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# WIAA GYMNASTICS

2025-26 RULES & POLICIES

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WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION

## WIAA GYMNASTICS RULE BOOK 2025-26

### Table of Contents

REGULATIONS FOR GYMNASTS.....	2
REGULATIONS FOR COACHES .....	3
REGULATIONS FOR JUDGES .....	3
SCORING PROCEDURES .....	4
VALUE PART REQUIREMENTS .....	4
COMPOSITION & EXECUTION .....	5
OPTIONAL START VALUES .....	6
UNUSUAL SITUATIONS, INQUIRIES & INJURIES .....	6
GENERAL EXECUTION DEDUCTIONS & NEUTRAL DEDUCTIONS.....	7
GENERAL INFORMATION.....	8
APPARATUS REQUIREMENTS – GENERAL .....	9
VAULT .....	10
UNEVEN BARS .....	14
BALANCE BEAM.....	23
FLOOR EXERCISE .....	32
UNEVEN BARS, BEGINNER, NOVICE, INTERMEDIATE SCORESHEET .....	39
UNEVEN BARS, BALANCE BEAM AND FLOOR EXERCISE SCORESHEET .....	40
VAULT SCORESHEET .....	41
GYMNASTICS EQUIPMENT INFORMATION SHEET .....	42
GYMNASTICS VALUE PART EVALUATION FORM.....	43
SCORE INQUIRY FORM.....	44
MEET SCORE SHEET .....	45

Dedicated to the memory of Issaquah HS Coach, Pat Hatmaker and Technical Director 1994-2025 Dean Ratliff

## REGULATIONS FOR GYMNASTS

### I. REQUIREMENTS OF THE GYMNAST

- A. Incorrect Attire ..... 0.2 – off 1<sup>st</sup> Event after Warning Chief Judge
1. Leotard with or without sleeves must be worn.
  2. Leotard must be one piece with no bare midriff.
  3. Backless leotards are not acceptable.
  4. Narrow shoulder straps not allowed (straps must be > 2cm).
  5. Leg cut may not exceed hip bone.
  6. Shoes and gloves are not permitted: NO warning needed, OK with medical permission.
  7. Tattoos, make up, glitter, adhesive gems, etc., are acceptable.
  8. Hair accessories in the hair (including, but not limited to headbands, clips, and bows) shall not be considered jewelry and shall be allowed.
  9. Hair should be secured away from face.
  10. Long hair should not come between the athlete and the apparatus.
  11. 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.
  12. 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 or black. These can be worn over or under the leotard.
  13. Shorts are allowable apparel for competitions. Shorts must be solid black Lycra (small manufacturer's branding allowed) with no embellishments. The length must be above the knee or shorter.
  14. 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.
  15. Exceptions to attire requirements for reasons of religious beliefs refer to WIAA Handbook for instructions.
  16. For transgender athletes, refer to WIAA Handbook.
  17. May not use earbuds while competing.
  18. Allowable jewelry are stud earrings in the ear. All other jewelry is not allowed (including gauges).
- B. Apparatus Modifications.....0.3 – Event (after warning) Chief Judge
1. Incorrect placement of additional mats or hand placement mat.
- C. Touch Warm-up Regulations.....0.2 – Team or Event (warning) Chief Judge
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. Following warm-up period, apparatus may be prepared but not used.
  4. Once warm-up is complete, the athlete may touch the apparatus. Exceeding warm-up time will result in a deduction if element(s) performed.
  5. Touch warm-up is only required when warm up equipment is different from competition equipment.
- D. Contact with meet officials (judges): The athletes should always remain distanced from the officials and should not present to the judges before rotations during the competition.
1. May not speak with active judges during competition ..... 0.2 Chief Judge
- E. General Competition Rules (must submit written request to evaluate a new element or vault before competition)
1. Fail to mark (FX) Line on mat, when using Line Judges ..... 0.1 (each time) (Chief Judge)
  2. Fail to present to the Chief Judge before or any Judge after..... 0.1 (each time) Chief Judge
  3. Starting exercise before signal from Chief Judge..... 0.5 Chief Judge
  4. Fail to begin within 30 sec of signal ..... 0.2 Chief Judge
  5. Exceed intermediate time (UB, BB 45 second) ..... Exercise Ended
  6. Coach instructs gymnast for the next skill ..... 0.2 (no warning) Chief Judge
  7. May not participate in warm-up or competition, while wearing a hard, non-removable cast.

### II. RIGHTS OF THE GYMNAST

- A. to identical apparatus and mats conforming to specifications if more than one set of equipment is used between warm-up and competition.
- B. to receive written evaluation of submitted new elements or vaults.
- C. to have score flashed immediately after performance.
- D. to receive results for the competition.
- E. to have start value provided on score sheet or flashed.

## REGULATIONS FOR COACHES

- I. Coach Misconduct
  - A. 1st Offense = warning
  - B. 2nd Offense = 0.2 (off Team Score)

NOTE: Be fair, sportsmanlike at warm-ups, march-in, competition & awards.
- II. Coaches are Permitted (without penalty).
  - A. To spot during the warm-up period.
  - B. To move board and spot after the gymnast has begun her routine (penalties may apply for a spot).
  - C. To advise during fall time (VT, UB, BB).
- III. Coaches are NOT Permitted to:
  - A. Speak directly to the gymnast; give technical verbal cues while competing (also includes teammates).
  - B. Obstruct the view of the judges.
  - C. Inquire to the Panel during competition.
  - D. Interfere with the rights of other participants.
  - E. Delay the competition.
  - F. Display any flagrant, undisciplined, or abusive behavior ..... Immediate Removal
  - G. Actively spot or assist an athlete while wearing a cast or medical device that limits mobility.
- IV. General Rules
  - A. Coaches have the right to submit a request to evaluate a new element or vault.
  - B. Coaches must submit the competition order and information required.
- V. All Team Support Personnel Attire:
  - A. Dress in attire reflecting the best image of gymnastics.
  - B. May not use earbuds while on the field of play.

## REGULATIONS FOR JUDGES

- I. **MEET REFEREE (applies only to post season or meets with more than 1 judge per event)**
  - A. Meet Referee or acting Meet Referee must be designated for each post-season meet and is highly recommended for all meets.
  - B. President of Jury of Appeal.
  - C. May observe or give opinions during conferences.
  - D. Gives technical judging information to Meet Director for distribution.
  - E. Final authority in technical matters: (timers, linesmen, scorer, flashers,).
  - F. May be affiliated with a team.
  - G. May not be involved with or makes comments to gymnast during warm-ups or training.
- II. **Chief Judge (applies only to post season or meets with more than 1 judge per event)**
  - A. Check working materials, signals and devices.
  - B. Instruct Judging Assistants:
    - 1. line judge signals
    - 2. stop watches, time limits
    - 3. reporting procedures: line & time violations
  - C. Method of scoring.
  - D. Procedures for flashing scores.
  - E. Evaluate and write down score - before reviewing other scores.
  - F. Record: VP, SR, SV, deductions, and neutral deductions.
  - G. Decides with the Meet Referee whether exercise may be repeated (technical failure) before score is flashed.
  - H. Calls a conference to assist judges in finding a common basis for scoring.
  - I. Start Value differences clarified.
  - J. Judges may change the score (not obligated) but must come to agreement.
  - K. Chief Judge may mandate that judges come into range, after consultation with the Meet Referee.
  - L. Takes neutral deductions from the average and NOTIFY COACH.
  - M. Terminate exercise if fall time exceeded (UB, BB 45 second, a bleeding wound)
  - N. Report to Meet Referee: incorrect attire, lack of discipline, exceeding warm-up time, warnings given, excessive cheers or disruptive behavior by teammates or coach (ex. blocking view of judges).
- III. **PANEL JUDGE (for all meets throughout the season and including post season)**
  - A. Judges are obligated to the WIAA RULE BOOK, to be unbiased and conscientious.
  - B. Record VP, SR, SV, and deduction errors.
  - C. Flash Start Value and score and write down if score sheets have been provided.
  - D. May be affiliated with team (one per panel).
- IV. **ASSISTANTS: (when used)**
  - A. Line Judges (FX), when used
  - B. Timers
    - 1. Balance Beam Routine Timer
      - a) Start = feet leave the mat, Stop = feet land on mat (fall & dismount).

- b) Restart = first movement to continue routine.
- c) Signals (verbal or instrument)
- d) Warning = 10 seconds remaining, Time = end of time.
- e) Inform Chief Judge of time violation.
- 2. Floor Exercise Timer –
  - a) Timing Routine: Start = first movement, Stop = last movement.
  - b) Inform Chief Judge of time violation.

V. JURY OF APPEAL

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

VI. VIDEO REVIEW

- A. There are no video reviews of routines or any part of a routine.

SCORING PROCEDURES

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

**Exception: 1.0 or greater flat deduction applied, allowable score range does NOT apply, scores will be averaged (for example one arm vault seen by one judge but not the other)**

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 the conference at the designated location.
- 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.
  - a) Whenever a Zero “0” score is one of the counting scores, the allowable range does not apply.
  - b) Chief Judge 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 if score would be ≤ 0.00)
- C. 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 scores on judging slip and send to Chief Judge via runner, if used.
    - c) After all scores received, flash Start Values.
    - d) Judges do not have to agree on Start Values
    - e) Conference MAY be called to adjust either up or down.
    - f) After conferences, re-flash adjusted Start Values.
- D. Re-evaluation of exercise or time frame for changing cores
  - 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 a 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 the coach of the change and display changed scores.

VALUE PART REQUIREMENTS

I. VALUE PARTS

- A. Difficulty Values:
  - Element..... Value
  - A ..... 0.1 pt.

- B..... 0.3 pt.
- C..... 0.5 pt.

- B. Replacement: Higher Value may replace Lower Value (1 for 1)
- C. Recognition (Counting) of VP: same element can be 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 or new elements: must be evaluated by Technical Chair, copy presented to Meet Referee or Chief Judge prior to the meet.
- E. Technical execution: if an element is 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).

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.

COMPOSITION & EXECUTION

I. 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, tempo and rhythm and in body positions in relation to the apparatus.
  - 2. Performance of Value Parts.
    - a) No additional consideration should be given for exceeding the VP required.
    - b) Movement contrasts
    - c) Distribution of elements
    - d) Specific Composition requirements: see each event

II. 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?”
- C. Clarification on Steps on Landing:
  - 1. A step-close is considered one 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) Bars or Beam 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 or staggered are to be applied only when the Gymnast “sticks” the landing on Bars or Beam dismounts, Vault and on an isolated salto or the last salto in an acro pass on Floor Exercise.

