USA Gymnastics

DEVELOPMENT PROGRAM OPTIONAL CODE OF POINTS

Women's Artistic Gymnastics 2022-2026

First Edition

Revised 7/2025

WOMEN'S ARTISTIC GYMNASTICS DEVELOPMENT PROGRAM OPTIONAL CODE OF POINTS

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B. JUDGING PANEL COMPOSITION

1. USA Gymnastics Development (Dev) Program Level 9 Eastern / Western and Level 10 National competitions - panels consist of:
   - **a.** One Chief Judge (non-affiliated)
   - **b.** Three additional panel judges
   - **c.** Assistants (timers, line judges, etc.)
2. Number of required judges at USA Gymnastics Dev Program local, pre-sectional, sectional, state, regional and national invitational competitions, panels may consist of:
   - **a.** Four-judge panel (as listed above)
   - **b.** Two-judge panel
     - **1)** One Chief Judge (non-affiliated)
     - **2)** One panel judge
   - **c.** One-judge panel
     - **1)** Allowed at local / sectional competitions only for Levels 1 / 2 / 3 / 4 and at local competitions only for Level 5.
       - A two-judge panel is required to qualify any Level 5 gymnast to State Championships.
       - Check with your State Administrative Committee Chairman (SACC) for state guidelines for pre-sectional and sectional meets at Levels 1 / 2 / 3 / 4 / 5
     - **2)** Allowed for mobility meets Levels 1 / 2 / 3 / 4 / 5.
   - **d.** Assistants (timers, line judges, etc.)

C. AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB

1. A judge is considered affiliated at a specific meet if she / he is:
   - **a.** A person on the payroll of a competing club.
   - **b.** A judge who critiques or coaches more than once a month on an ongoing basis at a specific gymnastics club is considered affiliated with that competing club.
   - **c.** A coach of a competing gymnast.
   - **d.** A club owner of a competing club / gymnast.
   - **e.** A Women's Artistic Dev Program or Xcel team member of a club competing in the meet.
     EXAMPLE: Level 10 gymnast holds a compulsory rating and is judging gymnasts from her / his own club at a compulsory or Xcel meet.
   - **f.** Any sports science or gymnastics professional who is paid for ongoing services for a competing gymnast.
     EXAMPLE: Athletic trainer, physical therapist, sports psychologist, choreographer.
   - **g.** An immediate family member (parent, stepparent, grandparent, sibling, any other person living in the household) of a:
     - **1)** Competing gymnast.
     - **2)** Coach of a competing club.
       EXAMPLE: A parent whose offspring is a coach of a competing club is affiliated with that club regardless of whether the coach is on the floor working at a specific meet.
     - **3)** Club owner / administrator whose club is competing.

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AFFILIATION OF JUDGES WITH AN INDIVIDUAL(S) OR GYMNASTICS CLUB (continued)

4) Women's Development Program or Xcel team member of a club competing in the meet. EXAMPLE: Parent of a Level 5 gymnast judging an optional competition in which their daughter's club is competing.

- An immediate family member of a men's, rhythmic, acrobatic gymnastics or tumbling / trampoline team member of a competing club is NOT considered to be affiliated.
- An immediate family member of any child enrolled in a recreational class of a competing club is NOT considered to be affiliated.

2. Judges affiliated with a club, gymnast or coach participating in competition may be assigned to judge, with the following stipulations:

a. In USA Gymnastics qualifying competitions with panels of two or four judges:

1) An affiliated judge may be assigned as a panel judge or as Meet Referee.

2) No more than one judge with same affiliation may be assigned per panel.

3) An affiliated judge may NOT be assigned as Chief Judge, regardless of accreditation rating.

b. In non-qualifying open invitationals with panels of two or four judges.

- Affiliated judges may be assigned as a Chief or panel judge.

c. For meets using one-judge panels, an affiliated judge may be assigned ONLY when there are NOT enough non-affiliated judges available and only with approval of the Regional Technical Committee Chairman (RTCC).

1) If the RTCC is affiliated and must be assigned, approval MUST come from the State Administrative Committee Chairman (SACC).

2) An affiliated judge may be assigned to a one-judge panel for Levels 1 and 2.

d. If the club with which the judge is affiliated is NOT participating in the meet to which the judge has been assigned, she / he is NOT considered affiliated at that meet.

1) If the meet format has separate team and individual awards per session, then a judge would be affiliated only during the session(s) in which the club / team she / he is affiliated with is competing.

2) If there is an overall team award for the same level at the end of the entire meet, the affiliation rules apply for the entire competition.

D. SEATING ARRANGEMENT OF THE JUDGES

1. Allow for an unobstructed observation of the exercise.

2. Place panel judges in numerical order around the apparatus, clockwise from Chief Judge's table.

3. Space judges at a proper distance to allow for an individual, unbiased evaluation.

- If floor space is restricted, both judges on panel are allowed to sit at same table; however, it is advised that a score tabulator be seated between judges and / or that conversation between the two judges is limited to conferences only.

II. DUTIES AND RESPONSIBILITIES OF THE MEET OFFICIALS

A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual judges shall perform their function as a judge of the meet according to the USA Gymnastics *R&P*, membership and Safe Sport policies, and the USA Gymnastics *Code of Ethics*.
2. Individual judges shall be limited to judging, evaluating and scoring the competition.
   a. A judge shall NOT involve herself / himself with conduct of the gymnast during warm-ups or training.
   b. Comments to gymnast should be made only if requested from coach or gymnast.
3. Individual judges will be bound by terms of the individual contract agreed upon for that particular meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment / reimbursements received to appropriate agencies (i.e., IRS).
5. Each individual judge shall sign and return the contract to Meet Director and contracting official.
6. Judges are NOT allowed to accept gifts in addition to USA Gymnastics judges' compensation package fees / expenses unless gift does NOT exceed a retail value of $20.00.
7. Judges should serve only in the capacity of an official during warm-ups and competition. They may NOT act in a dual capacity (i.e., coach / judge, parent / judge, Meet Director / judge, announcer / judge, etc.).
8. Judges must act in a professional manner.
   a. Must NOT leave their seat during competition without permission of Meet Referee or Chief Judge.
   b. Must remain at her / his event station until entire competition has been completed.
   c. Must avoid conversations with coaches regarding evaluation of exercises.
   d. Must be willing to compromise when the two counting scores are out of range.
   e. Must refrain from using electronic devices (such as cell phones, tablets, etc.) for purposes other than gymnastics judging or reference on the field of play. Electronic devices must be in airplane mode.
9. Judges MUST dress appropriately, regardless of the level of competition, in the required uniform (navy skirt / pants and jacket, white blouse / shirt, NAWGJ navy dress / sweater). (Exception: theme invitationals)
   - Suit jackets required for State and above competitions.
   - Leggings are NOT acceptable.
10. Chief and panel judges are responsible for flashing their own Start Value (SV) at all Level 6 / 7 / 8 / 9 /10 meets (or write it on competitor's score card).
    - SV MUST be flashed AFTER score has been submitted.
    - Judge MUST provide her / his own SV flashing unit, unless provided by host club.
11. Must fulfill annual Continuing Professional Education (CPE) requirements.

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B. MEET REFEREE (may also act as a Chief Judge)

1. A Meet Referee, or acting Meet Referee, MUST be designated at all Dev Program sanctioned competitions.
2. If Meet Referee also serves as Chief Judge, she / he will receive Chief Judge's fee and Meet Referee fee at the following competitions:
   1) State Championships with four-judge panels
   2) Regional, Level 9 East/West and Level 10 National Championships (regardless of the number of judges per panel)
   3) Dual compensation is NOT allowed at State Championships with two-judge panels, or at any sanctioned local/sectional meets.
3. Meet Referee Duties and Responsibilities:
   a. If requested, assists in conducting the draw prior to or at coaches' meeting (depending on the organization of meet) at regional or national competitions, in conjunction with:
      1) Appropriate USA Gymnastics Officer, and / or
      2) Meet Director
   b. Serves as liaison between coaches and judges. Must attend coaches meeting (or designate a proxy) at state, regional and national competitions.
   c. Conducts the judges' meeting prior to competition using the Meet Referee checklist.
      1) Presents the USA Gymnastics base score video for analysis at state and above meets.
         - The base score video file can be obtained electronically from the USA Gymnastics RTCC, the SACC / RACC or the State / Regional NAWGJ Director.
      2) Reviews the following procedures with judges:
         a) Logistics of meet / scoring system, meet mechanics, etc.
         b) Rule changes
         c) Equipment issues
         d) Information from Meet Director
         e) Professional protocol reminder
   d. Assigns Chief and panel judges to their respective events, as requested by State Administrative Committee (SAC) or Regional Administrative Committee (RAC) for State and Regional Championships. It is strongly recommended that SAC / RAC assign the duty of event assignments to the designated Meet Referee.
      1) Criteria for assignment MUST be followed.
      2) If Meet Referee is also Chief Judge, the assigning official may make event assignments.
      3) At local, pre-sectional and sectional meets, assigning official may make event assignments.
   e. May observe and / or give opinion during conferences.
   f. Is available for counsel, upon request of Chief Judge.
   g. May counsel Chief Judge when, in her / his opinion, the average score and / or score of Chief Judge seems out of line with scoring in the competition.
   h. May recommend, but never force, a change of any score.
   i. Corrects and signs official score sheets after any change of score.
   j. Gives any technical or judging information pertinent to competition to Meet Director or organizing committee for distribution.
   k. Acts as final authority in all technical matters involving judges, timers, line judges, flashers, and event tabulators.

MEET REFEREE (who may also act as a Chief Judge) (continued)

l. Notates a warning given by Chief Judge concerning incorrect attire or signaling with a verbal cue. She / he will then notify Chief Judge on the other events that a warning has been given so that appropriate deductions may be applied.

m. Upon notification from Chief Judge, issues a warning to coach for unsportsmanlike conduct. Follow USA Gymnastics' Safe Sport policy and coaches' behavior policy in *Rules and Policies*. This would also be applied for excessive cheers and / or behavior of teammates, or the coach who is disruptive to the competition.

n. Will be available for a minimum of five minutes following last competitors' exercises to deal with questions or concerns with technical decisions and / or judges' scores.

o. Serves as president of Jury of Appeals.

p. May be an affiliated judge.

q. Indicates any violations of *Rules and Policies* on the sanction report form or notifies USA Gymnastics Member Services directly in writing by email.

r. Is responsible for compiling and checking information regarding judges' fees and expenses for Meet Director.

s. Checks with scoring personnel to verify that scores for all gymnasts are entered and all inquiries have been resolved.

t. Issues a warning to coach and notifies Meet Director if she / he observes more than one gymnast on UB at the same time during any warm-up (timed or 30-second touch).

u. Monitors judging panels to ensure appropriate use of electronic tablets for judging and reference purposes.

v. Determines with Meet Director the designated time for judging panels to leave and to return to field of play between sessions.

- Judges are required to remain on competition floor until Meet Referee releases them to begin break time. All break time will now be compensated; therefore, the judge MUST remain on the grounds of the venue.

w. In conjunction with Meet Director, assess the situation to make an appropriate call regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.).

C. CHIEF JUDGE

1. Prepares judges for correct evaluation of exercises prior to competition at judges' meeting.

2. Advises Meet Director of any equipment safety concerns or non-approved equipment; checks that all materials necessary are available and functioning properly, including:
- **a.** Light or time signals
- **b.** Stopwatches

3. Instructs judging assistants to assure their knowledge of:
- **a.** Correct use of signal to indicate line violations.
- **b.** Correct use of stopwatch and timing device to indicate time limitations.
- **c.** Proper reporting procedures for the following violations:
  - **1)** Exceeding time allowed
  - **2)** Stepping out of Floor Exercise area
- **d.** Correct method of scoring being used.
- **e.** Correct procedures for flashing of start values, individual scores and / or average score.

4. Is responsible for correct work of her / his panel and assistant judges.

5. Uses a green flag or hand signal to acknowledge presentation of gymnast.

CHIEF JUDGE (continued)

6. Must evaluate exercises accurately without bias and MUST first write (or enter into electronic scoring system) her / his own score before reviewing scores from other judges.
7. Must determine and record score and SV, as well as record deductions for execution / amplitude, artistry, compositional errors, and neutral deductions.
   - Should write the European ~~7~~.
8. Verifies that scores fall within proper range.
9. Verifies that score of Chief Judge, panel judge(s), average score and time / line deductions are properly recorded during the competition.
   a. It is NOT necessary to sign official score sheet.
   b. Judges MUST keep a record of scores on a heat sheet at State meets and above and at the discretion of the Meet Director at local or Invitationals. If a heat sheet is not used, the Chief Judge must document both scores, the average score, and any neutral deductions.
10. Confirms when a gymnast may continue the exercise from the point of interruption after a technical/equipment failure and determines when the continuation will occur.
    a. A flash from a camera is NOT a valid reason to allow gymnast to repeat exercise.
    b. These decisions MUST be made in consultation with the Meet Referee prior to the score being flashed.
11. Is responsible for calling a conference if an impossible SV has been awarded and / or for other reasons to assist judges in arriving at a common basis for scoring during competition.
12. Terminates an exercise if (after a fall) gymnast exceeds allotted fall time.
    - If an injury occurs, fall time begins when medical assessment is complete.
    a. Vault (after fall on first VT, once gymnast is standing on feet) = 45 seconds to salute for second VT.
    b. Uneven Bars (once standing up on feet) = 45 seconds.
    c. Balance Beam (once standing up on feet) = 45 seconds.
    d. A bleeding wound (or any other injury due to a fall) does NOT give gymnast the right to repeat exercise. Once the wound is covered, the gymnast may resume routine from point of interruption.
13. Reports to Meet Referee or Jury of Appeals if any of the following is observed:
    a. Incorrect gymnast attire
    b. Unsportsmanlike conduct of coach (after warning).
    c. Excessive cheers or behavior disruptive to competition by teammates or coach.
       EXAMPLE: Gymnasts standing around FX area, blocking view of judges and / or spectators.
    d. Team fails to observe specified warm-up time (after a warning). Deduction would be applied to team event score where infraction occurred.
    e. Coach or teammates warned about technical verbal cues.
14. Is responsible for responding, in conjunction with panel judge(s), to an inquiry in a professional manner.
15. May NOT be affiliated at any sanctioned qualifying meets.
    - EXCEPTION: affiliated judges may be assigned as CJ at non-qualifying invitational meets.
16. Takes deduction from average score for the FOLLOWING INFRACTIONS. Deduction MUST be indicated to coach either verbally or by visual means at conclusion of exercise.

CHIEF JUDGE DEDUCTIONS	
0.10	**Overtime**
0.10	**Coach standing between or next to equipment throughout exercise** Example: between UB or next to BB
0.10	**Failure to mark the FX boundary line on additional mats** • Applies to any mat which covers the FX boundary line.
each time 0.10	**Out of bounds** Any part of the body touching outside of the FX border marking.
each time 0.10	**Failure to present before and after exercise.** Before: Gymnast required to present to CJ before exercise. After: Gymnast required to present, either to the apparatus or to a judge.
0.20	**Gymnast fails to begin exercise within 30 sec.** (after CJ signals to begin)
0.20	**Unsportsmanlike conduct of gymnast** (after warning).
0.20	**Incorrect padding** (gymnast wearing heel / hip pads on UB) • If CJ notices heel pads prior to gymnast's mount, a warning MUST be given. • However, if gymnast wears heel pads during her exercise (whether or not the CJ warned her previously), deduction MUST be taken.
0.20	**Failure to observe specified warm-up time** (after a warning). • Deduction is taken from event score or may be taken from team score on that event at Dev Nationals or team competitions. • Deduction applies only to practice of an element(s). ✓ If gymnast is preparing for a skill or dismount when time is called, she may continue to finish skill(s) and / or dismount without penalty. ✓ No deduction for jumping on board and / or briefly touching apparatus immediately prior to competition on UB or BB. ✓ Refer to VT and FX sections for specific allowable procedures. • If gymnast fails to leave the apparatus after "time" has been called, timer MUST warn gymnast by announcing "time exceeded". • If gymnast remains on apparatus, timer reports infraction to CJ, who then deducts 0.20 from average score. • Warming up on mat after a fall (NO warning will be given)
0.20	**Technical verbal cues by coach or teammate(s) to own gymnast** (after a warning). • Judge(s) MUST hear words. • EXAMPLES of technical cues: "hollow", "pull", etc. • EXCEPTION: If gymnast is competing on apparatus and 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 0.20 is taken from the average without a warning. • This deduction is only taken once, regardless of the number of cues given.
0.20	**Coach sprays water or adds chalk to UB once exercise has begun (No warning will be given)** • This does not apply if the athlete has fallen and is off the equipment.

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0.20

Incorrect attire (after a warning)

- Deduction applied to first event competed if NOT corrected / removed, etc.
- Meet Referee MUST inform CJ at any subsequent events, so that no further penalty will be taken.
- Deduction is taken one time ONLY.

1. Acceptable attire:

a. One-piece leotard with or without sleeves.
- Leg cut of the leotard MUST be below the pelvis / hip bone.

b. Unitards with long legs to ankle or short length, with or without sleeves.

c. Shorts or Tights (capri length or longer) may be worn under or over the leotard. They may be black, match the leotard, or be the athlete's skin tone. Small manufacturer's branding allowed, with no embellishments.

d. Head covering (if attached to leotard or unitard and fits snugly overhead)
- Not to impose a safety hazard to gymnast.

e. Bra straps may be black, match the leotard, be the gymnasts skin tone, or clear.

f. Only stud earrings are allowed in any part of ear.
- All other piercings MUST be removed, not just covered with tape or a bandage.

2. Unacceptable / inappropriate / incorrect attire:

a. Backless leotards
- Unless any open area(s) is/are filled in with mesh or flesh-colored fabric, a leotard is considered backless when any open area(s) visually extend(s):
  1) lower than two inches (approximately) below the bottom of the scapula (shoulder blade).
  2) wider than the vertical midpoint of the scapula.

b. Visible underwear ~~(including sports bras)~~
- If underwear is visible due to cut of the leotard, warn the gymnast's coach. If gymnast does NOT correct it, take a deduction on subsequent event.
- Underwear, ~~including sports bras~~, should NOT be intentionally visible throughout the entire routine. However, if briefs ~~or bra straps~~ show due to activity, do NOT take a deduction.
- COMMON SENSE SHOULD PREVAIL.

c. Unacceptable jewelry
- Necklaces and bracelets NOT allowed during warm-ups or competition.

EXCEPTION: Medical bracelets MUST be covered by athletic tape.
- Any non-stud earrings. NOT allowed during warm-ups or competition.

d. Spaghetti straps
- Straps MUST be a minimum of 2 cm. (7/8") wide.

e. Bare midriff

f. Elastic waistbands traditionally worn as training aids.
EXCEPTION: This does NOT include medically necessary bandages.

g. Tennis Shoes are NOT appropriate gymnastics footwear.

h. Ear buds/pods are NOT allowed to be worn while on the competitive equipment.

3. Failure to wear a competitor number when required.
EXCEPTION: At Level 9 East / West Championships and Level 10 Nationals, gymnast MUST wear a competitive number during competition, unless performing a back spin on BB or FX, in which case coach MUST show number to judges.

4. Hair should be secured away from face – should NOT obscure vision of apparatus.

Revised 7.23, 8.24, & 7.25

CHIEF JUDGE DEDUCTIONS (continued)	
0.20	**Excessive use of magnesia (chalk) or incorrect use of tape** **VAULT** 1. Runway: Athletic tape or Velcro strips ***(NO CHALK)*** may be placed on VT runway, provided that such markings are removed no later than end of rotation. ✓ Maximum width of the Velcro strip or athletic tape is 5 cm. (2"). ✓ Maximum length is 3 feet. 2. Table: Use of tape or ~~excessive~~ magnesia (chalk) is NOT permitted on VT table. 3. Hand Placement Mat: Chalk ***(NO TAPE)*** may be used on the mat, provided that such markings are removed no later than end of rotation. • Judge MUST issue a warning (before taking a deduction) if measurement is exceeded or if markings are NOT removed. **BALANCE BEAM** Small chalk markings may be placed on BB (tape markings NOT allowed). **FLOOR EXERCISE** 1. Spreading of magnesia on FX area NOT allowed; only small marks allowed. 2. A single-line arc drawn in corner of FX area is acceptable. 3. No Velcro or tape markings are allowed within FX area. 4. Tape markings are allowed at corners of FX area to indicate boundary line in case floor carpet uses two colors to mark boundary line.
~~Max~~ 0.30	**Unauthorized equipment or additional / insufficient matting** • **Springboard on unauthorized surface** • **Use of hand placement mat for traditional forward approach vaults**
0.30	**Lands UB / BB dismount or FX Acro Salto in solid or loose foam pit**
0.30	**Failure to remove board / mounting apparatus after mount**
0.30	**Failure to remove board or authorized spotting device** after UB release element.
0.30	**Using incorrect apparatus specifications** including incorrect spring configurations.
0.50	**Starting exercise before signal is given** (deduct from repeated performance). • If gymnast starts exercise before signal is given, should be asked to stop and repeat performance immediately. • Refer to Section 2 Vault for specifics.
0.30	**Coach on the FX area (inside the border marking)** (Levels 6 / 7 / 8 / 9 / 10) • No deduction if coach / athlete is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.). • No deduction to adjust placement or to remove a skill cushion.
0.50	**Gymnast leaving the Floor Exercise mat during routine.** • This would not be in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
~~1.00~~ 0.50	**Absence of music or music with words or song / speech** Refer to Section 5 Floor Exercise for specifics.
~~1.00~~	~~**Performance of a one-arm vault**~~: Removed as a CJ deduction • ~~At least half of the VT panel MUST see that only one hand touched VT table.~~
2.00	**Short exercises** (applies to complete or incomplete routines). • UB routine with less than 5 Value Parts (VP) • BB and FX routines – less than 30 seconds • EXCEPTION: Refer to Level 6, Section 4 Balance Beam for specifics.

D. PANEL JUDGES

1. Must evaluate the exercises quickly and accurately, without bias.
2. Must record VP, Bonus, Special Requirements (SR) and SV, as well as record deductions for execution / amplitude, artistry, and compositional errors.
3. Must include on score slip to send to CJ (if electronic score input is NOT available for each judge):
   a. Judge's initials and assigned number.
   b. Competitor number, SV and score.
   c. Notification if a deduction was taken for coach spotting gymnast.
   d. Notification if gymnast exceeded border marking on FX (if no line judges are present); should attempt to signal any such violation by raising hand.
   e. Should write European ~~7~~.
4. Must flash SV after sending score to CJ.
5. When changing a score, judge MUST cross out first score, initial change and write in new score; do NOT erase.
6. May be affiliated; however, there may NOT be more than one judge per panel with same affiliation.

E. JUDGING ASSISTANTS

1. Do NOT evaluate or score the exercise.
2. Signal and record specific faults and penalties to assist Chief Judge (CJ).
3. Types of judging assistants and their responsibilities:
   a. FX LINE JUDGES:
      1) Must be rated official.
      2) Signal by raising hand or flag when gymnast steps (or touches some part of body) beyond boundary line.
      3) Inform CJ in writing of such violation.
   b. TIMERS
      1) VAULT FALL TIMER:
         a) CJ must monitor VT fall time on first VT. The watch:
            - Starts when gymnast is standing up on her feet and medical assessment is complete.
            - Stops when gymnast salutes for her second VT.
         b) After 25 seconds have passed, "20 seconds remaining" is announced.
         c) After 35 seconds have passed, "10 seconds remaining" is announced.
         d) At 45 seconds, "TIME" is announced.
         e) A second VT is NOT allowed after "TIME" is announced.
      2) UNEVEN BARS FALL TIMER:
         a) Is responsible for correct timing of falls. The watch:
            - Starts when the gymnast is standing up on her feet and medical assessment is complete.
            - Stops when the gymnast leaves the floor to re-mount.
         b) After 25 seconds have passed, "20 seconds remaining" is announced.
         c) After 35 seconds have passed, "10 seconds remaining" is announced.
         d) At 45 seconds, "TIME" is announced.

JUDGING ASSISTANTS (continued)

3) BALANCE BEAM ROUTINE TIMER:

a) Is responsible for correct timing of exercise. The watch:

- Starts when gymnast leaves the mat or mounting apparatus.
- Stops when gymnast lands on mat after a fall.
- Re-starts with first movement to continue routine.
- Stops when gymnast arrives on mat on dismount.

b) Signals with an acoustical instrument (or verbally), indicating a warning of 10 seconds remaining, and a second signal indicating final time.

c) Informs CJ of time violation verbally or in writing, indicating actual time.

4) BALANCE BEAM FALL TIMER:

a) Is responsible for correct timing of falls. The watch:

- Starts when gymnast is standing up on her feet and medical assessment is complete.
- Stops when gymnast leaves the mat to re-mount.

b) After 25 seconds have passed, "20 seconds remaining" is announced.

c) After 35 seconds have passed, "10 seconds remaining" is announced.

d) At 45 seconds, "TIME" is announced.

5) FLOOR EXERCISE TIMER:

a) Is responsible for correct timing of exercise. The watch:

- Starts with first movement of gymnast.
- Stops with final movement of gymnast.

b) Informs CJ of time violation in writing, indicating actual time.

6) ADDITIONAL TIMERS:

a) Control of warm-up periods:
During timed warm-ups or 30-second touch warm-up, timer should NOT begin timing until gymnast is prepared to mount (within a reasonable time).

- The following are NOT included in 30-second touch warm-up time:
  - ✓ Adjustment (setting) of UB.
  - ✓ Adjustment and / or marking of BB.
  - ✓ Setting board for BB or UB.
- Procedures for 30-second touch warm-ups:
  - ✓ After 10 seconds has passed, "20 seconds remaining" is announced.
  - ✓ After 20 seconds has passed, "10 seconds remaining" is announced
  - ✓ At 30 seconds, announces "time".
- If gymnast is preparing for a skill or a dismount when time is called, she may continue to finish skill and / or dismount without penalty.
- If gymnast fails to leave apparatus after "time" has been called, timer MUST warn gymnast by announcing "time exceeded".
- If gymnast continues on apparatus after time exceeded, timer reports infraction to CJ, who then deducts 0.20 from average score.

b) Control of beginning of exercise, after flashing green light or signal from CJ (fall timer can do this also.)

c) Assistant to operate instrument or flashboard that indicates VT numbers.

d) Other assistants as required by CJ, Jury of Appeals, or meet organizers.

F. JURY OF APPEALS

1. Is comprised of following individuals:
   a. Meet Referee or Technical Director – President of Jury
   b. Meet Director (non-voting, if questions relate to her / his gymnast)
   c. Chief Judges of all four events (or of event involved, whichever would be appropriate.)
   d. USA Gymnastics personnel (SACC / RACC and / or Regional Development Program Committee Chairman (RDPCC) / National Development Program Committee Chairman (NDPCC)
2. For regional and national competitions, Jury of Appeals is comprised of:
   a. Meet Director (unless affiliated with inquiry)
   b. Meet Referee
   c. USA Gymnastics elected Development Program or Administrative officer
3. Rights and duties of Jury of Appeals
   a. Governs all technical and organizational matters of competition.
   b. Makes final decision regarding any unusual situations.
      If a deduction taken from All-Around score by Meet Referee was challenged, Jury of Appeals would then convene to make final decision.
   c. Reviews improperly handled inquiries:
      1) If administrative procedures were NOT followed properly on a submitted inquiry, coach may petition Jury of Appeals for review within 5 minutes of end of rotation / competition or return of inquiry form, whichever occurs later.
      2) See USA Gymnastics *Women's R&P* for video review regulations.
      3) Procedures for inquiries:
         a) Properly written inquiry form by coach.
         b) Inquiry submitted in a timely manner to Meet Referee or Meet Director.
         c) Inquiry reviewed / answered by judging panel of event in question.
         d) Inquiry returned to Meet Referee or Meet Director.
         e) Meet Referee or Meet Director returns inquiry form to coach by hand or by a pre-defined inquiry return procedure.
4. Methods of settling a case by Jury of Appeals
   a. Discussion
   b. Voting on a decision
   c. Majority vote dictates final decision

I. DETERMINING AVERAGE SCORE

A. WITH FOUR-JUDGE PANEL:

1. Establish final average score in the following manner:
   a. Highest and lowest scores = eliminated.
   b. Two middle scores are averaged by:
      1) Adding them together, then
      2) Divided by two:

EXAMPLE:

Chief Judge 1:	9.40	High = eliminated
Judge 2:	9.00	Low = eliminated
Judge 3:	9.20	
Judge 4:	9.30	
	9.20 + 9.30 = 18.50 / 2	9.25 average score

2. The average score determines allowable range between two counting scores.
3. If two counting scores are out of range, CJ calls conference.

B. WITH TWO-JUDGE PANEL:

1. Establish the final average score in the following manner:
   a. The two scores are added together, then
   b. Divided by two:

EXAMPLE:

Chief Judge 1:	7.80	
Judge 2:	7.50	
	7.80 + 7.50 = 15.30 / 2	7.65 average score

2. The average score determines the allowable range between the two scores.
3. If the two scores are out of range, CJ calls a conference.

II. RANGE OF SCORES

A. ALLOWABLE RANGE OF SCORES

The difference between the two middle scores (or the two scores when only two judges are used) at a USA Gymnastics Dev Program optional competition is:

If the average score is between:	The two counting scores MUST be within a range of:
9.500 – 10.000	0.20 pt.
9.000 – 9.475	0.50 pt.
8.000 – 8.975	0.70 pt.
Below 8.00	1.00 pt.

- Whenever a zero score or a 1.00 or greater flat deduction is one of the counting scores, the allowable score range does NOT apply.

Revised 7.22 & 8.24

B. A CONFERENCE OF THE JUDGES

1. Called (and led) by CJ when there is too great a difference between the two counting scores, or if an impossible SV has been awarded.
2. All judges MUST attend conference at location designated by CJ.
3. Meet Referee may be notified of and / or be included in the discussion.
4. In this conference, the discrepancy is resolved by one of the following procedures:
   a. The SV differences will be clarified.
   b. Mathematical procedures are checked for accuracy.
   c. Adjustments are made in scores to conform to allowable range.
   d. It is professional responsibility of judges to come to an agreement if their scores are initially out of range.
   e. If judges are unable to compromise, Chief Judge may mandate that scores be brought into allowable range.

III. ROUTINE EVALUATION

A. ROUTINES EVALUATED IN 0.05 INCREMENTS

at all Development Program competitions.

B. FINAL SCORE OF 1.00

will be awarded for any optional exercise that results in a score equal to or less than one (1.00) point.

C. OPEN SCORING:

Either manually or electronically flashing each judge's score or by writing each judge's score on each gymnast's competitor card. Open scoring is:

1. Required at Level 10 Nationals and Level 9 Eastern / Western Championships.
2. Allowed at Regional Championships (determined by the RAC).
3. Allowed at optional State Championships (determined by SAC).
4. Allowed at optional invitationals, at discretion of the Meet Director.
5. NOT allowed at any compulsory meet, including compulsory State Championships (per *R&P*).
6. Procedures for open scoring:
   a. Each judge MUST independently determine her / his score.
   b. Each judge MUST record SV and final score on judging slip and send it to CJ via the runner.
      - If electronic scoring system is used, judge MUST first enter score electronically, then flash SV manually.
   c. After CJ receives all judging slips or reviews electronically displayed scores, individual judges' scores and average score are then flashed on score flashing unit.
   d. If score is changed as a result of a conference, adjusted score should be re-flashed as a "corrected score".

D. FLASHING OF START VALUES (SV) AT OPTIONAL COMPETITIONS

1. Is required at ALL Development Program optional Level 6 / 7 / 8 / 9 / 10 competitions.
2. The SV can be flashed or written on the gymnast's competition card.
3. It is the individual judge's responsibility to provide her / his own SV flashing units unless they are provided by the meet host.
4. Procedures for flashing Start Value:
   - **a.** Each judge should independently determine a SV.
   - **b.** The SV and final score should be recorded on judging slip and sent via the runner to CJ.
   - **c.** Each judge should flash the SV on the SV flashing unit as soon as CJ receives ALL judges' score slips (or all judges have entered their score into electronic scoring system).
   - **d.** Judges do NOT have to agree on the SV. A conference MAY be called to determine if SV needs to be adjusted, either up or down.
   - **e.** If SV is changed as result of a conference, adjusted SV must be re-flashed.

E. RE-EVALUATION OF EXERCISE / TIME FRAME FOR CHANGING A SCORE

1. Once final average score is submitted to scoring system, it may NOT be changed unless there is an inquiry. However, CJ is allowed to change a score after submission to scoring system if:
   a. A neutral deduction (such as out of bounds or overtime) was inadvertently not applied.
      - This change MUST occur prior to the end of the rotation.
   b. A data entry error was made.
   c. Judge mistakenly evaluated using incorrect rules in sessions containing mixed levels.
      1. Routine may be re-evaluated using appropriate rules to determine correct SV and specific compositional deductions, based on judges' shorthand.
      2. Judging panel MUST notify Meet Referee and scoring personnel that re-evaluation is to occur.
2. In the case of **b.** and **c.** above, this change MAY occur within five minutes of the end of competition for that session.
3. The coach MUST be notified of score change, and if possible, a new score should be displayed to public.
4. At State and above Championships, in extenuating circumstances, Meet Referee has the authority to allow a judging panel to review a routine to verify that SR(s) were fulfilled, and any Restricted elements were not performed.
   a. The coach MUST be notified that a review will occur.
   b. No additional deductions are allowed to be taken by a judge after review if the SR(s) in question is (are) awarded.

Revised 7.23

I. VALUE PARTS (VP)

A. DIFFICULTY VALUES

Elements possess different difficulty values, and are given their values in the *Dev COP* as follows:

1.	"A" VP = easy difficulty	0.10 pt.
2.	"B" VP = medium difficulty	0.30 pt.
3.	"C" VP = high difficulty	0.50 pt.
4.	"D" VP = very high difficulty	+0.10 pt. (only for "D" Bonus)
5.	"E" VP = highest difficulty	+0.20 pt. (only for "E" Bonus-L10)
		+ 0.10 pt. (only for "E" Bonus-L9)

B. REPLACEMENT PARTS

Higher VPs can replace lower VP, but NOT the reverse. Replacement is on a one-to-one basis, regardless of point value.

1. At Level 10, "D"/E" elements may replace a required VP of "A" / "B" / "C" and still earn "D/E" Bonus.
2. At Level 9, ONLY the first allowable or restricted element performed is eligible for "D/E" Bonus.
   - ONLY the first restricted "D/E" and all allowable "D/E" elements receive "C" VP credit and may replace a required VP of "A" / "B" / "C".

C. RECOGNITION (COUNTING) OF VALUE PARTS

Any element listed in the *Dev COP* may receive VP credit two times in an exercise, provided that the repeated element occurs in a different connection:
(i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections in which it is preceded or followed by a different element listed in the Dev *COP,* whether it received VP credit or not.)

- Two connections containing the same two elements, but in a different order, will be considered different. All elements will receive VP credit.
- If repeated element is connected to an element that does not receive VP credit because it was the third time performed, the entrance or exit of repeated element will still be considered different. VP credit can be awarded.

a. Exact same single element was performed a second time with same entrance and exit.

EXAMPLE (BB): 

- Flic-Flac step-out ("B") from a stand to finish in lunge, STOP, repeats Flic-Flac step-out from a stand to finish in a lunge ("0"),
  - ✓ No VP credit for second Flic-Flac, due to same entrance and exit

b. If same element is performed a third time, or is performed a second time in exact same connection:

1) VP credit is NOT awarded.

2) No Special Requirement (SR) credit awarded.
- Must receive VP credit to fulfill SRs.

3) No Connection Value (CV) Bonus awarded (if applicable) since it does NOT receive VP credit.

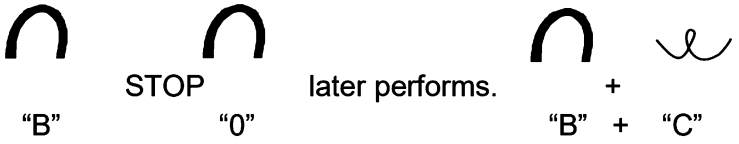
RECOGNITION OF VALUE PARTS (continued):

4) Applicable execution and amplitude deductions are applied.

5) EXCEPTION: VP credit awarded for an element performed for the third time if NOT previously awarded VP credit because:

a) Element lacked completion the first or second time it was performed, OR

b) Element was used in exact same connection the second time it was performed.

EXAMPLE #1 (BB): 

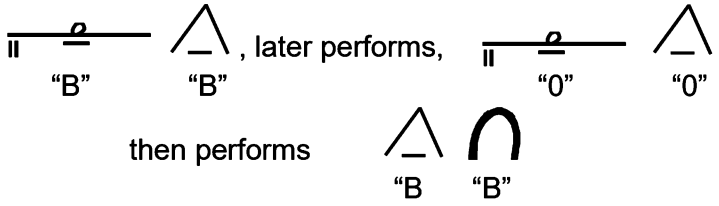
- Flic-Flac step-out ("B"), STOP, Flic-Flac step-out ("0"), then later performs Flic-Flac step-out ("B"), Salto Backward Tucked ("C")
  - ✓ Third Flic-Flac step-out receives VP credit and can fulfill the Acro SR.

EXAMPLE #2 (BB): 

- Flic-Flac step-out completed (at least one foot lands on top of BB), then FALLS; Flic-Flac step-out, Flic-Flac step-out series completed.
  - ✓ VP credit awarded to first completed Flic-Flac step-out as a single element.
  - ✓ VP credit awarded for second Flic-Flac step-out because it is performed as part of a series.
  - ✓ No VP credit awarded for the third Flic-Flac step-out.
  - ✓ No credit awarded for the Acro series since one element had no value.

EXAMPLE #3 (BB): 

- Flic-Flac step-out NOT completed (feet never land on top of BB), resulting in a fall; Flic-Flac step-out, Flic-Flac step-out series completed.
  - ✓ No VP credit awarded for the first Flic-Flac step-out.
  - ✓ VP credit awarded for the Acro series since both elements received VP credit.

EXAMPLE #4 (BB) 

- Dance series Split Jump, Straddle Jump, later performs same Dance series. Then performs a Straddle Jump for third time in a Mixed series.
  - ✓ No VP credit awarded for the second performance of the Split Jump, Straddle Jump series.
  - ✓ Third performance of Straddle Jump awarded VP credit because it is connected to a different element.

RECOGNITION OF VALUE PARTS (continued):

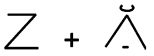
c. If the same "D" or "E" element is performed a second time in a different connection:

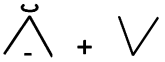
1) Level 10

a) Receives VP credit twice and is eligible for CV Bonus each time (if applicable)

b) Eligible for "D/E" Bonus only ONCE.

EXAMPLE (BB):

Switch-leg Leap ("C") + Straddle Jump with ½ (180°) turn ("D") 
+0.20 CV and +0.10 "D/E" Bonus

Straddle Jump with ½ (180°) turn ("D") + Pike Jump ("B") 
+0.20 CV and no "D/E" Bonus for same "D"

2) Level 9: Refer to UB, BB and FX apparatus chapters for specifics for each event.

- When several elements or variations of a single element are listed under the same number in *Dev COP*, they may be recognized as different elements, provided they meet specific criteria. See specific apparatus chapters for further clarification.

D. ANY ELEMENT NOT LISTED IN THE *DEV CODE OF POINTS*

Must be submitted in writing and digitally to the respective RTCC and RDPCC in order to be evaluated for VP credit. The RTCC will then return signed element evaluation form to the coach indicating final decision as to value to be awarded.

1. A copy of this evaluation MUST be presented to Meet Referee or Chief Judge prior to competition to ensure proper awarding of difficulty.
2. Evaluations will be valid for one Dev Program quadrennium and posted on regional websites.
3. Any newly evaluated element of "C" value or above performed with the definite technical specifications at Level 10 Nationals will be named for the gymnast who submitted and performed the element and added to *Dev COP* listing of elements. If more than one gymnast performs same new element at same competition, element will NOT be named for either gymnast.
4. "A" Dance or Acro elements on BB and FX: if a variation of an "A" Dance or Acro element is not listed in the *Dev COP*; judge may award "A" value if it is comparable to the "root" element.

E. TECHNICAL EXECUTION:

"A", "B", "C", "D" and "E" VPs require a definite technical execution. If the element is NOT executed according to requirements, it may be recognized as another element as listed in *Dev COP.*

F. BOTTOM OF THE FEET FIRST:

Any salto that fails to land on any part of the bottom of feet first will NOT receive VP or SR credit.

G. VALUE PART REQUIREMENTS FOR DEV PROGRAM OPTIONAL COMPETITION:

Level 10	Level 9	Level 8	Level 7	Level 6
3 "A"	3 "A"	4 "A"	5 "A"	5 "A"
3 "B"	4 "B"	4 "B"	2 "B"	1 "B"
2 "C"	1 "C"	0 "C"	0 "C"	0 "C"

H. DIFFICULTY RESTRICTIONS

1. Level 10: No difficulty restrictions.
2. Levels 6 / 7 / 8 / 9: Specific guidelines regarding difficulty restrictions are discussed in each apparatus chapter.

II. CALCULATION OF DIFFICULTIES

A. WHEN EVALUATING THE ELEMENTS, always compute to advantage of gymnast.

B. EXAMPLES OF DETERMINING DIFFICULTIES:

1. **LEVEL 10** — **3 "A"** — **3 "B"** — **2 "C" = 8 VP required**
   Gymnast performs: 3 "A" 2 "B" 1 "C" 1 "D"
   The "D" replaces missing "C" element.
   Deduct 0.30 for missing one "B" element.
   Award +0.10 for "D/E" Bonus.

2. **LEVEL 9** — **3 "A"** — **4 "B"** — **1 "C" = 8 VP required**
   Gymnast performs 3 "A" 3 "B" 2 "C"
   One "C" replaces missing "B" element.
   All difficulty requirements are met.

3. **LEVEL 8** — **4 "A"** — **4 "B"** — **0 "C" = 8 VP required**
   Gymnast performs: 3 "A" 4 "B" 1 "C" dance element
   One "C" replaces missing "A" element.
   All difficulty requirements are met.

4. **LEVEL 7** — **5 "A"** — **2 "B"** — **= 7 VP required**
   Gymnast performs: 4 "A" 3 "B"
   One "B" replaces missing "A" element.
   All difficulty requirements are met.

5. **LEVEL 6** — **5 "A"** — **1 "B"** — **= 6 VP required**
   Gymnast performs: 4 "A" 2 "B"
   One "B" replaces missing "A" element.
   All difficulty requirements are met.

III. SPECIAL REQUIREMENTS (SR)

A. SR = each 0.50:

All Levels have four SR on each event (except VT).

B. RESTRICTIONS:

Elements performed at Levels 6 / 7 / 8 / 9 that are NOT allowed due to difficulty restrictions may NOT be used to fulfill SR.

C. NO VP CREDIT:

If an element is NOT awarded VP credit, it may NOT be used to fulfill a SR.
Refer to Uneven Bars chapter for specific information.

D. ONE ELEMENT MAY FULFILL MORE THAN ONE SR (unless otherwise specified).

IV. COMPOSITION / CONSTRUCTION

A. CONSIDERATIONS IN CONSTRUCTION OF A WELL-COMPOSED EXERCISE:

1. Use of entire apparatus (spatially and directionally)
2. Diversified, creative and artistic composition through:
   - **a.** Various connections
   - **b.** VP from different groups and different elements within those groups
   - **c.** Changes in direction of movement
   - **d.** Changes in tempo and rhythm / movement contrasts.
   - **e.** Changes in body position in relation to the apparatus
   - **f.** High points / peaks (virtuous performance of VP required at specific Level)
3. No additional consideration should be given for exceeding difficulty (VP) required at Level. EXAMPLE: Level 8 gymnast performs Salto backward stretched with 2/1 (720°) twist on FX ("C") but is awarded a "B". It should be regarded as a "B", NOT a "C", for compositional consideration.

B. SPECIFIC APPARATUS REQUIREMENTS FOR COMPOSITION

Itemized in individual apparatus chapters and event appendix.

C. COMPOSITION IS NOT EVALUATED AT LEVELS 6 / 7.

Emphasis at these levels is on gymnast's performance; execution, amplitude, rhythm, dynamics and artistic quality.

V. EXECUTION (TECHNIQUE / AMPLITUDE / POSTURE) AND ARTISTRY

A. CHARACTERISTICS OF EXCELLENT EXECUTION / AMPLITUDE INCLUDE:

1. Maximum amplitude or range of movement of body:
   - **a.** Externally – the relationship of body to apparatus or ground.
   - **b.** Internally – focuses upon range of motion within joints of body. Refers to range through which one or more individual body segments move relative to each other.
2. Turns (breadth axis, longitudinal axis, or combination turns) in Saltos completed at highest point of flight trajectory.
3. Optimal body lines, extension and posture.

B. CHARACTERISTICS OF EXCELLENT ARTISTRY INCLUDE:

1. Variety in choreography (poses, phrases, connections)
2. Quality of gymnast's movement to reflect her personal style
3. Quality of expression (i.e. projection, focus)

C. GENERAL DEDUCTIONS (UB, BB, FX)

For faults in technique, execution, amplitude, and artistry

SMALL FAULTS	Each time 0.05	**Flexed / sickled feet** during VP elements
	Up to 0.10	**Deviation from straight direction on landing**
	Up to 0.10	**Arm swings on landing to maintain balance**
	Up to 0.10	**Legs crossed during twisting VP elements**
	Up to 0.10	**Brush / touch of foot / feet on apparatus or mat**
	0.05 0.10 0.10	**LANDS WITH FEET APART** • No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension. **Lands with feet hip-width apart or closer, but never joins the feet (heels)** **Lands with feet further than hip-width apart** • If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for the step(s). **If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.**
	Up to 0.10	**Slight hop, or small adjustment of feet on landing** • UB / BB dismounts: staggered feet on landing of elements • FX: a small, controlled step forward from forward acro or small, controlled step backward from backward acro to lunge is allowed with no deduction.
	Ea. 0.10 - 0.15 (max 0.40)	**Small or medium step(s) on landing**

MEDIUM FAULTS	Up to 0.20	**Leg or knee separations**
		INSUFFICIENT EXACTNESS OF BODY POSITIONS
	Up to 0.20	**Insufficient tuck position** (Ideal = minimum of 90° bend in both hips and knees)
	Up to 0.20	**Insufficient pike position** (Ideal = minimum of 90° bend in the hips, 91°-135° = insufficient pike)
	Up to 0.20	**Insufficient stretched position** (Ideal = straight 180° position), but greater than 135° is considered stretched body position. a. Arch = up to 0.20 b. Hip angle (136°-179°) = up to 0.20
	Up to 0.20	**Failure to maintain stretched body position (pikes down)**
	Up to 0.20	**Incorrect body posture on landing** of elements or dismount
	Up to 0.20	**Insufficient split when required** (dance / non-flight acro elements)
	Up to 0.20	**Incomplete turn / twist**
	Up to 0.20	**Additional trunk movements to maintain balance / control upon landing** of UB / BB dismounts and FX acro elements. • Apply to "stuck" landings with trunk movements to avoid steps.
	Each 0.20 (max 0.40)	**Large step or jump on landing** (approximately 3 feet or more)

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LARGE FAULTS	Up to 0.30 Up to 0.30	**Bent arms in** support - on any one element (90° bend or greater = max 0.30) **Bent legs - on any one element** (90° bend or greater = max 0.30)
	Up to 0.30	**Additional movements to maintain balance / control** on the BB
	Up to 0.30 + 0.50	**Squat on landing** (hips ~~even with or~~ lower than the knees) Lands Vault / Acro element / Dismount in squat position, then falls
	Up to 0.30	**Brushes / touches the mat with one or two hands** (no support)
	Up to 0.30	**Insufficient extension (open) of body prior to landing** • Applies to UB / BB dismounts and BB / FX acro elements in tuck / pike position
	Up to 0.30	**Insufficient height of Salto dismount** (UB / BB)

VERY LARGE FAULTS	0.50	**Support on mat with one or two hands**
	0.50	**Fall on mat to knee(s) or hips**
	0.50	**Fall onto or off** apparatus, or upon landing dismount, fall against apparatus • Apply all execution and/or amplitude deductions leading to a fall. • Do NOT deduct for BALANCE errors leading to a fall.
	0.50 ~~0.30~~	**Fall / failure to land on the bottom of the feet first on elements or dismount** • No VP / No SR / No Bonus credit / No compositional credit NOTE: If the gymnast lands on bottoms of feet and hands or knees simultaneously, award VP and SR credit, if appropriate. ~~**Never initiates salto on dismount** – considered no dismount~~
	0.50	**Spotting assistance during an element** • No VP / No SR / No Bonus credit / No compositional credit
	0.50	**Spotting assistance upon landing of dismount element** • Award VP, SR and compositional credit • No Bonus
	0.50	**Fall after assistance (spot) on element or dismount**
	0.50 for fall only	**Coach catches a falling gymnast on element or dismount** a) No deduction for spot

A. **CLARIFICATION ON STEPS ON LANDING:**

1. A small step-close is considered one small step and receives a 0.10 deduction.
A medium step-close would receive a 0.15 deduction.
A very small step-close or other small foot movement would receive a 0.05 deduction.
EXAMPLES of one small/medium step (0.10 - 0.15):

a. Gymnast lands with feet together, then takes one step forward, sideward, or backward on the *right* foot; then returns *right* foot to join *left* foot, OR

b. Gymnast lands with feet together, then takes one step forward, backward, or sideward on the *right* foot; then steps with *left* foot to join *right* foot.

2. If gymnast is out of control or has additional movements to maintain balance after step(s), additional deductions may be applied.

3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if steps result in a fall, deduct only 0.50 for fall.

a. If gymnast lands an UB or BB dismount with feet a maximum of hip-width apart, there is no deduction, provided heels slide together on controlled extension. If entire foot slides or is lifted off mat to join, it is considered a small step.

b. If gymnast lands with feet apart or staggered and then continues to take steps, deduct only for steps. Deductions for landing with feet apart / staggered are to be applied only when gymnast "sticks" the landing on UB / BB dismounts, VT and on an isolated Salto or the last Salto in an Acro pass on FX.

VI. BONUS - SPECIFIC GUIDELINES

for awarding element combination Bonus are discussed in each apparatus chapter.

A. OPTIONAL EXERCISE REQUIREMENT FORMULA

	Level 10	Level 9	Level 8	Level 7	Level 6
A. **VALUE PARTS (VP)**	2.20	2.00	1.60	1.10	0.80
B. **SPECIAL REQUIREMENTS (SR)**	2.00	2.00	2.00	2.00	2.00
C. **BONUS**	0.50	0.30	0.00	0.00	0.00
D. **EXECUTION, COMPOSITION * AND ARTISTRY (BB, FX)**	5.30	5.70	6.40	*6.90	*7.20
	10.00	10.00	10.00	10.00	10.00

* Compositional deductions are NOT applied at Levels 6 / 7.

VII. CALCULATING SV AT DEVELOPMENT PROGRAM COMPETITIONS

A. ALL JUDGES DETERMINE THE START VALUE.

B. IT IS NOT MANDATORY THAT THE JUDGES AGREE ON THE SV,

but if a judge has calculated an impossible start value, a conference MUST be held.

C. STEPS IN DETERMINING THE START VALUE:

The competitive level of the gymnast determines the starting score:
Level 10 starts at 9.50, Level 9 starts at 9.70, Level 6 / 7 / 8 start at 10.0.

1. DEDUCT from the SV for each level.

- **a.** Missing Value Parts (VP)
- **b.** Missing Special Requirements (SR) (0.50 each)
- ~~**c.** Exercise is without a dismount (0.30)~~ No longer a deduction.
- **d.** Performance of restricted elements (0.50 each)

1) Restricted elements will be considered in chronological order. ONLY the first restricted element in the exercise may be:

- **a)** Awarded VP credit.
- **b)** Awarded SR, if applicable.
- **c)** Awarded CV Bonus, if applicable.
- **d)** Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives "0" VP credit the first time.
- **e)** Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.

2) Any additional restricted element performed at Level 8 and 9 whether or not it meets the requirement to receive VP credit, or any restricted element at Level 6 and 7 that is performed or attempted (even if attempt is incomplete):

- **a)** Deduct 0.50 from SV for restricted element.
- **b)** No VP credit awarded.
- **c)** No SR credit awarded.

3) All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

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STEPS IN DETERMINING THE START VALUE (continued):

2. ADD any Bonus

a. Level 10 is eligible to earn Bonus for both CV and "D/E" Bonus, with a minimum of +0.10 for "D/E" and a minimum of +0.10 for CV. The remaining 0.30 may be earned by "D/E" Bonus or CV Bonus.
Maximum SV is 10.00.

1) If the exercise contains +0.50 in CV Bonus and no "D/E", the SV will be 9.90.

2) If the exercise includes +0.60 or more total Bonus with one "E" element (BB / FX = Acro "E"), the exercise is eligible for an additional Bonus of +0.10. Shall be flashed as +0.10 along with SV, NOT included in the SV.

a) Each judge adds the Bonus to her / his score and MUST visibly (by means of a placard or other signage) indicate that the additional Bonus was awarded.

b) If using paper score slips, the judge should also indicate in writing any Bonus awarded.

3) If the exercise contains +0.60 or more in "D/E" Bonus, but no CV Bonus, the SV will be 9.90 and is NOT eligible for the additional +0.10 Bonus.

b. Level 9 is eligible to earn Bonus points for both CV and "D/E" Bonus.
Maximum SV is 10.00, with a maximum of 0.30 in Bonus:

1) 0.30 CV, OR +0.20 CV and +0.10 for the first allowable or restricted "D/E" (UB – any D/E; BB/FX – Acro D/E).

2) The first restricted (UB/BB/FX) or allowable (UB) "D/E" element receiving VP credit can be considered for +0.10 "D/E" Bonus.

a. If the "D/E" element receiving VP credit results in a fall or spot, no Bonus is awarded.

b. Additional restricted "D/E" elements performed later in exercise will NOT be considered for Bonus.

- Exception on Uneven Bars: Refer to Uneven Bars- Section 3, Chapter 4.

3) Allowable "D/E's" and the first restricted "D/E" count as "C" in Connection Value Principles.

c. Level 6 / 7 / 8 are NOT eligible for Bonus. Maximum SV is 10.0.

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D. EXAMPLES OF DETERMINING A START VALUE:

1. **LEVEL 10 — 3 "A" — 3 "B" — 2 "C" = 8 required VALUE PARTS (VP)**

   Gymnast performs: 3 "A" 2 "B" 1 "C" 2 "D"

   - ✓ Connection Value (CV) (+ 0.10)
   - ✓ Missing one Special Requirement (SR) (- 0.50)
   - ✓ All Value Part (VP) requirements are met - two "D" replace missing "B" and "C"
   - ✓ Exercise starts at = 9.50
   - ✓ Add + 0.10 for CV = 9.60
   - ✓ Add + 0.20 for "D/E" Bonus = 9.80
   - ✓ Deduct 0.50 missing one SR = 9.30 SV

2. **LEVEL 10 — 3 "A" — 3 "B" — 2 "C" = 8 required VP**

   Gymnast performs: 3 "A" 2 "B" 3 "C" 1 "D" 1 "E"

   - ✓ CV (+ 0.30)
   - ✓ All SR are met
   - ✓ All VP requirements are met
   - ✓ Exercise starts at = 9.50
   - ✓ Add +0.30 for CV = 9.80
   - ✓ Add +0.30 for "D/E" Bonus = 10.00 SV + 0.10 additional Bonus

3. **LEVEL 9 — 3 "A" — 4 "B" — 1 "C" = 8 required VP**

   Gymnast performs: 3 "A" 3 "B" 1 "C" 2 "D" restricted (Acro)

   - ✓ First restricted "D" is allowed, receives "C" VP credit, and replaces the missing "B"
   - ✓ CV (+ 0.10)
   - ✓ Missing one SR (- 0.50)
   - ✓ All VP requirements are met.
   - ✓ Exercise starts at = 9.70
   - ✓ Add + 0.10 for CV = 9.80
   - ✓ Add +0.10 Bonus for first "D" Acro = 9.90
   - ✓ Deduct 0.50 missing one SR = 9.40
   - ✓ Deduct 0.50 performing 2nd restricted "D" = 8.90 SV

4. **LEVEL 8 — 4 "A" — 4 "B" — 0 "C" = 8 required VP**

   Gymnast performs: 3 "A" 3 "B"

   - ✓ Missing two SR (- 1.00)
   - ✓ Exercise starts at = 10.00
   - ✓ Deduct 0.10 missing one "A" VP @ 0.10 = 9.90
   - ✓ Deduct 0.30 missing one "B" VP @ 0.30 = 9.60
   - ✓ Deduct 1.00 missing two SR = 8.60 SV

5. **LEVEL 7 — 5 "A" — 2 "B" — 0 "C" = 7 required VP**

   Gymnast performs: 4 "A" 1 "B"

   - ✓ Missing one SR (- 0.50)
   - ✓ Exercise starts at = 10.00
   - ✓ Deduct 0.10 missing one "A" VP @ 0.10 = 9.90
   - ✓ Deduct 0.30 missing one "B" VP @ 0.30 = 9.60
   - ✓ Deduct 0.50 missing one SR = 9.10 SV

6. **LEVEL 6 — 5 "A" — 1 "B" — 0 "C" = 6 required VP**

   Gymnast performs: 4 "A" 1 "B

   - ✓ All SR are met
   - ✓ Exercise starts at = 10.00
   - ✓ Deduct 0.10 missing one "A" VP @ 0.10 = 9.90 SV

I. INCOMPLETE EXERCISE (Optional Levels 6 / 7 / 8 / 9 /10)

If a gymnast is unable to complete her exercise, the score will be determined in the usual way, by determining SV and deducting any appropriate execution / amplitude, composition, and specific apparatus deductions.

A deduction of 2.00 is taken from final average score by the Chief Judge if:

A. UNEVEN BAR EXERCISE CONTAINS LESS THAN FIVE VP.

- Completed UB routine that contains less than five VPs will also receive a 2.00 deduction.

B. BALANCE BEAM OR FLOOR EXERCISE ROUTINE IS LESS THAN 30 SECONDS.

1. The 2.00 deduction is taken when a gymnast performs a completed or an incomplete exercise that is less than 30 seconds.
2. EXCEPTION: refer to Level 6 -Section 4 - Balance Beam for specifics.

II. EQUIPMENT FAILURE / RESUME EXERCISE AT POINT OF INTERRUPTION

In situations where there is an equipment failure, competitive apparatus or personal equipment, occurring through no fault of gymnast or coach, gymnast may choose to: *See A. and B. below.*

Examples of equipment failure include:

- broken or completely torn handgrips
- music failure
- the UB cable tension slips while an athlete is competing (AFTER the coach has tightened the tension prior to the start of the routine)
- the BB end cap detaches while an athlete is in the process of a dismount (the end cap falling off during any other point in the athlete's routine would not be considered equipment failure)

A. STOP IMMEDIATELY AND REQUEST PERMISSION FROM CHIEF JUDGE TO CONTINUE FROM POINT OF INTERRUPTION.

1. Chief Judge, in consultation with Meet Referee, decides at what point the exercise must resume.
2. Gymnast would perform from the point of interruption after a reasonable amount of rest time.
3. Equipment failure does NOT include:
   - unfastening of bandages or handgrips
   - loss or partial loss of footwear
   - incorrect bar setting
   - or failure to tighten cables / T-handles on UB and BB
   - A flash from a camera

B. ON FLOOR EXERCISE: CONTINUE TO COMPLETE THE ROUTINE

At the completion of routine:

1. Gymnast and coach must decide whether to resume routine at point of music failure or accept score given.
2. Judges will NOT post the score until that decision is made.
3. No deduction would be taken for absence of music if decision is to accept score.

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III. INQUIRIES

A. THE COACH IS ALLOWED to see the four (or two) scores of her / his individual gymnast.

B. IF THE COACH HAS A QUESTION regarding an exercise during competition:

1. Chief Judge (or Meet Referee) should advise coach to submit an inquiry form to officially receive information. There should be no casual conversation during the competition between coach and judge regarding evaluation of an exercise.
2. A Meet Referee may watch a video (if available) prior to the submission of an inquiry to determine if an inquiry should move forward. ~~The video would follow the same criteria of questions listed below.~~

C. INQUIRIES ON OPTIONAL ROUTINES ARE LIMITED to questions regarding:

1. Start Value (SV)
2. Neutral deductions
3. Falls
4. Unusual occurrences
5. Specific flat (NOT "up to") compositional deductions.

D. INQUIRIES MUST BE LEGIBLY WRITTEN ON THE OFFICIAL INQUIRY FORM

By the coach and submitted within five minutes of the completion of that event rotation to Meet Director or Meet Referee. Meet Director will then forward it to Meet Referee, who gives it to Chief Judge of apparatus in question.

1. No fee may be charged to submit an inquiry.
2. Coaches need to be aware that an inquiry allows for a second evaluation of exercise which may result in:
   a. no change in score.
   b. score being raised.
   c. score being lowered.

   Chief Judge and panel judge(s) will respond, providing only the information requested. After Chief Judge has completed the response to the inquiry, Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.
3. Coach may NOT approach the judge regarding the inquiry during the competition.

E. VIDEO REVIEW

See the USA Gymnastics *Women's Rules and Policies* for video review regulations.

F. JURY OF APPEALS

See the USA Gymnastics *Women's Rules and Policies* for video review regulations.

G. SCORE REVIEW at sectional / state qualifying meets and State Championships.

1. For qualification purposes, if, after the completion of the last event, a gymnast's All-Around score is 0.10 or less than the qualifying score to State or Regional Championships, the coach may submit an inquiry for gymnast's lowest scoring event (regardless of the order in which that event was performed).
2. Any change of score is official and would be included in official results.
3. Score review process does NOT APPLY:
   a. for mobility purposes
   b. if qualification to State / Regional Championships is by percentage or designated number per age division
   c. for an Individual Event Specialist (IES)
   d. qualification to Level 9 Eastern/Western or Level 10 National Championships

IV. JUDGE INADVERTENTLY MISSES THE EXERCISE

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

A. WITH A 2-JUDGE PANEL:

The gymnast has two options after coach is advised of the score of the judge who evaluated the whole routine:

1. Accept that score, OR
2. Repeat exercise after a reasonable period of rest. If gymnast elects to repeat, score of second routine will count.

B. WITH A 4-JUDGE PANEL:

Final score is determined by entering a score for judge who missed the routine that is equal to highest score given by the three other judges and then averaging the two middle scores, as usual. This method gives gymnast the benefit of having the highest possible score and there is no need for the option to repeat exercise.

C. IN EITHER CASE, Chief Judge should consult with Meet Referee, who will then notify coach of gymnast's options.

V. PROCEDURES FOR FALLS / INJURIES RESULTING IN BLEEDING

A. TAKE STEPS TO STOP THE BLEEDING IMMEDIATELY

- Cover wound as soon as possible.

B. A BLEEDING WOUND (OR ANY OTHER INJURY DUE TO A FALL) does NOT give gymnast the right to repeat exercise. Once the wound is covered, the gymnast may resume exercise from point of interruption.

C. FALL TIME EXCEEDED:

If the 45-second fall time on VT, UB or BB is exceeded before the wound can be covered, then the exercise is terminated.

D. IF THERE IS BLOOD ON ANY EQUIPMENT OR MATS

After the gymnast finishes her routine, blood must be removed prior to beginning next gymnast's routine.

E. THE COACH AND GYMNAST HAVE THE RIGHT TO DETERMINE

If gymnast can continue routine after the fall (within fall time limitations).

F. MEDICAL ASSESSMENT: ALL EVENTS

If an athlete requires medical assessment due to injury, they may complete the routine and/or resume competition within the same session once medically cleared. A 30-second touch warm-up may be allowed upon return.

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WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL VAULT RULES

	ALLOWABLE VAULTS If a vault is performed that is NOT list on the Level chart, it will be a "VOID" vault. Levels 6/7/8/9: If either of the 2 vaults performed are NOT allowed (restricted vaults), the VAULT EVENT is VOID		START VALUE (SV)	SPOTTING REGULATIONS	TIMED WARM-UPS (per gymnast) *Total time per squad determined by number of gymnasts in largest squad* *Block time is NOT allowed*
Level 6 & 7	**Vault Option 1** **#1.111**	**Front Handspring entry onto table:** Arrive on Mat Stack on the feet in a straight body position with tight arch in upper back; arm position optional.	**SV - 10.0**	Spot during Vault: VOID Spot upon landing: 0.50 Spot after landing: No deduction	1½ minutes
	Vault Option 2 **#3.116**	**¼ - ½ twist on (Tsukahara entry) onto table:** Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	**SV - 10.0**		
	Vault Option 3 **#4.111**	**Round-off (Yurchenko) entry onto table:** Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	**SV - 10.0**		
Level 8	See Level 8 Vault Value Chart – Appendix 03		Level 8 SV Chart	Spot during Vault: VOID, Except Spot in 2nd flight for Salto Vaults – 1.00	2 minutes
Level 9	See Level 9 Vault Value Chart – Appendix 02		Level 9 SV Chart	Spot during vault: VOID Spot upon landing 0.50	
Level 10	See Level 10 Vault Value Chart – Appendix 01		Level 10 SV Chart		

WARM-UP PROCEDURES: Time starts – when gymnast stands on table to do skill / jump off OR

When gymnast begins running towards table / touches springboard.

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I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S *RULES AND POLICIES (R&P)*

1. See ~~Chapter 11~~: Apparatus Requirements in *Women's R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. DEVELOPMENT PROGRAM VAULT VALUE CHARTS

1. See Appendices.
2. USA Gymnastics website (DEV Optional Vault Values) - Women's Program – Rules - Optional Code of Points for the most current information.

C. USE OF TAPE OR CHALK ON TABLE, RUNWAY, OR HAND PLACEMENT MAT

1. Vault table: tape or chalk NOT permitted.
2. Runway: chalk is NOT permitted. Athletic tape or Velcro strips may be used.
3. Hand Placement Mat: tape NOT permitted. Chalk may be used.
4. CJ must issue warning first, then takes 0.20 deduction if NOT removed.

D. VAULT RUNWAY

It is coach's responsibility to ensure that tape measure is properly and securely placed along the Vault runway.

- NOT considered apparatus or personal equipment failure if the tape measure becomes unsecured or moves from its original position in relation to the Vault table.
  - This is NOT a reason to repeat the Vault without penalty.

E. HAND PLACEMENT MAT

1. The hand placement mat may be used for front handspring onto board and Round-off entry Vaults.
   - It may NOT be placed on runway as a visual aid for any other forward entry Vaults at any level.
2. If hand placement mat slips on the runway:
   a. It is NOT considered apparatus or personal equipment failure.
   b. This is NOT a reason to repeat the Vault without penalty.
   c. It is the coach's responsibility to ensure that the mat is placed properly with the Velcro secure.

F. "SAFETY ZONE" MAT

1. Failure to use the Safety Zone mat when performing a front Handspring onto the Vaulting board or Round-off entry Vault would result in a "0" (VOID) score for the Vault.
2. For Front Handspring onto board and Round-off entry Vaults, the Safety Zone mat must be placed in the proper direction (snugly around the board), or the Vault is invalid – "0" (VOID).
3. For other types of Vaults, use of the Safety Zone mat is allowed, but NOT required.
   - There is no deduction if the mat is NOT placed snugly around the board.

G. ALTERNATIVE SPRINGBOARDS (trampoline-like, junior board, inflatable rebounding device)

1. NOT allowed at any optional level.
2. Junior Board "Pre-School" type board (35 ⅝" X 23 ⅝" X 9 ½") is NOT allowed.
3. If used, Vault is VOID.

H. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for inches to centimeters:

Approx. ¾ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

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II. GENERAL INFORMATION

A. SUPPLEMENTAL APPROACHES:

1. Gymnast is allowed three attempts (running approaches) to successfully complete one or two Vaults.
2. A balk is a running approach that results in a fall during the run, stops mid-run, runs off the runway, or contacts the board or the Vault table without coming to rest or support on top of the Vault table.
   - A balk will count as one of the three attempts to complete one or two Vaults.
3. One balk is allowed in the three attempts / approaches without penalty.
4. Second or third balk counts as a VOID ("0" score) Vault.
5. Fourth attempt is NOT allowed.
6. EXAMPLES of incomplete / VOID Vaults:
   a. Gymnast rebounds from board, has flight and places her hands on top of the Vault table to shift her weight over her hands in support, but does not drive her heels overhead, and finishes in a squat stand on the table or lands back down on the board.
   b. Gymnast has flight from board to an almost inverted handstand position, runs out of momentum and steps down onto Vault table or lands back down on the board.
   c. Gymnast's steps are off on the run, she cannot slow down her horizontal speed and ends up in a "belly slide" on top of the Vault table.

B. DETERMINING THE FINAL SCORE for LEVELS 6 / 7 / 8 / 9 / 10

1. The gymnast has the right to perform one or two Vaults.
2. The Vaults may be the same or different.
3. Each Vault is scored and averaged separately.
4. The better score is counted.

	Gymnast performs:	Final Score LEVELS 6 / 7 / 8 / 9 / 10
a.	- Approach #1: Runs + Balks - Approach #2: Runs + Balks - Approach #3: Completes Vault #1 No more Attempts allowed	Count the score of the one Vault performed Vault #1
b.	- Approach #1: Completes Vault #1 - Approach #2: Runs + Balks - Approach #3: Completes Vault #2	Count the Vault with the higher score
c.	- Approach #1: Runs + Balks - Approach #2: Runs + Balks - Approach #3: Runs onto board, but does NOT go over Vault Table (Balks) OR vaults without signal from judge	2nd Balk = Void Vault #1 3rd Balk / vaults without signal = Void Vault #2 Final score = "0"
d.	- Approach #1: Runs into Table (Balks) - Approach #2: Completes Vault #1 - Approach #3: Runs + Balks	Count the score of the one Vault performed Vault #1
e.	- Approach #1: Completes Vault #1 - Approach #2: Runs onto board, but does NOT go over Vault Table (Balks) - Approach #3: Runs-Performs a Vault but does NOT land on bottom of feet first = Void	Count the score of the Vault #1
f.	- Approach #1: Completes Vault #1 - Approach #2: Runs + Balks No 3rd Approach due to injury	Count the score of the Vault #1

C. ANNOUNCEMENT OF INTENDED VAULT and PERFORMANCE OF WRONG VAULT

1. Before beginning approach, gymnast or coach must designate the correct Vault to be performed by announcing name of Vault or by flashing Vault number indicated on the Development Program Vault chart for the specific level.
   a. The Vault number MUST be visually displayed at any sanctioned competition utilizing a 4-judge panel.
      - Display by using score flashing unit, white board, chalk board, etc.
   b. At all other competitions, the Vault name OR number may be audibly communicated to judges.
   c. CJ will signal gymnast to Vault as soon as intended Vault has been flashed or announced by coach.
2. There is no deduction for performing a Vault that is different than the Vault announced or flashed, provided it is a Vault allowed at the specific level of the gymnast.
3. The Vault performed determines the Start Value (SV), NOT the Vault number flashed or announced.
4. The body position that is demonstrated for the majority of the Vault will determine which Vault has been executed.
   - EXAMPLE for Level 10:
     Vault announced is a Tsukahara stretched (layout):
     Gymnast performs the backward Salto by first piking, then showing a stretched position, and then piking again. Since the majority of the Vault was performed in a pike position, the SV will be 9.50 for the piked Tsukahara, rather than 9.70 for the stretched Tsukahara.

D. PERFORMANCE OF A VAULT WITHOUT A SIGNAL FROM THE CHIEF JUDGE

1. Vault is NOT scored, even if both judges see it.
2. Gymnast has the opportunity to perform two more Vaults.
3. CJ applies a 0.50 penalty to the average of the next completed Vault.
4. The penalty may or may NOT affect the final score.
   EXAMPLES:
   Approach # 1 – Runs / vaults over table without being signaled to start
   Approach # 2 – completes Vault #1, scores 9.00, receives penalty of – 0.50 for a score of 8.50
   Approach # 3 – completes Vault #2, scores 9.00, which will be her final score.

E. COACHING DEDUCTIONS

1. All judges take the 0.50 deduction for spot (assistance) upon landing.
2. If the coach assists during the Vault, the Vault will be scored "0" (VOID).
   - EXCEPTION (Level 8 ONLY): if the coach spots (assists) the gymnast during the post-flight phase of a Salto Vault, the Vault is scored. Each judge applies a deduction of 1.00.
3. All judges deduct 0.50 if the coach stands between the board and the Vault apparatus (inside the domain of the apparatus).
   - EXCEPTION: NO DEDUCTION is taken for the coach standing between the board and the Vault table if gymnast is performing a Round-off entry Vault (Levels 6 / 7 / 8 / 9 / 10).
   - There is NO DEDUCTION if the coach, when standing between the board and the Vault table, makes contact with the Safety Zone mat or inadvertently touches the Vault table.
4. The coach may speak to the gymnast between Vaults without penalty but may NOT give verbal coaching cues during the Vault.
   - Coach may ask for the score of the first Vault prior to the second Vault.
5. If the coach catches a falling gymnast:
   a. Do NOT deduct for the spot.
   b. Deduct 0.50 for the fall only.

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F. MISCELLANEOUS VAULT RULES

1. Arrival on Vault table
   a. May occur from a run with forward arrival on board with both feet.
   b. May occur from a run with backward arrival on board with both feet from a Round-off - Levels 6 / 7 / 8 / 9 / 10.
   c. May occur from a run with a forward arrival on the board with both feet from a front handspring - Levels 9 / 10 only.

2. All Vaults must be performed with support of both hands on the Vault table.
   a. If neither hand makes contact with the Vault table, the Vault is scored "0" (VOID).
   b. Each judge will take the 1.00 deduction for the performance of a one-arm Vault. If one or more judges apply the 1.00 deduction, the scores will be averaged regardless of the range.

3. All Vaults must land with the feet first on the landing mat to be considered for Value Part (VP) credit.
   a. Landing on the feet first is defined as "any part of the bottom of the foot touching the mat first."
   b. Any Vault that fails to land on the feet first will be scored "0" (VOID).
      - Exception: Level 7 Tsukahara / Yurchenko entry Vaults.
      - Exception: Level 6 Tsukahara / Yurchenko entry Vaults will receive a 1.00 deduction.
   c. The Vault is scored if the gymnast falls, landing on hands and bottom of feet simultaneously.
   d. If the gymnast lands standing, sitting, or lying on top of the Vault table, it is a "0" (VOID) Vault.
   e. At all sanctioned competitions, if there is a question whether the gymnast lands on the feet first on the mat, video review will be allowed if available and decisive. If video review is NOT available, the score will be averaged, regardless of range.
      - All Vaults should be evaluated in the case a Video Review would show the athlete did land on the bottom of the feet first.
   f. Whenever a zero score or a 1.00 or greater flat deduction is one of the counting scores, the allowable score range does NOT apply.

