

GENERAL FAULTS & PENALTIES

COMPULSORY Uneven Bars, Balance Beam and Floor Exercise

It is intended that all elements and connections be performed with maximum amplitude and execution and in the order as written in the text. Any departures from the correct technique or performance are to be penalized according to the following Table for General Faults and Penalties. Also, refer to each event for Specific Penalties for each Level. Always apply these General Penalties whenever a Specific Penalty is not indicated.

Deduct all execution and/or amplitude errors leading to a fall. Do NOT deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.

Deductions for FALLS, EXTRA SWINGS, and lack of continuity in required series due to a fall are taken in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

Points of Emphasis Explanation:

For judging purposes, "Points of Emphasis" notes throughout the text refer to the general penalties listed. This is an important aspect in the judgment of the routine.

For example, if the "Points of Emphasis" stresses "straight arms and legs" this refers to the "up to 0.30" each deduction for bent arms or bent legs. Similarly, if the "Points of Emphasis" includes a straight hollow-body position, this would refer to the "up to 0.20" deduction for incorrect body alignment, position or posture on major elements.

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY; HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED UNLESS OTHERWISE STATED.

CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	*Changing, reversing or omitting a small part
<u>0.30</u>	*Changing, reversing or omitting a series of connections
<u>0.30</u>	Reversing the order of the two elements in any of the directly connected dance series in Balance Beam or Floor Exercise
Value of the element	*Changing a major element
Double the value of the element	*Substituting or omitting a major element
Half the value of the element	Reversing a major element (if not allowed to be reversed)
Up to the value of the element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
Up to 0.40	Incorrect position of head, arms, legs, or feet (text errors) (Deduct in general - not each time- according to small, medium & large errors)
No penalty	Repetition of a missed element (start judging again at the point of interruption)
Up to the value of the element	Major element performed with additional turn
* Changing = performing a variation of the element prescribed. * Substituting = performing a totally different element than the element prescribed. * Omitting = leaving the element out completely. Omitted elements may not be performed later in the exercise (out of order) or after the last element in the exercise.	
Note: Any step designated as "not in relevé" may be performed in relevé without penalty.	

EXECUTION	
UNEVEN BARS, BEAM, AND FLOOR	
Each time <u>0.05</u>	Incorrect foot form (flexed, sickled) on major elements
Up to 0.10	Lack of coordination on connections
Up to 0.20	Leg separation
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.20	Movement lacking dynamics (General deduction for whole exercise)
Up to 0.30	Bent arms or legs
<u>0.30</u>	<ul style="list-style-type: none"> • Complete bend of arms or legs to 90° or more
Up to 0.30	Balance errors - small, medium, large
Up to 0.30	Incorrect body alignment, position or posture during connections (General deduction for whole exercise)
<u>0.50</u>	Fall on or off the apparatus
UNEVEN BARS	
<u>0.10</u>	Repositioning/adjustment of hands in front support or feet in squat/stoop on
<u>0.20</u>	Alternate hand grasp or regaining hand grasp without supplementary support
<u>0.30</u>	Extra cast or swing (maximum of 0.60 per consecutive occurrence)
<u>0.30</u>	Using supplementary support to regain position
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet)
Up to 0.10	<ul style="list-style-type: none"> • Touch/brush on apparatus or mat with foot (feet)
<u>0.20</u>	<ul style="list-style-type: none"> • Hit on apparatus with foot (feet)
<u>0.30</u>	<ul style="list-style-type: none"> • Hit on mat with foot (feet)
<u>0.50</u>	<ul style="list-style-type: none"> • Full weight on mat with foot (feet)
BALANCE BEAM AND FLOOR EXERCISE	
Each <u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or extend when indicated
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.10	Uneven leg separation in leaps/jumps
Up to 0.10	Failure to land with feet closed/together on 2-foot landing of jumps on FX
Each Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
Each Up to 0.10	Failure to use levering action in or out of elements when required (straight line - fingers to toes)
<u>0.10</u>	Failure to finish with the music
<u>0.10</u>	Performs an inward turn when an outward turn is required (changing a small part)
Up to 0.30	Incorrect foot work/form (flexed, sickled, failure to step toe-ball-heel or to show turn-out in foot positions) during connections (General deduction for whole exercise)
Up to 0.20	Insufficient split
Up to 0.20	Failure to perform steps (when indicated), and pivot turns (not major elements) in high relevé position (General deduction for whole exercise)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movement to maintain balance on the beam
<u>0.30</u>	Grasping beam to avoid a fall
<u>0.30</u>	Stop between elements in acro (tumbling) series on FX (<i>No lack of acceleration deduction when <u>0.30</u> for stop is taken</i>)
<u>0.30</u>	Failure to use proper designated turn technique (heel-snap or weight-transfer)
Up to 0.30	Movement lacking artistry of presentation (General ded. for whole exercise) Consider:
Up to 0.15	Quality of gymnast's movement to reflect the style/musicality of the choreography
Up to 0.15	Quality of expression (i.e. projection, emotion, focus)
Up to the value of the element	Incomplete turns (apply deduction for incomplete element)

