

LEVEL 1 VAULT ~TABLE OF PENALTIES

STRETCH JUMP onto a minimum of 16 inches of matting (value – 5.00)

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack
	No deduction VOID	Use of alternative springboard (trampoline-like/junior board) Use of inflatable rebounding device
	Up to 0.30	Insufficient dynamics (speed/power)
	<u>2.00</u>	Spotting assistance on straight jump
	<u>0.50</u>	Spotting assistance on landing of straight jump
	<u>0.50</u>	Fall after spotting assistance, additional deduction
(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault	

Run and Board Contact	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	<u>5.00/VOID</u>	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than feet first

Stretch Jump from Board to Mat	Up to 0.50	Lack of height on stretch jump
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position during jump	
	Up to 0.30	• Arch
	Up to 0.50	• Pike
	Up to 0.30	Deviation from a straight direction, determined by initial contact with the mat
	Up to 0.50	Failure to land in demi-plié with control and proper body position
<u>0.50</u>	Fall (onto hands, knees and/or hips) after landing stretch jump onto feet first	

HANDSTAND, FALL TO STRAIGHT – LYING POSITION (value – 5.00)

General Faults	Each <u>0.50</u>	Extra kick up to handstand
	<u>2.00</u>	Spotting assistance of coach after gymnast achieves hand support on the mat stack
	5.00/VOID	Performing incorrect element (i.e. forward roll)

Approach	Up to 0.20	Failure to keep ears covered by arms when moving into the handstand
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Handstand	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.10	Incorrect foot form (flexed/sickled)
	Up to 0.30	Failure to maintain neutral head position
	Failure to maintain a stretched body position in handstand	
	Up to 0.30	<ul style="list-style-type: none"> • Arch
	Up to 0.50	<ul style="list-style-type: none"> • Pike
	Up to 0.20	Legs separated
	Up to 0.30	Legs bent
	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
Up to 0.50	Arms bent	

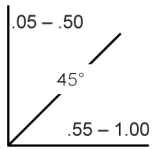
Landing Phase	Up to 1.00	Failure to land in a straight-lying position on the back. Examples for applying this deduction:
	<u>1.00</u>	<ul style="list-style-type: none"> • Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> • Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	<ul style="list-style-type: none"> • Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	<p>Gymnast makes any of the above execution errors, then lies back to a straight lying position:</p> <ul style="list-style-type: none"> • Execution deductions may be applied for the errors, while the gymnast is falling to her back (post- handstand phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

LEVEL 2 VAULT ~ TABLE OF PENALTIES

**Jump to handstand onto raised mat surface (min. of 16”);
Fall to straight-lying position on the back**

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the mat stack
	No deduction	Use of alternative springboard (trampoline-like/junior board)
	VOID	Use of inflatable rebounding device
	<u>2.00</u>	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement (Considered an “incorrect vault”)
	VOID	Assistance of coach from board to mat stack
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back
	Up to 0.30	Insufficient dynamics (speed/power)
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
Each phase Up to 0.30	<ul style="list-style-type: none"> ● Arch 	
Each phase Up to 0.50	<ul style="list-style-type: none"> ● Pike 	
Run and Board Contact	Up to 0.30	Insufficient acceleration during the run (ability to obtain maximum speed)
	Up to 0.30	Failure to maintain horizontal running speed to the board (i.e. gymnast stutter steps before the board)
	Up to 0.30	Excessive forward lean of the body upon board contact
	Each <u>0.30</u>	Additional jumps on the board (double bouncing)
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts other than back

First Flight	See General Faults	
	Up to 0.30	Deviation from a straight direction determined by initial contact with the mat

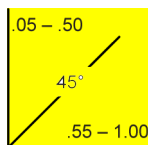
Support Phase 	Up to 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Completely bent arms causing head to contact mat stack (includes <u>0.50</u> deduction for extreme arm bend)
	Up to 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	• Contact from 1° to 45° past vertical
	0.55 – 1.00	• Contact from 46° to 89° past vertical
	Failure to place hands in the prescribed landing zone (Landing zone = between the edge of the mat stack and the tape line)	
	<u>0.50</u>	• Both hands land beyond the tape line
	<u>0.20</u>	• Staggered hand placement: one inside zone, one over the line
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
<u>3.00</u>	Failure to contact mat with both hands (performs a salto or touches mat stack with only one hand)	

Landing Phase	Failure to finish in a straight-lying position on the back Examples for applying this deduction:	
	<u>1.00</u>	• Gymnast lands on her feet and steps off the mat
	<u>0.50</u>	• Gymnast lands on her seat with a 90° hip angle and steps off the mat
	<u>0.50</u>	• Gymnast lands on her back with an arch and bent legs and steps off the mat
	No deduction	Gymnast makes any of the above execution errors, then lies back to a straight-lying position: <ul style="list-style-type: none"> • Execution deductions may be applied for the errors while the gymnast is falling to her back (landing phase) • Evaluation finishes when the gymnast arrives in a straight-lying position

LEVEL 3 VAULT ~ TABLE OF PENALTIES

Handspring over a raised mat surface (min. of 32")

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the mat stack
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and mat stack or leaning against/bearing weight on the Mat Stack
	<u>2.00</u>	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase)
	No deduction VOID	Use of junior board Use of alternative springboard (trampoline-like/ inflatable rebounding device)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the mat stack between the board and hand placement. (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto mat stack or rebounds from board to come to rest/support on mat stack on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; CJ deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	• Arch
	Each phase Up to 0.50	• Pike
First Flight Phase	See General Faults	
Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the mat stack in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	Contacting the mat stack with the hands after vertical	
	0.05 – 0.50	Contact from 1° to 45° past vertical
	0.55 – 1.00	Contact from 46° to 89° past vertical
	(CJ) <u>1.00</u>	Touch with only one hand on the mat stack, Chief Judge deduction, if at least ½ of panel sees only one hand touch
VOID	No hand contact on the mat stack	



Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of mat stack
	No deduction	Insufficient length
	No deduction	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the mat stack
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the mat stack after passing through the vertical plane (handstand)	