## OPTIONAL START VALUES

- I. 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
- II. CALCULATING START VALUES
  - A. Each Judge determines the SV.
  - B. Not mandatory that Start Values agree
  - C. Determining Start Value:
    - 1. START VALUE = 10.0
    - 2. DEDUCT missing
      - a) Value Parts (VP)
        - (1) 0.1 = A 3 are required
        - (2) 0.3 = B 4 are required
        - (3) 0.5 = C 1 is required
      - b) Special Requirements (SR) 0.5 each
      - c) Exercises without dismount 0.3

## UNUSUAL SITUATIONS, INQUIRIES & INJURIES

- I. COMPLETE OR INCOMPLETE EXERCISE = - 2.0 off Average, determine SV, take deductions.
  - A. Bars = less than 6 Value Parts
  - B. Beam = less than 30 seconds
  - C. Floor = less than 30 seconds
- II. EQUIPMENT FAILURE REPETITION: occurs through no fault of the gymnast or coach:
  - A. Apparatus failure, personal equipment failure, music failure.
    - 1. Stop and Repeat:
      - a) Chief Judge (with Meet Referee) decision (at which point the exercise must resume).
      - b) Perform from the point of interruption, after reasonable amount of rest.
      - c) Camera flash is not a valid reason to repeat.
      - d) 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 to 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 the scores of the panel.
  - B. 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 Chief Judge.
    - 2. Judging Panel will respond, providing only the information requested.
    - 3. There is no limit to the number of inquiries that may be submitted.
    - 4. Must be completed legibly by the coach.
  - D. Submitted within 5 minutes: of the completion of the event rotation.
  - E. Limited to questions regarding:
    - 1. Optional Routines
      - a) Start Value
      - b) Neutral Deductions
      - c) Falls
      - d) Unusual Occurrences
      - e) Specific (flat) Composition Deductions
  - F. Scores can be raised, lowered, or remain the same.  
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. PROCEDURES FOR INJURIES or FALLS RESULTING IN BLEEDING

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

GENERAL EXECUTION DEDUCTIONS & NEUTRAL DEDUCTIONS

GENERAL DEDUCTIONS – Bars, Beam, Floor:

Feet flexed or sickled during VP elements	0.05 each
Brush or touch of foot or 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
Arms bent (90°+ bend in support = maximum)	→0.3
Insufficient exactness of Tuck or Pike	→0.2
Insufficient exactness of stretch (too much arch)	→0.2
Insufficient exactness of stretch (too much pike)	→0.2
Failure to maintain stretch (pike down early)	→0.2
Insufficient split required in VP 1° - 20°	0.05 - 0.1
Insufficient split required in VP 21° - 45°	0.15 - 0.2
Insufficient split required in VP...46° +	Lower VP
Turns: incomplete by 1° - 44°	0.05 - 0.1
Turns: incomplete by 45° - 89°	0.15 - 0.2
Turns: incomplete by 90° +	Lower VP
Acro: under rotated twist by 1° - 44°	0.05 - 0.1
Acro: under rotated twist by 45° - 89°	0.15 - 0.2
Acro: under rotated twist by 90° +	Lower VP

GENERAL LANDING FAULTS: (Elements and Dismounts)

Deviation from straight direction on landing	→0.1
Extra arm swings	→0.1
Slight hop, adjustment, staggered, > hip width	→0.1
Extra steps (max 4) (step-together) each	0.1
Medium steps (Vault, dismounts, acro)	0.15
Very large step or jump on landing (3 ft)	0.2
Incorrect body posture on landing	→0.2
Deep (hips lower than knees) squat	→0.3
Trunk movements to control (Bars dismount)	→0.2
Trunk movements to control (elements on Beam)	→0.3
Insufficient height of dismounts (Bars/Beam)	→0.3
Insufficient extension (open) prior to landings	→0.3
Squat on landing	→0.3
Brush or touch landing with 1 or 2 hands (no support)	→0.3
Support on mat with 1 or 2 hands	0.5
Fall on mat with knees or hips	0.5
Fall on or against apparatus	0.5
Fall on hands and bottom of feet simultaneously (OK VP)	0.5
Fail to land on bottom of feet (No - VP, SR)	0.5
Spot element (No VP, SR, Bonus, Composition)	0.5
Spot Landing (OK VP, SR, Composition)	0.5
Spot fall out of bounds (Floor)	0.5
Catch falling gymnast (do not deduct for SPOT).	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	0.5 each, exception Floor

### TIME JUDGE (off Event Average by Chief Judge) – notify coach

Floor – overtime	0.1 event
Warm-up skill on mat (Beam) after a fall	0.2 event
Exceed warm-up time after warning (team)	0.2 team
Exceed warm-up time after warning (individual)	0.2 event
Exceed 45 second fall time (Bars, Beam)	End

### Chief Judge or Meet Referee (After Warning\*\*)

Failure to present to Judge (each time)	0.1 event
Failure to start when signaled (30 second)	0.2 event
Excessive chalk or incorrect use of tape	0.2 event
Technical verbal cues, from Coach or Teammate (Judge must hear the words)	0.2 event **
Instruction from Coach (no warning)	0.2 event
Incorrect attire	0.2 event **
Exposed underwear	0.2 event **
Hair not secured	0.2 event **
Use of Chalk: balance beam, small chalk markings may be placed on the beam	0.2 event
Use of Chalk or Incorrect Use of Tape, floor exercise, small chalk markings (X) are permitted, no tape or velcro	0.2 event **
Incorrect Use of Tape: floor exercise, tape on corners allowed for two color carpets	No deduction
Failure to remove board after mount or spot	0.3 event
Use additional mats	0.3 event
Start exercise before signal (repeat and deduct)	0.5 event
Unsportsmanlike conduct – Gymnast (2 <sup>nd</sup> offense)	0.2 event**
Unsportsmanlike conduct – Coach (2 <sup>nd</sup> offense)	0.2 team **
Jewelry, other than stud earrings in the ears	score 0.0
Flagrant undisciplined, abusive behavior – Coach	Removal

## GENERAL INFORMATION

- I. Rules: the WIAA Gymnastics Rule Book lists the compositional/combo guidelines and specific compositional/combo deductions for each event
  - A. Judges should not create additional criteria for the application of specific combination or combination deductions, especially if they relate to the performance of more difficult skills that go beyond the expectations.
  - B. No other rules, i.e., USA Gymnastics, NCAA, NFHA, apply to Washington HS Gymnastics. Please consult the Technical Director regarding any questions.
- II. Equipment failure situations (including broken or completely torn handgrips) occurring through no fault of the gymnast or coach, the gymnast may:
  - A. 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 will perform again after a reasonable amount of rest time. No score would be given for the partial routine.
  - B. 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.
  - C. Not included: unfastening of bandages or handgrips or loss or partial loss of footwear.
- III. No jewelry, with the exception stud earrings in the ear. All other piercings must be REMOVED
  - A. NO warning will be given. If a judge notices jewelry while the athlete is competing, she will receive a score of 0.00.
  - B. If a judge did not notice the jewelry while the athlete was competing, the athlete will receive a score.

- C. The athlete/coach will be notified immediately.
  - D. The definition of jewelry does not include tattoos, glitter, appliques on the skin or glitter and/or hair clips/bows worn in the hair.
  - E. The definition of jewelry includes 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.
  - F. Covering jewelry with tape or bandages is not acceptable and will receive a score of 0.00.
  - G. Vault is considered one event and jewelry worn at any point, while competing on this event, will result in a score of 0.00.
- IV. Neutral deductions (timing or out of bounds violations) must be indicated to the coach either verbally or by visual means.
  - V. 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.

#### APPARATUS REQUIREMENTS – GENERAL

##### I. GENERAL CONSIDERATIONS

- A. Equipment specifications: must be published in the pre-meet information if they differ from these equipment norms.
- B. Clearance: it is recommended that there be a clearance of 5 to 6 feet from one apparatus to any other. This includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- C. All equipment measurements have a  $\pm 1$  cm variance.
- D. 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.
- E. Landing Mats: 20 cm landing mats may be 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: to use a 20 cm mat, the apparatus must be capable of being raised to account for the difference in mat height.
- F. Base mat ( $\frac{1}{4}$  inch): may be used if a 10 cm landing mat is used. When using 12 -20 cm mats, a base mat is not required.
- G. Skill Cushions: manufactured skill cushions to a maximum thickness of 8 inches are allowed in addition to the maximum allowable landing surface of 24 cm. Whenever a full 8 inch skill cushion is used, it must be a minimum of 5 feet x 10 feet, however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
- H. Sting Mat: one sting mat may be used in addition to the up to 8 inch skill cushions placed on top of or under the competition landing mats of 24 cm.
- I. 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 in the 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.
- J. Springboards
  - 1. Only unaltered manufactured springboards that meet the specifications of 22 cm  $\pm$  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. 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 inch throw mat; however, it may not be used on an 8 inch 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 up to 8 inch 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 the mount. May not be placed on an 8 inch skill cushion.
  - 3. 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. A 0.30 deduction will be taken if the spotting device is not removed.
  - 4. Boards: all Meet Directors must provide a springboard that all teams can use. If a board is needed for any other event than vault, teams must provide their own springboard.
  - 5.