AMPLITUDE	
UNEVEN BARS	
Up to 0.20	Insufficient internal body amplitude (stretch/tightness) during extended positions
Up to 0.20	Insufficient external amplitude away from bar during swinging/circling movements
BALANCE BEAM AND FLOOR EXERCISE	
Up to 0.10	Insufficient amplitude on non-value part choreography/dance steps (general deduction for whole exercise)
Up to 0.20	Insufficient height (hip rise) on leaps and jumps
Up to 0.20	Insufficient quickness off hands in flight elements with hand support
Up to 0.30	Insufficient height (hip rise) on salto elements
RHYTHM	
UNEVEN BARS, BEAM AND FLOOR	
<u>0.10</u>	Concentration pause (more than 2 seconds)
Up to 0.20	Lack of continuity (tempo) between elements in a directly connected series (<i>If a fall occurs between the elements, deduct 0.20 for insufficient continuity plus 0.50 for the fall. If gymnast repeats and successfully connects the elements, deduct 0.50 only.</i>)
Up to 0.20	Gymnast not performing in time with the music (General deduction throughout Floor Exercise routine)
Up to 0.20	Lack of sureness (General deduction throughout Balance beam routine)
DIRECTION AND PLACEMENT OF ELEMENTS	
BALANCE BEAM AND FLOOR EXERCISE	
Up to 0.10	Error in line of direction or spacing of a single element
Up to 0.20	Error in line of direction of acrobatic, dance or dance/acro series
Up to 0.30	Error in line of direction or placement of whole section of floor pattern
LANDING OF ELEMENTS & DISMOUNTS	
Landing Clarification for Vault and Bar/Beam Dismounts	There is NO deduction for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension. If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step (Up to 0.10)
0.05	Lands with feet hip-width apart or closer but never joins feet (V, & UB/BB dismnts)
Up to 0.10	Lands with feet staggered (one in front of the other) (V & UB/BB dismnts)
<u>0.10</u>	Lands with feet further than hip-width apart (V & UB/BB dismnts)
Up to 0.10	Slight hop or small adjustment of feet
Up to 0.10	Extra arm swing(s) upon landing
Each <u>0.10</u> (Max. 0.40)	Taking steps after landing
Each <u>0.20</u> (Max. 0.40)	Very large step or jump
Up to 0.20	Additional trunk movements to maintain balance (for UB, BB (dismounts) & FX)
Up to 0.30	Squat upon landing
	Contacting the mat or apparatus with one or both hands or with body after landing
Up to 0.30	• Brush, touch or hit
<u>0.50</u>	• Support on hand(s) or fall onto mat or against apparatus
Up to the value of the element + <u>0.50</u> for fall	Failure to land on the feet first for UB, BB and FX saltos and/or dismounts = failure to complete a major element
NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE FOR ASSISTANCE (SPOTTING) FROM COACH	
Up to the Value of the Element + 0.50	• Coach assists (touches) during element
<u>0.50</u>	• Coach assists (touches) on landing only