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

LEVEL 4 & 5 VAULT ~TABLE OF PENALTIES

HANDSPRING OVER VAULT TABLE

General Faults	No deduction	Balk #1: run approach without coming to rest or support on top of the vault table
	VOID	Balk #2 or Balk #3
	No deduction	Coach standing between board and vault table
	<u>2.00</u> VOID	Assistance of coach (First Flight Phase, Support Phase or Second Flight Phase) <ul style="list-style-type: none"> • Level 4 • Level 5
	No deduction-Level 4 VOID-Level 5	Use of junior springboard
	VOID	Use of alternative springboard (trampoline-like/ inflatable rebounding device)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Gymnast never achieves vertical and returns to the board/floor or lands on the vault table between the board and hand placement (Considered an "incorrect vault")
	VOID	Runs onto the board and steps up onto vault table or rebounds from board to come to rest/support on vault table on body parts
	Up to 0.30	Insufficient dynamics (speed/power)
	Up to 0.30	Deviation from a straight direction
	(CJ) <u>0.50</u>	Vaults without signal from the Chief Judge; Chief Judge deducts from average of next completed vault
	Each phase Up to 0.10	Failure to maintain neutral head position
	Each phase Up to 0.10	Incorrect foot form (flexed/sickled)
	Each phase Up to 0.20	Legs separated
	Each phase Up to 0.30	Legs bent
	Failure to maintain stretched body position	
	Each phase Up to 0.30	<ul style="list-style-type: none"> • Arch
	Each phase Up to 0.50	<ul style="list-style-type: none"> • Pike

First Flight Phase	See General Faults
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Support Phase	Up to 0.10	Staggered/alternate hand placement
	Up to 0.20	Alternate repulsion from hands
	Up to 0.20	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	Up to 0.50	Arms bent in support
	<u>2.00</u>	Head contacting the vault table in Support Phase (Includes 0.50 deduction for extreme arm bend)
	Each <u>0.10</u> (max.) <u>0.30</u>	Additional hand placements (taking steps/hops on hands)
	Up to 0.50	Too long in support
	(CJ) <u>1.00</u>	Touch with only one hand on the vault table; Chief Judge deduction, if at least ½ of panel sees only one hand touch
	Up to 1.00	Angle of repulsion (failure to leave vault table by vertical – angle of repulsion is determined by the angle created from the hands to the body part that is furthest past vertical)
	VOID	No hand contact on the vault table

• Leaves vault table by vertical
 • Leaves vault table by 01° – 45° past vertical
 • Leaves vault table by 46° – 89° past vertical

Second Flight Phase	<u>0.20</u>	Brush or hit of body on far end of vault table
	Up to 0.30	Insufficient length <i>When evaluating length, consider size of the gymnast, where the hands contact the vault table, where the feet land and overall trajectory (amplitude) of the 2nd flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table</i>
	Up to 0.50	Insufficient height

Landing	Landing Clarification	There is no deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension
	<u>0.05</u>	* Lands with feet hip-width apart or closer, but never join feet (heels) together
	Up to 0.10	If the entire foot/feet are sliding or lifting off the floor to join, it is considered a small step
	<u>0.10</u>	* Lands with feet further than hip-width apart
	Up to 0.10	Slight hop, small adjustments of feet or *staggered feet
	Each <u>0.10</u> (max.) <u>0.40</u>	Steps
	Each <u>0.20</u> (max.) <u>0.40</u>	Large step or jump (approximately 3 feet or more)
	Up to 0.10	Arm swing(s) to maintain balance
	Up to 0.20	Incorrect body posture on landing
	Up to 0.20	Additional trunk movements to maintain balance
	Up to 0.30	Squat on landing (hips even with or lower than knees)
	Up to 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Assistance on landing
	<u>0.50</u>	Additional deduction for fall after assistance by coach
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against the vault table
	(Includes the fall) <u>2.00</u>	Failure to land on any part of the bottom of the feet first
	(Fall on apparatus) <u>0.50</u> + <u>2.00</u> = <u>2.50</u>	Landing in a sitting, lying or standing position on top of the vault table after passing through the vertical plane (handstand)

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

GENERAL FAULTS & PENALTIES

COMPULSORY UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

All elements and connections are intended to be performed with maximum amplitude and execution, 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; however, 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, 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.

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 (including assisted elements).

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

- To determine if a gymnast is a “*righty or lefty*”, first determine the gymnast’s dominant leap and front split (*right or left*). These need to be the same. The text is written describing the choreography for a “*right dominant*” gymnast. If teaching a “*left dominant*” gymnast, replace the words *right* with *left*, and *left* with *right* when teaching the routine.

CHANGES IN PRESCRIBED TEXT	
<u>0.10</u>	* Changing, reversing, adding 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 on balance beam or floor exercise
Value of element	* Changing a major element
Double the value of element	* Substituting or omitting a major element
Half the value of element	Reversing a major element (if <u>not</u> allowed to be reversed)
Up to the value of element	Incomplete major element
Each <u>0.30</u>	Adding an extra element
No deduction	Repetition of a missed element (start judging at the point of interruption)
Up to the value of element	Major element performed with additional turn
* <i>Changing = performing a variation of the element prescribed</i>	
* <i>Substituting = performing a totally different element than the element prescribed</i>	
* <i>Omitting = leaving the element out completely (omitted elements may <u>not</u> be performed later in the exercise “out of order” or after the last element in the exercise)</i>	
Note: Any step/foot position designated as “ <u>not</u> in relevé” may be performed in relevé without penalty	

SPECIFIC EXECUTION DEDUCTIONS
(Taken for each occurrence during the routine)

UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

(max <u>0.05</u>)	Taking additional running steps into forward tumbling pass (FX) (This is <u>not</u> applied to the front salto tucked)
Each time <u>0.05</u>	Flexed/sickled feet during major elements
Each time Up to 0.20	Leg or knee separations
Up to 0.20	Incorrect body alignment, position or posture on major elements
Up to 0.30	Bent arms in support – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Bent leg(s) – on any one element (90° or more = max <u>0.30</u>)
Up to 0.30	Balance errors – small, medium, large
<u>0.50</u>	Fall on or off the apparatus

UNEVEN BARS

Up to 0.10	Hesitation during jump to high bar
<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> (max <u>0.50</u>)	Intermediate extra swing/cast More than one extra swing/cast preceding or following an element = <u>max 0.50</u>
<u>0.30</u>	Grasp of bar apparatus to avoid a fall
Up to 0.50	Brush, touch or hit on apparatus or mat with foot (feet):
Up to 0.10	• Brush/touch on apparatus or mat with foot (feet)
<u>0.20</u>	• Hit on apparatus with foot (feet)
<u>0.30</u>	• Hit on mat with foot (feet)
<u>0.50</u>	• Full weight on mat with foot (feet)