4. **LEVEL 10** gymnasts may perform any Vault listed on the Level 10 Vault value chart (see Appendix). All Vault values listed in the Vault element illustration section of the *Dev Code of Points (COP)* refer to the values for Level 10.
   a. For Level 10 only, all 10.0 SV Vaults performed successfully (no fall or spot) are eligible for a bonus of +0.10.
      EXCEPT those marked with an asterisk: #2.302, #2.311, #3.407, #4.306, #4.309, #4.403, #4.407, #5.301, #5.408, and #5.409.
   b. Each judge adds the Vault bonus to her / his score and must visibly (by means of a placard or other signage) indicate that the bonus was awarded.
   c. If using paper score slips, the judge should also indicate in writing any bonus awarded.

5. **LEVEL 9** gymnasts may perform only specific Vaults from the five groups found on the Level 9 Vault value chart in the Appendix.

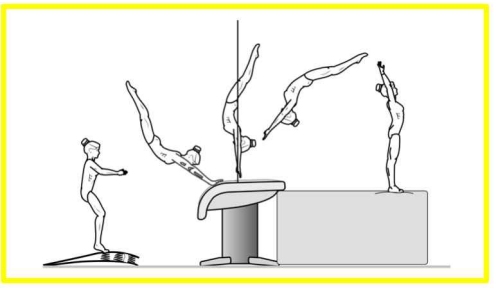
6. **LEVEL 8** Vault regulations
   a. Only specific Vaults from Groups 1 / 3 / 4 / 5 are permitted. Refer to the Level 8 Vault Value Chart in the Appendix.
   b. Since Level 8 is the first level at which Salto Vaults are allowed, spotting assistance in the post-flight of SALTO Vaults at Level 8 ONLY will NOT void the Vault. A 1.00 penalty will be applied.
   c. If a fall on the landing occurs after spotting assistance, an additional 0.50 deduction is taken for the fall.
   d. Whenever a 1.00 deduction for spotting assistance during the Vault is one of the counting scores, the allowable score range does NOT apply.

MISCELLANEOUS VAULT RULES (continued)

7. **LEVEL 6 / 7 Vault descriptions**

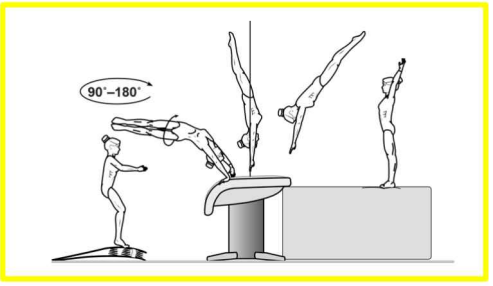
Choice #1 – **#1.111** - Handspring

a. Execute a front handspring entry Vault to arrive on the Mat Stack on the feet in a straight body position with a tight arch in the upper back; arm position optional.
b. The evaluation ends when the gymnast's feet make contact with the mat stack. EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
c. Additional forward movement (run, roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
d. Body position will NOT be evaluated after the feet contact the Mat Stack.
e. No flipping in any phase of any Vault, or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.

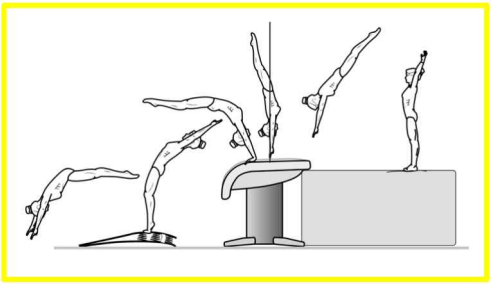


Choice #2 – **#3.116** - Tsukahara entry

Choice #3 – **#4.111** - Round-off entry (Yurchenko)



a. Execute a Round-off entry (Yurchenko) or Tsukahara entry Vault to arrive on the mat stack on the feet (**Level 6/7**) or on the back (**Level 7 only**) in a straight-hollow body position; arm position optional.
b. The evaluation ends when the gymnast's feet (**Level 6/7**) or body (**Level 7 only**) make(s) contact with the mat stack. EXCEPTION: under-rotation resulting in steps towards the table will be deducted.
c. Additional backward movement (backward steps, fall to the back, backward roll, etc.) after landing on the feet is allowed prior to finishing in a controlled standing position before saluting the judge.
d. Body position will NOT be evaluated after the feet (**Level 6/7**), or body (**Level 7 only**) make(s) contact with the Mat Stack.
e. No flipping in any phase of any Vault or after the feet touch the mat to indicate the completion of the Vault. Result is a "0" VOID Vault.
f. If the first point of contact on mat stack is head / neck, the result is a "0" VOID Vault.



8. **Unknown Vault**: If a gymnast attempts a Vault listed on the Vault Value Chart for her level but does not complete it, resulting in a Vault that is not found on the chart, the Vault is scored "0" (VOID). However, the gymnast does NOT receive a "0" (VOID) as the final score for the event if the second Vault is a legitimate Vault.

9. **Restricted Vault** - Levels 6, 7, 8, 9: if either of the two Vaults performed are Vaults that are NOT allowed, the gymnast would receive a final score of "0" (VOID) for that event because a restricted Vault was performed.

MISCELLANEOUS VAULT RULES (continued)

10. Vault clarifications

Group 1 (forward entry without Salto)

a. All Group 1 Vaults that have a turn in pre-flight may be performed with ¼ (90°) to ½ (180°) LA (long axis) turn in the first flight phase.

b. All Group 1 Vaults with a twist in both the first and second flight phase, the twist may be performed in either direction.

Group 3 (Tsukahara entry)

a. A slight arm bend of the lead arm is allowed for all Group 3 Vaults.

b. All Group 3 Vaults may be performed with ¼ (90°) to ½ (180°) LA turn in the first flight phase. There is NO deduction for incomplete turn.

c. No deduction for incomplete turn for all Group 3 Vaults performed with ¼ – ½ turn on and ¾ - ½ turn off to a Salto Forward.

Group 5 (Round-off with ½ (180°) or 1/1 (360°) turn in entry)

- All Group 5 Vaults described as having a 1/1 (360°) LA turn in the first flight phase with a Salto Backward in the second flight phase may be performed with a 3/4 (270°) to 1/1 (360°) LA turn in the first flight phase.

11. Warm-up procedures

a. Timed warm-up: refer to Chapter 9: Meet Warm-Ups in the *R&P*

1) During competition, it is NOT considered additional warm-up time if a gymnast who is next to compete on Vault runs or jumps on the Vault runway following the previous competitor's final Vault.

2) The gymnast may NOT run or jump in front of the Vault judges' table.

3) A warning would be given in this instance for exceeding warm-up time.

b. Touch warm-up: refer to Chapter 9: Competition (30-second touch) warm-ups in the *R&P.*

- Each gymnast is guaranteed a specific number of warm-up Vaults, depending on her level.

12. Timing falls

a. If a gymnast falls on her first Vault attempt, fall time begins when the gymnast is standing on her feet.

b. If an injury occurs, fall time begins after medical assessment is complete.

c. If the allotted fall time (45 seconds) is exceeded, a second Vault will NOT be allowed.

d. CJ is responsible for monitoring the fall time

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction	**Balk #1**: run approach without coming to rest or support on top of the VT table
	VOID	**Balk #2 or balk #3**
	0.50	**Vaults without signal from chief judge** • CJ deducts 0.50 from average of next completed Vault
	0.50	**Coach standing between board and table** • EXCEPTION: no deduction if gymnast performs a Round-off (Yurchenko) entry Vault
	VOID	**Spotting assistance during the vault**
	0.50	**Spotting assistance upon landing** • No deduction for coach assisting / spotting after landing
	up to 0.30	**Insufficient dynamics (speed / power)**
	0.20	**Failure to punch board simultaneously with two (2) feet**
	VOID	**Vault performed is not one of the allowable choices**
	VOID	**Fail to use a mat stack for landing**
	VOID	**Fail to use Safety Zone mat for Round-off entry Vaults**
	VOID	**Use of alternative springboard** (trampoline-like / junior board-"Pre-School" type / inflatable rebounding device)

FIRST FLIGHT PHASE	**up to 0.10**	**Incorrect foot form (flexed / sickled)**
		INCORRECT LEG FORM
	up to 0.10	**Legs crossed**
	up to 0.20	**Legs separated**
	up to 0.30	**Legs bent**
		POOR TECHNIQUE
	up to 0.10	**Failure to maintain neutral head position**
	up to 0.20	**Excessive arch**
	up to 0.30	**Hip angle**

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LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
SUPPORT / REPULSION PHASE		**POOR TECHNIQUE**
	up to 0.10	**Staggered / alternate hand placement on all Vaults, except Tsukahara**
	up to 0.10	**Failure to maintain neutral head position**
	up to 0.20	**Shoulder angle**
	up to 0.20	**Excessive arch**
	up to 0.20	**Alternate repulsion from hands on all Vaults, except Tsukahara**
	up to 0.30	**Legs bent**
	each 0.10 (max 0.30)	**Step(s) with hand(s)**
	0.30	**Hop(s) with both hands simultaneously**
	up to 0.30	**Failure to pass through vertical**
	up to 0.50	**Bent arms (bent 90° or more = maximum deduction)** • Slight lead arm bend allowed on Tsukahara Vaults
	up to 0.50	**Too long in support**
	up to 0.50	**ANGLE OF REPULSION** • Determined by the line from the hands through the hips (center of mass). If there is a shoulder angle, measure from the shoulders to hips. If the gymnast leaves the table: No Deduction • By vertical **0.05 – 0.25** • **1° to 45° past vertical** **0.30 – 0.50** • **46° past vertical to horizontal**
	1.00	**Touch table with only one hand.** • ~~CJ takes the deduction from the average score if half of the panel sees only one hand touch~~.
	2.00	**Head contacting the table** • Includes 0.50 deduction for extreme arm bend.
	VOID	**No hand contact on the table**

SECOND FLIGHT PHASE	**up to 0.10**	**Fail to maintain neutral head position**
	up to 0.10	**Incorrect foot form (flexed / sickled)**
		INCORRECT LEG FORM
	up to 0.10	**Legs crossed**
	up to 0.20	**Legs separated**
	up to 0.30	**Legs bent**
	up to 0.20	**Brush or hit of body on far end of table**
	up to 0.30	**Failure to create rotation**
	up to 0.20	**Insufficient length** When evaluating length, consider size of the gymnast, type of Vault, where the hands contact the table, location of the center of mass upon initial contact of mat stack, and overall trajectory (amplitude) of the 2nd flight phase; NOT just the distance from where the gymnast first makes contact on the Mat Stack in relation to the end of the Vault table.
	up to 0.50	**Fail to maintain prescribed body position**
	up to 0.50	**Insufficient height**
	No Deduction	The arm position when leaving the table will NOT be evaluated.

LEVEL 6 / 7 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
LANDING	up to 0.50	**Incorrect body posture on landing** • Does not apply to Level 7 athletes who chose to land on their back instead of their feet.
	0.20	**Lands on feet alternately (one then the other)** • When only one foot touches the mat, the deduction would take place for leg separation only.
		FRONT HANDSPRING ENTRY
	0.50	**Lands and falls back against the table**
	up to 0.10	**Slight hop, small adjustments of feet back towards table**
	Ea. 0.10 – 0.15 (max 0.40)	**Small or medium step(s) back towards the table** (per step with maximum of 4)
	each 0.20 (max 0.40)	**Large step or jump back towards the table** (approximately 3 feet or more)
	VOID	**Fail to land on any part of the bottom of the feet first - Front Handspring entry Vault**
		ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY
	0.50	**Lands and falls forward against the table**
	up to 0.10	**Slight hop, small adjustments of feet forward towards the table**
	Ea. 0.10 – 0.15 (max 0.40)	**Small or medium step(s) forward towards the table** (per step with maximum of 4)
	each 0.20 (max 0.40)	**Large step or jump forward towards the table** (approximately 3 feet or more)
	1.00 No deduction	**Fail to land on any part of the bottom of the feet first - Tsukahara / Yurchenko entry Vaults:** - **Level 6** - **Level 7**
	up to 0.30	**Deviation from straight direction** • Determined by initial contact with mat
	VOID	**Salto performed after landing**
	VOID	**Landing on top of vault table** (in a sitting, lying or standing position)
	VOID	**First point of contact on mat stack is head / neck**
	1.00	**Failure to land on top of mat stack**

LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART		
GENERAL	No Deduction **VOID**	Balk #1: run approach without coming to rest or support on top of the table **Balk #2 or Balk #3**
	VOID	**Gymnast runs onto board, steps up onto Vault table or rebounds from board to come to rest / support on table**
	0.50	**Vaults without signal from chief judge** • CJ deducts 0.50 from average of next completed Vault
	0.50	**Coach standing between board and table** EXCEPTION: no deduction if gymnast performs a Group 4 / 5 (Round-off entry) Vault at Levels 8 / 9 / 10.
	VOID **1.00**	**Spotting assistance during the vault** EXCEPTION: Level 8 ONLY • Spotting assistance during second flight phase of Salto vaults ONLY
	0.50 0.50	**Spotting assistance upon landing** • Fall after assistance, additional deduction taken
	0.50 for fall only	**Coach catches a falling gymnast** • No deduction for the spot
	up to 0.30	**Insufficient dynamics** (speed / power)
	0.20	**Failure to punch board simultaneously with two (2) feet**
	***EVENT* VOID**	**Restricted vault performed** for Level 8 / 9
	VOID	**Use of alternative springboard** (trampoline-like / junior board-"Pre-School" type / inflatable rebounding device)
	VOID	**Fail to use Safety Zone mat for Round-off entry vaults**

FIRST FLIGHT PHASE	**up to 0.10**	**Incorrect foot form** (flexed / sickled)
		INCORRECT LEG FORM
	up to 0.10	**Legs Crossed**
	up to 0.20	**Legs Separated**
	up to 0.30	**Legs Bent**
		POOR TECHNIQUE
	up to 0.20	**Excessive Arch**
	up to 0.30	**Hip Angle**
	up to 0.30	**Incomplete LA turn**

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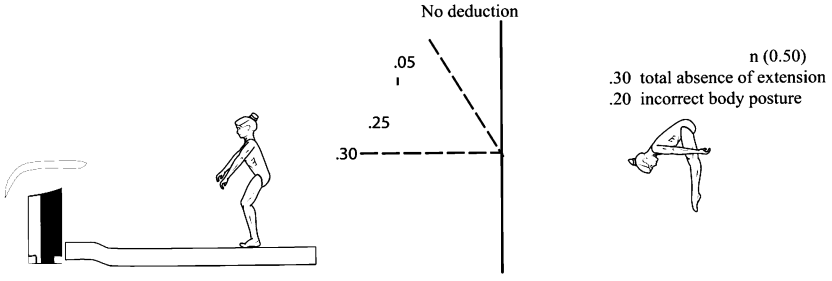
LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
SUPPORT / REPULSION PHASE		**POOR TECHNIQUE**
	up to 0.10	**Staggered / alternate hand placement on all vaults,** EXCEPT: Group 3 Vaults & Group 5 Vaults with ¾ - 1/1 turn – on Salto off
	up to 0.20	**Shoulder angle**
	up to 0.20	**Excessive arch**
	up to 0.20	**Alternate repulsion from hands on all vaults,** EXCEPT: Group 3 Vaults & Group 5 Vaults with ¾ - 1/1 turn – on Salto off
	up to 0.30	**Legs bent (in support) or early tuck (Salto vaults)**
	each 0.10 (max 0.30)	**Step(s) with hand(s)**
	0.30	**Hop(s) with both hands simultaneously**
	up to 0.30	**Failure to pass through vertical**
	up to 0.50	**Bent arms** (bent 90° or more = maximum deduction) • Slight lead-arm bend allowed on Group 3 vaults
	up to 0.50	**Too long in support** • Applies to Level 8 / 9 / 10 non-Salto vaults from any group
	up to 0.30	**Prescribed LA turn begun too early**
	up to 1.00	**Angle of repulsion** • Applies to Level 8 / 9 / 10 non-Salto vaults from any group • Determined by the angle created from the hands to the body part that is furthest past vertical. If the gymnast leaves the Vault table: No Deduction • By vertical **0.05 – 0.50** • **1° to 45° past vertical** **0.55 – 1.00** • 46° past vertical to horizontal
	1.00	**Touch with only one hand on the table.** • ~~CJ takes the deduction if half of the panel sees only one hand touch~~
	2.00	**Head contacting table** • Includes 0.50 deduction for extreme arm bend
	VOID	**No hand contact on the table**

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LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
SECOND FLIGHT PHASE	up to 0.10	**Incorrect foot form** (flexed / sickled)
		INCORRECT LEG FORM
	up to 0.10	**Legs crossed**
	up to 0.20	**Legs separated**
	up to 0.30	**Legs bent**
		INSUFFICIENT EXACTNESS OF BODY POSITION (TUCK, PIKE, STRETCH)
	up to 0.30	**Insufficient tuck** • Min. 90° bend in hip & knees • Allow open "puck" position during twists in tuck position
	up to 0.30	**Insufficient pike** (91° – 135°) • Min. 90° bend in hips
	up to 0.30	**Insufficient stretch** (180° ideal - Greater than 135° = stretched position) • 136° – 179° hip angle (pike) = insufficient stretch • Excessive arch
	up to 0.30	**Failure to maintain stretched body** (pike down of stretched vaults to facilitate landing)
		INSUFFICIENT EXTENSION (OPEN) BEFORE LANDING
	up to 0.25	• **Insufficient and / or late extension (tuck / pike vaults)**
	0.30	• **Total absence of extension (tuck / pike vaults)**
	up to 0.10	**Under-rotation of ~~Salto~~ vaults**
	up to 0.10	**Insufficient exactness of LA turn**
	up to 0.30	**Late completion of the twist** • Group 1 Vaults, Group 4 / 5 Vaults without Saltos
	up to 0.20	**Brush or hit of body on far end of Vault table**
	up to 0.30	**Insufficient length** When evaluating length, consider size of gymnast, type of Vault, where hands contact table, where feet land and overall trajectory (amplitude) of 2nd flight phase; NOT just distance from where gymnast lands in relation to end of the Vault table.
	up to 0.50	**Insufficient height**

CLARIFICATION - INSUFFICIENT / LATE OPENING and TOTAL ABSENCE OF EXTENSION

Opening deduction should reflect body shape prior to landing. Deduction applied according to small, medium and large errors. Illustration refers to degree of closure of upper body towards the legs.



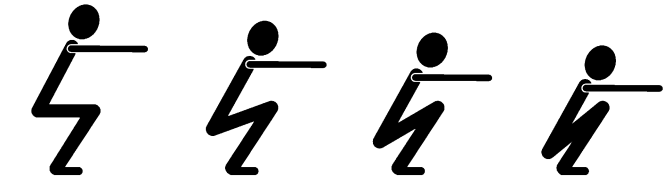
EXAMPLE 1: Gymnast begins to extend or completely extends hips prior to landing, but upon landing cannot maintain upper body posture and closes upper torso downward toward the legs (compresses), apply up to 0.20 deduction for "incorrect body posture on landing".

EXAMPLE 2: Gymnast never opens, lands in a full squat position, and proceeds to fall. Deduct 0.50 for the fall. In addition, deduct 0.30 for total absence of extension, up to 0.30 for squat on landing, and up to 0.20 for incorrect body posture.

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LEVELS 8 / 9 / 10 VAULT SPECIFIC APPARATUS DEDUCTION CHART (continued)		
LANDING	up to 0.10	**Arm swings to maintain balance (applies to "stuck" landings)**
	up to 0.20	**Incorrect body posture**
	up to 0.20	**Trunk movement(s) to maintain balance**
		PRESCRIBED LA TURN INCOMPLETE
	up to 0.10	**1° – 30° missing**
	0.15 – 0.20	**31° – 60° missing**
	0.25 – 0.30	**61° – 89° missing**
	Lower value	**90° or more missing**
	up to 0.30	**Deviation from a straight direction** • Determined by initial contact with the mat
		Lands with feet apart • No deduction for feet a maximum of hip-width apart, provided heels join (slide) together on the controlled extension.
	0.05	**Lands with feet hip-width apart or closer, but never joins the feet (heels)**
	0.10	**Lands with feet further than hip-width apart** Clarifications: • If upon landing with the feet apart / staggered, the gymnast takes a step(s), deduct only for the step(s).
	0.10	**If entire foot / feet are sliding or lifting off the floor to join, it is considered a small step.**
	up to 0.10	**Slight hop, small adjustments of feet or staggered feet**
	Ea. 0.10 - 0.15 max (0.40)	**Small or medium step(s)** (per step)
	each 0.20 (max 0.40)	**Large step or jump** (approximately 3 feet or more)
	up to 0.30 + 0.50	**Squat on landing** (hips ~~even with or~~ lower than knees) **Lands Vault in squat position, then falls** *See below diagram for specific squat deductions.
	up to 0.30	**Slight brush / touch of 1 or 2 hands on mat (no support)**
	VOID 0.50	**Fail to land on any part of the bottom of the feet first** • **If gymnast falls, landing on hands and bottom of feet simultaneously, Vault is scored.**
	0.50	**Support on mat** (with 1 or 2 hands)
	0.50	**Fall on mat** (to knee(s) or hips)
	0.50	**Fall against Vault table**
	VOID	**Landing on top of the vault table** (in a sitting, lying or standing position)

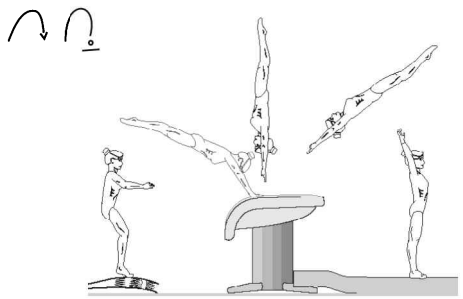
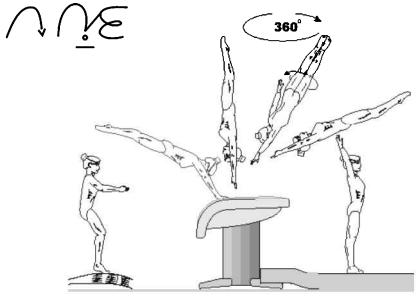
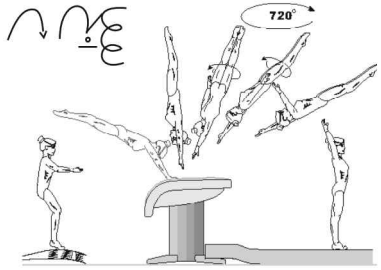
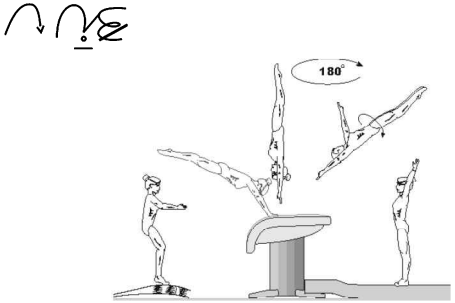
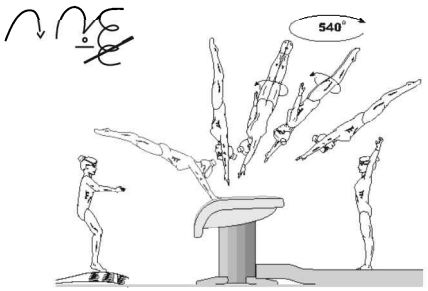
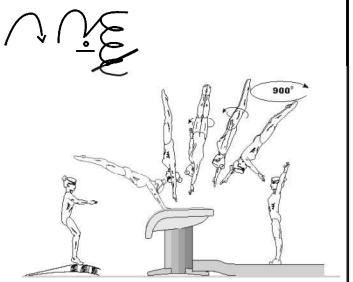
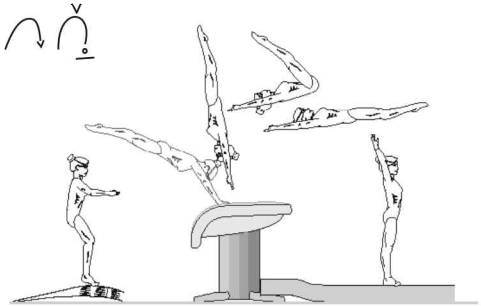
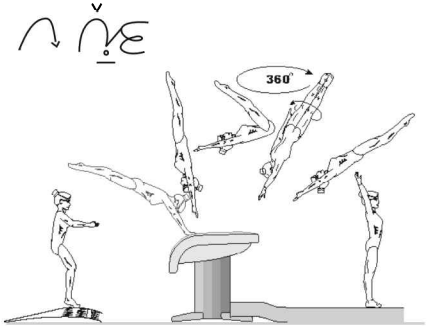
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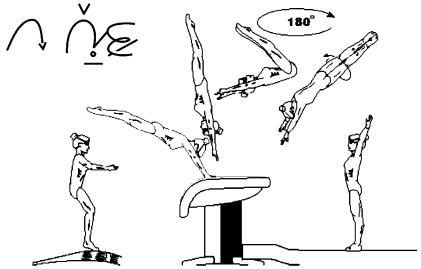
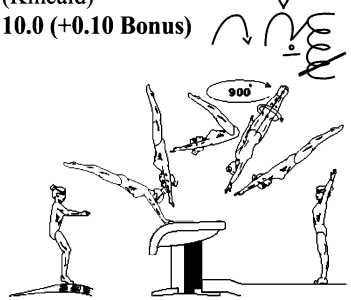
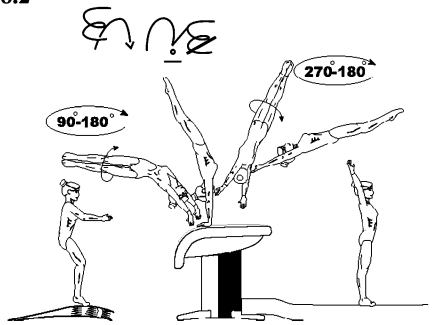
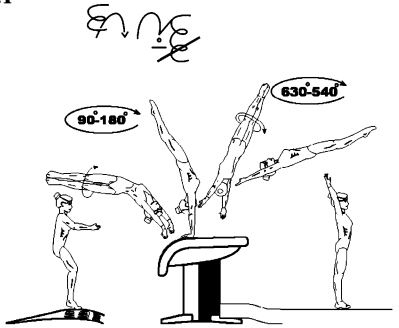
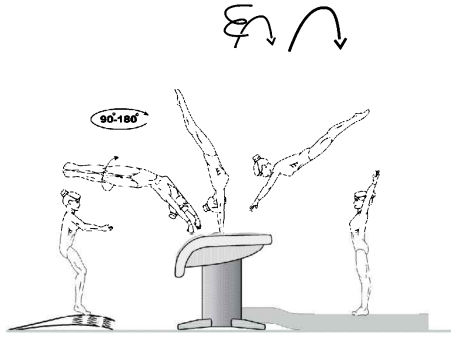
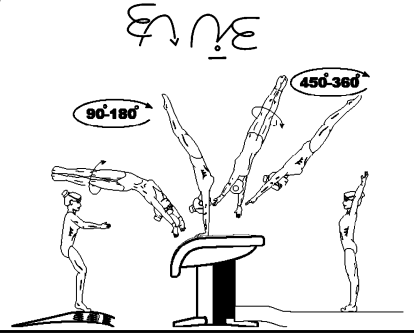
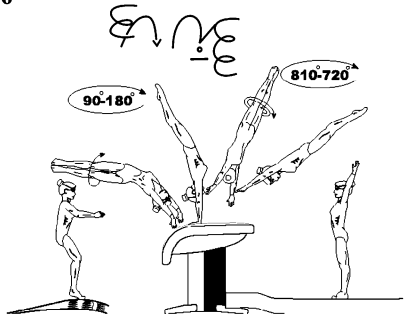


Revised 7.22 & 7.23

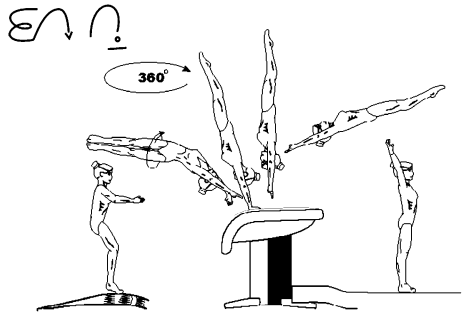
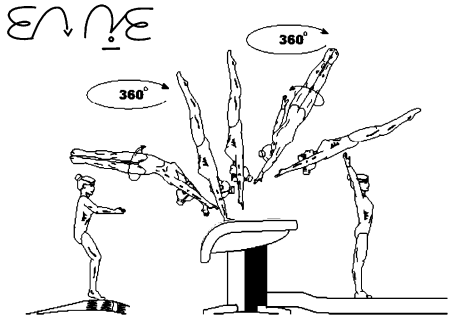
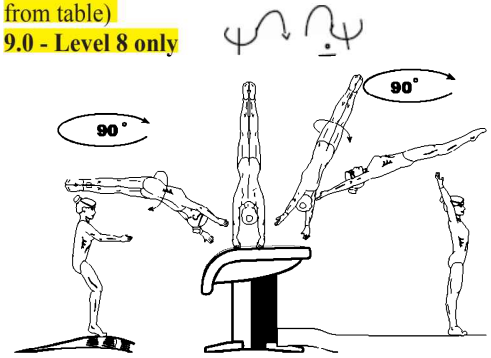
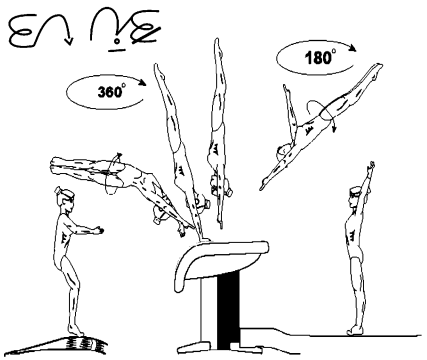
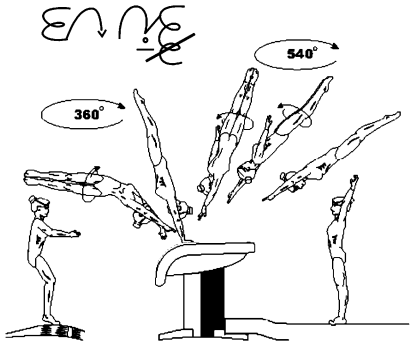
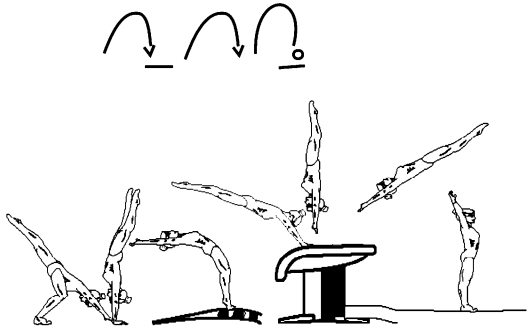
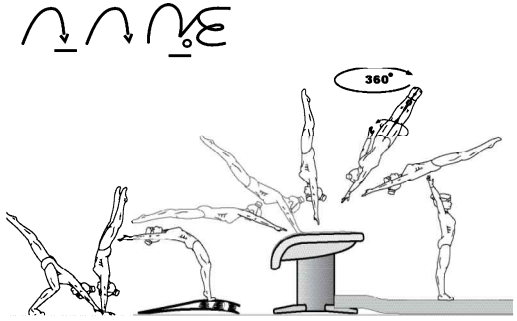
CLARIFICATION - STEPS ON LANDING:

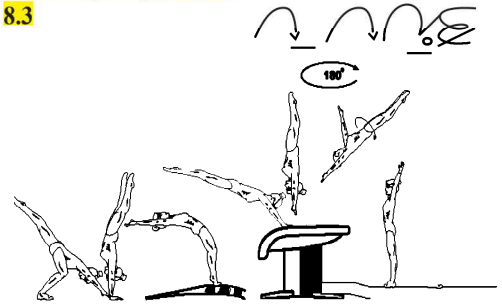
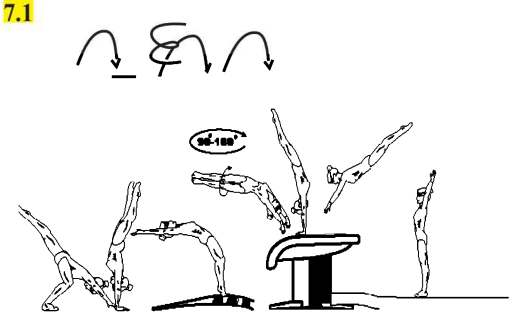
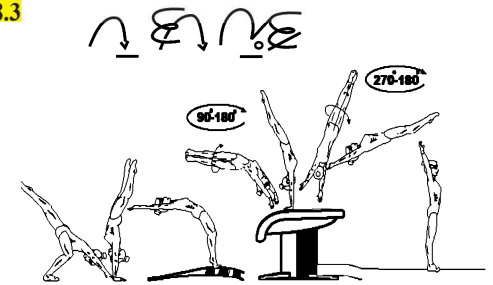
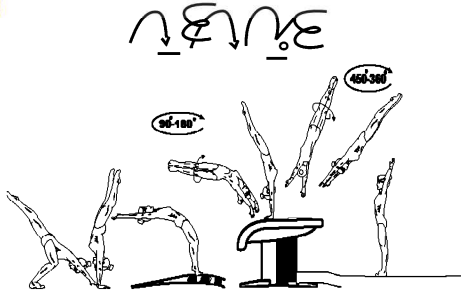
1. A small step-close is considered one small step and receives a 0.10 deduction.
   A medium step-close would receive a 0.15 deduction.
   A very small step-close or other small foot movement would receive 0.05 deduction.
   EXAMPLES of one small/medium step (0.10 - 0.15):
   a. The gymnast lands with feet together, then takes one step forward, sideward or backward on the right (R) foot; then returns the R foot to join the left (L) foot, OR
   b. The gymnast lands with feet together, then takes one step forward, sideward or backward on the R foot; then steps with the L foot to join the R foot.
   c. If a gymnast lands with feet a maximum of hip-width apart, there is no deduction, provided that she joins (slides) the heels together on the controlled extension.
      - If the entire foot / feet are sliding or lifting off the mat to join, it is considered a small step.
2. If the gymnast is out of control or has additional movements to maintain balance after the step(s), additional deductions may be applied.
3. There is a maximum deduction of 0.40 for steps (regardless of size or number); however, if the steps result in a fall, deduct only 0.50 for the fall.
4. If the gymnast lands with feet apart / staggered and then continues to take steps, deduct only for the steps. The deductions for landing with feet apart / staggered are to be applied only when the gymnast “sticks” the landing.

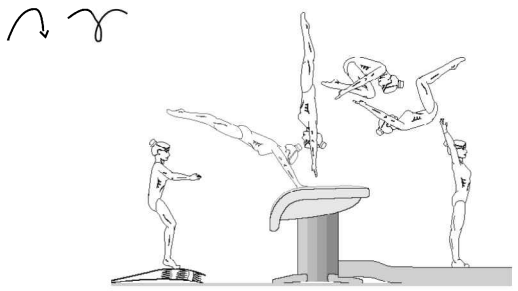
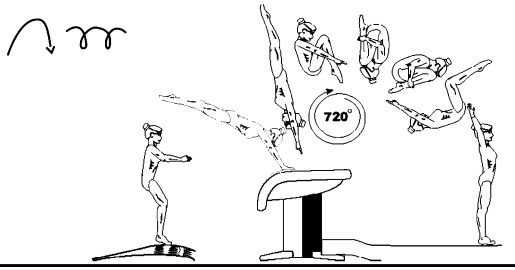
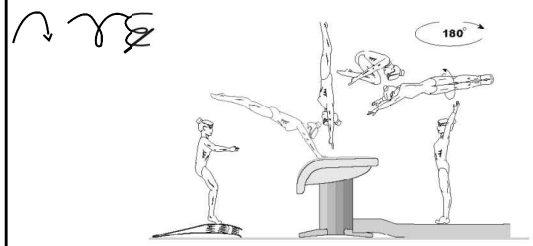
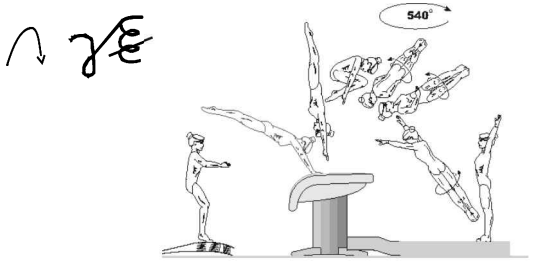
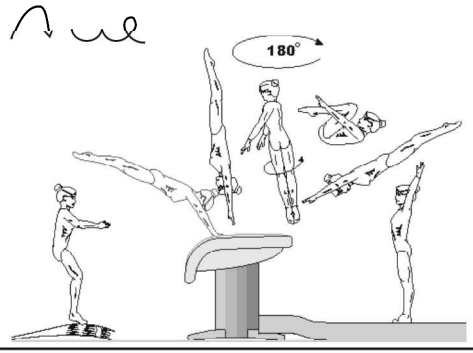
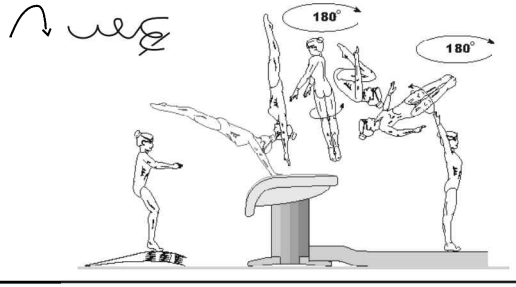
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.				
All values listed refer to Level 10	***Refer to Vault Value Charts for***	***Levels 6/7/8/9***		
1.101 Handspring forward on – repulsion off **8.1** 	**1.201** Handspring forward on – 1/1 (360°) turn off **8.8** 	**1.301** Handspring forward on – 2/1 (720°) turn off **9.8** 	**1.401**	**1.501**
1.102 Handspring forward on – ½ (180°) turn off **8.2** 	**1.202** Handspring forward on – 1½ (540°) turn off **9.2** 	**1.302**	**1.402** Handspring forward on – 2½ (900°) turn off **10.0 (+0.10 Bonus)** 	**1.502**
1.103 Yamashita **8.1** 	**1.203** Yamashita with 1/1 (360°) turn off **8.8** 	**1.303**	**1.403**	**1.503**

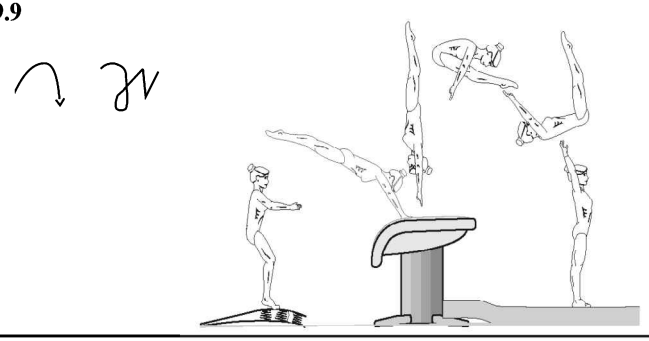
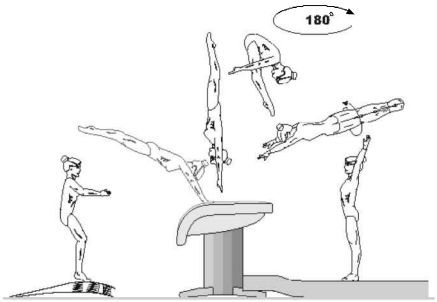
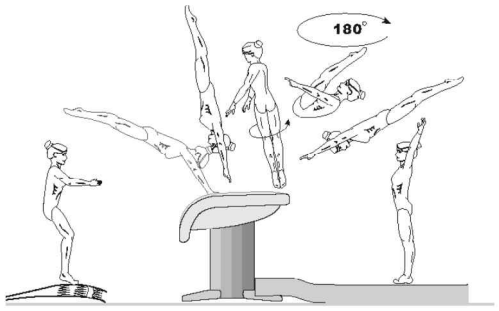
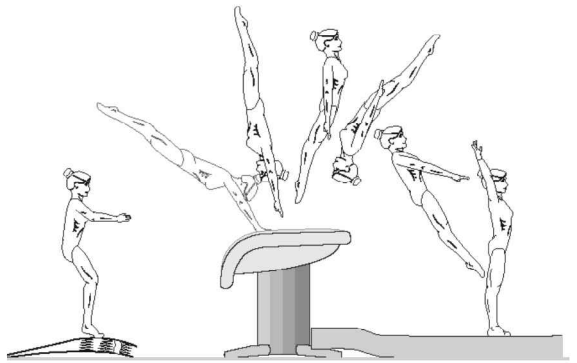
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.				
All values listed refer to Level 10	***Refer to Vault Value Charts for***	***Levels 6/7/8/9***		
1.104 Yamashita with ½ (180°) turn off **8.2** 	**1.204**	**1.304**	**1.404**	**1.504** Yamashita with 2½ (900˚) turn off (Kincaid) **10.0 (+0.10 Bonus)** 
1.105 ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270˚) turn off **8.2** 	**1.205** ½ (180°) turn on – 1½ (540°) turn off OR ¼ (90˚) turn on – 1¾ (630°) turn off **9.1** 	**1.305**	**1.405**	**1.505**
1.106 ¼ – ½ (90˚–180°) turn on – repulsion off **7.0** 	**1.206** ½ (180°) turn on – 1/1 (360˚) turn off OR ¼ (90˚) turn on – 1¼ (450°) turn off **8.7** 	**1.306** ½ (180°) turn on – 2/1 (720˚) turn off OR ¼ (90˚) turn on – 2¼ (810°) turn off **9.6** 		

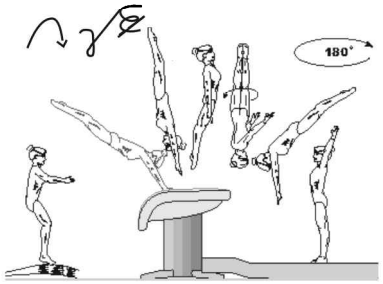
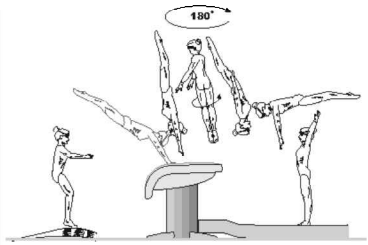
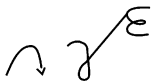
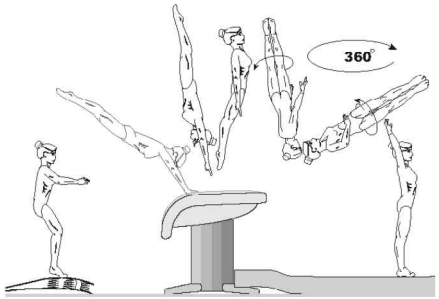
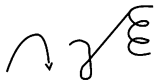
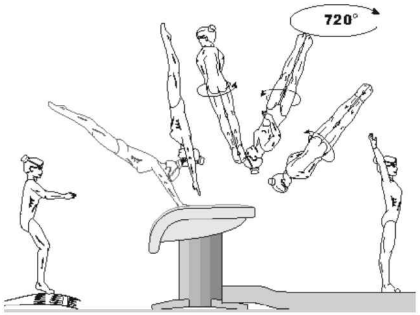
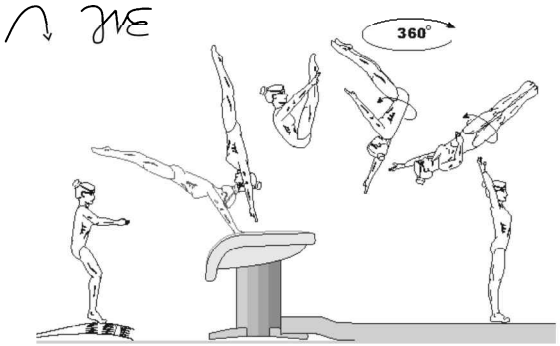
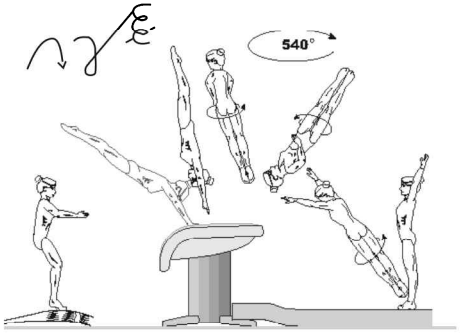
Revised 7.23- 1.106 & 1.206 Illustration correction

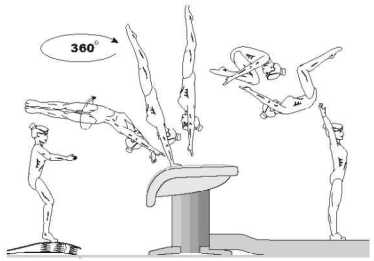
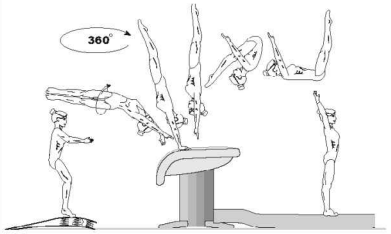
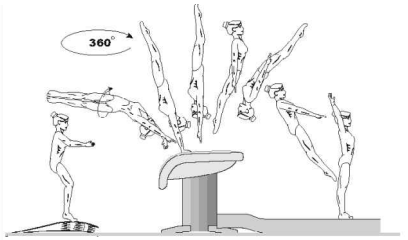
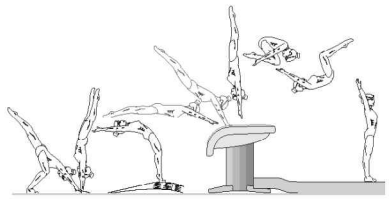
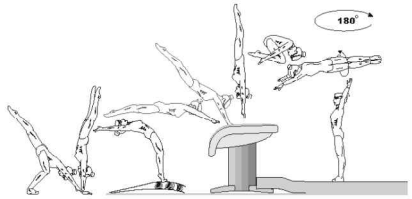
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.				
All values listed refer to Level 10	***Refer to Vault Value Charts for***	***Levels 6/7/8/9***		
1.107	**1.207** 1/1 (360°) turn on – Handspring/Yamashita off **8.9** 	**1.307** 1/1 (360°) turn on – 1/1 (360°) turn off **9.7** 	**1.407**	**1.507**
1.108 1/4 (90°) turn on - 1/4 (90°) off (land facing away from table) **9.0 - Level 8 only** 	**1.208** 1/1 (360°) turn on – Handspring ½ (180°) turn off **9.1** 	**1.308** 1/1 (360°) turn on –1½ (540°) turn off **9.8** 	**1.408**	**1.508**
1.109 Handspring forward onto board – handspring forward on – repulsion off **8.2** 	**1.209** Handspring forward onto board – handspring forward on – 1/1 (360°) turn off **8.9** 	**1.309**	**1.409**	**1.509**

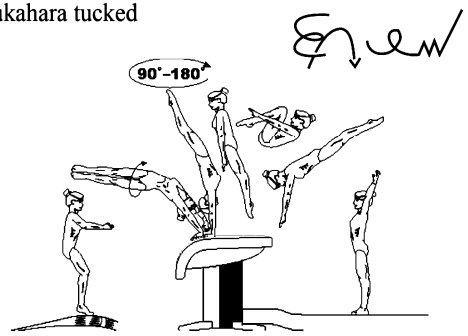
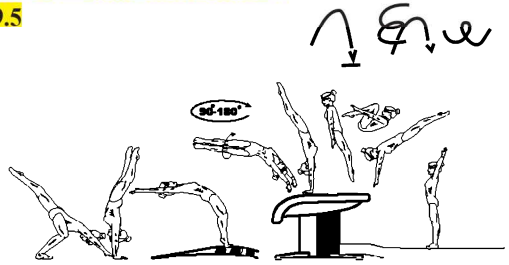
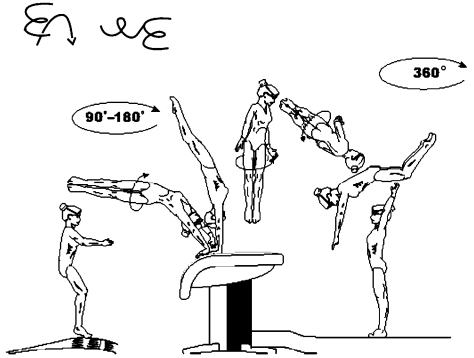
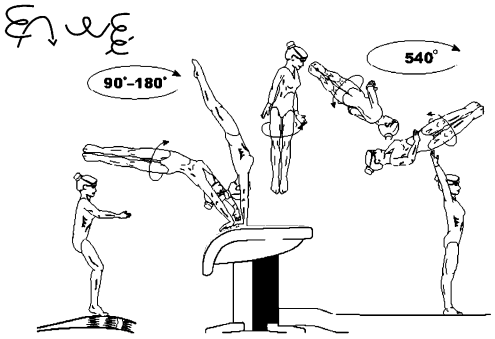
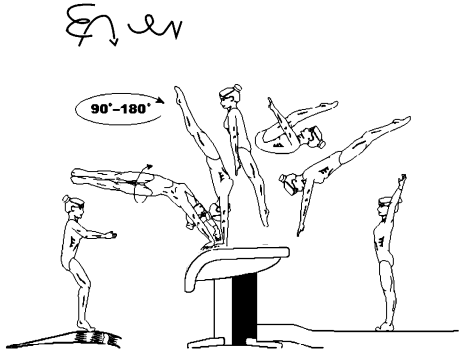
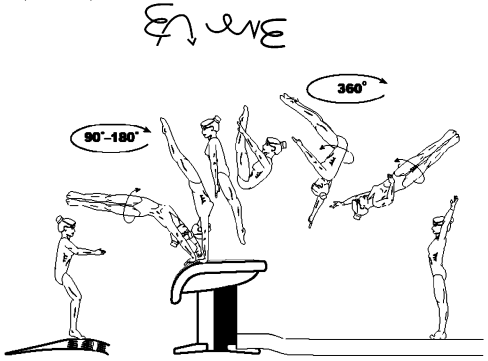
Group 1 – Vaults without Saltos (Forward entry-Handsprings, Yamashitas) with or without LA turns in first and or second flight phase.				
All values listed refer to Level 10	*Refer to Vault Value Charts for*	*Levels 6/7/8/9*		
1.110 Handspring forward onto board – handspring forward on – 1/2 (180°) turn off **8.3** 	**1.210**	**1.310**	**1.410**	**1.510**
1.111 Handspring forward onto board – ¼ – ½ (90°–180°) turn on – repulsion off **7.1** 	**1.211** Handspring forward onto board – ½ (180°) turn on – 1/2 (180°) turn off OR ¼ (90°) turn on – 3/4 (270°) turn off **8.3** 	**1.311** Handspring forward onto board – ½ (180°) turn on – 1/1 (360°) turn off OR ¼ (90°) turn on – 1 ¼ (450°) turn off **8.8** 	**1.411**	**1.511**
1.112	**1.212**	**1.312**	**1.412**	**1.512**

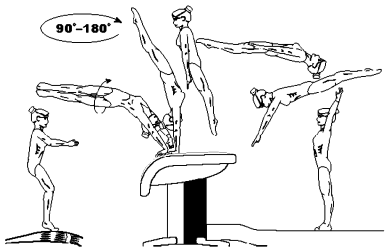
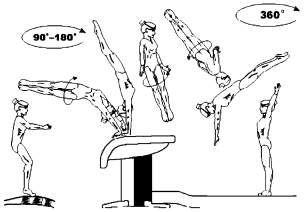
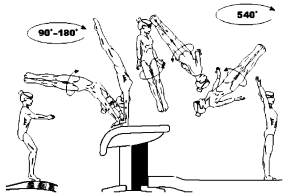
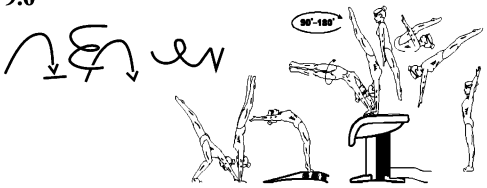
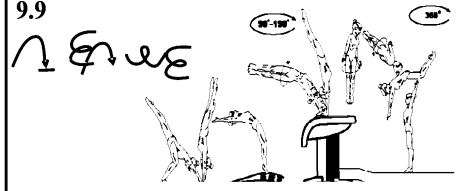
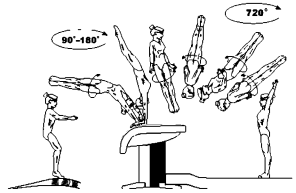
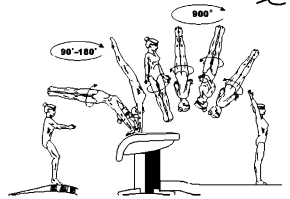
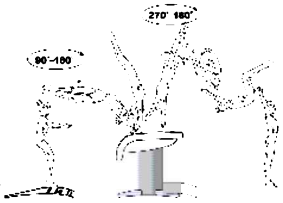
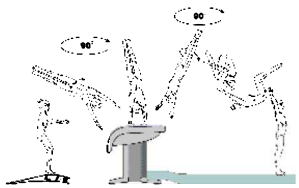
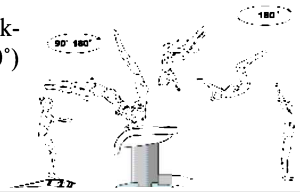
Group 2 – Handspring forward with or without 1/1 (360˚) turn in entry phase – Salto forward or backward with or without LA turn in second flight phase.				
		All values listed refer to Level 10	*Refer to Vault Value Charts for*	*Levels 6/7/8/9*
2.101	**2.201**	**2.301** Handspring forward on – salto forward tucked off **9.8** 	**2.401**	**2.501** Handspring forward on – double salto forward tucked off **10.0 (+0.10 Bonus)** 
2.102	**2.202**	**2.302*** Handspring forward on – salto forward tucked with ½ (180°) turn off **10.0*** 	**2.402** Handspring forward on – salto forward tucked with 1/1 (360°) turn off **10.0 (+0.10 Bonus)** 	**2.502** Handspring forward on – salto forward tucked with 1½ (540°) turn off **10.0 (+0.10 Bonus)** 
2.103	**2.203**	**2.303** Handspring forward on – ½ (180°) turn off , salto backward tucked (Tucked Cuervo) **9.9** 	**2.403** Handspring forward on – ½ (180°) turn off , salto backward tucked with an additional ½ (180°) turn (Tucked Cuervo with ½ turn) **10.0 (+0.10 Bonus)** 	**2.503**

Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase – Salto forward or backward with or without LA turn in second flight phase.				
		All values listed refer to Level 10	***Refer to Vault Value Charts for Levels 6/7/8/9***	E
2.104	**2.204**	**2.304** Handspring forward on – salto forward piked off **9.9** 	**2.404** Handspring forward on – salto forward piked with ½ (180°) turn off **10.0 (+0.10 Bonus)** 	**2.504**
2.105	**2.205**	**2.305**	**2.405** Handspring forward on – ½ (180°) turn off , salto backward piked (Piked Cuervo) **10.0 (+0.10 Bonus)** 	**2.505**
2.106	**2.206**	**2.306**	**2.406** Handspring forward on – salto forward stretched off (Ewdokimova) **10.0 (+0.10 Bonus)** 	**2.506**

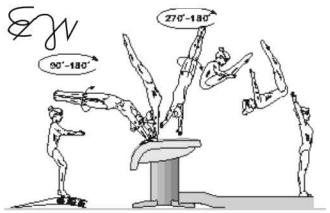
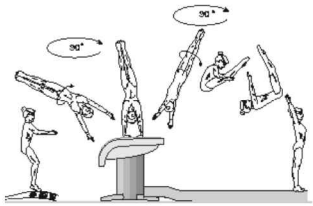
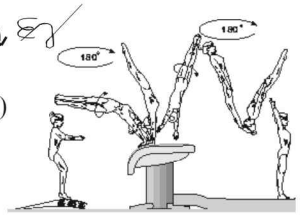
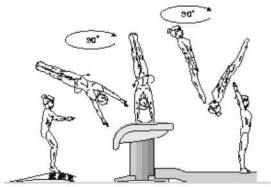
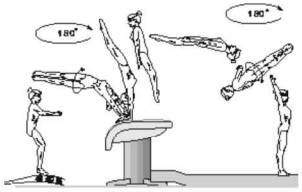
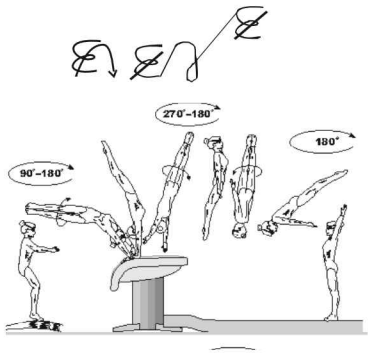
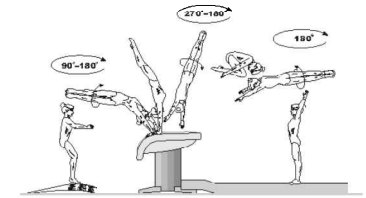
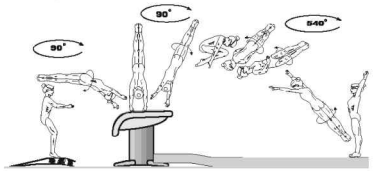
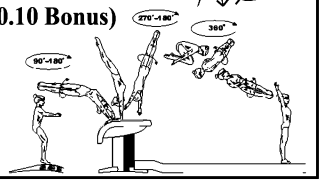
Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase – Salto forward or backward with or without LA turn in second flight phase.					
			All values listed refer to Level 10	*Refer to Vault Value Charts for*	*Levels 6/7/8/9*
2.107	**2.207**	**2.307**	**2.407** Handspring foward on – salto forward stretched with ½ (180°) turn off (Wang) **10.0** **(+0.10 Bonus)**   Handspring forward on – ½ (180°) turn off, back salto stretched (Cuervo stretched) **10.0 (+0.10 Bonus)**	**2.507** Handspring forward on – salto forward stretched with 1/1 (360°) turn off **10.0 (+0.10 Bonus)**   	**2.607** Handspring forward on – salto forward stretched with 2/1 (720°) turn off **10.0 (+0.10 Bonus)**  
2.108	**2.208**	**2.308**	**2.408** Handspring forward on – salto forward piked with 1/1 (360°) turn (Piked Chusovitina with 1/1 turn) **10.0 (+0.10 Bonus)**  	**2.508** Handspring forward on- salto forward stretched with 1½ (540°) turn off (Stretched Chusovitina with 1½ turn) **10.0 (+0.10 Bonus)**  	**2.608**

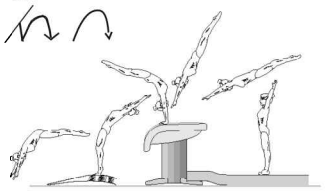
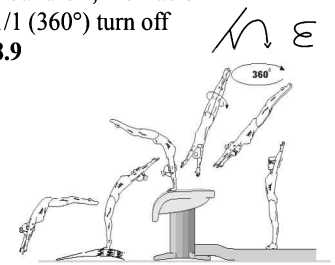
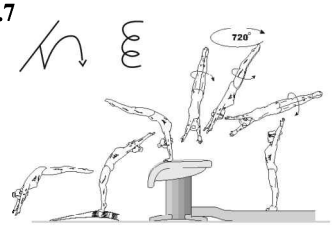
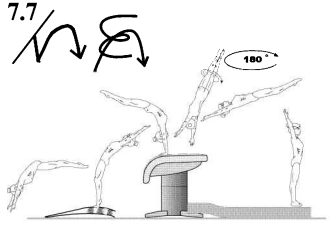
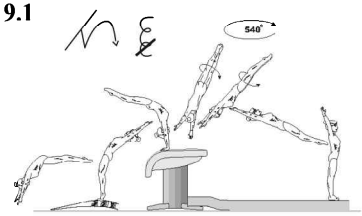
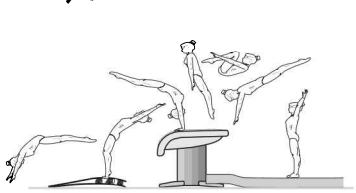
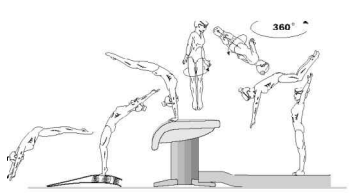
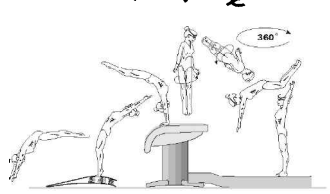
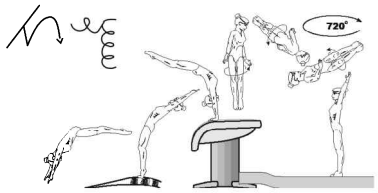
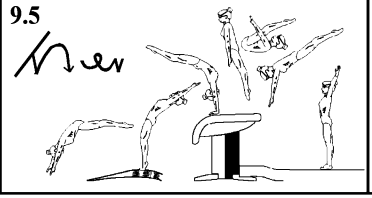
Group 2 – Handspring forward with or without 1/1 (360°) turn in entry phase – Salto forward or backward with or without LA turn in second flight phase.					
		All values listed refer to Level 10	*Refer to Vault Value Charts for*	*Levels 6/7/8/9*	
2.109	**2.209**	**2.309**	**2.409** 1/1 (360°) turn on – salto forward tucked off **10.0 (+0.10 Bonus)** 	**2.509** 1/1 (360°) turn on – salto forward piked off **10.0 (+0.10 Bonus)** 	**2.609** 1/1 (360°) turn on – salto forward stretched off **10.0 (+0.10 Bonus)** 
2.110	**2.210**	**2.310** Handspring forward onto board – handspring forward on – salto forward tucked off (Ilg) **9.9** 	**2.410** Handspring forward onto board – handspring forward on - salto forward tucked with ½ (180°) turn off (Mantle) **10.0 (+0.10 Bonus)** 	**2.510**	**2.610**
2.111	**2.211**	**2.311*** Handspring forward onto board – handspring forward on – salto forward piked off (Garbarino) **10.0*** 	**2.411** Front handspring onto board – handspring forward on – salto forward piked with ½ (180°) turn off (Whitman) **10.0 (+0.10 Bonus)** 	**2.511**	**2.611**

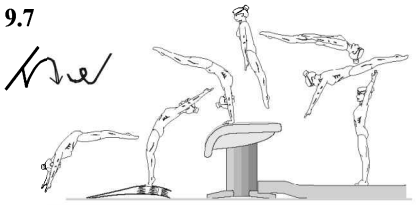
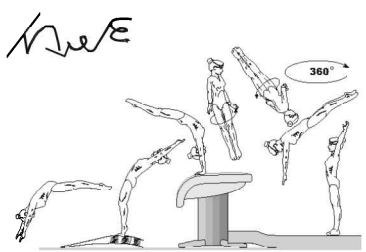
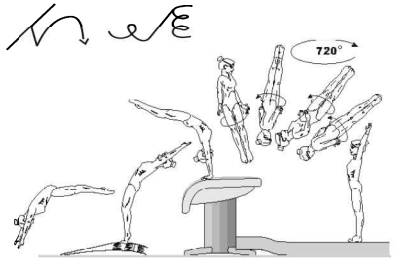
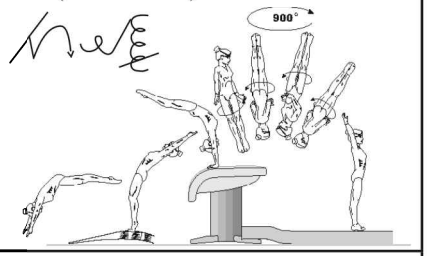
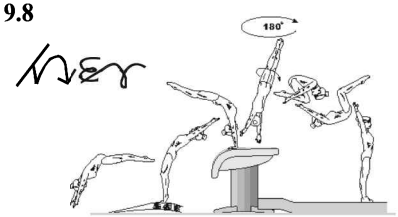
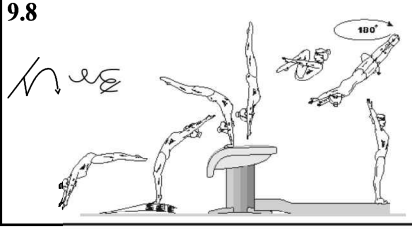
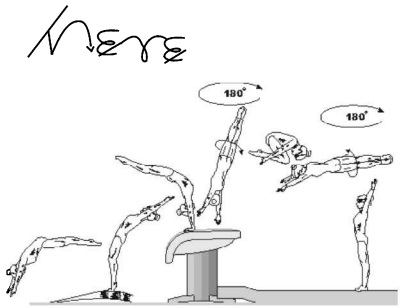
Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry) – Salto forward or backward with or without LA turn in second flight phase.				
	All values listed refer to Level 10	***Refer to Vault Value Charts for Levels 6/7/8/9***		
3.101	**3.201** Tsukahara tucked **9.4** 	**3.301** Handspring forward onto board, ¼ – ½ (90°–180°) turn on – back salto tucked off **9.5** 	**3.401**	**3.501**
3.102	**3.202**	**3.302** Tsukahara tucked with 1/1 (360°) turn off **9.8** 	**3.402** Tsukahara tucked with 1½ (540°) turn off **10.0 (+0.10 Bonus)** 	**3.502**
3.103	**3.203**	**3.303** Tsukahara piked **9.5** 	**3.403** Tsukahara piked with 1/1 (360°) turn off **9.9** (Staruk) 	**3.503**

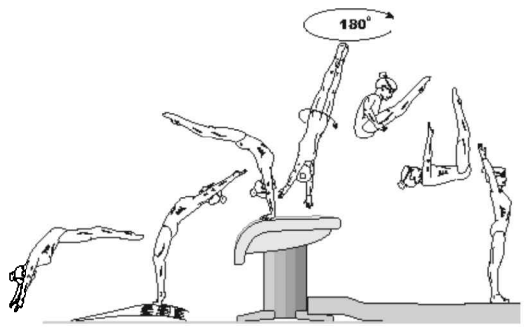
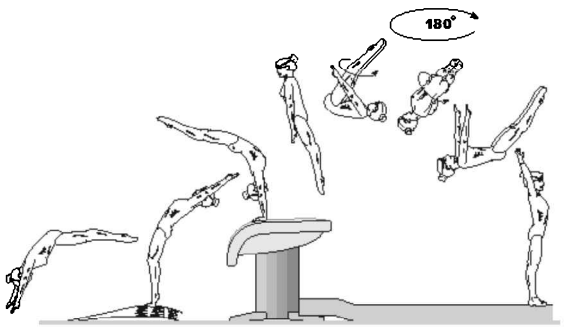
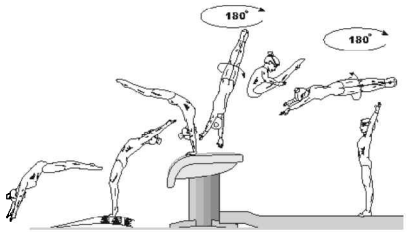
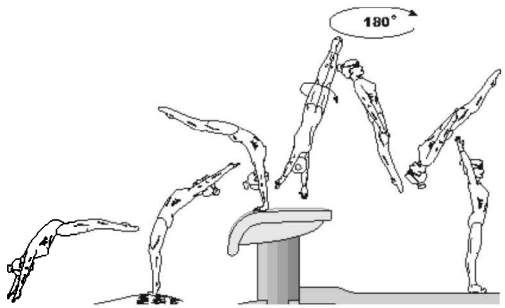
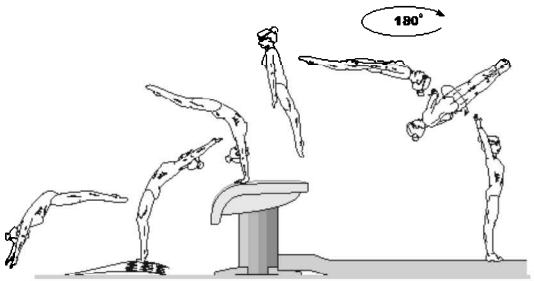
Group 3 – Handspring with 1/4 to 1/2 (90°–180°) turn in entry phase (Tsukahara entry) – Salto forward or backward with or without LA turn in second flight phase.					
		All values listed refer to Level 10	*Refer to Vault Value Charts*	*for Levels 6/7/8/9*	
3.104	**3.204**	**3.304** Tsukahara stretched **9.7** 	**3.404** Tsukahara stretched with 1/1 (360°) turn off **10.0 (+0.10 Bonus)** 	**3.504** Tsukahara stretched with 1½ (540°) turn off **10.0 (+0.10 Bonus)** 	**3.604**
3.105	**3.205**	3.305 Handspring forward onto board, ¼ (90˚) – ½ (180°) turn on – back salto piked (Zuhlke) **9.6** 	**3.405** Handspring forward onto board, ¼ (90˚) – ½ (180°) turn on – back salto tucked with 1/1 (360°) turn off (Zuhlke) **9.9** 	**3.505** Tsukahara stretched with 2/1 (720°) turn off **10.0 (+0.10 Bonus)** 	**3.605** Tsukahara stretched with 2½ (900°) turn off **10.0 (+0.10 Bonus)** 
3.106	**3.206**	**3.306** ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270°) off to salto forward tucked **9.7**  ¼ (90˚) on – ¼ (90˚) turn off with salto forward tucked (lands facing out) **9.7**  Tsukahara with salto backward tucked with ½ (180˚) turn **9.7** 	**3.406**	**3.506**	**3.606**

Group 3 – Handspring with 1/4 to 1/2 (90˚–180˚) turn in entry phase (Tsukahara entry) – Salto forward or backward with or without LA turn in second flight phase.