# VAULT

## I. GENERAL INFORMATION

- A. Final Score
1. May perform 2 vaults
  2. Vaults may be the same or different
  3. Average vault scores separately
  4. Best vault = final score
- B. Three (3) approach / attempts to successfully complete 1 or 2 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. 4<sup>th</sup> 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 without Signal
1. Vault performed without Chief Judge Signal = Ignore Vault
  2. May perform 2 more vaults
- E. Coaching
1. Spot landing ..... 0.5
  2. Fall after spot on landing (additional deduction) ..... 0.5
  3. After landing, catch a falling gymnast (do not deduct for spot) ..... 0.5 Fall only
  4. Spot vault ..... VOID
  5. Between board & table (except Roundoff entry) ..... 0.5 Chief Judge
  6. May speak to gymnast between vaults
  7. 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 or backward (Roundoff)
  2. Only one hand touch ..... 1.0 Chief Judge
  3. No hand touch..... VOID
  4. Landing: failure to land on bottom of the feet first ..... VOID
  5. Landing: ON table (standing, sitting, lying) ..... VOID
  6. Vault performed that are not listed..... VOID
  7. Whenever a Zero "0" score is one of the counting scores, the allowable score range does not apply.
- 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 1.06, 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 not a 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. Vault Fall Time:
1. If a gymnast falls on her first vault attempt and an injury is being assessed: allow 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.
  2. 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.
- K. Timed warmup begins with gymnast standing on the Table or running toward the table and touches board and table. Warmup drills that do not touch the board are not included in timed warmup. (unless a skill done off the table)

## II. APPARATUS SPECIFICATIONS:

- A. Vault table legs MUST be on the hard floor, NOT sitting on the vault runway.
- B. Hand placement mat is not part of apparatus.
- C. Coach responsible to secure Velcro, this is not equipment failure.
- D. Coach responsible to secure tape measure.
- E. Vault Table Specifications
1. Athletes may use the Vault Table at any height up to a maximum 135 cm (± 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, to cover any weights placed on the base for stability, or to cover any exposed base (especially relevant with double piston vaults)
- F. Runway:
1. Minimum of 76 feet, maximum of 82 feet; 1 3/8 inch thickness
  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. A hand placement mat may be used for any vault.
- G. 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.
  3. 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 or attempts allowed. Do not void the vault.
- H. Mat specifications:
1. Mats / Skill Cushions = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats = 0.3 Chief Judge-
  2. Mat Measurements = 9 inches = 24 cm, 8 inches = 20 cm, 4½ inches = 12 cm, 4 inches = 10 cm, ¾ inch = 2 cm
    - a) Landing area: a minimum of 8 feet x 12 feet must be matted with a 1¼ inch base mat or with 12 cm landing mats.
    - b) One sting mat or manufactured Round-off entry hand placement mat may be placed on the vault runway for any vault. Manufactured mat ≤ 2 inches may not be placed on the board.
    - c) 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.
    - d) Landing in "LOOSE-FOAM PIT" AREA IS NOT ALLOWED FOR COMPETITION

**VAULT – JUMP ON → KICK OVER HANDSTAND VAULT**

Start Value: 5.00

- I. Hurdle..... Up to 1.0
  - one (1) foot takeoff
  - two (2) foot landing on board with feet together.
- II. Straight body jump to Table..... Up to 1.0
  - chest up
  - legs together
  - tight body
  - controlled landing on top of table
- III. Arms by ears at landing on table then 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
- IV. Limber over to stuck landing..... Up to 1.0
  - straight arms and legs in limber
  - arms by ears throughout
  - landing position

**VAULT DEDUCTIONS**

**FIRST FLIGHT**

Feet	Poor foot form	→ 0.1
Legs	Crossed (twisting vaults)	→ 0.1
Legs	Separated	→ 0.2
Legs or Knees	Bent	→ 0.3
Body	Excessive arch	→ 0.2
Hips	Poor technique, hip angle	→ 0.3
Turn	Incomplete, not fully executed	→ 0.3

SUPPORT

Hands	Staggered hand placement (except Gr3 & 5)	→ 0.1
Shoulders	Poor shoulder angle technique (head out of line)	→ 0.2
Body	Excessive arch	→ 0.2
Hands	Alternate repulsion off hands (excepts Gr3 & 5).	→ 0.2
Knees	Bent (in support) or early tuck (for alto 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, ½ panel agree	1.0 Chief Judge
Head	Touches table in support (include arm bend 0.5)	2.0
No Hands	Vault without touching table	VOID
Board	Lack of 2 feet simultaneous contact on board	0.3
Board	Take off the board from 1 foot	0.2

SECOND FLIGHT

Feet	Poor foot form	→ 0.1
Legs	Crossed (twisting vaults)	→ 0.1
Legs	Separated	→ 0.2
Legs or 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 or 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 (Gr1, 4, 5 without saltos)	→ 0.3
Touch Table	Brush or 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	→ 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

GENERAL

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 or support on table.	VOID
No Vault.	Approach and touch board or table without vault	VOID
Safety Collar	No Safety Zone for RO entry vault	VOID
	Safety Zone used improperly on roundoff vaults	VOID

**VAULT VALUES**

Vaults listed with "or" and "-" indicate the degree of Turn is combined in the same order as listed in the chart. Example: #1.105 listed as ½ - ¼ turn on → ½ or ¼ turn Options: ½ turn on → ½ turn off, OR ¼ turn on → ¼ turn off.

#	On	Off	SV
Handsprings			
1.00	Jump on	Handstand Kickover	5.0
1.01	Handspring	Repulsion	8.8
1.02	Handspring	½ twist	8.9
1.03	Yamashita	Repulsion	8.8
1.04	Yamashita	½ twist	8.9
1.05	½ or ¼	½ or ¼ twist	9.2
1.06	¼ - ½	Repulsion	8.0
1.07	Handspring	1/1 twist	9.7
1.08	Handspring	1½ twist	10.0
1.09	½ or ¼ t	1/1 twist or 1¼ twist	9.6
1.10	½ or ¼ t	1½ twist or 1¾ twist	10.0
1.11	Full on	Handspring	9.8
1.12	Full on	½ twist	10.0
1.13	Full on	1/1 twist	10.0
Salto Forward			
2.01	Handspring	Front Tuck	10.0
Tsukahara			
3.01	Tsukahara	Back Tuck	9.9
3.02	Tsukahara	Back Pike	10.0
3.03	Tsukahara	Back Layout	10.0
Round-Off Entry			
4.01	Roundoff	Repulsion	8.0
4.02	Roundoff	Repulsion ½ twist	9.2
4.03	Roundoff	1/1 twist	9.8
4.04	Roundoff	1½ twist	10.0
4.05	Roundoff	Back Tuck	9.9
4.06	Roundoff	Back Pike	10.0
4.07	Roundoff	Back Layout	10.0
4.08	Roundoff ½ twist	Handspring	9.6
4.09	Roundoff ½ twist	½ twist	9.8
4.10	Roundoff ½ twist	1/1 twist	10.0
4.11	Roundoff ½ twist	1½ twist	10.0
4.12	Roundoff 1/1 twist	½ twist	10.0
4.13	Roundoff 1/1 twist	1/1 twist	10.0

# UNEVEN BARS

## UNEVEN BARS – GENERAL

### I. 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.
- E. Allowed to resume with 2 pump swings
- F. Resume judging optional routine ..... = with first recognized element performed.
- G. Remount with glide kip – STOP – crawl up..... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
- H. Remount with cast squat on (fall back)..... = to glide kip allowed without fall deduction, take execution.

### II. SPOTTING REGULATIONS

- A. Coach touches or assists with element..... = 0.5 spot, 0.5 if fall after spot, No VP or SR, OK Dismount
- B. Coach spots UPON landing dismount ..... = 0.5 spot, 0.5 if fall after spot, OK VP or SR
- C. Coach touches without assisting ..... = 0.5 inadvertent contact, OK VP or 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 Chief Judge (warning) spotting device not removed.
- G. Coach may stand between the rails (1 skill) ..... = 0.1 Chief Judge, if coach remains throughout routine.
- H. Coach leans against the bars ..... = no penalty if coach does not touch gymnast.

### III. Equipment Specifications:

#### A. Measurements:

- 1. High Bar 250 cm  $\pm$  1 cm, measure from top of rail to floor.
- 2. Low Bar 170 cm  $\pm$  1 cm, measure from top of rail to floor.
- 3. Spread/width distance between the bars: 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.
  - a) Must extend to a maximum spread of 180 cm  $\pm$  1 cm
  - b) Measure from the inside of Low Rail to the inside of the High Rail.
- 4. 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.
- 5. Fiberglass Rails with wood covering are required for all meets. Round fiberglass rails are allowed at all competitions Diameter: 39 mm  $\pm$  1 mm

#### B. Mount Specifications:

- 1. 18 feet minimum (No maximum) (Measured from a plumb line dropped from the rail)

#### C. Mat Specifications:

- 1. Minimum matting is 7½ feet by 36 feet

### IV. MOUNT AND DISMOUNT REGULATIONS

#### A. Mounts:

- 1. Board must be removed after mount..... = 0.3 Chief Judge
- 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
- 3. Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.

#### B. Dismounts: (sole = any part of the bottom of the foot)

- 1. Dismounts (designated bar) ..... = Flyway dismount must be from HB (LB No VP, SR, No dismount)
- 2. Flyaway dismounts VP ..... = regardless of starting position, 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)
- 6. Fall, no salto (not to bottom of feet) . = 0.5 SR, 0.5 fall, (flyaway swing to seat)
- 7. Fall, salto (not to bottom of feet) ..... = 0.5 SR, ok Dismount, 0.5 fall, (flyaway salto to knees)

BEGINNER AND NOVICE UNEVEN BARS – GENERAL

- I. General Information:
  - A. Performance of Beginner or Novice level routines requires notification to the official prior to competition, or routine will be judged as an Optional routine.
  - B. It is intended that all elements and connections be performed with maximum amplitude and execution.
  - C. 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.
  - D. 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.
  - E. 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.
  - F. After a fall, judging resumes from the point of the interruption.
- II. CHANGES IN PRESCRIBED TEXT:
  - A. Changing or omitting a major element (allowed + penalty) Beginner Routine ..... 0.0 + 0.50
  - B. Changing or omitting a major element (Value + penalty) Novice Routine..... 0.5 + 0.50
  - C. Failure to complete a major element (Value Part) ..... Up to 0.50
  - D. Adding an extra element (Beginner and Novice Routines) ..... each 0.30
  - E. Major element with additional twist/turn/major change in flight (value) ..... Up to 0.50
- III. EXECUTION
  - A. Repetition of missed element (start judging at the point of interruption) ..... No penalty
  - B. Incorrect body alignment, position, or posture..... Up to 0.20
  - C. Lack of coordination on connections ..... Up to 0.10
  - D. Movement lacking dynamics (general deduction for whole exercise)..... Up to 0.30
  - E. Feet contacting floor
    - 1. Slight ..... Up to 0.10
    - 2. Moderate ..... 0.20 - 0.30
    - 3. Full weight ..... 0.50
  - F. Run out glide instead of jumping from two feet to perform the glide..... 0.30
  - G. Refer to General Table for other deductions.
- IV. RHYTHM:
  - A. Lack of continuity between connections and elements..... Up to 0.10
  - B. For overall rhythm during exercise ..... Up to 0.40
  - C. Lack of continuity between elements in a directly connected series ..... Up to 0.20
- V. AMPLITUDE:
  - A. Insufficient internal body amplitude (stretch/tightness) during extended positions ..... Up to 0.20
  - B. Insufficient external amplitude away from bar during swinging/circling moves..... Up to 0.20
- VI. REQUIREMENTS:
  - A. Beginner Routine Start Value ..... = 5.0 points
  - B. Novice Routine Start Value ..... = 7.0 points
  - C. Total execution deductions ..... → up to 0.5 + 0.5 value
  - D. Fall deductions are in addition to execution deductions.
  - E. No compositional deductions.