BALANCE BEAM & FLOOR EXERCISE

<u>0.05</u>	Failure to mark the passé position in relevé at the completion of turns
Up to 0.10	Failure to perform 180° and 360° turns on one foot in high relevé
<u>0.05</u>	Failure to keep ears covered by arms when moving in and out of slow acro elements (i.e. cartwheels, handstands, etc.)
Up to 0.10	Failure to land with feet closed (applied to jumps landing on two feet)
<u>0.10</u>	Failure to land on both feet simultaneously (applied to jumps landing on two feet)
Up to 0.10	Incorrect leg alignment in arabesque position when indicated
Up to 0.10	Failure to contract or arch when indicated

BALANCE BEAM & FLOOR EXERCISE (Specific Deductions continued)	
Up to 0.10	Failure to kick/swing leg to horizontal or above when required
Up to 0.20	Uneven leg separation in leaps/jumps
Each <u>0.20</u>	Support of one leg against side surface of beam to maintain balance
Up to 0.20	Insufficient split when required (Dance/non-flight acro elements)
<u>0.30</u>	Extra kick up to handstand
Up to 0.30	Additional movements to maintain balance/control on the beam
<u>0.30</u>	Grasp of beam to avoid a fall
<u>0.30</u>	Use of supplemental support <u>Examples:</u> 1. Foot/feet remain on mat/board as mount is completed 2. Foot/feet contact mat in cross straddle sit during exercise 3. Foot/feet/leg using the base/uprights of the beam for support on mount/beam
Up to value of element	Incomplete turns

GENERAL DEDUCTIONS	
Taken on non-major elements throughout/during the routine	
Each deduction is the maximum deduction for the errors, <u>not</u> per occurrence.	
Up to 0.10	Insufficient amplitude on non-value part choreography/dance steps
Up to 0.20	Failure to perform steps (when indicated) and pivot turns (<u>not</u> major elements) in high relevé position
Up to 0.20	Insufficient sureness of performance (balance beam)
Up to 0.30	Movement lacking artistry of presentation – consider:
Up to 0.15	• Quality of movement to reflect the style of the choreography
Up to 0.15	• Quality of expression (i.e. projection, focus)
Up to 0.30	Incorrect foot form (flexed, sickled, failure to show lock position when designated , failure to show step toe-ball-heel or to show turn-out in foot positions)
Up to 0.30	Incorrect body alignment, position or posture during connections
Up to 0.30	Incorrect position of head, arms, legs, or feet (text errors)

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

AMPLITUDE (General Deductions continued)	
BALANCE BEAM & FLOOR EXERCISE	
Up to 0.20	Insufficient height (hip rise) on leaps/jumps/hops
Up to 0.20	Insufficient quickness off hands in flight elements with hand support (<u>not</u> applied on front handsprings on floor exercise)
Up to 0.20	Insufficient height of aerials and backward acro flight with hand support
Up to 0.30	Insufficient height (hip rise) on salto elements

RHYTHM / DYNAMICS	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
	Concentration pause(s):
	Balance Beam Floor Exercise
Each <u>0.10</u>	Two seconds Two seconds or more
Each <u>0.20</u>	More than two seconds
No deduction	Lack of continuity/tempo between major elements in a directly-connected dance series on balance beam
<u>0.05</u>	Broken series of dance major elements on balance beam <ul style="list-style-type: none"> If a fall occurs between the elements, deduct <u>0.05</u> for a broken connection plus <u>0.50</u> for the fall (if the gymnast repeats and successfully connects the elements, deduct <u>0.50</u> for fall only) <u>Dance series is considered broken when:</u> <ol style="list-style-type: none"> Stop between elements Loss of balance between elements Any deviation of body movement which is <u>not</u> in line with the beam Reposition of foot (feet) or pivoting Extra step/hop/jump between elements Legs straighten between elements <ol style="list-style-type: none"> First element lands in pli� Legs totally straighten and pli� again to initiate jump into next element
<u>0.30</u>	Stop between major elements in an acro (tumbling) pass on floor exercise
Up to 0.20	Insufficient dynamics – consider <ul style="list-style-type: none"> Energy maintained throughout the exercise Makes difficult look effortless
Up to 0.30	Missing synchronization of movement with musical beat –
<u>0.05</u>	Throughout the floor exercise
<u>0.10</u>	Each time
	At the end

DIRECTION AND PLACEMENT OF ELEMENTS	
BALANCE BEAM & 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 AND DISMOUNTS	
Landing clarification bar/beam dismounts	There is NO landing deduction for feet a maximum of hip-width apart, provided the heels join (slide) together on the controlled extension.
Up to 0.10	Entire foot/feet sliding or lifting off the floor to join heels is considered a small step
<u>0.05</u>	*Lands bars/beam dismounts with feet hip-width apart or closer, and never joins the feet (heels)
Up to 0.10	Lands bars/beam dismounts with slight hop or small adjustment of feet on landing or landing with feet *staggered (one in front of the other)
<u>0.10</u>	*Lands bars/beam dismounts with feet further than hip-width apart
Up to 0.10	Arm swing(s) on landing to maintain balance
Up to 0.10	Deviation from straight direction on landing
Each <u>0.10</u> (max <u>0.40</u>)	Steps on landing (per step – maximum of 4 steps)
Each <u>0.20</u> (max <u>0.40</u>)	Large step/jump on landing (approximately 3 feet or more)
Up to 0.20	Additional trunk movements to maintain balance/control upon landing of bars/beam dismounts and floor acro elements (apply to “stuck” landings with trunk movements to avoid steps)
Up to 0.20	Incorrect body posture on landing of elements and dismount
Up to 0.30 + <u>0.50</u> Maximum total = <u>0.80</u>	Squat on landing (hips even with or lower than the knees) Lands acro element in squat position, then falls
Up to 0.30	Brushes/touches the apparatus/mat with one or two hands (no support)
<u>0.50</u>	Support on apparatus/mat with one or two hands upon landing
<u>0.50</u>	Fall against apparatus or fall on mat to knee(s) or hips
Up to value of 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

*If upon landing with the feet apart/staggered the gymnast takes a step(s), deduct only for the step(s).