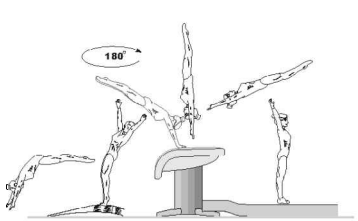
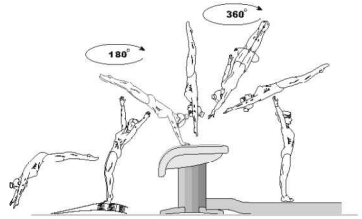
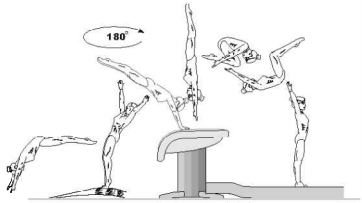
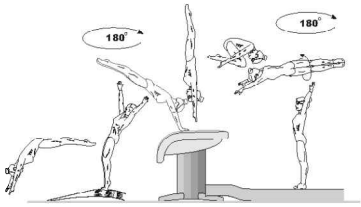
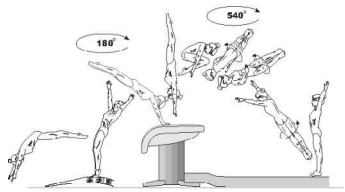
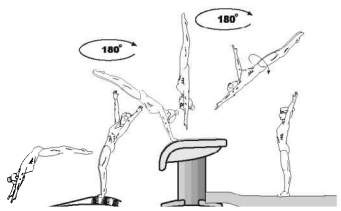
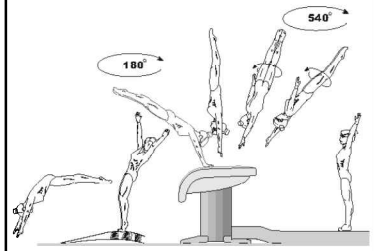
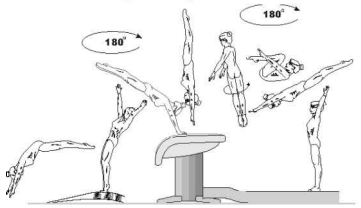
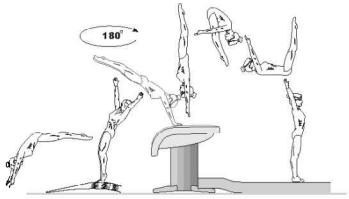
		All values listed refer to Level 10 ** = 10.0 vaults*	*with no bonus* *Refer to Vault Value Charts*	*for Levels 6/7/8/9*
3.107	**3.207**	**3.307** ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270˚) turn off, to salto forward piked **9.8**   ¼ (90˚) turn on – ¼ (90˚) turn off to salto forward piked (lands facing out) **9.8** Tsukahara with salto backward piked with ½ (180˚) turn off **9.8** 	**3.407*** ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270˚) turn off, to salto forward stretched (Phelps) **10.0 ***   ¼ (90˚) turn on – ¼ (90˚) turn off with salto forward stretched (lands facing out) **10.0 *** Tsukahara with salto backward stretched with ½ (180˚) turn off **10.0 *** 	**3.507** ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270˚) turn off, to salto forward stretched with ½ (180°) turn (House) **10.0 (+0.10 Bonus)** 
3.108	**3.208**	**3.308** ½ (180°) turn on – ½ (180°) turn off OR ¼ (90˚) turn on – 3/4 (270°) turn off, to salto forward tucked ½ (180°) (Shible) **9.8** 	**3.408**	**3.508** ¼ (90˚) turn on – ¼ (90˚) turn off – front salto tucked with 1½ (540°) turn (Carey) **10.00 (+0.10 Bonus)** 
3.109	**3.209**	**3.309**	**3.409**	**3.509** ¼ – ½ (90˚–180°) turn on – 3/4– ½ (270˚–180°) turn off, salto forward tucked with 1/1 (360°) turn (Shible 1/1) **10.00 (+0.10 Bonus)** 

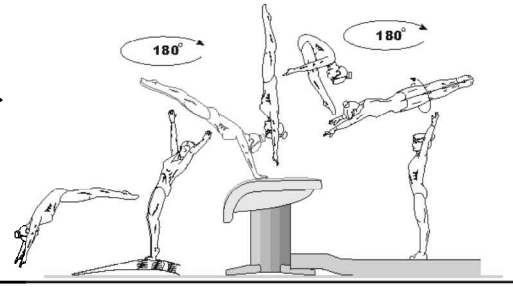
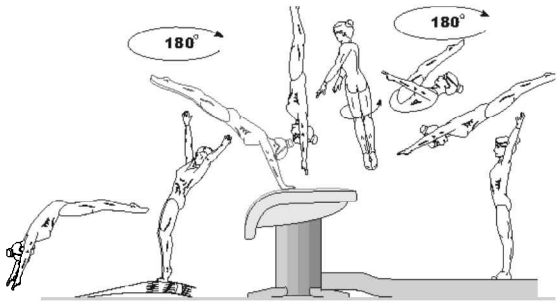
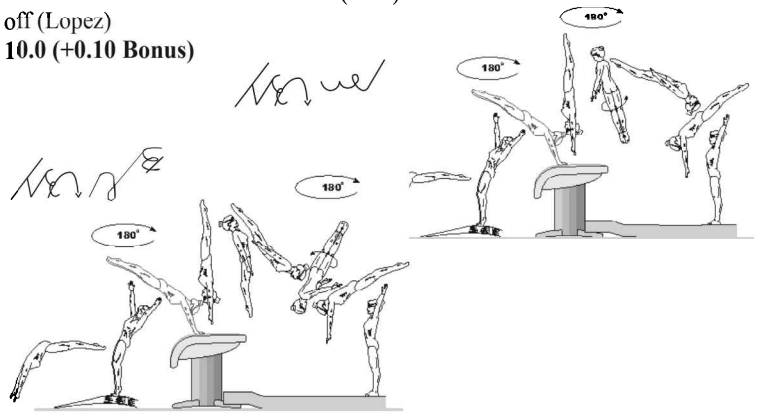
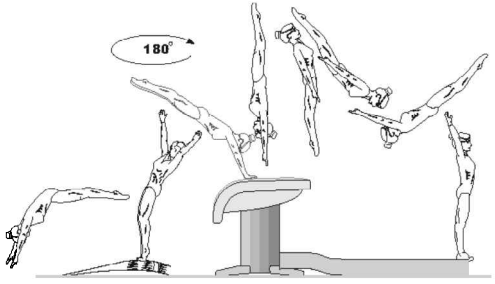
Group 4 – Round-off entry (Yurchenko) - Repulsion off with or w/out turn OR Salto forward or backward with or without LA turn in second flight phase				
All values listed refer to	***Level 10***	**** = 10.0 vaults with no bonus***	***Refer to Vault Value***	***Charts for Levels 6/7/8/9***
4.101 Round-off, flic-flac on – repulsion off **7.0** 	**4.201** Round-off, flic-flac on – 1/1 (360°) turn off **8.9** 	**4.301** Round-off, flic-flac on – 2/1 (720°) turn off (Allen - 2/1 turn) **9.7** 	**4.401**	**4.501**
4.102 Round-off, flic-flac on – repulsion off with ½ (180°) turn **7.7** 	**4.202** Round-off, flic-flac on – 1½ (540°) turn off (Allen - 1½ turn) **9.1** 	**4.302**	**4.402**	**4.502**
4.103	**4.203** Round-off, flic-flac on – salto backward tucked off **9.4** 	**4.303** Round-off, flic-flac on – salto backward tucked with 1/1 (360°) turn off **9.8** 	**4.403*** Round-off, flic-flac on – salto backward tucked with 1½ (540°) turn off **10.0 *** 	**4.503** Round-off, flic-flac on – salto backward tucked with 2/1 (720°) turn off (Dungelova) **10.0 (+0.10 Bonus)** 
4.104	**4.204**	**4.304** Round-off, flic-flac on – salto backward piked off **9.5** 	**4.404**	**4.504**

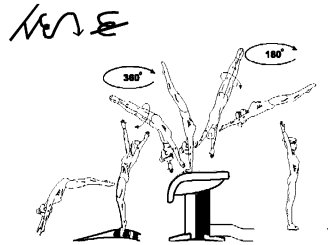
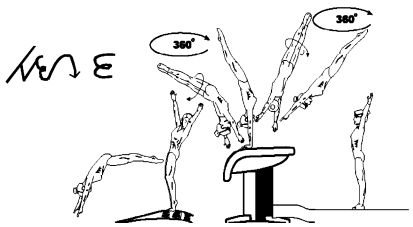
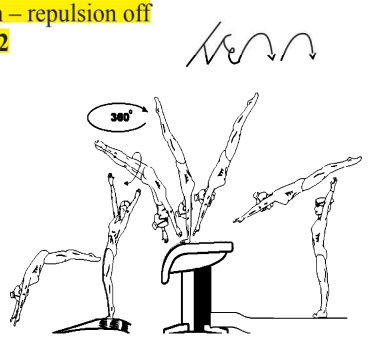
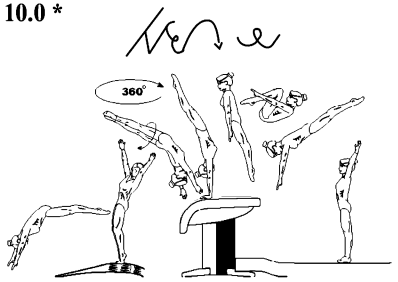
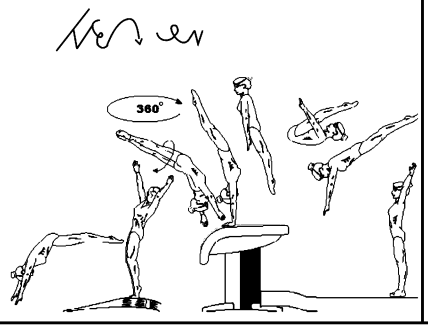
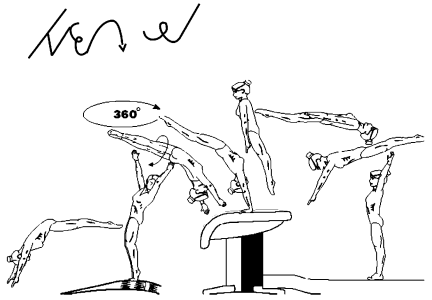
Group 4 – Round-off entry (Yurchenko) - Repulsion off with or w/out turn OR Salto forward or backward with or without LA turn in second flight phase					
		All values listed refer to Level 10	**** = 10.0 vaults with no bonus***	***Refer to Vault Value***	***Charts for Levels 6/7/8/9***
4.105	**4.205**	**4.305** Round-off, flic-flac on – salto backward stretched off **9.7** 	**4.405**	**4.505**	**4.605**
4.106	**4.206**	**4.306*** Round-off, flic-flac on – salto backward stretched with 1/1 (360°) turn off **10.0 *** 	**4.406** Round-off, flic-flac on– salto backward stretched with 1½ (540°) turn off **10.0 (+0.10 Bonus)** 	**4.506** Round-off, flic-flac on – salto backward stretched with 2/1 (720°) turn off **10.0 (+0.10 Bonus)** 	**4.606** Round-off, flic-flac on – salto backward stretched with 2½ (900°) turn off (Amanar) **10.0 (+0.10 Bonus)** 
4.107	**4.207**	**4.307** Round-off, flic-flac on – ½ (180°) turn off, salto forward tucked (Peneva) **9.8**  Round-off, flic-flac on – salto backward tucked with ½ (180˚) turn off **9.8** 	**4.407*** Round-off, flic-flac on – ½ (180˚) turn off, salto forward tucked with ½ (180°) turn (Tucked Beckman) **10.0*** 	**4.507**	**4.607**

Group 4 – Round-off entry (Yurchenko) - Repulsion off with or w/out turn OR Salto forward or backward with or without LA turn in second flight phase				
		All values listed refer to Level 10 **** = 10.0 vaults with no bonus*** ***Refer to***	***Vault***	***Value Charts for Levels 6/7/8/9***
4.108	**4.208**	**4.308** Round-off, flic-flac on – ½ (180°) turn off, salto forward piked **9.9**  **4.308** Round-off, flic-flac on – salto backward piked with ½ (180°) turn off **9.9** 	**4.408**	**4.508** Round-off, flic-flac on – ½ (180˚) turn off, salto forward piked with ½ (180°) turn (Piked Beckman) **10.0 (+0.10 Bonus)** 
4.109	**4.209**	**4.309*** Round-off, flic-flac on – ½ (180°) turn off, salto forward stretched (Hristakieva) **10.0 ***  Round-off, flic-flac on – salto backward stretched with ½ (180°) turn off **10.0 *** 	**4.409**	**4.509**

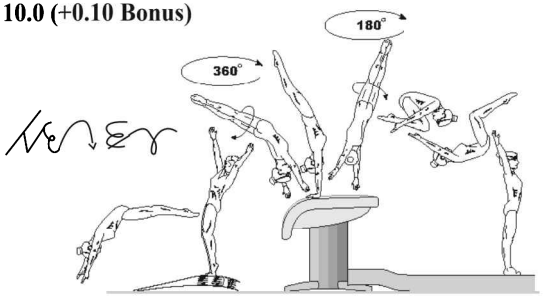
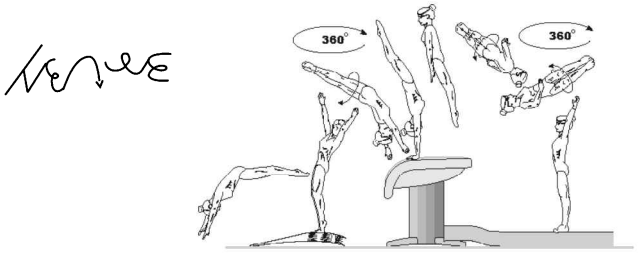
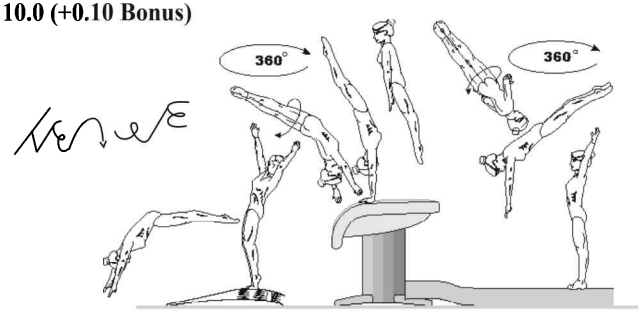
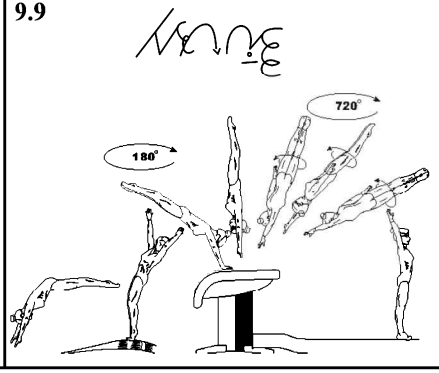
Group 5 – Round-off with 1/2 or 1/1 (180˚– 360˚) turn in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase.

All values listed refer to Level	*10*	*Refer to Vault Value*	*Charts for Levels 6/7/8/9*	
5.101 Round-off, flic-flac with ½ (180°) turn on – handspring off **8.9** 	**5.201** Round-off, flic-flac with ½ (180°) turn on – handspring 1/1 (360°) turn off **9.2** 	**5.301*** Round-off, flic-flac with ½ (180°) turn on – salto forward tucked off (Ivantcheva) **10.0*** 	**5.401** Round-off, flic-flac with ½ (180°) turn on – salto forward tucked with ½ (180°) turn off (Servente) **10.0 (+0.10 Bonus)** 	**5.501** Round-off, flic-flac with ½ (180°) turn on – salto forward tucked with 1½ (540°) turn off (Khorkina) **10.0 (+0.10 Bonus)** 
5.102 Round-off, flic-flac with ½ (180°) turn on – handspring with ½ (180°) turn off **9.1** 	**5.202** Round-off, flic-flac with ½ (180°) turn on– handspring 1½ (540°) turn off **9.4** 	**5.302**	**5.402** Round-off, flic-flac with ½ (180°) turn on – ½ (180°) turn off, salto backward tucked (Mroz) **10.0 (+0.10 Bonus)** 	**5.502**
5.103	**5.203**	**5.303**	**5.403** Round-off, flic-flac with ½ (180°) turn on – salto forward piked off (Omelianchik) **10.0 (+0.10 Bonus)** 	**5.503**

Group 5 – Round-off with 1/2 or 1/1 (180°– 360°) turn in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase.				
			All values listed refer to Level 10	*Refer to Vault Value Charts for Levels 6/7/8/9*
5.104	**5.204**	**5.304**	**5.404** Round-off, flic-flac with ½ (180°) turn on – salto forward piked with ½ (180°) turn off (Podkopayeva) **10.0 (+0.10 Bonus)** 	**5.504**
5.105	**5.205**	**5.305**	**5.405** Round-off, flic-flac with ½ (180°) turn on – ½ (180°) turn off, salto backward piked (Khorkina) **10.0 (+0.10 Bonus)** 	**5.505** Round-off, flic-flac with ½ (180°) turn on – ½ (180°) turn off, salto backward stretched or – salto forward stretched with ½ (180°) turn off (Lopez) **10.0 (+0.10 Bonus)** 
5.106	**5.206**	**5.306**	**5.406** Round-off, flic-flac with ½ (180°) turn on – salto forward stretched off **10.0 (+0.10 Bonus)** 	**5.506**

Group 5 – Round-off with 1/2 or 1/1 (180˚– 360˚) turn (180˚– 360˚) in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase.				
	All values listed refer to Level 10		**** = 10.0 vaults with no bonus***	***Refer to Vault Value Charts for Levels 6/7/8/9***
5.107 Round-off, flic-flac with 1/1 (360°) turn on – 1/2 (180°) turn off 9.2 	**5.207** Round-off, flic-flac with 1/1 (360°) turn on – 1/1 (360°) turn off **9.3** 	**5.307**	**5.407**	**5.507**
5.108 Round-off, flic-flac with 1/1 (360°) turn on – repulsion off **8.2** 	**5.208**	**5.308**	**5.408*** Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward tucked off (Luconi) **10.0 *** 	**5.508**
5.109	**5.209**	**5.309**	**5.409*** Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward piked off **10.0 *** 	**5.509** Round-off, flic-flac with 3/4 (270°) to 1/1 turn (360°) on – salto backward stretched off **10.0 (+0.10 Bonus)** 

Revised 7.22- #5.107-corrected symbol & 7.23

Group 5 – Round-off with 1/2 or 1/1 (180˚–360˚) turn in entry phase – Handspring or Salto forward or backward with or without LA turn in second flight phase.				
		All values listed refer to Level 10	*Refer to Vault Value Charts for Levels 6/7/8/9*	
5.110	**5.210**	**5.310**	**5.410** Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – ½ (180°) turn off, salto forward tucked **10.0 (+0.10 Bonus)** 	**5.510** Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – salto backward tucked with 1/1 (360°) turn off **10.0 (+0.10 Bonus)** 
5.111	**5.211**	**5.311**	**5.411**	**5.511** Round-off, flic-flac with 3/4 (270°) to 1/1 (360°) turn on – salto backward stretched with 1/1 (360°) turn off (Tankousheva) **10.0 (+0.10 Bonus)** 
5.112	**5.212**	**5.312** Round-off, flic-flac with ½ (180°) turn on – 2/1 (720°) turn off **9.9** 	**5.412**	**5.512**

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL UNEVEN BAR RULES

	SPECIAL REQUIREMENTS (SR) SR each worth 0.50 ✓ One element may fulfill more than one SR, unless specified. ✓ Deduct 0.50 for each missing SR	Value Parts (VP) A = .10 B = .30 C = .50	Allowable elements & Difficulty Restrictions Restricted Elements 0.50 deduction - off SV No credit for VP or SR (if applicable)	START VALUE (SV) & BONUS	Timed Warm-Ups (Per Gymnast)
Level 6	1. One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal) 2. Minimum of one bar change 3. One 360° clear circling element from Groups 3 / 6 / 7 4. Salto dismount, minimum of "A"	A = 5 B = 1 C = 0 Allowable C's = B value	**Allowable:** Only "A" / "B" elements ONE of the following selected "C's": Clear hip/stalder/pike sole circles bkwd to HS **Restricted:** Any other "C's and "all D/E" elements Any flight/release elements HB to LB; LB to HB	**10.0 SV** Not eligible for Bonus	1½ min.
Level 7	1. One cast to handstand (SR awarded when angle is a minimum of 45° - angle deductions will apply) 2/3. Two 360° clear circling elements, same or different a. One 360° clear circling element, minimum of "B" b. One 360° clear circling element, Group 3 / 6 / 7 4. Salto dismount, minimum of "A"	A = 5 B = 2 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip **Restricted:** Any other "C's" and all "D/E" elements	**10.0 SV** Not eligible for Bonus	1½ min.
Level 8	**1.** Minimum of one bar change 2/3. Two "B" elements, same or different: a. One "B" element with flight, excluding dismount, **OR** One "B" element with minimum 180° Long Axis (LA) Turn, excl, mount / dismount b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excl. dismount 4. Salto dismount, minimum of "A"	A = 4 B = 4 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with ½ turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ ½ turn to regular grip One restricted "C" element - considered in chronological order. **Restricted:** Any additional "C's" and all "D/E" elements	**10.0 SV** Not eligible for Bonus	2 min.
Level 9	1. Minimum of two bar changes 2. One flight element, minimum of "B", excluding dismount 3. Second, different, flight element, minimum of "C", excl. dismount, **OR** one element with long axis (LA) turn (180° or more), minimum of "B", excl. mount / dismount 4. Salto dismount, minimum of "B"	A = 3 B = 4 C = 1 Allowable D/E's = C value	**Allowable**: All "A" / "B" / "C" elements Any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS **or** with 1/1 (360°) turn to HS ("D/Es") ONE restricted "D/E" element - considered in chronological order **Restricted:** Any additional "D/E's"	**9.70 SV** **Bonus:** 0.30 CV OR 0.20 CV + 0.10 D/E Only 1st D/E eligible for D/E Bonus	2½ min.
Level 10	1. Flight element, minimum of "C", excluding dismount. 2. Second, different, flight element, minimum of "B", excluding dismount. 3. Element with long axis (LA) turn, minimum of "C", excl. mount/dismount 4. Salto dismount, minimum of "C".	A = 3 B = 3 C = 2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: - Met all Difficulty & Special Req. - Minimum of 0.60 total Bonus - "E" element	**9.50 SV** **Bonus:** Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV	2½ min.

Fall Time: 45 sec. Time Starts when gymnast is standing on feet after a fall. Time Stops: when gymnast leaves mat to remount.

Revised 4.22 – DELETED: One restricted "C" element description from L7 allowable elements

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)

1. See ~~Chapter 11~~: Apparatus Requirements in *Women's R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for Inches to Centimeters:

Approx. ¾ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

C. MATTING REGULATIONS FOR MOUNTS

- CJ takes a 0.30 deduction from the average score if:
  1. Board is placed on an unauthorized surface (e.g., 8-inch skill cushion or plywood), OR
  2. Board is NOT removed after mounting.

II. ATTIRE REGULATIONS

A. HIP OR HEEL PADDING NOT ALLOWED

1. Chief Judge (CJ) deducts 0.20 from the average score if hip / heel padding is used.
2. CJ notices the heel pads prior to the mount, a warning must be given.
3. Deduction must be taken if heel pads are worn during routine (with or without warning).

B. BANDAGES, HAND / WRIST GUARDS AND SUCH ARE ALLOWED:

1. Must be securely fastened.
2. Broken or completely torn handgrip will be treated as equipment failure and gymnast has the right to ~~repeat the exercise or~~ continue from point of interruption.
3. The gymnast must immediately show the broken handgrip to the CJ.
4. Bandages, etc. that become loose or unfastened do NOT constitute equipment failure; therefore, no option to continue the exercise from point of interruption is allowed.

III. TIMING REGULATIONS

A. WARM-UP REGULATIONS:

- Only one gymnast at a time is allowed on the bars during any warm-up (General / open, timed or 30-second touch).

B. SPECIFIC MEET FORMATS ALLOW TOUCH WARM-UP

1. Gymnasts are allowed a 30-second touch warm-up period.
   - **a.** Setting of Bars and / or board is NOT included in 30-second touch warm-up time.
   - **b.** Warning is given when warm-up time is exceeded.
     NOTE: preparing for an element, allow gymnast to complete the element.
   - **c.** CJ deducts 0.20 from the average score if gymnast continues to warm-up after a warning is issued for exceeding the warm-up time.
     - In team competitions, deduct from the team event score.
2. Immediately prior to performing the exercise:
   - **a.** May run and jump onto the board and briefly touch the bars without penalty.
   - **b.** CJ deducts 0.20 from the average score for performing or practicing an element (exceeding the warm-up time).

C. TIMING OF FALLS

1. Allowed 45 seconds to re-mount the bar after a fall.
2. Does NOT re-mount within 45 seconds, exercise is terminated.
   a. Fall time begins when gymnast is standing on her feet.
      - If an injury occurs, fall time begins after medical assessment is complete.
   b. 45-second fall time stops when gymnast leaves the floor to re-mount in preparation to resume routine.
3. While off the apparatus following a fall and once the gymnast is standing on her feet, a warning will be communicated as follows:
   a. Timer gives notification "20 seconds remaining" and "10 seconds remaining" in the fall time.
   b. "Time" is called at 45 seconds.
4. Gymnast attempts to re-mount UB after a fall:
   a. Falls again, prior to resuming routine.
   b. Deduct 0.50 for a second fall.
   c. Any subsequent fall will allow for an additional 45-second fall time.

IV. BAR FALL REGULATIONS

A. MAY CHALK UP AND ADJUST GRIPS DURING THE FALL TIME

- Gymnast may NOT go outside of competition area.

B. COACH MAY SPEAK TO GYMNAST:

1. During fall time without penalty.
2. Once gymnast re-mounts, coach may NOT give verbal assistance.
3. Coach NOT allowed to ask judge if element received VP credit before gymnast re-mounts apparatus.

C. GYMNAST FALLS AND DOES NOT RE-MOUNT to finish with a dismount element:

1. Deduct 0.50 for the fall.
2. Deduct 0.50 from Start Value (SV) for the missing dismount Special Requirement (SR) specific to the level.
3. ~~Deduct 0.30 from SV for no dismount.~~
4. Deduct for any other missing SRs.
5. Deduct for missing Value Parts (VP), if applicable.
6. CJ deducts 2.00 from average score:
   - Applies to an exercise consisting of fewer than five VPs.

D. AFTER A FALL:

1. Judging resumes once an element listed in the *Dev COP* is performed.
2. Gymnast allowed to jump (or be lifted) to high bar (HB)
   a. May take a maximum of two "pump" swings to initiate momentum to resume the exercise without penalty.
   b. If more than two "pump" swings, deduct 0.30 for the third pump swing (the first extra swing).
   c. Maximum deduction = 0.50 for consecutive extra swings.
   d. Coach may push gymnast to initiate swing without penalty.
3. **Levels 6 / 7 / 8 / 9** allowed to perform more than one planned cast squat / pike / straddle on (with or without backward sole circle) to jump to HB without penalty.
4. **Level 10** allowed to perform only one planned cast squat / pike / straddle-on (with or without backward sole circle) to jump to HB without penalty.
   - EXCEPTION: Following a fall from the UB, the gymnast is allowed to perform a cast squat/pike-on to resume her routine without receiving a 0.10 deduction, even if a squat/pike-on was performed earlier in the routine.

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5. Gymnast re-mounts with a glide kip, stop in a front support to crawl or stand on low bar (LB).
   a. Deduct 0.10 for uncharacteristic element.
   b. Deduct 0.10 for lack of continuity.
6. Gymnast performs cast squat-on, falls backward, continues with glide kip:
   a. Do NOT consider it a fall.
   b. Take any applicable execution deductions (bent arms / legs, touch of mat with feet, etc.)

V. SPOTTING REGULATIONS

A. COACH ASSISTS / SPOTS GYMNAST DURING AN ELEMENT:

1. Each judge deducts 0.50 for the spot.
2. Additional 0.50 deduction for falls after the spot.
3. VP credit, SR or bonus credit (if applicable) NOT awarded.
4. ~~Do NOT deduct 0.30 from SV for no dismount for a dismount spot, even though the dismount receives no VP credit~~. No longer a deduction.

B. COACH SPOTS GYMNAST UPON LANDING THE DISMOUNT:

1. Each judge deducts 0.50 for the spot.
2. If fall after spot, each judge also deducts 0.50 for fall.
3. Award VP and SR credit.
4. No "D/E" or CV bonus awarded.

C. COACH INADVERTENTLY CONTACTS GYMNAST WITHOUT ASSISTING:

1. Each judge deducts 0.50 for the inadvertent contact.
2. VP credit awarded.
3. SR credit awarded.
4. No "D/E" or CV bonus awarded.
5. NO penalty if gymnast inadvertently contacts coach.

D. COACH CATCHES A FALLING GYMNAST:

1. Do NOT deduct for the spot.
2. Deduct 0.50 for the fall ONLY.

E. RAISED SURFACE FOR SPOTTING RELEASE MOVES:

1. Spotting block or folded mat recommended.
2. CJ deducts 0.30 from average score if spotting device is NOT removed.
   a. No penalty for coach standing on mounting apparatus, provided mounting apparatus (or spotting device) is removed immediately after the release move is performed.
   b. EXCEPTION: Spotting device may remain in place if coach continues to stand on it through multiple releases.
3. Coach may NOT stand on chairs or other items not produced by a gymnastics supply company.
   a. Warning should be given.
   b. CJ deducts 0.30 from average score if coach continues to use an inappropriate item to stand on (use of unauthorized equipment).

F. COACH MAY STEP "BETWEEN" (INSIDE) BARS TO SPOT AN ELEMENT:

1. May NOT remain there for the entire exercise.
2. CJ deducts 0.10 from average score if coach remains between the UB throughout the exercise.

G. NO PENALTY FOR COACH LEANING ON BARS WHILE SPOTTING (without touching gymnast).

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VI. MOUNT and DISMOUNT REGULATIONS

A. MOUNTS

1. Board, mount trainer mat, or panel mat must be removed as soon as possible after gymnast has mounted.

2. Mount attempts:

a. Attempt without mounting is considered a "balk".

b. Two attempts allowed to mount UB without penalty.

- No touch of board and / or UB or run under the UB on either attempt allowed.

EXAMPLE: 1st Attempt: Run, balks, no mount performed
2nd Attempt: Run, mount performed
NO DEDUCTION

c. Three attempts allowed, but each judge takes a 0.50 deduction for third attempt.

EXAMPLE: 1st Attempt: Run, balk, no mount performed
2nd Attempt: Run, balk, no mount performed
3rd Attempt: Runs, performs a "D" mount (0.50 deducted for 3rd approach)
"D" Mount awarded + 0.10 "D/E" bonus at Level 9 or 10.

EXAMPLE: 1st Attempt: Run, balk, no mount performed
2nd Attempt: Run, balk, no mount performed
3rd Attempt: Run, balk, no mount performed (0.50 deducted for 3rd approach)
No mount performed; athlete must climb onto UB to begin exercise.

d. Fourth approach NOT permitted.

e. Run and touch board and / or UB or run under UB without mounting, deduct 0.50 (considered a FALL).

- Acceptable to walk / run under LB to mount with jump to HB from between Bars.

f. Round-off entry mount attempt, performs only the Round-off:

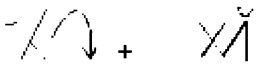
1) Deduct 0.50 for a fall, contact made with board, which is considered part of the apparatus.

2) May repeat the mount and receive appropriate VP credit.

3) Second attempt results in successfully performed mount; bonus could be awarded (if applicable).

EXAMPLE:
Round-off in front of LB - Flic-Flac through handstand phase on LB mount ("D") + Stalder circle backward to handstand with ½ (180°) turn to regular or mixed grip ("C")

"D" + "C" = + 0.10



3. Mounts the bars, realizes the setting is incorrect:

a. May dismount the UB and has 45 seconds to re-adjust and re-mount the bars.

b. Deduct 0.50 for a fall from the apparatus.

4. Mounts that are preceded by one element prior to take-off from board will be allowed:

- Evaluation begins after the feet leave the mounting apparatus.

B. DISMOUNTS

1. All dismounts must be performed from the designated bar in the element description to receive VP credit.
   EXAMPLE: Underswing (toe-on) to salto forward tucked dismount from LB. LB NOT a choice listed:
   a. "0" VP credit.
   b. Deduct 0.50 missing dismount SR.
   ~~c. Deduct 0.30 from SV for no dismount.~~

2. "A" / "B" / "C" / "D" / "E" Flyaway dismounts
   a. Retain difficulty value regardless of starting position.
   b. Appropriate body positions must be maintained to retain VP credit, as listed in *Dev COP* or updates.

3. Dismount element without a salto - Level 6 / 7 / 8 / 9 / 10:
   a. Deduct 0.50 for missing dismount SR.
   ~~b. Do NOT deduct 0.30 for no dismount~~. No longer a deduction.

4. Dismount element of no value
   a. NOT listed in the *Dev COP*
      EXAMPLE: Salto initiated from the feet
      1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
      ~~2) Deduct 0.30 from SV for no dismount.~~
   b. Restricted or additional restricted element performed (no VP)
      EXAMPLE: Level 7 performs a "C" dismount
      1) Deduct 0.50 from SV for missing the dismount SR specific to each level.
      2) Deduct 0.50 from SV for restricted dismount.
      ~~3) Deduct 0.30 from SV for no dismount~~.

5. Leaves apparatus (terminates exercise early, intentionally, or due to a fall):
   a. Deduct 0.50 from SV for missing the dismount SR specific to each level.
   ~~b. Deduct 0.30 from SV for no dismount.~~
   c. Deduct 0.50 for the fall from apparatus (with or without an actual fall onto the mat).
   d. CJ deducts 2.00 from average score if fewer than five VP elements are performed.

6. Falls on salto dismount: (applies to Level 6 / 7 / 8 / 9 /10)
   a. Never initiates salto action and falls ~~without landing on bottom of feet first:~~
      1) No VP credit awarded for dismount.
         - Deduct from SV for any missing difficulty requirements (if applicable).
      2) Deduct 0.50 from the SV for missing the dismount SR specific to each level.
      3) ~~Deduct 0.30 from SV for no dismount~~.
      4) Deduct 0.50 for the fall.
      5) Deduct for any other execution / amplitude errors.
   b. Initiates salto action and falls without landing on bottom of feet first:
      1) No VP credit awarded for dismount.
         - Deduct from SV for any missing difficulty requirements (if applicable).
      2) Deduct 0.50 from SV for NOT performing a dismount SR specific to each level.
      3) Deduct 0.50 for the fall.
      4) Deduct for any other execution / amplitude errors.
      ~~5) Do NOT deduct 0.30 for no dismount~~. No longer a deduction.

VII. RECOGNITION (COUNTING) OF VALUE PARTS (VP)

A. ANY UNEVEN BAR ELEMENT MAY RECEIVE VP CREDIT TWO TIMES

Repeated element is performed in two connections in which it is preceded or followed by a different element listed in the *Dev COP*.

1. Same element is performed 3rd time, or performed 2nd time in exact same connection:
- **a.** VP credit is NOT awarded.
- **b.** No Special Requirement (SR) credit awarded.
  - Must receive VP credit to fulfill SRs.
- **c.** No Connection Value (CV) Bonus awarded (if applicable) since it does NOT receive VP credit.
- **d.** All applicable execution and amplitude deductions are applied.
- **e.** EXCEPTION: VP credit awarded for an element performed for third time if not previously awarded VP credit because:
  - **1)** Element lacked completion first or second time performed, OR
  - **2)** Element was used in exact same connection the second time performed.

  EXAMPLE #1:



"B" + "0" "B" + "A"

- Giant circle backward, Giant circle backward (does NOT circle to within 20° of vertical) and falls.

  Giant circle backward, back salto stretched (Flyaway) dismount.
  - ✓ 1st Giant circle backward receives VP credit.
  - ✓ 2nd attempt at Giant circle backward is incomplete; no VP credit awarded.
  - ✓ 3rd Giant circle backward is followed by a different element; receives VP credit.

2. Same "D" or "E" element is performed second time in different connection:
- **a.** Level 10:
  - **1)** Receives VP credit twice.
  - **2)** Eligible for CV Bonus each time (if applicable).
  - **3)** Eligible for "D/E" Bonus only ONCE.
- **b.** Level 9:
  - **1)** First time – receives credit for VP, SR, "D/E" Bonus (+0.10) and CV Bonus (if applicable).
  - **2)** Second time – receives NO credit for VP, SR, or CV Bonus (if applicable). Deduct 0.50 for restricted element.

B. ELEMENTS WILL BE CONSIDERED DIFFERENT for counting VPs in the following instances:

1. Different number in the *Dev COP*.

2. Same number in the *Dev COP*, but meets the following criteria:
- **a.** **Cast to HS or short cast prior to same element will be considered a different connection**.

  EXAMPLE: Short cast to clear hip circle backward (both NOT within 20° of HS) = "0" VP + "B"
  Cast to HS to clear hip circle backward (NOT within 20° of HS) = "B" + "B"
  - Both clear hip circles backward receive "B" VP credit.

- **b.** **Saltos are performed with different body positions**.

  EXAMPLE:

  #4.407 Deltchev and Gienger ("D's") are considered different.



c. Element is performed with different degrees of turn (½, 1/1, 1½).
EXAMPLES:

#4.303 Giant circle backward to HS with ½ turn ("C")



#4.303 Giant circle backward to HS with ½ turn – ½ turn in different directions. ("C")



d. Support on one or both arms.
EXAMPLE:
#4.202 Giant circle backward ("B") and **#4.202** Giant circle backward on one arm (Liu) ("B")



e. If mount elements are performed as elements within the exercise.
EXAMPLE:

#1.101 Glide kip mount on LB ("A"), later performs glide kip ("A") within exercise.



f. Legs together or straddled in salto or Tkatchev.

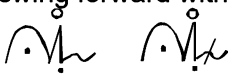
C. ELEMENTS LISTED UNDER the SAME NUMBER WILL BE CONSIDERED the SAME in the following instances:

1. Elements finish with a different grip position.

#5.302 Giant circle swing forward in reverse grip OR mixed grip (considered same element) ("C").

#5.402 Giant circle swing forward with 1/1 turn to L grip ("D")

#5.402 Giant circle swing forward with 1/1 turn to mixed-L grip (considered same element) ("D")



#2.301 Cast to HS with ½ turn in HS ("C")

#2.301 Cast to HS with ½ turn in HS to L grip (considered same element). ("C")



2. Elements with legs together or straddled (<u>EXCEPTION</u> – Saltos or Tkatchevs.)

#5.302 Giant circle swing forward with legs straddled and ½ (180°) turn ("C")

#5.302 Giant circle swing forward with legs together and ½ (180°) turn (considered same element) ("C")

#2.201 Cast to HS with legs together ("B")

#2.201 Cast to HS with legs straddled (considered same element) ("B")

#1.101 Glide kip with legs straddled ("A")

#1.101 Glide kip with legs together (considered the same element) ("A")

D. SWING FORWARD or BACKWARD to HANDSTAND PHASE (within 20° of vertical) will be considered separate element. (i.e., Giant circle backward, Giant circle forward)

EXAMPLE: **#4.403** Giant circle backward to HS with 1/1 turn in HS ("D") +

#4.202 Giant circle backward to HS (within 20° of vertical), slip grip ("B") +

#5.403 Swing forward to straddle flight backward to HS on LB ("D")



E. TWO "A" ELEMENTS ARE AWARDED FOR cast to squat / stoop / straddle on the LB, followed by a sole circle forward or backward to stand on LB:

#2.102 Cast squat, stoop, or straddle on LB (also to hang on HB) ("A")

#7.103 Sole circle forward / backward (tuck / pike) on LB / HB (also to hang on HB) ("A")

F. AWARDING VALUE PART (VP) CREDIT – RELEASE ELEMENT and FALL, consider the following:

1. Grasps or touches bar with one or two hands and then falls:
   - **a.** VP credit awarded.
   - **b.** Execution and amplitude errors are taken in addition to the fall.
   - **c.** No Bonus awarded due to the fall.
   - **d.** SRs will be fulfilled, if applicable.
     EXAMPLES:
     - **1)** Counterswing backward in straddle or pike with flight over LB, grasps or touches LB and then falls:
       - **a)** "B" VP credit awarded.
       - **b)** SRs of flight and bar change (if required) fulfilled.
     - **2)** Shaposhnikova (clear hip circle backward on LB to catch HB) grasps or touches bar and then falls.
       - **a)** "D" VP credit awarded
       - **b)** SRs of flight and bar change (if required) fulfilled.
       - **c)** No Bonus awarded due to the fall.
2. Never grasps or touches bar:
   - **a.** No VP credit awarded (element is considered incomplete).
   - **b.** Execution and amplitude errors are taken in addition to the fall.
   - **c.** No bonus awarded due to the fall.
   - **d.** No SR credit awarded.
   - **e.** No compositional requirement credit awarded.
   - **f.** Gymnast may repeat element and if performed successfully, award:
     - **1)** VP credit.
     - **2)** SR credit.
     - **3)** Bonus credit, if applicable.
     - **4)** Compositional credit, if applicable.

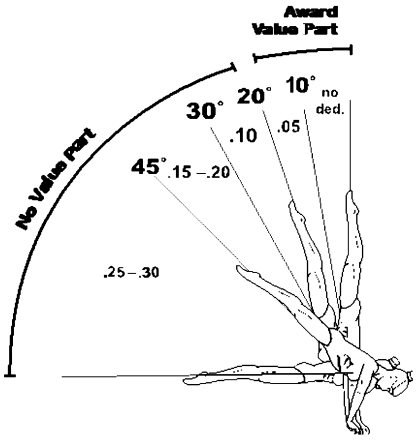
G. AWARDING VALUE PART (VP) CREDIT – DISMOUNT ELEMENT and FALL:

Landing hands and bottoms of feet simultaneously, award VP credit and deduct 0.50 for fall.

H. REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS

EVALUATING THE ANGLE OF THE BODY

1. When there is a shoulder angle – look at line from the shoulders through mid-point of lowest body part.
2. When there is no shoulder angle (clear hip circle backward to near handstand) – look at line from hands through mid-point of lowest body part.
3. Angle of completion is determined when hips are extended and / or legs are joined. If hips are extended, but legs are NOT fully together at peak of cast or uprise, a deduction for leg separation is applied.
4. **Casts to Handstands (HS)** (legs straddled or together)
   Levels 7 / 8 / 9 / 10 – Casts may be performed in any grip.
   Refer to Level 6 SRs section for Level 6 cast deductions.
   - **a.** 0° – 10° from vertical
     - ✓ "B" VP is awarded
     - ✓ No deduction for amplitude of cast
   - **b.** 11° – 20° from vertical
     - ✓ "B" VP is awarded
     - ✓ 0.05 deduction
   - **c.** 21° – 30° from vertical
     - ✓ No VP is awarded
     - ✓ 0.10 deduction
   - **d.** 31° – 45° from vertical
     - ✓ No VP is awarded
     - ✓ 0.15 – 0.20 deduction
   - **e.** 46° from vertical and below
     - ✓ No VP is awarded
     - ✓ 0.25 – 0.30 deduction (maximum deduction = horizontal and below)



   - **f.** All casts are expected to achieve HS phase (within 20° of vertical).
     - **1)** Including casts prior to #7.310 Underswing (pike sole circle) on LB, release / counter movement forward in flight to hang on HB (toe shoot to HB).
     - **2)** Applies to casts into all "underswing-type" dismounts (straddle, pike and clear).
   - **g.** No deduction for insufficient amplitude of cast applied to:
     - **1)** Casts prior to squat / stoop / straddle on LB (with or without sole circle backward), jump to grasp HB.
     - **2)** There must be backward swing of legs before placing feet on LB.
     - **3)** Deduct 0.05 for insufficient amplitude if squat-on is accomplished by merely lifting hips up.
   - **h.** No deduction for insufficient amplitude of cast at Level 7 or 8 if cast is followed by:
     - **1)** **#2.205** HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB ("B")
     - **2)** **#3.203** Underswing (toe-on) with ½ turn and flight over LB to hang on LB ("B")
     - **3)** **#4.204** Long swing forward with ½ turn and flight over LB to hang on LB ("B").
     - **4)** **#4.306** Salto roll backward from hang on HB to hang on LB ("Peach" salto) ("C")
       - **a)** "Peach" salto can be used by Level 8 as one restricted "C" element. "B" VP credit awarded.
       - **b)** Level 7 NOT allowed to perform "Peach" element (restricted "C").

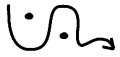
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REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)

5. **Uprises to Handstand (HS) (#2.303)**
   - **a.** Uprise backward to HS
     - **1)** Must be completed within 20° of vertical to receive "C" VP credit.
     - **2)** Deduct 0.05 if the HS finishes within 11° to 20° of vertical.
   - **b.** Uprise backward to HS - fails to finish within 20° of vertical:
     - **1)** Closed shoulder angle finishing in a clear support - recognize it as: **(#2.203**) Uprise backward to clear support on HB, award "B" VP credit.
       - **a)** Body finishes in a clear support but below horizontal, deduct up to 0.20 for insufficient amplitude.
       - **b)** Body finishes in a front support (hips on HB) followed by an immediate cast or back hip circle followed by a cast - deduct 0.30 for extra cast. Back hip circle is awarded "A" VP credit.
     - **2)** No closed shoulder angle (by pulling the shoulders in over the HB to a clear support), do NOT award VP credit since there is no such element listed in the *Dev COP*.
   - **c.** Uprise backward to clear support on HB ("B") followed directly by a Group 3 / 6 / 7 circling element to HS (with or without 180° turn) may be counted as two elements "B" + "C" or one "C" element, to the benefit of the gymnast.

6. **Elements with flight arriving in support on LB** (NOT in HS)
   (#2.205, #3.203, #3.303, #4.204, #4.304, #5.303)
   - **a.** Insufficient amplitude deduction - up to 0.20 is used to evaluate the height of the release over the LB, not necessarily the angle of arrival.
   - **b.** Counterswing or Giant swing forward on the HB - straddle or pike with flight backward over LB to grasp LB:
     - **1)** Proper technique is to catch LB in an extended body position from shoulders to hips.
     - **2)** Acceptable to maintain a pike in the hips.
   - **c.** Underswing (toe-on), clear hip circle or long swing elements on HB with ½ (180°) turn and flight over LB to grasp LB:
     - **1)** Proper technique is to catch in an extended body position (shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.
     - **2)** Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.

7. **Elements with flight arriving in HS on LB**
   - **a.** Handstand MUST finish within 20° of vertical on LB
     - **1)** To receive higher VP credit.
     - **2)** Deduct 0.05 if release element does NOT finish within 10° of vertical but is within 20° of vertical.
   - **b.** Handstand finishing 21° or more from vertical, recognize as the lower valued element.
     EXAMPLE:
     #2.305 ("C") Counterswing backward in straddle with flight to HS on LB but arrives at an angle of 30° from vertical upon LB contact.
     1) Award "B" for **#2.205** Counterswing backward in straddle with flight over LB to grasp LB
     2) No deduction for insufficient amplitude would be applied.



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REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)

8. **Circles to handstand and circle swings to handstand**
   EXAMPLES of circles: Clear hip, Stalder, Weiler kip, etc.
   EXAMPLES of circle swings: Giant swings forward and backward, L grip Giants, sole circle backward piked, clear sole circle backward piked, etc.
   a. Handstand between 1°– 20° from vertical, award the VP as listed in the *Dev COP*.
   b. Handstand between 11° – 20° from vertical, deduct 0.05.
   c. Angle achieved between 21° – 45° from vertical, award the lower VP (if applicable) as listed in the *Dev COP*.
   No deduction for insufficient HS angle would be applied.
   EXAMPLE: Clear hip circle, finishing at 45° from vertical.
   - Award "B" VP credit for a clear hip circle.
   - No deduction for insufficient amplitude would be applied.

   d. Circle finishes below 45° from vertical, award the lower VP (if applicable) as listed in the *Dev COP*.
   1) Deduct up to 0.20 for insufficient amplitude. Deduct 0.20 for horizontal (90°) or below.
   2) EXCEPTION – **#3.204** Clear hip circle to clear support ("B"):
   Deduct up to 0.40 for insufficient amplitude.
   - 0.05 – 0.25 from 46° – 89° from vertical
   - 0.30 at horizontal (90°)
   - 0.35 – 0.40 under horizontal

   NOTE: Hips contacting the bar, considered back hip circle – "A" **(#7.101**)
   No SR credit for 360° clear circle - Level 6 / 7 / 8.

   e. Circles or circle swings that do NOT finish within 20° of vertical on upswing (fall):
   - No VP credit awarded, incomplete element.
   - Deduct 0.50 for fall.
   EXAMPLES: any circle or circle swing (clear hip, Stalder, pike sole circle, etc.) that does NOT pass over the bar, but finishes short of 20° from vertical and falls off.

9. **Backward, forward, and L grip Giants:**
   a. Giant circle backward **(#4.202**) must be completed within 20° of vertical to receive "B" VP credit as listed in the *Dev COP*.
   1) Starting position does NOT need to begin in HS. VP credit awarded if completed to within 20° of vertical.
   2) Giant circle backward does NOT reach 20° and falls
   a) No VP credit awarded
   b) Deduct 0.50 for fall.
   3) Giant circle swing forward or Giant circle forward in L grip must be completed within 20° of vertical. If not:
   a) No VP credit awarded (3/4 Giant circle forward is not a listed element).
   b) 3/4 Giant circle forward, hops grip and continued with exercise:
   - ✓ No VP credit awarded.
   - ✓ Deduct 0.10 for composition.

REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)

10. Casts, uprises, and circle elements performed with ½ (180°) turn on the upswing – descend on the same side of the bar:

a. Cast, uprise backward or circle element MUST first reach within 20° of vertical on upswing to receive value as listed in the *Dev COP*.

b. Timing of initiation of turn is irrelevant if long swing / circle is completed to within 20° of vertical.

c. Angle of completion of turn determines the deduction for late completion when higher VP credit is awarded to root element.

d. Element never swings / circles up into the HS phase (within 20° of vertical), but completes ½ (180°) turn, value will be based on value of the root element. Depending upon angle of completion of turn, deductions for late completion may be appropriate.

EXAMPLES:

1) Turns that descend on the SAME side of the bar, angle measured FROM vertical.

Giant ½	Clear Hip ½	Stalder ½	Pike Sole Circle ½
"C" (4.303) 0° - 10°	"C" (3.305) 0°- 10°	"C" (6.304) 0°- 10°	"C" (7.309) 0°- 10°
"C" (4.303) 11°- 20°	"C" (3.305) 11°- 20°	"C" (6.304) 11°- 20°	"C" (7.309) 11°- 20°
"B" (4.201) 21°- 44°	"B" (3.205) 21°- 44°	"B" (6.204) 21°- 44°	"B" (7.209) 21°- 44°
"A" (4.101) 45°- Horizontal	"A" (3.105) 45°- Horizontal	"A" (6.104) 45°- Horizontal	"A" (7.109) 45°- Horizontal

- Any of the above Forward upswings that finish below horizontal, even if ½ (180°) turn is completed. = NO VP credit

2) Cast to 21° – 45° from vertical with ½ (180°) turn (same side of bar) = ("A") **(#2.101)**
Appropriate deductions for amplitude of cast.
If cast finishes more than 45° from vertical = NO VP credit
even if a ½ (180°) turn is completed.

3) Giant circle forward to 21° or more from vertical with ½ (180°) turn = No value

11. Elements with hop-grip change to HS

a. Hop-grip change to handstand elements receive VP credit when the hop-grip change:
1) shows simultaneous release of the bar with both hands.
2) finishes in different grip (mixed, reverse, mixed-L, L, etc.).
3) occurs as body is ascending (that is, on the upswing)
4) is completed by vertical (circle / cast / swing reaches within 20° of vertical) with hips extended.

b. Requirement(s) missing (any or all) - the element is NOT recognized as an element with a hop-grip change, and therefore:
1) receives the value of root element (if applicable).
2) cannot be considered a "flight" element.
3) no SR "flight" credit (if applicable) for the level.

c. Hop-grip change, as well as HS position (with hips extended), MUST be completed to within 20° of vertical to receive VP credit.
1) Hop-grip change to HS is incomplete (unable to continue over the bar).
- VP credit awarded, provided upswing is within 20° of vertical and requirements are fulfilled (see list in 11.a.)

2) Hop-grip change occurs on the upswing and is NOT within 20° of vertical.
- Considered incomplete and VP credit is NOT awarded.
  EXAMPLES:
  - ✓ Cast and hop to reverse grip on upswing and is NOT within 20° of vertical, then falls - No VP credit is awarded.
  - ✓ Clear hip circle - hop on upswing and is NOT within 20° of vertical. No VP credit is awarded.

REQUIRED TECHNIQUE FOR THE RECOGNITION OF VALUE PARTS (continued)

ELEMENTS WITH HOP-GRIP CHANGE TO HANDSTAND (continued)

3) Cast (or any forward circle / swing) with legs straddled and hips bent,
- ✓ Hop-grip change must be completed before or by vertical, and
- ✓ Show HS position with legs closed and hips extended.

a) Hips are extended through the HS position, but legs are separated throughout or close after vertical, deduct up to 0.20 for leg separation.

b) Handstand position with extended hips is never achieved:
- ✓ Retain value of the root element (if applicable) and
- ✓ Does NOT meet requirement for "flight" element.

d. Hop-grip change occurs after the HS position on the descending (downswing) phase. It will retain value of the root element and will NOT meet requirement of a "flight" element. EXAMPLE: Cast to HS, pass through vertical over the bar and begin descent phase, hands hop simultaneously to a reverse grip. Award cast to HS ("B").

e. Hop-grip change with LA (longitudinal axis) turn

1) Hop-grip change to a reverse grip MUST be completed prior to the initiation of the turn to be considered a flight element.
EXCEPTION: Giant circle backward – hop 1/1 (360°) turn (same grip allowed).

2) Hop-grip change to a reverse grip, followed by a ½ (180°) turn, is considered one element.

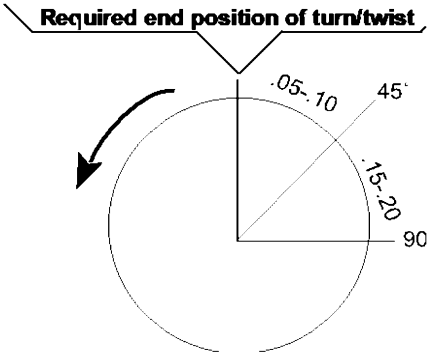
9. Twisting ~~Salto~~ dismounts

a. Incomplete LA (longitudinal axis) twist:

1) 1° to 44° of twist missing, deduct 0.05 – 0.10

2) 45° to 89° of twist missing, deduct 0.15 – 0.20

3) 90° or more of twist missing, award VP credit for element performed.



EXAMPLE: 1½ twisting flyaway dismount ("C") is missing 90° of twist.
- ✓ Award 1/1 twisting flyaway dismount ("B") VP credit.
- ✓ Deductions for execution and amplitude errors are also applied.

b. Clarification - completion of twists:

1) Twist is completed once the feet land on the floor at the finish of the dismount.

2) Degree of twist completed when the feet land on the floor determines the VP credit awarded.

3) Placement of the front foot is decisive for awarding VP credit.

I. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. **#1.414 Mount - Jump with ½ (180°) turn with extended body to HS on LB ("D")**:
   - MUST be performed to a stretched HS on LB with legs together (NOT straddled) before moving into another position.
2. **#4.202 Giant circles backward ("B") - Accelerated Giant circles backward into a release element or dismount are technically acceptable.**
   a. Accelerated Giants use a "hollow arch" technique and produce an "elliptical" shape rather than a symmetrical circle.
   b. NOT required to pass through a stretched vertical position.
   c. Execution errors such as bent arms / legs are unacceptable and will be deducted.
   d. Giant circle backward performed with a splitting of legs through vertical, placing feet alternately to initiate an underswing type element = no deduction. Considered an acceptable technique to accomplish a late toe-on.
3. **#4.102 LB - Giant circle backward ("A") and forward ("B"):**
   Permissible to bend knees as the body circles under LB
   a. Legs MUST begin to straighten as soon as possible and MUST be completely straight and body stretched by vertical.
   b. All Giant circles performed on LB with extended body / legs throughout will receive the same value as corresponding Giant circle performed on HB.
4. **Large release elements: MUST show a balance between height and rotation.**
   EXAMPLES:
   #5.405 Giant circle forward – salto forward straddled – HB (Jaeger) ("D")
   #4.407 Giant circle backward – release with ½ turn to salto forward straddled– HB (Deltchev) ("D")
   #4.407 Giant circle backward – salto backward piked with ½ turn – HB (Gienger) ("D")
   a. Deduct for insufficient amplitude for very little flight or very late hand release.
   - ✓ Hips are above HB level = No deduction
   - ✓ Hips at HB level = 0.05
   - ✓ Hips below HB level = 0.10 – 0.20

   b. Deduct up to 0.10 for under-rotation of flight element if, after catching bar, hips / legs do NOT continue to rotate backward to a fully extended, stretched position.
   c. Single bar releases performed on LB will receive one difficulty value lower than if performed on the HB.
5. **Circle elements with release from LB to HB and counter movement forward in flight:**
   #3.301 LB – Clear underswing – release/counter forward in flight to hang on HB ("C")
   #6.305 LB – Stalder backward – release/counter forward in flight to hang on HB (Ray) ("C")
   #7.310 LB – Sole circle backward piked – release/counter forward in flight to hang on HB ("C")
   #7.313 LB – Clear pike circle backward – release/counter forward in flight to hang on HB ("C")
   a. MUST show balance between height and rotation. Look for good height with hips rising, approaching the level of HB and hips / legs rotating backward.
   b. Deduct up to 0.10 for under-rotation of flight elements if, after catching ~~LB~~ **HB**, hips / legs do NOT continue to rotate backward to a fully extended, stretched position.
6. **#2.205 Counterswing backward in straddle or pike with flight over LB to hang on LB ("B")**
   #5.303 HS on HB – swing down forward in regular or reverse grip - straddle or pike flight backward over LB to hang on LB ("C").
   Must show good flight (distance between hips and LB) to a hand grasp on LB.
   a. Catch in extended position from shoulders to hips. It is acceptable to maintain pike in hips. An exception to principle for determining the angle by the line from shoulders through hips and feet.
   b. Feet may be placed on LB for sole circle or "toe-on" action AFTER flight and hand grasp. If feet hit LB first, or hands and feet hit LB simultaneously = "A".
   c. Feet contact mat on glide (following LB grasp), apply appropriate execution deductions on glide kip, but award appropriate VP credit for straddle back.
   d. Simultaneously hand grasp and foot contact on mat, deduction applied to flight element, NOT glide.
   NOTE: Any elements from HB to LB followed by glide kip, apply principles (b.), (c.), (d.)

SELECTED INDIVIDUAL ELEMENT REQUIREMENTS (continued)

7. **#3.203 ("B"); #3.303 ("C") - Underswing (toe-on) with ½ (180°) turn and flight over LB to hang on LB**
   #4.204 ("B"); #4.304 ("C") - Long swing (bail) with ½ (180°) turn and flight over LB to hang on LB
   - From hang = ("B"), from HS ("C")
   - Must show good flight (distance between hips and LB) to grasp LB.

   a. Catch in extended position (from shoulders to feet) at horizontal or above for no deduction for insufficient amplitude.

   b. Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.
   See #6 regarding contacting bar or mat with feet.
   NOTE: **#4.204** ("B") receives "C" when directly connected to "D" or "E" release element.

8. **#3.207 - Weiler kip circle (Clear hip circle forward to clear support) ("B")**
   #3.407 - Weiler kip handstand (Clear hip circle forward to HS) ("D")

   a. Performed in reverse grip (undergrip), starting from near HS position.
   - ✓ Usually follows Giant circle forward or cast HS with hop-grip change.
   - ✓ Shows a reverse circling pattern of clear hip circle backward to HS.

   b. Acceptable for mid-to-lower thighs to touch bar on ascending phase of circle. Weiler kip should NOT resemble a kip, cast HS, which allows for upper thighs, hips, and abdomen to contact bar.

   c. "Dropping-in" phase from a handstand is the inherent difficulty.
   - If element prior to Weiler kip does NOT achieve HS phase (within 20° of vertical), no VP credit for that element and no CV Bonus can be awarded.
     EXAMPLE: 3/4 Giant circle forward or cast-hop to 45° from vertical, then "drops in" to begin forward circle for Weiler kip.
     - Incomplete Giant circle forward or incomplete cast-hop to 45° have no difficulty value; therefore, no +0.10 CV Bonus for "C" + "D."

   d. Weiler kip does NOT circle to within 20° of vertical - award "B" for performing **#3.207** Weiler kip to clear support.

   e. Weiler kips may be performed with legs straddled (hips bent) or legs together (hips extended) to receive respective VP credit.

9. **#4.406 - Pak salto from HB hang – Salto backward stretched → LB clear support ("D")**

   a. Ideal amplitude – hips at HB level at peak of salto

   b. Should finish in definite clear front support position on LB

   c. Once hand(s) contact the LB, the element is considered complete and VP credit is awarded.

   d. Full support on feet on mat between the bars after catching LB - Award VP credit for Pak salto ("D"). Deduct 0.50 for a fall. No Bonus awarded.

   e. Full support on the feet on the mat in front of LB (past vertical line of LB) - fall is considered on glide, NOT Pak salto.

10. **#6.204 Stalder circle backward to clear support ("B")**
    #7.209 Pike sole circle backward to clear support ("B")

    a. Do NOT require an open hip angle at completion but should show an opening of shoulder angle on upward part of circle.

    b. Consider the line from shoulders to hips when evaluating amplitude of body. (This is an exception to the principle for determining angle by the line from shoulders through hips & feet).

    c. **#6.104** Clear straddle circle backward to clear support ("A") is described as a straddle seat circle to straddle "L" position, with no opening of shoulder angle.

11. **#8.505 - Double salto backward stretched (Double layout flyaway) ("E")**
    Body shape maintained throughout majority of salto determines body position.

12. **#8.103 - Flyaway dismounts ("A")**
    All flyaway dismounts MUST be initiated from the HB to receive VP credit

13. **#3.401 LB Clear hip circle through HS with flight to hang on HB (Shaposhnikova) ("D")**
    #6.405 LB Stalder backward through HS with flight to hang on HB ("D")
    #7.410 LB Pike sole circle backward through HS with flight to hang on HB (Maloney) ("D")
    - Backward swing does NOT achieve a minimum of horizontal = up to 0.10 deduction.

SELECTED INDIVIDUAL ELEMENT REQUIREMENTS (continued)

14. <u>Acceptable techniques for the entrance to Group 6 (Stalder) and 7 (Sole Circle) elements:</u>

a. Following cast, push shoulders open while bringing feet to bar, initiating the circle. On downswing, place balls of feet on bar (late in 1st quarter or early in 2nd quarter of swing) between hands in pike position OR next to hands, outside of hands in narrow straddle. Maintain straight legs, with head neutral throughout circle. As hips rise (upswing), pull on bar, opening the shoulder angle, taking feet off bar prior to clear support. Shift hands to top of bar to execute a Pike sole circle backward to clear support or handstand.

b. Following cast, initiate a slight tight-arch in torso and hips, with shoulders slightly closed on downward swing. Forcefully push body backwards while simultaneously "snapping" balls of feet onto bar (late in 1st quarter or early in the 2nd quarter of swing) between hands in pike position OR next to hands, outside of hands in a narrow straddle. Maintain straight legs, with head neutral throughout circle. As hips rise (upswing), pull on bar, opening shoulder angle, taking feet off bar prior to clear support. Shift hands to top of bar to execute a Pike sole circle backward to clear support or handstand.

c. Following cast, initiate downswing prior to splitting legs. Upon establishing downswing, split legs and place ball of one foot on bar (in 1st quarter of swing), between hands, and continue the drop/circle. Place ball of 2nd foot on bar, between hands, on downswing within 2nd quarter of swing. Maintain straight legs, with head neutral throughout circle. As hips rise (upswing), pull on bar, opening shoulder angle, taking feet off bar prior to clear support. Shift hands to top of bar to execute a Pike sole circle backward piked to clear support or handstand.

d. When performing a Stalder backward, only options a. and b. above are applicable, with feet clear of the bar.

J. DESCRIPTION OF VARIOUS HAND GRIP POSITIONS

1. Overgrip, or regular grip
- **a.** Most common grip - used for basic kips, casts, hip circles, backward Giants.
- **b.** In front support, knuckles are facing upward, palms down.

2. Undergrip, or reverse grip
- **a.** Used for basic Giant circles forward, stride (Mill) circles forward, seat circles forward.
- **b.** In front support, knuckles are facing downward, palms upward or forward.
- **c.** Undergrip may come from overgrip "hop change" or "cast, change-change", re-grasping to reverse grip alternately. May result in a rhythm deduction.

3. Mixed grip
- **a.** One hand in overgrip and one in undergrip.
- **b.** May come from half-turning element, during which one hand releases and re-grasps.
- **c.** Underswing ½ turn or Giant circle backward with ½ turn (blind change) with re-grasp or continues with release element.

4. L grip (Eagle grip, Twist grip, Cubital grip, or Dorsal grip) (#5.407 And #5.507).
- **a.** Arms twist 360° from undergrip, through overgrip and continuing.
  - **1.** Arms are quite twisted; thumbs are pointed away from body.
  - **2.** Hands are placed wide apart, except when shoulders are exceptionally flexible.
- **b.** L grip (Eagle or Invert) grip:
  - **1.** L grip Giants may be performed piked, depending upon shoulder flexibility
  - **2.** Elbows are pointing in the direction of the Giant circle
- **c.** L grip results from:
  - **1.** ½ turn, 1/1 turn, or 1½ turn after passing through handstand (from Higgins roll or Healy turn).
  - **2.** Cast to handstand and hop to L grip or change one hand after completing a Healy to Giant circle forward in mixed-L grip.
  - **3.** Clear pike circle forward "shoot" or "dislocate" **(#7.404** Adler circle or **#7.504** Lou).

DESCRIPTION OF VARIOUS HAND GRIP POSITIONS (continued)

5. **Mixed-L grip**
   a. One hand in L grip, other hand in undergrip/reverse grip.
6. **Slip-grip**
   a. When Giant circle forward is done in overgrip **(#5.402)**.
   b. Quickly slip or slide hands forward around rail during downward phase of Giant circle forward.
7. **Cross-hand grip**
   a. Both hands in regular grip at the start, with one hand crossed over the other.
   b. Swing down from HS, ½ turn to finish with one hand in reverse grip and one hand in L grip.

K. DESCRIPTIONS OF VARIOUS TURNS IN or AFTER HANDSTAND

1. **Blind change**
   a. Basic ½ (180°) turn performed as Giant circle backward, Stalder backward, Pike sole circle (toe on and off) backward or clear hip circle to HS near completion.
   - ✓ Chest leads or moves forward.
   - ✓ Turning to the left, left hand remains on bar.
   - ✓ Right hand re-grasps in undergrip (such as to a Giant circle forward).

   b. Blind change can finish in mixed grip or include a second hand change to finish in regular grip or connecting to underswing ½ (180°) turn over the LB (Bail ½ turn).
2. **Pirouette, or forward pirouette**
   a. Any long-axis (LA) turn performed inverted with support on the hands can be referred to as a pirouette.
   b. Half turn in HS with two hand changes - one before turn and one after turn.
   EXAMPLE:
   - ✓ Change left hand from overgrip to undergrip, pivot around left arm.
   - ✓ To complete ½ turn, right hand re-grasps in overgrip and left hand in overgrip.
3. **Higgins roll**
   a. Half (180°) turn, leading with back of the body.
   b. Left hand remains on bar, turning to the right, left arm twists to L grip, and finishes in either mixed-L grip or in L grip, to re-grasp the right hand.
   - ✓ Similar to ½ pirouette except base hand (left in this example) does NOT move.
   - ✓ Giant circle forward (or variation) usually follows this type of turn.

   EXAMPLES:
   #2.301 Cast handstand with ½ turn 

   #4.303 Giant circle backward with ½ turn 

   #2.101 Cast to 21-45° (“A”) with ½ turn
4. **360° turn on one arm to L grip or mixed-L grip (Healy technique)**
   a. Full turn on one arm performed after HS phase.
   b. ½ pirouette and continued pivoting on one arm until a full turn has been completed, finishing in mixed-L or L grip, depending upon how free hand re-grasps bar.
   c. If preceding element’s base (pivoting) hand is in undergrip, no need to change grip prior to begin the turn.

I. CONTENT

UB exercise should be composed of elements from different groups:

A. MOUNT / DISMOUNT ELEMENTS

B. KIPS (MOUNT OR IN EXERCISE)

C. CASTS / COUNTER SWINGS

D. UNDERSWINGS / CLEAR HIP CIRCLES

E. GIANT SWINGS / CIRCLES BACKWARD

F. GIANT SWINGS / CIRCLES FORWARD

G. STALDER CIRCLES

H. PIKE CIRCLE SWINGS / HECHTS

II. SPECIAL REQUIREMENTS (SR) and DIFFICULTY RESTRICTIONS

(SR each worth 0.50) One element may fulfill more than one SR, unless specified.

A. LEVEL 10 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS

1. **Flight element, minimum of "C", excluding dismount.**
2. **Second, different, flight element, minimum of "B", excluding dismount.**
3. **Element with long axis (LA) turn, minimum of "C", excluding mount and dismount.**
4. **Salto dismount, minimum of "C".**

1. **SR #1: Flight element, minimum of "C"**, excluding dismount.
2. **SR #2: Second, different, flight element, minimum of "B"**, excluding dismount.
   For SRs #1 and #2 – flight elements include:
   - **a.** Release and flight from LB → HB or HB → LB.
   - **b.** Release to counter flight, vault, or salto to re-grasp on same or other bar.
   - **c.** Release (hop-grip change) both hands simultaneously to finish in a different grip (mixed, reverse, mixed-L, L, etc.) with hop completed by vertical, provided circle / cast / swing reaches within 20° of vertical with hips extended.
     - **1)** Alternate release of hands to a different grip will NOT be considered flight.
     - **2)** **(#4.303)** Giant circle backward, hop with ½ turn to same grip will NOT be considered flight.
   - **d.** EXCEPTIONS: The following elements WILL be considered flight elements, but do NOT fulfill the requirements of flight elements described above:
     - **1)** **#1.204** Glide, stoop through, back kip-up with straddle cut backward to hang on LB (straddle cut catch to hang) ("B")
     - **2)** **#4.502** Giant circle backward to HS with hop 1/1 turn to regular grip in HS phase ("E")
     - **3)** **#2.204** HB-Swing backward with release and 1/1 turn to hang on HB ("B")
     - **4)** **#2.304** HB front support – swing backward with release and 1/1 turn to hang on HB (Caslavska pirouette) ("C")
   - **e.** Level 10 performs same flight element two times - only one flight SR is fulfilled.
   - **f.** Mount with flight may be considered, including the straddle cut catch mount.
     EXAMPLES of mounts with flight:
     - **1)** **#1.307** Jump to HB, salto roll backward tucked or straddled with grip change to hang on LB ("C")
     - **2)** **#1.209** - Hecht jump (legs together) with hand repulsion over LB to hang on HB ("B")
   - **g.** Dismount may NOT be considered as a flight element for SRs.
3. **SR #3: Element with Long Axis (LA) turn, minimum of "C"**
   - **a.** May NOT be mount or dismount element.
   - **b.** May be:
     - ✓ Pirouette on the hands
     - ✓ Turn in a flight element
     - ✓ Turn from a long hang swing
     - ✓ Turn in an underswing with feet on bar and with ½ (180°) turn
4. **SALTO DISMOUNT, MINIMUM OF "C"** - Refer to the dismount regulations section.
5. **DIFFICULTY RESTRICTIONS – LEVEL 10**
   No difficulty restrictions.

B. LEVEL 9 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS

1. **Minimum of two bar changes.**
2. **One flight element, minimum of "B", excluding dismount.**
3. **Second, different, flight element, minimum of "C", excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of "B", excluding mount / dismount.**
4. **Salto dismount, minimum of "B".**

1. **SR #1: Minimum of two bar changes.**
   a. No bar change or only one bar change = deduct 0.50 for missing SR.
   b. MUST perform VPs on both bars (performing a minimum of two times on one rail and once on the other rail) HB → LB → HB or LB → HB → LB
   EXAMPLE: Mount HB, transition to LB, back to HB to dismount = two bar changes.
   c. Transfer movement is NOT required to have a value to fulfill bar change.
   d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on LB.
   e. Free mounts over LB (no contact with LB) - NOT considered a bar change.
   f. Mounts with hand support on LB to catch HB – considered a bar change.
2. **SR #2: One flight element, minimum of "B", excluding dismount**.
   Refer to Level 10 for specifics.
3. **SR #3: Second, different flight element, minimum of "C", excluding dismount, OR one element with long axis (LA) turn (180° or more), minimum of "B", excluding mount / dismount.**
   LA turn MAY be:
   - ✓ Pirouette on the hands
   - ✓ Turn in a flight element
   - ✓ Turn from a long hang swing
   - ✓ Turn in an underswing with feet on bar and ½ (180°) turn

   NOTE: Requirements # 2 and #3 MUST be fulfilled by two different elements.
4. **SR #4: Salto dismount, minimum of "B"** - Refer to the dismount regulations section.
5. **Difficulty; Allowable and Restricted – Level 9**
   a. Only "A" / "B" / "C" elements + any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) to HS ("D/Es") are allowed.
   EXAMPLES of allowable "D's": Cast to handstand and Giant circle backward, both with 1/1 (360°) turn in HS. Clear hip circle, Stalder circle backward and pike sole circle backward, all with ½ turn to reverse, L or mixed-L grip.
   EXAMPLES of allowable "E's": Clear hip circle, Stalder circle backward and pike sole circle backward, all with 1/1 (360°) turn in HS.
   b. Maximum of one restricted "D/E" element from any Group is allowed.
   c. All allowable "D/E" elements:
   1) "C" VP credit awarded; SR awarded, if applicable.
   2) Serve as "C" element in CV Bonus, if applicable.
   d. Restricted "D/E" elements will be considered in chronological order. Only the first restricted "D/E" element in the exercise may be:
   1) Awarded "C" VP credit and SR credit, if applicable.
   2) Used as "C" element in CV Bonus, if applicable.
   3) The same restricted element may be repeated if the element receives "0" VP credit the first time.
   e. First "D/E" (allowable or restricted) receives +0.10 "D/E" Bonus, if performed without a fall or spot.
   f. Any other restricted "D" or "E" element whether or not it meets the requirement to receive a VP:
   1) Deduct 0.50 from SV for restricted element.
   2) No VP or SR credit awarded.
   g. All appropriate execution and amplitude deductions are applied to all elements performed, whether VP credit is awarded or not.

Revised 7.22 & 8.24

C. LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS

1. Minimum of one bar change.
2/3. Two "B" elements, same or different:
a. One "B" element with flight, excluding dismount, OR
One "B" element with minimum 180° Long Axis (LA) Turn, excluding mount / dismount.
b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.
4. Salto dismount, minimum of "A".

1. SR #1: Minimum of one bar change.
- **a.** No bar change = deduct 0.50 for missing SR.
- **b.** MUST perform VPs on both bars. (Minimum of HB → LB or LB → HB)
- **c.** Transfer movement is NOT required to have a value to fulfill the bar change.
- **d.** Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on the LB.
- **e.** Free mounts over LB (no contact with LB) - NOT considered a bar change.
- **f.** Mounts with hand support on LB to catch HB - considered a bar change.

2 / 3. SR #2/3: Two "B" elements, same or different:
- **a. One "B" element with flight, excluding dismount, OR**
  One "B" element with minimum 180° Long Axis (LA) turn, excluding mount / dismount
  - **1)** Turns MUST be an element listed in the *Dev COP*.
    LA Turn may be:
    - ✓ Pirouette on the hands
    - ✓ Turn in a flight element
    - ✓ Turn from a long hang swing
    - ✓ Turn in an underswing with feet on bar and ½ (180°) turn
  - **2)** Flight includes release and flight from LB → HB or HB → LB or catch the same bar.
    EXAMPLES:
    - **a) #1.204** Glide, stoop through, back kip-up with straddle cut backward to hang on LB (straddle cut catch to hang) ("B")
    - **b) #2.204** HB-Swing backward with release and 1/1 turn to hang on HB ("B")
    - **c) #2.205** Counterswing backward in straddle/pike with flight over LB to hang on LB ("B")
    - **d) #2.304** HB front support, swing back with release, 1/1 turn to hang on HB (Caslavska pirouette) ("C")
    - **e) #3.203**– Underswing (toe-on) with ½ turn and flight over LB to hang on LB ("B")
    - **f) #3.301**– Clear underswing on LB, release and counter movement forward in flight to hang on HB ("C")
    - **g) #4.204**– Hang on HB-Long swing forward with ½ turn and flight over LB to hang on LB ("B")
    - **h) #6.305** Stalder circle backward with release and counter movement forward in flight to hang on HB ("C")
    - **i) #7.310** Pike sole circle backward on LB, release and counter movement forward in flight to hang on HB ("C")

LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS (continued)

2/3. Two "B" elements, same or different (continued):

b. One "B" 360° clear circling element from Groups 3 / 6 / 7, excluding dismount.

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings

1) "B" 360° Circling element finishing in a HS or clear support.
NOTE: Circle finishes within 11° – 20° of vertical - deduction for insufficient amplitude of "C" circles is NOT applied at Level 8.
2) Requirement may be performed on LB or HB.
3) Clear hip circle severely lacks amplitude and finishes with hips on bar (never passing through clear support),
a) Deduct 0.50 for missing SR– Circling element was NOT "clear".
b) Award "A" VP credit (for **#7.101** hip circle backward).

EXAMPLES:
1) Clear hip circle to 45° + cast HS with ½ turn:
- SR # 2 and #3 fulfilled.

2) Clear hip circle HS + clear hip circle backward with ½ turn to mixed grip in HS:
- SR # 2 and #3 fulfilled.

3) Clear hip circle + clear hip circle:
- Deduct 0.50 for missing one SR (2a. missing "B" flight or turn).

4) Giant circle backward + counterswing straddle back over LB:
- Deduct 0.50 for missing one SR (3b. missing 360° clear circle from Groups 3 / 6 / 7).

5) **#3.203** Underswing (toe-on) on HB with ½ turn and flight over LB to hang on LB + cast handstand ½ turn in HS:
- Deduct 0.50 for missing one SR (3b. missing 360° clear circle from Groups 3 / 6 / 7).

6) Clear hip circle backward to HS with ½ turn to regular grip:
- Deduct 0.50 for missing SR for 2nd "B" element.

4. SR #4: Salto Dismount, minimum of "A" – Refer to the dismount regulations section.

5. Difficulty: Allowable and Restricted – Level 8

a. Only "A" & "B" elements and any number of the following selected "C" elements are allowed:
1) **#2.301** ("C") - Cast to HS backward with ½ (180°) turn
2) **#3.304** ("C") - Clear hip circle backward to HS
3) **#3.305** ("C") - Clear hip circle backward to HS with ½ (180°) turn to regular grip
4) **#6.304** ("C") - Stalder circle backward to HS
5) **#6.304** ("C") - Stalder circle backward to HS with ½ (180°) turn to regular grip
6) **#7.309** ("C") – Pike Sole circle backward to HS
7) **#7.309** ("C") – Pike Sole circle backward to HS with ½ (180°) turn to regular grip
NOTE: Level 8 allowed to perform:
#4.204 ("B") - Underswing with ½ turn over LB to hang,
- If preceded by HS on HB, becomes a restricted "C" **(#4.304)**.