## BEGINNER UNEVEN BARS

Start Value: 5.00

Starting Position: Stand with the feet together 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 mount.

- A. MOUNT: PULL OVER (0.50) OR STRADDLE OR PIKE GLIDE KIP (0.50)
- B. PULL OVER: Legs remain together legs are straight throughout.
- C. SMALL CAST
- D. BACK HIP CIRCLE (0.50)
- E. SMALL CAST
- F. BACK HIP CIRCLE (0.50)
- G. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.50)
- H. SMALL CAST TO SOLE CIRCLE DISMOUNT (0.50) OR SQUAT ON, STRETCH JUMP DISMOUNT (0.50)
  - 1. straddle or pike sole circle dismounts are acceptable.

## NOVICE UNEVEN BARS

Start Value: 7.00

Starting Position: Stand with feet together. 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 mount.

- A. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.50) OR PULL-OVER (0.50)
- B. CAST TO HORIZONTAL (0.50)
- C. BACK HIP CIRCLE (0.50) AND
  - 1. Maintain straight arms and shift the hands to the top of the bar to begin the next back hip circle (skill #4)
- D. BACK HIP CIRCLE (0.50)
- E. CAST, SQUAT ON, STOOP ON, OR WITH CIRCLE (0.50)
- F. JUMP TO LONG HANG KIP (0.5) OR LONG HANG PULLOVER (0.5) WITH OR WITHOUT JUMP TO TAP SWING TO 30° BELOW HORIZONTAL, COUNTER SWING BEFORE THE LONG HANG PULL OVER OR LONG HANG KIP
  - 1. Execution will be taken on all skills including the extra swing if performed.
- G. CAST TO 45° BELOW HORIZONTAL (0.50) OR UNDERSWING, COUNTERSWING (0.50)
  - 1. Execution deductions will be taken on all skills performed including underswings, counter swings or cast
- H. TAP SWING FORWARD WITH ½ TURN (0.50) OR FLYAWAY TUCK/PIKE/STRETCH DISMOUNT (0.50)

**INTERMEDIATE UNEVEN BARS**

I. REQUIREMENTS (each 0.5) **SV 8.0**

- A. Minimum of 6 elements
- B. 1 Bar Change
- C. Kip Mount
- D. Cast to 30° above horizontal (angle from shoulder to lowest body part-attempted cast receives SR credit w/ angle deduction)
- E. 360° Clear Circle to 30° above horizontal (angle from shoulder to lowest body part) OR “B” flight element
- F. Salto Dismount

II. GENERAL:

- A. Performance of this level requires notification to the official prior to competition, or routine will be judged as an optional routine.
- B. After a fall from the bars, the routine resumes when the gymnast performs an element that is listed in the Rule Book. If a gymnast falls from the bar, re-mounts with a glide kip, stops in front support to crawl up to stand on LB - take 0.10 for uncharacteristic element, plus 0.10 for lack of continuity.
- C. No compositional deductions

III. RESTRICTIONS

- A. Omit or change a requirement..... 0.5 value + 0.5 penalty
- B. Failure to complete a requirement..... → 0.5 penalty
- C. Total execution deductions..... → 1.0 maximum (for each requirement)
- D. Fall deductions are in addition to execution deductions.

IV. DEDUCTIONS: casting and circling (angle from shoulder to lowest body part)

- Degree of Angle
- 30° above horizontal ..... 0.0.
  - 1° to 29° above horizontal ..... 0.05 – 0.10
  - at Horizontal..... 0.15
  - below horizontal..... 0.20 – 0.30

V. DETERMINING ANGLES: casting and circling elements in the Novice & Intermediate routines

- A. The angle achieved is determined by a line drawn from the shoulders to the lowest body part, (abdomen, hips, knees, or feet)
- B. To count for one of the required 6 elements, a cast must arrive within 20° of handstand.
- C. REQUIRED SKILLS ANGLES: For the required cast and clear circle elements, so long as the athlete attempts the skill, do not apply “omitting or changing an element” deductions. Only the amplitude of the angle deductions and any other execution deductions apply.

## OPTIONAL UNEVEN BARS

### OPTIONAL UNEVEN BARS – COMPOSITION & EXECUTION

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

A.	ONE Bar Changes (fall from HB and continue routine with a listed VP on the LB is a bar change).
B.	“B” – Turn (may be in the mount, routine or dismount) OR “B” Flight (may be part of the mount, if there is a touch of the bar before flight, or in the routine)
C.	“B” – Group 3, 5, 6 (WIAA rulebook numbers)
D.	“A” – Dismount Salto
E.	** An additional +0.10 will be added to the Start Value, if the gymnast performs a flight skill with no fall, as part of the mount or in the routine, not as the dismount.

#### II. Value Part Requirements:

3 A @ 0.1 =	0.3
4 B @ 0.3 =	1.2
1 C @ 0.5 =	0.5

#### III. OPTIONAL REQUIREMENT FORMULA

E.	VP – Value Parts	2.0
F.	SR – Special Requirements	2.0
G.	Execution & Composition	6.0
H.	SV – Start Value	10.0

#### III. SPECIFIC COMPOSITIONAL DEDUCTIONS

Lack of elements thru vertical	→ 0.2
Uncharacteristic elements	each 0.1
¾ Forward Giant with or without 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

#### IV. SPECIFIC EXECUTION DEDUCTIONS

Insufficient dynamics	→ 0.2
* Insufficient swing full execution throughout	
* Energy maintained throughout	
* Makes difficult look effortless	
Poor rhythm in elements	→ 0.1
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 (½– 1/1 turn .)	→ 0.3
Angle of turn deviation (Healy + 1-½ turn)	→ 0.3
Hesitation in jump, swing to Handstand	→ 0.1
Precision of Handstand positions throughout	→ 0.1
Insufficient amplitude of elements	→ 0.2
Insufficient height of salto dismounts	→ 0.3
Insufficient stretch (Arch or 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 or 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 or spotting block	Chief Judge 0.3
3 <sup>rd</sup> run to approach mount (each judge)	0.5

V. 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
- C. Elements SAME, if same # AND .....= finish in different grip, legs together or apart
- D. Swing to Handstand .....= within 20° of vertical = VP
- E. Selected element requirements:
  - 1. Flyaway Dismounts.....= From HB for Value Part Credit
- F. Cast Squat on w/Circle – Jump to HB.....= Two “A” Elements (Squat or Stoop or Straddle) + Sole Circle
- G. Release Element with Fall:
  - 1. Grasp/touch with one/two hands= OK VP or SR or Composition, flight requirement
  - 2. No grasp or touch .....= NO VP or SR or Composition, may repeat element for credit
- H. Award VP if Simultaneous.....= Hands and Bottoms of Feet at the same time
- I. Required Technique for VP Recognition:

All Casts or Cast Handstand (degree from vertical)

- 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

½ turn or 1/1 turn (Non-Healy) (degree from vertical)

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

1/1 turn (Healy) or 1½ turn (degree from vertical)

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

Circle to Handstand or Uprise to Handstand (degree from vertical)

- 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

UNEVEN BARS – CLARIFICATIONS: TECHNIQUE

- I. 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
- II. Uprise to Handstand must go to within 20° of vertical to receive VP credit. An Uprise finished below 20° of vertical will receive “B” VP credit.
- III. Uprise to Clear Support (#2.13): 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.
- IV. 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.
  - V. 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.
  - VI. Swing with ½ turn at 45° above Horizontal (# 4.01): if the ½ turn is completed, 45° above horizontal, it is considered an element of no value; therefore, would not receive SR of turn. If the swing were under horizontal, a specific execution deduction of 0.10 would also be applied.
  - VII. Cast squat or stoop or straddle on to LB: to be considered an element, it must be followed by a jump to the HB or circle.
  - VIII. 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.
  - IX. # 4.13 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.
  - X. Intentional early termination of a bar exercise without executing a dismount element (gymnast swings and jumps off, for example), the deductions are applied for failure to perform a dismount (0.30) and for failure to fulfill the dismount SR (0.50). Do not take 0.50 for a fall.
  - XI. #3.21 – Clear Underswing / #6.24 – Underswing (Pike sole circle) from Low Bar, release and counter movement forward in flight to hang on HB.
    - A. 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.
    - B. Exception: catch High Bar with feet in front of the body or on the outside of the High Bar = “A” value part credit.
  - XII. Dismount Landings:
    - A. 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.
    - B. 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.
    - C. Landing with feet further than hip-width apart will receive a 0.10 deduction.
  - XIII. 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.