SPOTTING DEDUCTIONS TAKEN BY EACH JUDGE	
UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE	
Up to value of element + <u>0.50</u> for spot	Coach spots/assists (touches) during element
<u>0.50</u>	Coach spots/assists (touches) on landing only
<u>0.50</u>	Additional deduction for fall after assistance by coach
<u>0.50</u>	Coach catches a falling gymnast, only deduct for a fall.

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE	
Note: the following penalties must be indicated to the coach by verbal or visual means:	
<u>0.10</u>	Overtime on beam (judging continues after time is called)
Each time <u>0.10</u>	Any part of body touching outside the floor exercise border marking
Each time <u>0.10</u>	Failure to present before and after the exercise <ul style="list-style-type: none"> Gymnast is required to present to the Chief Judge before the exercise Gymnast is required to present at the end of the exercise, but is <u>not</u> required to specifically face a judge when presenting
<u>0.10</u>	Coach standing next to the beam throughout exercise
(after warning) <u>0.20</u> (must be heard by the judge(s))	Technical verbal cues by coach or teammate(s) to own gymnast. <u>Examples</u> of technical cues: “hollow”, “pull” etc. <ul style="list-style-type: none"> <u>Exception:</u> 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), a deduction of <u>0.20</u> is taken from the average without a warning This deduction is taken only once, regardless of the number of cues given
(after warning) <u>0.20</u>	Incorrect attire – Chief Judge notifies Meet Referee
<u>0.20</u>	Gymnast fails to begin exercise within 30 seconds after Chief Judge signals to begin
(after warning) <u>0.20</u>	Failure to observe specified warm-up time <ul style="list-style-type: none"> Deduction is taken from the event score This deduction applies only to the practice of an element(s) <ul style="list-style-type: none"> ✓ If a gymnast is preparing for a skill(s) or dismount when time is called, she may continue to finish the skill(s) and/or dismount without penalty ✓ There is no deduction for jumping on the board and/or briefly touching the apparatus immediately prior to competition on uneven bars or balance beam ✓ If the gymnast fails to leave the apparatus after “time” has been called, the Timer announces “time exceeded.” If the gymnast remains on the apparatus, the Timer reports the infraction to the Chief Judge, who then deducts <u>0.20</u> from the average score)

DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE (continued)	
<u>0.20</u>	Unsportsmanlike conduct of gymnast
<u>0.20</u>	Excessive use of magnesia (chalk) or incorrect use of tape
<u>0.30</u>	Use of unauthorized or additional mats, unauthorized springboard, springboard or mounting mat/block on unauthorized surface, or use of hand placement mat for vault
<u>0.30</u>	Failure to remove springboard or mounting mat/block after mount
<u>0.30</u>	Using incorrect apparatus specifications, including incorrect spring configurations
<u>0.50</u>	Starting the exercise before the signal is given: <ul style="list-style-type: none"> • If the gymnast starts the exercise before the signal is given by the Chief Judge, she should be asked to stop and repeat the performance immediately • Deduct from the repeated performance
<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

MISCELLANEOUS JUDGING INFORMATION	
	Allowable range of scores for Compulsory 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 $\frac{1}{2}$ or less of the exercise and does <u>not</u> continue, give credit for elements performed (do <u>not</u> score from 10.00)
	Award a score of 1.00, if the routine results in a score of 1.00 or less

TIMING PROCEDURES	
VAULT	
	<ul style="list-style-type: none"> • Following a fall on the first vault and an injury is being assessed, once the gymnast is standing 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. • If the allotted fall time is exceeded, a second vault will <u>not</u> be allowed • The Chief Judge is responsible for monitoring the fall time

TIMING PROCEDURES (continued)

UNEVEN BARS

- When the gymnast falls to the floor, the 45-second fall time begins **when she is standing up on her feet.**
- The gymnast has 45 seconds to remount and resume her exercise
- The Timer will give a verbal notification of 20 seconds remaining 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 a second fall occurs, an additional deduction of 0.50 is applied
- If the 45-second fall time is exceeded, the exercise is terminated

BALANCE BEAM

TIMING THE EXERCISE:


- The official beam routine time starts when the gymnast's feet leave the board or mat
- The official beam routine time stops when the gymnast dismounts and arrives on the mat
- 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 Chief Judge deducts 0.10 from average for overtime and as in optional exercises, NO overtime deduction is taken if the time is within a fraction of a second over the time allotment.
Example: 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 official beam routine time stops. **The 45-second fall time begins when the gymnast is standing on her feet.**
- The Timer will give a verbal notification of 20 seconds remaining and 10 seconds remaining for remounting after a fall
- When the gymnast remounts the beam (leaves the floor), the 45-second fall time stops
- The official beam routine time resumes with the first movement to continue the exercise
- If a second fall occurs before the official time begins, an additional deduction of 0.50 is applied
- If the 45-second fall time is exceeded, the exercise is terminated
- The official beam routine time does not stop when the gymnast falls on, but not off, the beam

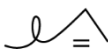
LEVEL 1 UNEVEN BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP PULLOVER MOUNT (0.60)	Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support


	CAST (0.40)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar

	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle

	CAST, STRADDLE-ON	<u>0.20</u>	Placing feet inside of hands
		<u>0.20</u>	Alternate foot placement
		Up to 0.20	Lack of control in straddle-on







	SOLE CIRCLE DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance

(OR)

	UNDERSWING DISMOUNT (0.60)	Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance


LEVEL 2 UNEVEN BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	GLIDE SWING & RETURN (0.20)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor
	BACK HIP PULLOVER MOUNT (0.40)	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support
 	CAST (0.40)	Each Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
	CAST (0.40)		
	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	UNDERSWING DISMOUNT (0.60)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain a straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
		Up to 0.20	Insufficient extension of body in flight
		Up to 0.20	Insufficient amplitude of flight
		Up to 0.10	Insufficient distance


LEVEL 3 UNEVEN BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	GLIDE SWING & RETURN (0.20)	<u>0.50</u>	Failure to begin exercise standing outside of the bars, facing the low bar
		<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs a run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
		Up to 0.30	Bending legs on backswing prior to contacting floor

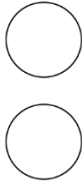


	BACK HIP PULLOVER MOUNT (0.40)	<u>0.10</u>	Failure to maintain hand contact on bar between the glide swing and the pullover
		Each <u>0.10</u>	Step, hop, or extra jump before the back hip pullover
		<u>0.30</u>	Failure to lift both legs simultaneously (1-foot take-off)
		<u>0.30</u>	Supplemental support (chin resting on bar prior to leg lift)
		Up to 0.10	Failure to finish in extended front support