#2.205 ("B") - Counterswing, straddle back over LB to hang,
- If the straddle back goes to HS on LB, becomes a restricted "C" **(#2.305)**.

b. Level 8 allowed to perform a maximum of one restricted "C" element from any Group.
c. Allowable "C" elements:
1) "B" VP credit awarded.
2) SRs awarded (if applicable).
d. Restricted "C" elements considered in chronological order.
Only the first restricted "C" element in the exercise may be:
1) Awarded "B" VP credit.
2) Awarded SR credit, if applicable.
3) The same restricted element may be repeated if the element receives a "0" VP credit the first time.

LEVEL 8 UNEVEN BARS SPECIAL REQUIREMENTS & DIFFICULTY RESTRICTIONS (continued)

5. Difficulty: allowable and restricted – Level 8 (continued)

e. Any other restricted "C" or any "D/E" element whether or not it meets the requirement to receive a VP

1) Deduct 0.50 from SV for restricted element.

2) No VP credit; no SR credit awarded.

EXAMPLE:

- Group 3/6/7 circles backward to HS with ½ (180°) turn to reverse, L, or mixed-L grip ("D")

f. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

D. LEVEL 7 SPECIAL REQUIREMENTS and DIFFICULTY RESTRICTIONS

1. One cast to handstand
(SR awarded when angle is a minimum of 45° - angle deductions will apply)
2/3. Two 360° clear circling elements, same or different
a. One 360° clear circling element, minimum of "B"
b. One 360° clear circling element from Group 3 / 6 / 7
4. Salto dismount, minimum of "A".

1. **SR #1: One cast to handstand** (SR awarded when angle is a minimum of 45°).
   - **a.** Applicable deductions for insufficient amplitude will be applied, according to basic casting criteria.
   - **b.** If all casts are below 45°, deduct 0.50 for missing the SR plus 0.25 – 0.30 for insufficient amplitude of each cast.
   - **c.** This is an exception to rule that SRs must be fulfilled with VP elements. (Casts more than 20° from vertical have no value.)

2 / 3. SR #2/3: Two 360° clear circling elements, same or different
- **a.** One 360° clear circling element, one minimum of "B".
- **b.** One 360° clear circling element, Group 3 / 6 / 7 in the *Dev COP*.

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings

  - NOTE: performed on LB or HB.
- **c.** Fulfilled by 360° clear circling elements backward to HS or clear support.
  - Choices: Giant, Clear hip, Stalder, Pike sole (toe-on) circle.
- **d.** "B" 360° Circling element finishing in a HS or clear support.
  - NOTE: Circle finishes within 11° – 20° of vertical - deduction of 0.05 for insufficient amplitude of "C" circles is NOT applied at Level 7.
- **e.** Clear hip circle severely lacks amplitude and finishes with hips on bar (never passing through clear support).
  - **1)** Deduct 0.50 for missing SR – circling element was NOT "clear".
  - **2)** Award "A" VP credit (for back-hip circle).
- **f.** Examples of circling elements fulfilling SR #2 and 3.
  - **1)** Clear hip circle backward + Giant circle backward:
    - SRs # 2 and 3 fulfilled.
  - **2)** Two "B" Clear hip circles backward:
    - SRs # 2 and 3 fulfilled.
  - **3)** One Clear hip circle backward to within 20° of vertical + one Clear hip circle backward below horizontal:
    - SRs # 2 and 3 fulfilled.
  - **4)** Two Giant circles backward:
    - Deduct 0.50 missing one SR (Group 3 / 6 / 7).

4. **SR #4: Salto dismount, minimum of "A" –** Refer to the dismount regulations section.

LEVEL 7 SPECIAL REQUIREMENTS and DIFFICULTY RESTRICTIONS (continued)

5. Difficulty: allowable and restricted - Level 7

a. Only "A" and "B" elements, and any number of the following selected "C" elements are allowed:

1) **#2.301** ("C") - Cast to HS with ½ (180°) turn
2) **#3.304** ("C") - Clear hip circle backward to HS
3) **#3.305** ("C") - Clear hip circle backward to HS with ½ (180°) turn to regular grip
4) **#6.304** ("C") - Stalder circle backward to HS
5) **#6.304** ("C") - Stalder circle backward to HS with ½ (180°) turn to regular grip
6) **#7.309** ("C") – Pike Sole circle backward to HS
7) **#7.309** ("C") – Pike Sole circle backward to HS with ½ (180°) turn to regular grip

b. All allowable "C" elements:

1) "B" VP credit awarded.
2) SRs awarded, if applicable.

c. Any other restricted "C" or any "D/E" element that is performed or attempted (even if attempt is incomplete)

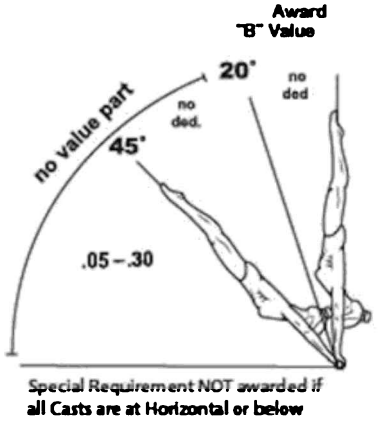
1) Deduct 0.50 from SV for restricted element.
2) No VP credit awarded.
3) No SR credit awarded.
EXAMPLES:
- Release element – hand(s) do NOT make contact with bar
- Dismount does NOT land on bottoms of feet first

d. All appropriate execution and amplitude deductions would be applied to all elements performed, whether VP credit is awarded or not.

E. LEVEL 6 SPECIAL REQUIREMENTS and DIFFICULTY RESTRICTIONS

1. **One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal).**
2. **Minimum of one bar change**
3. **One 360° clear circling element from Groups 3 / 6 / 7**
4. **Salto dismount, minimum of "A"**

1. **SR #1: One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal).**
   - **a.** No amplitude deduction for cast if angle is 45° from vertical or higher. Up to 0.30 amplitude deductions begin at BELOW 45° from vertical. Maximum deduction of 0.30 is applied when cast is at horizontal.
   - **b.** If all casts are at horizontal or below, deduct 0.50 for missing the SR plus 0.30 for insufficient amplitude of each cast.
   - **c.** This is an exception to the rule that SRs must be fulfilled with VP elements. (Casts more than 20° from vertical have no value.)



2. **SR #2: Minimum of one bar change**
   - a. No bar change = deduct 0.50 for missing SR.
   - b. MUST perform VPs on both LB and HB to fulfill this requirement.
   - c. Transfer movement is NOT required to have a value to fulfill the bar change.
   - d. Fall from HB, continued by performing VP on LB – considered a bar change. Climbing onto LB, jumping to HB - NOT considered a bar change, as no element was performed on the LB.
   - e. Free mounts over LB (no contact with LB) - NOT considered a bar change.
   - f. Mounts with hand support on LB to catch HB - considered a bar change

3. **SR #3: One 360° clear circling element from Groups 3 / 6 / 7**

Group 3 – Clear hip circle	Group 6 – Stalder circles	Group 7 – Circle swings

   - **a.** May NOT be performed with hips on bar during or at completion of circle or with feet on bar at completion of circle.
   - **b.** Only allowable "C" circle elements for Level 6 "B" VP credit:
     - **1)** Clear hip circle backward to HS
     - **2)** Stalder circle backward to HS
     - **3)** Sole circle backward piked to HS

     NOTE: Circle finishes within 11° – 20° of vertical - deduction for insufficient amplitude of "C" circles is NOT applied at Level 6.

4. **SR #4: Salto Dismount, minimum of "A"**
   Refer to the Bar dismount regulations section.

LEVEL 6 SPECIAL REQUIREMENTS and DIFFICULTY RESTRICTIONS (continued)

5. DIFFICULTY: Allowable and Restricted - Level 6

a. Only "A" and "B" elements and one of the following selected "C" elements are allowed:
- **1) #3.304** ("C") - Clear hip circle backward to HS
- **2) #6.304** ("C") - Stalder circle backward to HS
- **3) #7.309** ("C") – Pike Sole circle backward to HS

b. All allowable "C" elements:
- **1)** "B" VP credit awarded.
- **2)** SRs awarded, if applicable.

c. Any other "C" / "D" / "E" element that is performed or attempted (even if the attempt is incomplete)
- **1)** Deduct 0.50 from SV for restricted element.
- **2)** No VP credit.
- **3)** No SR credit awarded.

EXAMPLES:
- Release element – hand(s) do NOT make contact with bar
- Dismount does NOT land on bottoms of feet first

d. Flight / release elements that transfer from HB → LB or LB → HB are NOT allowed, regardless of value.

e. All appropriate execution and amplitude deductions would be applied to all elements performed, whether VP credit is awarded or not.

III. SPECIFIC COMPOSITIONAL DEDUCTIONS

NOTE: Composition deductions are NOT applied at Level 6 / 7

0.10	**Facing same direction throughout exercise** (Level 9 / 10 only). **1.** Elements with 1/1 turn will NOT fulfill change of direction. **2.** Mount / dismount will NOT fulfill change of direction
each 0.10	**Uncharacteristic elements** EXAMPLES: - Squat / stoop on LB, stand with ½ turn on feet to grasp HB - Swing forward on HB, place feet on LB to stand (with or without ½ turn) - Climbing / crawling onto LB (within exercise)
each 0.10	**More than one squat / stoop on LB, with or without sole circle, with jump to grasp HB (Level 10 only)** **1.** After a fall, judging resumes once an element listed in *Dev COP* is performed. **2.** Deduct for any additional cast squat / stoop on LB that is performed, if cast squat / stoop on LB was previously performed. EXCEPTION: • Following fall from UB, gymnast is allowed to perform cast squat / pike-on to resume routine without receiving 0.10 deduction. • Once a gymnast has performed a planned squat / stoop-on, only additional planned squat / stoop on's would be subject to the 0.10 each deduction.
0.10	**¾ Giant circle forward with or without a grip change** **1.** NOT considered an element. **2.** Will break a connection. **3.** Refer to execution / amplitude deductions - small faults for additional insufficient amplitude of backward swing deduction.
No Deduction **0.10** **0.20**	**Choice of elements (applicable to Level 9 / 10 only)** Failure to perform two elements that fulfill two out of ~~three~~ four of the following requirements (excluding dismounts): 1. One forward element (circle or release) (minimum of "B") 2. One element from Groups 3 / 6 / 7 (minimum of "B") 3. One element with a minimum of 180° LA turn, with or without flight (minimum of "C") 4. One single bar release (minimum of "D") Two out of ~~three~~ four requirements performed. **One out of ~~three~~ four requirements performed.** **None of the ~~three~~ four requirements performed.**
up to 0.20	**Choice of release elements – not up to the competitive level (Level 10 only)** 1. See Appendix 15 for specifics. 2. Apply compositional deduction, considering value of release element, and: ✓ Type of release element ✓ Direct connection with release elements and / or elements of higher value ✓ Total number of release elements
up to 0.20	**Lack of elements that achieve (or pass through) vertical (Level 8 only)**
0.20	**Lack of two bar changes (Level 10 only)** See Level 9 SR #1
up to 0.10	**Choice of dismount – not up to the competitive level.** See Appendix 15 for specifics.

Revised 7.22 & 7.25

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	**0.10**	**Coach standing between bars throughout exercise**
	0.20	**Incorrect padding (use of heel / hip pads)** • CJ notices heel pads prior to mount; warning must be given. • Deduction must be taken if heel pads are worn during exercise (with or without warning).
	0.30	**Failure to remove board / spotting block after release or mount**
	0.30	**Lands dismount in solid or loose foam pit** No VP / SR / Bonus
	2.00	**Complete or incomplete exercise** • Fewer than five VP elements
	Exercise Terminated	**Exceeds 45-second fall time**

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	**up to 0.10**	**Deviation from straight direction on dismount landing**
	up to 0.10	**Arm swings on landing**
	up to 0.10	**Legs crossed during salto dismounts with twist**
		LANDS DISMOUNT WITH FEET APART • There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.
	0.05	**Lands with feet hip-width apart or closer, but never joins feet (heels)**
	0.10	**Lands with feet further than hip-width apart** • If upon landing with feet apart / staggered, gymnast takes a step(s), deduct only for step(s).
	0.10	**If entire foot / feet are sliding or lifting off floor to join, it is considered a small step.**
	up to 0.10	**Slight hop, or small adjustment of feet / feet staggered on landing of dismount**
	each up to 0.10	**Hesitation during jump to HB or swing to handstand**
	each up to 0.10	**Touch / brush on apparatus or mat with foot / feet**
	each up to 0.10	**Under-rotation of release / flight elements**
	up to 0.10	**Precision of handstand positions throughout exercise**
	each up to 0.10	**Insufficient extension of glides / swings into kips**
	each up to 0.10	**Poor rhythm in elements / connections**
	each up to 0.10	**Swing forward or backward under horizontal**
	0.10	**Landing too close to the bar on dismount**
	Ea. 0.10 - 0.15 (max. 0.40)	**Small or medium step(s) on landing**

Revised 7.22 & 7.23

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	**each up to 0.20**	**Leg or knee separations**
	each up to 0.20	**Insufficient exactness of body shape: tuck or pike position**
	each up to 0.20	**Amplitude of UB elements (including releases)** EXCEPTIONS: Clear hip circle and Salto dismounts (see LARGE FAULTS)
	up to 0.20	**Failure to maintain stretched body position (pike down dismount)**
	up to 0.20	**Incorrect body posture on landing**
	up to 0.20	**Incomplete twist on twisting salto dismounts**
	up to 0.20	**Trunk movements to maintain balance on landing of dismount**
	up to 0.20 each time	**Insufficient exactness of stretched position** • Arch • Hip angle (136° – 179°)
	up to 0.20	**Insufficient dynamics throughout** – consider: 1) Insufficient swingful execution – throughout exercise 2) Energy NOT maintained – throughout exercise 3) Fails to make difficult look effortless
	0.20	**Hit on apparatus with foot / feet**
	each 0.20 (max 0.40)	**Large step or jump on landing** (approximately 3 feet or more)

LARGE FAULTS	**up to 0.30** **up to 0.30**	1. **Bent arms in support** – on any one element (90° bend or greater = max 0.30) 2. **Bent legs** – on any one element (90° bend or greater = max 0.30)
	up to 0.30	**Insufficient height (amplitude) of salto dismount**
	up to 0.30 **+ 0.50**	**Squat on landing** (hips ~~even with or~~ lower than knees) **Lands Dismount in squat position, then falls**
	up to 0.30	**Brush / touch landing surface with one or two hands (no support)**
	up to 0.30	**Insufficient extension (open) of tuck / pike body position prior to landing dismount**
	0.30	**Grasp of bar apparatus to avoid a fall**
	0.30	**Hit on mat with foot / feet**
	up to 0.40	**Insufficient amplitude of "B" clear hip circle**

VERY LARGE FAULTS	**0.50**	**Full support on foot / feet on mat during exercise**
	0.50	**Support on mat with 1 or 2 hands upon landing**
	0.50	**Fall on mat to knee(s) or hips**
	0.50	**Fall on or against apparatus**
	0.50	**Spotting assistance during an element** • No VP / SR / Bonus
	0.50 **0.50**	**Spotting assistance upon landing dismount** • Award VP/SR, No Bonus **Fall after spot**
	0.50	**Fall / failure to land on bottom of feet first on dismount if salto was initiated** • No VP / SR / Bonus
	0.50 **~~0.30~~**	**Fall / failure to land on bottom of feet first on dismount if salto was never initiated** • No VP / SR / Bonus **~~Off SV for no dismount~~**
	0.50 for fall ONLY	**Coach catches a falling gymnast** • No deduction for SPOT

III. SPECIFIC EXECUTION DEDUCTIONS

0.50	**Third run approach to mount / touch of springboard without mounting**
each 0.30 (max. 0.50)	**Intermediate (extra) swing or cast** **More than one consecutive extra swing(s) after an element** 1. Momentum stopped and must beat forward and back to re-start. EXAMPLES: a. Catch release element in dead hang, momentum has stopped and must beat ("pump") forward and back to restart. b. Glide kip; stop in front support, legs move forward and backward to cast. c. Uprise to clear support, stops with hips on bar in front support or performs hip circle backward, then legs swing forward and backward to initiate cast. d. Tap swing – counterswing (as performed in Level 4 and 5 compulsory) is NOT a VP listed in *Dev COP* and is considered an extra swing for Levels 6 / 7 / 8 / 9 / 10. EXCEPTIONS: 1) Level 6 / 7: Tap swing – counterswing performed prior to salto forward dismount (front flyaway) = no deduction for extra swing. 2) Turn (1/1 or 1½) ending in mixed-L grip, L grip, or reverse grip): backward swing to hop-grip change before forward swing is NOT considered an extra swing. • Refer to BARS-29 for specific compositional deductions for ¾ Giant circle forward with or without grip change • Refer to BARS-41, example 5 for clarifications regarding direct connections. 2. Fall (jumps down) after extra swing(s) • Deduct 0.50 for fall only. 3. Extra swing between "C" / "D" / "E" elements will break connection. • No CV Bonus awarded. 4. Extra swing after last element in direct connection of "C" / "D" / "E", apply CV and "D/E" Bonus. 5. The following are NOT considered extra swings / casts and would possibly receive deductions for rhythm and execution: a. Consecutive sole circles on LB in attempt to jump to HB. b. Swing down to glide kip and cast again (one or more times) after failed attempt to perform element.

A. AMPLITUDE OF CASTS and SWINGS

each up to 0.10	Swing forward or backward under horizontal

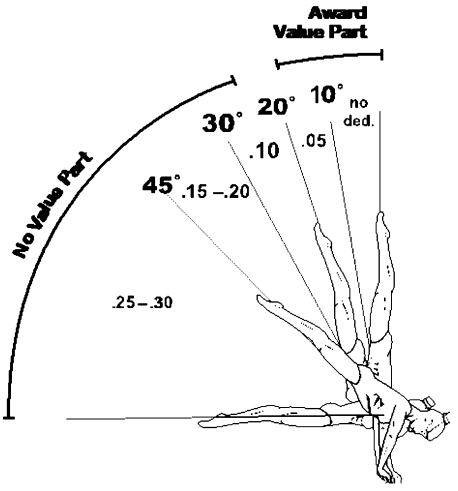
1. Amplitude of cast deductions (legs straddled or together) Levels 7 / 8 / 9 / 10
(Level 6 = 45° or higher NO deduction. Refer to Level 6 SRs.)

a. 0° – 10° from vertical
- ✓ "B" VP is awarded
- ✓ NO deduction for amplitude of cast

b. 11° – 20° from vertical
- ✓ "B" VP is awarded
- ✓ 0.05 deduction

c. 21° – 30° from vertical
- ✓ No VP is awarded
- ✓ 0.10 deduction

d. 31° – 45° from vertical
- ✓ No VP is awarded
- ✓ 0.15 – 0.20 deduction



e. 46° from vertical and below
- ✓ No VP is awarded
- ✓ 0.25 – 0.30 deduction (maximum = horizontal & below)

f. Amplitude of cast deductions are NOT applied:
- **1)** Cast prior to squat / stoop / straddle onto LB, with or without sole circle, jump to grasp HB.
- **2)** Legs must have backward swing before placing feet on bar.
- **3)** Lifting hips up to squat on - deduct 0.05 each time for insufficient amplitude.

g. Cast deductions do NOT apply at Level 7 / 8 when cast is followed by:

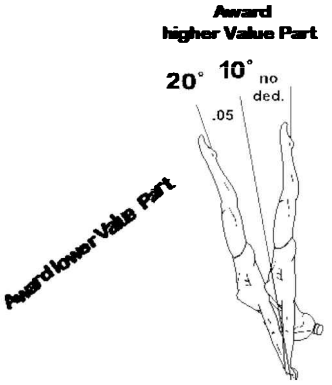
- **1)** **#2.205** HB facing LB swing down with change to cross grip and ½ turn in range of hang position - swing backward with flight over LB to hang on LB ("B")
- **2)** **#3.203** Underswing (toe-on) with ½ turn and flight over LB to hang on LB ("B")
- **3)** **#4.204** Long swing forward with ½ turn and flight over LB to hang on LB ("B")
- **4)** **#4.306** From HB -swing forward and salto roll backward to hang ("Peach" salto) or to clear straddle support ("C")
  - NOT allowed at Level 6 / 7

h. Amplitude of cast is determined by a line drawn from shoulders to the mid-point of lowest body part (abdomen, hips, knees, feet).

SPECIFIC EXECUTION DEDUCTIONS (continued)

B. INSUFFICIENT ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LOW BAR

0° – 10° from vertical	0.00	Award higher VP
11° – 20° from vertical	0.05	Award higher VP
21° or more from vertical		Award lower VP

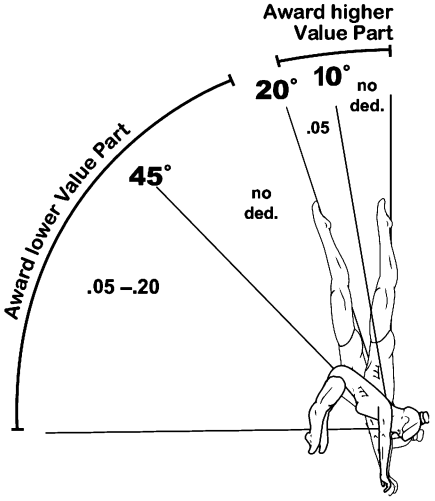


C. AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS

1. Circling elements (except Clear hip circles) - deductions for insufficient amplitude apply.

0° – 10° from vertical	0.00	Award higher VP
11° – 20° from vertical	0.05	Award higher VP
21° – 45° from vertical	0.00	Award lower VP
46° or more from vertical	up to 0.20	Award lower VP

All circle elements except
Clear hip circle



Backward Stalder circle depicted above.

SPECIFIC EXECUTION DEDUCTIONS (continued)

AMPLITUDE / ANGLE OF COMPLETION OF CIRCLING ELEMENTS (continued)

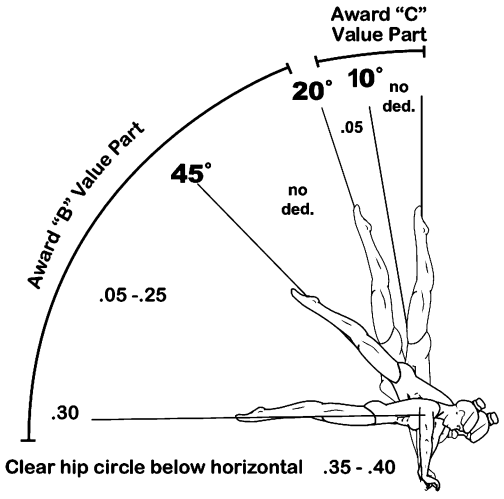
2. Clear hip circle only

a. Receive "B" or "C" VP credit, depending upon the degree from vertical achieved once the hands shift to the top of the bar.

INSUFFICIENT AMPLITUDE DEDUCTIONS		
ANGLE	**DEDUCTION**	**VALUE**
0° – 10° from vertical	0.00	"C"
11° – 20° from vertical	0.05	"C"
21° – 45° from vertical	0.00	"B"
46° – 89° from vertical	0.05 – 0.25	"B"
90° from vertical (horizontal)	0.30	"B"
More than 90° from vertical (below horizontal)	0.35 – 0.40	"B"

EXCEPTION: Level 6 / 7 / 8 – No amplitude deductions are applied from 45° to vertical. Receives "B" VP credit for any Clear hip circle, whether HS phase is achieved or not.

Clear hip circle only



SPECIFIC EXECUTION DEDUCTIONS (continued)

D. ANGLE OF BODY AT TURN COMPLETION

1. Elements that require turn in HS phase

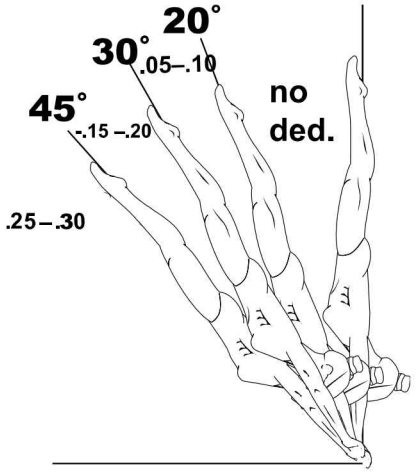
a. Angle of completion determined when second hand re-grasps bar.

b. Applies to:

1) Elements with 180° turn (regardless of technique or grip)
EXAMPLES: Cast HS with ½ turn to regular grip; clear hip circle HS with ½ turn (Higgins), etc.

2) Elements with 360° turn in HS phase, regular pirouettes
(NOT performed on one-arm, NOT using Healy technique).
EXAMPLES: Giant circle backward with 1/1 turn; Pike sole circle backward with 1/1 turn

ELEMENTS THAT REQUIRE TURN IN HANDSTAND PHASE	
ANGLE OF COMPLETION	**DEDUCTION**
up to 20° from vertical	No deduction
21° – 30° from vertical	Deduct 0.05 – 0.10
31° – 45° from vertical	Deduct 0.15 – 0.20
46° or more from vertical	Deduct 0.25 – 0.30



SPECIFIC EXECUTION DEDUCTIONS (continued)

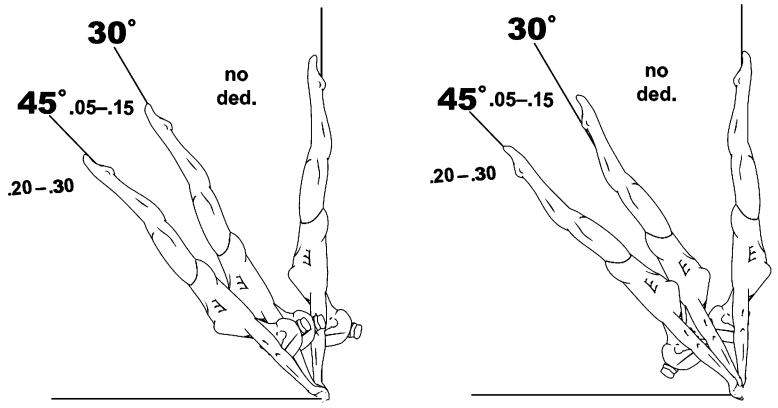
ANGLE OF BODY AT TURN COMPLETION (continued)

2. HS elements with 1/1 (360°) turn after HS and all 1½ (540°) turns/pirouettes.
This applies to:

a. Elements with 1/1 (360°) turn completed on one arm (after HS phase) in the descent phase (Healy technique)

b. Elements with 1½ (540°) turn or more (using any turn technique)

HS ELEMENTS W/ 1/1 (360°) TURN AFTER HS & 1½ (540°) TURNS/PIROUETTES	
ANGLE OF COMPLETION	**DEDUCTION**
up to 30° from vertical	No deduction
31° – 45° from vertical	Deduct 0.05 – 0.15
46° or more from vertical	Deduct 0.20 – 0.30



I. CONNECTION VALUE (CV) BONUS

A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.

B. ONLY ELEMENTS LISTED in the *Dev COP* may be used; MUST meet the criteria for CV Bonus.

C. TO RECEIVE CONNECTION VALUE (CV) BONUS, all elements MUST be directly connected without an extra swing between the elements.

D. ONLY ELEMENTS THAT RECEIVE VALUE PART (VP) CREDIT can be used for CV Bonus.

E. VALUE PARTS MAY BE PLACED IN ANY ORDER within the connection, unless specified.

F. EXACT SAME CONNECTION MAY BE USED ONLY ONE TIME FOR CV BONUS.

Same elements used in a second connection but performed in a different order - award CV Bonus.

EXAMPLE:

1st connection:
Giant circle backward with 1/1 (360°) turn in HS ("D") +
Stalder circle backward with 1/1 (360°) turn ("E") **= + 0.20**



2nd connection:
Stalder circle backward with 1/1 (360°) turn ("E") +
Giant circle backward with 1/1 (360°) turn in handstand ("D") **= + 0.20**



G. "D/E" ELEMENT IS PERFORMED WITHIN A CONNECTION

The element is eligible for both "D/E" Bonus and CV Bonus for Level 9 and 10 only.

1. Level 10 – element is eligible for both "D/E" Bonus and CV Bonus.
2. Level 9 – only the 1st allowable or restricted "D/E" element receiving VP credit is eligible for "D/E" Bonus. The 1st restricted "D/E" and any allowable "D/E" elements will be awarded "C" VP credit and are eligible to fulfill CV Bonus Principle (if applicable).

H. "E" ELEMENT MAY REPLACE A "D" ELEMENT IN A CONNECTION, but the connection will receive the same CV Bonus.

I. WITH THE CONNECTION OF THREE OR MORE ELEMENTS:

1. Second element (and those following) may be used two times.
   a) First time as last element of a CV, and
   b) Second time as first element a new CV.
2. This is applied ONLY if all elements receive VP credit

CONNECTION VALUE (CV) BONUS – (continued)

J. CONNECTIONS MAY BE AWARDED + 0.10 or + 0.20 BONUS, according to the applicable Principle.

K. CONNECTIONS WILL BE AWARDED CONNECTION VALUE (CV) BONUS:

1. Each element MUST be performed without a fall or spotting deduction.
2. Extra swing between “C” / “D” / “E” elements will break the direct connection; therefore, no CV Bonus may be awarded.
3. Extra swing after the last element in a connection will NOT affect eligible CV Bonus.

L. MAXIMUM AWARDED FOR CONNECTION VALUE (CV) BONUS:

MAXIMUM CV BONUS	
Level 10	0.40
Level 9	0.30
Levels 6 / 7 / 8	Not eligible

II. PRINCIPLES FOR AWARDING CONNECTION VALUE (CV) BONUS

A. LEVEL 10 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS:

1. Mount connection **
2. Connection within the exercise
3. Dismount connection **

** All "C" / "D" / "E" mounts and dismounts may be used for CV Bonus.

"C" + "C" Both "C" elements must have either Flight phase or Long Axis (LA) turn of at least 180°	**+ 0.10**

EXCEPTION: Connection of two elements from Groups 3 / 6 / 7- flight or turn is NOT required, but the elements MUST be different.

EXAMPLES:

1. Mount: Jump to HS on LB with ½ (180°) turn ("C") +
   Clear hip circle backward to HS with ½ (180°) turn to regular grip ("C")



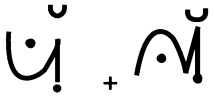
2. Cast to HS with ½ (180°) turn in HS phase ("C") +
   Long swing forward with ½ (180°) turn and flight over LB to hang ("C")



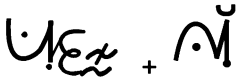
3. Giant circle forward with ½ (180°) turn in HS ("C") +
   Double salto backward piked dismount (Flyaway) ("C")



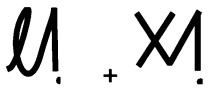
4. Giant circle backward with ½ (180°) turn in HS to ~~regular~~ reverse grip ("C") +
   Giant circle forward with ½ (180°) turn in HS to regular grip ("C")



5. Giant circle backward with 1/1 (360°) turn on one arm after HS (Healy – "C") +
   Giant circle forward with ½ (180°) turn in HS ("C")



6. Clear hip circle backward to HS ("C") +
   Stalder circle backward to HS ("C")



7. Stalder circle backward to HS ("C") +
   Stalder circle backward to HS ("C")
   - No CV is awarded – Group 3 / 6 / 7 elements are the same.



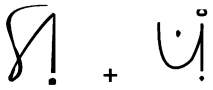
LEVEL 10 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS (continued):	
"C" + "D/E" or "D/E" + "C" "C" connected to "D/E", "C" NOT required to have flight or turn. "D/E" are NEVER required to have flight or turn for CV.	**+ 0.10**

EXAMPLES:

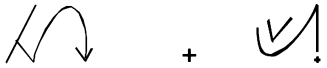
1. Stalder circle backward to HS with ½ (180°) turn to regular grip ("C") + Gienger – salto ("D")



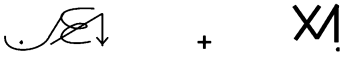
2. Uprise backward to HS ("C") +
Giant circle backward with 1/1 (360°) turn in HS ("D")



3. Round-off in front of LB, Flic-Flac through HS phase on LB ("D") +
Pike sole circle backward to HS ("C")



4. Long swing forward with ½ (180°) turn (Bail) and flight to HS on LB ("D") +
Stalder circle backward to HS ("C")



5. Giant circle backward with 1/1 turn in HS ("D") +
Counterswing to straddle flight backward to HS on LB ("C")

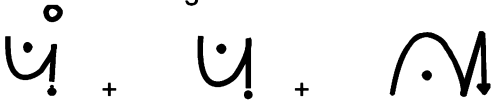


In the above example:

- If the forward swing prior to counterswing reaches HS phase (within 20° of vertical), considered Giant circle backward ("B") and breaks connection of "D" + "C"
  - **a)** No CV Bonus awarded.
  - **b)** Level 9 and 10: Award + 0.10 "D/E" Bonus.

However:

- From HS on HB to straddle flight backward to HS on LB, considered 3/4 Giant circle forward with straddle flight backward to HS on LB ("D").



"D" "B" "D"

a) Connection "D" + "B" + "D"
b) Level 10: Award + 0.20 "D/E" Bonus
c) No CV Bonus.

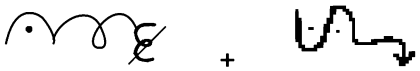
LEVEL 10 ONLY – "B" release element from HB to LB raises to "C" if directly follows "D/E" release without counterswing.

EXAMPLES:

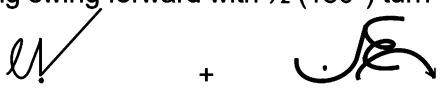
1. Tkatchev ("D") +
Long swing forward with ½ (180°) turn (Bail) and flight over LB to hang ("B") - raises to ("C")



2. Jaeger salto with ½ (180°) turn ("E") +
Counterswing backward in straddle or pike with flight over LB to hang (straddle back without a forward counterswing) ("B") - raises to ("C")



3. Shaposhnikova (clear hip circle backward through HS on LB, release and catch HB) ("D") +
Long swing forward with ½ (180°) turn (Bail) and flight over LB to hang ("B") - raises to ("C")



"D" + "D" OR MORE DIFFICULT	**+ 0.20**

EXAMPLES:

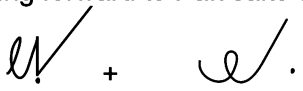
1. Cast to HS with 1/1 (360°) turn in HS ("D") +
Double salto backward tucked with 1/1 (360°) twist dismount (Flyaway) ("E")



2. Uprise backward to HS with 1/1 (360°) turn in HS ("D") +
Giant circle backward with 1/1 (360°) turn in HS ("D")

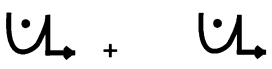


3. Shaposhnikova (clear hip circle backward through HS on LB, release and catch HB) ("D") +
Swing forward to Pak salto to LB clear support ("D")

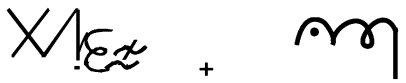


4. Tkatchev ("D") +
Tkatchev ("D")

- Both elements awarded VP credit.
- + 0.10 "D/E" Bonus awarded, only one "D" for same element.
- + 0.20 CV Bonus awarded.



5. Stalder circle backward with ½ (180°) turn to L or mixed-L grip ("D") +
Jaeger ("D")



B. LEVEL 10 – DIRECT CONNECTIONS OF AT LEAST THREE ELEMENTS

Connection of three or more elements:

1. Second element (and following elements) may be used twice.
   - **a)** First time as last element of first connection and
   - **b)** Second time as first element beginning new connection.
2. Applies only for elements with VP credit.

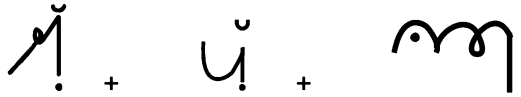
"C" + "C" + "C"	**+ 0.10 + 0.10**

EXAMPLE:
Giant circle backward to HS with ½ (180°) turn in HS to reverse grip ("C") +
Giant circle forward to HS with ½ (180°) turn in HS ("C") +
Double Salto backward dismount (Flyaway) ("C")



"C" + "C" + "D"	**+ 0.10 + 0.10**

EXAMPLE:
Cast HS with ½ (180°) turn in HS ("C") +
Giant circle backward with ½ (180°) turn in HS ("C") +
Jaeger ("D")



"C" + "C" + "E"	**+ 0.10 + 0.10**

EXAMPLE:
Cast HS with hop to reverse grip in HS ("C") +
Giant circle forward with ½ (180°) turn in HS ("C") +
Double Salto backward stretched dismount (Flyaway) ("E")



"C" + "D/E" + "D/E"	**+ 0.10 + 0.20**

EXAMPLE:
Giant circle backward with ½ (180°) turn in HS to L grip ("C") +
Giant circle forward in L grip ("D") +
Jaeger ("D")

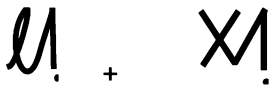


C. LEVEL 9 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS:

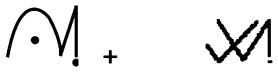
"C" + "C" One or both elements without turn or flight Both elements without turn or flight MUST be DIFFERENT.	**+ 0.10**

EXAMPLES:

1. Clear hip circle backward to HS ("C") +
Stalder circle backward to HS ("C")



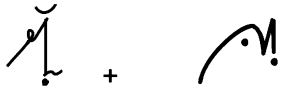
2. Giant circle forward to HS ("C") +
Stalder circle forward to HS ("C")



3. Giant circle forward to HS ("C") +
Giant circle forward with ½ (180°) turn in HS phase ("C")



4. Cast to HS with ½ turn in HS to L grip ("C") +
Giant circle forward in L grip (~~"D"~~) → ("C")



5. Clear hip circle backward to HS ("C") +
Clear hip circle backward to HS ("C")

- NO CV Bonus awarded - same element, both without turn or flight.



LEVEL 9 – DIRECT CONNECTIONS OF AT LEAST TWO ELEMENTS (continued):	
"C" + "C" Both elements **WITH** turn or flight.	**+ 0.20**

EXAMPLES:

1. Cast to HS with ½ (180°) turn in HS phase ("C") + From HS on HB - Long swing forward (Bail) with ½ (180°) turn and flight over LB to hang ("C")



2. Giant circle forward with ½ (180°) turn ("C") +
Double Salto backward piked dismount (Flyaway) ("C")



3. Stalder circle backward with ½ (180°) turn in regular grip ("C") +
On HB - Long swing forward (Bail) with ½ (180°) turn and flight over LB to HS on LB ("Đ") → ("C")



D. LEVEL 9 – DIRECT CONNECTIONS OF AT LEAST THREE ELEMENTS

Connection of three or more elements:

1. Second element (and following elements) may be used twice,
   a. First time as last element of first connection and
   b. Second time as first element beginning new connection.
2. Applies only for elements with VP credit.

"C" + "C" + "C"	**+ 0.00 + 0.10**

EXAMPLE:
Giant circle forward ("C") +
Giant circle forward ("C") +
Giant circle forward with ½ (180°) turn in HS ("C")

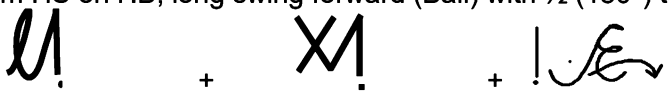
- First two Giant circles forward - same element (without turn) NOT eligible for CV



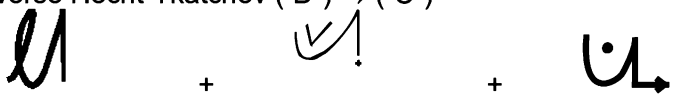
"C" + "C" + "C"	**+ 0.10 + 0.10**

EXAMPLES:

1. Clear hip circle backward to HS ("C") +
Stalder circle backward to HS ("C") +
From HS on HB, long swing forward (Bail) with ½ (180°) turn and flight over LB to hang on LB ("C")



2. Clear hip circle backward to HS ("C") +
Pike sole circle backward to HS ("C") +
Reverse Hecht-Tkatchev (~~"D"~~) → ("C")



"C" + "C" + "C"	**+ 0.10 + 0.20**

EXAMPLE:
Clear hip circle backward to HS ("C") +
Clear hip circle backward to HS with ½ (180°) turn in HS to reverse grip (~~"D"~~) → ("C") +
Giant circle forward to HS with ½ (180°) turn in HS ("C")



"C" + "C" + "C"	**+ 0.20 + 0.20**

EXAMPLE:
Giant circle backward to HS with ½ (180°) turn in HS ("C") +
Giant circle forward to HS with ½ (180°) turn in HS ("C") +
Salto backward stretched with double twist dismount (Flyaway) ("C")



E. CLARIFICATIONS ON DIRECT CONNECTIONS

1. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing downward to ¾ Giant circle forward, then hop-grip change to swing forward to next element.
Apply the following:
- **a.** Connection is broken.
- **b.** No CV Bonus awarded.
- **c.** Deduct 0.10 composition for ¾ Giant circle forward, with or without grip change.
- **d.** Deduct up to 0.10 for insufficient amplitude if swing backward is under horizontal.

EXAMPLE: Giant circle forward with 1/1 (360°) turn to mixed-L grip ("C") +
¾ Giant circle forward, hop grip change +
Underswing ½ (180°) turn over LB to HS on LB ("~~D~~") → ("C")

2. After 1/1 (360°) or 1½ (540°) turn to L grip or mixed-L grip, swing upward and backward to within 20° of HS, then hop-grip change to swing back down to next element.
Apply the following:
- **a.** Swing to within 20° of vertical considered Giant circle forward ("C").
- **b.** Connection considered direct, regardless of grip change.
- **c.** No deduction for poor composition.

III. "D/E" BONUS – LEVEL 9 AND 10 ONLY

A. "D" or "E" ELEMENTS MAY REPLACE:

1. Required VP of "A" / "B" / "C".
2. "D/E" Bonus awarded.

B. "D/E" BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. "D/E" BONUS FOR LEVEL 9

MAXIMUM OF + 0.10 AWARDED for "D/E" Bonus.

The 1st Restricted or allowable "D/E" element performed may be considered for +0.10 "D/E" Bonus **one time ONLY.**

1. If 1st Restricted or allowable "D/E" element results in **0 VP**: No Bonus is awarded.

- The same restricted or allowable "D/E" element may be repeated to receive VP credit and MAY be considered for +0.10 DV.

Example:  "0" FALLS, later performs  "D"

1) Level 9 gymnast attempts a Pak salto and does NOT touch the bar = No Value part awarded.
2) Gymnast later performs Pak salto and catches LB and continues routine = Value part awarded, and MAY be considered for +0.10 DV.

2. If 1st Restricted or allowable "D/E" element results in **0 VP**: No Bonus is awarded.

Example:  "0" FALLS, later performs  "D"

1) Level 9 gymnast attempts a Tkatchev, does NOT touch HB and FALLS = No Value Part or "D/E" bonus awarded for incomplete Tkatchev.
2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives "D" VP credit. Eligible for "D/E" Bonus as it is an Allowable "D/E".

3. If 1st Restricted or Allowable "D/E" element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.

a. Any additional different Restricted "D/E" elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.

Example:  "D" FALLS  "0"

1) Level 9 gymnast performs a Tkatchev touches HB, then FALLS. Receives VP credit.
2) Gymnast later performs Pak Salto (catches bar and continues routine). No VP for Pak Salto. Deduct 0.50 for 2nd restricted element.

b. Additional Allowable "D/E" elements receiving VP credit MAY be considered for +0.10 DV.

Example:  "D" FALLS  "D"

1) Level 9 gymnast performs a Tkatchev touches HB, then FALLS. Receives VP credit.
2) Gymnast later performs Giant circle backward with 1/1 (360°) turn in HS. Receives "D" VP credit. Eligible for "D/E" Bonus as it is an allowable "D/E".

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4. If 2 **different** restricted elements are performed in the same routine, regardless of whether either element receives VP credit or not (due to spot, failure to land on feet, not touching the hands on a release element, etc.), the gymnast will receive a 0.50 deduction for performing a 2nd restricted element.

   Example:  "0" FALLS  "0" FALLS

   1) Level 9 gymnast attempts a Tkatchev, does NOT touch HB and FALLS = No Value Part, SR, or "D/E" bonus awarded for incomplete Tkatchev.
   2) Gymnast later attempts a Pak salto and does NOT touch the bar = No Value Part awarded and no SR. Deduct 0.50 for 2nd different restricted element.

5. 1st Restricted and any allowable "D/E" elements count as "C" in Connection Value Principles.

D. "D/E" BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for "D/E" Bonus.
   - **a.** "D" elements each receive + 0.10 Bonus.
   - **b.** "E" elements each receive + 0.20 Bonus.
2. **SAME "D" or "E" ELEMENT** eligible for "D/E" Bonus one time ONLY.
   EXCEPTION: Same "D" or "E" element performed a second time.
   - **a.** 1st time performed without touching bar or with a spot = **0 VP**:
   - **b.** Second time element is complete - VP credit awarded.
   - **c.** "D/E" Bonus awarded.

IV. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus and "D/E" Bonus.
   - **a.** Minimum of + 0.10 for "D/E"
   - **b.** Minimum of + 0.10 for CV
2. Remaining 0.30 may be earned:
   - **a.** "D/E" or CV Bonus.
   - **b.** Maximum SV = 10.00.
3. Eligible for additional + 0.10 Bonus (NOT included in SV).
   - **a.** Must have 10.0 SV
   - **b.** Total Bonus = +0.60 or more, and
   - **c.** Minimum of one "E" element (no fall / spot)

B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE

1. Each judge adds the Bonus to her / his score and must visibly indicate, by means of a placard or other signage, that the Bonus was awarded.
2. If using paper score slips, the judge should also indicate in writing any bonus awarded.

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V. BONUS RESTRICTIONS

A. FALLS or SPOT:

1. During "D" or "E" element – No "D/E" Bonus
2. On CV element – No CV

B. EXTRA SWING OCCURS BETWEEN "C" or "D" or "E" ELEMENTS:

1. Will break direct connection.
2. No CV Bonus may be awarded.

C. REPEATED "D" or "E" ELEMENT – LEVEL 10

1. "D/E" Bonus awarded one time ONLY.
2. No "D/E" Bonus for same "D" or "E" a second time, unless Different connection (before / after).

   a. The first time a "D/E" element receives VP credit; however, if performed with a fall, no Bonus is awarded.
   Example: Gymnast performs a Tkatchev, touches the HB and falls: Award VP; NO bonus.

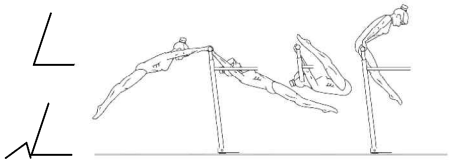
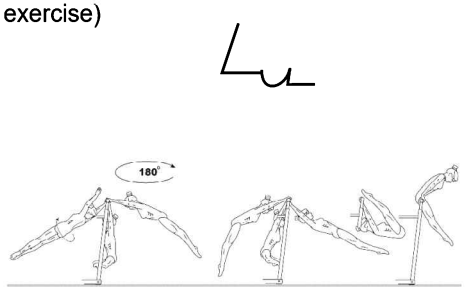
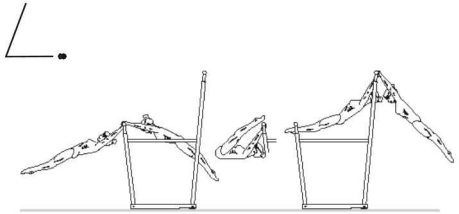
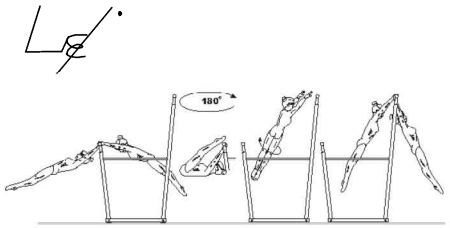
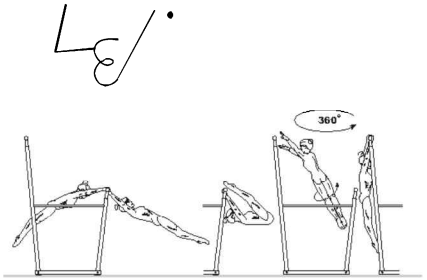
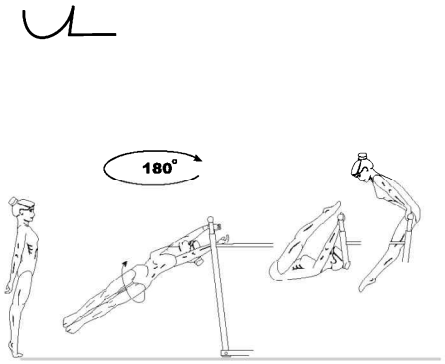
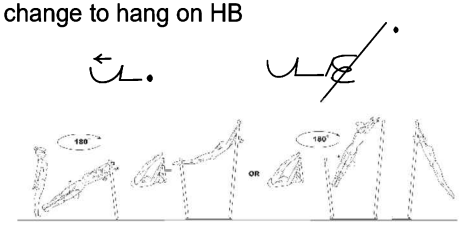
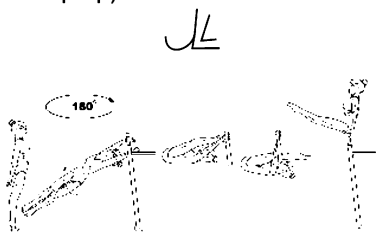
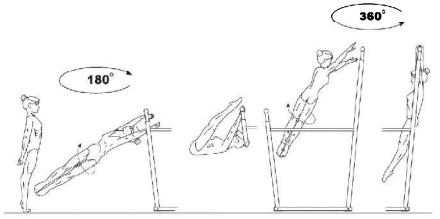
   b. The second time the same "D/E" element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
   Example: Gymnast repeats the Tkatchev, catches the HB connecting to an overshoot (bail with ½ turn) to clear support on LB = Award VP, DV, and CV.

D. EXACT SAME CONNECTION REPEATED - CV BONUS NOT AWARDED.

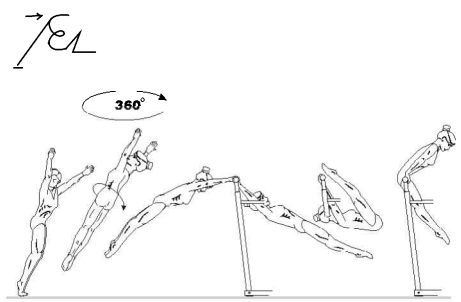
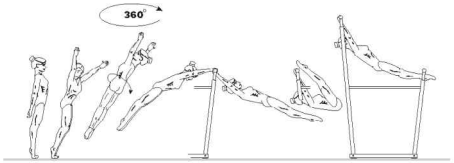
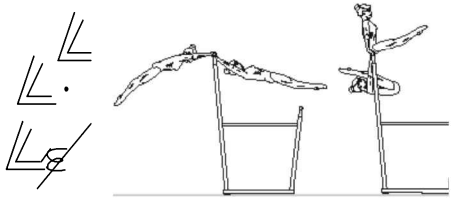
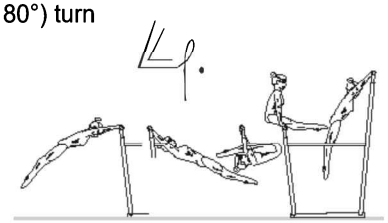
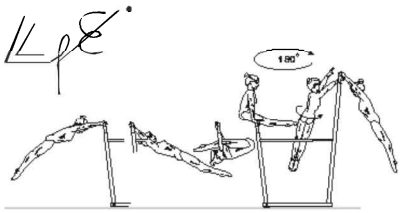
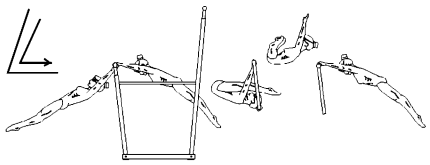
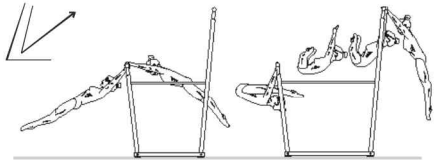
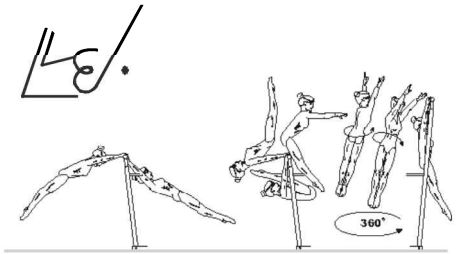
E. TOTAL BONUS CREDIT POSSIBLE:

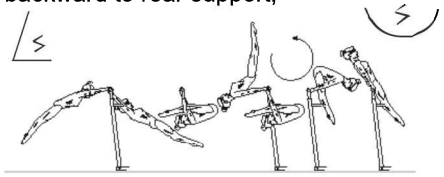
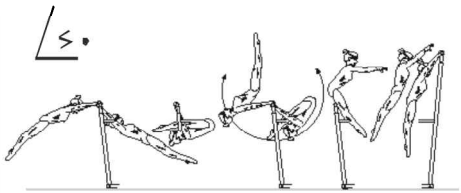
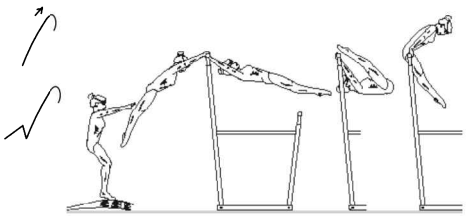
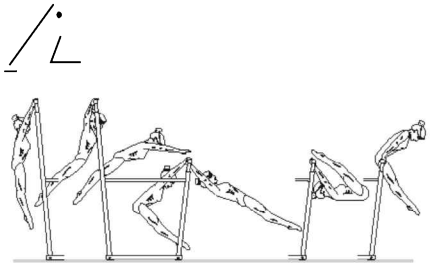
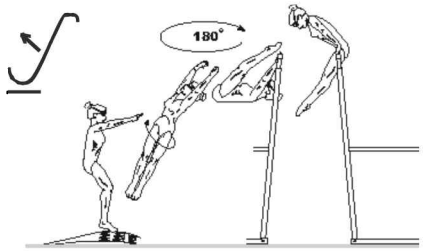
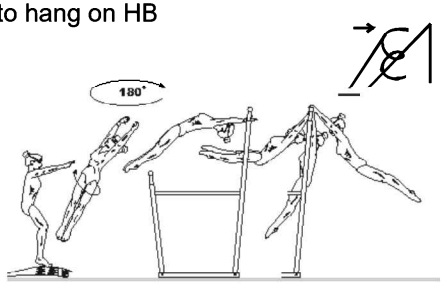
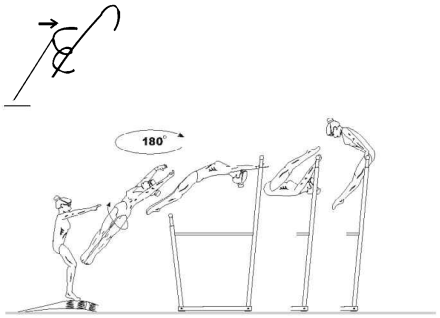
1. Level 10: +0.50 total Bonus needed to start at 10.0
   a. No more than + 0.40 may be awarded for CV.
   b. No more than + 0.40 may be awarded for "D/E".
2. Level 9: +0.30 total Bonus needed to start at 10.0.
   a. No more than + 0.30 may be awarded for CV.
   b. No more than + 0.10 may be awarded for "D/E".
   - Only the 1st "D/E" performed is eligible for + 0.10 "D/E" Bonus.
3. Level 6 / 7 / 8: NOT eligible for Bonus.

Group 1 – Mounts

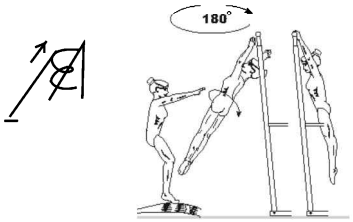
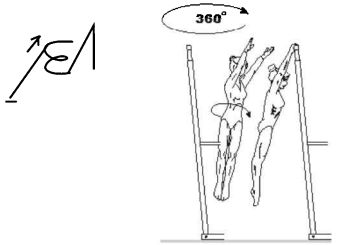
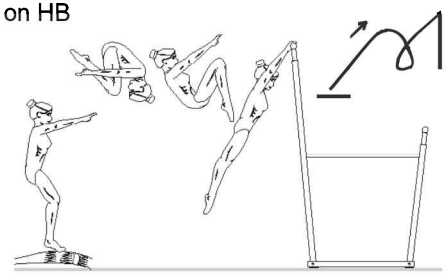
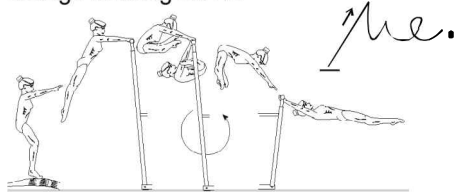
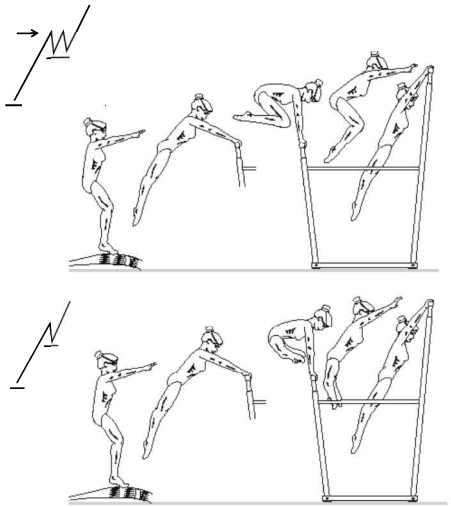
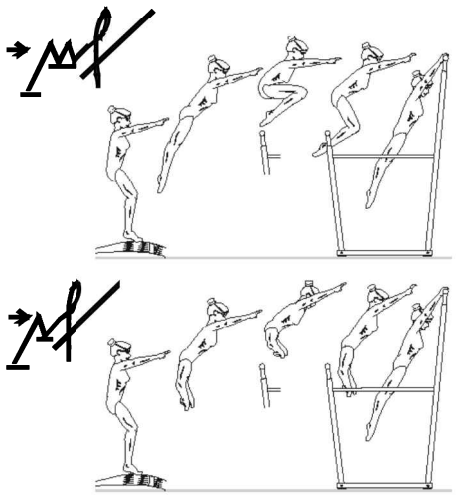
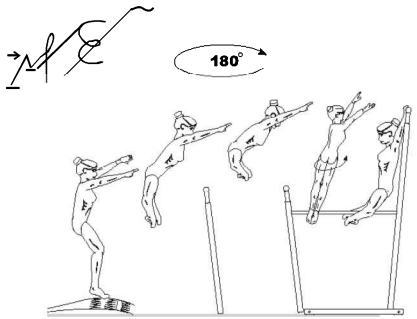
A	B	C	D	E
1.101 Glide kip on LB, also with reverse grip  Glide, 1/2 (180°) turn, glide kip (also within exercise) 	**1.201** Glide kip on LB with grip change to hang on HB  - also with 1/2 (180°) turn 	**1.301** Glide kip on LB with 1/1 (360°) turn and grip change to hang on HB 	**1.401**	**1.501**
1.102 Jump with 1/2 (180°) turn, kip to support 	**1.202** Jump with 1/2 (180°) turn, glide kip on LB with or without 1/2 (180°) turn and grip change to hang on HB  or with stoop through to rear support (back kip-up) 	**1.302** Jump with 1/2 (180°) turn, glide kip on LB with 1/1 (360°) turn and grip change to hang on HB 	**1.402**	**1.502**

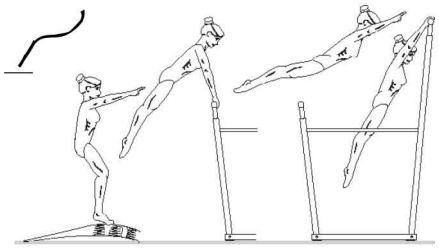
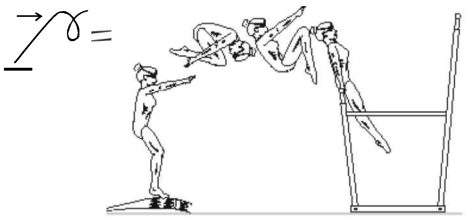
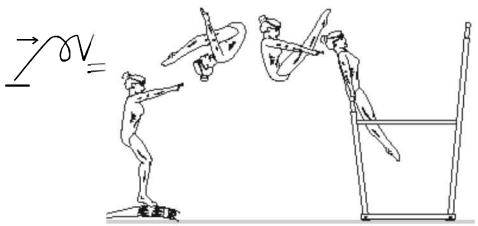
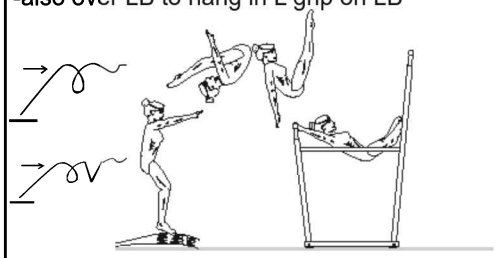
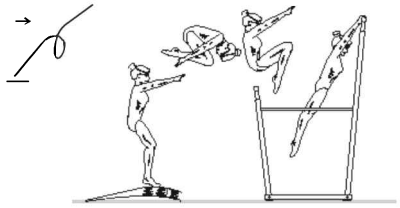
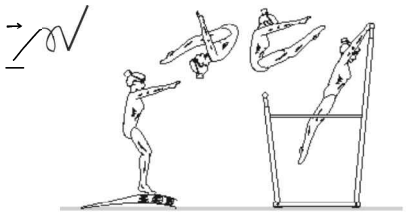
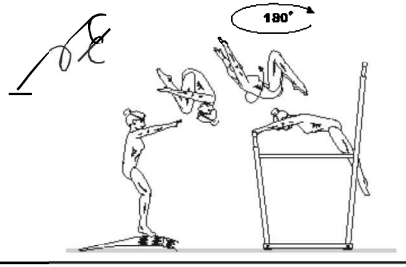
Group 1 – Mounts

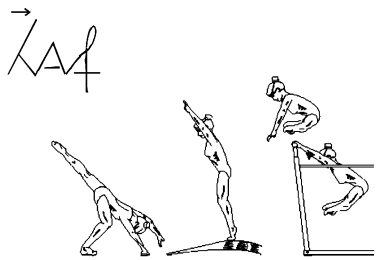
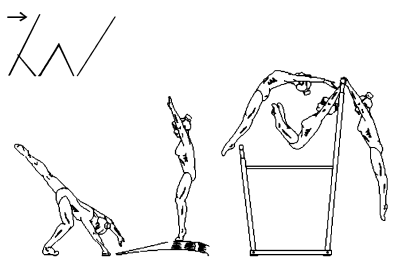
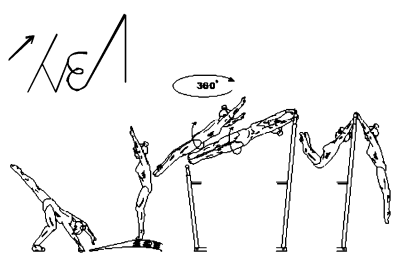
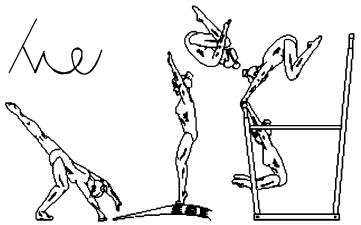
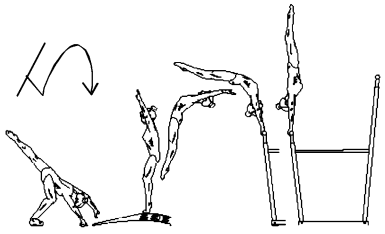
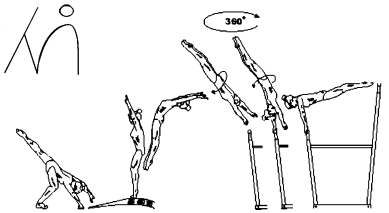
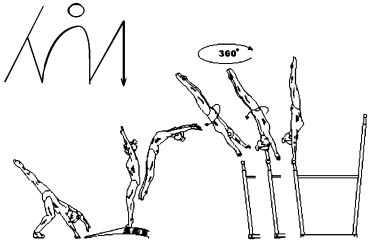
A	B	C	D	E
1.103	**1.203** Jump with 1/1 (360°) turn, kip to front support on LB 	**1.303** Jump with 1/1 (360°) turn and kip on LB with grip change to hang on HB 	**1.403**	**1.503**
1.104 Glide on LB or swing forward on HB, stoop through, back kip-up – to brief rear support (touching LB with back of thighs), also with grip change to hang on HB – with or without 1/2 (180°) turn 	**1.204** Glide on LB, stoop through, back kip-up on LB through clear rear support with grip change to hang on HB – also with 1/2 (180°) turn   Glide on LB, stoop through, back kip-up with straddle cut backward to hang on LB 	**1.304** Glide on LB, stoop through, back kip-up with straddle cut backward to hang on HB  Glide on LB, stoop through, back kip-up over LB with 1/1 (360°) turn and grip change to hang on HB 	**1.404**	**1.504**

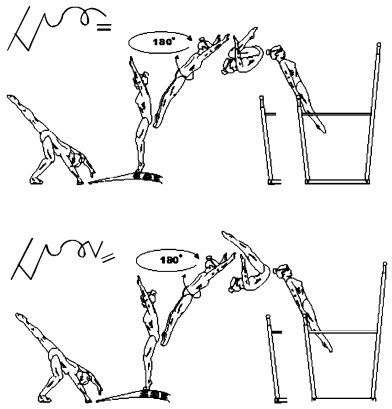
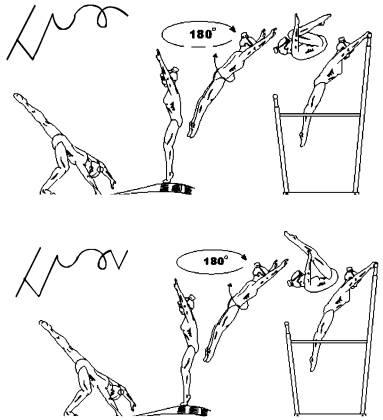
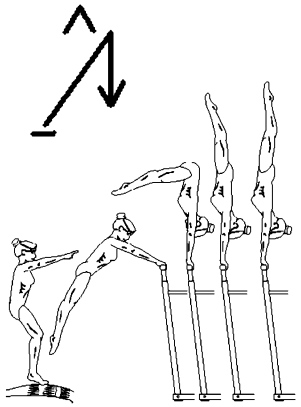
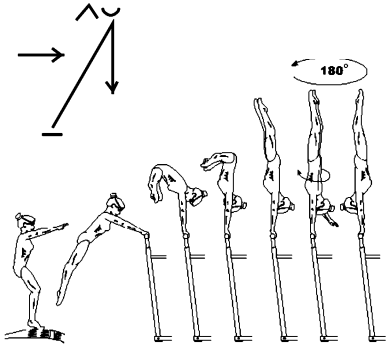
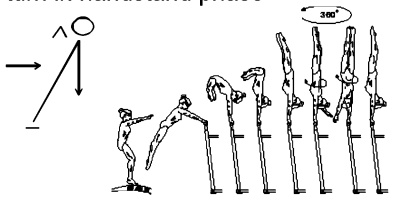
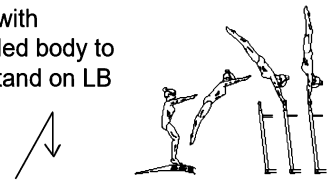
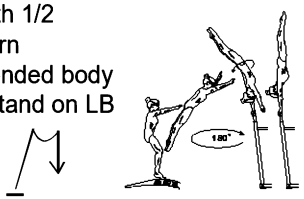
Group 1 – Mounts				
A	B	C	D	E
1.105	**1.205** Reverse kip from: glide forward on LB, OR swing forward on HB, stoop through to kip hang, back kip swing or seat (pike) circle backward to rear support,  - also with grip change to hang on HB 	**1.305**	**1.405**	**1.505**
1.106 Jump to brief hang on HB – also with reverse grip – kip to support,  with grip change from HB to hang on LB with kip to support (or similar) 	**1.206** Facing HB –Jump with 1/2 (180°) turn– kip to support on HB  Free jump with 1/2 (180°) turn over LB to hang on HB 	**1.306** Jump with 1/2 (180°) turn over LB – kip to support on HB 	**1.406**	**1.506**

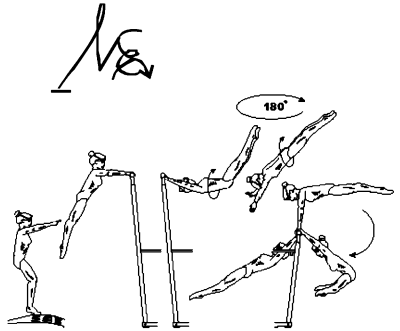
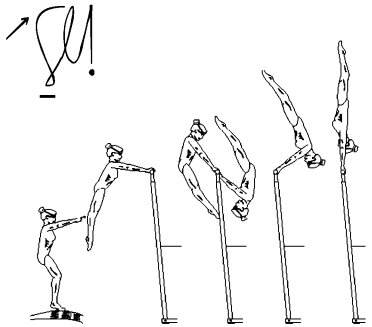
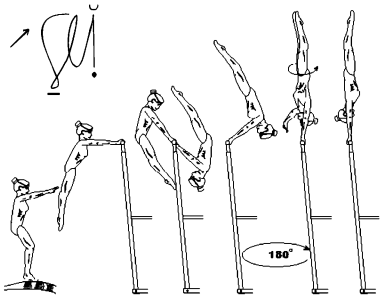
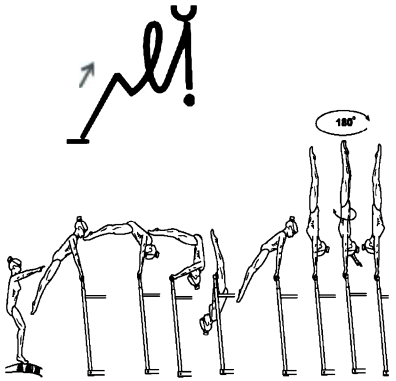
Group 1 – Mounts

A	B	C	D	E
1.107 Facing HB –Jump with 1/2 (180°) turn  or 1/1 (360°) turn to hang on HB 	**1.207**	**1.307** Facing HB – salto forward to brief hang on HB  Jump to brief hang on HB, *salto roll* backward tucked or straddled with grip change to hang on LB 	**1.407**	**1.507**
1.108 Squat or straddle vault with hand repulsion over LB to hang on HB 	**1.208** Free tuck or straddle jump over LB to hang on HB 	**1.308** Jump forward with free straddle over LB with 1/2 (180) turn to catch HB in L grip (1/2 turn must be free) 	**1.408**	**1.508**

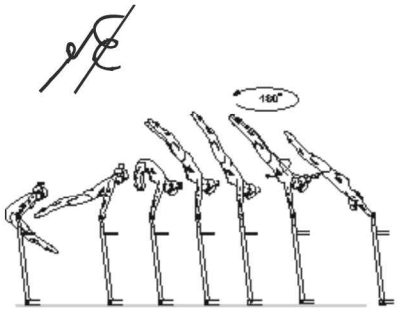
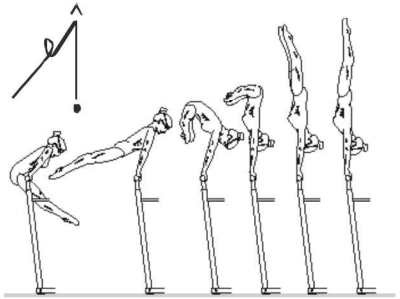
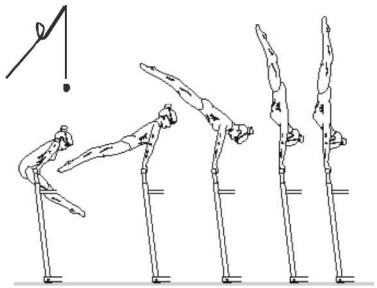
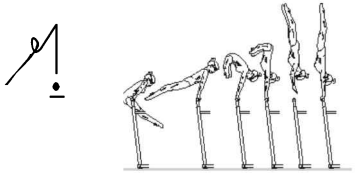
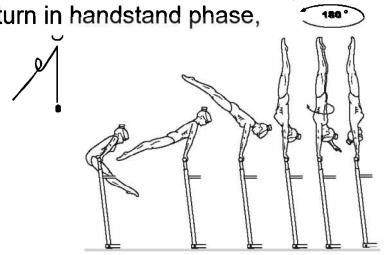
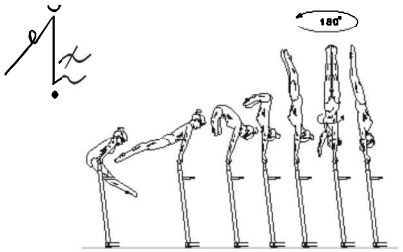
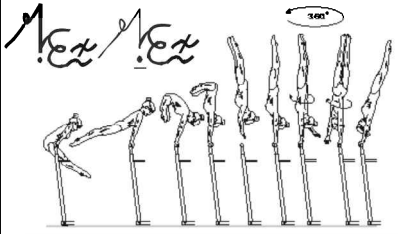
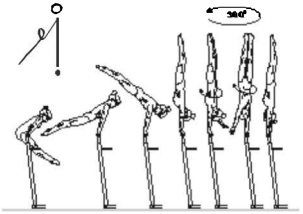
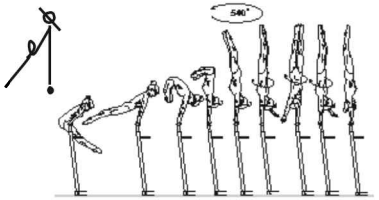
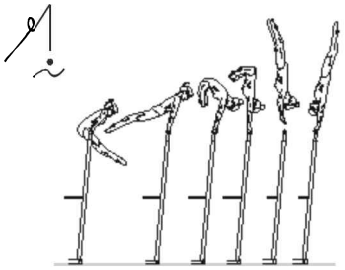
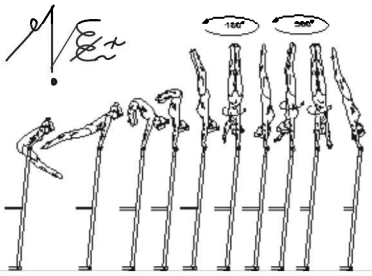
Group 1 – Mounts				
A	B	C	D	E
1.109	**1.209** Hecht jump (legs together)`with hand repulsion over LB to hang on HB 	**1.309**	**1.409**	**1.509**
1.110	**1.210**	**1.310** Salto forward tucked, piked or straddled over LB to brief sit on LB   -also over LB to hang in L grip on LB 	**1.410** Salto forward tucked or piked over LB to hang on HB, without touching LB   Salto forward tucked over LB with 1/2 (180°) turn to grasp LB 	**1.510**