UNEVEN BARS ELEMENTS

(/ or , indicates or example tuck/pike= tuck or pike) (- indicates connected to) (-→ indicates one bar to the other example LB-→HB means low bar to high bar)

A		B		C	
<b>MOUNTS</b>					
1.01	Kip LB or Glide ½ turn Kip	1.11	Kip --> catch HB, Kip --> ½ turn catch HB	1.21	Kip --> 1/1turn catch HB
1.02	Jump ½ turn Kip LB	1.12	Jump ½ turn Kip -> HB or --> ½ turn HB, ½ turn Back Kip	1.22	Jump ½ turn Kip --> 1/1 turn HB
1.03	Jump ½turn - 1/1 turn HB hang	1.13	Jump 1/1 turn Kip LB	1.23	Jump 1/1 turn Kip --> Catch HB
1.04	Stoop (Sit) or Back Kip, LB --> HB, --> ½ turn	1.14	Kip Cut Catch, Stoop/Straddle (Clear) LB ->HB, ->½ turn	1.24	Stoop LB --> Cut Catch HB or Stoop 1/1 turn --> HB
1.05	Jump to HB - Kip or Drop to LB	1.15	Hecht Jump (legs together) LB --> HB		
<b>CAST &amp; UPRISES</b>					
2.01	Cast to 21° - 45° or with ½ turn	2.11	Cast Handstand bent or extend	2.21	Cast Handstand - Hop, Hop ½ turn ½ turn, 1/1 turn
2.02	Cast Squat, Stoop, Straddle on LB --> HB	2.12	Cast Free Straddle LB -> HB, Free Stoop ½ turn HB	2.22	HB - Uprise Straddle or Rear Vault --> over HB
		2.13	HB - Uprise to Clear or Turning ½ turn, Uprise to Clear	2.23	HB - Uprise Handstand, Uprise ½ turn, 1/1 turn Healy
		2.14	HB - Swing 1/1 turn Hang HB	2.24	HB - Cast 1/1 turn hang
		2.15	HB - Counterswing Straddle or Pike Back --> LB	2.25	HB - Counterswing --> LB Handstand, ½ turn
<b>UNDERSWINGS &amp; CLEAR HIPS</b>					
3.01	LB Underswing--> HB Front of vertical hang (HS)	3.11	LB - Underswing or Clear ½ turn--> HB hang	3.21	LB - Clear Swing --> F. Counter to HB, --> ½ turn
3.02	HB - Underswing ½ turn to hang	3.12	HB - Underswing or Clear ½ turn flair, ½ turn clear	3.22	Underswing or Clear 1½ turn to hang
3.03	Clear Back Hip Circle (½ turn upswing completed 90°-45° from vertical)	3.13	HB - Underswing (toe-on) ½ turn--> LB	3.23	HB Handstand Underswing (toe-on) ½ turn--> LB
		3.14	Clear Back Hip Circle/Clear hip/Free Hip	3.24	Clear Hip Handstand with or without turn
<b>GIANT SWINGS</b>					
4.01	HB - Back Swing ½ turn @ Horizontal-45° vertical	4.11	HB - Back Giant, Cross Grip, Bent Hip, One-arm	4.21	HB - Back Giant Hop - Grip Change
4.02	HB - Long Hang Pullover, LB Back Giant	4.12	LB - Back Giant ½ turn Handstand	4.22	HB - Giant ½ turn or more
(Note: all LB Giants with extended body & legs = HB Giant values)		4.13	HB - Bail Swing ½ turn--> LB (from single bar release = C)	4.23	HB - Handstand Bail Swing ½ turn--> LB
				4.24	HB - Back salto --> LB/Clear, ½ turn--> LB mix
				4.25	HB - Front Giant
<b>STALDERS-</b>					
5.01	Clear Straddle Forward - Clear Support			5.21	Front Stalder to handstand
5.02	Clear Straddle Back - Clear "L" Support	5.11	Clear Back Stalder Circle - Clear Support	5.22	Back Stalder to handstand
<b>CIRCLES &amp; HECHTS</b>					

A		B		C	
6.01	Hip Circle F/B (with or without support)	6.11	LB - Back Hip --> free straddle to sit	6.21	LB - Clear Hip Hecht --> HB, -->½ turn
6.02	Free Back Hip "false pop" -> regrasp bar	6.12	HB - Piked Back Sole Circle --> LB stand	6.22	HB - Clear Back Pike Circle - Clear
6.03	Sole Circles F/B, Tuck/Pike, LB -->HB	6.13	Front Seat Circle --> Straddle Cut Catch	6.23	Clear Back Pike --> Reverse Hecht Straddle or Stoop
6.04	Front Seat Circle / LB --> HB	6.14	Piked Back Sole Circle - Clear Support (toe on-off)	6.24	Underswing on LB release and counter movement forward in flight to hang on HB with feet at or behind the HB.
6.05	Back Seat Circle / LB --> HB				
6.06	Underswing on LB release and counter movement forward in flight to hang on HB with feet in front of the HB.				
DISMOUNTS					
7.01	HB - Toe-on or Clear, ½ turn, 1/1 turn	7.11	HB - Toe-on or Clear 1½ turn or more	7.21	HB - Toe-on or Stalder Front Salto ½ turn or more
7.02	HB - Flyaway - Back Salto Tuck Pike/Straddle	7.12	Flyaway – Back/front Salto, ½ turn.,1/1 turn	7.22	Double Back Salto – all positions
7.03	HB - Front giant - Front salto (allowed to counterswing into Front salto)	7.13	Hecht or Clear Hecht	7.23	Underswing or Clear ½ turn Back salto ½ turn back Salto ½
		7.14	Straddle Cut --> Whip-Salto (Tanac) (LB/HB)	7.24	Clear Hip or Giant - Back salto, Tanac 1/1 turn or more

# BALANCE BEAM

## BALANCE BEAM – COMPOSITION & EXECUTION

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

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

### II. Value Part Requirements

- 3 A @ 0.1 = 0.3
- 4 B @ 0.3 = 1.2
- 1 C @ 0.5 = 0.5

### III. OPTIONAL REQUIREMENT FORMULA

- VP – Value Parts 2.0
- SR – Special Requirements 2.0
- Execution & Composition 6.0
- SV – Start Value 10.0

### IV. CLARIFICATIONS REGARDING SERIES: the connection between the elements must be continuous.

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

### V. SPECIFIC COMPOSITIONAL DEDUCTIONS

Insufficient level changes	→ 0.1
Insufficient use entire Beam	→ 0.1
More than one (1) straight leg (pivot ½ turn) turns	0.1
More than 2 wolf or tuck shapes	ea.0.1
More than 2 straddle shapes	ea.0.1
Choreography forward/sideward/backwards, show 2 directions (each)	0.05
Missing Acro - backward & forward or 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 (min2; Gr1 ,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

VI. SPECIFIC EXECUTION DEDUCTIONS

Insufficient dynamics (throughout)	→ 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) (throughout)	→ 0.3
Incorrect body positions/posture (throughout)	→ 0.3
Insufficient sureness of performance	→ 0.2
Dance (side) fail to land 2 feet together	→ 0.1
Failure to perform VP turns on high relevé	→ 0.1
Concentration pause (2 second)	Each 0.1
Concentration pause (more than 2 second)	Each 0.2
Rhythm – forward/sideward and non-flight 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 Beam - Split/Straddle/ Pike	→ 0.2
Insufficient split - required (Dance or Acro)	→ 0.2
Insufficient height of leaps/jumps/hops	→ 0.2
Insufficient height of acro flights/aerials/saltos	→ 0.2
Insufficient height of-dismounts	→ 0.3
Insufficient extension (open) prior to acro or 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	→ 0.3
Landing too close to beam on dismount	0.1
Touch or brush foot on apparatus or mat	→ 0.1
Support of 1 leg against side of Beam	0.2
Supplemental support contact with mat or board	0.3
Grasp Beam to avoid a fall	0.3
Direction of gainer dismount of the end	→ 0.3
3 <sup>rd</sup> run to approach mount (each judge)	0.5

BALANCE BEAM – GENERAL

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

- 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, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs
- C. Elements SAME, if same # AND .....= delete or add back handspring 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
  2. Without bottom of feet on beam..... = 0.5 Fall, NO VP, NO SR, fall on 2nd element of series
  3. Dismount landing not feet first ..... = 0.5 Fall, NO VP, NO SR, if no salto action = 0.3 No Dismount
- E. Required Technique for VP Recognition
  1. Required positions..... = must be fulfilled to award VP

2. Execution/amplitude ..... = may be taken rather than recognized as a different element.
3. Turns/jumps 1/1 turn +..... = more than ½ way = Greater VP credit
4. Holds (scales)..... = Less than 2 second hold = Lower VP
5. Flight elements..... = Hands and Feet free of beam = Flight
6. Holds: If an element requiring a 2-second hold is not held for 2 seconds, it is awarded the VP 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.
7. 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: Back handspring performed with no flight may be recognized as a back walkover and awarded an "A" value part.
8. Determination of cross or side jumps: The takeoff position determines whether the leap or jump was performed in a side or cross position.
9. Cross Position: Cross position is facing the end of the balance beam with shoulders across the width of the balance beam.
10. Side Position: Side position is facing off the side of the balance beam with shoulders parallel with the length of the balance beam.
11. Clarification for simple mounts, such as jump to front support (or anything comparable) will be valued at "A" for the counting of value parts.
12. 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.
13. Gainer Saltos Backward:
  - a) All backward salto DISMOUNTS performed off the end of the beam but start 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.
  - b) All gainer saltos backward performed off the side of beam have a one foot take-off (swing through).
  - c) 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 (like a reserve dive).
14. Scales forward: to receive value part credit for #5.01 and 5.11 (Scale forward), the back leg must be held above horizontal for two seconds.
15. 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 ¾), the gymnast must finish a minimum of 1° past the half-way mark between the two value parts.
16. Broken series (free Leg)
  - a) Acro elements (cartwheel + cartwheel) a kick above 45° between elements will break a connection.
  - b) Dance or 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.

F. Selected Element Requirements

1. Handstand Mounts ..... = Vertical leg position, hips over shoulders, balanced, no hold req.
2. # 2.08 "A" – Tuck Jump ..... = Knees at or above horizontal, Knee angle 90°.
3. # 2.09 "A" – Wolf Hop or Jump ..... = Leg and Thigh above horizontal, knees together.
4. # 2.12 "B" – Split Jump vs# 2.05 Sissone..... = 2 ft takeoff; 2 ftvs1 or 2 ft landing, 180°; parallel vs. diagonal
5. # 2.14 "B" – Straddle or Side Split ..... = Cross position = "B"; Side position = "C"
6. # 2.17 "B" – Pike Jump – cross ..... = 90° closure required.
7. # 2.25 "C" – Switch Leg Leap ..... = Deduct → 0.1 < 45° lead leg, insufficient height of swing leg.
8. # 2.27 "C" – Ring Leap/Jump, Stag-Ring..... = Head release past vertical line, rear leg near top of head.
9. # 2.031 "C" – Switch Side Leap ..... = Deduct → 0.1 < 45°, stag lead leg = "C" side leap, <135° = A leap.
10. # 2.27 "C" – Sheep Jump ..... = Head release past vertical line, rear leg near top of head.
11. # 3.22 "C" – Full Turn - Leg at Horizontal ..... = 45° to lift leg and maintained at horizontal, no hand support.
12. # 3.14 "B" – Turns in Tuck stand..... = Completed with support foot, hips and free leg touch.
13. # 9.18 "B" – Gainer Back Salto (off the end..... = facing outward, reverse salto, directional error → 0.3
14. Leg positions, posture/body position, and/or amplitude requirements must be fulfilled 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.