(OR)

	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.50</u>	Failure to begin exercise standing outside of the bars, facing the low bar
		<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing


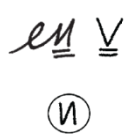


	CAST (0.20)	Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)
		Up to 0.10	Lack of control in returning to bar






Revised June 12, 2021


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP CIRCLE (0.40)	Each Up to 0.10	Failure to maintain neutral head position
		Each Up to 0.20	Failure to maintain straight-hollow body position throughout
	BACK HIP CIRCLE (0.40)	Each Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Each Up to 0.10	Lack of continuity of circle
		Up to 0.20	Lack of continuity between circles
	FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)	Up to 0.10	Failure to show a straight-hollow body position into front hip circle
		<u>0.20</u> (Half the value)	Failure to execute a small cast immediately after front hip circle
		Up to 0.10	Lack of control in returning to bar
		<u>0.50</u>	Failure to return to front support (performs immediate squat on)
	CAST, SQUAT-ON, STRETCH JUMP DISMOUNT (0.60)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
		Up to 0.20	Failure to show a straight-hollow body position in flight
		<u>0.50</u>	Touches high bar

LEVEL 4 UNEVEN BARS ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.


SYMBOL	ELEMENT	DEDUCTION	FAULTS	
L	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously	
		<u>0.30</u>	Performs run-out glide	
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)	
		Up to 0.20	Insufficient extension at end of glide swing	
		<u>0.10</u>	Failure to close legs at end of straddle glide swing	
	CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)	
		0.05 – 0.15		<ul style="list-style-type: none"> • 1° to 44° below horizontal • At 45° below horizontal • 46° or more below horizontal
		<u>0.20</u> 0.25 – 0.30		
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)	
Up to 0.10	Lack of control in returning to the bar			
	CAST, SQUAT-ON OR PIKE-ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)	<u>0.20</u>	Alternate foot placement	
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)	
	LONG HANG KIP (0.60)	Up to 0.20	Failure to swing to near horizontal	
	CAST TO HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part – abdomen, hips, knees or feet)	
		0.05 – 0.15		<ul style="list-style-type: none"> • 1° to 44° below horizontal • at 45° below horizontal • 46° or more below horizontal
		<u>0.20</u> 0.25 – 0.30		
		Up to 0.20	Incorrect body alignment (Failure to show straight line from shoulders to feet with chest hollow)	


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACK HIP CIRCLE (0.40)	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body throughout
		Up to 0.20	Failure to maintain hip or upper thigh contact on bar throughout
		Up to 0.10	Lack of continuity of circle
	UNDERSWING (0.60) value combined with First Counterswing	Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
	FIRST COUNTERSWING (a minimum of 30° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 30° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)
	SECOND COUNTERSWING (a minimum of 30° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 30° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Beginning turn prior to 45° below height of high bar
		Up to 0.20	Failure to complete ½ (180°) turn prior to re-contact
		<u>0.30</u>	Failure to re-contact the bar with the free hand as the ½ (180°) turn is completed

LEVEL 5 BARS ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)	<u>0.10</u>	Failure to take off from both feet simultaneously
		<u>0.30</u>	Performs run-out glide
		Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing



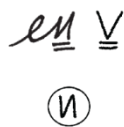


	CAST TO ABOVE HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No deduction	<ul style="list-style-type: none"> • Above horizontal
		<u>0.05</u>	<ul style="list-style-type: none"> • At horizontal
		0.10 – 0.15	<ul style="list-style-type: none"> • 1° to 44° below horizontal
		<u>0.20</u>	<ul style="list-style-type: none"> • At 45° below horizontal
		0.25 – 0.30	<ul style="list-style-type: none"> • 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)






	CLEAR HIP CIRCLE TO ABOVE HORIZONTAL (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient height and extension of upswing (use amplitude of cast deductions)
		<u>0.60</u>	Hips touching bar as upswing finishes (performs a back hip circle). No deduction for thighs brushing bar on upswing
		Up to 0.10	Lack of control into glide




(OR)

	BACKWARD SOLE CIRCLE TO CLEAR SUPPORT (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient amplitude of upswing (line from shoulders to hips)
		No deduction	<ul style="list-style-type: none"> • Between vertical and 45° from vertical
		0.05 – 0.15	<ul style="list-style-type: none"> • Between 46° to 89° from vertical
		<u>0.20</u>	<ul style="list-style-type: none"> • At horizontal
		0.25 – 0.30	<ul style="list-style-type: none"> • Below horizontal
		<u>0.60</u>	Support of weight on feet as upswing finishes (gymnast jumps from bar to glide or never achieves clear support)
		Up to 0.30	Legs bending during circle
		Up to 0.10	Lack of control into glide

(OR)

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	BACKWARD STALDER CIRCLE TO CLEAR SUPPORT (0.60)	Each Up to 0.20	Excessive arch or pike on downswing or upswing
		Up to 0.30	Insufficient amplitude of upswing (line from shoulders to hips)
		No deduction 0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	<ul style="list-style-type: none">• Between vertical and 45° from vertical• Between 46° to 89° from vertical• At horizontal• Below horizontal
		<u>0.60</u>	Arriving in support with legs in a straddle “L” position (see Note #2)
		Up to 0.10	Lack of control into glide
	STRADDLE OR PIKE GLIDE KIP (0.60)	Up to 0.10	Failure to lead with the feet in the forward glide swing (performs a long hang swing)
		Up to 0.20	Insufficient extension at end of glide swing
		<u>0.10</u>	Failure to close legs at end of straddle glide swing
	CAST, SQUAT-ON OR PIKE-ON, OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)	<u>0.20</u>	Alternate foot placement
		<u>0.05</u>	Insufficient backward swing of legs into cast (hip lift only)
	LONG HANG KIP (0.60)	Up to 0.20	Failure to swing to near horizontal
	CAST TO ABOVE HORIZONTAL (0.40)	Up to 0.30	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)
		No deduction <u>0.05</u> 0.10 – 0.15 <u>0.20</u> 0.25 – 0.30	<ul style="list-style-type: none">• Above horizontal• At horizontal• 1° to 44° below horizontal• At 45° below horizontal• 46° or more below horizontal
		Up to 0.20	Incorrect body alignment (failure to show straight line from shoulders to feet with chest hollow)