Group 1 – Mounts				
A	B	C	D	E
1.111	**1.211** Round-off in front of LB – flight backward (straddled) through momentary clear straddle support on LB 	**1.311** Round-off in front of LB – flight backward over LB with legs together or straddled to hang on HB 	**1.411** Round-off in front of LB – flight backward over LB with 1/1 (360°) turn to hang on HB 	**1.511**
1.112	**1.212**	**1.312**	**1.412** Round-off in front of LB – salto backward tucked over LB to hang on LB (Jentsch)  Round-off in front of LB – flic-flac through handstand phase on LB (Gonzalez) 	**1.512** Round-off in front of LB – flic-flac with 1/1 (360°) turn to clear support  or through handstand phase on LB 

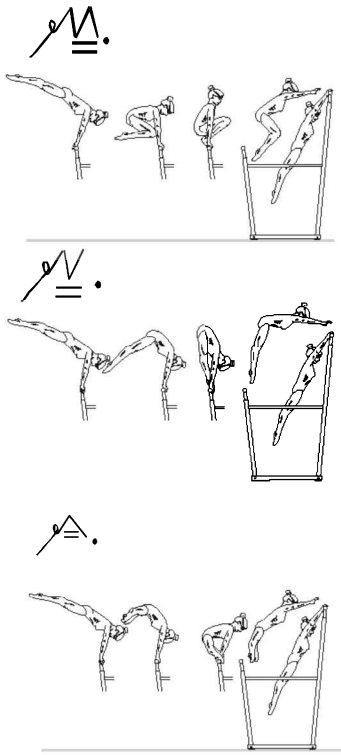
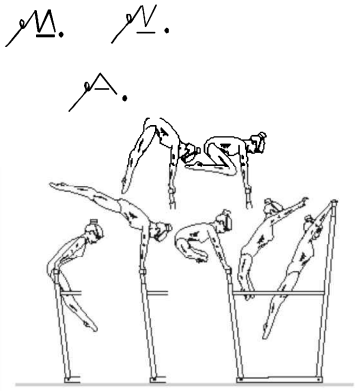
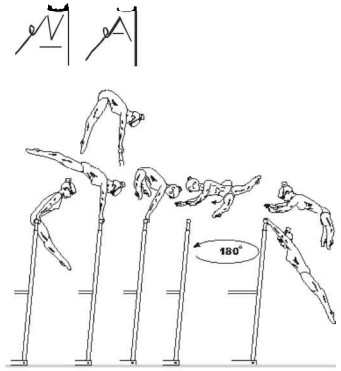
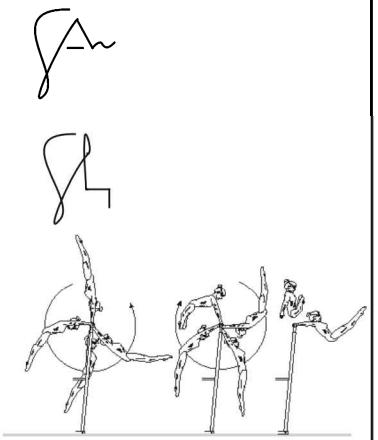
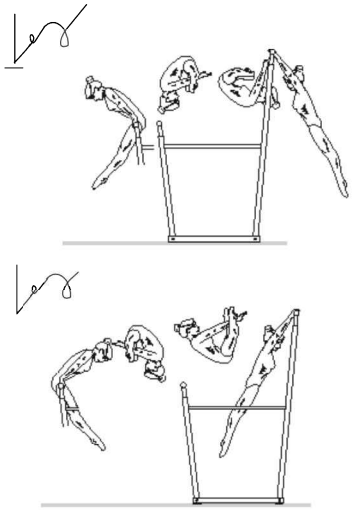
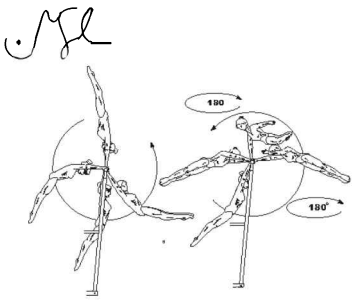
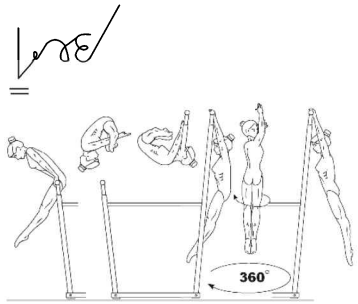
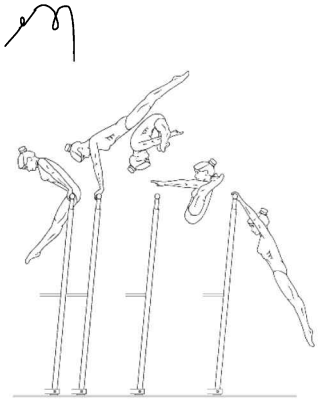
Group 1 – Mounts				
A	B	C	D	E
1.113	**1.213**	**1.313**	**1.413** Round-off in front of LB – Arabian salto tucked or piked over LB to a momentary sit on LB 	**1.513** Round-off in front of LB – Arabian salto tucked or piked over LB to a hang on HB without touching the LB 
1.114	**1.214** Jump to handstand on LB with hips bent, then extended 	**1.314** Jump to handstand on LB with hips bent, then extended with 1/2 (180°) turn in handstand phase 	**1.414** Jump to handstand on LB with hips bent, then extended and 1/1 (360°) turn in handstand phase  Jump with extended body to handstand on LB  Jump with 1/2 (180°) turn with extended body to handstand on LB 	**1.514**

Group 1 – Mounts				
A	B	C	D	E
1.115	**1.215** Jump to hang on HB – underswing with 1/2 (180°) turn and flight over LB to glide 	**1.315** Jump to brief clear support on HB (with reverse, mixed, or regular grip) – clear hip circle to handstand on HB 	**1.415** Jump to brief clear support on HB (with reverse, mixed, or regular grip) – clear hip circle to handstand with 1/2 (180°) turn in handstand phase on HB (McNamara) 	**1.515**
1.116	**1.216**	**1.316**	**1.416** Jump to brief clear support on LB (with reverse grip) – clear hip circle forward to handstand with 1/2 (180°) turn in handstand phase (Garner) 	**1.516**

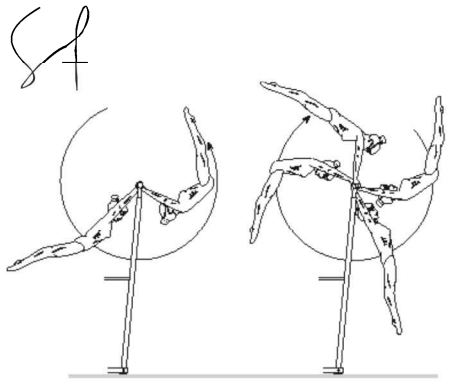
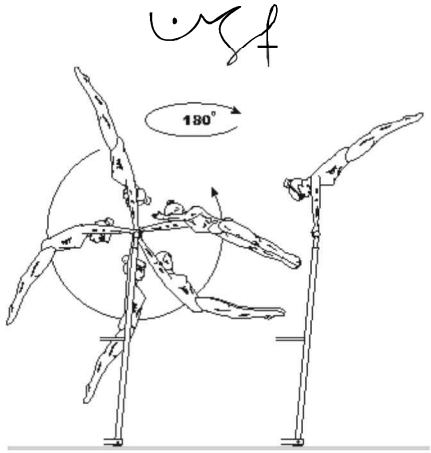
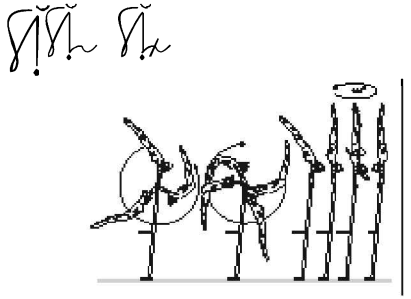
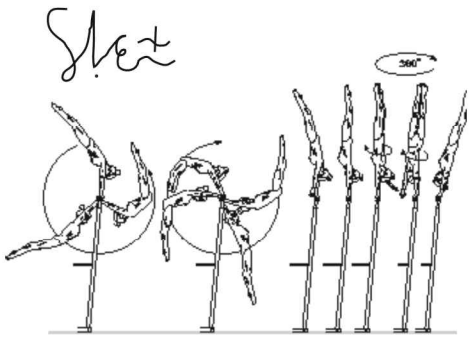
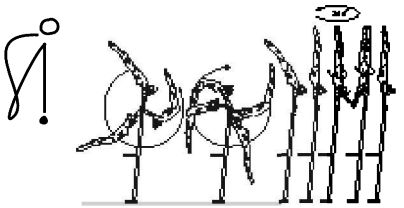
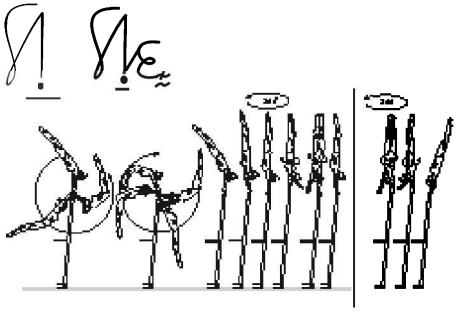
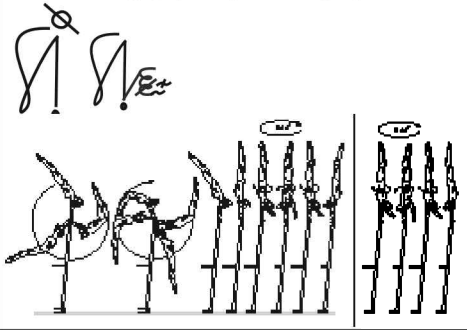
Group 2 – Casts/Counterswings

A	B	C	D	E
2.101 Cast to 21° to 45° from vertical, legs straddled (hips bent) or together with 1/2 (180°) turn (cast & turn occurs on same side of bar) 	**2.201** Cast to handstand (within 20° of vertical) with legs straddled (hips bent) or together (hips extended)  	**2.301** Cast to handstand with hop to reverse grip in handstand, also with 1/2 (180°) turn after the hop to reverse grip (not illustrated)  Cast to handstand with 1/2 (180°) turn in handstand phase,  - also 1/2 (180°) turn to L or mixed-L grip (Higgins technique)  Cast to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip, also from cast with hop to reverse grip 	**2.401** Cast to handstand with 1/1 (360°) or 1½ (540°) turn in handstand phase (1/1-Pacheco; 1½ - Miller)   Cast to handstand with hop to L grip in handstand phase  with 1½ (540°) turn to L or mixed-L grip (Healy technique) 	**2.501**

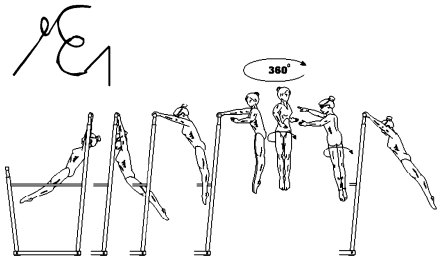
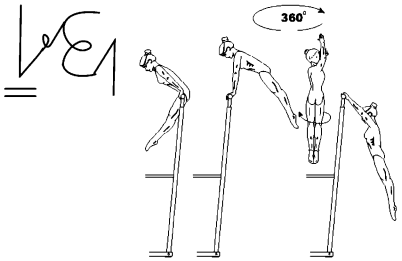
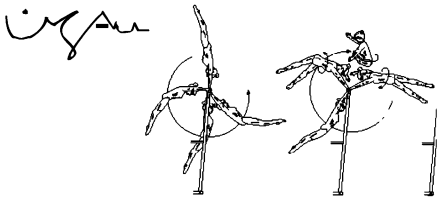
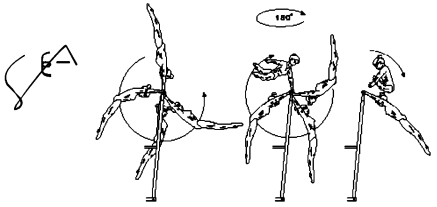
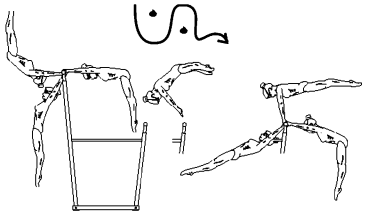
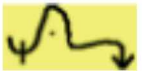
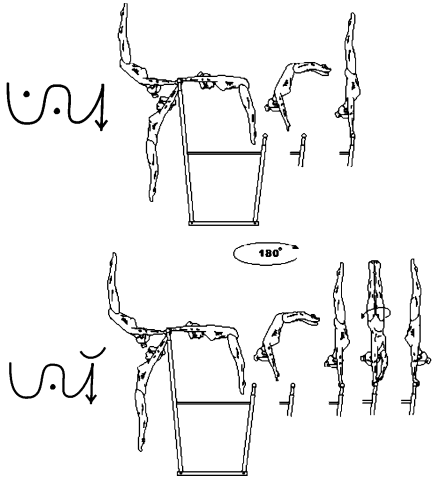
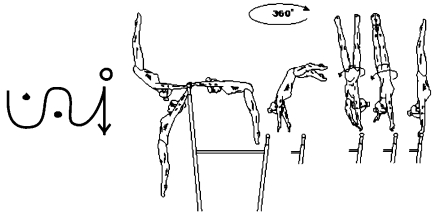
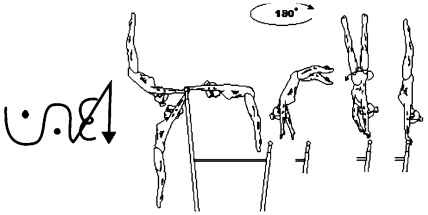
Group 2 – Casts/Counterswings

A	B	C	D	E
2.102 Cast to squat, stoop or straddle on LB, also with jump to grasp HB 	**2.202** Front support on LB - free squat, stoop, or straddle over LB with grip change to hang on HB  Front support on HB – stoop with flight or free straddle forward over HB and 1/2 (180°) turn to hang on HB 	**2.302** Hang on HB – uprise backward with straddle flight (Schier straddle) or with rear vault in flight (Schier Kehre) over HB to L-hang or hang 	**2.402** Outer front support on LB – cast with salto roll forward to hang on HB, also from inner front support – Radochla roll to hang (Brause)  Handstand on HB- Giant circle backward with 1/2 (180°) turn, uprise backward with rear vault in flight over HB to hang (Janz-Kehre) 	**2.502** Inner front support on LB – Radochla roll with 1/1 (360°) turn to hang on HB (Brause 1/1)  Front support on HB- cast with salto forward straddled to hang on HB (Comaneci Salto) 

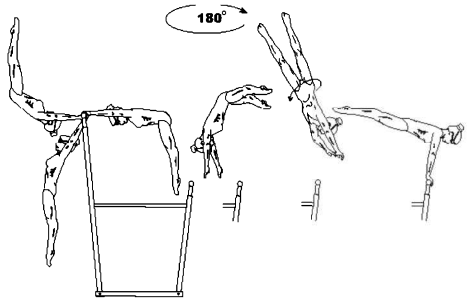
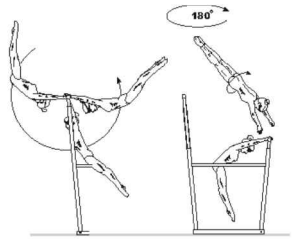
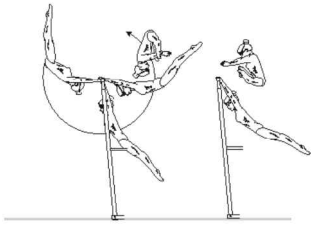
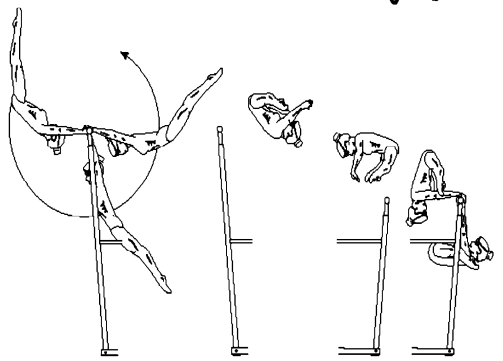
Group 2 – Casts/Counterswings

A	B	C	D	E
2.103	**2.203** Hang on HB – uprise backward to clear support on HB, also from handstand on HB ** The Back Uprise to clear support followed directly by a Group 3, 6 or 7 circling element to handstand, with or without 1/2 (180°) turn, may be counted as two elements (B+C) or one "C" element, to the benefit of the gymnast.*  or – swing down with 1/2 (180°) turn and uprise backward to clear support on HB (turning uprise) 	**2.303** Hang on HB – uprise backward to handstand on HB,  - also with 1/2 (180°) turn  Hang on HB – uprise backward to handstand on HB with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**2.403** Hang on HB – uprise backward to handstand on HB with 1/1 (360°) turn in handstand phase  Hang on HB – uprise backward with hop to reverse grip in handstand (McCalla), also followed by 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip  Hang on HB – uprise backward to handstand on HB with 1½ (540°) turn in handstand phase (Reeder), also with 1½ (540°) turn to L or mixed-L grip (Healy technique) 	**2.503**

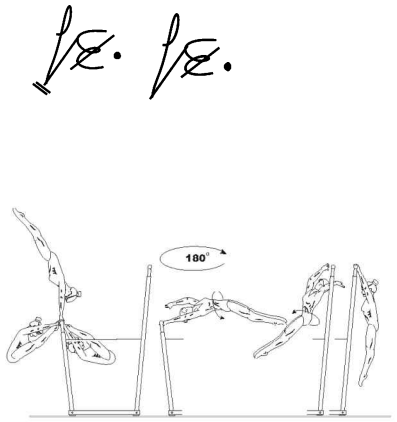
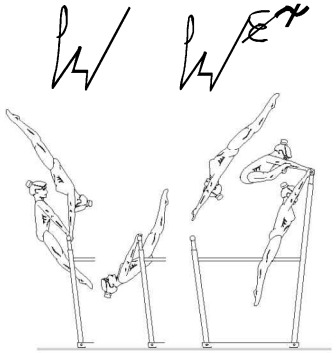
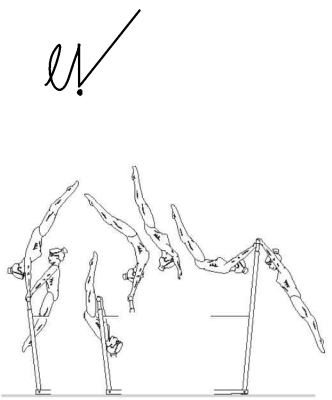
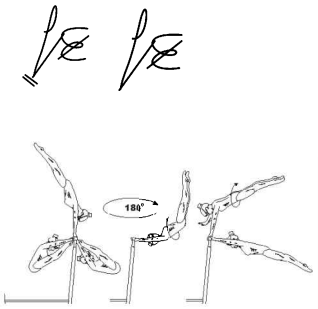
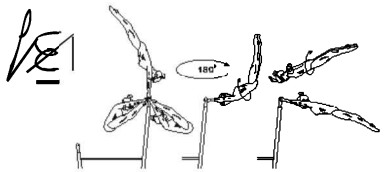
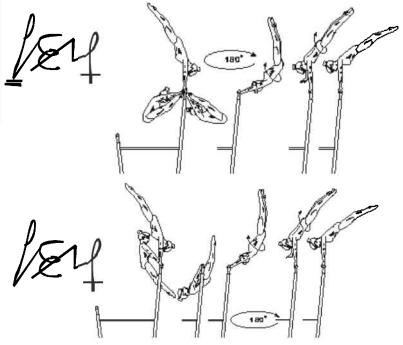
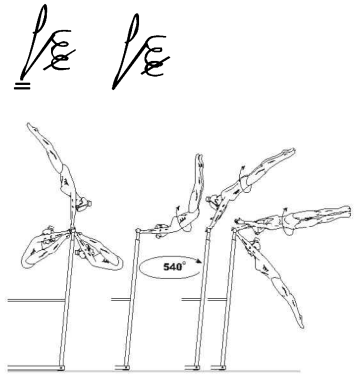
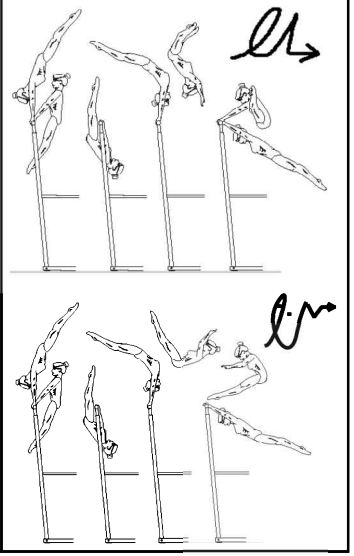
Group 2 – Casts/Counterswings

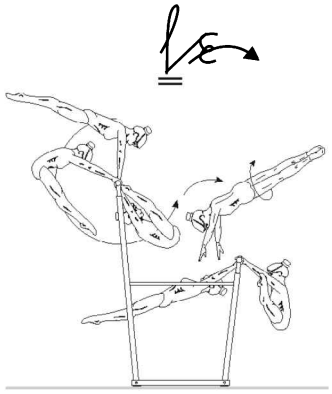
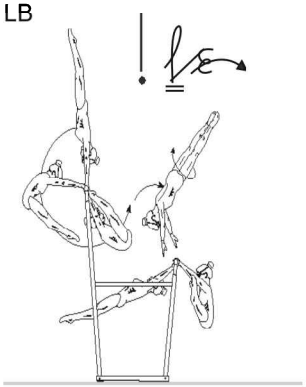
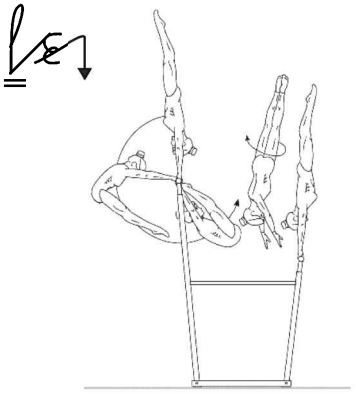
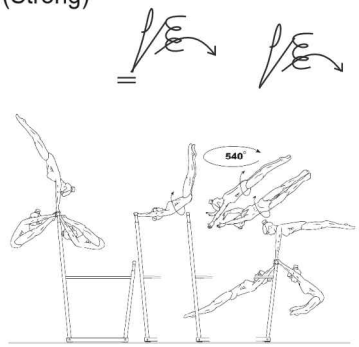
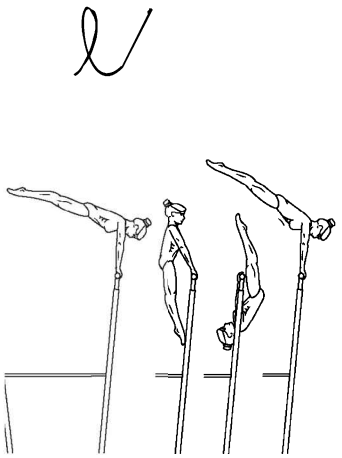
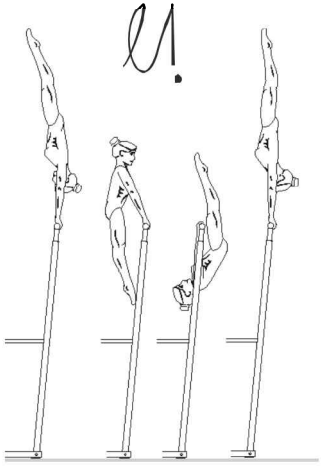
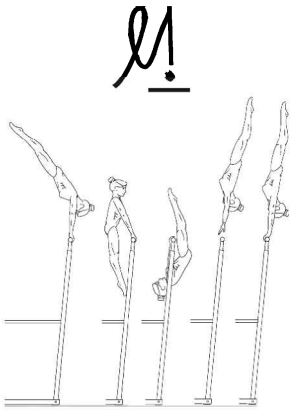
A	B	C	D	E
2.104	**2.204** Hang on HB – swing backward with release and 1/1 (360°) turn to hang on HB 	**2.304** From front support on HB - swing backward with release and 1/1 (360°) turn to hang on HB (Caslavska Pirouette) 	**2.404** From a cast on HB, swing down between bars to a turning uprise and straddle forward over HB with 1/2 (180°) turn to regrasp HB (Wilson)  Back uprise, release with 1/2 (180°) turn and straddle flight backward over HB (Franzella) 	**2.504**
2.105	**2.205** Hang on HB - Counterswing backward in straddle or pike with flight over LB to hang on LB*  ** Receive "C" if it directly follows (without forward counterswing) a "D" or "E" release element* From cast in regular grip on HB facing LB, swing down with grip change to cross grip and 1/2 (180°) turn in range of hang position - swing backward in straddle or pike with flight over LB to hang (Not illustrated) 	**2.305** Hang on HB - Counterswing backward in straddle or pike with flight to handstand on LB, also with 1/2 (180°) turn in handstand 	**2.405** Hang on HB - Counterswing backward in straddle or pike with flight to handstand on LB with 1/1 (360°) turn in handstand  Hang on HB - Counterswing backward in straddle or pike with 1/2 (180°) turn in flight to handstand on LB 	**2.505**

Revised 7.23

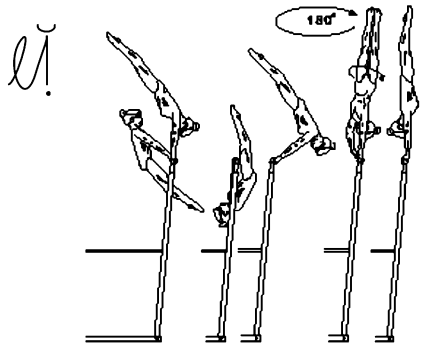
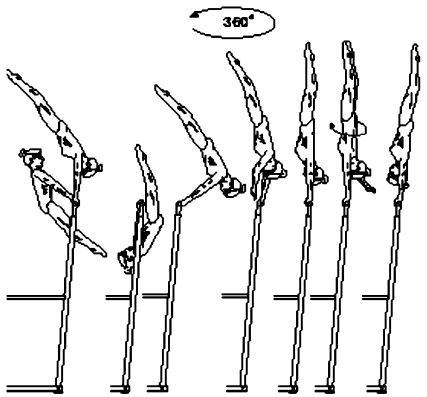
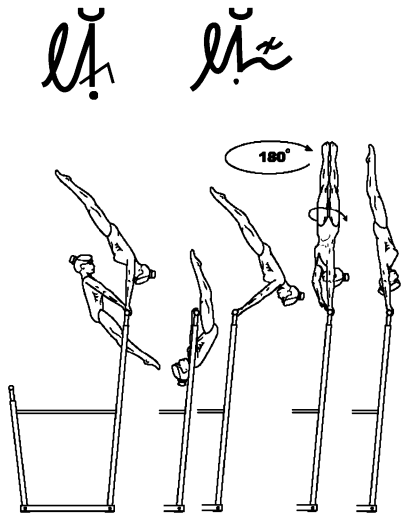
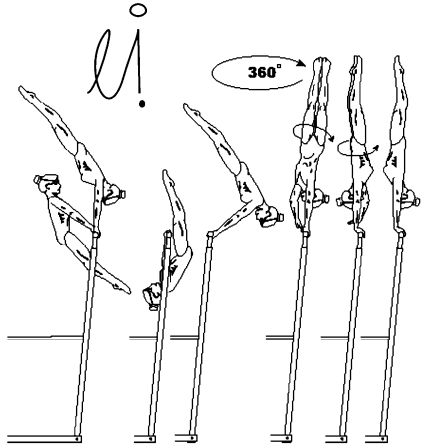
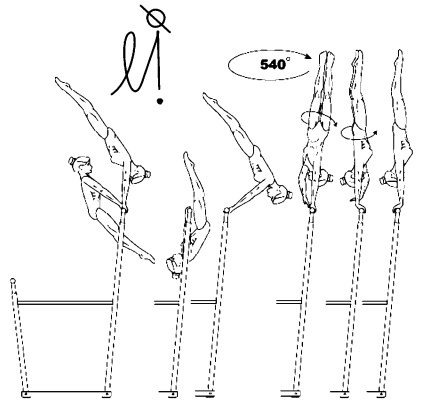
Group 2 – Casts/Counterswings				
A	B	C	D	E
2.106	**2.206**	**2.306** On HB – Counterswing to salto forward piked/straddled with 1/2 (180°) turn to catch LB (Pritchard) 	**2.406** On HB – counterswing to salto forward stretched with 1/2 (180°) turn to catch LB (Cox)  On HB – Counterswing to salto forward straddled to catch same bar (Bullock)  Counterswing on HB to salto forward straddled between bars to catch LB in reverse grip (Montell) 	**2.506**

Group 3 – Underswings/Clear hips circles

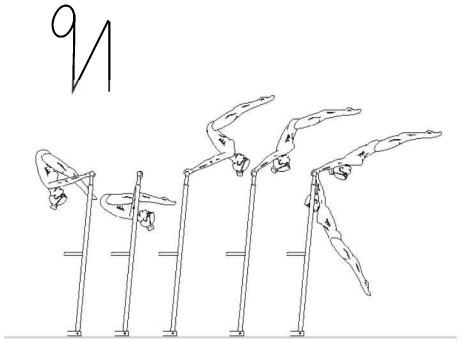
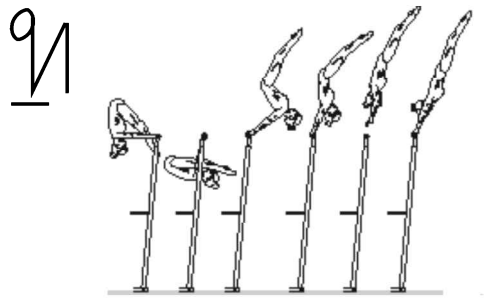
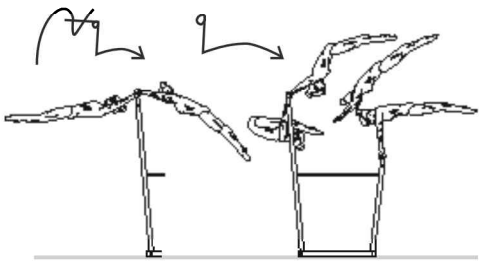
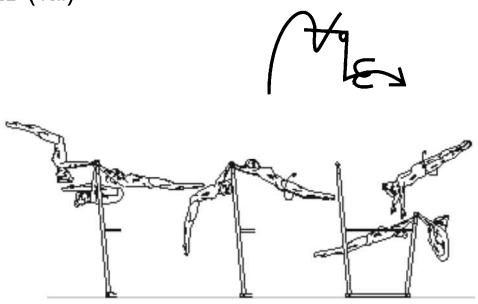
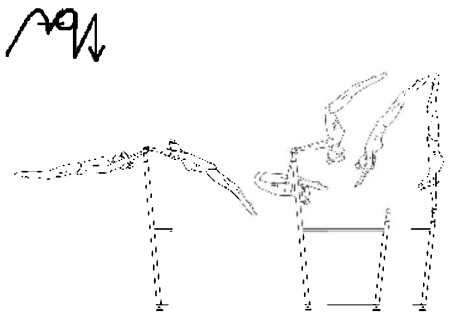
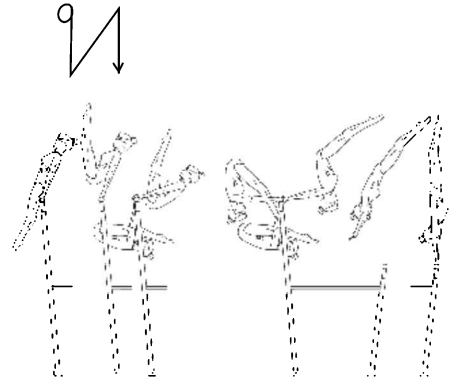
A	B	C	D	E
3.101	**3.201** Underswing on LB with 1/2 (180°) turn and grip change to hang on HB 	**3.301** Clear underswing on LB, release and counter movement forward in flight to hang on HB, also with 1/2 (180°) turn turn to mixed grip (not illustrated) 	**3.401** Inner front support on LB- clear hip circle through handstand with flight to hang on HB (Shaposhnikova) 	**3.501** Inner front support on LB- clear hip circle through handstand with 1/2 (180˚) turn in flight to hang on HB (Khorkina) 
3.102 Underswing on HB with 1/2 (180°) turn at or above HB height to hang 	**3.202** Facing outward – Underswing on HB with 1/2 (180°) turn and side flair of arms in flight to hang on same bar  Underswing with 1/2 (180°) turn to clear support on same bar 	**3.302** Underswing with 1½ (540°) turn to hang 	**3.402**	**3.502** Clear hip circle on HB through handstand, counter straddle to hang on HB (Hindorff); also in pike position (Jones) 

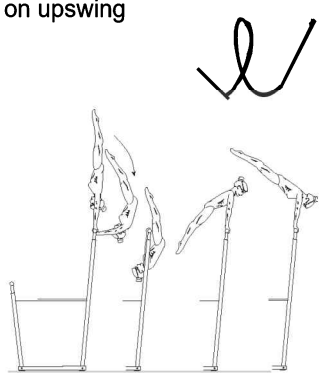
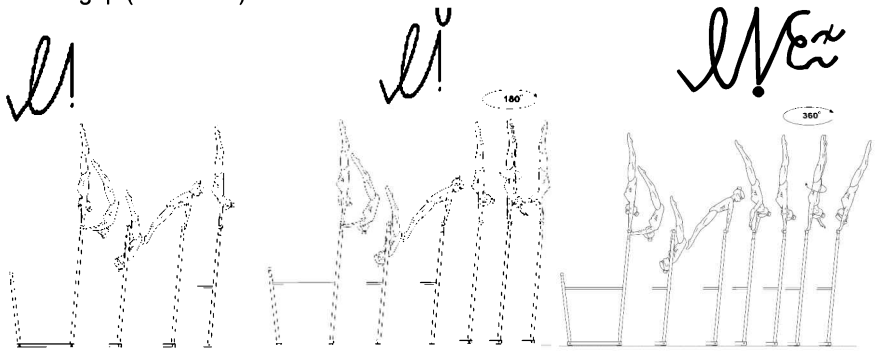
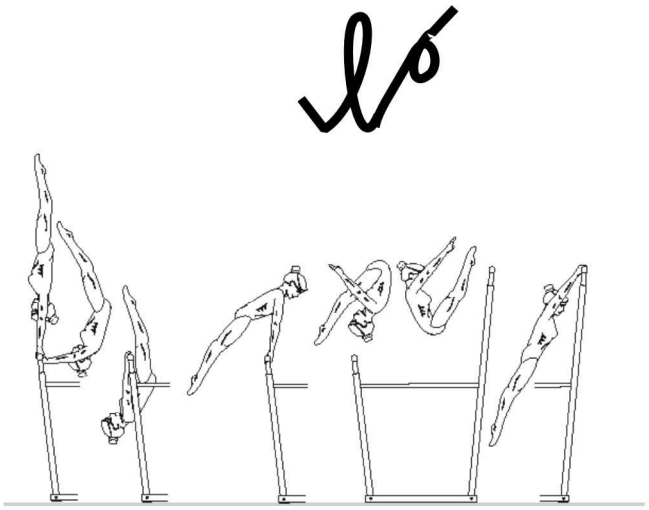
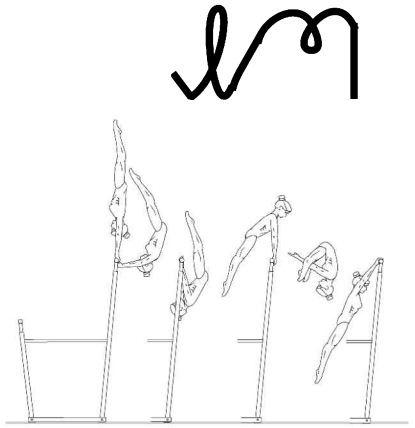
Group 3 – Underswings/Clear hips circles				
A	B	C	D	E
3.103	**3.203** Underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB 	**3.303** From handstand on HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to hang on LB 	**3.403** On HB, underswing (toe-on) with 1/2 (180°) turn and flight over LB to handstand on LB 	**3.503** Handstand on HB, facing LB - underswing with 1½ (540°) turn and flight over LB to hang on LB (Strong) 
3.104	**3.204** Clear hip circle to clear support 	**3.304** Clear hip circle to handstand 	**3.404** Clear hip circle to handstand with hop-grip change in handstand phase 	**3.504**

Group 3 – Underswings/Clear hips circles

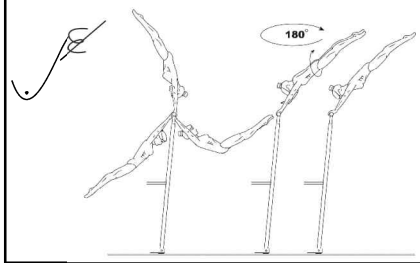
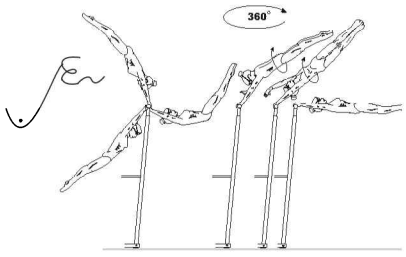
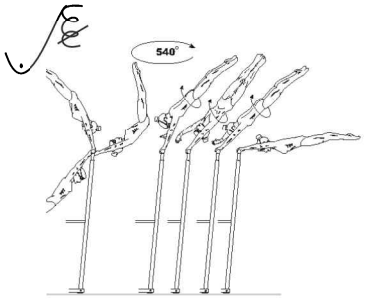
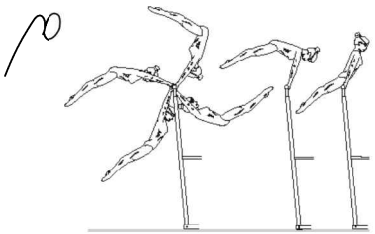
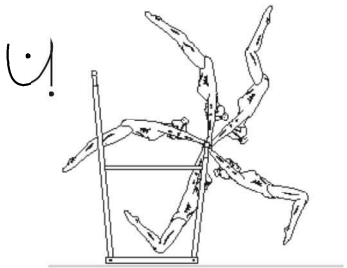
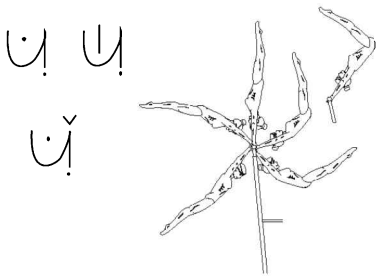
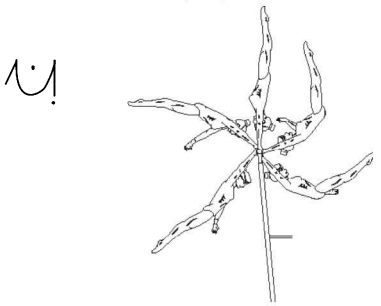
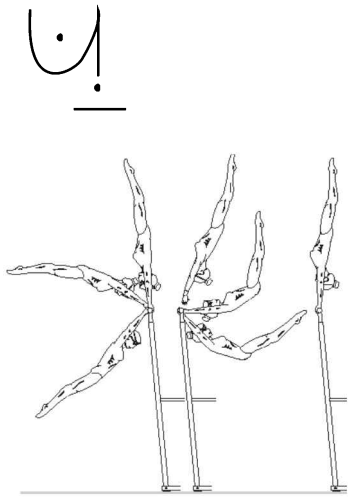
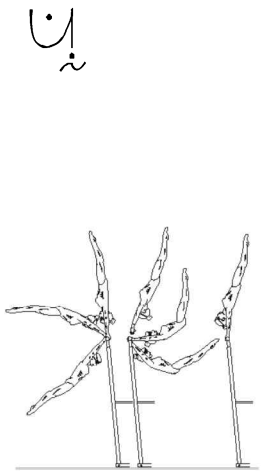
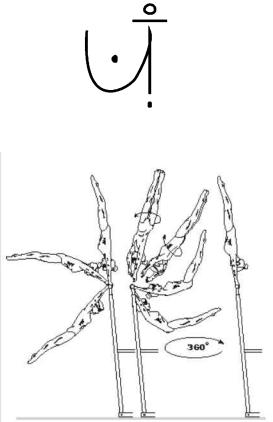
A	B	C	D	E
3.105 Clear hip circle with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)  Horiz.- 45° from vertical	**3.205** Clear hip circle with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)  21°- 44° from vertical	**3.305** Clear hip circle to handstand with 1/2 (180°) turn in handstand phase to regular grip  Clear hip circle to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**3.405** Clear hip circle to handstand with 1/2 (180°) turn in handstand phase to reverse grip, also to L grip (Higgins technique) or mixed-L grip 	**3.505** Clear hip circle to handstand with 1/1 (360°) turn in handstand phase to regular grip (Ma)  Clear hip circle to handstand with 1½ (540°) turn in handstand phase 

Group 3 – Underswings/Clear hips circles

A	B	C	D	E
3.106 Underswing backward (inverted pike swing) -dislocate (Schleudern) to hang on HB 	**3.206**	**3.306** Underswing backward (inverted pike swing) on HB -dislocate (Schleudern) to near handstand with hop-change to regular grip on HB  Hang on HB, back to LB –stoop through, underswing backward (inverted pike swing) -dislocate (Schleudern) with flight over LB to hang, also from rear support on HB  Hang on HB, facing LB – swing forward and stoop through, dislocate and underswing with 1/2 (180°) turn with flight over LB to hang on LB (Tai) 	**3.406** From hang on HB – stoop through, underswing backward (inverted pike swing) on HB – dislocate with flight to handstand on LB (Zuchold-Schleudern)  - also from rear support 	**3.506**

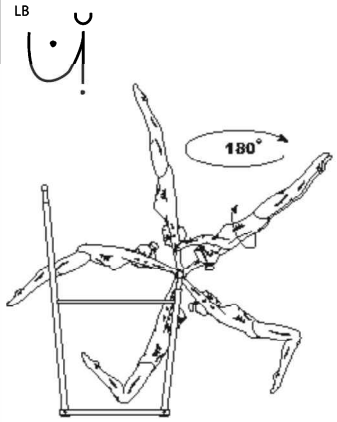
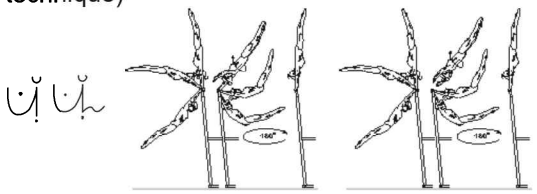
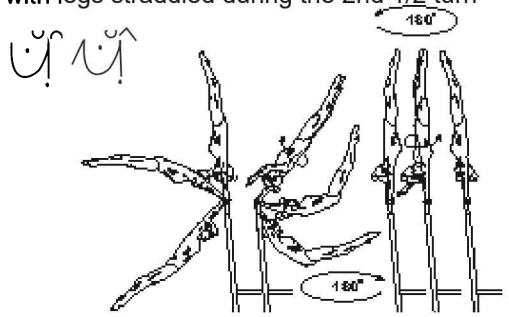
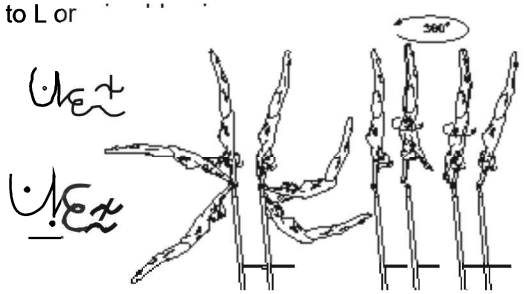
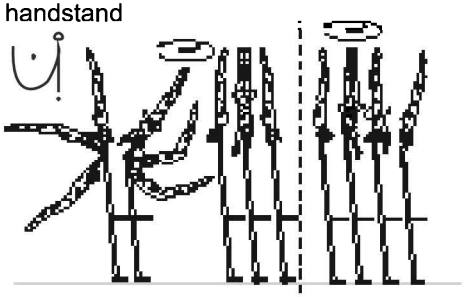
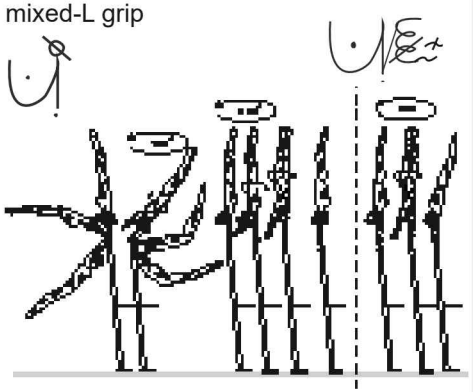
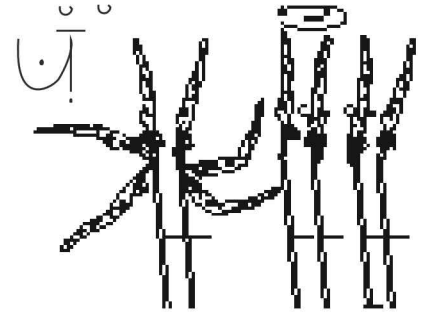
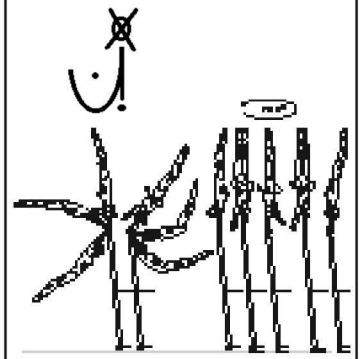
Group 3 – Underswings/Clear hips circles				
A	B	C	D	E
3.107	**3.207** Clear hip circle forward to clear support (Weiler-kip), also with legs straddled (hips bent) on upswing 	**3.307**	**3.407** Clear hip circle forward to handstand, also with legs straddled (hips bent) on upswing (Weiler-kip to handstand) - also with 1/2 (180°) turn in handstand phase - also with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip (McAllister) 	**3.507**
3.108	**3.208**	**3.308**	**3.408** On LB facing HB – Clear hip circle forward to immediate salto forward piked over LB to catch HB (Pelaez) 	**3.508** On HB – Clear hip circle forward to immediate salto forward straddled to catch in hang on HB (Sims) 

Group 4 – Giant Swings Backward

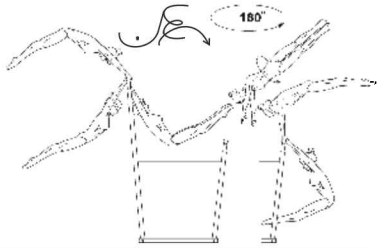
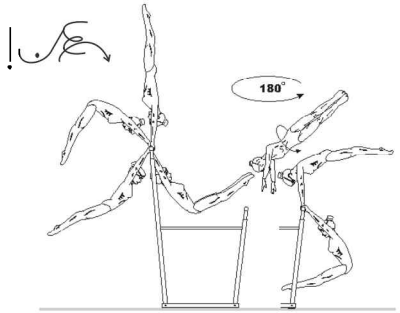
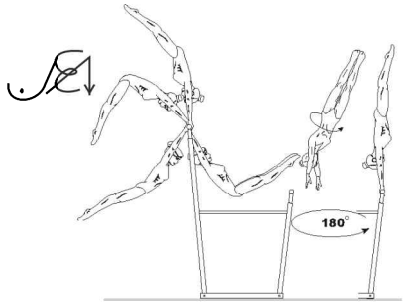
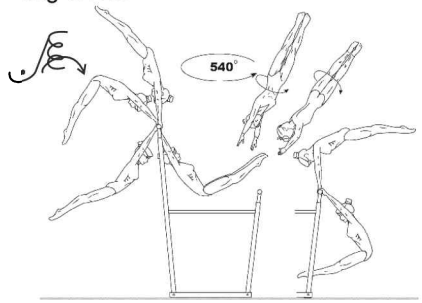
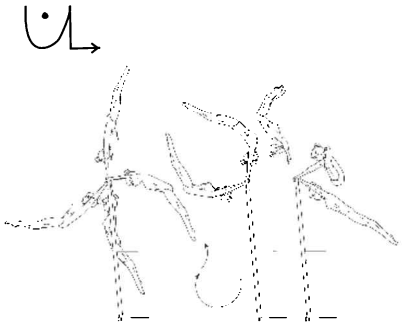
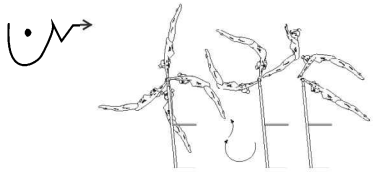
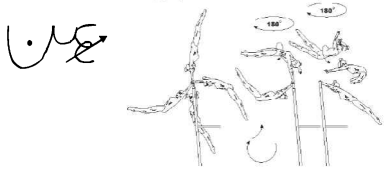
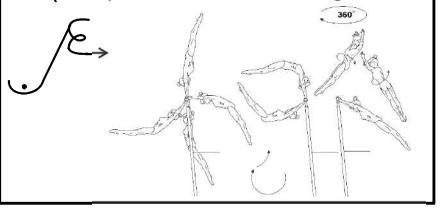
A	B	C	D	E
4.101 Handstand on HB - swing down between bars, swing forward with 1/2 (180°) turn at horizontal (HB height) to 45° from vertical Horiz - 45° 	**4.201** Handstand on HB - swing down between bars, swing forward with 1/1 (360°) turn to L hang at height of HB (at horizontal), also swing forward with 1/2 (180˚) turn at 21˚ to 44˚ from vertical (not illustrated) 	**4.301** Handstand on HB - swing down between bars, swing forward with 1½ (540°) turn, circa 45° deviation from vertical to hang on HB 	**4.401**	**4.501**
4.102 From front support on HB-cast to long hang pullover to front support  On LB - giant circle backward to handstand (either side) (with legs tucked at bottom of circle) LB 	**4.202** Handstand on HB – giant circle backward to handstand, in regular or cross grip (Dussier) or with bending of hip joints in upper vertical  - also on one arm (Liu) 	**4.302** Handstand on HB – giant circle backward to handstand with hop-grip change in handstand phase 	**4.402** Giant circle backward on HB -hop from regular grip to L grip in handstand phase (Dochney) 	**4.502** Handstand on HB – giant circle backward to handstand with hop 1/1 (360°) turn to regular grip in handstand phase (Chusovitina) 

All LB giants performed with extended body/legs will retain same value as corresponding HB giant.

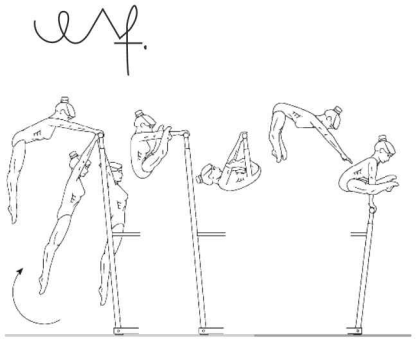
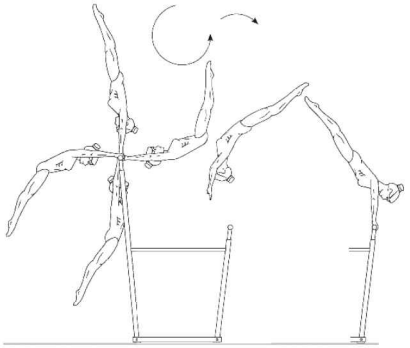
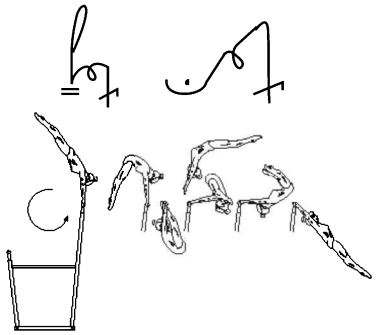
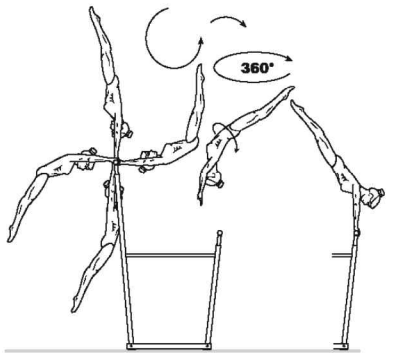
Group 4 – Giant Swings Backward

A	B	C	D	E
4.103	**4.203** On LB – backward giant circle with 1/2 (180°) turn to handstand (either side) 	**4.303** Handstand on HB- giant circle backward to handstand with 1/2 (180°) turn, also with hop 1/2 (180°) turn to reverse grip, also with 1/2 (180°) turn to L or mixed-L grip (Higgins technique)  Handstand on HB – giant circle backward to handstand with 1/2 - 1/2 (180° + 180°) turn (different directions) in handstand phase, also with legs straddled during the 2nd 1/2 turn  Handstand on HB – giant circle backward to handstand (also with hop to reverse grip) with 1/1 (360°) turn on one arm (Healy technique) to L or  On LB - backward giant circle with 1/1 (360°) turn in handstand (Borkan) (legs tucked at bottom of circle) (Not illustrated)	**4.403** Handstand on HB – giant circle backward to handstand with 1/1 (360°) turn in handstand  Handstand on HB – giant circle backward to handstand with 1½ (540°) turn in handstand phase or on one arm after handstand (Healy technique) to L or mixed-L grip  Backward giant with 1/1 (360°) turn in handstand with hop on first turn (turns in same direction) 	**4.503** Handstand on HB – giant circle backward to handstand with 2/1 (720°) turn in handstand phase 

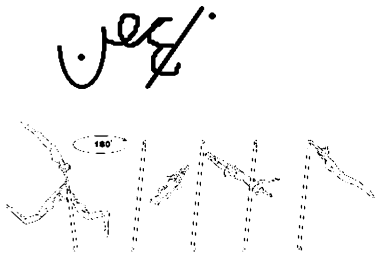
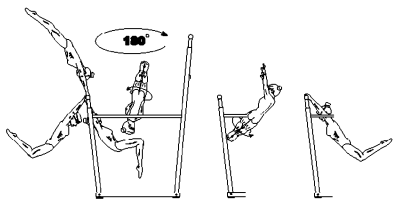
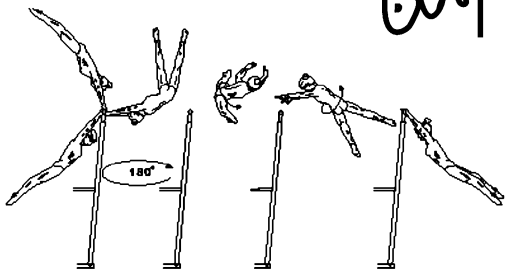
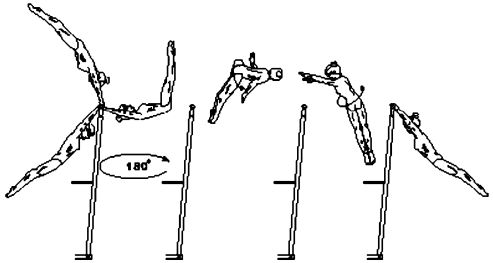
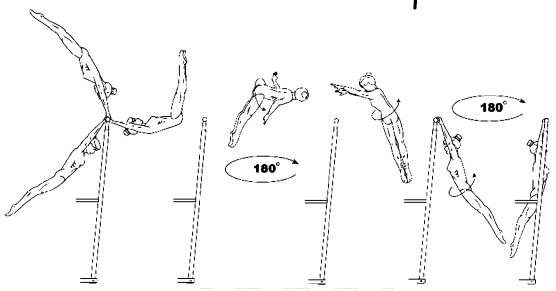
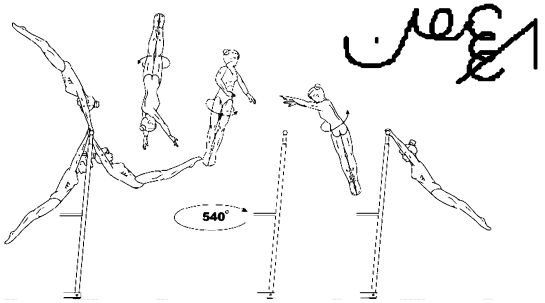
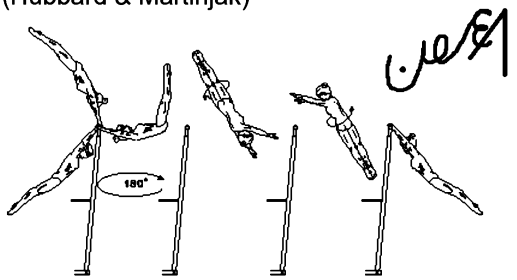
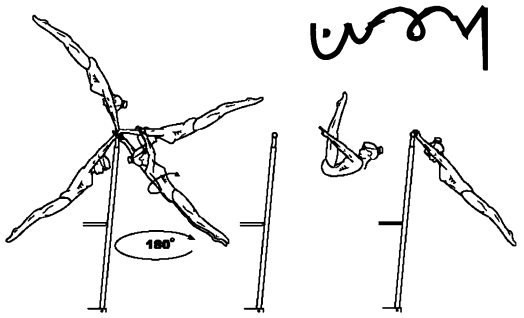
Group 4 – Giant Swings Backward

A	B	C	D	E
4.104	**4.204** From hang on HB- long swing forward with 1/2 (180°) turn and flight over LB to hang on LB **Receives "C" if it immediately follows a "D" or "E" release element* 	**4.304** From handstand on HB - long swing forward (bail) with 1/2 (180°) turn and flight over LB to hang on LB 	**4.404** From handstand or hang on HB, long swing forward with 1/2 (180°) turn and flight to handstand on LB 	**4.504** Hang on HB, long swing forward with 1½ (540°) turn and flight over LB to hang on LB 
4.105	**4.205**	**4.305**	**4.405** Handstand on HB - giant circle backward, counter straddle-reverse hecht (Tkatchev) over HB to hang 	**4.505** Handstand on HB - giant circle backward, counter-reverse hecht piked (Piked Tkatchev) over HB to hang  Handstand on HB-giant circle backward with 1/2 (180°) turn, second 1/2 (180°) turn to counter straddle in flight over HB to hang (Shushunova)  Handstand on HB-giant circle backward and counter straddle in flight with 1/1 (360°) turn over HB to hang 

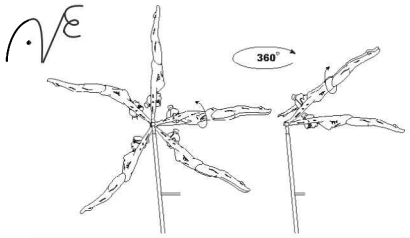
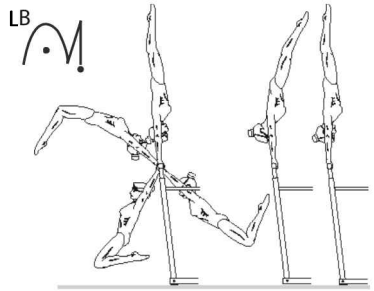
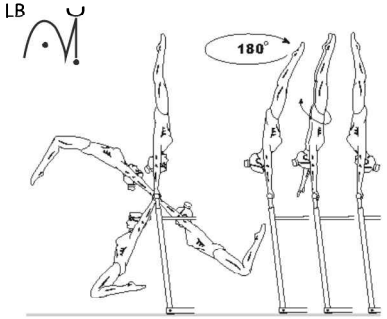
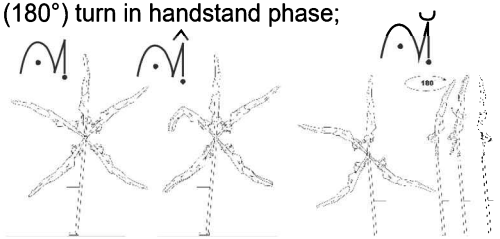
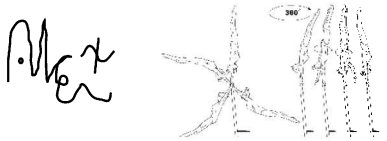
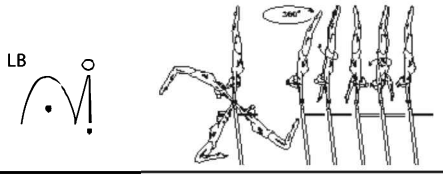
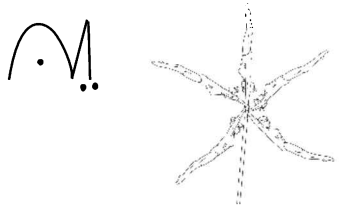
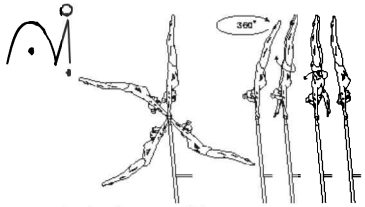
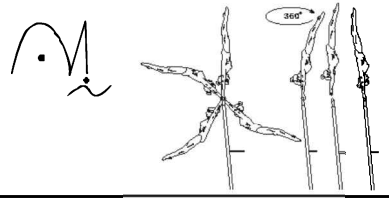
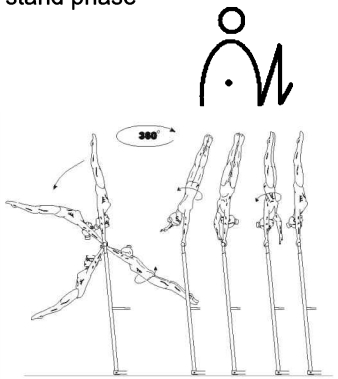
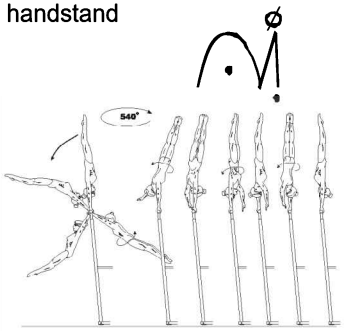
Group 4 – Giant Swings Backward

A	B	C	D	E
4.106	**4.206**	**4.306** Hang on HB, facing LB – swing forward and salto roll backward (legs tucked or straddled) to hang or clear straddle support on LB (Peach salto)   Hang on HB, facing LB –swing forward, salto roll backward tucked with 1/2 (180°) turn between the bars to catch LB in mixed grip (Cullinan) (not illustrated)	**4.406** Hang on HB, facing LB –swing forward and salto backward stretched between bars to clear support with regular or crossed grip on LB (Pak Salto) 	**4.506** Facing outward –underswing backward on HB with support of feet or swing forward on HB –counter salto forward straddled to hang on HB in reverse grip (Counter-Kim)  Hang on HB, facing LB-swing forward, salto backward tucked or stretched with 1/1 (360°) turn between the bars to clear support or hang on LB (Pak 1/1) (/Phillips/Bhardwaj) 

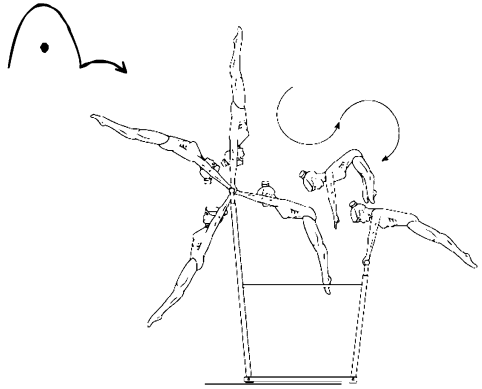
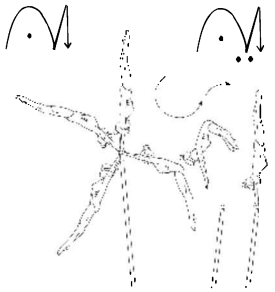
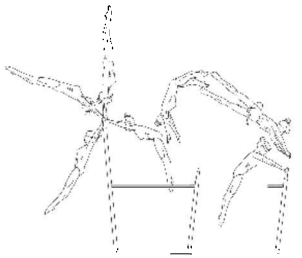
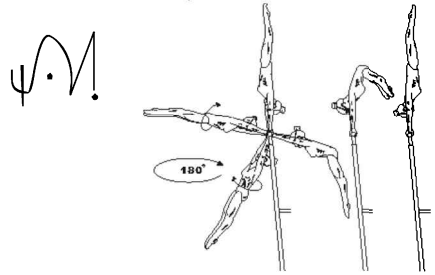
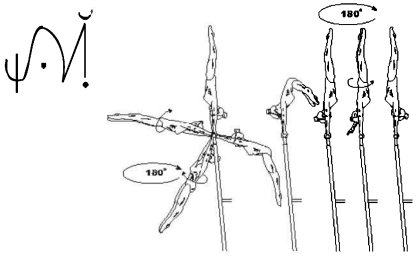
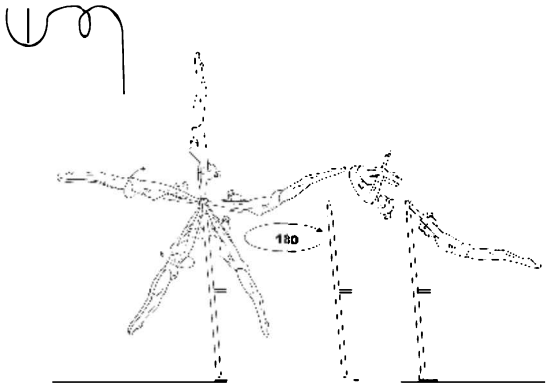
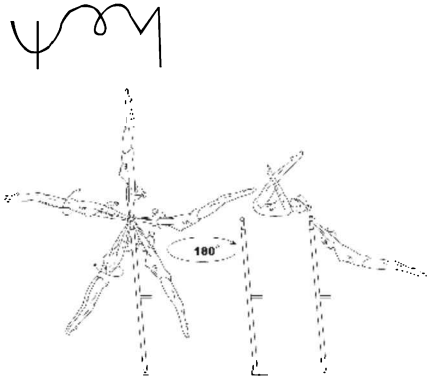
Group 4 – Giant Swings Backward

A	B	C	D	E
4.107	**4.207**	**4.307** On LB facing HB, 3/4 giant swing backward with release and 1/2 (180°) turn in tuck position with flight to catch HB, finishing in a hang on HB, facing LB (Laumann)  On LB, 3/4 giant swing backward with release and swing forward and salto backward tucked with 1/2 (180°) turn - LB Gienger tucked (Turchin) 	**4.407** From HB - swing down between bars, swing forward with 1/2 (180°) turn to salto forward tucked (not illustrated) or straddled (Deltchev- Salto)  From HB - swing down between bars, swing forward and salto backward piked with 1/2 (180°) turn (Gienger- Salto)  From HB - swing down beween bars, swing forward to salto backward piked with 1/2 (180°) turn to catch HB in mixed grip with additional 1/2 (180°) turn after catch (Gienger- Salto with additional 1/2 (180°) turn) (O'Neal) 	**4.507** From HB - swing down between bars, swing forward and salto backward stretched with 1½ (540°) turn to hang on HB (Hristakieva)  From HB - swing down between bars, swing forward and salto backward stretched with 1/2 (180°) turn to hang on HB (Stretched Gienger) (Hubbard & Martinjak)  From HB - Swing down between bars, swing forward with 1/2 (180°) turn to salto forward piked (Piked Deltchev - Salto) (Bardes) 

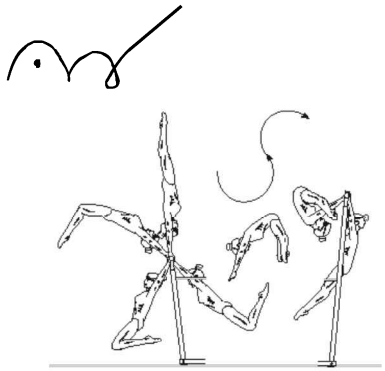
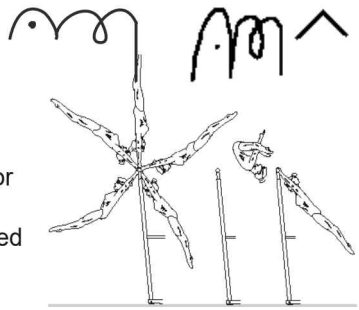
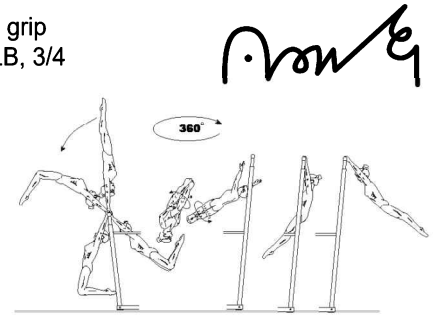
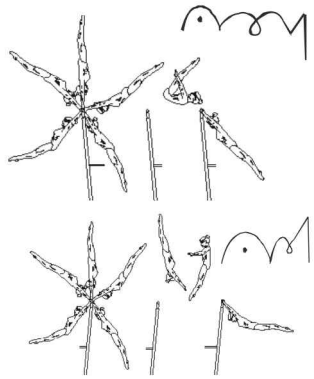
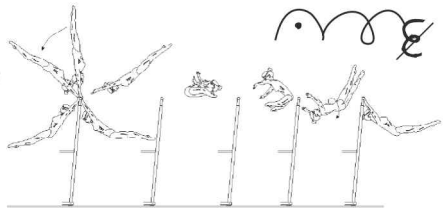
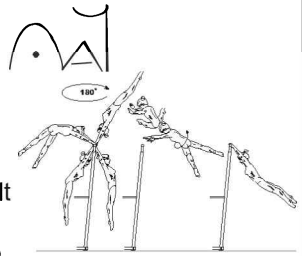
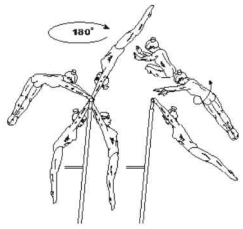
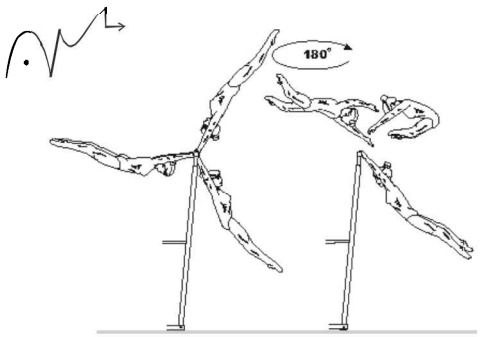
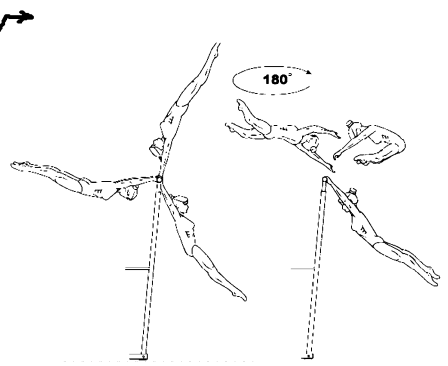
Group 5 – Giant swings–Circles forward

A	B	C	D	E
5.101	**5.201** Handstand on HB - swing down forward between bars, swing backward and 1/1 (360°) turn at height of HB  	**5.301**	**5.401**	**5.501**
5.102	**5.202** Handstand on LB – Giant circle swing forward in reverse grip with legs tucked at bottom of circle  also with 1/2 (180°) turn in handstand phase (start & finish in HS)  *All LB Giants performed with extended body/legs will retain same value as corresponding HB element.*	**5.302** Handstand on HB – giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with 1/2 (180°) turn in handstand phase;  -also with hop-grip change to regular grip (overgrip) (not illustrated)  -also with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip  From Handstand on LB – Giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn in handstand phase - legs tucked at bottom of circle  	**5.402** Handstand on HB – giant circle swing forward in regular grip to handstand (Slip-grip front giant - Galloway)  Handstand on HB – giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn in handstand phase (Portocarrero)  Giant circle forward in reverse grip, hop to L grip in handstand phase (hands must release simultaneously) (Estella)  	**5.502** Giant circle forward in reverse grip with initiation of 1/1 (360°) turn on one arm before handstand phase  Giant circle forward in reverse grip with 1½ (540°) turn to handstand 

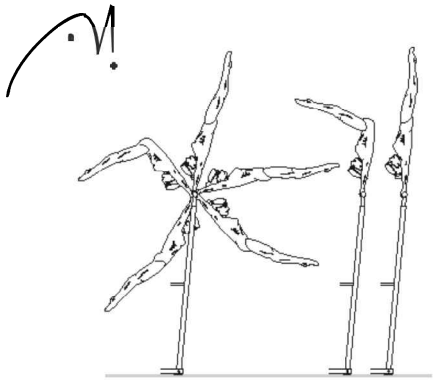
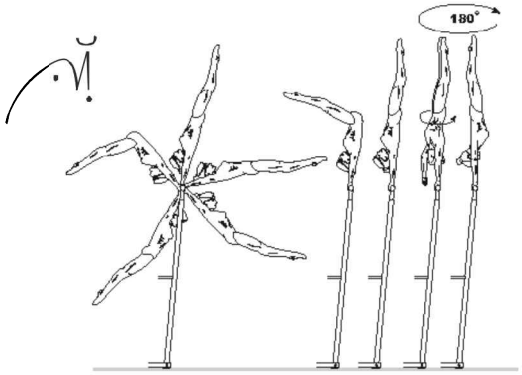
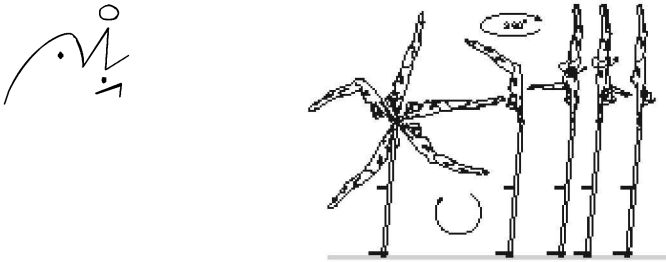
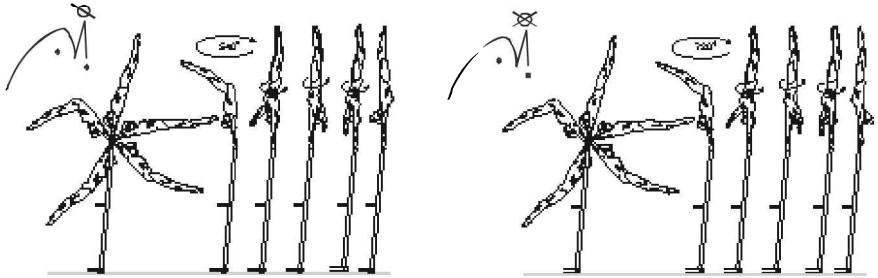
Group 5 – Giant swings–Circles forward

