exactness			
> 0.3 Turn - Late Completion (non-saltos)			
> 0.5 Turn - Begun Too Late			
> 0.2 Brush / Hit far end of table			
> 0.3 Length - Distance			
> 0.5 Height - Hip Rise (Non-Salto)			
> 1.0 Height - Hip Rise (Salto)			
LANDING / GENERAL			
> 0.1 Arms - Extra Swings			
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> 0.2 Trunk - Movement(s)			
> 0.3 Turn - Incomplete			
> 0.3 Direction (mat contact)			
0.05 Fail to Join Feet = < Hip Width			
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> 0.3 Squat on Landing			
> 0.3 Brush / Touch Mat (no support)			
0.5 Fail (to support, against table)			
0.5 Coach - Between Board-Table			
0.5 Spot Landing			
> 0.3 Dynamics (speed / power)			
START VALUE			
DEDUCTIONS			
JUDGE #1			
JUDGE #2			
Chief Judge:			
1.0 One Arm, 0.5 Vault w/o signal, Unauthorized Mat, 0.2 Tape on Table			
	1st Vault	1st Vault	2nd Vault

GYMNASTICS EQUIPMENT INFORMATION SHEET

VAULT

Do you have a single base vault table: Yes No

If no, what do you have: _____

**Note: the double base vault/horse conversion kit was sold 2000-2004. This was a temporary fix to allow gyms time to buy the correct vault. This was not meant to be a permanent piece of equipment. The single base vault table has been the standard for gymnastics since 2001.*

Do you have a tac 10 (basketball top) springboard: Yes No

Do you have a round off entry mat: Yes No

**Note: This is required for specific vaults (many high school gymnasts do these vaults)*

Do you have a safety zone: Yes No This is a safety device around the board required for some vaults (see photo)

Do you have standard vault landing mats 8'w X 12' L: Yes No 20cm_or 4" _____

If not, what size landing mat do you have? _____

Do you have a carpeted foam runway 76' - 82' long: Yes No What thickness? _____

BARS

Do you have AAI super wide bars: Yes No

**Note: these bars have been the industry standard since around 2000*

If not, what do you have? _____

Do you have 2 bar landing mats (8in or 20cm) for under the bars (full width of the bars and at least 12' L each): Yes No

If no, what matting do you have? _____

BEAM

Do you have a reflex beam: Yes No

**Note: reflex beams have been the standard beam used in gymnastics since 1986, non-reflex beams stopped being sold in 1989. The change to reflex beams was made for athlete safety. A reflex beam has some springs to it to lessen impact on landings and lessen injury when falls occur. Reflex beams have caps at the end of the beam to lessen injury during dismounts.*

Do you have 4 standard beam landing mats (6' W X 15.5'L, 2 for under beam and 1 at each end): Yes No

**Note: Required for beam competition*

FLOOR

Do you have a standard gymnastics spring floor (springboards covered by foam with a full carpet cover): Yes No

Do you have a cheer spring floor (springboards with carpet backed foam): Yes No

If neither, what kind of floor do you have? _____

**Note: gymnastics spring floors have been the standard in gymnastics since around 1980, gymnastics spring floors have been the WIAA high school standard (and used at the state meet) since the early 1990s.*

GENERAL

Do you have an 8" skill cushion that can be used at each event during a meet (4 mats): Yes No

Can you run 4 events at a time during a meet (meeting matting standards listed for events above): Yes No

Do you have 4 score flashers (manual or electronic): Yes No

Do you have PRO SCORE: Yes No (this is required for post season meets or state qualifying meets)

WIAA GYMNASTICS VALUE PART EVALUATION FORM

This form must be **emailed** / submitted to the WIAA Technical Chairman, Dean Ratliff at rdeanr@aol.com, in order to officially request evaluation of elements not listed in the **2023 – 2024 WIAA Rule Book**. You will receive an evaluation for the new element you submit which will be valid through **February 2024**, unless evaluated by WIAA Rules Committee, at which time it will change for the following season.

When this form is returned to you with an element evaluation and the proper verification signature, you as coach, are required to carry the form with you to all competitions and present it to the Meet Referee prior to the judge's meeting before to the competition.

NO OTHER FORM OR VERIFICATION WILL BE ACCEPTABLE.

School _____ Coach _____

Phone _____ Street _____

Event _____ City/Zip _____

E-Mail _____

Element Name _____

Element Description (Please describe, draw the element, and include videotape):

Rating Given: None / A / B / C / D / E

WIAA Technical Chair Verification Signature _____

Date: _____

WIAA SCORE INQUIRY FORM

An inquiry at the State Tournament that does not result in a score change will receive a 0.1 deduction for that athlete on that event.

GYMNAST NAME and NUMBER _____

SCHOOL _____ **EVENT** _____ **FINAL SCORE** _____

This score inquiry is based upon the following questions:

1. Special performance occurrences _____
2. Falls _____
3. Neutral Deductions _____

List moves that receive Value Part credit and the value these moves should be awarded.

Element	J1	J2

Judges Response to specific questions:

1. Special performance occurrences _____
2. Falls _____
3. Neutral Deductions _____
4. Missing Special Requirements _____

Before Inquiry		
	J1	J2
Start Value		
Score		

After Inquiry		
Score Change?	YES / NO	YES / NO
	J1	J2
Start Value		
Score		

Signature of Coach

Signature of Chief Judge or Meet Referee

WIAA Team Score Sheet

Vault / Bars / Beam / Floor

School				
UB Routine	Athlete #	Athlete Name	S.V.	Score