SYMBOL	ELEMENT	DEDUCTION	FAULTS
	LONG HANG PULLOVER (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Excessive piking of body
		<u>0.30</u>	Failure to maintain overgrip (hands completely release bar)
		<u>1.00</u>	Performing a backward giant circle prior to pulling hips toward bar
		No deduction	Performing a back hip circle at the completion of the long hang pullover
	UNDERSWING (0.60) value combined with First Counterswing	<u>0.20</u>	Failure to contact the bar with the mid to lower thighs between the completion of the long hang pullover and the initiation of the underswing
		Up to 0.10	Failure to maintain neutral head position
		Up to 0.20	Failure to maintain straight-hollow body position throughout
		<u>0.20</u>	Hips contacting bar (no deduction for thighs touching bar)
	FIRST COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Underswing	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing
	TAP SWING FORWARD (0.60) value combined with Second Counterswing	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.20	Insufficient amplitude (feet not at high bar height)
	SECOND COUNTERSWING (a minimum of 15° below horizontal) (0.60) value combined with Tap Swing Forward	Up to 0.20	Hips not at a minimum of 15° below the level of the high bar (horizontal)
		Up to 0.20	Failure to show a straight line from hands to hips with chest in a hollow position with a rounded hip angle with the feet pointed downward (excessive piking)
		<u>0.30</u>	Body arching or hips opening to an extended position with the feet over low bar during counterswing

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60)	<u>0.10</u>	Failure to show slight arched position during the downward swing
		Up to 0.20	Failure to attain straight-hollow body position on upswing
		Up to 0.30 No deduction 0.05 – 0.15 <u>0.20</u> 0.25 – 0.30	Insufficient height of salto <ul style="list-style-type: none"> • At high bar level or above • 1° to 44° below the level of the high bar • At 45° below the level of the high bar • Greater than 45° below the level of the high bar
		<u>0.10</u>	Landing too close to the bar
	TUCKED Flyaway:	Each Up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	PIKED Flyaway:	Up to 0.20	Insufficient pike of hips (Minimum 135° - ideally 90°)
		Up to 0.20	Insufficient extension (open) prior to landing
	STRETCHED Flyaway:	Up to 0.20	Insufficient exactness of stretched (straight-hollow) body position (Ideally 180°) <ul style="list-style-type: none"> • Arch • Hip angle (136° - 179°)
		Up to 0.20	Failure to maintain stretched (straight-hollow) body position throughout (pikes down)

LEVEL 1 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.





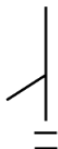
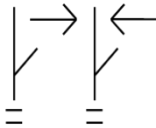


(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	(*) NEEDLE LEG KICK (0.40)	Up to 0.10	Lack of continuity from sit to stand
		Up to 0.10	Failure to kick a minimum of horizontal
	RELEVÉ BALANCE "LOCK" STAND (0.20)	Up to 0.20	Failure to hold for two seconds
	FORWARD PASSÉ BALANCE (0.20)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	ARABESQUE (30°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 30° above the beam
		<u>0.05</u>	Failure to mark the position
	FORWARD LEG SWINGS (0.20 EACH)	See General Faults and Penalties	
	(*) CARTWHEEL TO 3/4 (22.5°) HANDSTAND DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing

LEVEL 2 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.






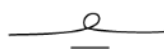
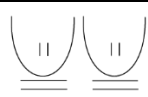
(*) Indicates a reversal is allowed


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) JUMP TO FRONT SUPPORT MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity in ¼ (90°) turn to straddle sit
	(*) SINGLE LEG KICK UP TO STAND (0.40)	Up to 0.10	Lack of continuity from sit to stand
		<u>0.20</u>	Failure to have either foot leave the beam
	FORWARD PASSÉ BALANCE (0.20)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	ARABESQUE (30°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 30° above the beam
		Up to 0.10	Failure to hold one second
	FORWARD LEG SWING, BACKWARD LEG SWING (0.20 EACH)	Up to 0.10	Failure to swing the back leg a minimum of 45° above the beam
		Up to 0.10	Lack of continuity during the sequence
	½ (180°) PIVOT TURN (0.20)	Up to 0.10	Lack of sharpness
	(*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to maintain hand contact on beam upon landing

LEVEL 3 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed



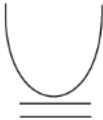

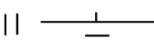


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) CROSS HANDSTAND (0.60)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
	½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	<u>0.10</u>	Leg in incorrect position (<u>not</u> in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use the heel-snap turn technique
	STRETCH JUMP STRETCH JUMP (0.40 EACH)	Each <u>0.10</u>	Failure to land on both feet simultaneously
		Each Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMPS		No deduction	
Connection broken between STRETCH JUMPS		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	ARABESQUE (45°) (0.40)	Up to 0.20	Failure to lift free leg a minimum of 45° above the beam
		Up to 0.10	Failure to hold one second
	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	TWO (2) ½ (180°) PIVOT TURNS (0.20 EACH)	Each Up to 0.10	Lack of sharpness


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL TO SIDE HANDSTAND, (*) ¼ (90°) TURN DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact until the body passes by the horizontal plane of the beam
		Up to 0.60	<u>Failure to complete dismount:</u> <ul style="list-style-type: none"> • These deductions do <u>not</u> include possible body position faults. • When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases <u>not</u> performed.
		<u>Example:</u> Up to 0.30 + <u>0.20</u> = <u>0.50</u> + <u>0.50</u> = <u>1.00</u>	Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: Failure to attain vertical Failure to perform the ¼ (90°) turn Incomplete element Fall Total deduction


LEVEL 4 BALANCE BEAM ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction.
	SPLIT JUMP (120°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) CROSS HANDSTAND (0.60)	<u>0.10</u>	Failure to close (join) legs (side by side)
		<u>0.10</u>	Incorrect (staggered) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second
	SCALE (HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to a minimum of horizontal in scale
		Up to 0.10	Failure to hold one second



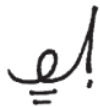



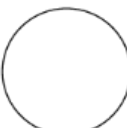
SYMBOL	ELEMENT	DEDUCTION	FAULTS
	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
		<u>0.05</u>	Failure to pause in low arabesque position on landing