A	B	C	D	E
5.103	**5.203**	**5.303** Handstand on HB - swing down forward (back facing LB) in regular or reverse grip - straddled or piked flight backward over LB to hang on LB 	**5.403** Handstand on HB - swing down forward (back facing LB) in regular or reverse grip – straddled or piked flight backward to handstand on LB  Handstand on HB - swing down forward (back facing LB) in reverse grip, backward swing, release and 1/2 (180°) turn in flight between the bars to catch LB in hang (Ejova) 	**5.503**
5.104	**5.204**	**5.304** Handstand on HB - swing down between bars with grip change to cross grip and 1/2 (180°) turn in range of hang position and swing upward to handstand on HB,  with 1/2 (180°) turn in handstand phase (Shahaf) 	**5.404** Handstand on HB - swing down between bars with 1/2 (180°) turn through brief hang in cross grip or change to regular grip, swing backward with salto forward straddled or tucked to hang on HB (Mixed-grip Deltchev) 	**5.504** Handstand on HB - swing down between bars with 1/2 (180°) turn through brief hang in cross grip or change to regular grip, swing backward with salto forward piked to hang on HB (Garrett) 

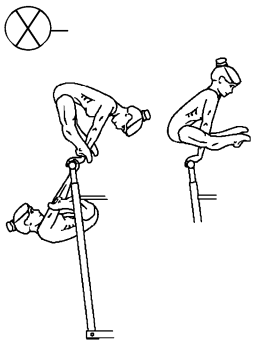
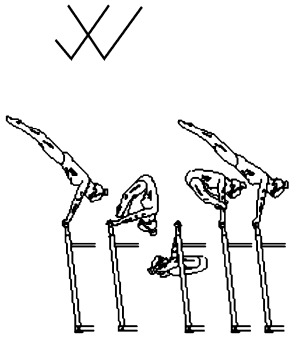
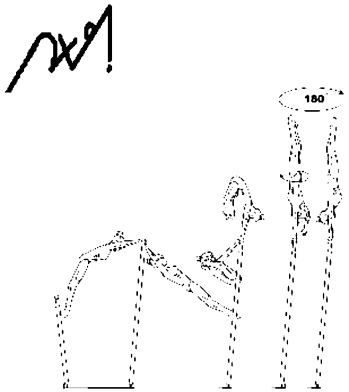
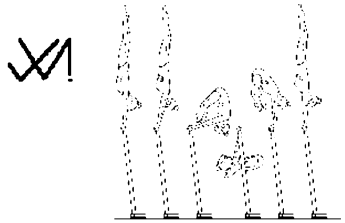
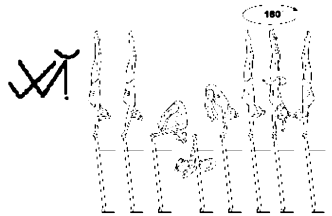
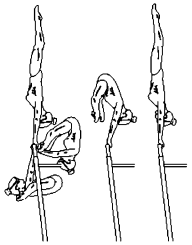
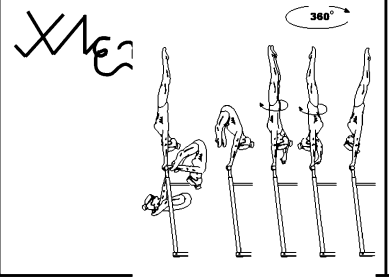
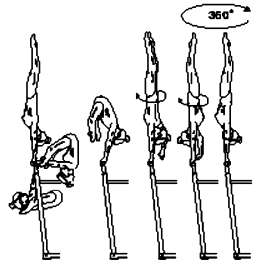
Group 5 – Giant swings–Circles forward

A	B	C	D	E
5.105	**5.205**	**5.305** Facing out on LB, giant circle forward to salto forward to catch HB 	**5.405** Handstand on HB - swing down forward between bars in reverse grip or L grip, swing backward with salto forward tucked or straddled to hang on HB (tucked or straddled Jaeger-Salto)  From a reverse grip handstand on LB, 3/4 giant circle forward to release, front salto tucked with a 1/1 (360°) turn to catch HB in regular grip (Grable) 	**5.505** Handstand on HB - swing down forward between bars in reverse grip or L grip, swing backward with salto forward piked or stretched (Cappuccitti) to hang on HB (piked or stretched Jaeger-Salto)  Handstand on HB - swing down forward between bars in L grip, with salto forward tucked over HB to hang on HB in reverse grip (Mo-Salto)  Jaeger-salto with 1/2 (180°) turn 
5.106	**5.206**	**5.306** Handstand on HB - circle swing forward in reverse grip with free stoop or straddle vault and 1/2 (180°) turn over HB to hang (Wenning/ Volpi)  	**5.406** Handstand on HB - circle swing forward in reverse grip with 1/2 (180°) turn and straddle flight over HB to hang on HB (Khorkina) 	**5.506** Handstand on HB -Circle swing forward in L grip with 1/2 (180°) turn and straddle flight over HB to hang on HB (Khorkina from L grip) (Perret) 

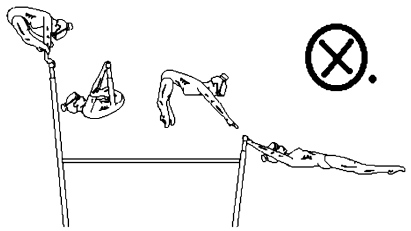
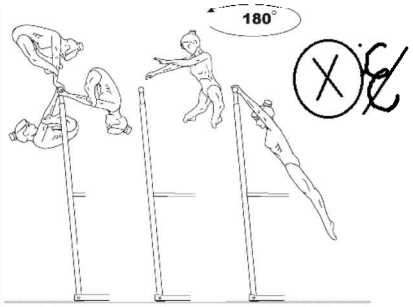
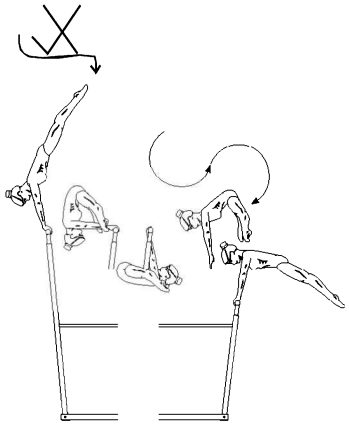
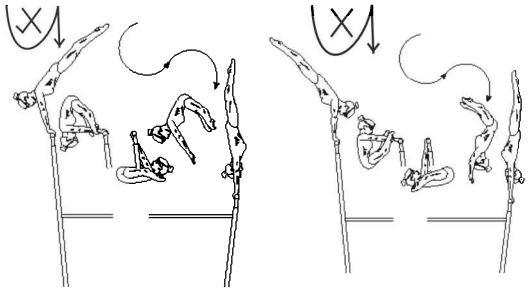
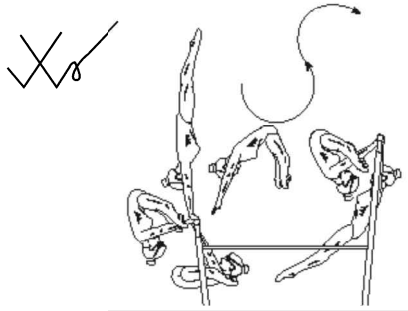
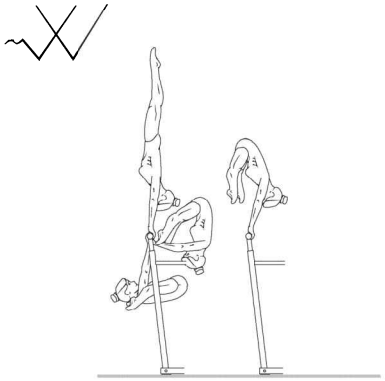
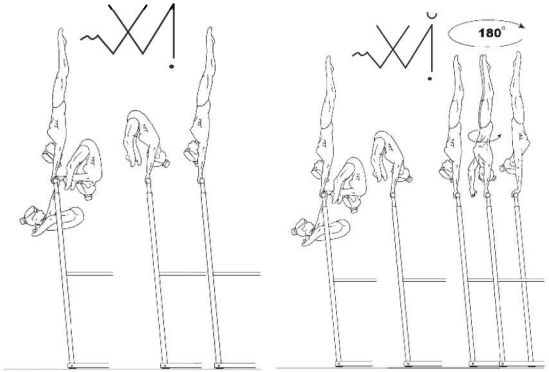
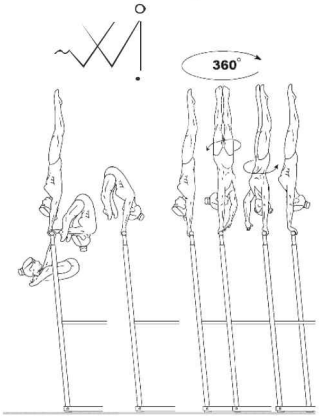
Group 5 – Giant swings–Circles forward

A	B	C	D	E
5.107	**5.207**	**5.307**	**5.407** Handstand on HB – Giant circle swing forward in L grip (rearways) to handstand with piked or stretched body (L grip front giant) through handstand phase, also with 1/2 (180°) turn in handstand phase (Zaytseva)...to regular grip  	5.507 Handstand on HB - Giant circle swing forward in L grip with stretched body (L grip front giant), hop-change to reverse grip to initiate 1/1 (360°) turn completed in hand-stand phase ….to mixed-L grip (Karpenko)…to L grip (Ling)  (Handstand on HB) - Giant circle swing forward in L-grip with stretched body (L grip front giant) to handstand and 1/1 (360°) turn in handstand phase from L grip on one arm with side flair of free arm (Bi)…to reverse grip  Giant circle swing forward in L grip to handstand with 1½ - 2/1 (540° - 720°) turn 

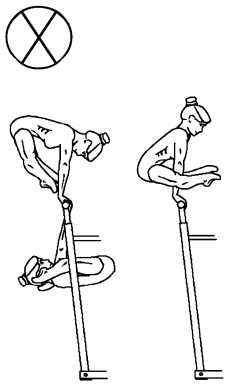
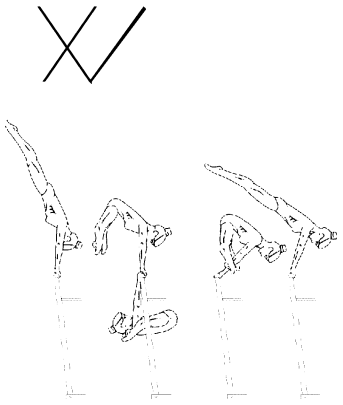
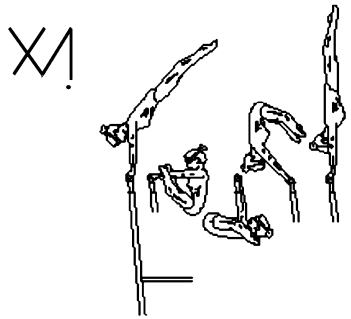
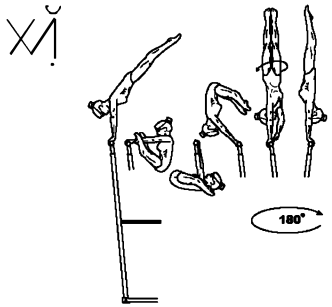
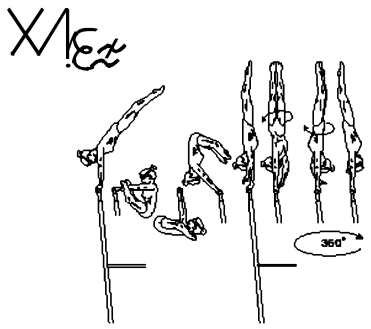
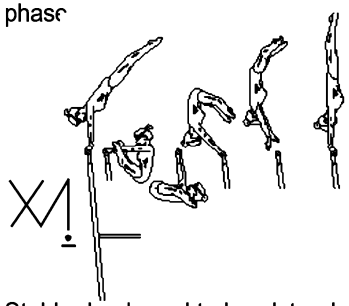
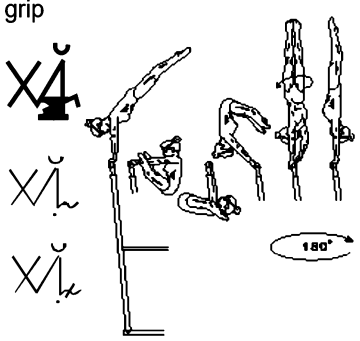
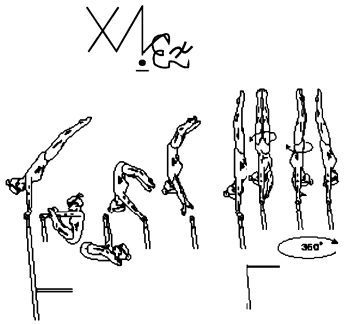
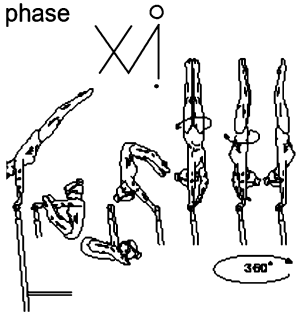
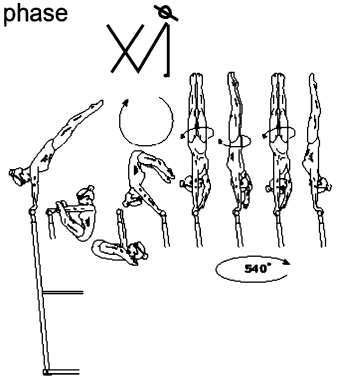
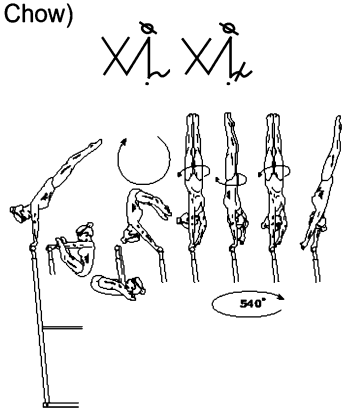
Group 6 – Stalder Circles

A	B	C	D	E
6.101 Clear straddle circle forward on LB or HB to clear straddle "L" support 	**6.201** Stalder forward to clear support 	**6.301** Long kip on HB, passing through clear straddle support – swing/press to handstand, also with 1/2 (180°) turn in handstand phase (Chow) 	**6.401** Stalder forward to handstand  also with 1/2 (180°) turn in handstand phase  Stalder forward with regular (over) grip (Boniforti)  Stalder forward to handstand with 1/1 (360°) turn on one arm after handstand phase (Healy technique) to L or mixed-L grip 	6.501 Stalder forward to handstand with 1/1 (360°) turn in handstand phase 

Group 6 – Stalder Circles

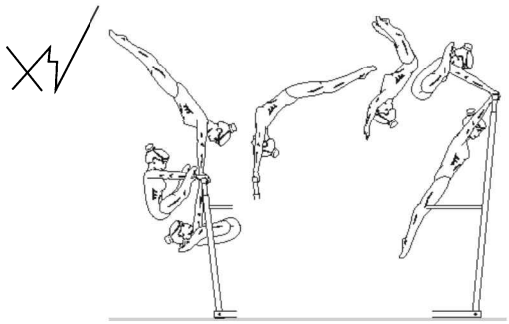
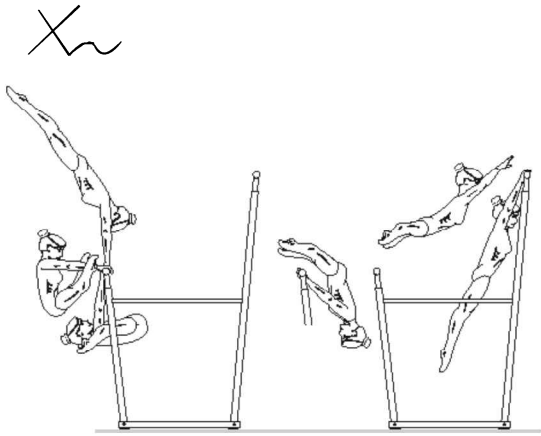
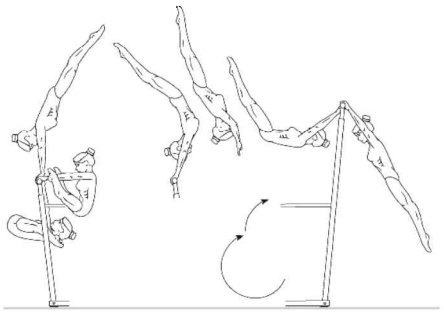
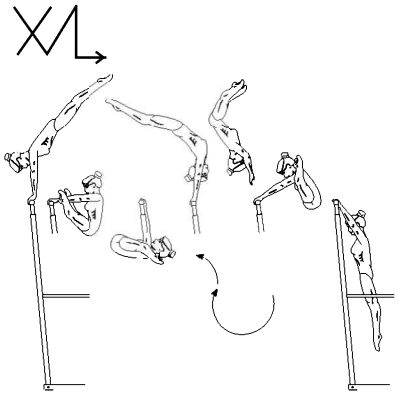
A	B	C	D	E
6.102	**6.202** Clear straddle circle backward on HB with grip change to hang on LB  Handstand on HB - Clear straddle circle backward on HB with 1/2 (180°) turn to hang on HB 	**6.302** Clear straddle circle forward on HB with flight backward over LB to hang on LB 	**6.402** Clear straddle circle forward or backward on HB with flight to handstand on LB  Facing outward on LB, Stalder circle forward to salto forward straddled to catch HB 	**6.502**
6.103	**6.203**	**6.303** Stalder forward in L grip to clear support 	**6.403** Stalder forward in L grip to handstand, also with 1/2 (180°) turn in handstand phase (White) 	**6.503** Stalder forward in L grip to handstand with 1/1 (360°) turn in handstand phase 

Group 6 – Stalder Circles

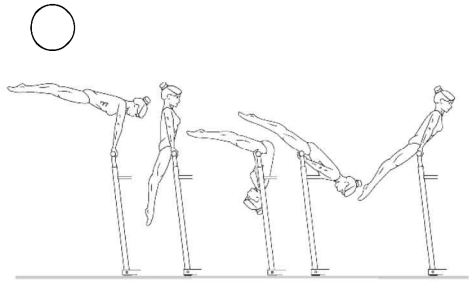
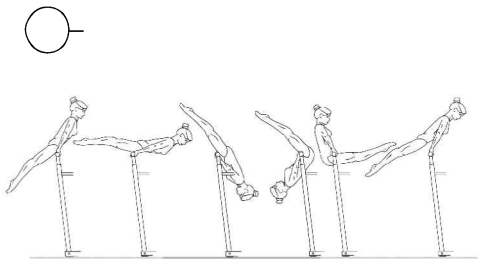
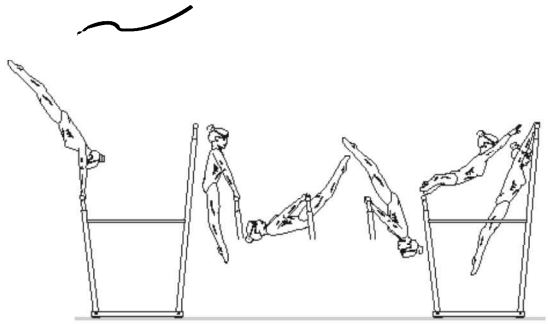
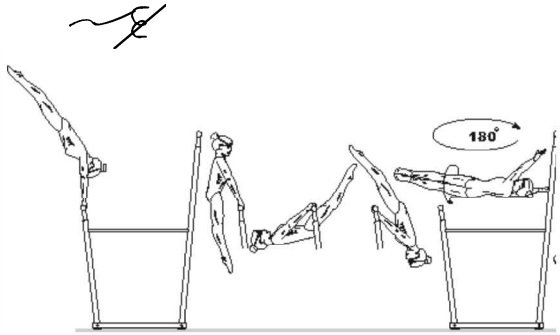
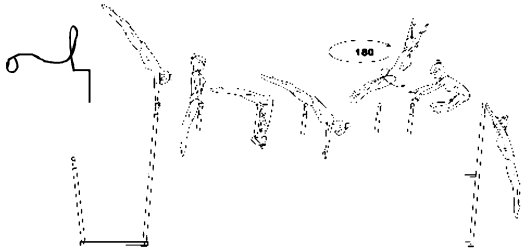
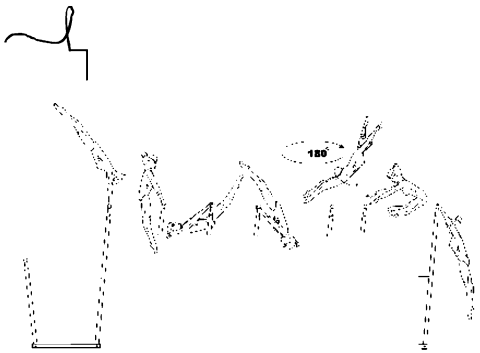
A	B	C	D	E
6.104 Clear straddle circle backward on LB or HB to clear straddle "L" support  Clear straddle circle with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)  Horizontal - 45°	**6.204** Stalder circle backward to clear support  Clear straddle circle with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)  21° - 44°	**6.304** Stalder backward to handstand  Stalder backward to handstand with 1/2 (180°) turn in handstand phase to regular grip  Stalder backward to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**6.404** Stalder backward to handstand with hop-grip change in handstand phase  Stalder backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip  Stalder backward to handstand with hop-grip change in handstand phase and 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**6.504** Stalder backward to handstand with 1/1 (360°) turn in handstand phase  Stalder backward to handstand with 1½ (540°) turn in handstand phase  …to L or mixed-L grip (Khorkina/ Chow) 

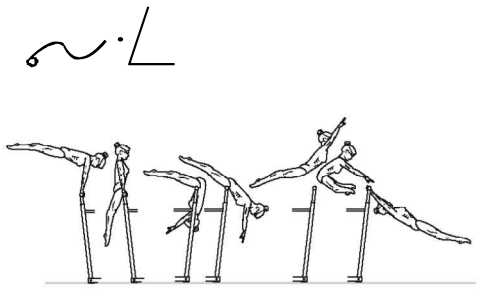
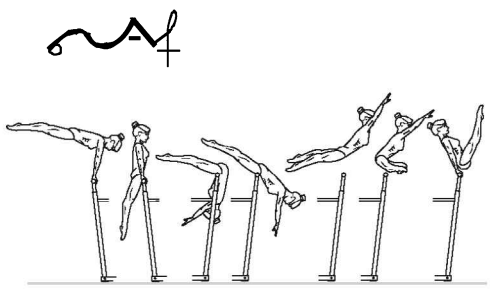
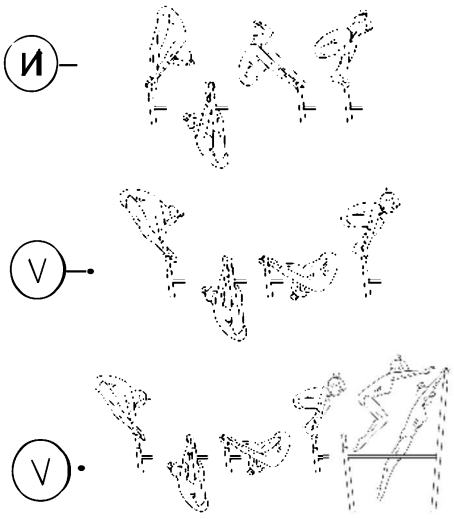
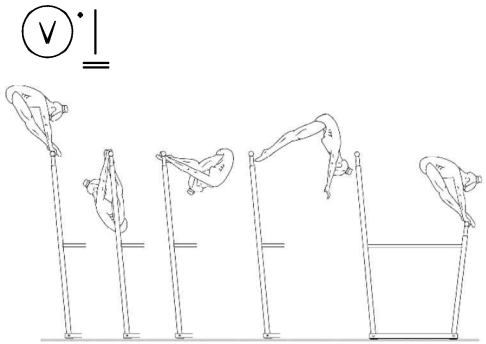
Revised 7.15.22 (#6.404 Illustration #2-1st symbol) & 7.23

Group 6 – Stalder Circles

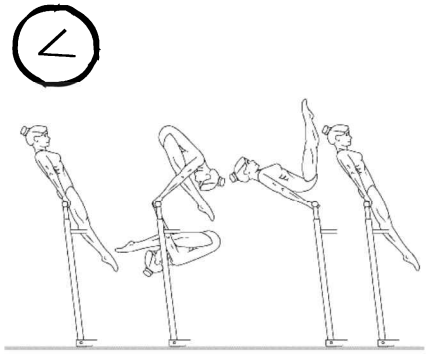
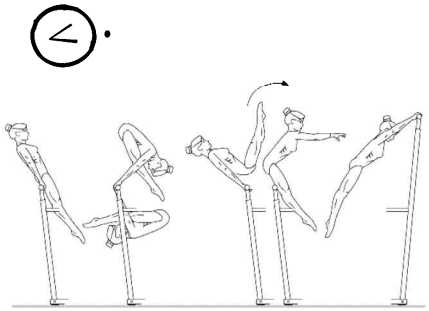
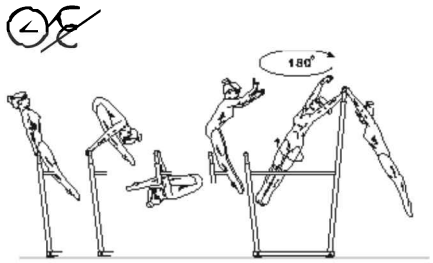
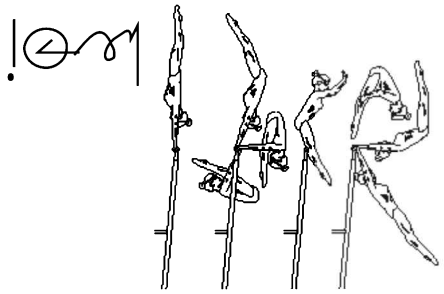
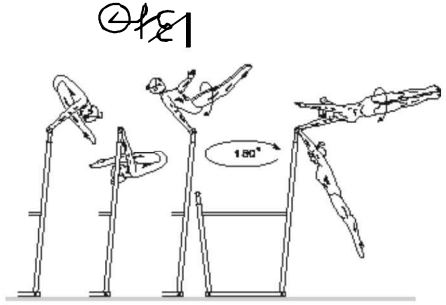
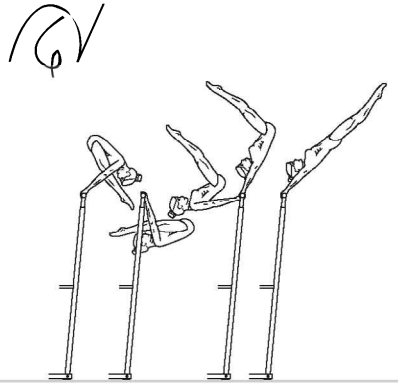
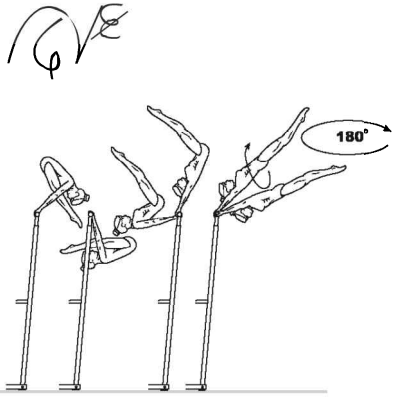
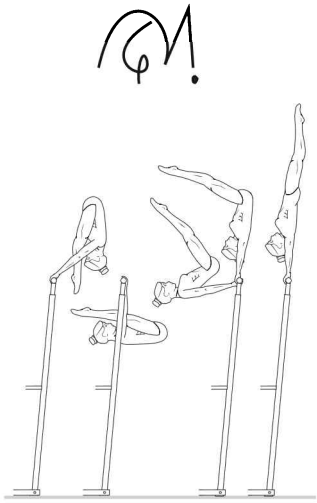
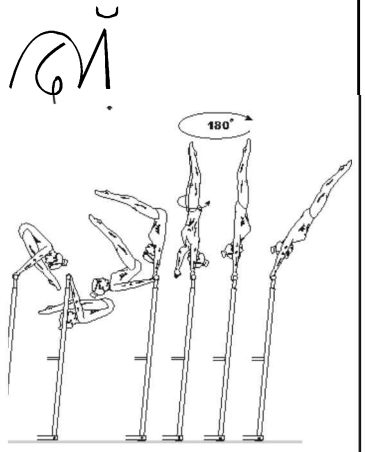
A	B	C	D	E
6.105	**6.205**	**6.305** LB-facing inward –Stalder backward with release and counter movement forward in flight to hang on HB (Ray)  LB-facing inward – Stalder backward with release and hecht to hang on HB 	**6.405** LB-facing outward –Stalder backward through handstand with flight to hang on HB 	**6.505** Stalder backward on HB through handstand with counter straddle to hang on HB (Ricna-Straddle)  HB- facing outward –Stalder backward with flight and 1/2 (180°) turn to hang on HB, or from outside HB with 1/2 (180°) turn to hang on HB 

Group 7 – Circle Swings/Hechts

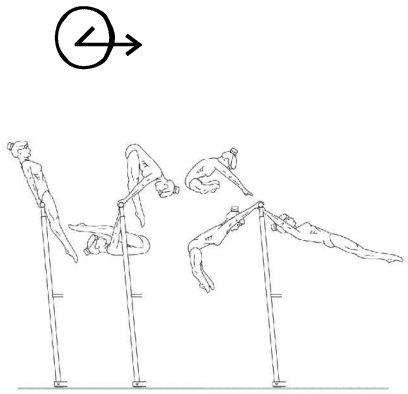
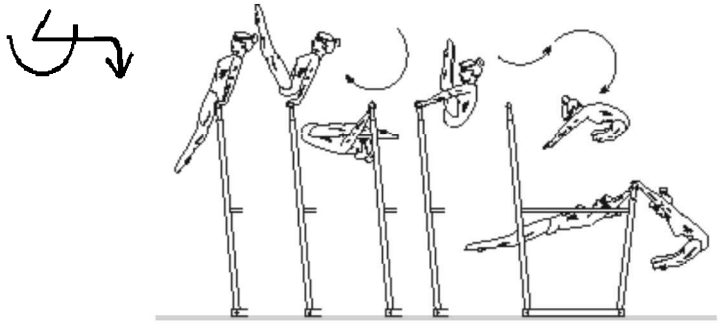
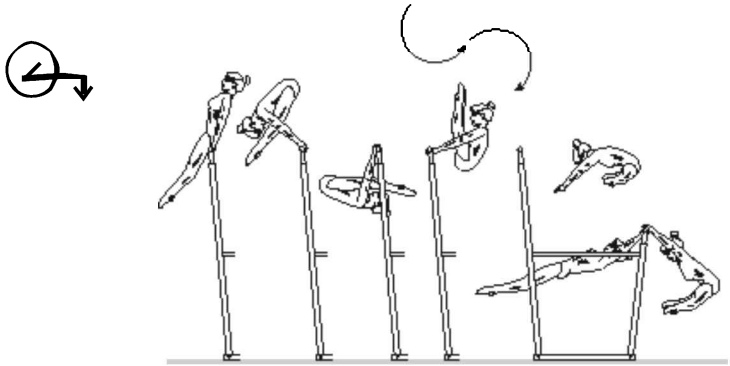
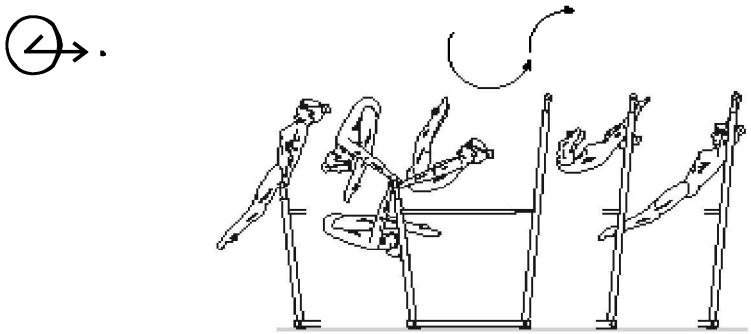
A	B	C	D	E
7.101 Hip circle backward on LB or HB to support  Hip circle forward on LB or HB to support 	**7.201**	**7.301** Outer front support – clear hip circle backward on LB with hecht to hang on HB  also with 1/2 (180°) turn (legs together or straddled) 	**7.401** Free hip circle backward on LB or HB, hecht with flight and 1/2 (180°) turn passing over bar to hang on same bar  from clear hip circle backward on HB (free or clear Hechtkehre) 	**7.501**

Group 7 – Circle Swings/Hechts				
A	B	C	D	E
7.102 From cast on LB, free hip circle backward – hip repulsion – flight with regrasp on LB to glide ("false-Pop") 	**7.202** From cast on LB, free hip circle backward – hip repulsion – with free straddle forward over LB to rear support (Korbut) 	**7.302**	**7.402**	**7.502**
7.103 Sole circle forward or backward (tucked or piked) on LB or HB to stand, also with grip change to hang on HB 	**7.203** Sole circle backward piked with flight from HB to stand on LB 	**7.303**	**7.403**	**7.503**

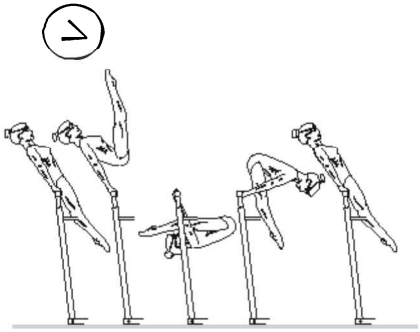
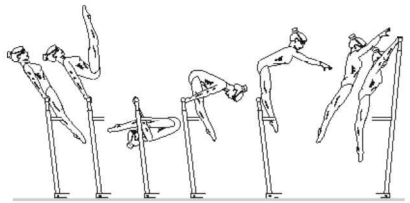
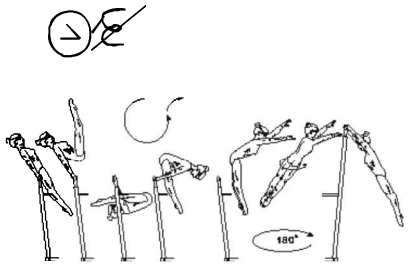
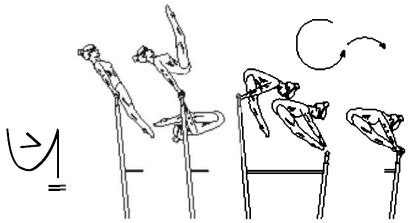
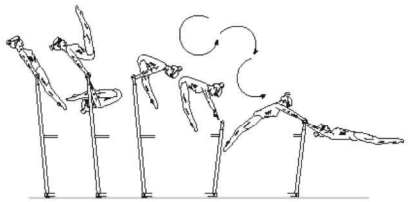
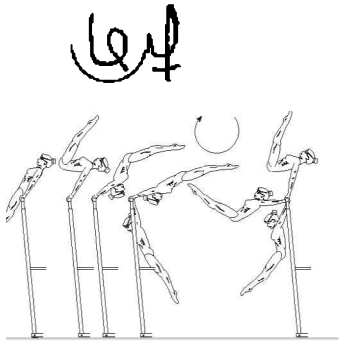
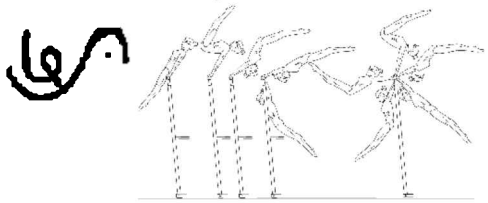
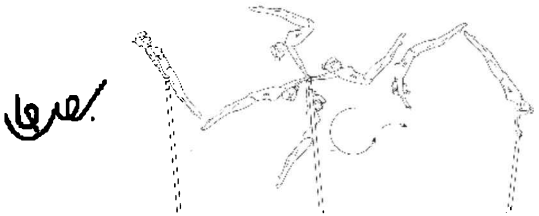
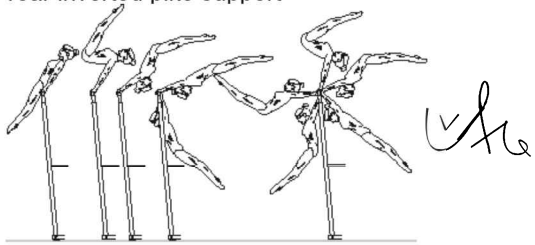
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.104 Rear support on LB or HB - seat (pike) circle forward through clear rear support  on LB with grip change to hang on HB 	**7.204** Rear support on LB – seat (pike) circle forward through clear rear support with 1/2 (180°) turn to hang on HB  Handstand on HB – stoop in to seat (pike) circle forward through clear support – (with beat of lower legs on HB) salto forward to catch in reverse grip in hang on HB  Hang or rear support on HB – stoop through, back kip or seat (pike) circle forward-through clear rear support with 1/2 (180°) turn to hang on HB 	**7.304**	**7.404** From stoop in or from rear support on HB – seat (pike) circle forward through clear extended support in L grip (greater than 30° from vertical) (Adler)  - also with 1/2 (180°) turn 	**7.504** From stoop in or from rear support on HB - Adler-seat (pike) circle forward through clear extended support (in L-grip) to finish within 30° of vertical (Luo)  - also with 1/2 (180°) turn 

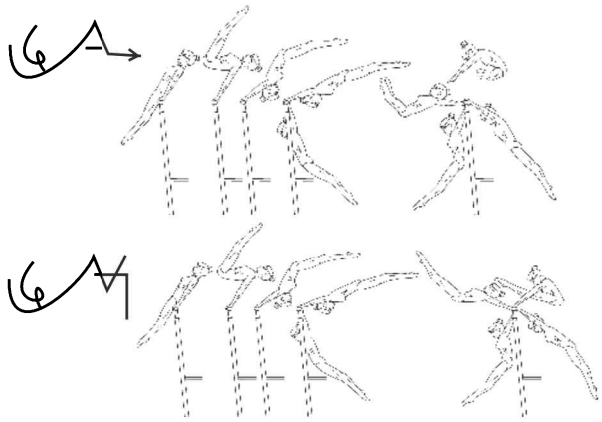
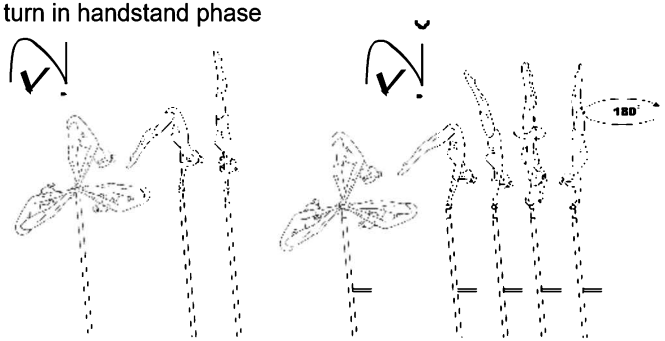
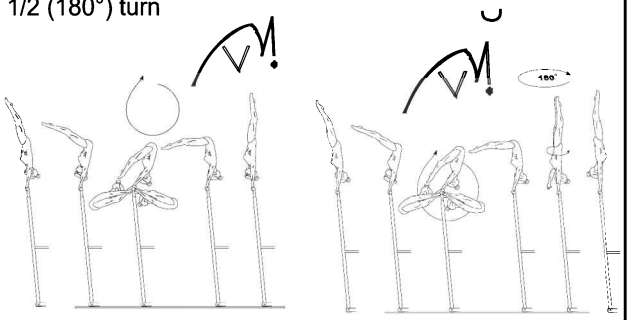
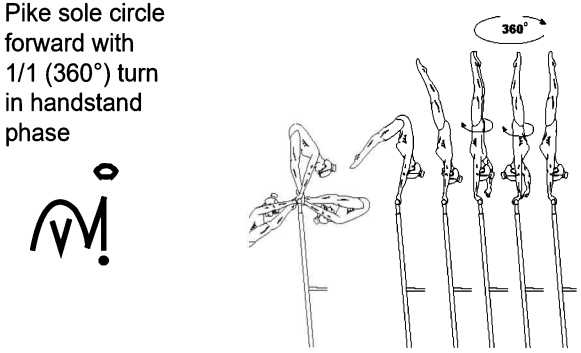
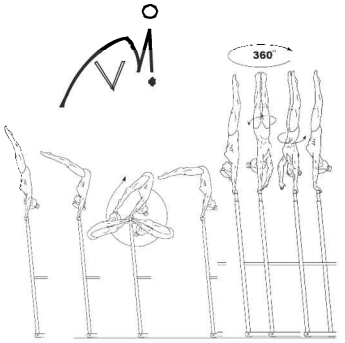
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.105	**7.205** Rear support on LB or HB - seat (pike) circle forward with straddle cut backward to hang on same bar 	**7.305** Outer rear support on HB – fall backward to inverted pike swing or seat (pike) circle forward - straddle cut backward with flight over LB to hang   Rear support on LB- seat (pike) circle forward with straddle cut backward and grip change to hang on HB 	**7.405**	**7.505**

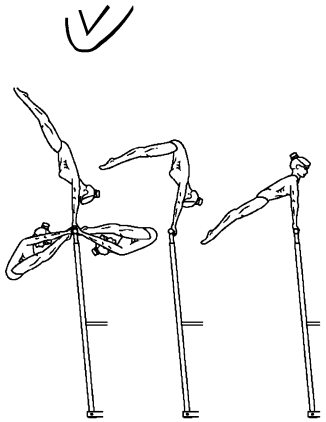
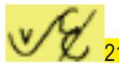
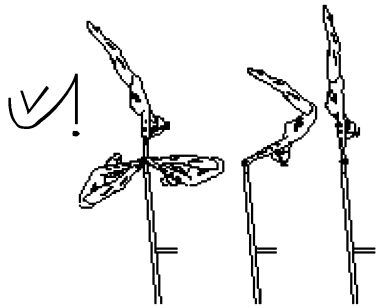
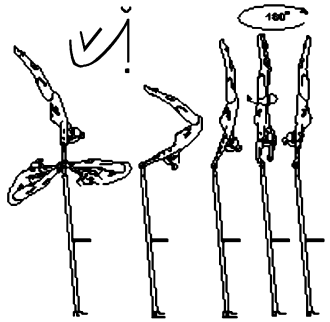
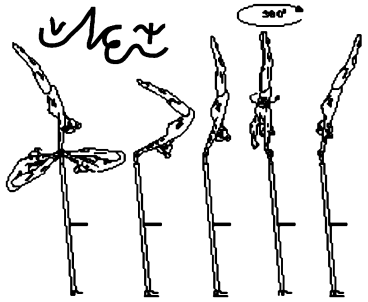
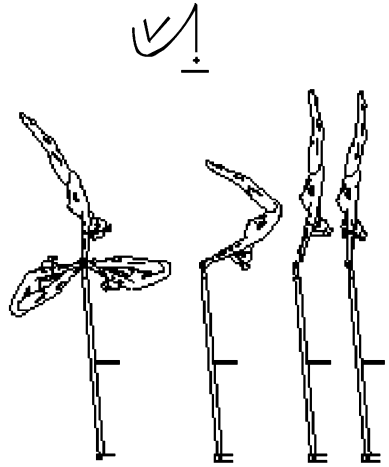
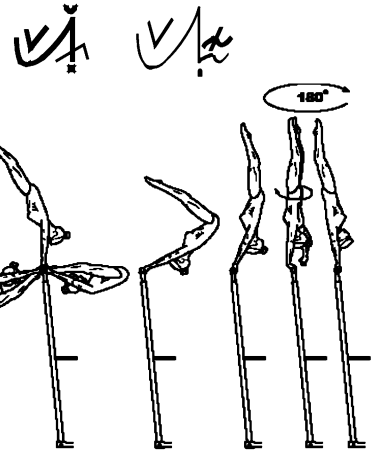
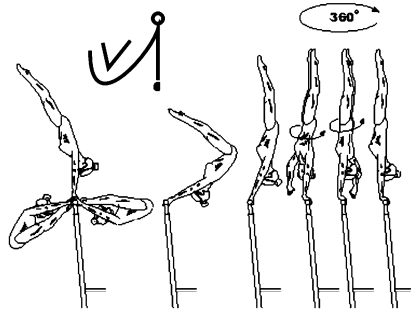
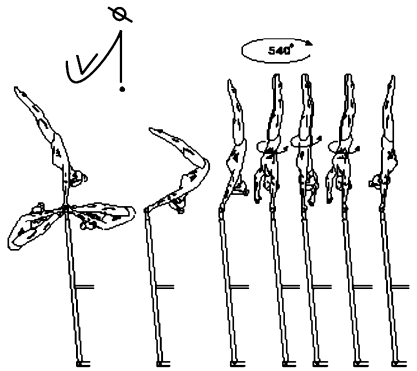
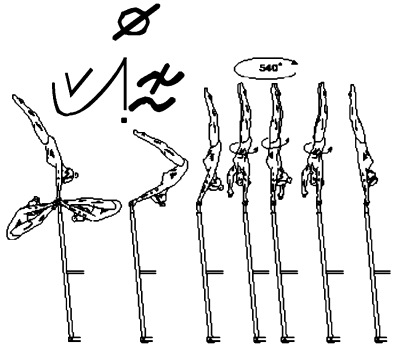
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.106 Rear support on LB or HB - seat (pike) circle backward to rear support  on LB with grip change to hang on HB 	**7.206** Rear support on LB - seat (pike) circle backward with 1/2 (180°) turn and grip change to hang on HB  -Inner rear support on HB - seat (pike) circle backward with release to stand on LB  -or with grip change to hang on LB 	**7.306** Clear rear pike support on HB (legs together) – full circle swing backward to finish in clear rear support on HB 	**7.406** Clear rear pike support on HB (legs together) - full circle swing backward – continuing through clear rear pike support backward over HB into hang (Mirgorodskaia)  -circle swing backward and continue to salto backward stretched (or piked) between bars to clear support on LB (Teza)  - circle swing backward and 1/2 (180°) turn with flight to handstand on LB (Teza)  From handstand, clear pike circle backward to rear inverted pike support 	**7.506**

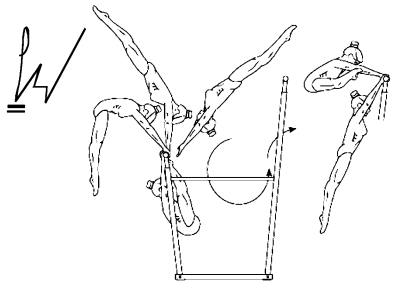
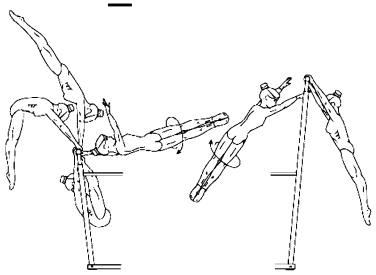
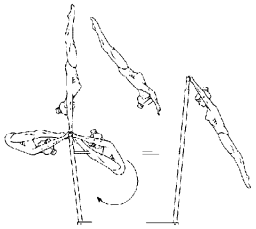
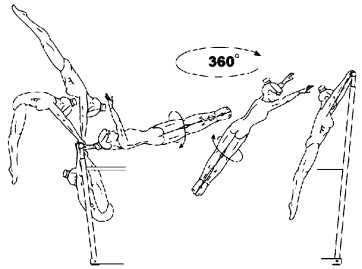
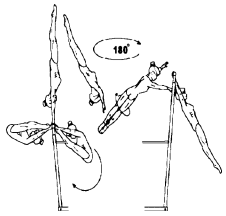
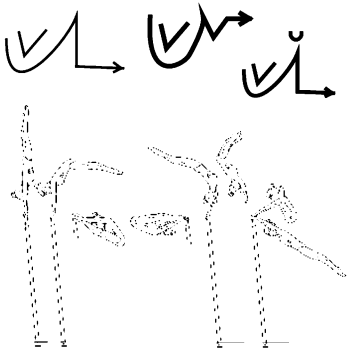
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.107	**7.207**	**7.307**	**7.407** Clear rear pike support on HB (legs together) – full circle swing backward with counter flight backward straddled or with stoop out backward to hang on HB (LiLi) 	**7.507**
7.108	**7.208**	**7.308** Pike sole circle forward to handstand, also with 1/2 (180°) turn in handstand phase  Pike sole circle forward with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**7.408** Pike sole circle forward in L grip to handstand, also with 1/2 (180°) turn  Pike sole circle forward with 1/1 (360°) turn in handstand phase 	**7.508** Pike sole circle forward in L grip to handstand with 1/1 (360°) turn 

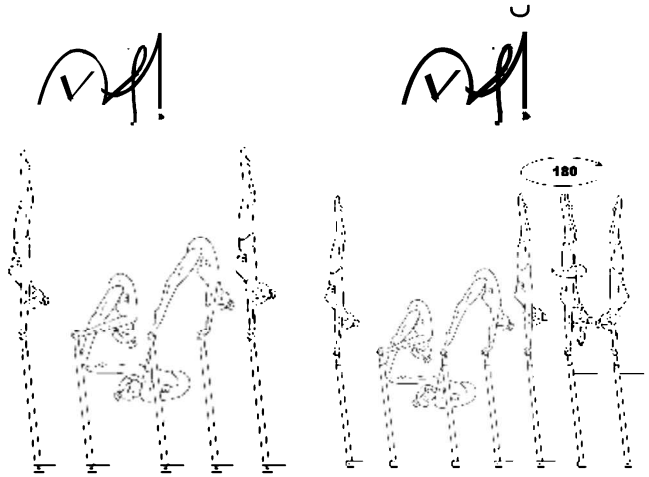
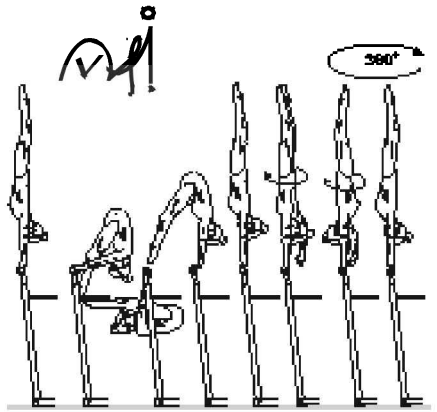
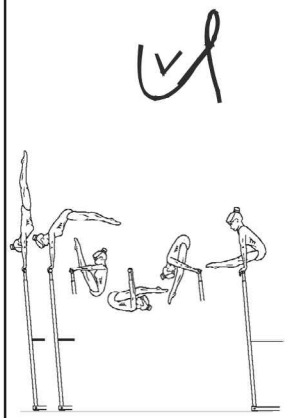
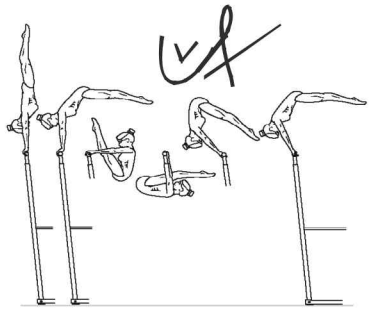
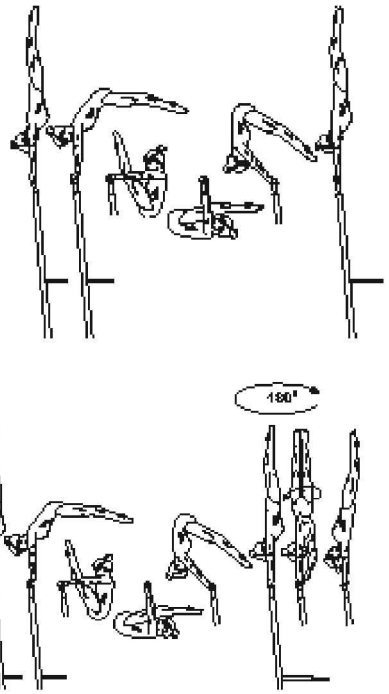
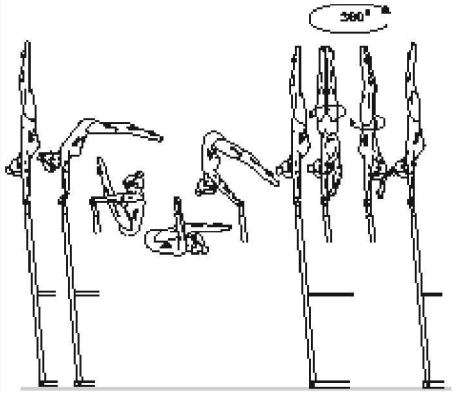
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.109 Pike sole circle backward (toe on & off) with 1/2 (180°) turn on the upswing at horizontal to 45° from vertical (Not illustrated)  Horizontal - 45°	**7.209** Pike sole circle backward (toe on & off) to clear support  Pike sole circle backward (toe on & off) with 1/2 (180°) turn on the upswing at 21° to 44° from vertical (Not illustrated)  21°- 44°	**7.309** Pike sole circle backward to handstand  Pike sole circle backward to hand-stand with 1/2 (180°) turn in handstand phase to regular grip  Pike sole circle backward to handstand with 1/1 (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip 	**7.409** Pike sole circle backward with hop-grip change to reverse grip in handstand phase  Pike sole circle backward to handstand with 1/2 (180°) turn in handstand phase to reverse, L or mixed-L grip 	**7.509** Pike sole circle backward to hand-stand with 1/1 (360°) turn in hand-stand phase (Maloney)  Pike sole circle backward to hand-stand with 1½ (540°) turn,  to L grip (Lucke) L or mixed-L grip 

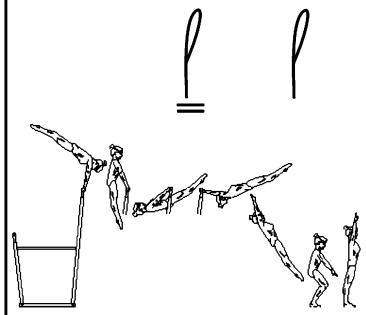
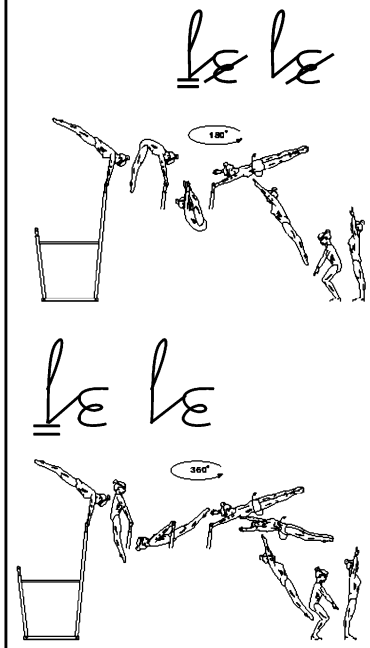
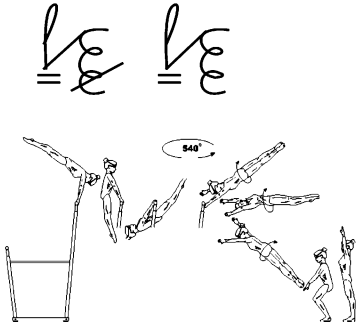
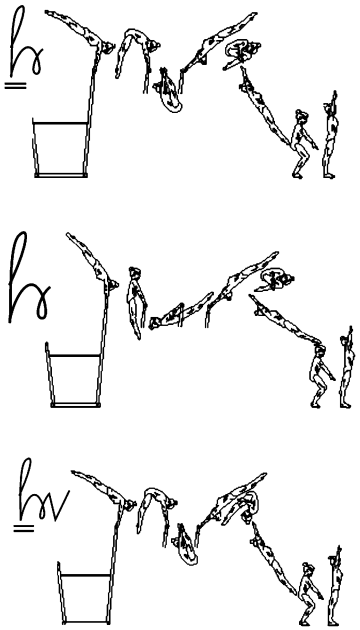
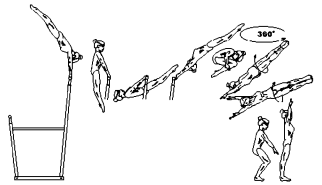
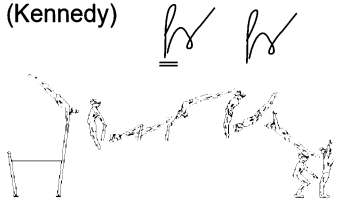
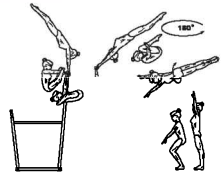
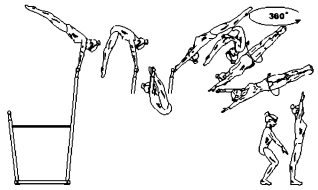
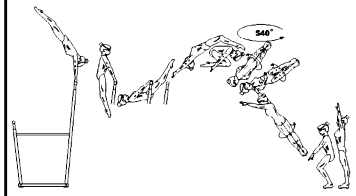
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.110	**7.210**	**7.310** Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB  Underswing (sole circle) on LB, release and counter movement forward in flight with 1/2 (180°) turn to hang with mixed grip on HB (Reinhardt) 	**7.410** Inner front support on LB – pike sole circle backward through handstand with flight to hang on HB (Maloney)  Underswing (pike sole circle backward) on LB, release and counter-movement forward in flight with 1/1 (360°) turn to hang on HB (Oster) 	**7.510** On LB - pike sole circle backward through handstand with flight and 1/2 (180°) turn to catch HB (performed in either directiion) (Byhovsky)  also with 1/1 (360˚) turn (Ramler) 
7.111	**7.211**	**7.311**	**7.411**	**7.511** Handstand on HB – pike sole circle backward - counter straddle-reverse hecht over HB to hang (Ray), also with pike, also with 1/2 (180°) turn (Tweddle) (not illustrated) 

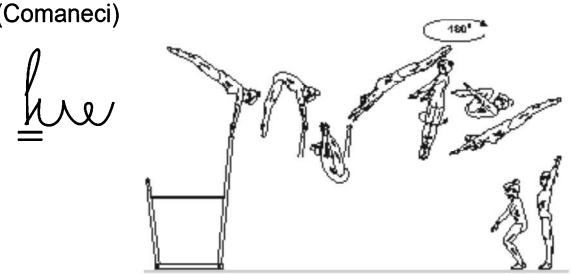
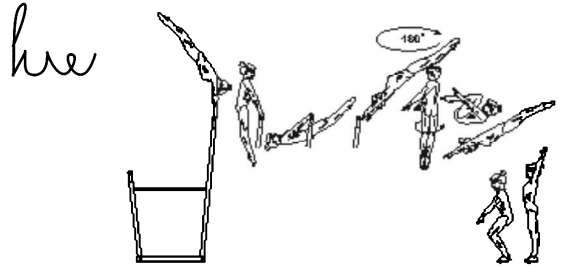
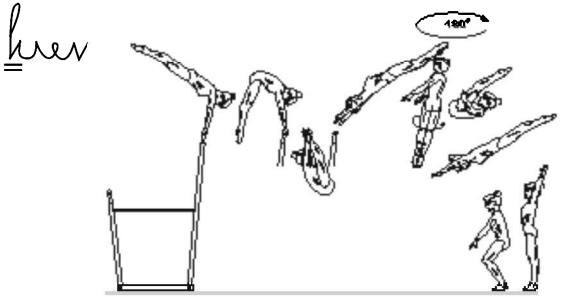
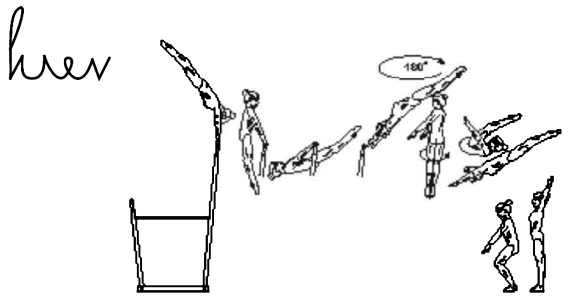
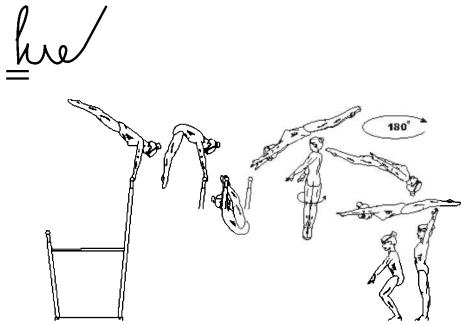
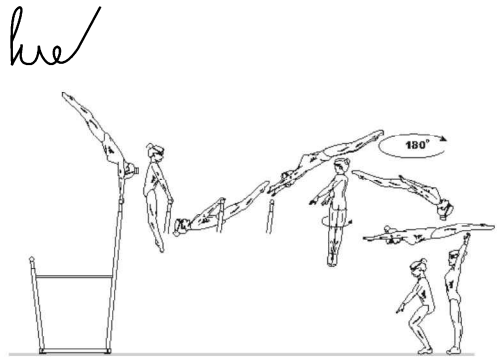
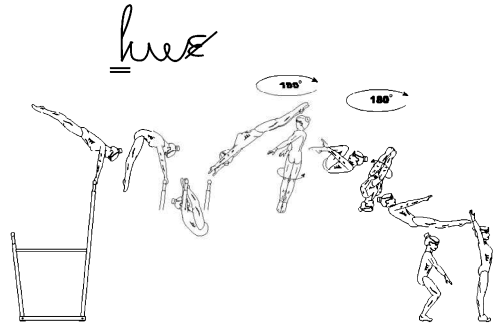
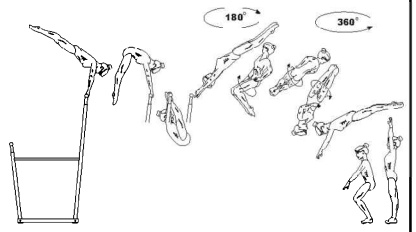
Group 7 – Circle Swings/Hechts

A	B	C	D	E
7.112	**7.212**	**7.312**	**7.412** Clear pike circle forward to handstand also with 1/2 (180°) turn in handstand phase (Endo-piked) 	**7.512** Clear pike circle forward to handstand with 1/1 (360°) turn in handstand phase (Endo-piked) 
7.113	**7.213** Clear pike circle backward, arriving in a clear pike support position 	**7.313** Clear pike circle backward on LB with release and counter flight to hang on HB or with hecht flight to hang on HB (not illustrated)  Clear pike circle backward, disengaging legs prior to a clear support at or above horizontal 	**7.413** Clear pike circle backward to handstand  also with 1/2 (180°) turn in handstand phase (Stalder-piked)  	**7.513** Clear pike circle backward with 1/1 (360°) turn in handstand phase (Stalder-piked 1/1)  

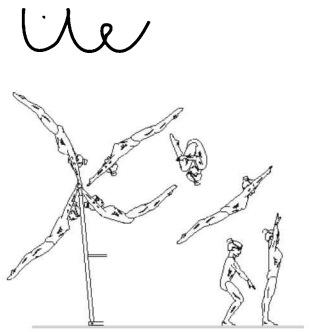
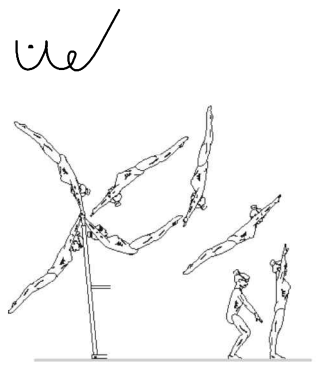
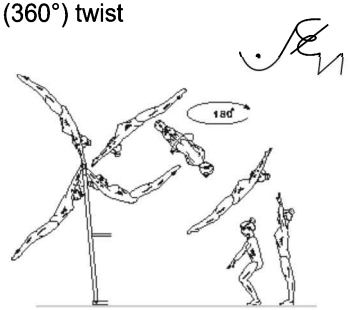
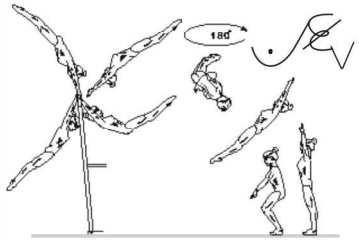
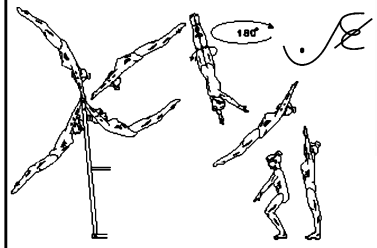
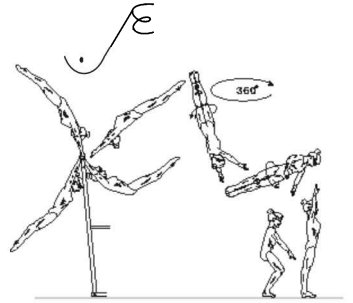
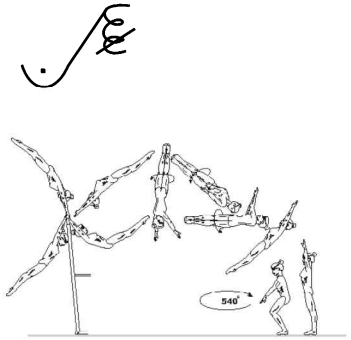
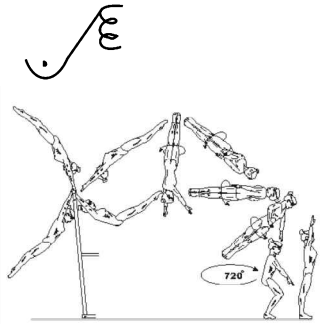
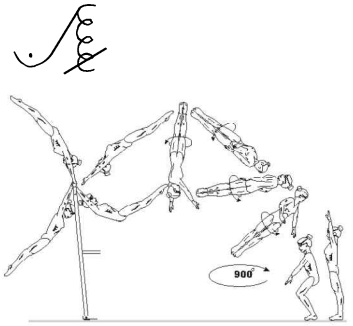
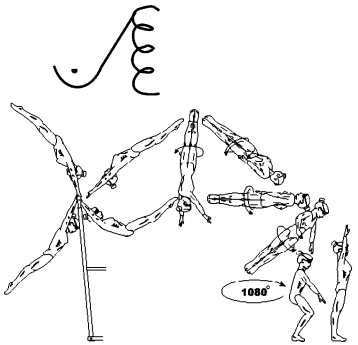
Group 8 – Dismounts

A	B	C	D	E
8.101 From HB – underswing (toe-on or clear) to stand  also with 1/2 (180°) or 1/1 (360°) twist to both sides 	**8.201** From HB - underswing (toe-on or clear) with 1½ (540°) or 2/1 (720°) twist 	**8.301** From HB – underswing (toe-on or clear) to salto forward tucked or piked  From HB - Back stalder to salto forward tucked or piked (not illustrated) From HB – underswing (toe-on or clear) to salto forward tucked with 1/2 (180°) twist (not illustrated)	**8.401** From HB - underswing (toe-on or clear) to salto forward piked with 1/2 (180°) twist  From HB – underswing (toe-on or clear) to salto forward tucked with 1/1 (360°) twist  From HB - underswing (toe-on or clear) to salto forward stretched (Kennedy)  From HB - clear pike circle backward to salto forward stretched with 1/2 (180°) turn (not illustrated) From HB - Back stalder to salto forward tucked (Celestine) or piked with 1/2 (180°) twist 	**8.501** From HB - underswing (toe-on or clear) to salto forward piked with 1/1 (360°) twist  From HB – underswing (toe-on or clear) to salto forward tucked or piked with 1½ (540°) twist 

Group 8 – Dismounts

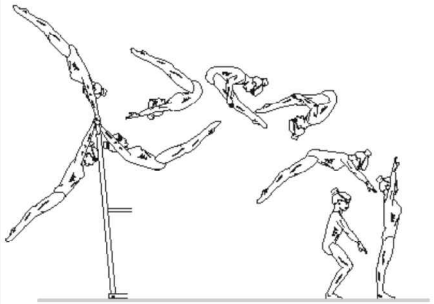
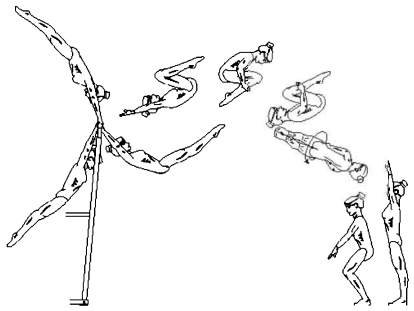
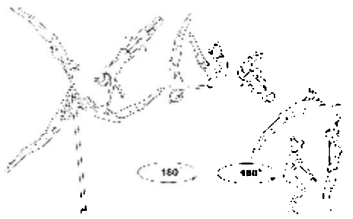
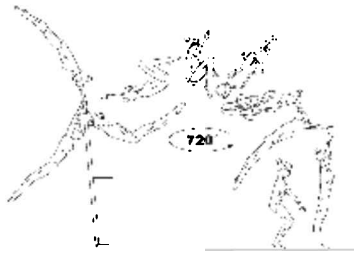
A	B	C	D	E
8.102	**8.202**	**8.302** Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward tucked or piked (Comaneci)    	**8.402** Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward stretched (clear-Okino)   Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) turn to salto backward tucked with 1/2 (180°) turn (Haba) 	**8.502** Clear front support on HB – underswing (toe-on or clear) with 1/2 (180°) twist to salto backward tucked with 1/1 (360°) twist (Kraeker) 

Group 8 – Dismounts

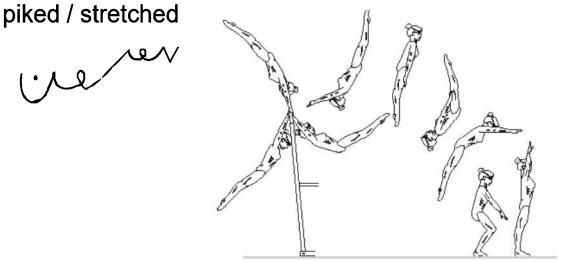
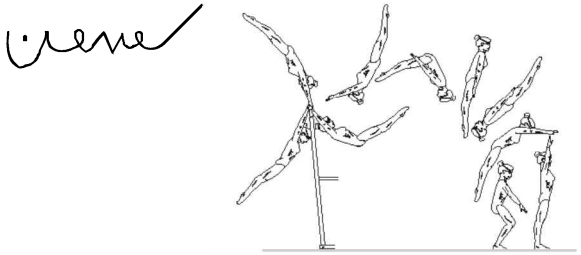
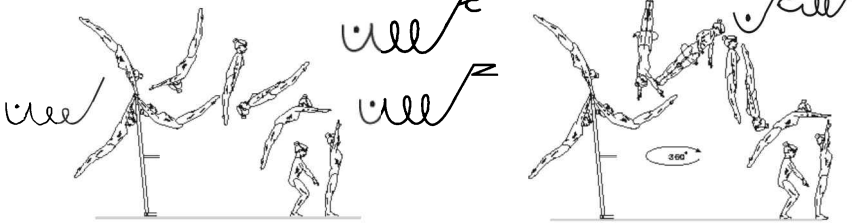
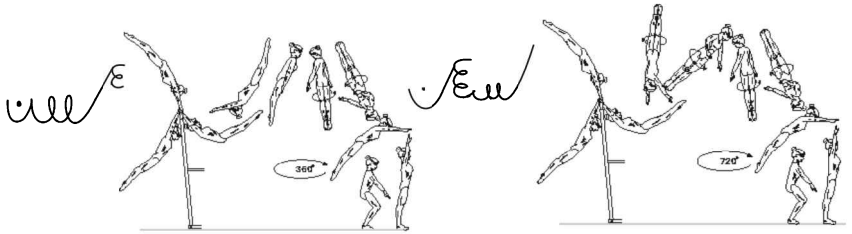
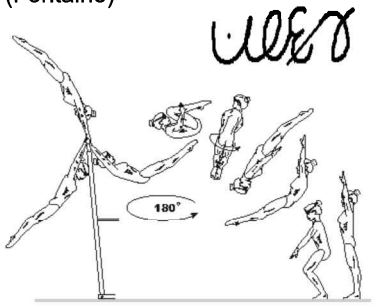
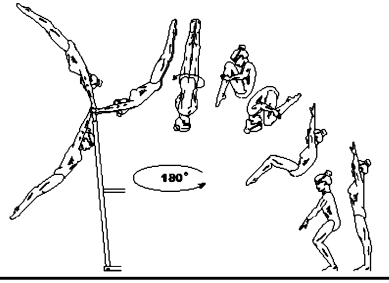
A	B	C	D	E
8.103 From HB - swing down between bars – swing forward to salto backward tucked, piked or stretched (Flyaway)   	**8.203** From HB - swing down between bars – swing forward to salto backward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist    	**8.303** From HB - swing down between bars – swing forward to salto backward stretched with 1½ (540°) or 2/1 (720°) twist  	**8.403** From HB - swing down between bars – swing forward to salto backward stretched with 2½ (900°) twist (Ji) 	**8.503** From HB - swing down between bars – swing forward to salto backward stretched with 3/1 (1080°) twist (Somerville/Bar) 

All flyaway dismounts must be initiated from the High Bar to receive Value-Part credit.