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

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 or 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 or Jump

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

II. 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 the first leg does not reach 45°, deduct up to 0.10 for insufficient height of leg swing, but award value as listed in HS Rule book. 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: To receive value part credit, the only specific requirement is a minimum of 90° closure. The legs are not required to be horizontal; however, deductions for lack of height (amplitude) may be taken.
  - F. 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 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.
  - G. 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.
  - H. 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.
  - I. Pivot Turns between two acrobatic elements will break an acrobatic series.
  - J. 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 to maintain an above horizontal position.
  - K. 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."
  - L. #5.11 Scale on Toe (2 second hold required): Scale must begin on toe and hold for a minimum of two seconds before lowering.
  - M. #2.08 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).
  - N. # 5.12 Balance stand on one foot, free leg in sideward upward hold above 140° (2 second): may be performed also by holding the leg with the hand.
  - O. Press Handstand: used as a mount or within the exercise is not required to have a 2 second hold to receive VP.
  - P. Dismount Landings:
    1. No deduction will be applied for landing with feet a maximum of hip-width apart if 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.
  - Q. Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.
  - R. Body waves must show maximum suppleness in the extension and contraction of the body in a continuous movement throughout the entire body wave to be considered for value part credit.

### III. APPARATUS SPECIFICATIONS

- A. Height ..... = 100 – 125 cm ± 1 cm, wrong specifications..... = 0.3 Chief Judge
- 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 inch Throw Mat, 8 inch Skill Cushion
- E. Additional or unauthorized mats..... = 0.3 Chief Judge  
Mat Measurements ..... = 9 inches = 24 cm, 8 inches = 20 cm, 4.5 inches = 12 cm, 4 inches = 10 cm, ¾ inch = 2 cm
- F. Mats for Mounts..... = no plywood or folded panel mat allowed under board, unauthorized mats = 0.3 Chief Judge
  1. without board ..... = 9 inch landing mats + "up to 8 inch skill cushion; panel mat OK
  2. with board..... = 9 inch landing mats + sting or 4 inch throw mat (board/mat must be removed)
- G. Specifications: 100 cm ± 1 cm to 125 cm ± 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.
  2. It is strongly recommended that padding for the Beam uprights be used if available from the manufacturer.
  3. The Beam must be adjustable to 125 cm in height to use the 20 cm mat.
- H. Mount specifications:
  1. 18 feet minimum (No maximum)
  2. It is strongly recommended that the entire mounting area be level.
- I. Mat specifications: requires 12 cm and suggests 20 cm mat thickness.
  1. Landing area - minimum 7½ feet x 12 feet at each end and a matted area 15 feet wide by 15½ feet long under the beam. An 8 feet wide mat for dismount area is recommended.
- J. All equipment measurements have a ± 1 cm variance.

### IV. TIMING REGULATIONS

- A. Touch Warm-Up:



BALANCE BEAM ELEMENTS

A		B		C	
MOUNTS					
1.01	Free Leap or Jump - 1 or 2 foot scale	1.11	Headspring	1.21	Split Jump - Beat to Split to 1 or 2 feet landing
1.02	Scissors sit or ½ turn Cross, Side ½ turn to support	1.12	Jump - Side Planche above Horizontal (2 second)	1.22	Switch Split Leap, Free Jump 1/1 turn
1.03	Flank to rear, Straddle cut sit (NOT ACRO)	1.13	Flank over ½ turn to rear support (Not Acro)	1.23	Front Tuck to Sit (end / diagonal), Pike sit
1.04	Jump - Straddle or Free, Side or Cross Splits	1.14	Jump press or swing to side or cross HS lower beam or clear str support		
1.05	Leap or Switch - Cross Split Sit (one hand)				
1.06	Jump - Tuck, Squat, Stoop - rear support	1.14	Squat or Stoop thru - Clear Pike Support -2 second		
1.07	Forward Roll, Swing Forward Roll	1.15	Free Forward Roll at the end		
1.08	Shoulder/Cheststand or Headstand	1.16	Jump – Neckstand ½ turn Chest stand., ½ turn neckstand (side)		
1.09	From Side Stand - Back Pullover off 1 or 2 feet				
1.010	Front Walkover (off board) to Sit				
LEAPS, JUMPS, HOPS					
2.01	Stag or Stag-Split Leap, Stag Leap ¼ turn	2.11	(Cross) Split Leap, Split or Stag-Split Leap ¼ turn	2.21	Split ½ turn, (Side) Split Jump or Rear leg up or more
2.02	Double Stag Jump, ¼ turn	2.12	(Cross) Split Jump, Split Jump ¼ turn	2.22	(Cross) Split Jump ¼ turn Side, Beat Split Jump or more
2.03	Hop (leg above horizontal)	2.13	(Side) ¼ turn Split Jump, Stag Leap or Jump ½ turn	2.23	(Side) Straddle Jump, ¼ turn Side-Cross, ¼ turn Cross-Side
2.04	Stag Switch Split Leap or Switch Wolf Leap	2.14	(Cross) Strad Split Jump, ¼ turn Side, (Side) ¼ turn	2.24	Straddle Jump (side), ¼ turn Prone/Circle (cross/side)
2.05	Sissone, (2 ft take off) - OK Large Leap	2.15	Straddle ¼ turn (cross-side, side-cross)	2.25	Switch Leap, Scale, ¼ turn Prone/Circle, Straddle
2.06	Stretch or Arch Jump, Jump ½ turn, Beat Jump	2.16	Straddle Jump to prone (cross)	2.26	Pike Jump (side), ½ turn(cross), Hips < 90°
		2.17	Pike Jump (cross) Hips < 90°	2.27	Ring Leap or Jump, Sheep Jump or switch stag-ring leap or jump - @ head height
		2.18	Stretch jump ¾ turn	2.28	Stretch Jump 1/1 turn or more
2.07	Cat Leap or Hitchkick or Cabriole (forward or backward)	2.19	Cat Leap ½ turn	2.29	Straddle Pike Jump ½ turn or ¾ turn (cross/side)
2.08	Tuck Jump or Hop	2.020	Tuck Jump or Hop ½ turn	2.030	Tour Jete, Tour Jete ¼ turn

A		B		C	
2.09	Wolf Jump or Hop (leg above horizontal)	2.021	Wolf Jump or Hop ½ turn (cross/side), Prone	2.031	Switch Side Leap or ¼ turn, (Side) Switch Split 1 or 2 ft
				2.032	Tuck Jump or Hop ¾ turn or more
				2.033	Wolf Hop or Jump ¾ turn (cross/side), prone or more
				2.034	Split or stag-split leap forward with ¼ turn to straddle position
TURNS					
3.01	1/1 Turn	3.11	1½ Turn	3.21	Double Turn 2/1 turn (free leg below horizontal)
		3.12	1/1 turn - (back leg) thigh @ 45° below horizontal	3.22	1/1 turn - (back leg) thigh at or above horizontal or more
		3.13	1/1 turn - (front leg) heel @ 45° below horizontal	3.23	1/1 turn - (front leg) heel at or above horizontal or more
		3.14	Forward/sideward Tuckstand 1/1 turn	3.24	1/2 illusion Turn - one hand touch
				3.25	Forward/sideward Tuckstand 1½ turn
BODY WAVES (Note: Balance Stand – ball of foot on High Releve)					
4.01	Forward, backward, or sideward Body Wave - 2 second	4.11	Forward, backward, or sideward Body Wave - Balance one leg - 2 second		
		4.12	Kneeling - Toe Rise to stand (no hold)		
HOLDS					
5.01	2 second Scale (leg above horizontal), Leg Held	5.11	2 second Scale (on toe - above horizontal), leg held		
5.02	2 second Needle Scale (hand support)	5.12	2 second Free Leg @ +140° side on toe, Hold OK		
5.03	2 second Free Leg @ +90° - Forward/Side	5.13	2 second Clear Pike "V" or Straddle		
ROLLS					
6.01	Forward Roll or Swing Forward Roll or Shoulder Roll	6.11	Dive Forward Roll, Stretch Shoulder Roll, no hands		
6.02	Backward Roll or Shoulder Roll	6.12	Free Forward Roll		
		6.13	Kick, Press Handstand Forward Roll or Free Roll		
		6.14	Backward Roll – Handstand		
WALKOVERS					
7.01	Front Walkover to Bridge 1/1 turn Sit	7.11	Front Walkover or Tinsica or One Arm	7.21	(side) Front Walkover
		7.12	Front Handspring or Tinsica Spring	7.22	Front Aerial, Swing thru Front Aerial, Swing thru to Kneel/sit
7.02	** Cartwheel or 1-Arm or Forearm-cheststand	7.13	** Dive Cartwheel or Pop Cartwheel or Roundoff	7.23	(side) Back Walkover