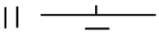
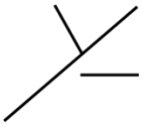

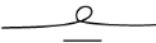


	(*) CARTWHEEL TO SIDE HANDSTAND, (*) ¼ (90°) turn DISMOUNT (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to attain vertical
		Up to 0.10	Failure to hold one second
		<u>0.20</u>	Failure to perform the ¼ (90°) turn
		Up to 0.10	¼ (90°) turn incomplete or overturned
		Up to 0.10	Failure to maintain hand contact until the body passes by the horizontal plane of the beam
		Up to 0.60	<u>Failure to complete dismount:</u> <ul style="list-style-type: none"> • These deductions do <u>not</u> include possible body position faults. • When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases <u>not</u> performed.
		<u>Example:</u> Up to 0.30 + <u>0.10</u> + <u>0.20</u> = <u>0.60</u> + <u>0.50</u> = <u>1.10</u>	Attempts dismount, does <u>not</u> attain vertical, falls and does <u>not</u> repeat: Failure to attain vertical Failure to hold one second Failure to perform the ¼ (90°) turn Incomplete element Fall Total deduction

LEVEL 5 BALANCE BEAM ~ TABLE OF PENALTIES


Refer to General Faults and Penalties for additional deductions.


(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SUPPORT FISH POSE MOUNT (0.20)	Up to 0.10	Failure to extend body in front support
		Up to 0.10	Lack of continuity from the mount to stand
		<u>0.30</u>	Performing a knee scale
	(*) BACK WALKOVER (150°) (0.60)	Up to 0.10	Failure to show continuous leg lift into the walkover (leg lifts then drops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
(OR)			
	(*) BACKWARD ROLL TO MINIMUM OF ¾ HANDSTAND (0.60)	Up to 0.20	Failure to attain minimum of ¾ handstand
		<u>0.60</u>	Performing a backward roll step-out (head stays in contact with beam)
(OR)			
	(*) FLIC-FLAC STEP-OUT (0.60)	See General Faults and Penalties	
(OR)			
	FLIC-FLAC TO TWO (2) FEET (0.60)	See General Faults and Penalties	
(OR)			
	(*) FRONT WALKOVER (150°) (0.60)	<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	SPLIT JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between SPLIT JUMP and SISSONNE		No deduction	
Connection broken between SPLIT JUMP and SISSONNE		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	SISSONNE (0.20)	Up to 0.10	Insufficient lift of the front leg (less than 45°)
		Up to 0.10	Insufficient lift of the back leg (less than horizontal)
		<u>0.05</u>	Failure to pause in low arabesque position on landing
	SCALE (ABOVE HORIZONTAL) (0.40)	Up to 0.20	Failure to lift free leg to above horizontal in scale
		Up to 0.10	Failure to hold one second
	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
Insufficient continuity between STRAIGHT LEG LEAP and STRETCH JUMP		No deduction	
Connection broken between STRAIGHT LEG LEAP and STRETCH JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		<u>0.20</u>	Closing the second foot in front of first foot on landing

SYMBOL	ELEMENT	DEDUCTION
Insufficient continuity between CARTWHEEL and STRETCH JUMP	No deduction	
Connection broken between CARTWHEEL and STRETCH JUMP	<u>0.05</u>	<i>Note:</i> <i>Refer to the General Faults and Penalties for further explanation of this deduction</i>









	STRETCH JUMP (PUNCH) (0.20)	<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed

	BACKWARD SALTO TUCKED (0.60)	Up to 0.30	Insufficient height and extension of jump with hip lift
		Up to 0.20	Insufficient tuck shape of salto
		Up to 0.20	Incorrect posture with control on landing

LEVEL 1 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.



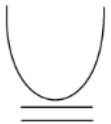

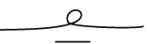
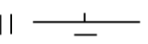



(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TUCKED (0.60)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		Up to 0.20	Failure to maintain tuck position as the buttocks touch floor
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
	FORWARD PASSÉ BALANCE (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
	STRETCH JUMP (0.40)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	FORWARD ROLL TUCKED (0.40)	Up to 0.20	Failure to maintain tuck position during forward roll
		<u>0.30</u>	Pushing off the floor with hands to arrive in tuck stand
3/4 	(*) ¾ HANDSTAND (0.40)	See General Faults & Penalties	

LEVEL 2 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

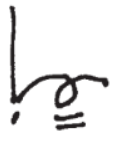
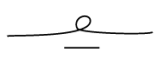

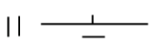
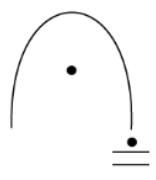
(*) Indicates a reversal is allowed

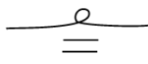
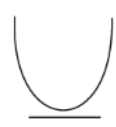



SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) CARTWHEEL (0.60)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	BACKWARD ROLL TO PUSH-UP POSITION (0.60)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		<u>0.10</u>	Interlocking the fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		<u>0.20</u>	Failure to show push-up position
		<u>0.60</u>	Performs a backward roll to handstand
	(*) ½ (180°) TURN IN FORWARD PASSÉ (HEEL-SNAP TURN) (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.05</u>	Failure to lower heel at completion of turn
		<u>0.30</u>	Failure to use the heel-snap turn technique
	FORWARD CHASSÉ (0.20)	Each <u>0.05</u>	Failure to pass through plié in and out of forward chassé
		Up to 0.10	Failure to close the legs in the air
	STRAIGHT LEG LEAP (60°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	SPLIT JUMP (60°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) HANDSTAND (0.40)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close legs at vertical
		Up to 0.10	Failure to hold handstand for one second
	CANDLESTICK (0.20)	Up to 0.20	Failure to maintain tuck position as buttocks touch floor
	BRIDGE, (*) BACK KICK-OVER (0.60)	Up to 0.20	Shoulders <u>not</u> over hands in bridge position
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on kick-over