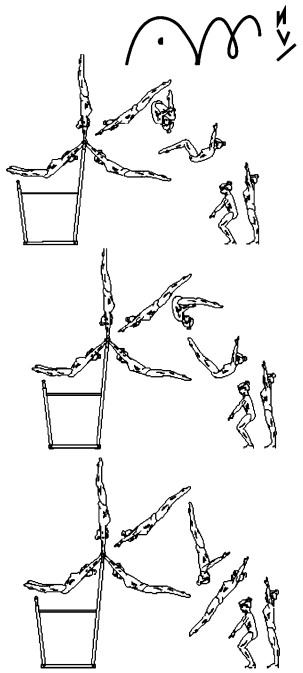
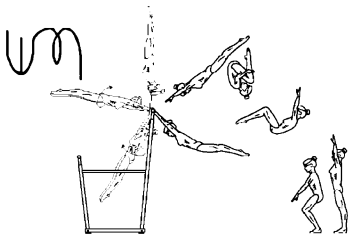
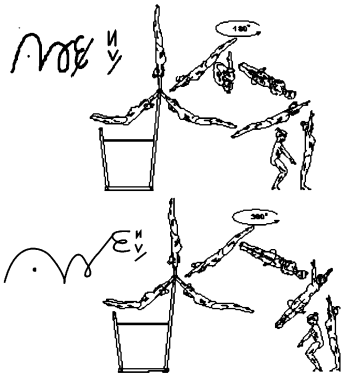
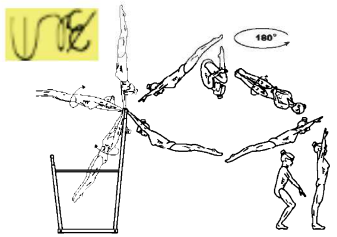
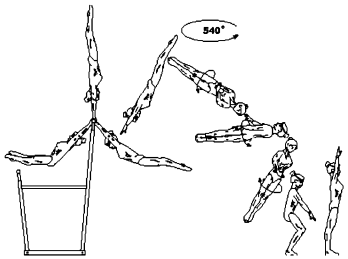
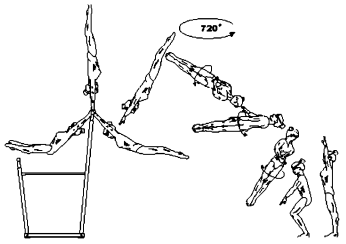
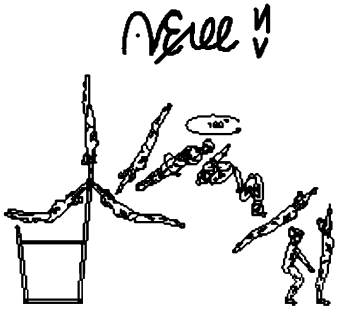
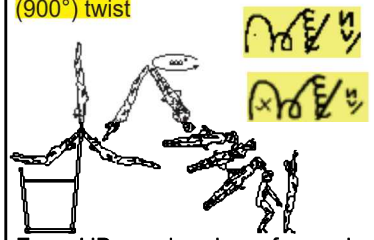
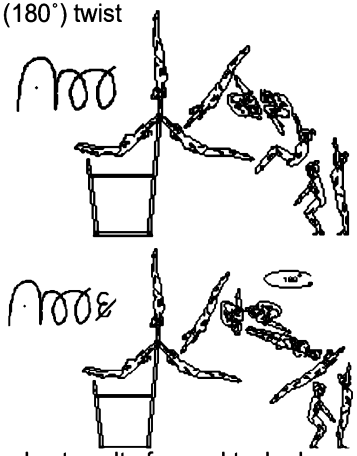
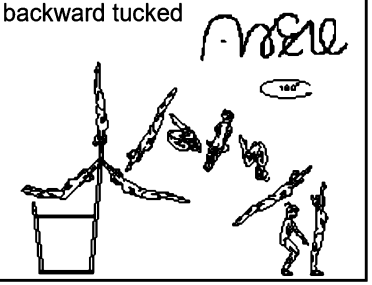
Group 8 – Dismounts

A	B	C	D	E
8.104	**8.204**	**8.304** From HB - swing down between bars – swing forward to double salto backward tucked or piked  	**8.404** From HB - swing down between bars – swing forward to double salto backward tucked with 1/2 (180°) twist in second salto (Elmore) 	**8.504** From HB - swing down between bars – swing forward to double salto backward tucked with 1/1 (360°) twist in first (Morio) or second salto (Chousovitina)  From HB - swing down between bars – swing forward to salto backward stretched with 1/2 (180°) twist into salto forward piked with 1/2 (180°) twist (Varga)  From HB - swing down between bars – swing forward to double salto backward tucked with 2/1 (720°) twist (Fabrichnova)  From HB - swing down between bars – swing forward to triple salto backward tucked (Magaña) 

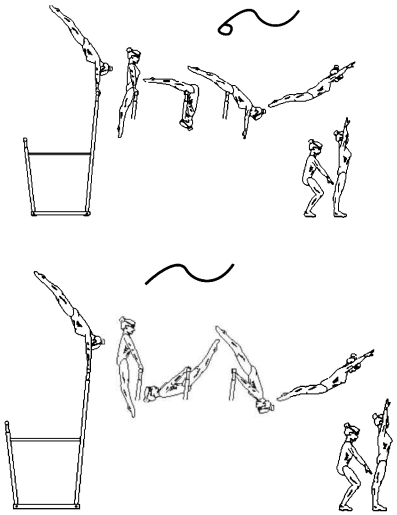
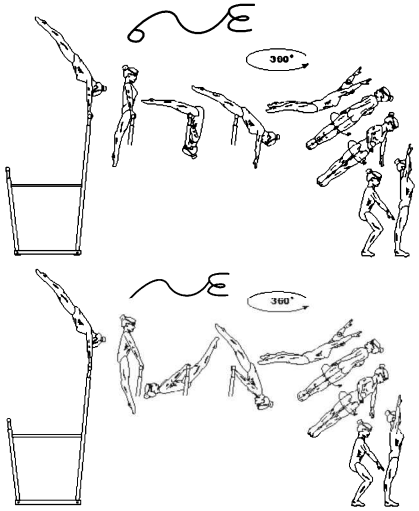
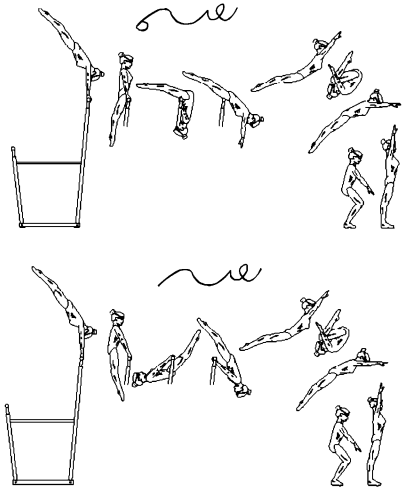
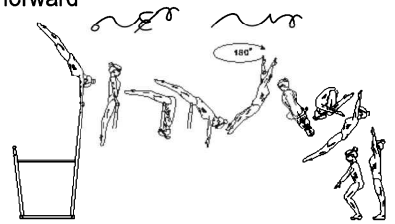
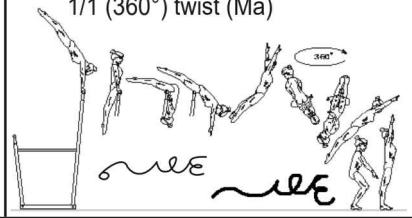
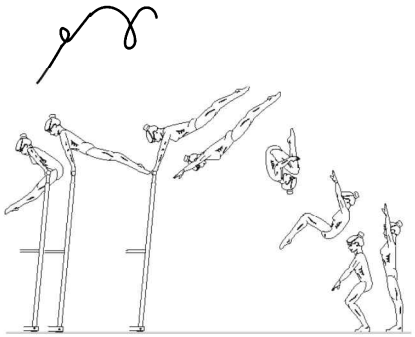
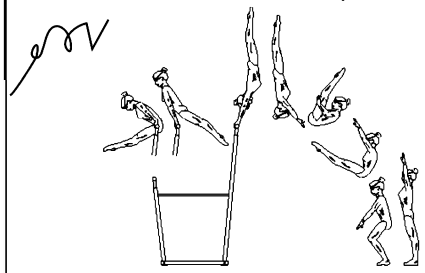
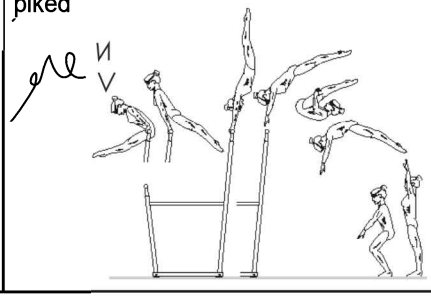
Group 8 – Dismounts

A	B	C	D	E
8.105	**8.205**	**8.305**	**8.405** From HB - swing down between bars – swing forward to double salto backward in stretched / piked or piked / stretched  	**8.505** From HB - swing down between bars – swing forward to double salto backward stretched, also with ½ (180°) turn (Peele); also with scissor split of legs to close (Rickett) - not illustrated  also with 1/1 to 2/1 (360°-720°) twist in first or second salto (2/1 twist - Ray) 
8.106	**8.206**	**8.306**	**8.406**	**8.506** From HB - swing down between bars – swing forward to salto backward tucked with 1/2 (180°) twist into salto forward tucked (Fontaine) also with 1/2 (180°) twist (Beckman) (Not illustrated) or into salto forward stretched (Blanco),  From HB - swing down between bars – swing forward with 1/2 (180°) twist into double salto forward tucked 

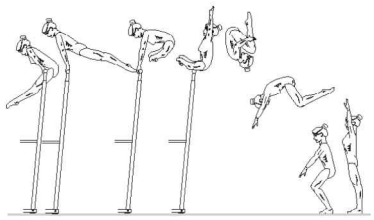
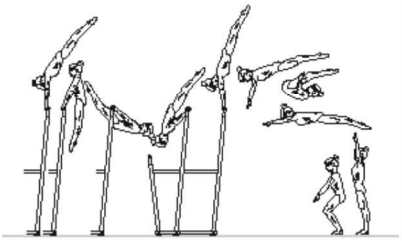
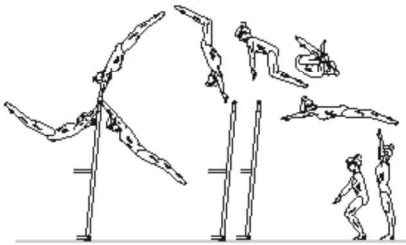
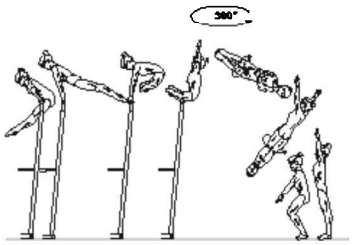
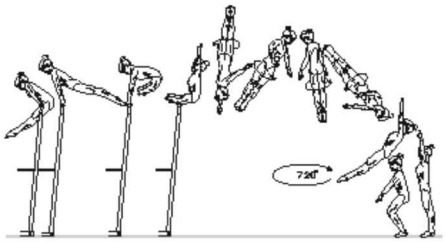
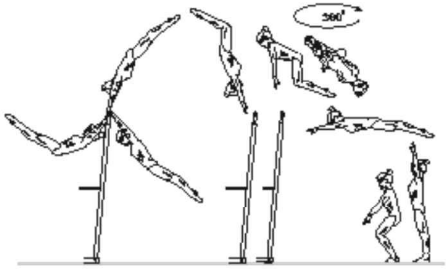
Group 8 – Dismounts

A	B	C	D	E
8.107 From HB - swing down forward between bars in reverse grip, salto forward tucked, piked or stretched; also from a counter-swing  From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180˚) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched 	**8.207** From HB – clear straddle circle forward on HB to salto forward tucked -  or swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist, also from counterswing  From HB - swing down between bars in regular grip, with grip change to cross grip and 1/2 (180˚) turn in range of hang position and swing backward-upward to salto forward tucked, piked or stretched with 1/2 (180˚) turn 	**8.307** From HB – swing down forward between bars in reverse grip, salto forward tucked, piked or stretched with 1½ (540°) twist (Stretched 1½ - Pechstein) 	**8.407** From HB – swing down forward between bars with reverse grip - or clear straddle circle forward between bars to a salto forward tucked, piked, or stretched with 2/1 (720°) twist  Giant circle forward, 1/2 (180°) turn in flight to double salto backward tucked or piked (Goerlitz) 	**8.507** From HB – swing down forward between bars with reverse grip - or clear straddle circle forward between bars to a salto forward tucked, piked, or stretched with 2½ (900°) twist  From HB – swing down forward between bars in reverse or L grip - swing backward to double salto forward tucked, also with ½ (180˚) twist  -also to salto forward tucked with 1/2 (180°) twist into salto backward tucked 

Group 8 – Dismounts

A	B	C	D	E
8.108	**8.208** Hip circle backward on LB or HB – hecht, also from clear hip circle backward 	**8.308** Hip circle backward (also clear) on LB or HB – hecht with 1/1 (360°) twist 	**8.408** Hip circle backward (also clear) on LB or HB – hecht with salto backward tucked (Muchina) 	**8.508** Hip circle backward (also clear) on LB or HB – hecht with 1/2 (180°) twist to salto forward  Hip circle backward (also clear) on LB or HB – hecht to salto backward with 1/1 (360°) twist (Ma) 
8.109	**8.209** Outer front support on HB – cast to near handstand, salto forward tucked 	**8.309** Outer front support on HB – cast to near handstand, salto forward piked  also to salto backward tucked or piked 	**8.409**	**8.509**

Group 8 – Dismounts

A	B	C	D	E
8.110	**8.210** From a cast, uprise or backswing to straddle cut, salto backward tucked, piked or stretched (Whipsalto-Tanac) on LB or HB 	**8.310** Outer front support – clear hip circle swing backward or clear hip circle through handstand to salto backward tucked or piked   On HB - giant circle backward (facing LB) to salto backward tucked over HB (Gonzales), also facing HB, giant circle backward with ½ (180°) turn to back salto tucked  From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 1/1 (360°) or 1½ (540°) twist on LB or HB (Tanac 1/1 -1½) 	**8.410** On HB - stalder backward through handstand to salto backward tucked or piked   From a cast, uprise or backswing, straddle cut to salto backward tucked or stretched with 2/1 (720°) twist or more on LB or HB (Tanac 2/1+) (Bronson)  On HB - giant circle backward (facing LB) to salto backward tucked over HB with 1/1 (360°) twist (Harriman) 	**8.510**

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL BALANCE BEAM RULES

	SPECIAL REQUIREMENTS (SR) Deduct 0.50 for Each Missing SR	VALUE PART (VP) A = .10 B = .30 C = .50	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS Restricted Elements 0.50 deduction - off SV No credit for VP or SR	START VALUE (SV) & BONUS	TIMING Timed Warm-Up Time Per Gymnast	TIMING Routine Time Limit
Level 6	1. Non-flight Acro series (excluding mt / dsmt) **OR** One Acro flight element, (isolated / in connection) 2. One Leap / Jump that requires 180° Cross / Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min, "A"	A = 5 B = 1 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. **Restricted**: Any additional "C" Dance All Acro "C/D/E" elements	**10.0 SV** Not eligible for Bonus	1½ minutes	1 min. 15 sec.
Level 7	1. Acro series (with / without flight), excluding mt / dsmt **AND** one Acro flight element (isolated / in connection) 2. One Leap / Jump that requires 180° Cross / Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "A"	A = 5 B = 2 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements Any "C" Dance element (unlimited) **Restricted**: "D/E" Dance Acro "C/D/E" elements	**10.0 SV** Not eligible for Bonus	1½ minutes	1 min. 20 sec.
Level 8	1. Acro series, two elements, one with flight (excluding mt/dsmt) 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "A"	A = 4 B = 4 C = 0 Allowable C's = B value	**Allowable:** All "A" / "B" elements and Any "C" Dance elements ONE restricted "C" Acro element (includes mt / dsmt) considered in chronological order. **Restricted**: Any additional Acro "C/D/E" Any "D/E" Dance element	**10.0 SV** Not eligible for Bonus	2 minutes	1 min. 30 sec.
Level 9	1. Acro series, min. two directly connected flight elements (excluding mt / dsmt) 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "B"	A = 3 B = 4 C = 1 Allowable D/E's = C value	**Allowable**: All "A" / "B" / "C" elements and Any "D/E" Dance elements ONE restricted "D/E" Acro element (includes mt / dsmt) considered in chronological order. **Restricted**: Any additional Acro "D/E" element	**9.70 SV** **Bonus:** 0.30 CV **OR** 0.20 CV; 0.10 D/E ONLY 1st Acro D/E eligible for D/E Bonus	2 minutes	1 min. 30 sec.
Level 10	1. Acro series (excluding mt/dsmt), min. two directly-connected flight elements, min. one "C" (with / w/o hand support **OR** Non-flight Acro "A" element (Grp. 7) directly-connected to Acro flight "E" elem. 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount min. "C" **OR** Dismount "B" directly connected to • Acro series w/ min. "C", OR • Min. "C" Acro flight/Dance elem.	A = 3 B = 3 C = 2	**No Difficulty Restrictions** **Extra +0.10 Bonus** (not in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	**9.50 SV** **Bonus: Max. of 0.50** (min. +0.1 D/E & min. +0.1 CV	2 minutes	1 min. 30 sec.

Timing Routine: Starts when feet/hands leave board/mat. Time ends when gymnasts lands on mat for dismount. Time stops for any fall from beam.

Fall time: 45 sec. Starts when gymnast is standing on feet or after medical assessment is complete. Stops when gymnast leaves mat to re-mount. Routine time starts again after fall with 1st movement to continue routine.

Revised 7.22

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S RULES AND POLICIES (R&P)

1. See ~~Chapter 11~~: Apparatus Requirements in *R&P* for specific equipment regulations.
2. Requirements are subject to change every competitive year, beginning August 1.

B. CHALK MARKINGS:

1. Allowed to place small chalk markings on Beam (BB).
2. Tape markings are NOT allowed.

C. SUPPLEMENTAL MATTING (sting mat, 4" throw mat, 8" skill cushion)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for inches to centimeters:

Approx. ¾ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

D. MATTING REGULATIONS FOR MOUNTS

- CJ takes a 0.30 deduction from average score, if board is placed on an unauthorized surface (i.e. 8-inch skill cushion or plywood).

II. TIMING REGULATIONS

A. WARM-UP TIME

1. Timed or touch warm-ups:
   - **a.** Marking BB, setting mounting apparatus and raising / lowering BB are NOT included in warm-up time.
   - **b.** If warm-up time is exceeded, a warning is given.
     NOTE: preparing for an element, allow gymnast to complete the element.
   - **c.** If gymnast continues to warm-up on BB after a warning is issued, CJ deducts 0.20 from average score, for exceeding the timed or touch warm-up time.
     - In team competitions, deduct from the team event score.
2. Immediately prior to performing the exercise:
   - **a.** May run and jump onto board and briefly touch BB without penalty.
   - **b.** May perform an element on BB matting prior to CJ signal to begin.
     - If gymnast performs element on mat after CJ signals to begin, CJ deducts 0.20 from average score for exceeding warm-up time. No warning is issued.

B. TIMING OF THE EXERCISE

1. Maximum time limits and warning signal time:

LEVEL	MAXIMUM TIME LIMIT	WARNING SIGNAL
LEVEL 10 / 9 / 8	1 minute, 30 seconds	1 minute 20 seconds
LEVEL 7	1 minute, 20 seconds	1 minute, 10 seconds
LEVEL 6	1 minute, 15 seconds	1 minute, 5 seconds

NOTE: For any exercise less than 30 seconds, refer to short exercise penalty.

TIMING OF THE EXERCISE (continued)

2. Evaluation and timing of BB begins when hands or feet leave the mat or mounting apparatus.
   - **a.** Mounts from a run, mounts from a stand, mounts from hand support.
   - **b.** Routine time stops when feet touch floor on dismount.
   - **c.** Routine time stops with fall(s) from BB.
   - **d.** Routine time and evaluation continue with first movement to resume routine on BB.
3. Final "time" signal, judge evaluates all elements performed to the end of the exercise.
   - **a.** CJ deducts 0.10 for overtime from average score.
     - **1)** Deduction MUST be indicated to coach (verbal or visual).
     - **2)** Time within "fraction of a second" over = no deduction.
       EXAMPLE: Time at 1:30.01 – 1:30.99 (less than 1:31) = no deduction.
   - **b.** Value Parts (VPs), composition, Special Requirements (SRs) and any applicable Bonus are awarded.
4. "Warning" and final "time" signal should be a special device such as a bell, whistle or gong.
   - **a.** Verbal "warning" and "time" MUST be audible to gymnast if device is unavailable.
   - **b.** CJ responsibility to review timing procedures with timers.
5. Short exercises: Less than 30 seconds, (complete or incomplete).
   - **a.** Deduct for any missing VPs from Start Value (SV).
   - **b.** Deduct for any missing SRs from SV.
   - ~~**c.** Deduct 0.30 for no dismount from SV (if applicable).~~
   - **d.** CJ deducts 2.00 from average score.
   - **e.** EXCEPTION: Level 6 ONLY
     - **1)** CJ deducts 0.50 from average score
     - **2)** Less than 30 seconds - completed BB routine.
     - **3)** Contains all required VPs.
     - **4)** 10.0 SV.
   - **f.** Minimum score of 1.00 awarded when routine score is equal to or less than one point.

C. TIMING OF FALLS

1. Allowed 45 seconds to re-mount after a fall.
   - **a.** Fall time MUST be timed separately.
   - **b.** Two watches are necessary.
2. Does NOT re-mount within 45 seconds = exercise terminated.
   - **a.** Fall time begins when gymnast is standing on her feet.
     - If an injury occurs, fall time begins after medical assessment is complete.
   - **b.** 45-second fall time stops when gymnast's feet leave mat to re-mount in preparation to resume routine.
3. While off apparatus after a fall:
   - **a.** Timer gives notification of "20 seconds remaining" and "10 seconds remaining" in fall time.
   - **b.** "Time" is called at 45 seconds.
   - **c.** Coach may speak to gymnast:
     - **1)** During fall time without penalty.
     - **2)** Once gymnast re-mounts, coach may NOT give verbal assistance.
     - **3)** Coach NOT allowed to ask judge if the element received VP credit before gymnast re-mounts apparatus.
   - **d.** If 45-second fall time is exceeded, exercise is terminated.

TIMING OF FALLS (continued)

4. Gymnast attempts to re-mount BB after a fall:
   - **a.** Falls again, prior to resuming timing of routine.
   - **b.** Deduct 0.50 for a second fall.
   - **c.** Any subsequent fall will allow for an additional 45-second fall time.
5. Warm-up during a fall:
   - **a.** Performs element on mat prior to re-mounting.
   - **b.** CJ deducts 0.20 from average score for additional warm-up.
   - **c.** No warning is required.

III. SPOTTING REGULATIONS

A. COACH ASSISTS / SPOTS GYMNAST DURING ELEMENT:

1. Each judge deducts 0.50 for spot.
   - No VP credit, SR, Bonus credit (if applicable) awarded.
2. If fall occurs after spot, each judge also deducts 0.50 for fall.
3. ~~Do NOT deduct 0.30 from SV for no dismount for a dismount spot, even though dismount receives no VP credit~~. No longer a deduction.

B. COACH CONTACTS GYMNAST WITHOUT ASSISTING:

1. Each judge deducts 0.50 for touching gymnast.
   - **a)** Award VP and SR credit.
   - **b)** No "D/E" or CV Bonus awarded (if applicable).

   EXAMPLE: Coach touches athlete's back before beginning Walkover backward, then steps away.
2. No penalty if gymnast inadvertently contacts coach.

C. COACH SPOTS GYMNAST UPON LANDING DISMOUNT:

1. Each judge deducts 0.50 for spot.
   - **a)** Award VP and SR credit.
   - **b)** No "D/E" or CV Bonus awarded (if applicable).
2. If fall occurs after spot, each judge also deducts 0.50 for fall.

D. COACH CATCHES FALLING GYMNAST:

1. Do NOT deduct for spot.
2. Deduct 0.50 for fall ONLY.

E. COACH MAY APPROACH BEAM TO SPOT A PARTICULAR ELEMENT.

1. May NOT remain there for entire exercise.
2. CJ deducts 0.10 from average score if coach remains by BB throughout exercise.

F. RAISED SURFACE FOR SPOTTING

1. Spotting block or folded mat recommended.
2. CJ deducts 0.30 from average score if spotting device is NOT removed.
   - **a.** No penalty for coach standing on mounting apparatus, provided mounting apparatus (or spotting device) is removed immediately after element is performed.
   - **b.** EXCEPTION: Spotting device may remain in place ONLY if coach continues to stand on it through multiple elements.
3. Coach may NOT stand on chairs or other items not produced by a gymnastics supply company.
   - **a.** Warning should be given.
   - **b.** CJ deducts 0.30 from average score if coach continues to use an inappropriate item to stand on (use of unauthorized equipment).

IV. MOUNT AND DISMOUNT REGULATIONS

A. MOUNTS

1. Board, mount trainer mat or panel mat MUST be removed as soon as possible after gymnast has mounted.
2. Mounts that are preceded by one element prior to take-off from board will be allowed:
   - Evaluation begins after feet leave mounting apparatus.
3. Mount attempts:
   a. Attempt without mounting is considered a "balk."
   b. Two attempts allowed to mount BB without penalty.
   - No touch of board and / or BB or run under BB on either attempt allowed.

   EXAMPLE: 1st attempt: Run, balks, no mount performed
   2nd attempt: Run, mount performed
   NO DEDUCTION

   c. Three attempts allowed, but each judge takes a 0.50 deduction for third attempt.

   EXAMPLE: 1st attempt: Run, balk, no mount performed
   2nd attempt: Run, balk, no mount performed
   3rd attempt: Runs, performs a "D" mount (0.50 deducted for 3rd approach)
   - "D" mount awarded + 0.10 "D/E" Bonus at Level 9 (Acro) and 10.

   EXAMPLE: 1st attempt: Run, balk, no mount performed
   2nd attempt: Run, balk, no mount performed
   3rd attempt: Run, balk, no mount performed (0.50 deducted for 3rd approach)
   - No mount performed; athlete must climb onto BB to begin exercise.

   d. Fourth approach NOT permitted.
   e. Run, touch board and / or BB or run under BB without mounting, deduct 0.50 (considered a fall).
   f. Round-off entry mount attempt, performs only Round-off:
   1) May repeat mount and receive appropriate VP credit.
   2) Deduct 0.50 for fall - contact made with board, which is considered part of the apparatus.
   3) Second attempt results in successfully performed mount. Bonus could be awarded (if applicable).

B. DISMOUNTS:

1. Evaluate all elements, including dismount, after final time signal.
2. Dismount element with hand support instead of Salto or Aerial (Level 6 / 7 / 8 / 9 / 10):
   a. Deduct 0.50 for missing dismount SR.
   ~~**b. Do NOT deduct 0.30 for no dismount**~~. No longer a deduction.
3. Dismount element of no value
   a. NOT listed in *Dev COP*
   EXAMPLE: Straddle Jump dismount
   1) Deduct 0.50 from SV for missing dismount SR specific to each level.
   ~~**2) Deduct 0.30 from SV for no dismount.**~~
   b. Restricted or additional restricted element performed.
   EXAMPLE: Level 7 performs "C" dismount.
   1) Deduct 0.50 from SV for restricted dismount.
   2) Deduct 0.50 from SV for missing dismount SR specific to each level.
   ~~**3) Deduct 0.30 from SV for no dismount.**~~

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DISMOUNTS (continued):

4. Leaves apparatus (terminates exercise early, intentionally or due to a fall):
   a. Deduct 0.50 from SV for missing dismount SR specific to each level.
   ~~b. Deduct 0.30 from SV for no dismount.~~
   c. Deduct 0.50 for fall from apparatus (with or without an actual fall onto mat).
   d. CJ deducts 2.00 from average score if exercise is under 30 seconds.
   EXCEPTION: LEVEL 6 = 0.50 deduction with 10.0 SV.
5. Falls on Salto dismount: (applies to Level 6 / 7 / 8 / 9 /10):
   a. Never initiates Salto action and falls ~~without landing on bottom of feet first:~~
      1) No VP credit awarded for dismount.
         - Deduct from SV for any missing difficulty requirements (if appropriate).
      2) Deduct 0.50 from SV for missing dismount SR specific to each level.
      3) ~~Deduct 0.30 from SV for no dismount~~.
      4) Deduct 0.50 for fall.
      5) Deduct for any other execution / amplitude errors.
   b. Initiates Salto action and falls without landing on bottom of feet first:
      1) No VP credit awarded for dismount.
         - Deduct from SV for any missing difficulty requirements (if appropriate).
      2) Deduct 0.50 from SV for missing dismount SR specific to each level.
      3) Deduct 0.50 for fall.
      4) Deduct for any other execution / amplitude errors.
      ~~5) Do NOT deduct 0.30 for no dismount.~~ No longer a deduction.

V. RECOGNITION (COUNTING) OF VALUE PARTS (VP)

A. ANY BB ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:

1. Repeated element MUST occur in a different connection (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev COP* – whether it received VP credit or not).
2. Leap / jump / hop NOT found in *Dev COP:*
   a. May be awarded comparable VP credit of "root" element.
   b. May have variations of leg position and landing position.
   c. New elements NOT listed in *Dev COP:*
      1) MUST be evaluated by Regional Technical and Regional Development Program Committee Chairmen.
      2) Element evaluation form on USA Gymnastics website (Women - Forms - Meet Forms).
3. All variations of root Acro skills will be awarded an "A" Value Part, regardless of entrance, exit, or final position.
4. Same "D" or "E" element performed a second time in different connection:
   a. Level 10:
      1) Receives VP credit twice.
      2) Eligible for CV Bonus each time (if applicable).
      3) Eligible for "D/E" Bonus ONLY once

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ANY BALANCE BEAM ELEMENT MAY RECEIVE VP CREDIT TWO TIMES (continued)

b. Level 9:

1) If "D/E" Dance element performed twice in different connection:

- Receives VP credit twice, eligible for CV Bonus each time (if applicable),

2) If "D/E" Acro element performed twice in different connection:

a) First time – receives credit for VP, SR, "D/E" Bonus (+0.10) and CV Bonus (if applicable).

b) Second time – receives NO credit for VP, SR or CV Bonus (if applicable). Deduct 0.50 for restricted element.

5. Same element is performed third time, or performed second time in exact same connection:

a. No VP credit awarded.

b. All applicable execution and amplitude deductions are applied.

c. No SRs awarded (MUST receive VP credit to fulfill SRs)

d. No CV Bonus awarded with no VP credit.

EXCEPTION: VP credit awarded for an element performed for the third time, if NOT previously awarded VP credit because:

1) Element lacked completion first or second time performed, OR

2) Element was used in exact same connection the second time performed

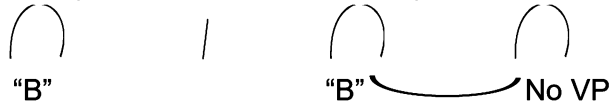
EXAMPLE 1:

Flic-Flac step-out, STOP, Flic-Flac step-out; Straddle Jump + Flic-Flac step-out



EXAMPLE 2:

Flic-Flac step-out, STOP, Flic-Flac step-out + Flic-Flac step-out



Flic-Flac step-out third time:

1) No VP credit.

2) No SR for LEVEL 7, 8, 9, 10 Acro Series; no VP credit awarded to third Flic-Flac step-out.

3) Execution and amplitude deductions are applied.

4) May NOT fulfill SRs (an element MUST receive VP credit to fulfill SRs).

5) May NOT be used for CV Bonus (an element MUST receive VP credit to fulfill different connection).

6. Any element required to land on feet first MUST land on any part of the bottom of foot / feet first to receive VP credit.

a. Deduct 0.50 for fall if landing hands and bottom of feet simultaneously. VP credit is awarded.

b. Deduct 0.50 for fall with failure to land on bottom of feet first. VP credit is NOT awarded.

7. Handstand (HS) elements:

c. MUST show vertical line from hands through hips; legs may be in various positions during the required two second hold.
EXAMPLE: Split, straddle, together, etc.

d. Handstand elements with more than one position – ONLY one VP awarded.
EXAMPLE: Planche to reverse Planche

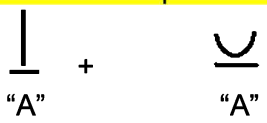
e. Return to sit or stand on BB between Handstand elements = two elements.

B. ELEMENTS WILL BE CONSIDERED DIFFERENT for counting VPs in the following instances:

1. Different number in *Dev COP*.
2. Same number in *Dev COP*, but meets the following criteria:
   - **a. Saltos performed with different body positions**
   - **b. Element performed with different degrees of turn (½, 1/1, 1½).**
     NOTE: addition of ¼ turn does NOT make element different, unless specifically listed in *Dev COP.*

     EXAMPLE 1:

     #2.108 Stretched Jump + Stretched Jump with ½ turn = different "A" elements.

     EXAMPLE 2:

     #2.201 Split Jump + Split Jump with ¼ turn = same "B" element.

     "B"

     No VP 3rd time / no Dance series – Level 8 / 9 / 10
   - **c. Support on one or both arms.**
   - **d. Mount elements are performed as elements within the exercise.**

     EXAMPLE:

     Press Handstand mount, performed later in the exercise - both receive "B" VP credit.
   - **e. Take-off for leap / jump / hop from one or two legs.**

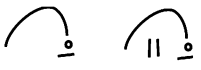
     EXAMPLE:

     #2.201 Split Leap with ¼ turn – Split Jump with ¼ turn = =different "B" elements.

     
   - **f. Acro elements take-off or land on one or two legs.**

     EXAMPLES:

     #7.202 Handspring forward with flight, before or after support of hands.
     - Two-leg take-off (punch) 
     - Step into one-leg take-off 
     - Swing-through (from stand on one leg)

     #7.202 Handspring forward with step-out, Handspring forward to two feet = different "B" elements. 

     #7.403 Aerial Cartwheel variations
     Aerial Cartwheel variations = same "D" elements,
     EXCEPT for swing-through Aerial Cartwheel = different "D" element. 

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C. ELEMENTS LISTED UNDER the SAME NUMBER WILL BE CONSIDERED the SAME in the following instances:

1. **Deletion or addition of same Flic-Flac (pre-connection) does NOT change connection.**

   EXAMPLES:

   a. 1st series: Flic-Flac step-out – Flic-Flac step-out – Salto backward stretched with step-out

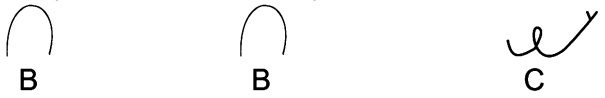
   2nd series: Flic-Flac step-out – Salto backward stretched with step-out

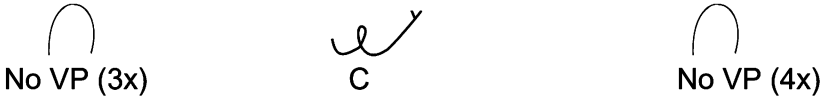
   1) Salto backward connection considered the same connection in both series.
   2) Flic-Flac step-out in 2nd Series:
   - No VP credit (third Flic-Flac step-out).

   3) Salto backward in second series:
   a) No VP credit.
   b) No CV Bonus.

   b. 1st series: Flic-Flac step-out – Flic-Flac step-out – Salto backward stretched with step-out

   2nd series: Flic-Flac step-out – Salto backward stretched with step-out – Flic-Flac step-out

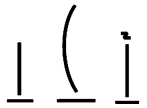
   

   1) Considered two different connections.
   2) Salto backward receives VP credit twice.
   3) Flic-Flacs in second series:
   a) No VP credit (third and fourth repetition).
   b) No CV Bonus.

2. **Elements with same number performed with different leg positions (same element)**

   EXAMPLE:

   #2.108 Stretched Jump with / without arch – Stretched Jump with change / beat of legs

D. CONSIDERATION FOR AWARDING VALUE-PART CREDIT WHEN A FALL OCCURS:

1. Element complete (contact with bottom of feet / foot on top of BB) then falls:
   a. VP credit awarded.
   b. Due to fall, no Bonus credit awarded.
   c. SRs awarded (if applicable).
   d. If fall occurs on 2nd element in acro series, SR awarded.
   e. Deduct 0.50 for fall, but NOT balance errors which resulted in fall.
   f. Deduct for execution / amplitude errors.

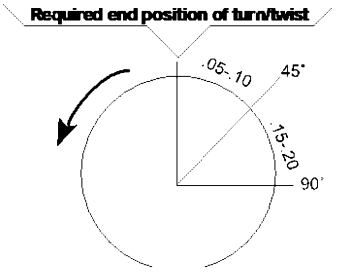
CONSIDERATION FOR AWARDING VALUE-PART CREDIT WHEN A FALL OCCURS (continued):

2. Element incomplete (no contact with bottom of feet / foot on top of BB):
   - **a.** No VP credit awarded.
   - **b.** No Bonus credit awarded.
   - **c.** No SR credit awarded.
   - **d.** If fall occurs on 2nd element in acro series, SR NOT awarded.
   - **e.** Deduct 0.50 for fall, but NOT balance errors which resulted in fall.
   - **f.** Deduct for execution / amplitude errors.
3. Failure to land on bottom of feet first on dismount:
   - **a.** No VP credit awarded.
   - **b.** No Bonus credit awarded.
   - **c.** No dismount SR credit awarded.
   - **d.** No deduction for no dismount.

     ~~EXCEPTION:~~
     - ~~No Salto action initiated for Salto dismount,~~
     - ~~Deduct 0.30 for no dismount.~~
   - **e.** Deduct 0.50 for fall.
   - **f.** Deduct for execution / amplitude errors.

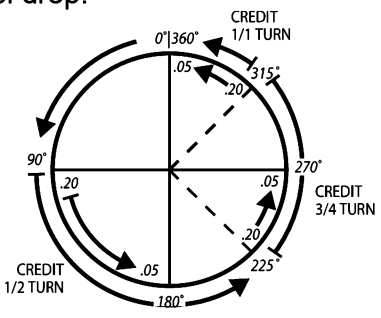
E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

1. Leg positions / posture / body position / amplitude requirements indicated in the *Dev COP* MUST be fulfilled to award VP credit.
2. Appropriate execution / amplitude deductions, in some cases, would be taken rather than recognizing a different element.
3. **Turns (of 360° or more) on one foot and leaps / jumps / hops with turns (of 360° or more)**



0.05 – 0.10	Missing 1° – 44° of turn
0.15 – 0.20	Missing 45° – 89° of turn
Award VP performed	Missing 90° or more of turn

   - **a.** Deduct for balance, execution and amplitude.
   - **b.** Completion of turns clarification:
     - **1)** Heel drop onto BB = turn completion.
     - **2)** VP credit awarded for degree of turn completed, prior to heel drop.
4. **Jumps / leaps / hops with less than 360° turn**



   EXAMPLE:
   Wolf Jump with ¾ (270°) turn – MUST finish minimum of 1° past half-way mark between ½ (180°) turn and ¾ (270°) turn.

   EXAMPLE:
   Wolf Jump with ½ (180°) turn, Wolf Jump with ¾ (270°) turn, Wolf Jump with 1/1 (360°) turn:
   - **a.** Degree of turn completion upon landing determines VP awarded.
   - **b.** To receive higher value, turn MUST finish closer to higher degree of turn (minimum of 1° past halfway mark between the two values).
   - **c.** Execution deductions for incomplete turn will be applied.

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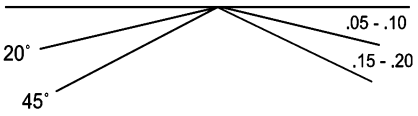
REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS (continued)

5. **Two-second hold requirement**
   - **a.** If no two-second hold in element - award value of root element.

     EXAMPLE:

     #1.311 Press side Handstand – lower to Planche ("C")
     - If Planche is NOT held - award "B" VP credit for press Handstand.
   - **b.** Change of leg position is allowed during the two-second hold of a HANDSTAND.

6. **Leaps / Jumps**



   - **a.** Split Leaps / Split Jumps – require 180° leg separation.
   - **b.** If split is insufficient, evaluate as follows:

0.05 – 0.10	Missing 1° – 20° of split
0.15 – 0.20	Missing 21° – 45° of split
Award ~~"A"~~ VP performed if applicable	Missing 46° or more of split

   - **c.** Any leap / jump that is required to have 180° leg separation, but achieves less than 135° leg separation, will be awarded "A" VP credit.
     - **1)** Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.
     - **2)** ~~Deduct up to 0.20 for insufficient split for a leg separation of 134° or less~~.

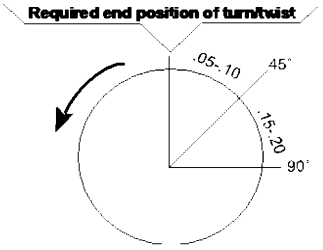
       Award VP as applicable and apply appropriate deductions.

       NOTE: All leaps / jumps: deduct for insufficient amplitude / execution in addition to insufficient split.

7. **Flight elements**
   - If flight element fails to show flight (moment when both hands and feet are free of BB) - award VP credit for actual element performed.

     EXAMPLE: Flic-Flac with no flight - recognize as Walkover backward ("A") VP.

8. **Dismounts**
   - **a.** Twisting dismounts – incomplete Long Axis (LA) turn / twist:



0.05 – 0.10	Missing 1° – 44° of twist
0.15 – 0.20	Missing 45° – 89° of twist
Award VP performed	Missing 90° or more of twist

     EXAMPLE:

     2½ (900°) twist dismount ("E") - missing 90° of twist:
     - **1)** Award "C" VP credit for 2/1 (720°) twist.
     - **2)** Deduct for balance, execution and amplitude.

     Clarification: completion of twist:
     - **1)** Placement of front foot upon landing = amount of twist completed.
     - **2)** Twist completion determines VP credit awarded.
   - **b.** Salto dismounts - incomplete Breadth Axis (BA) turn
     - If Salto dismount does NOT land on bottom of feet first:
       1. No VP, SR credit awarded.
       2. ~~Deduct 0.30 from SV for no dismount, if no Salto action initiated.~~
          - If Salto action WAS initiated = no deduction.
       3. Simultaneously landing on feet / hands or feet / buttocks, award VP credit; give benefit of doubt to gymnast.

Revised 7.22, 8.24, & 7.25

F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. Any jump, press, or swing to Handstand mount:
   - **a.** To award VP credit - body MUST be vertical with hips over shoulders in balanced position.
     - If fall occurs after vertical is achieved, VP credit is awarded.
   - **b.** Legs may be together or split / straddle / stag / double-stag position.
   - **c.** Two-second hold is NOT required.
   - **d.** If vertical position is NOT achieved, deduct for insufficient amplitude (if applicable), or recognize actual VP performed.
   - **e.** Press Handstand and Handstands with turn performed within the exercise do NOT require a two-second hold to receive VP credit.
   - **f.** Press Handstand within the exercise (NOT the mount) has no hold requirement. Can be used as first element in Acro series for Level 6 / 7 / 8.

2. **#2.110 - Tuck Jump ("A"):**
   - **a.** Both knees should be at horizontal or above, with 90° angle at hips and knees.
   - **b.** Deduct up to 0.20 for knees lower than horizontal (0.10) and / or greater than 90° angle at knees (0.10).
   - **c.** Greater than 135° angle at hips and greater than 90° at knees - award VP performed (if applicable).

3. **#2.111 – Wolf Hop ("A") or Wolf Jump ("A"):**
   - **a.** To award VP = both extended leg and thigh of bent leg MUST be at or above horizontal with knees together.
   - **d.** Greater than 135° angle at hips and greater than 90° at knees - award VP performed (if applicable).
   - **b.** Deduct up to 0.10 for each error if the extended leg / thigh of bent leg is below horizontal.
   - **c.** Wolf Jump MUST take off from two feet but may land on one foot or two feet.
   - **d.** Forward lean of body is acceptable during jump.

4. **#2.201 - Split Jump ("B") vs. #2.107 - Sissonne ("A"):**
   - **a.** Cross Split Jump has 2-foot take-off and landing on two feet.
     - Cross Split Jump shows 180° split with legs even, parallel to BB.
   - **b.** Sissonne has 2-foot take-off and 1-foot landing.
     - Sissonne requires 180° split of legs, in diagonal position with:
       - **1)** Front leg forward-downward (minimum of 45° from BB) and
       - **2)** Back leg backward-upward (minimum of horizontal).
       - **3)** Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from BB.
   - **c.** Split less than 135° = no SR credit for Leap with 180° cross / side split. Award VP performed (if applicable). Apply appropriate deductions.

5. **#2.202 - Straddle-Pike Jump ("B") or #2.302 - Side-Split Jump, also with ¼ (90°) turn ("C"):**
   - **a.** Straddle Jump or Side-Split Jump in cross position awarded "B" (**#2.202**)
     - **1)** Cross stand, Straddle-Pike Jump or Side-Split Jump
       - Straddle position facing end of BB - ¼ turns - closing legs - finish in side stand, facing sideward ("B").
     - **2)** Cross stand, Straddle Jump or Side-Split Jump
       - Makes ¼ turn - finish in straddle-pike or side-split position - facing sideward ("C").

Revised 8.24

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

b. Straddle-Pike Jump or Side-Split Jump in side position awarded "C" (**#2.302)**.

1) Side position, Straddle-Pike Jump or Side-Split Jump

- Shows straddle position, while facing sideward, then ¼ turns, closing legs to finish in cross stand ("C").

2) Side position, Straddle-Pike Jump or Side-Split Jump

- Makes ¼ turn to show straddle-pike or side-split position, while facing end of BB ("B").

6. #2.206 - Pike Jump in cross position ("B") or #2.306 - Pike Jump in side position ("C"):

a. Requirement is minimum of 90° closure for VP credit.

b. Legs NOT required to be at horizontal; however, deduct for lack of height (amplitude) of jump.

7. #2.305 - Split Leap with leg change (Switch-leg Leap) ("C"):

a. First leg should swing forward (minimum of 45°) prior to swinging backward.

b. If first leg does NOT reach 45° = award ("C") VP credit. Deduct up to 0.10 for insufficient height of leg swing.

c. Expected leg separation following leg change = 180° split.

d. Deduct up to 0.20 for insufficient split after leg change (if applicable).

e. Split less than 135° =

- no SR credit for Leap / Jump with 180° in cross / side-split.
- ~~Deduct up to 0.20 for insufficient leg separation~~.
  Award VP as applicable and apply appropriate deductions.

f. Stag Switch-leg Leap – Stag first (swing) leg, bent minimum of 90° with no extension of leg prior to leg switch, award "A" VP credit **(#2.105** Stag-Split Leap).

8. #2.307 - Ring ("C") and #2.307 - Stag-Ring Leap / Jump ("C"):

a. Head release backward past vertical line MUST be shown to be considered "Ring" position.

b. Expected amplitude of rear foot is to top of head.

c. Deduct up to 0.10 for insufficient arch.

d. Deduct up to 0.10 if rear foot is at shoulder or upper back height.

e. Rear foot at hip-height or no backward head release, (regardless of height of leg), considered Split Leap with bent back leg or Sissonne **#2.101** ("A") or **#2.107** ("A").

f. **Ring Jump** expectations are:

1) Front leg MUST be minimum of 45° from BB.

2) Forward-downward diagonal position.

3) Deduct up to 0.10 for insufficient amplitude of front leg.

g. **Ring Leap** expectations are:

1) Front leg should first brush / extend close to horizontal.

2) Front leg MUST be a minimum of 45° from BB, when Ring shape is executed.

3) Deduct up to 0.10 for insufficient amplitude of front leg.

h. **Stag-Ring Jump** or **Stag-Ring Leap**, expectations are:

1) Front leg bent a minimum of 90° with no extension of leg.

2) 180° leg separation from front knee to back knee.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

9. **#2.405 - Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) ("D"):**
   - **a.** First leg should swing forward to minimum of 45° prior to swinging backward.
     - **1)** Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn, award "D" VP. Deduct up to 0.10 for insufficient height of leg swing.
     - **2)** Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn, award "C" VP (Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
   - **b.** ¼ (90°) turn MUST occur in air; NOT prior to leg swinging backward.
     - **1)** Leg swings to minimum of 45°; early ¼ (90°) turn - occurs before leg begins backward swing, award "D" VP. Deduct up to 0.10 for lack of precision in Dance elements.
     - **2)** Leg swings to minimum of 45°; incomplete ¼ (90°) turn, award "C" VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
   - **c.** Expected amplitude of side-split position is 180° split.
     - Less than 135° split, award VP performed (if applicable). Apply appropriate deductions.
   - **d.** Ronde de Jambe technique is acceptable:
     - **1)** Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
     - **2)** Front leg moves across horizontal plane to side-split position.
   - **e.** Stag first leg, award "A" VP credit.
     - **1)** First (swing) leg bent minimum of 90°.
     - **2)** Leg never extends prior to leg switch.

10. **#2.407 - Sheep Jump ("D"):**
   - **a.** Head release backward past vertical line MUST be shown to be considered "Sheep" position.
   - **b.** Expected amplitude of legs is to top of head.
   - **c.** Deduct up to 0.10 for insufficient arch.
   - **d.** Deduct up to 0.10 if feet are at shoulder or upper back height.
   - **e.** Feet at hip-height or no backward head release, (regardless of height of feet), considered jump with bent legs, Award VP performed (if applicable).

11. **#3.303 - 1/1 (360°) turn - heel of free leg forward at / above horizontal throughout turn ("C"):**
   - **a.** Allow time (up to 45° - 1/8th of turn) to quickly lift leg into position without deduction. Free leg may be bent (front attitude position) or extended, but entire leg MUST be at minimum of horizontal to receive "C" VP credit.
   - **b.** MUST maintain leg position throughout turn:
     - **1)** Once minimum of horizontal position established.
     - **2)** Free leg may NOT be supported with hand to maintain leg position. (See ~~**#3.209** and~~ **#3.309** for variation of full turn holding leg with hand).
   - **c.** Incorrect leg position for more than 45° of turn or leg NOT maintained throughout remaining 7/8 (315°) of turn:
     - **1)** Recognize as another element, dependent on height of leg
     - **2)** **#3.203** ("B"), **#3.101** ("A")

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

12. **#3.206 ("B"), #3.306 ("C"), #3.406 ("D"), #3.506 ("E") - Turns in tuck stand:**
    - **a.** Turn is completed when the support foot and hips have reached 360° rotation, and the free leg touches the beam.
    - **b.** If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam.
    - **c.** Deduct accordingly to the degree of rotation of the support foot and hips, at the time when free leg touches the beam.

13. **#5.306 - Reverse Planche ("C"):**
    - **a.** Legs MUST be in same plane, either together or straddled.
    - **b.** Handstand with split position for counterbalance award **#5.206** ("B") VP credit.
    - **c.** Handstand with overarch and legs separated award **#5.206** ("B") VP credit.

14. **#7.310 - Flic-Flac with ¼ (90°) turn side Handstand ("C")**
    #7.510 - Flic-Flac with ¾ (270°) turn side Handstand ("E"):
    - **a.** MUST show flight to HANDSTAND position with body stretched in vertical, leg position optional and 2-second hold NOT required.
    - **b.** If insufficient flight, recognize as walkover backward with turn and award appropriate VP credit.

15. **#7.312 - Tucked Chen Flic ("C"):**
    - **a.** MUST show 90° angle in both hips and knees.
    - **b.** Open legs and body to stretched position, prior to swing down.

16. **#7.503 - Aerial Cartwheel to scale (Peko) ("E"):**
    - **a.** Slight lowering of free leg acceptable with immediate lift to minimum of horizontal.
    - **b.** Hold for 2 seconds.

17. **#8.402 - Side Salto Tuck / Pike, 1-leg take-off, forward / sideward to side stand ("D"):**
    - **a.** Forward take-off, ¼ (90°) turn occurs as body lifts, body and shoulders facing sideward throughout Salto and landing phase.
    - **b.** Forward take-off, ¼ (90°) turn occurs after body passes through vertical, and body lands in side position, considered as **#7.403** Aerial Cartwheel to side landing ("D").

18. **#8.504 - Salto backward stretched with legs together ("E"):**
    - **a.** MUST display good height and maintain stretched body position past vertical.
    - **b.** Deduct up to 0.20 for insufficient stretch if body pikes down after vertical.

19. **#9.209 ("B"), #9.309 ("C"), #9.409 ("D"), #9.509 ("E") – Gainer Salto backward dismounts off end:**
    - **a.** Required technique:
      - **1)** Take-off from 1 foot, facing outward.
      - **2)** Salto performed like a reverse dive.
      - **3)** Salto rotates backward toward end of BB (NOT along side of BB).
    - **b.** Deduct up to 0.30 for directional errors.

20. All Walkovers Forward or Backward and walkover-type elements must demonstrate a 180° split at some point during execution of the element.
    - Deduct up to 0.20 for insufficient split.

Revised 7.22
Deleted #13. C. HS with overarch & legs separated #5.206 & 7.23

I. CONTENT

A. EXERCISE COMPOSED FROM DIFFERENT GROUPS:

1. Acro elements:
   - **a.** with or without flight phase
   - **b.** Forward
   - **c.** Sideward
   - **d.** Backward
2. DANCE ELEMENTS:
   - **a.** Turns
   - **b.** Leaps / jumps / hops
   - **c.** Balance elements
   - **d.** Body waves

B. HARMONIOUS CHANGES between

1. Element groups
2. Dance and Acro elements, particularly.

C. USE OF ENTIRE BEAM with

1. Dynamic rhythm changes
2. Level changes.

II. SPECIAL REQUIREMENTS AND RESTRICTIONS

SRs = each worth 0.50

A. LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS

1. **Acro series (excluding mount / dismount)**
2. **One Leap or Jump that requires 180° cross or side-split**
3. **Minimum of 360° Turn on one foot (Group 3)**
4. **Aerial / Salto dismount (specific value for each level)**

ACRO SERIES REQUIREMENT	
Level 8	One Acro series – minimum of two elements (one with flight)
Level 9	One Acro series – minimum of two directly connected flight elements
Level 10	One Acro series – minimum of two directly connected flight elements, One minimum "C" flight (with or without hand support) **OR** One non-flight Acro "A" element – Group 7 (Walkovers / Cartwheels) directly connected to acro flight "E" element. EXAMPLE: Walkover backward ("A") + Salto backward with 1/1 (360°) twist ("E")

LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS (continued)

1. **SR #1: Acro series (excluding mount / dismount)**
   - **a.** Elements MUST start and finish on BB.
     EXAMPLES:
     - **1)** Round-off, Flic-Flac mount at end + Flic-Flac + Salto backward stretched with step-out.

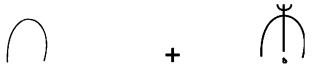
       - Award SR: Acro series starts (Flic-Flac) and finishes (Salto backward stretched) on BB.

     - **2)** Round-off, Flic-Flac mount at end + Salto backward stretched with step-out.

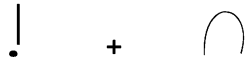
       - No SR awarded - Acro series did NOT start (Round-off, Flic-Flac mount) on BB.

   - **b.** Flight to Handstands with two second hold can ONLY be used as the last element.
     EXAMPLES:
     - **1)** Flic-Flac step-out (“B”) + Flic-Flac with ¼ turn (held two seconds but NOT required) (“C”)

       - **a)** Award SR
       - **b)** Hold element is last element in Acro series.

     - **2)** Kick-up to Handstand (hold 2-seconds) (“A”) + Flic-Flac step-out (“B”)

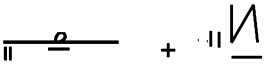
       - First element requires two second hold. Do NOT award SR for Level 8.

     - **3)** Non-flight Acro element does NOT require two second hold (walkover backward).
       - **a)** Allowed as first or second element in Level 8 Acro series.
       - **b)** No deduction for pause / hold in vertical prior to step-down.

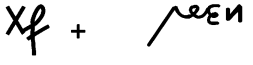
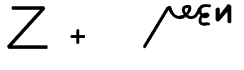
     - **4)** Press to Handstand does NOT require two second hold.
       - **a)** Allowed as first element in Level 8 Acro series.
       - **b)** Press Handstand mount from stand or straddle “L” is not allowed in an Acro series.
         - Mounts cannot fulfill Acro series SR.

   - **c.** Group 6 – Rolls:
     - **1.** Group 6 – rolls with flight may be used in Acro series:
       - **a)** Level 8 / 9: Dive forward roll to Flic-Flac
       - **b)** Level 9 / 10: Dive forward roll to Salto backward tucked
     - **2.** Non-flight Acro rolls allowed for Level 8 ONLY
       EXAMPLE: Free forward roll to Flic-Flac

LEVEL 8 / 9 / 10 BALANCE BEAM SPECIAL REQUIREMENTS (continued)

2. **SR #2: One Leap or Jump that requires 180° cross or side-split**
   - **a.** MUST achieve minimum of 135° leg separation.
     - **1)** No SR awarded with less than 135° leg separation.
     - **2)** Deduct up to 0.20 for insufficient split (if leg separation is between 135° and 179°).
   - **b.** MUST start and finish on BB.
   - **c.** Performed in series or isolated element.
     EXAMPLES:
     Sissonne 
     Split Leap 
     Straddle-Pike Jump 
     Split Jump + Tuck Jump 
   - **d.** 180° Split position in cross (front-to-back) or side / straddle) position.
     - **1)** Cross position MUST have forward leg extended.
     - **2)** No SR awarded if forward leg finishes in Stag position.
     - **3)** Award SR if rear leg in Stag position.
   - **e.** **#2.105** - Stride Leap with change of legs to Wolf position ("A"):
     - **1)** Does NOT require split position.
     - **2)** No SR awarded.
3. **SR #3: Minimum of 360° Turn on one foot (Group 3)**
   - **a.** Performed in series / isolated element.
   - **b.** Lower or no VP credit awarded if 90° or more of turn missing. ("B"-Turn → "A"-Turn)
   - **c.** No SR awarded, if no VP credit.
   - **d.** **#3.505** – 1/1 (360°) Illusion Turn ("E"), award SR (Level 9 / 10 ONLY). 
4. **SR #4: Aerial / Salto dismount requirement**

Level 8	Minimum "A"
Level 9	Minimum "B"
Level 10	Minimum "C" **OR** Dismount "B" directly connected to: **1.** Acro series with minimum "C" Acro element **OR** **2.** Minimum "C" Acro flight / Dance element

   - **a.** EXAMPLES – Level 10 dismounts:
     - **1)** Flic-Flac ("B") +
       Salto backward 2/1 (720°) twist dismount ("C") 
     - **2)** Aerial Cartwheel ("D") +
       Flic-Flac ("B") +
       Salto backward with 1/1 (360°) twist dismount ("B") 
     - **3)** Aerial Cartwheel ("D") +
       Gainer Salto tucked with 1/1 (360°) twist (off side) dismount ("B") 
     - **4)** Switch-leg Leap ("C") +
       Gainer Salto tucked with 1/1 (360°) twist (off side) dismount ("B") 
   - **b.** Dismount of no value / restricted element (Level 8 / 9):
     - **1)** Deduct 0.50 for missing dismount SR.
     - ~~**2)** Deduct 0.30 from SV for no dismount~~
     - ~~**3)** Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in *Dev Code of Points*~~. No longer a deduction.

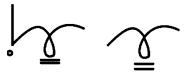
B. LEVEL 7 BALANCE BEAM SPECIAL REQUIREMENTS

1. **Acro series (with / without flight), excluding mount / dismount**
   And
   One Acro flight element (isolated / in connection)
2. **One Leap / Jump that requires 180° cross / side-split**
3. **Minimum of 360° Turn on one foot (Group 3)**
4. **Aerial / Salto dismount, minimum of "A"**

1. **SR #1: Acro requirement - Acro series (with / without flight), excluding mount / dismount + one Acro flight element (isolated / in connection).**
   - **a.** One acro series with minimum two elements:
     - **1)** "A" or "B" elements (with / without flight)
     - **2)** One element MUST achieve / pass through inverted vertical in Handstand support.
       AND
   - **b.** One Acro flight element
     - **1)** Performed in a connection or
     - **2)** Performed as an isolated element.

     EXAMPLES: – Level 7 Acro SR awarded:
     Routine #1: Walkover backward + walkover backward; and Round-off + Salto backward tucked dismount
     Routine #2: Walkover backward + Flic-Flac
     Routine #3: Flic-Flac + Flic-Flac
   - **c.** Deduct 0.50 if missing either or both Acro series / flight element requirements.
   - **d.** Award Acro SR, if all elements start and finish on BB.
   - **e.** First / second element may use Handstand in any leg position (with / without turn).
     - **1)** Handstand without turn, in vertical, without two second hold:
       - **a)** Technical requirement NOT achieved.
       - **b)** No VP credit awarded.
       - **c)** No Acro series SR awarded.
     - **2)** Turning Handstand or press Handstand - no hold requirement.
     - **3)** First element – Handstand (held two seconds) step-down:
       - **a)** Directly connected (continuous movement) into next element
       - **b)** Award Acro series SR.
     - **4)** Non-flight Acro element does NOT require two second hold (Walkover, Walkover):
       - **a)** Allowed as first element in Level 7 Acro series.
       - **b)** Regardless of hold in vertical prior to step-down.
       - **c)** No deduction for pause / hold in vertical.
       - **d)** Walkover backward may be also used as second element in Level 7 Acro series (with or without pause/hold in vertical)
   - **f.** Group 6 – Rolls:
     - **1)** May be included in Acro series
     - **2)** One element MUST achieve / pass through Handstand position.

     EXAMPLE: – Level 7 Acro requirement awarded Handstand forward roll + forward roll.



LEVEL 7 BALANCE BEAM SPECIAL REQUIREMENTS (continued)

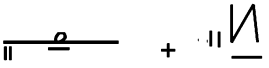
2. **SR #2: One Leap or Jump that requires 180° cross or side-split**
   - **a.** MUST achieve minimum of 135° leg separation.
     - **1)** No SR awarded with less than 135° leg separation.
     - **2)** Deduct up to 0.20 for insufficient split if leg separation is between 135° and 179°.
   - **b.** MUST start and finish on BB.
   - **c.** Performed in series or isolated element.

     EXAMPLES:

     Sissonne 

     Split Leap 

     Straddle-Pike Jump 

     Split Jump + Tuck Jump 
   - **d.** 180° split position in cross (front-to-back) or side / straddle position.
     - **1)** Cross position MUST have forward leg extended.
     - **2)** No SR awarded if forward leg finishes in Stag position.
     - **3)** Award SR if rear leg in Stag position.
   - **e.** **#2.105** Stride Leap with change of legs to Wolf position ("A"):
     - **1)** Does NOT require split position.
     - **2)** No SR awarded.

3. **SR #3: Minimum of 360° Turn on one foot (Group 3)**
   - **a.** Performed in series / isolated element.
   - **b.** Lower or no VP credit awarded if 90° or more of turn missing. ("B"-Turn → "A"-Turn)
   - **c.** No SR awarded if no VP credit.

4. **SR #4: Aerial / Salto dismount, minimum of "A"**
   - **a.** Performed as isolated element or in direct connection.
   - **b.** Dismount of no value / restricted element (Level 7):
     - **1)** Deduct 0.50 for missing dismount SR.
     - ~~**2) Deduct 0.30 from SV for no dismount.**~~
     - ~~**3) Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in *Dev Code of Points*.**~~ No longer a deduction.

Revised 7.25

C. LEVEL 6 – SPECIAL REQUIREMENTS

1. **Non-flight Acro series (excluding mount / dismount)**
   OR one Acro flight element (isolated / in connection)
2. **One Leap / Jump that requires 180° cross / side-split**
3. **Minimum of 360° Turn on one foot (Group 3)**
4. **Aerial / Salto dismount, minimum of "A"**

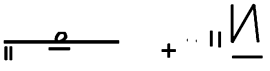
1. **SR #1: Acro requirement – non-flight Acro series (excluding mount / dismount) OR one Acro flight element (isolated / in connection).**
   - **a.** One non-flight Acro series with minimum two elements:
     - **1)** "A" or "B" elements (with / without flight)
     - **2)** One element MUST achieve / pass through inverted vertical in Handstand support.
     OR
   - **b.** One Acro flight element
     - **1)** Performed in connection or
     - **2)** Performed as isolated element.
   - **c.** Group 5 / 6 / 7 – Handstands, rolls, walkovers / cartwheels, handsprings, etc.
   - **d.** MUST start and finish on BB.
   - **e.** No Acro SR awarded for Acro mount or dismount.
   - **f.** Handstand in vertical, without turn, without two second hold:
     - **1)** Technical requirement NOT achieved.
     - **2)** No VP credit awarded.
     - **3)** No Acro series SR awarded.
2. **SR #2: One Leap or Jump that requires 180° cross or side-split**
   - **a.** MUST achieve minimum of 135° leg separation.
     - **1)** No SR awarded with less than 135° leg separation.
     - **2)** Deduct up to 0.20 for insufficient split if leg separation is between 135° and 179°.
   - **b.** MUST start and finish on BB.
   - **c.** Performed in series or Isolated element.

     EXAMPLES:

     Sissonne 

     Split Leap

     Straddle-Pike Jump 

     Split Jump + Tuck Jump 
   - **d.** 180° split position in cross (front-to-back) or side / straddle) position.
     - **1)** Cross position MUST have forward leg extended.
     - **2)** No SR awarded if forward leg finishes in Stag position.
     - **3)** Award SR if rear leg in Stag position.
   - **e.** **#2.105** Stride Leap with change of legs to Wolf position ("A"):
     - **1)** Does NOT require split position.
     - **2)** No SR awarded.
3. **SR #3: Minimum of 360° Turn on one foot (Group 3)**
   - **a.** Performed in series / isolated element.
   - **b.** Lower or no VP credit awarded if 90° or more of turn missing. ("B"-Turn → "A"-Turn)
   - **c.** No SR awarded if no VP credit.

LEVEL 6 – SPECIAL REQUIREMENTS (continued)

4. **SR #4: Aerial / Salto dismount, minimum of "A"**
   - **a.** Performed as isolated element or in direct connection.
   - **b.** Dismount of no value / restricted element (Level 6):
     - **1)** Deduct 0.50 for missing dismount SR.
     - ~~**2) Deduct 0.30 from SV for no dismount.**~~
     - ~~**3) Do NOT deduct 0.30 for no dismount if dismount without Salto / Aerial is performed but is listed in *Dev Code of Points*.**~~ No longer a deduction.

D. ALLOWABLE DIFFICULTY

LEVEL	"A" Value Part	"B" Value Part	"C" Value Part	"D/E" Value Part
Level 10	Yes	Yes	Yes	Yes
Level 9	Yes	Yes	Yes	**1.** Any "D/E" Dance elements **2.** One "D/E" Acro element (includes mount / dismount) **3.** Count as "C" VP for CV Bonus
Level 8	Yes	Yes	**1.** Any "C" Dance elements **2.** One "C" Acro element (includes mount / dismount) **3.** Count as "B" VPs	No
Level 7	Yes	Yes	**1.** Any "C" Dance element (unlimited) **2.** Count as "B" VP	No
Level 6	Yes	Yes	**1.** One "C" Dance element **2.** Count as "B" VP	No

- **Guidelines for level restrictions**:
  1. Levels allowing one restricted Acro element (refer to chart) may use a mount or dismount element.
  2. Allowable elements:
     - **a.** Will receive element value listed in Balance Beam Elements section of *COP*.
     - **b.** May be used to fulfill SRs.
     - **c.** Level 9 ONLY:
       - **1)** Allowable "D/E" element may serve as a "C" element in any applicable CV Bonus.
       - **2)** ONLY first "D/E" Acro element receiving VP credit can be considered for +0.10 "D/E" Bonus.
  3. Restricted elements will be considered in chronological order. ONLY the first restricted element in the exercise may be:
     - **a.** Awarded VP credit.
     - **b.** Awarded SR, if applicable.
     - **c.** Awarded CV Bonus, if applicable.
     - **d.** Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives "0" VP credit the first time.
     - **e.** Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.
  4. Any additional restricted element(s) performed at Level 8 / 9 whether or not they receive VP credit, or **any** restricted element(s) performed or attempted at Level 6 / 7 (even if attempt was incomplete):
     - **a.** Deduct 0.50 from SV for restricted element.
     - **b.** No VP credit awarded.
     - **c.** No SR credit awarded.
  5. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

III. CLARIFICATIONS REGARDING SERIES

A. ACRO or DANCE SERIES - CONTINUOUS CONNECTION BETWEEN ELEMENTS

- ✓ Landing leg / free leg on first element – MUST be take-off leg for next element.
- ✓ Landing with both feet on first element – MUST take off from two feet for next element.

1. Backward Acro series and sideward to backward Acro series with one or more flight elements:

a. Considered broken with delay in immediate take-off of second element.

b. Deduct 0.50 for missing SR (if applicable).

c. Causes for delays that break connections:

1) Arms moving low as thighs or further back after landing first element in connection.
NOTE: Gainer Flic-Flac / Gainer Salto backward stretched with step-out (as second element)

a) Arms continue circling forward-upward and backward-downward without automatically breaking connection.

b) Circling action is inherent arm pattern for Gainer type elements.

2) Cautious, slow-moving attempt to connect one or more elements.

a) Acro series considered broken.

b) No rhythm deduction applied.

2. Non-flight Acro series (any direction), forward / sideward Acro flight series, counter Acro flight series:

a. Lack of tempo / poor rhythm between elements in series

b. Deduct up to 0.20 for lack of tempo between elements.

- Slow, continuous connection in line with BB.

3. Dance series / Mixed series:

a. Lack of tempo / poor rhythm between elements in series.
b. Deduct up to 0.20 for lack of tempo between elements.
c. Slow, continuous connection in line with BB.
d. Arm circle does NOT necessarily break connection if body continues movement.
e. Dance element: (EXAMPLE: Cat Leap or Hitch-Kick):
   1) Series considered broken if free leg position drops and lifts again.
   2) Series considered broken if trunk stops forward movement.

4. All series considered broken when:

a. Stop between elements.
b. Loss of balance.
c. Any deviation of body movement which is NOT in line with BB.
d. Repositioning of foot (feet) or pivoting.
e. Extra step / hop / jump between elements.
f. Legs straighten between elements:
   1) First element lands in plié on two feet.
   2) Legs totally straighten and plié again to initiate jump into next element.
   3) Straightening the legs breaks series.
g. Acro series considered broken if kick / leg-swing above 45˚ leading into second element.
NOTE: Series with two of the same elements with broken connection: no VP awarded for second (same) element.

B. SOME ACRO ELEMENTS ARE INHERENTLY "NON-CONNECTABLE":

- Regardless of how quickly elements are connected, some series are NOT connectable.
  EXAMPLE: Walkover backward or Flic-Flac step-out (lunge) to Round-off or Cartwheel
  a. First element lands in lunge on two feet.
  b. No Acro series credit awarded, no connection to second element.
  NOTE: Land first element on one leg and step through to second element = Elements are eligible for connection.

C. REPETITION OF FAILED SERIES:

EXAMPLES:

1. Flic-Flac step-out, stops / falls, then Flic-Flac step-out + Flic-Flac step-out



"B" "B" No VP (3x)
No SR Awarded

a. No VP awarded for third Flic-Flac step-out.
b. No Acro series SR awarded.

2. Level 7: Walkover backward + walkover backward (never lands on BB)



FALL

"A" No VP

Kicks to Handstand (2-second hold) steps down + walkover backward



"A" + "A"

a. One part of Acro SR has been met.
b. No VP credit award if Handstand NOT held for two seconds.
c. No SR credit awarded if Handstand NOT held for two seconds.

IV. SPECIFIC COMPOSITIONAL DEDUCTIONS – LEVEL 8 / 9 / 10

- Composition NOT considered for Level 6 / 7.

A. LACK OF VARIETY IN CHOICE OF ACRO ELEMENTS	
0.10	**Failure to perform Acro elements in two different directions** (Backward and forward / sideward), MUST be from Groups: # 1 (Mounts), # 6 (Rolls), # 7 (Walkovers / Cartwheels / Handsprings), # 8 (Saltos)
0.05	**If dismount element is the only forward / sideward or only backward element** **1.** Forward / sideward elements MUST move through forward / sideward plane. • Kick-up to HS (with / without Pirouette) is NOT eligible (from Group 5). **2.** May perform a forward or sideward element but MUST perform a backward element. EXAMPLES: • Round-off = sideward element. • Jump backward (Flic-Flac take-off) ½ (180°) twist to walkover or Salto forward (Arabian walkover or Salto) = forward element. • Flic-Flac ¼ or ¾ twist to Handstand = backward element. • Tic-Toc = either forward or backward element (advantage to gymnast). • Silivas-type mounts (**#1.208** & **#1.308**) = "sideward" (Group 1 allowed).

B. LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS	
0.10	**Overuse of Dance elements with same shape** **1.** More than two Wolf or Tuck hops / jumps with or without turn **2.** More than two Straddle Jumps, with or without turn
0.10	**More than one 180° turn on two feet (pivots) with straight legs** (throughout the exercise) EXAMPLES of allowable 180° turns: **1.** Turn on one foot; **2.** Turn in squat or demi-plié position; **3.** ¼ turn - ¼ turn

C. CHOICE OF ACRO NOT UP TO THE COMPETITIVE LEVEL	
up to 0.20	**See Appendix 15 for Specific Deductions.** • All mount elements are considered Acro unless marked (D) for Dance or "not Acro"

D. CHOICE OF DANCE NOT UP TO THE COMPETITIVE LEVEL	
up to 0.20	**See Appendix 15 for specific deductions.**

E. CHOICE OF DISMOUNT NOT UP TO THE COMPETITIVE LEVEL	
up to 0.10	**See Appendix 15 for specific deductions.**

F. LACK OF DANCE SERIES WITH A MINIMUM OF TWO DANCE ELEMENTS	
0.20	**Groups # 1 (Mounts), # 2 (Leaps / Hops / Jumps), # 3 (Turns)**

G. INSUFFICIENT USE OF ENTIRE BEAM APPARATUS	
up to 0.10	**Insufficient level changes throughout exercise** **1.** Level changes in elements and / or connections **2.** Movements high-off BB, semi-low, and low (kneel, squat, sit, lying)
up to 0.10	**Spatial use: entire length of BB**
each 0.05	**Directional use: MUST show two out of three directions** • Forward / backward / sideward movements / non-VPs / choreography

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	**0.10**	**Coach standing next to BB throughout entire exercise**
	0.10	**Overtime**
	0.20	**Warming up on mat after a fall (no warning)**
	0.30	**Failure to remove mounting apparatus / spotting block after mount**
	(CJ) 0.30	**Lands dismount in solid / loose foam pit** No VP, SR, Bonus
	2.00 0.50	**Complete or incomplete exercise less than 30 seconds** EXCEPTION: Level 6 ONLY – completed routine with all required VPs and 10.0 SV
	Exercise Terminated	**Exceeds 45-second fall time**

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	**each time 0.05**	**Flexed / sickled feet on VP elements**
	up to 0.10	**Deviation from straight direction on dismount landing**
	up to 0.10	**Arm swings on landing to maintain balance**
	up to 0.10	**Legs crossed during Salto dismounts with twist**
		LANDS DISMOUNT WITH FEET APART • There is no deduction for feet a maximum of hip-width apart, provided heels join (slide) together on controlled extension.
	0.05	**Lands with feet hip-width apart or closer, but never joins feet (heels)**
	0.10	**Lands with feet further than hip-width apart** • If upon landing with feet apart / staggered, gymnast takes a step(s), deduct ONLY for step(s).
	0.10	**If entire foot / feet slide or lift off floor to join, it is considered a small step.**
	up to 0.10	**Slight hop or small adjustment of feet or feet staggered (one foot in front) on landing of elements or dismount**
	each up to 0.10	**Hesitation during jump / press / swing to Handstand**
	up to 0.10	**Incorrect body posture / alignment during Dance VPs**
	0.10	**Landing too close to the beam on dismount**
	Ea. 0.10 - 0.15 (max. 0.40)	**Small or medium step(s) on landing**

Revised 4.22, 7.22, & 7.23

EXECUTION and AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	**each up to 0.20**	**Leg or knee separations**
	up to 0.20	**Trunk movements to maintain balance / control upon dismount landing**
	up to 0.20	**Insufficient height on leaps / jumps / hops**
	up to 0.20	**Insufficient height of Aerials / Saltos / Acro flight with hand support**
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Lesser VP	**Insufficient split position (deviation from 180°)** Dance & Acro (when required) 1° – 20° missing 21° – 45° missing 46° or more missing
	up to 0.20	**Legs NOT parallel to BB in Split or Straddle-Pike Leaps / Jumps**
	up to 0.20	**Insufficient exactness of tuck or pike position in VP elements**
	up to 0.20	**Failure to maintain stretched body position (pikes down dismount)**
	up to 0.20	**Insufficient exactness of stretched position** • Arch • Hip angle (136° – 179°)
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Lesser VP	**DANCE: incomplete turn – Group 2 / 3 elements (with 180° + turn)** 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20 0.05 – 0.10 0.15 – 0.20 Lesser VP	**DISMOUNTS: incomplete twist – dismounts (with 180° or more twist)** 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20	**Insufficient variation in rhythm and tempo throughout exercise**. Consider: • Insufficient variation in rhythm / tempo in non-VP movements • Lack of fluid connection / series of disconnected elements or movements
	up to 0.20	**Incorrect body posture on landing of elements and dismount**
	up to 0.20	**Insufficient sureness of performance throughout exercise**
	up to 0.20	**Insufficient dynamics** – Consider: • Energy maintained throughout exercise (makes difficult look effortless)
	0.20 (max. 0.40)	**Large step / jump on landing** (approximately three feet or more)

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EXECUTION and AMPLITUDE DEDUCTIONS (continued)

LARGE FAULTS	**up to 0.30** **up to 0.30**	**Bent arms in support** - on any one element **Bent legs** - on any one element (90° bend or greater = max 0.30)
	up to 0.30 **+ 0.50**	**Squat on landing** (hips ~~even with or~~ lower than knees) **Lands Acro element/Dismount in squat position, then falls**
	up to 0.30	**Insufficient height of Salto dismounts**
	up to 0.30	**Insufficient extension** • Open of tuck / pike body position prior to landing Acro elements / dismount
	up to 0.30	**Brush / touch landing surface with one or two hands (no support)**
	0.30	**Use of supplemental support** EXAMPLES: **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 base of BB for support on mount / on BB.