A		B		C	
7.03	Back Walkover or 1-Arm or Swing down or Bridge 1/1 turn, Sit	7.14	Scale ½ turn. back Walkover	7.24	1/1 turn or more, in handstand
7.04	Tic-Toc, Walkover Forward-Backward	7.15	Back Walkover clear support	7.25	One Arm Back handspring, Back handspring ½ turn after hand support
7.05	Back Lying - Bridge (head/hands) Kickover	7.16	Valdez, One Arm, ½ turn	7.26	(side) Back handspring, also to support or hip circle
7.06	Back Walkover, ½ turn	7.17	Walkover ½ t- Walkover (F/B); Forward Roll	7.27	One Arm Back handspring (2ft), Back handspring ¼ turn Side Handstand
		7.18	Back handspring Step-out	7.28	Gainer One Arm Back handspring
		7.19	Back handspring (2 feet)	7.29	Side Aerial, Swing Aerial, ¼ turn, from kneeling
		7.120	Gainer Back handspring	7.230	Side Aerial
		7.121	Back handspring or Gainer swing down		
<b>SALTOS</b>					
				8.21	Front Salto
				8.22	Swing Front Salto to Straddle sit
				8.23	Back Salto Tuck or Scale - 2 second, Step-out ¼ turn
				8.24	Gainer Back Salto tuck/pike
				8.25	Side Salto - side stand, Swing thru Side Salto
				8.26	Gainer Back Salto layout stepout also to scale
<b>DISMOUNTS</b>					
9.01	Handspring or Handspring ½ turn	9.11	Handspring 1/1 turn	9.21	Front salto 1/1 turn or more
9.02	Front Aerial Walkover or ½ turn, Aerial Round-off	9.12	(end) Front Aerial 1/1 turn or Gainer Front Aerial 1/1 turn	9.22	(end) Gainer Back Salto 1/1 turn
9.03	Cartwheel ¼ turn (Roundoff), Cartwheel ¾ turn	9.13	Gainer Tuck 1/1 turn		Back Salto 1½ turn or more
9.04	Front Salto Tuck or Pike or ½ turn (from 1 foot or 2 feet)	9.14	Front Salto layout or ½ turn, (side) Swing F ½ turn		
9.05	Back Salto tuck/pike/layout	9.15	Arabian Salto tuck/pike - Jump ½ turn Front Salto		
9.06	(side) Gainer Back Salto tuck / pike / layout	9.16	Back Salto ½ turn- 1/1 turn, 1ftor 2 ft.		
		9.17	(side) Gainer Back Tuck 1/1 turn, layout ½ turn		
		9.18	(end) Gainer Back Tuck Salto		

# FLOOR EXERCISE

## FLOOR EXERCISE – COMPOSITION & EXECUTION

I. SPECIAL REQUIREMENTS (SR) (0.5 each, off start value, except 3 Different Saltos requirement), one element may fulfill more than one SR.

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

- Note: the addition or 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: 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. Value Part Requirements:

3 A @ 0.1 =	0.3
4 B @ 0.3 =	1.2
1 C @ 0.5 =	0.5

III. OPTIONAL REQUIREMENT FORMULA

VP – Value Parts	2.0
SR – Special Requirements	2.6
Execution & Composition	6.0
SV – Start Value	10.0

IV. CLARIFICATIONS REGARDING PASS / PASSAGE

- A. Dance in Acro Pass..... = will break connection (unless after last salto), 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
- 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.
  - 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
  - Acro elements: performed between the dance value part elements will break the dance passage.
  - 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
  - Leap with 180° split:
    - Only the leap that is used to fulfill the 180° split requirement may not finish in a stag position.
    - If the rear leg finishes in a stag position, it WILL fulfill the Special Requirement

V. SPECIFIC COMPOSITIONAL DEDUCTIONS

More than 2 wolf or 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

## 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) (throughout)	→ 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 Floor- split or straddle or pike	→ 0.2
Insufficient split on value parts	→ 0.2
Concentration pause (2 second or more) acro	ea0.1
Rhythm during execution of direct connections	→ 0.1
Insufficient height of leaps - jumps – hops	→ 0.2
Insufficient height of acro flights – aerials	→ 0.2
Insufficient height of acrobatic saltos	→ 0.3
Insufficient extension (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 1 second	0.05
• Fail to synch music and ending pose	end 0.1
Music with words or no music Chief Judge	1.0

## FLOOR EXERCISE – GENERAL

- I. RECOGNITION OF VALUE PARTS – Root Skill variation = Value Part Credit
- A. Any VP may be used 2 times for VP ..... = in different connection (preceded or followed by different element)
1. Bottom of the Feet first ..... = 0.5 fall, OK VP (any part of the bottom of the foot)
  2. Simultaneous Hands & Bottom of Feet..... = 0.5 fall, OK VP
  3. Not to Bottom of the Feet first..... = 0.5 fall, No VP
- B. Element/Passage DIFFERENT, if different ..... = #, shape, turn, takeoff, +/- aerials/saltos, +/- Dance VP at the end
- C. Element/Passage 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 or SR / 0.5 fall / deductions
- 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  
 $1^\circ - 20^\circ$  ..... = 0.05 – 0.1  
 $21^\circ - 45^\circ$  ..... = 0.15 – 0.2  
 $46^\circ$  ..... = Lower VP
  4. Twisting saltos..... = incomplete twist deductions
  5. Turns & leaps/jump/hops 1/1 turn +... ..... = incomplete turn deductions
  6. Leaps/jump/hops with  $\frac{1}{2}$  turn ..... = minimum halfway for credit
  7. Dance turns & saltos with twists  
 $1^\circ - 44^\circ$  ..... = 0.05 – 0.1  
 $45^\circ - 89^\circ$  ..... = 0.15 – 0.2  
 $90^\circ +$  ..... = Lesser VP  
    - Turn is complete when heel drops.
    - Twist is complete when feet land.
    - Turns w/ less than  $360^\circ = 1^\circ$  past  $\frac{1}{2}$  way
    - Twist w/ less than  $360^\circ = 1^\circ$  past  $\frac{1}{2}$  way

F. Specific element technique:

1. # 1.01 "A" – Split Jump vs# 1.04 Sissone..... = 2 foot takeoff; 2 foot vs1 or 2 foot landing, 180°; parallel vs. diagonal
2. # 1.14 "B" – Switch leg leap ..... = Deduct → 0.1 < 45°, stag lead leg or <135° = "A" leap
3. # 1.17 "B" – Schushunova ..... = 180° split, stretch to horizontal
4. # 1.19 "B" – Ring or Stag Ring..... = Head release, Arch, Front Leg 45°
5. # 1.23 "C" – Switch side leap..... = Deduct → 0.1 < 45°, <135° = "A" leap.
6. # 1.23 "C" – Switch side leap..... = stag leg = B side leap
7. # 1.23 "C" – Switch side leap..... = → 0.1 for ¼ turn early = Lack of Precision
8. # 1.27 "C" – Tour Jeté ½ t/ Switch 1/1 t..... = Tour Jeté turns away and Switch Leg turns toward the turn
9. # 1.25 "C" – Popa, straddle jump 1/1 turn..... = straddle 1/1 turn or split 1/1 turn. legs at or above horizontal.
10. # 1.26 "C" – Schushunova 1/1 turn ..... = 1/1Split to prone, ½ turn, split 1/2t prone
11. # 1.29 "C" – Switch leg ring leap..... = head release past vertical line, rear leg near top of head.
12. # 2.12 "B" – Full turn with Leg Horizontal..... = 45° to lift leg and maintained at horizontal, no hand support.
13. #2.16 "B" – Full turn with Leg Hold 180°..... = Deduct → 0.2 Split 135° - 179°, Less than 135° = "A"
14. 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 or 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 or 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 or Jump

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

- G. FLOOR EXERCISE - Specific element technique clarification
1. Split leap forward with leg change (Switch-leg leap):
    - a) 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 WIAA HS Rulebook.
    - b) 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.
  2. Schushunova (straddle jump landing in push up position) "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, if the element met the requirements of a straddle jump.
  3. 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".
  4. 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.
  5. Switch leg leap with ¼ 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.
  6. A cabriole is a leap where one leg kicks up to a minimum of horizontal and the second leg meets the first while still in the air, landing on one leg.
  7. All jumps that land in front lying support will retain the same value as the root element, unless specifically listed in the WIAA HS Gymnastics Rule Book.
  8. 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 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.
  9. 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 SR.
  10. 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 to maintain an above horizontal position.
  11. 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."
  12. 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.
  13. No deduction for landing with feet a maximum of hip width, if
    - a) Gymnast slides the heels together or
    - b) Takes a CONTROLLED step forward out of a forward acro element or
    - c) Takes a CONTROLLED step backward to a lunge out of a backward acro element.
  14. Do not deduct unless the landing position appears out of control.
  15. Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

II. APPARATUS SPECIFICATIONS

- A. Conversion = 9 inches = 24 cm, 8 inches = 20 cm, 4.5 inches = 12 cm, 4 inches = 10 cm, ¾ inch = 2 cm
- B. Allowed up to 2 mats = Only one mat (skill cushion or 4 inch throw per pass (not required to remove).
  1. = Must mark mats that cover corners..... = 0.1 Chief Judge each
  2. = May not put other marks on mat (excessive use of chalk)..... = 0.3 Chief Judge
- C. Supplemental Mats = Sting mat, 4 inch Throw mat, 8 inch skill cushion
  1. = additional or unauthorized mats ..... = 0.3 Chief Judge
- D. Cheer floor or Wrestling mat type surface is permitted.
- E. Specifications: 12 m x 12 m (39 feet 4 7/16 inches x 39 feet 4 7/16 inches). The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of 1¼ inch thick (3.2 cm) to a

maximum of 7 inch thick (17.8 cm).

- F. Carpeting: if is used, ¼ inch pile is maximum height recommended.
- G. Additional Mats: up to two manufactured skill cushions (maximum thickness of 8 inches) may be used If the skill cushion is 8 inches in thickness, it must be a minimum of 5 feet x 10 feet. A "sting" mat may also be used on top of the up to 8 inch skill cushions.
- H. 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.
- I. Boundary Lines Marked: whenever additional matting is placed on the floor 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. When line judges are being used only.
- J. All equipment measurements have a ± 1 cm variance.

### III. TIMING REGULATIONS

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

### IV. MUSIC REGULATIONS

- A. Absence of Music..... = 0.5 Chief Judge
- B. Music Failure (technical failure):
  - 1. Continue and Complete:
    - a) Decide whether to resume from point of music failure or accept score given
    - b) Score will not be posted until decision
    - c) No deduction for absence of music
  - 2. Stop:
    - a) Decide to continue from the point of music failure
    - b) Reasonable time for rest

Music must be downloaded onto a mobile device. State Tournament will only be accepting iPod, iPad or similar devices and must be in airplane mode.

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

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

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

- A. Coach on the floor – purposely on the mat...= 0.5 Chief Judge (one time deduction)
- B. Coach on the floor – remove object .....= no penalty.
- C. Coach on the floor – with spot .....= 0.5 Chief Judge, 0.5 spot, 0.5 if fall ..... No VP or SR
- D. Coach on the floor – spot UPON landing .....= 0.5 Chief Judge, 0.5 spot, 0.5 if fall ..... Ok VP and SR
- E. Coach/teammate – spot fall (out of bounds) = 0.1 Chief Judge, 0.5 spot / fall ..... Ok VP and SR
- F. Coach/teammate– stand around Floor.....= 0.2 Chief Judge (warning) for obstructing view of judges.