LEVEL 3 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions

(*) Indicates a reversal is allowed


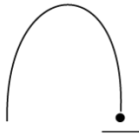





SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) HANDSTAND FORWARD ROLL (0.60)	Up to 0.30	Failure to attain vertical
		<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.10	Failure to hold handstand for one second
		<u>0.30</u>	Pushing off floor with hands to arrive in tuck stand
	STRAIGHT LEG LEAP (90°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	STRETCH JUMP (0.20)	<u>0.10</u>	Failure to keep legs joined in the air during stretch jump
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
Insufficient continuity between STRETCH JUMP and SPLIT JUMP		No deduction	
Connection broken between STRETCH JUMP and SPLIT JUMP		<u>0.05</u>	<i>Note:</i> Refer to the General Faults and Penalties for further explanation of this deduction.
	SPLIT JUMP (90°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	(*) HANDSTAND to BRIDGE, BACK KICK-OVER (0.60)	<u>0.10</u>	Failure to close (join) legs at vertical
		Up to 0.20	Failure to push shoulders behind hands in bridging phase
		<u>0.10</u>	Failure to land on feet simultaneously in bridge (no deduction for feet apart or legs bent on landing)
		Each <u>0.30</u>	Extra kicks to establish inverted vertical position on back kick-over
		<u>0.30</u>	Performs a tic-toc (legs remain separated throughout the entire skill)

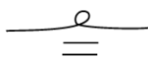
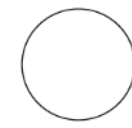


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) ½ (180°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (<u>not</u> in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH-UP POSITION (0.40)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.20	Failure to attain 45° above horizontal
		<u>0.20</u>	Failure to show push-up position
		<u>0.40</u> (change of element)	Performs a backward roll to handstand
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLAC TO TWO FEET, Rebound (0.60)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled “stick”
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

LEVEL 4 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed




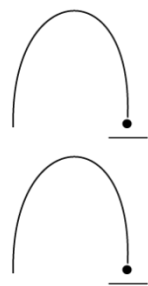


SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) BACK WALKOVER (150°) (0.40)	Up to 0.10	Failure to show continuous leg lift into walkover (leg lifts then drops, stops, or lifts after the arching backward has begun)
		<u>0.10</u>	Incorrect (staggered or alternate) hand placement
		Up to 0.20	Insufficient split (less than 150°)
	(*) FRONT HANDSPRING STEP-OUT (0.60)	Up to 0.10	Alternate/staggered hand placement
		<u>0.10</u>	Joining legs prior to step-out
		Up to 0.20	Flight prior to hand contact (dive)
		<u>0.20</u>	Failure to step-out
		No deduction	Performing a "fast front walkover"
	(*) CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		<u>0.40</u> (change of element)	Performs a backward roll step-out
	(*) STRETCH JUMP 1/2 (180°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air throughout the stretch jump 1/2 (180°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (120°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
	STRADDLE JUMP (120°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed


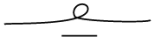
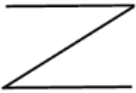

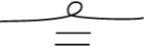
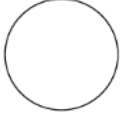



SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) 1/1 (360°) TURN IN FORWARD PASSEÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLACS TO TWO FEET (Each 0.60)	Each up to 0.30	Squat into flic-flac
		Each <u>0.10</u>	Failure to land on both feet simultaneously
		<u>0.10</u>	Failure to rebound immediately
		<u>0.05</u>	Failure to pause in a controlled “stick”
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

LEVEL 5 FLOOR EXERCISE ~ TABLE OF PENALTIES

Refer to General Faults and Penalties for additional deductions.

(*) Indicates a reversal is allowed

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	FRONT SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Each up to 0.20	Insufficient bend of hips and legs (Minimum 135° - ideally 90°)
(OR)			
	(*) FREE (AERIAL) CARTWHEEL (0.60)	Up to 0.30	Failure to pass through vertical
(OR)			
	(*) FREE (AERIAL) WALKOVER FORWARD (0.60)	See General Faults and Penalties	
	(*) FRONT HANDSPRING STEP-OUT, FRONT HANDSPRING STEP-OUT (0.60 EACH)	Each up to 0.10	Alternate/staggered hand placement
		Each <u>0.10</u>	Joining legs prior to step-out
		Each up to 0.20	Flight prior to hand contact (dive)
		Each <u>0.20</u>	Failure to step-out
		Up to 0.20	Lack of acceleration
No deduction	Performing a "fast front walkover"		
	(*) CARTWHEEL (0.40)	<u>0.10</u>	Incorrect (simultaneous) hand placement
		Up to 0.30	Failure to pass through vertical
		Up to 0.10	Failure to keep head in alignment
	STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)	<u>0.30</u>	Hands placed on floor during squat phase prior to rolling backward
		<u>0.10</u>	Interlocking fingers
		<u>0.10</u>	Hands placed further than shoulder-width apart
		Up to 0.30	Failure to pass through vertical
		<u>0.40</u> (change of element)	Performs a backward roll step-out

SYMBOL	ELEMENT	DEDUCTION	FAULTS
	(*) STRETCH JUMP 1/1 (360°) TURN (0.40)	Up to 0.10	Failure to keep legs joined in air during the stretch jump 1/1 (360°) turn
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	STRAIGHT LEG LEAP (150°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.20	Uneven leg separation
(OR)			
	SWITCH LEG LEAP (150°) (0.60)	Up to 0.10	Bending the lead (front) leg on take-off
		Up to 0.10	Failure to swing front leg a minimum of 45° forward before swinging back
		Up to 0.20	Uneven leg separation
	STRADDLE JUMP (150°) (0.40)	Up to 0.20	Uneven leg separation
		<u>0.10</u>	Failure to land on both feet simultaneously
		Up to 0.10	Failure to land with feet closed
	FORWARD SPLIT (0.20)	Up to 0.20	Failure to achieve 180° split position (legs flat on floor)
	(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	<u>0.10</u>	Leg in incorrect position (not in forward passé)
		<u>0.30</u>	Use of heel-snap turn technique
	(*) ROUND-OFF (0.40)	Up to 0.30	Failure to pass through vertical
		<u>0.10</u>	Failure to land on both feet simultaneously
	FLIC-FLAC (0.40)	Up to 0.30	Squat into flic-flac
		<u>0.10</u>	Failure to land on both feet simultaneously
	BACKWARD SALTO TUCKED (0.60)	Up to 0.60	Failure to perform salto in designated body position (performs pike or layout)
		Up to 0.20	Failure to extend/open prior to landing
		<u>0.05</u>	Failure to pause in a controlled "stick"
Lack of Acceleration in the Series		Up to 0.20	<u>Not</u> applied if a <u>0.30</u> deduction is taken for a stop between elements

Revised June 12, 2021