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE	
The following penalties must be indicated to the coach by verbal or visual means:	
<u>0.10</u>	Overtime (Judging continues after time is called)
Each time <u>0.10</u>	Any part of body touching outside the FX area
Each time <u>0.10</u>	Lack of presentation by gymnast before and/or after exercise
<u>0.10</u>	Coach standing next to the beam throughout exercise
<u>0.20</u>	Coach/teammate giving assistance with verbal cues (Applied after one warning has been given.) If the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning. This is taken only once, regardless of the number of cues given.
<u>0.20</u>	Incorrect attire (warning must be given-CJ notifies Meet Referee)
<u>0.20</u>	Failure to begin exercise within 30 sec. after being signaled by Chief Judge
<u>0.20</u>	Failure to observe specified warm-up time
<u>0.30</u>	Use of unauthorized mats
<u>0.30</u>	Springboard or mounting mat/block on unauthorized surface
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.50</u>	Gymnast begins exercise without signal from CJ (must stop & repeat)
<u>1.00</u>	Floor Exercise routine performed without music
<u>1.00</u>	Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table
No deduction	Coach on the Floor Exercise mat
Terminates exercise	<i>If, after a fall, the gymnast exceeds the allotted fall time: Vault - One minute (60 seconds) after judgement of 1st vault Bars - 45 seconds Beam - 30 seconds</i>
MISCELLANEOUS JUDGING INFORMATION	
	Allowable range of Scores for J. O. Program 0.20 for scores between 9.50 - 10.00 0.50 for scores between 9.00 - 9.475 0.70 for scores between 8.00 - 8.975 1.00 for all other cases
	Termination of an exercise due to injury: If a gymnast performs ½ or less of the exercise and does not continue, give credit for elements performed. Do not score from 10.00.
	Award a score of 1.00 if a routine results in a score of 1.00 or less.

TIMING PROCEDURES
VAULT
<i>If the gymnast falls on the 1st vault attempt and an injury is being assessed, she is allowed a maximum of one minute (60 seconds) after the completion of the judgement to leave the landing area. If the gymnast exceeds the allotted fall time, a second vault will not be allowed. In this instance, the Chief Judge will monitor the time.</i>
UNEVEN BARS
When a gymnast falls from the bars, the 45 second fall time begins.
The gymnast has 45 seconds to remount and resume her exercise.
The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
When the gymnast remounts the bars (leaves the floor), the 45 second fall time stops.
A reasonably short period of time is allowed to resume swing.
If the 45 second fall time is exceeded, the exercise is terminated.
BALANCE BEAM
Timing the exercise
The official time starts when the gymnast's feet leave the board or mat.
The official time stops when the gymnast dismounts and arrives on the mat.
The warning is called or signaled 10 seconds before the maximum time limit.
Time is called or signaled at the maximum time limit.
If the gymnast lands at the sound of the second signal, there is no deduction.
If the gymnast lands after the sound of the second signal, the CJ deducts 0.10 from average for overtime. As in optional exercises, NO overtime deduction is taken if the time is within a fraction of a second over the time allotment. Example: A level 5 beam routine is clocked at 1:10.01 to 1:10.59 (less than 1:11). Do not take the overtime deduction.
Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise.
Timing of Falls
When the gymnast falls to the floor, the 30-second fall time begins and the official beam time stops.
The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
When the gymnast remounts the beam (leaves the floor), the 30-second fall time stops.
The official beam time resumes with the first movement to continue the exercise.
If a second fall occurs before the official time begins, the deduction is 0.50.
If the 30-second fall time is exceeded, the exercise is terminated.
The official beam time does not stop when the gymnast falls on (but not off) the beam.