FLOOR EXERCISE ELEMENTS

A		B		C	
LEAPS, JUMPS, HOPS					
¼ turn or land in split sit or prone = Root Element		Jumps with ½ turn or ¾ turn = Same Value		1.21	Split Jump – 1/1 turn or more
1.01	Split/Stag - Leap (same), Split/Stag Jump (same)	1.11	Tuck - Split Jump or Double Stag 1/1 turn Leap or Jump	1.22	Switch Leap ½ turn or more, Free Leg forward/sideward/backward horizontal, ½ turn
1.02	Switch Leap – Wolf or Stag Switch or Switch < 135°	1.12	Split Leap ¼ turn or ½ turn, Split Jump ½ turn (Different)	1.23	Switch Side Leap, ½ turn - ¾ turn, Prone
1.03	Scissor Leap (hitchkick) or Cabriole, forward or backward	1.13	Split Leap Back - ¼ turn or ½ turn	1.24	Pike Jump 1/1 turn (legs above horizontal)
1.04	Sissone Jump	1.14	Switch Leap (less than 45° lead leg deduction)	1.25	Straddle Pike Jump 1/1 turn (Popa) or more, Side Split Jump 1/1 turn
1.05	Jump ½ turn or 1/1 turn, Chasse 1/1 turn	1.15	Pike Jump, Pike ½ turn Prone (90° Hip Angle)	1.26	Side Split Jump 1/1 turn, Prone, Leap 1½ turn Prone or more
1.06	Cat Leap or ½ turn knees turn out or parallel	1.16	Straddle Jump or Side Split Jump or Straddle ½ t	1.27	Tourjeté Leap ½ turn to 2ft or more, split, ¾ turn
1.07	Hop ½ turn (Leg above Horizontal)	1.17	Side Split Jump Prone (Schuschunova), ½ turn	1.28	Tourjeté-Ring also with ½ turn, Stag-Ring 1/1 turn and Ring 1/1 turn.
1.08	Tuck Jump or Tuck Jump ½ turn (off 1 or 2 feet)	1.18	Hitchkick ¼ - ¾ turn/ Tourjeté Leap	1.29	Switch Split Leap – Ring, Switch Split Leap ½ turn to Ring Leap, Sheep Jump 1/1 turn
1.09	Wolf Hop or Jump (Leg Horizontal)	1.19	Ring Leap or Jump – rear leg at head	1.230	Stretch Jump 2/1 turn or more
		1.120	Sheep Jump feet at head	1.231	Cat Leap 1½ turn or more
		1.121	Stretch Jump 1½ turn	1.232	Hop 1/1 turn (Leg above Horizontal) or more
		1.122	Cat Leap 1/1 turn also to a Split Sit	1.233	Tuck Jump 1½ turn (off 1 or 2 ft.) or more
		1.123	Fouetté to Scale	1.234	Wolf Hop or Jump 1/1 turn (Leg Horizontal) or more, to Prone
		1.124	Tuck Jump 1/1 turn (off 1 or 2 ft.)		
		1.125	Wolf Hop or Jump ½ turn (Leg Horizontal)		
TURNS					
2.01	Full turn	2.11	1½ turn	2.21	2/1 or more Turn
2.02	½ turn	2.12	1/1 turn Free Leg Horizontal (no leg hold)	2.22	1½ turn Free Leg Horizontal (no leg hold) or more
		2.13	1/1 turn to Scale – 2 second	2.23	1½ turn, or more, to Scale – 2 sec
		2.14	Illusion 1/1 turn (without touching free leg or hand)	2.24	Tuckstand 1½ turn or more
		2.15	Tuckstand 1/1 turn	2.25	1½ turn, or more, Free Leg Held with hand(s) upward @ 180°
		2.16	1/1 turn Free Leg Held with hand(s) upward @ 180°		

HANDSTANDS					
3.01	Jump Handstand/ Kick or Press Handstand pirouette ½ turn or 1/1 turn	3.11	Handstand pirouette 1½ turn or more		
ROLLS					
** All Forward and Backward Roll Variations "A"		4.11	Backward Roll – Handstand 1/1 turn +		
4.01	** Forward Roll, Handstand Roll, Dive/Hecht Roll				
4.02	** Backward Roll, Back Roll – Handstand, ½ turn				
WALKOVERS					
5.01	Forward or Backward Walkovers, Valdez	5.11	Back Walkover 1/1 turn, Valdez 1/1 turn		
5.02	Handspring or Handspring ½ turn or Flyspring or Bounder (1 ft.)	5.12	Arabian Front Handspring or Flyspring or Bounder (2 ft.)		
5.03	Front Aerial, Kick-over Front or to Knees (not salto)				
5.04	Cartwheel, Dive or Side Aerial or Butterflies (forward or backward)				
5.05	Roundoff or Aerial Roundoff				
5.06	Back handspring or Gainer Back handspring or One-Arm Back handspring				
5.07	Head Kips or Neck Kips				
SALTOS					
6.01	Front Salto Tuck	6.11	Front Salto Pike or layout, or Tuck or Pike or layout ½ turn	6.21	Front Salto 1/1 turn, or more
6.02	(Forward) Side Salto	6.12	(Backward) Side Salto layout		
1-foot take-off not a Salto SR or Composition		6.13	Arabian Salto (back ½ turn front)		
6.03	Back Salto	6.14	Back Salto ½ turn or 1/1 turn	6.22	Back Salto 1½ turn or more
6.04	Whip-Salto Backward	6.15	Whip-Salto ½ turn, 1/1 turn	6.23	Double Back Salto
6.05	Gainer Back Salto Tuck/Pike/layout	6.16	Gainer Back Salto - Tucked 1/1 turn		
		6.17	Jump ½ turn - Back Salto tuck/pike	6.24	Jump ½ turn - Back Salto layout

UNEVEN BARS, BEGINNER, NOVICE, INTERMEDIATE SCORESHEET

Beginner		Requirements		Novice		Requirements		Intermediate		Requirements		Cast or Circle Deductions
Omission	1	Pull Over or glide kip mount	0.5	Omission	1	Glide Kip or pull over	0.5	Omission	6 Elements	0.5	0 at 30° above horizontal	
Change		Small Cast		Change	2	Cast Horizontal	0.5	1	One Bar Change	0.5		
Substitute	2	Back Hip Circle	0.5	Substitute	3	Back Hip Circle	0.5	Rhythm	Kip Mount	0.5	0.05 - 0.30	
0.5		Small Cast		1	4	Back Hip Circle	0.5	0.1	Cast to 30° above Horizontal	0.5		
No	3	Back Hip Circle	0.5	No	5	Cast - Squat on, Stoop on or with Circle	0.5	Dynamics	Circle to 30° above Horizontal or "B" Flight	0.5	1° - 29°	
Composition	4	Cast Horizontal	0.5	Composition	6	Long Hang Kip/Pullover or Tap-Counterswing Long Hang kip/Pullover	0.5	0.2	Salto Dismount	0.5	above horizontal	
Deductions		Small Cast		Deductions	7	Cast to 45° Below Horizontal or underswing counterswing	0.5	Start Value			0.4 - 0.5	
Start Value	5	Sole Circle or squat on jump off	0.5	Start Value	8	Tap Swing Forward ½ turn or flyaway	0.5	8			horizontal or below	
#												
									Execution - _____	S.V + _____		
									Requirements - _____	Ded - _____		
									Intermediate only	J1 _____		
									0.2 Dynamics - _____	J2 _____		
									0.1 Rhythm - _____	Avg _____		
									Deductions - _____	ND _____		
										Score _____		
#												
									Execution - _____	S.V + _____		
									Requirements - _____	Ded - _____		
									Intermediate only	J1 _____		
									0.2 Dynamics - _____	J2 _____		
									0.1 Rhythm - _____	Avg _____		
									Deductions - _____	ND _____		
										Score _____		

UNEVEN BARS, BALANCE BEAM AND FLOOR EXERCISE SCORESHEET

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

**VAULT SCORESHEET**

Gymnast #		
FIRST FLIGHT PHASE	VT 1	VT 2
0.1 Foot form (flexed, sickled)		
0.1 Legs - crossed		
0.2 Legs - separated		
0.3 Knees - bent		
0.2 Body - excessive arch		
0.3 Hips - poor angle		
0.3 Turn - not fully executed		
REPULSION PHASE		
0.1 Hands - staggered or 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 (incorrect arms)		
0.2 Shoulder - poor angle		
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 or pike		
0.3 Insufficient stretch (excessive arch or pike)		
0.3 Pike down of stretch position		
0.3 Insufficient opening (tuck or 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 or 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 or staggered		
0.4 Step (0.1) large step or jump (0.2)		
0.3 Squat on landing		
0.3 Brush or touch mat (no support)		
0.5 Fall (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, 0.3 Unauthorized Mat, 0.2 Tape on Table		

Gymnast #		
FIRST FLIGHT PHASE	VT 1	VT 2
0.1 Foot form (flexed, sickled)		
0.1 Legs - crossed		
0.2 Legs - separated		
0.3 Knees - bent		
0.2 Body - excessive arch		
0.3 Hips - poor angle		
0.3 Turn - not fully executed		
REPULSION PHASE		
0.1 Hands - staggered or 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 (incorrect arms)		
0.2 Shoulder - poor angle		
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 or pike		
0.3 Insufficient stretch (excessive arch or pike)		
0.3 Pike down of stretch position		
0.3 Insufficient opening (tuck or 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 or 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 or staggered		
0.4 Step (0.1) large step or jump (0.2)		
0.3 Squat on landing		
0.3 Brush or touch mat (no support)		
0.5 Fall (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, 0.3 Unauthorized Mat, 0.2 Tape on Table		

## 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/8in \_\_\_\_\_ 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)

GYMNASTICS VALUE PART EVALUATION FORM

This form must be emailed to the Technical Director, Laurie Chadwick at Laurie.chadwick@mead354.org, in order to officially request evaluation of elements not listed in the WIAA Rule Book. You will receive an evaluation for the new element you submit which will be valid through the end of the season submitted. Any new skills will be evaluated after the season for possible permanent inclusion in the WIAA HS Gymnastics Rule Book.

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 ACCEPTED.

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

Technical Director Verification Signature \_\_\_\_\_

Date: \_\_\_\_\_

SCORE INQUIRY FORM

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 skills in order of performance 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

\_\_\_\_\_