VERY LARGE FAULTS	**0.50**	**Support on mat / apparatus with one or two hands upon landing**
	0.50	**Fall onto BB / off BB onto mat**
	0.50	**Fall on or against apparatus**
	0.50 **0.50**	**Spotting assistance during an element** • No VP, SR, Bonus **Fall after spot**
	0.50 **0.50**	**Spotting assistance upon landing dismount** • Award VP, SR • No Bonus **Fall after spot**
	0.50 ~~**0.30**~~	**Fall / failure to land on bottom of feet first (Aerials / Saltos / dismounts)** • No VP, SR, Bonus ~~**Never initiates Salto on dismount**~~
	0.50	**Fall with simultaneously landing on bottom of feet + hands / knees:** • Award VP, SR (if appropriate) • No Bonus
	0.50 for fall ONLY	**Coach catches a falling gymnast on element or dismount** • No deduction for spot

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III. SPECIFIC EXECUTION DEDUCTIONS

each up to 0.10	**Failure to perform Group # 3 turns in high Relevé**
each up to 0.10	**Lack of precision in Dance VPs** EXAMPLES: **1.** Lack of definite arm or leg position on turns / Leaps **2.** Degree of turn NOT exact
each up to 0.10	**Fail to land with feet / legs together on jumps / leaps landing on two feet in side position**
	CONCENTRATION PAUSES
each 0.10	**Two seconds**
each 0.20	**More than two seconds**
each up to 0.20	**Lack of tempo / poor rhythm between elements**: (Dance series / Mixed series / Acro series).
0.05 – 0.10	**Body continues moving in line with BB, but arms swing between elements**, and / or **Legs slightly extend but do NOT completely straighten, and slightly bend again to initiate take-off**
0.15 – 0.20	**Torso/trunk deviation in line with BB with or without arm swing between elements** • EXCEPTION: Backward Acro series or sideward to backward Acro series with one or more flight elements is connected or NOT connected; tempo deduction does NOT apply.
No Deduction	Slow, continuous connection: • Arms finish to take-off immediately for 2nd element (legs in plié / NOT pumping)
each 0.20	**Support of one leg against side surface of BB to maintain balance**
up to 0.30	**Additional movements to maintain balance on BB**
up to 0.30	**Relaxed / incorrect footwork on non-VPs throughout exercise**
up to 0.30	**Directional error on Gainer Salto dismounts off end of BB**
up to 0.30	**Incorrect body alignment, position, or posture in non-VPs throughout exercise**
0.30	**Grasp of BB to avoid a fall** • Grasp under BB to facilitate candlestick / roll elements is NOT a deduction.
0.50	**Third run approach to mount / touch of springboard without mounting apparatus**

NOTE: Minimum score of 1.00 awarded when routine score is equal to or less than one point.

IV. INSUFFICENT ARTISTRY THROUGHOUT THE EXERCISE

0.05 – 0.10	**Lack of variety in choreography** (poses, phrases, connections) EXAMPLES: unnecessary adjustments and/or steps without choreography
0.05 – 0.10	**Quality of movement to reflect personal style**
0.05 – 0.10	**Quality of expression (i.e. projection, focus)**

Revised 7.23 & 8.24

I. CONNECTION VALUE (CV) BONUS

A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.

B. ONLY DANCE ELEMENTS that are listed in *Dev COP* may be used.

C. ONLY ACRO ELEMENTS WITH FLIGHT that are listed in the *Dev COP* may be used.

D. ALL ELEMENTS MUST BE DIRECTLY CONNECTED to receive CV BONUS.

(See clarifications regarding series (Section 4 Beam – Chapter 2).

E. ONLY ELEMENTS THAT RECEIVE VALUE-PART CREDIT may be used for CV Bonus.

F. VALUE PARTS MAY BE PLACED IN ANY ORDER within a connection, unless specified.

G. EXACT SAME CONNECTION MAY BE USED ONLY ONE TIME FOR CV BONUS.

Same element used in 2nd connection, but performed in different order, award CV Bonus.

EXAMPLE: Both connections receive CV +0.10 for "B" + "C"

1st connection: Straddle Jump + 1-arm Flic-Flac 

2nd connection: 1-arm Flic-Flac + Straddle Jump. 

H. "D/E" ELEMENT PERFORMED WITHIN A CONNECTION:

1. Level 10: eligible for both "D/E" Bonus and CV Bonus.
2. Level 9: any allowable "D/E" element or the first restricted "D/E" element:
   - **a.** Award "C" VP credit.
   - **b.** Award CV Bonus (if applicable).
   - **c.** If "D/E" is the first "D/E" Acro element performed in exercise, also awarded +0.10 "D/E" Bonus.

I. WITH CONNECTION OF THREE OR MORE ELEMENTS:

1. Second element (and those following) may be used two times,
   - **a)** First time as the last element of a Connection Value (CV) and
   - **b)** Second time as the first element a new Connection Value (CV).
2. This is applied ONLY if all elements receive VP credit.

J. CONNECTIONS MAY BE AWARDED EITHER +0.10 or +0.20 BONUS, according to the applicable principle.

K. CONNECTIONS WILL BE AWARDED CV BONUS

- Each element MUST be performed without a fall or spotting deduction.

L. MAXIMUM AWARDED FOR CV BONUS IS:

1. 0.40 for Level 10
2. 0.30 for Level 9
3. Levels 6 / 7 / 8 are NOT eligible for Connection Value (CV).

II. PRINCIPLES FOR AWARDING CONNECTION VALUE (CV) BONUS

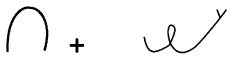
A. CONNECTIONS – TWO ACRO FLIGHT including ONE "C" SALTO (excluding DISMOUNT)

- Level 9: "C" element (or allowable "D/E" element awarded "C") may be Salto / Aerial.

"B" + "C" (Salto)	+ 0.10

EXAMPLES:

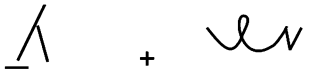
1. Flic-Flac ("B") +
   Salto backward stretched with step-out ("C" Salto)



2. Round-off ("B") +
   Salto backward tucked ("C" Salto)



3. Mount: Jump with Hecht phase to Round-off ("B") +
   Salto backward piked ("C")

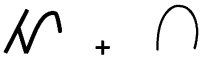


B. CONNECTIONS – TWO ACRO FLIGHT ELEMENTS (excluding DISMOUNT)

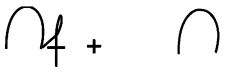
"B" + "D"	+ 0.20

EXAMPLES:

1. Mount: Round-off – Flic-Flac to cross stand ("D") +
   Flic-Flac step-out ("B")



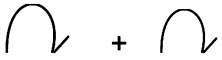
2. Aerial Walkover ("D") +
   Flic-Flac step-out ("B")



"C" + "C"	+ 0.20

EXAMPLES:

1. Flic-Flac with support on one arm ("C") +
   Flic-Flac with support on one arm ("C")



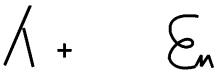
2. Flic-Flac with support on one arm ("C") +
   Salto backward stretched with step-out ("C")



"B" + "E"	+ 0.20

EXAMPLES:

1. Round-off ("B") +
   Salto backward tucked with 1/1 (360°) twist ("E")



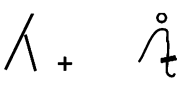
2. Salto forward tucked with ½ twist ("E") +
   Flic-Flac ("B")



3. Flic-Flac ("B") +
   Salto backward stretched to two feet ("E")



4. Round-off ("B") +
   Flic-Flac with 1/1 (360°) twist - swing down to cross straddle-sit ("E")

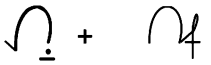


CONNECTIONS – TWO ACRO FLIGHT ELEMENTS (excluding DISMOUNT) (continued)

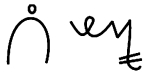
"C" + "D" OR MORE DIFFICULT	+ 0.20

EXAMPLES:

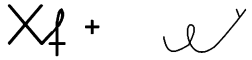
1. 1-arm handspring forward ("C") + Aerial walkover ("D")



2. Flic-Flac with 1/1 (360°) twist ("E") + Flic-Flac pike-stretch swing down ("C)



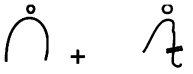
3. Aerial Cartwheel ("D") + Salto backward stretched with step-out ("C")



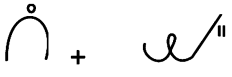
"D" + "D" OR MORE DIFFICULT	+ 0.20

EXAMPLES:

1. Flic-Flac with 1/1 (360°) twist ("E") + Flic-Flac with 1/1 (360°) twist - swing down to cross straddle-sit ("E")



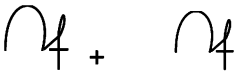
2. Flic-Flac with 1/1 (360°) twist ("E") + Salto backward stretched to two feet ("E")



3. Aerial Cartwheel ("D") + Flic-Flac with 1/1 (360°) twist ("E")



4. Aerial walkover ("D") + Aerial walkover ("D")



C. CONNECTIONS – at least THREE ACRO FLIGHT ELEMENTS:

(including mount / dismount / element connections).

1. An additional +0.10 connection / series Bonus to be awarded for any three-element Acro flight series with a minimum "C" Salto/Aerial or "D/E" flight element with or without hand support (excluding dismounts). See CV Principal E.
2. Order of VPs may allow for additional CV Bonus by counting two 2-element connections based on Connection Principles A and B.
3. Examples below are NOT eligible for any additional CV Bonus; ONLY the Bonus indicated in the box.

"B" + "B" + "C"	+ 0.10

EXAMPLES:

1. Round-off ("B") +
   Flic-Flac step-out ("B") +
   Flic-Flac with support on one arm ("C")



2. Flic-Flac step-out ("B"), +
   Flic-Flac to two feet ("B") +
   Salto backward stretched with double (2/1) twisting dismount ("C")



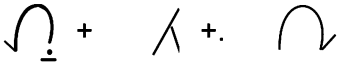
"B" + "C" + "C"	+ 0.20

EXAMPLES:

1. Flic-Flac with support on one arm ("C") +
   Flic-Flac ("B") +
   Flic-Flac with support on one arm ("C")



2. 1-arm handspring forward with step-out ("C") +
   Round-off ("B") +
   Flic-Flac with support on one arm ("C")



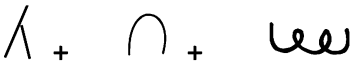
3. Flic-Flac step-out ("B") +
   Flic-Flac with support on one arm +
   Salto backward stretched with 2/1 (720°) twist dismount ("C")



"B" + "B" + "D / E"	+ 0.20

EXAMPLE:

1. Round-off ("B") +
   Flic-Flac ("B") +
   Double Salto backward tucked dismount ("E")



2. Mount: Round-off – Flic-Flac to cross stand ("D") +
   Flic-Flac ("B") +
   Flic-Flac ("B")
   Award +0.20 for "D" + "B" + "B"
   Award +0.10 for 3-element Acro flight series
   Total = +0.30 in CV Bonus
   Plus = +0.10 "D/E" Bonus



CONNECTIONS – at least THREE ACRO FLIGHT ELEMENTS (continued):

"B" + "C" + "D/E" AND MORE DIFFICULT	+ 0.20

EXAMPLE:

1. Flic-Flac ("B") +
   Flic-Flac with support on one arm ("C") +
   Salto backward stretched with 2½ (900°) twist dismount ("E")



2. Mount: Round-off – Flic-Flac ("D") +
   Flic-Flac step-out ("B") +
   Flic-Flac with support on one arm ("C")



D. CONNECTIONS – TWO DANCE / MIXED / TURN ELEMENTS:

1. Dance Series: Dance / Dance
2. Mixed Series: Dance / Acro flight or Acro flight / Dance (excluding dismount)
3. Turn Series: Turn / turn on one foot – minimum "A" + "C"

"A" Turn + "C" Turn	+ 0.10

EXAMPLE:

1. 360° (1/1) turn on one leg ("A") +
   360° (1/1) turn with heel of free leg at or above horizontal,
   Extended at horizontal or above throughout ("C")

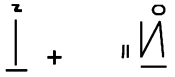


2. NOTE: turns may be performed:
   a. On same support leg or with step into turn on opposite leg.
   b. Brief demi-plié on one leg or two leg(s) permitted.

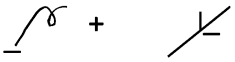
"A" + "D/E"	+ 0.10

EXAMPLES:

1. Dance series:
   Stretched Jump with leg change (Beat Jump) ("A") +
   Tuck Jump with 1/1 (360°) turn ("D")



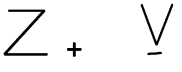
2. Dance / Acro (Mixed) series:
   Mount: Salto forward tucked ("E") +
   Sissonne ("A")



"B" + "C"	+ 0.10

EXAMPLES:

1. Dance series:
   Switch-leg Leap ("C") +
   Pike Jump in cross position ("B")



2. Dance / Acro (Mixed) series:
   Straddle Jump in cross position ("B") +
   Salto backward piked ("C")

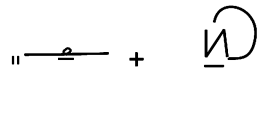


CONNECTIONS – TWO DANCE / MIXED / TURN ELEMENTS (continued):

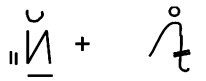
"B" + "D/E"	+ 0.20

EXAMPLES:

1. Dance series:
Split Jump-take-off from two feet ("B") +
Sheep Jump ("D")



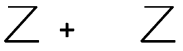
2. Dance / Acro (Mixed) series:
Tuck Jump with ½ (180°) turn ("B") +
Flic-Flac with 1/1 (360°) twist - swing down to cross straddle-sit ("E")



"C" + "C" (SAME / DIFFERENT)	+ 0.20

EXAMPLES:

1. Same two "C" Dance elements
Switch-leg Leap ("C") +
Switch-leg Leap ("C")

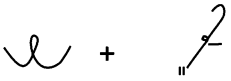


2. Different ("C") Dance / Dance or Dance / Acro elements:

a) DANCE SERIES:
Switch-leg Leap ("C") +
Cat Leap 1/1 (360°) turn ("C")



b) MIXED SERIES (DANCE / ACRO):
Salto backward tucked ("C") +
Ring Jump ("C")



"C" + "D" AND MORE DIFFICULT (SAME / DIFFERENT)	+ 0.20

EXAMPLES:

1. Switch-leg Leap at end of BB ("D") +
Switch-side Leap ("D")



2. Switch-leg Leap ("C") +
Gainer Salto backward stretched with step-out ("D")



3. Straddle Jump ½ ("D") +
Straddle Jump ½ ("D")



E. CONNECTIONS – THREE or MORE ELEMENTS

1. Second element (and following elements) may be used twice,
   a) First time as last element of first connection, and
   b) Second time as first element beginning new connection.
2. Applies ONLY for elements with VP credit.
3. An additional +0.10 connection / series Bonus to be awarded for any three element Acro flight series with a minimum "C" Salto / Aerial or "D/E" flight element with or without hand support (excluding dismounts).

EXAMPLES – Do NOT receive additional +0.10 connection / series Bonus:

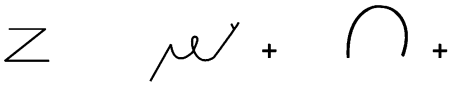
1) Switch-leg Leap ("C") +
Switch-leg Leap ("C") +
Stretched Jump 1½ (540°) turn ("D")



- Award + 0.20 "C" + "C"
- Award + 0.20 "C" + "D"

Total = + 0.40 CV Bonus
Plus = + 0.10 "D/E" Bonus

2) Switch-leg Leap ("C") +
Gainer Salto backward stretched with step-out ("D") +
Flic-Flac ("B")



4. Award + 0.20 "C" + "D"
5. Award + 0.20 "D" + "B"
Total = + 0.40 CV Bonus
Plus = + 0.10 "D/E" Bonus

EXAMPLES – Awarded additional +0.10 connection / series Bonus:

1) Flic-Flac step-out ("B") +
Salto backward stretched with step-out ("C") +
Flic-Flac step-out ("B")



- Award + 0.10 "B" + "C"-Salto
- Award + 0.10 "C"-Salto + "B"
- Award + 0.10 for 3 element acro flight series (see 3. Above)

Total = + 0.30 CV Bonus

2) Flic-Flac step-out ("B") +
Salto backward stretched with step-out ("C") +
Salto backward stretched with step-out ("C")



- Award + 0.10 "B" + "C"-Salto
- Award + 0.20 "C"-Salto + "C"-Salto
- Award + 0.10 for 3 element acro flight series (see 3. above)

Total = + 0.40 CV Bonus

3) Flic-Flac step-out ("B") +
Salto backward stretched with step-out ("C") +
Salto backward stretched to two feet ("E")



- Award + 0.10 "B" + "C"-Salto
- Award + 0.20 "C" + "E"
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.40 CV Bonus
Plus = + 0.20 "D/E" Bonus

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CONNECTIONS – THREE or MORE ELEMENTS (continued)

4) Mount: Round-off, Flic-Flac ("D") +
Salto backward stretched with step-out ("C") +
Salto backward stretched with step-out ("C")



- Award + 0.20 "D"-mount + "C"
- Award + 0.20 "C" + "C"
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus
Plus = + 0.10 "D/E" Bonus

5) Handspring forward with step-out ("B") +
Aerial walkover ("D") +
Flic-Flac ("B")



- Award + 0.20 "B" + "D"
- Award + 0.20 "D" + "B"
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.50 CV Bonus
Plus = + 0.10 "D/E" Bonus

6) Flic-Flac step-out ("B") +
Flic-Flac step-out ("B") +



Salto backward stretched with step-out ("C") +
Salto backward stretched with 1/1 (360°) twist dismount ("B")

- Award + 0.10 for "B" + "B" + "C"-Salto
- No CV for "C"-Salto + "B" dismount
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.20 CV Bonus

Salto backward stretched with step-out (last element of 1st connection) and (first element of 2nd connection).

- Connection of two Acro flight elements excludes dismount; therefore,
- No CV Bonus awarded for "C" + "B" dismount connection.

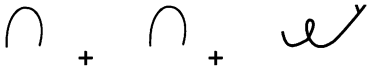
7) Flic-Flac step-out ("B") +
Salto backward stretched with step-out ("C") +
Flic-Flac step-out ("B") +
Salto backward stretched with 1/1 (360°) twist dismount ("B")



- Award + 0.10 "B" + "C"-Salto
- Award + 0.10 "C"-Salto + "B"
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = + 0.30 CV Bonus

8) Flic-Flac step-out ("B") +
Flic-Flac step-out ("B") +



Salto backward stretched with step-out ("C")

- Award + 0.10 for "B" + "B" + "C"-Salto Award, **OR** + 0.10 for "B" + "C"-Salto
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.20 CV Bonus

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CONNECTIONS – THREE or MORE ELEMENTS (continued)

9) Flic-Flac ("B") +
Flic-Flac with support on one arm ("C") +  +
Salto backward stretched with step-out ("C")
- No CV Bonus for "B" + "C" (non-Salto)
- Award + 0.20 for "C" + "C"-Salto, OR "B" + "C" + "C"
- Award + 0.10 for 3 element Acro flight series (see 3. above)

Total = +0.30 CV Bonus

III. "D/E" BONUS - LEVEL 9 AND 10 ONLY

A. "D/E" ELEMENTS MAY REPLACE

1. Required VP of "A" / "B" / "C" and
2. Awarded "D/E" Bonus.

B. "D/E" BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. "D/E" BONUS FOR LEVEL 9

MAXIMUM OF + 0.10 AWARDED for "D/E" Bonus.

The 1st restricted "D/E" Acro element performed AND receives VP credit can be considered for +0.10 "D/E" Bonus **one time ONLY.**

1. If 1st Restricted "D/E" element results in **0 VP**: No Bonus is awarded.
   - The same Restricted "D/E" element may be repeated to receive VP credit and MAY be considered for +0.10 DV.
   - Additional different Restricted "D/E" elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
2. If 1st Restricted "D/E" element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
   - Any additional Restricted "D/E" elements whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1st Restricted "D/E" element counts as "C" in Connection Value Principles.

D. "D/E" BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for "D/E" Bonus.
   - **a.** "D" elements each receive + 0.10 Bonus.
   - **b.** "E" elements each receive + 0.20 Bonus.
2. **SAME "D" or "E" ELEMENT** eligible for "D/E" Bonus one time ONLY.
   EXCEPTION: Same "D" or "E" element performed a second time.
   - **a.** 1st time performed without touching beam or with a spot = **0 VP**:
   - **b.** Second time element is complete - VP credit awarded.
   - **c.** "D/E" Bonus awarded.

IV. ADDITIONAL BONUS + 0.10 - LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus and "D/E" Bonus
   a. Minimum of + 0.10 for "D/E".
   b. Minimum of + 0.10 for CV.
2. Remaining 0.30 may be earned
   a. "D/E" Bonus or CV Bonus.
   b. Maximum SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
   a. MUST have 10.0 SV
   b. Total Bonus = +0.60 or more, and
   c. Minimum of one "E" Acro element (no fall / no spot).

B. ADDITIONAL BONUS – NOT INCLUDED IN START VALUE

1. Each judge adds the additional Bonus to her / his score and MUST visibly indicate, by means of a placard or other signage, that Bonus was awarded.
2. If using paper score slips, Judge should also indicate in writing any Bonus awarded.

V. BONUS RESTRICTIONS

A. FALLS or SPOT:

1. During "D/E" element – no "D/E" Bonus
2. In CV element – No CV Bonus

EXCEPTION: Connection of three or four VPs, fall on last element:

- **a.** First two or three elements eligible for Connection Value (CV) Bonus.
- **b.** Award CV Bonus for successfully completed connections.

EXAMPLE:
Round-off + Flic-Flac + Salto backward stretched with step-out + Salto backward stretched with step-out (fall)

"B" "B" "C" "C" Fall



- Award +0.10 CV for 3-element connection "B" + "B" + "C"
- Award +0.10 for 3-element Acro flight series.

B. REPEATED "D/E" ELEMENT – LEVEL 10

1. "D/E" Bonus awarded one time ONLY.
2. No "D/E" Bonus for same "D" or "E" a second time, unless Different connection (before / after).
   - **a.** The first time a "D/E" element receives VP credit; however, if performed with a fall, no Bonus is awarded.
     Example: Gymnast performs an Aerial Cartwheel, lands on beam on one foot and falls: Award VP; NO bonus.
   - **b.** The second time the same "D/E" element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
     Example: Gymnast repeats the Aerial Cartwheel, lands on beam connecting to a Flic-flac = Award VP, DV, and CV.

C. EXACT SAME CONNECTION REPEATED, CV BONUS NOT AWARDED.

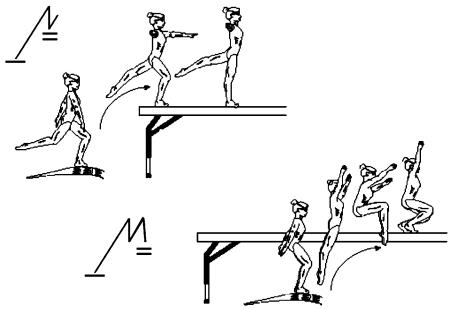
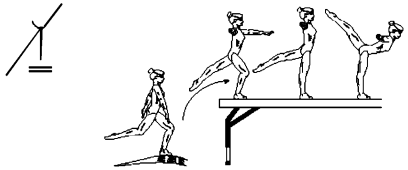
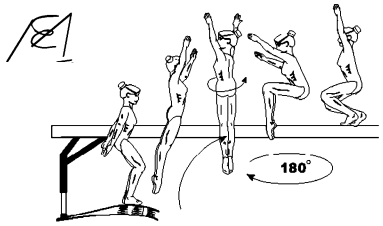
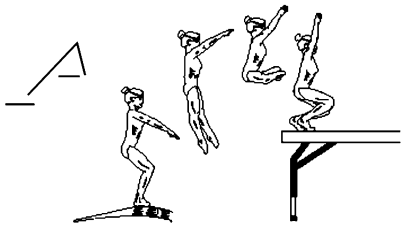
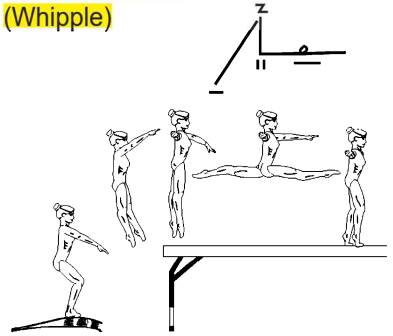
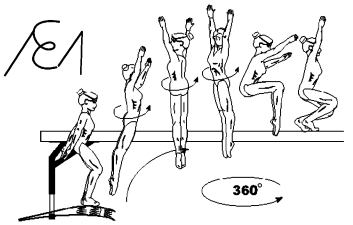
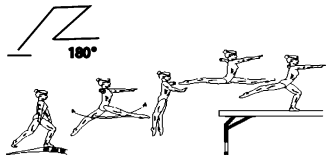
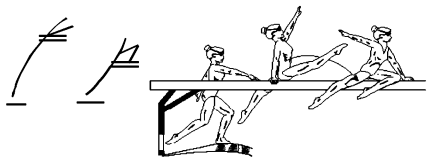
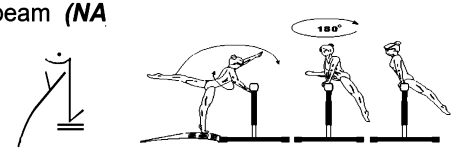
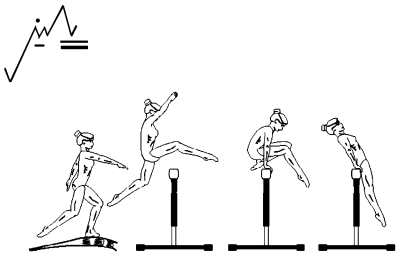
D. LEVEL 9 & 10 – TOTAL BONUS CREDIT POSSIBLE:

1. **Level 10**: +0.50 total Bonus needed to start at 10.0
   - **a.** No more than + 0.40 may be awarded for CV.
   - **b.** No more than + 0.40 may be awarded for "D/E".
2. **Level 9**: +0.30 total Bonus needed to start at 10.0.
   - **a.** No more than + 0.30 may be awarded for CV.
     - If first "D/E" Acro element performed is contained in a Bonus connection, it receives +0.10 "D/E" Bonus and acts as a "C" for CV Connection Principle.
   - **b.** No more than + 0.10 may be awarded for "D/E".
     - ONLY the first "D/E" Acro element receiving VP credit may be eligible for + 0.10 "D/E" Bonus.
     - No "D/E" Bonus for "D/E" Dance elements.

E. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE (CV) BONUS

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Group 1 – Mounts

A	B	C	D	E
1.101 (D) Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs  Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg 	**1.201 (D)** Free jump with 1/2 (180°) turn In flight phase to tuck or straight stand –approach at end or diagonal to beam  Also, straddle jump onto end of beam (180° leg separation) 	1.301 **(D)** Free Split jump with change of legs (minimum of 30° leg separation) prior to split position - landing on one or two feet - approach at end of beam (Whipple) 	**1.401 (D)** Free jump with 1/1 (360°) turn in flight phase to a tuck or straight stand – take-off from both legs – approach at end or diagonal to beam  **(D)** Split leap forward with leg change (180° leg separation) at end of beam 	**1.501**
1.102 Scissors leap to cross sit on L or R thigh - diagonal approach to beam **(D)**  One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam ***(NA***  Scissors leg swing with 1/2 (180°) turn to cross straddle sit (Not illustrated) **(D)**	**1.202 (D)** Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support - 90° approach to beam 	**1.302**	**1.402**	**1.502**

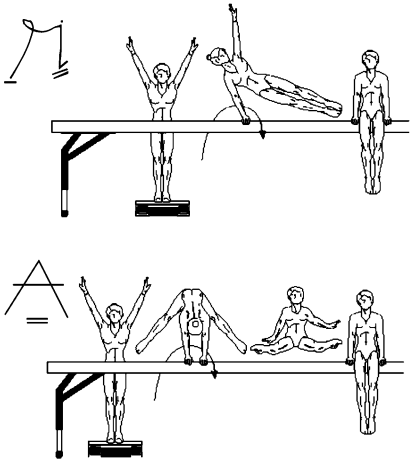
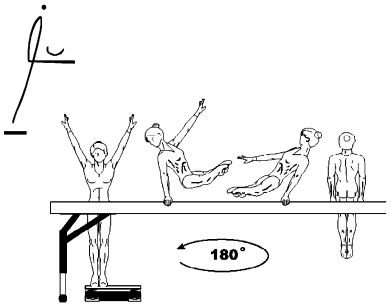
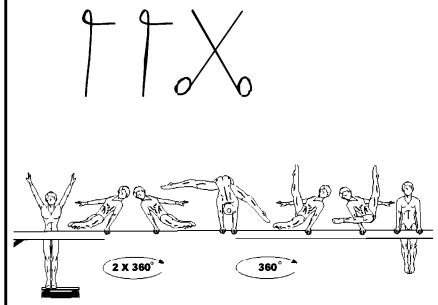
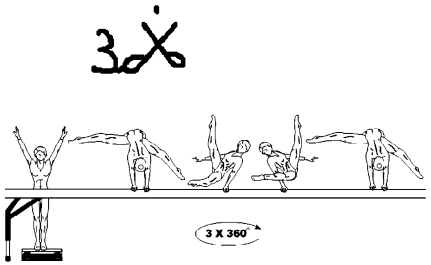
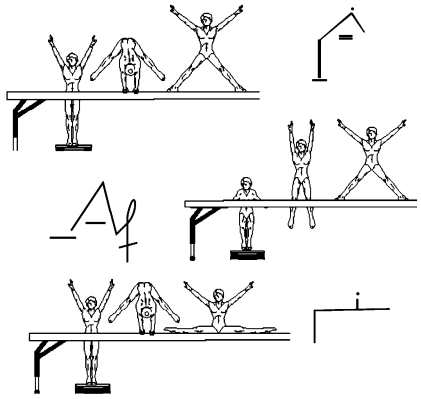
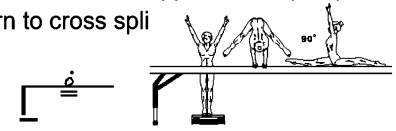
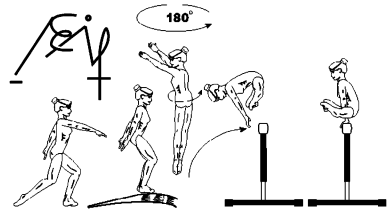
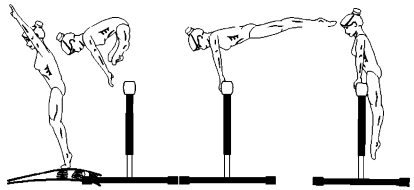
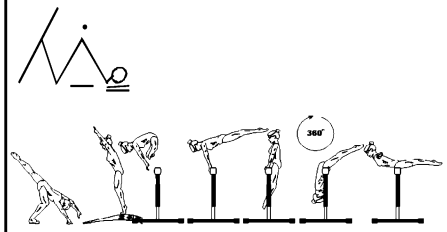
(D) indicates element is considered a Dance Value Part

(NA) indicates element is NOT considered an Acro Value Part

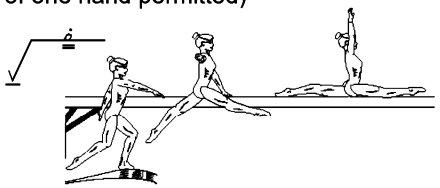
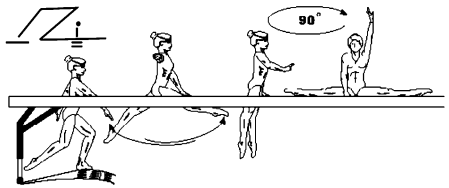
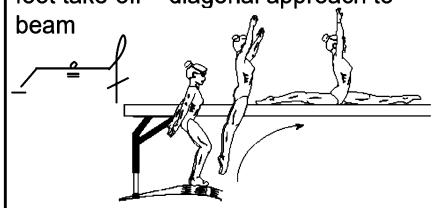
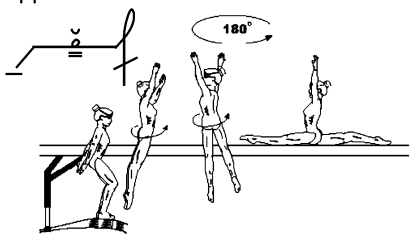
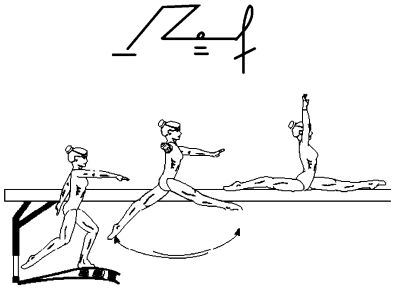
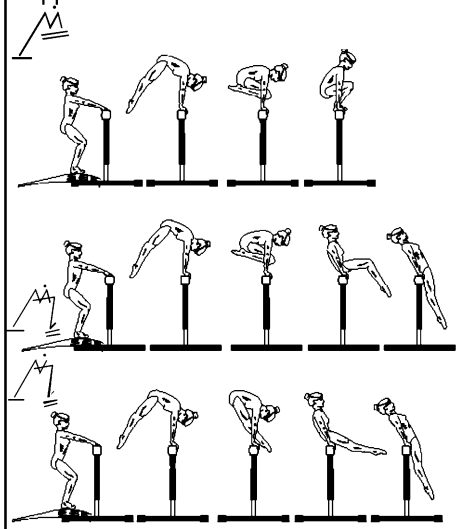
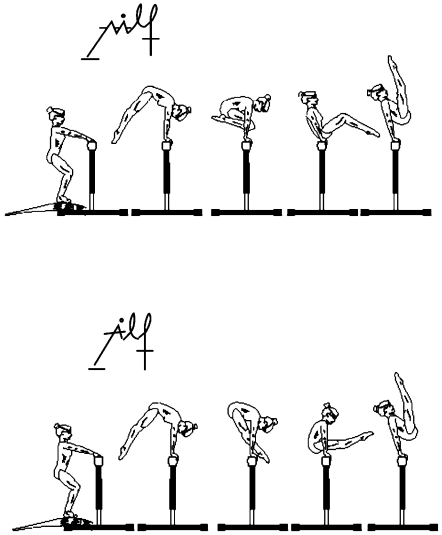
All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition (Choice of Acro Up to Competitive Level)
Acro elements designated by direction:
(FA) Forward Acro
(SA) Sideward Acro
(BKA) Backward Acro
may be used for Composition
(Acro performed in different directions)

Revised 7.22 & 7.23

Group 1 – Mounts

A	B	C	D	E
1.103 ***(NA)*** From side stand frontways – flank over or straddle cut forward to rear support 	**1.203** ***(NA)*** From side stand frontways – double leg swing (Kehre-in) with 1/2 (180°) turn to rear support 	**1.303** ***(NA)*** Two flank circles followed by leg "flair" (Baitova) 	**1.403** ***(NA)*** Three flying flairs (Homma) 	**1.503**
1.104 (D) From side stand facing beam – jump (with or without hand support) to side straddle stand or split sit  also with hand support to 1/4 (90°) turn to cross spli 	**1.204 (D)** Jump with 1/2 (180°) turn to clear straddle support – 90° approach to beam  From rear stand (back toward beam), jump to clear straddle flight over beam to land in front support  	**1.304 (D)** Round-off, straddle pike jump backward over the beam into immediate hip circle backward – 90° approach to beam 	**1.404** **(D) indicates element is considered a Dance Value Part** ***(NA) indicates element is NOT considered an Acro Value Part*** ***All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition*** ***(Choice of Acro - Up to Competitive Level)*** ***Acro elements designated by direction:*** ***(FA) Forward Acro*** ***(SA) Sideward Acro*** ***(BKA) Backward Acro*** ***may be used for Composition*** ***(Acro performed in different directions)***	**1.504**

Group 1 – Mounts

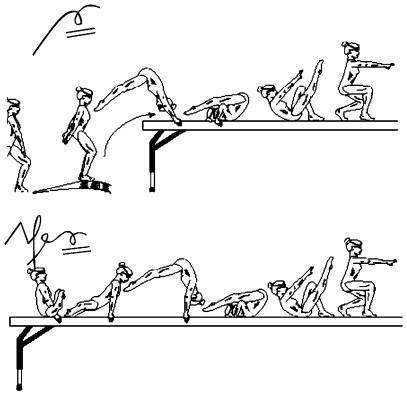
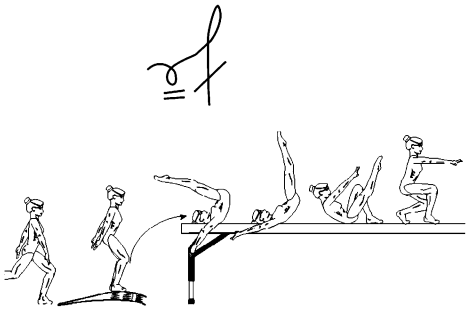
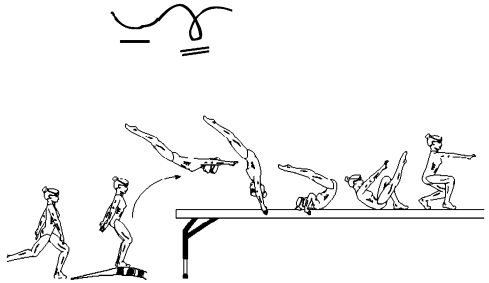
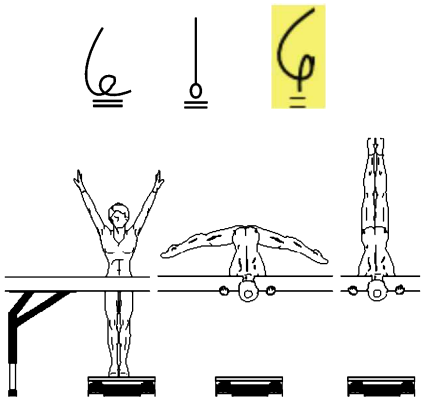
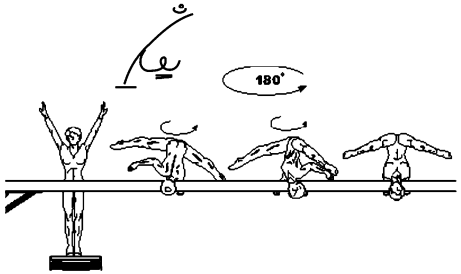
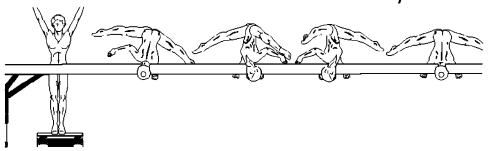
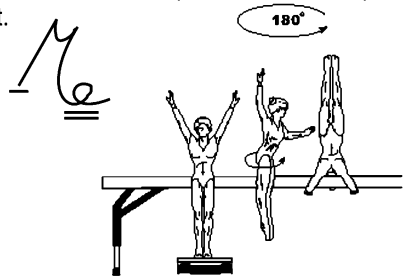
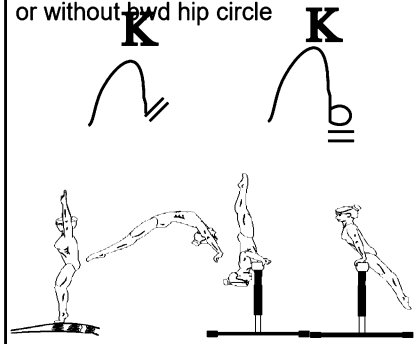
A	B	C	D	E
1.105 (D) Leap to cross split sit from one foot take-off – diagonal approach to beam (support of one hand permitted)  Split leap forward with leg change to straddle split sit sideways with support on one hand 	**1.205**	**1.305 (D)** Free jump to cross split sit from two foot take-off – diagonal approach to beam  Free jump with 1/2 (180°) turn to cross split sit from two foot take-off – diagonal approach to beam 	**1.405 (D)** Split leap forward with leg change (180° split) to cross split sit (no hand support) –diagonal approach to beam (Whitney) 	**1.505**
1.106 *(NA)* From side stand frontways – jump to tuck stand, or squat or stoop through to rear support 	**1.206 *(NA)*** From side stand - squat or stoop through to clear pike support (hold 2 seconds) 	**1.306**	**1.406**	**1.506**

(D) indicates element is considered a Dance Value Part

(NA) indicates element is NOT considered an Acro Value Part

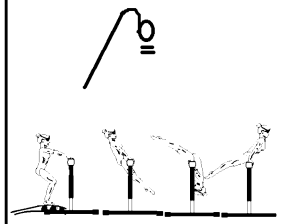
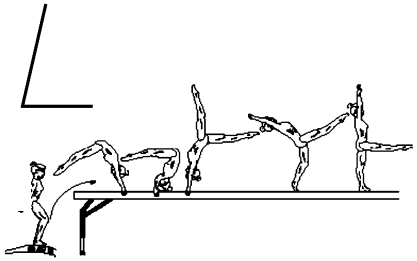
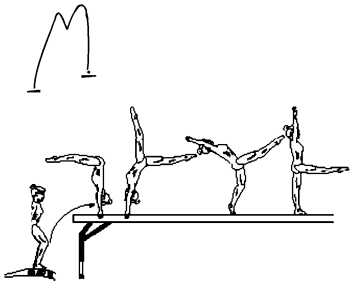
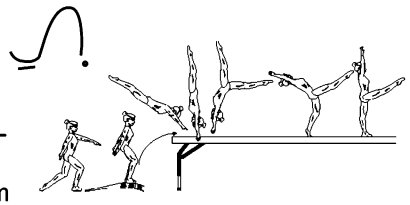
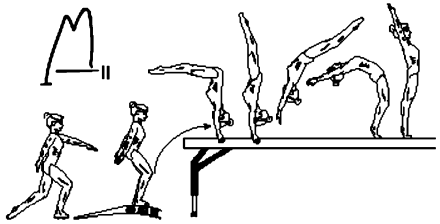
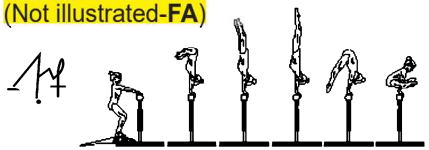
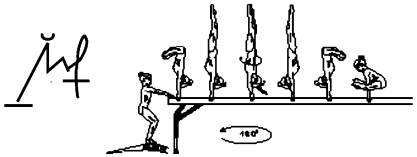
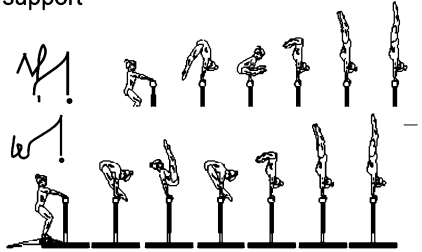
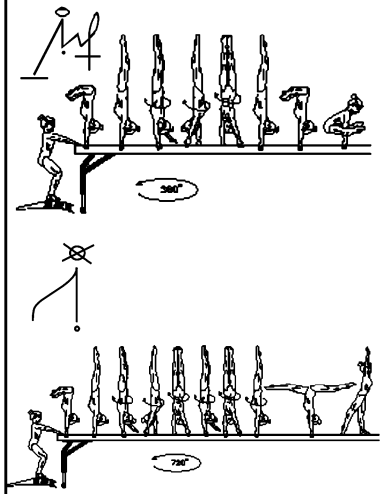
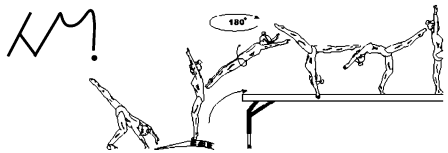
All Mount elements not designated as Dance (D) or Not Acro (NA) are considered Acro Value Parts and may be used for Composition
(Choice of Acro - Up to Competitive Level)
Acro elements designated by direction:
(FA) Forward Acro
(SA) Sideward
(BKA) Backward Acro
may be used for Composition
(Acro performed in different directions)

Group 1 – Mounts

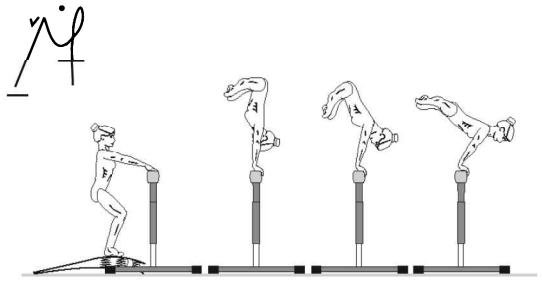
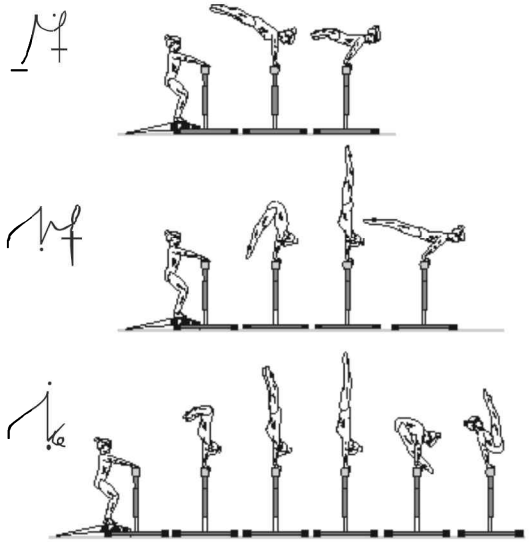
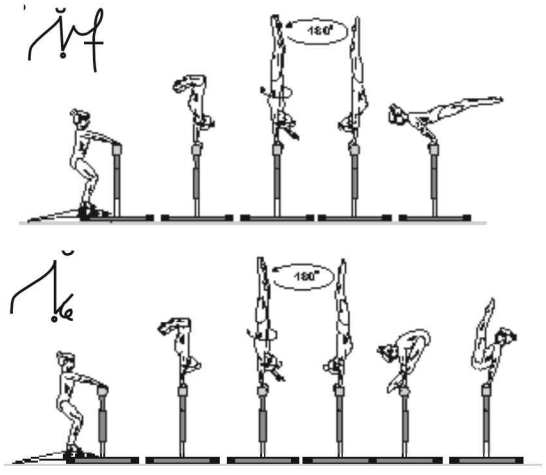
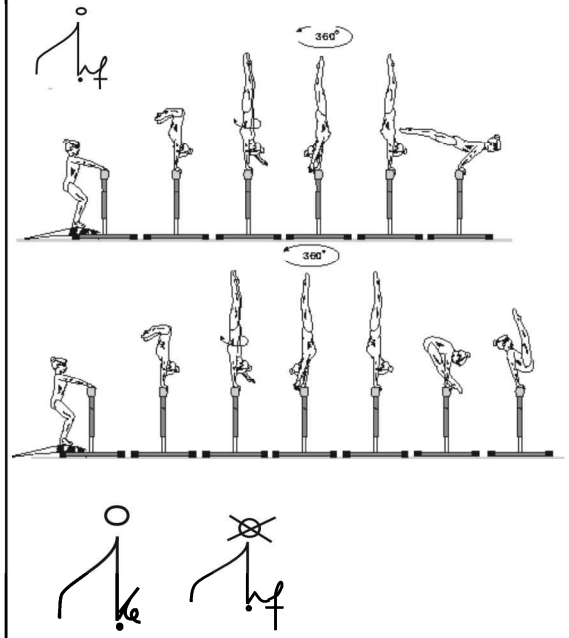
A	B	C	D	E
1.107 (FA) Jump to roll forward at end or middle of beam, also from clear straddle support on end of beam – swing backward to roll forward 	**1.207 (FA)** Free forward roll at end of beam 	**1.307 (FA)** Hecht roll (extended hip angle in flight phase) – approach at end or diagonal to beam 	**1.407**	**1.507**
1.108 Chest, head stand, or shoulder stand 	**1.208** Jump to chest stand, 1/2 (180°) turn over shoulder to shoulder stand 	**1.308** Jump to chest stand, 1/1 (360°) turn (over shoulder) to chest stand (Silivas) **(SA)**  From a rear stand (back toward beam), jump with a 1/2 (180°) turn to chest stand (candle position), ending in front support with or without backward hip circle or other optional exit. 	**1.408** From rear stand (back towards beam), flic-flac over beam to candle position, ending in front support with or without bwd hip circle 	**1.508**

Revised 7.25

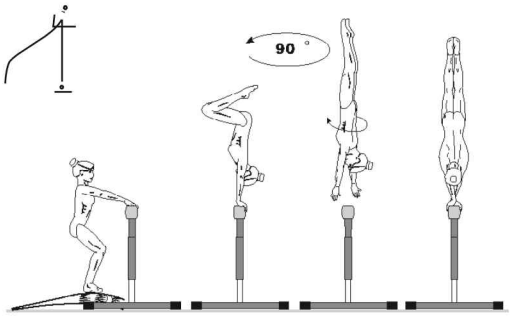
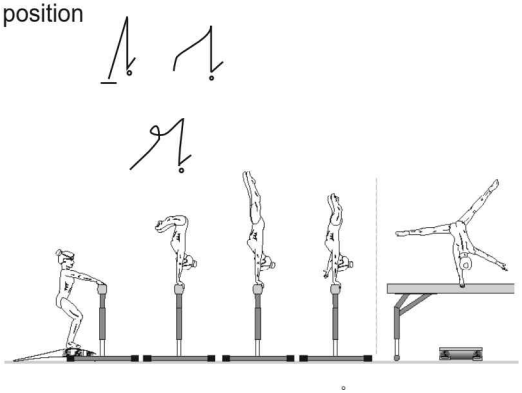
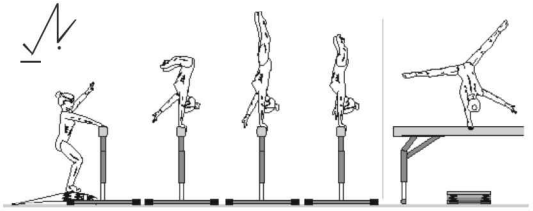
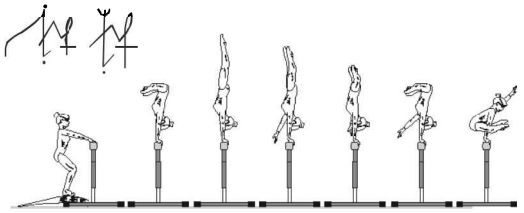
Group 1 – Mounts

A	B	C	D	E
1.109 From side stand frontways with take-off from one or two feet - back hip pullover to front support 	**1.209 (FA)** From cross stand facing end of beam – head kip 	**1.309 (FA)** From cross stand facing end of beam – jump to handstand with hip angle (pike) to handspring forward with step-out 	**1.409 (FA)** Handspring/flyspring forward with hecht phase (extended hip angle) before and after hand support on beam – approach at end or diagonal to beam  Jump to handspring forward with hip angle (pike) to land on two feet (Flyspring) (McCool) 	**1.509**
1.110	**1.210** Jump, press or swing to side or cross handstand – lower to end position touching beam, clear straddle support, also to front walkover exit (Not illustrated-**FA**)  also with 1/2 (180°) turn in handstand  also from clear straddle or clear pike support 	**1.310** Jump, press or swing to side or cross handstand with 1/1 - 2/1 (360°-720°) turn – lower to end position touching beam or clear straddle support 	Round-off at end of beam - flic-flac with 1/2 (180°) turn and walkover forward (Dunn)  **1.410**	**1.510**

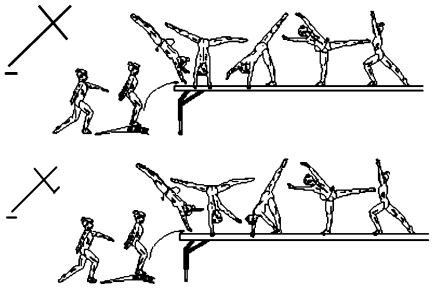
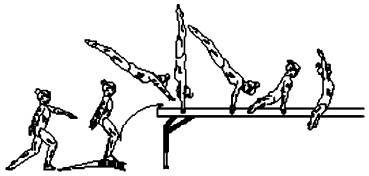
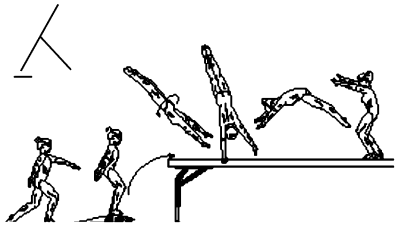
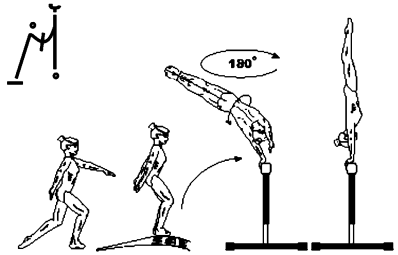
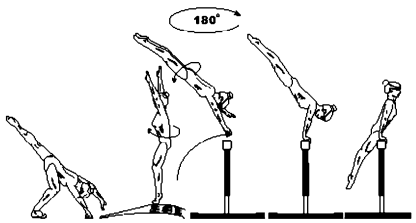
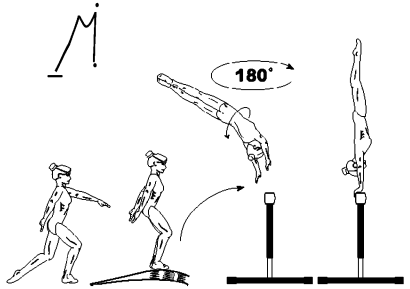
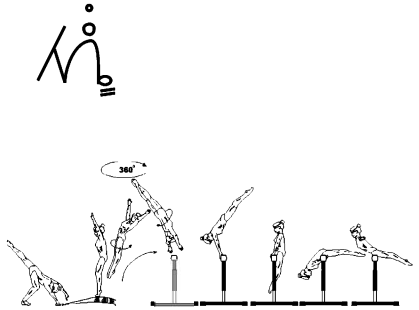
Group 1 – Mounts

A	B	C	D	E
1.111	**1.211** Jump to side planche (clear front support above horizontal) (2 sec.) 	**1.311** Jump to side planche (Schuschunova), also jump, press or swing to cross or side handstand – lower to planche (clear front support at horizontal) or clear pike support (2 sec.)  Jump, press or swing to cross or side handstand – 1/2 (180°) turn in handstand - lower to planche or clear pike support (2 sec.) 	**1.411** Jump, press or swing to cross or side handstand with 1/1 - 2/1 (360°- 720°) turn in handstand - lower to planche or clear pike support (2 sec.) 	**1.511**

Group 1 – Mounts

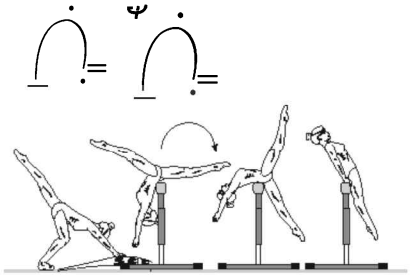
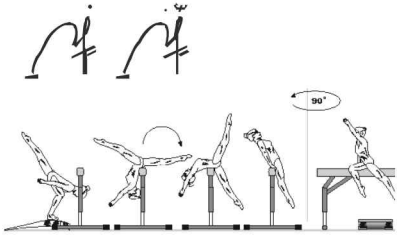
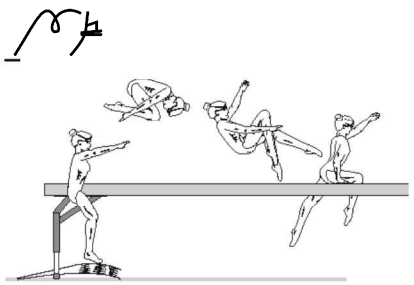
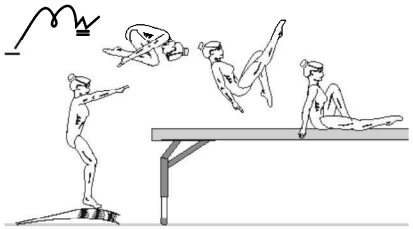
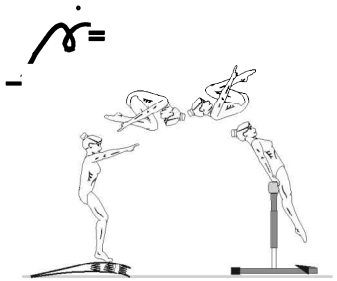
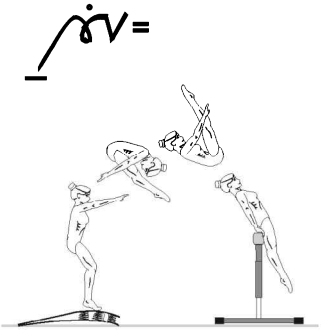
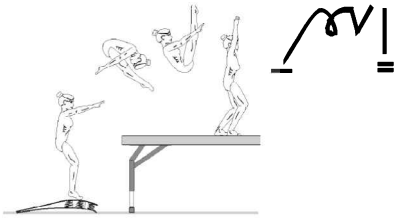
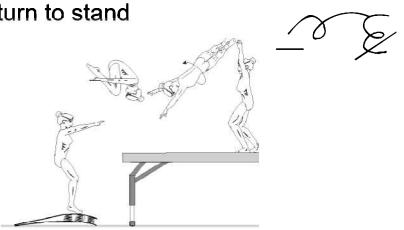
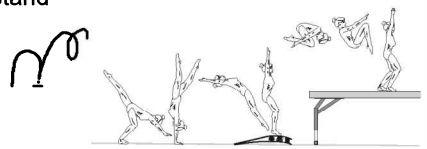
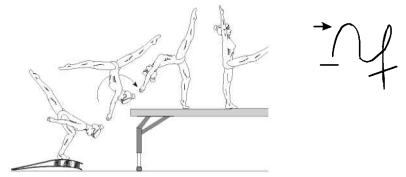
A	B	C	D	E
1.112	**1.212** Press to side handstand, with bending – stretching of legs – hop with 1/4 (90°) turn to cross handstand (Lori-hop) 	**1.312** Jump or press to handstand, shift weight to one-arm handstand (2 sec.), lower to optional end position 	**1.412** Jump or press on one arm to handstand (2 sec.) (Rankin)  Jump, press or swing to cross or side handstand, shift weight to one arm (2 sec.), lower to clear straddle support on one arm (Rankin, Lowing) 	**1.512**

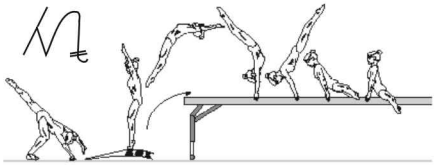
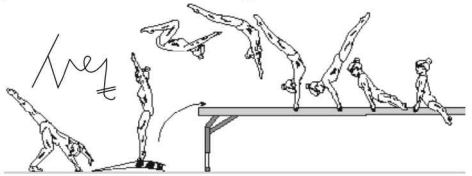
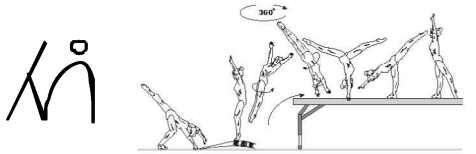
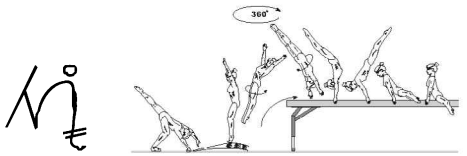
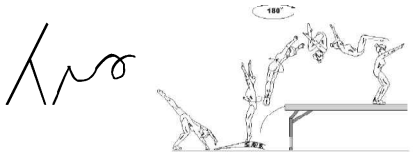
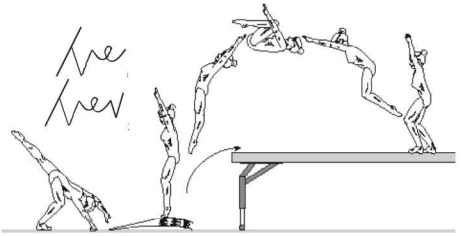
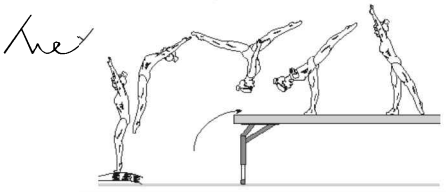
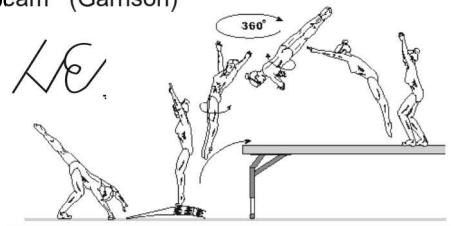
Group 1 – Mounts

A	B	C	D	E
1.113 Cartwheel with hands on spring-board to finish in a front support on beam (not illustrated)	**1.213 (SA)** Jump with extended hips (hecht phase) to cartwheel on one or both arms **(SA)**  or to cross handstand – lower to stand or end position touching beam – approach at end of beam  Jump with hecht phase to round-off, approach at end of beam **(SA)** 	**1.313** 90° approach to beam, jump with extended hips and 1/4 (90°) turn through a momentary handstand on one arm with immediate 1/4 (90°) turn and support on second arm to side handstand  90° approach to beam, round-off – jump with 1/2 (180°) turn to near side handstand (Gurova) 	**1.413** 90° approach to beam, jump with extended hips and 1/2 (180°) turn in flight phase to side handstand 	**1.513 (BKA)** 90° approach to beam, round-off, flic-flac with 1/1 (360°) twist to a hip circle backward (Zamolodchikova) 

Revised #1.213 formatting 7.23

Group 1 – Mounts

A	B	C	D	E
1.114 Front walk-over with hands on springboard to rear support (sit) on beam (not illustrated)	**1.214** Handspring forward with hand repulsion from springboard to rear support – or with 1/4 (90°) turn to cross sit R or L thigh – 90° approach to beam  Free (aerial) walkover forward to rear support – or with 1/4 (90°) turn to cross sit on R or L thigh – 90° approach to beam 	**1.314 (FA)** Salto forward tucked with take-off from both legs to cross sit R or L – or landing on one leg in extended-tuck cross sit with support of hands behind hips (Poulin) – approach at end or diagonal to beam  	**1.414 (FA)** Salto forward tucked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support  Salto forward piked to rear support – 90° approach to beam (salto must be completed before simultaneously landing with grasp of hands and rear support 	**1.514 (FA)** Salto forward tucked, landing in cross or side stand – approach at end of beam  Salto forward piked to stand – approach at end of beam  Salto forward tucked with 1/2 (180°) turn to stand  Handspring forward – approach at end of beam – salto forward tucked to stand  Aerial walkover forward to cross stand – approach at end of beam 

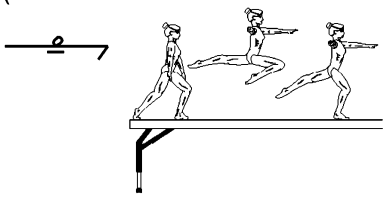
Group 1 – Mounts				
A	B	C	D	E
1.115	**1.215**	**1.315**	**1.415 (BKA)** Round-off, flic-flac through handstand – support on one or both arms to a cross stand on the beam  - also swing down to cross straddle sit  also with tucking and stretching of legs with support of both arms, swing down to cross stra 	**1.515** Round-off at end of beam – flic-flac with 1/1 (360°) twist – to cross stand on beam (Luconi) - also into swing down to cross straddle sit (Tsavdaridou) **(BKA)**   Round-off at end of beam – Arabian salto to stand **(FA)** 
1.116	**1.216**	**1.316**	**1.516 (E) (BKA)** Round-off at end of beam – salto backward tucked, piked  or stretched with step-out 	**1.516 (E) (BKA)** Round-off at end of beam – salto backward stretched – to cross stand on beam  Round-off end of beam – salto backward at stretched with 1/1 (360°) twist – to cross stand on beam (Garrison) 

Revised format #1.516 7.23

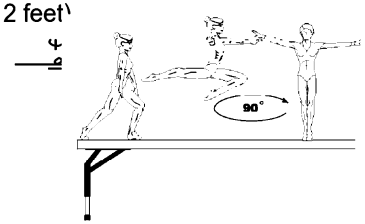
Group 2 – Leaps, Jumps, and Hops

A

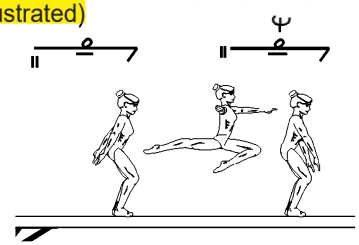
2.101
Stag leap or stag-split leap forward (take-o



- also with 1/4 (90°) turn to land on 2 feet



Stag or double stag jump in place (take-off from both legs in cross position), also with 1/4 (90°) turn (Not illustrated)



* Leaps/hops (1-foot take-off) & jumps (2-foot take-off) with same number are considered different ele.

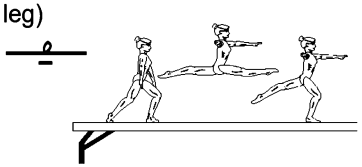
*Leaps/jumps/hops with same COP number & different degrees of turn (1/2, 1/1, 1½ +) are considered different ele.

*Additional 1/4 turn in a leap or jump does NOT make element different, unless listed in COP under another number.

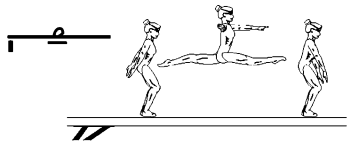
*Stag/double stag or split variations of leaps & of jumps with same number-considered same ele.

B

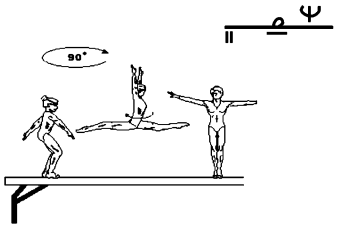
2.201
Split leap forward (straight-leg entry-no stag; take-off from one leg)



From cross position, take-off from both legs, Split jump in place (180° leg separation) to land on two feet



From cross position, take-off from both legs, Split jump with 1/4 (90°) turn after split to land in side stand on two feet

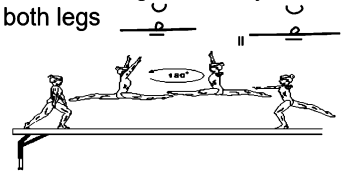


From side position, take-off from both legs, Jump with 1/4 (90°) turn to Split jump in cross position (Not illustrated)

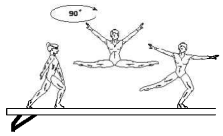
Stag leap or stag jump in place (take-off from both legs in cross position) with 1/2 (180°) turn (Not illustrated)

C

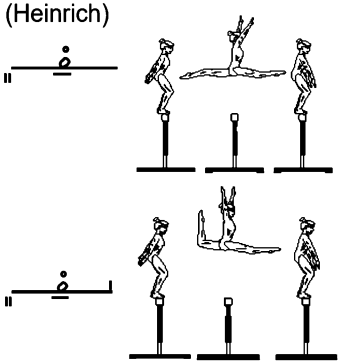
2.301
Split or Stag-split leap or Split jump forward with 1/2 (180°) turn – landing alternately or on both legs



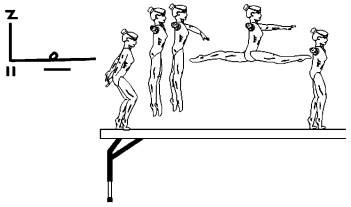
Split or stag-split leap forward (ake-off from one leg) with 1/4 (90°) turn to straddle position (Side leap)



Split jump in side position with both legs straight or the rear leg bent upward, backward (Heinrich)

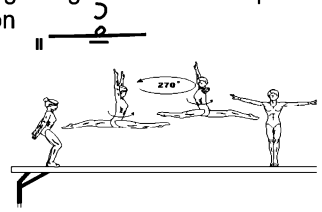


Split jump with change of legs (minimum of 30° leg separation) prior to split position (Sweetin)



D

2.401
Split jump with 3/4 (270°) turn beginning in cross or side position



From side position, Split jump with 1/2 turn (180°) to finish in side position (Not illustrated)

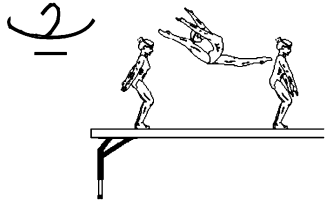
2.301 (C) (continued)
Leap forward (minimum 135° leg separation) to land on one leg with grasp of rear leg prior to landing, free leg held in vertical split (180°) with hand above head, free hand optional (Dillman) (Not illustrated)

From cross position - jump with 1/4 (90°) turn to Split jump in side position (Not illustrated)

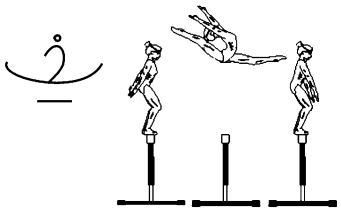
2.501 (E) (continued)
From side stand Ring Jump (rear leg at head height) with 1/2 turn (180°) (Pennucci) (Not illustrated)

E

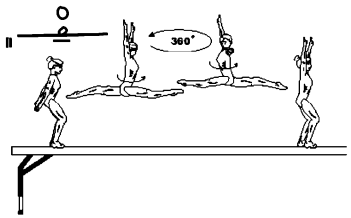
2.501
From cross stand – Jump to cross split (split over 180°) and backward bending (arch) of upper body (Yang-Bo)



From side stand - jump to cross split (split over 180°) and backward bending (arch) of upper body (Teza)

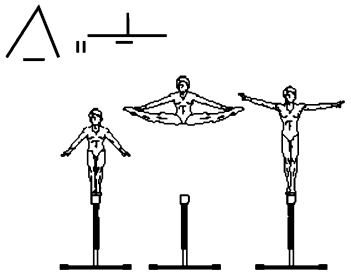
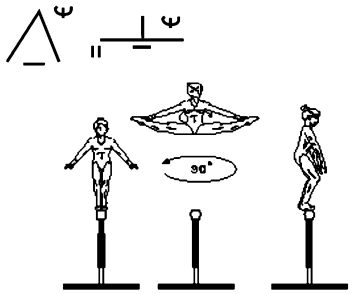
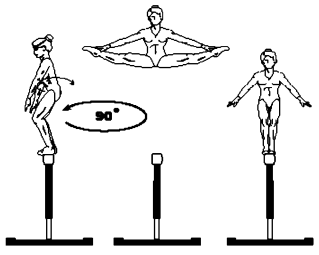
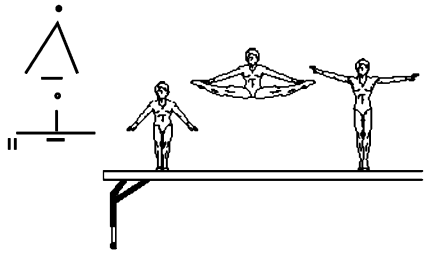
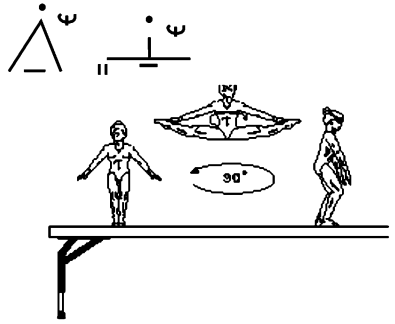
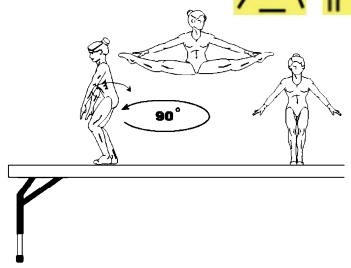
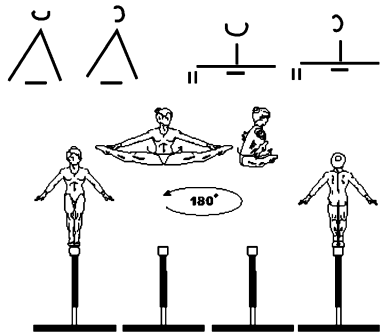
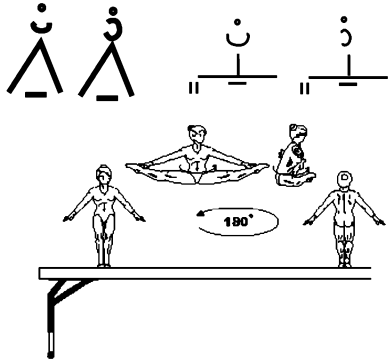
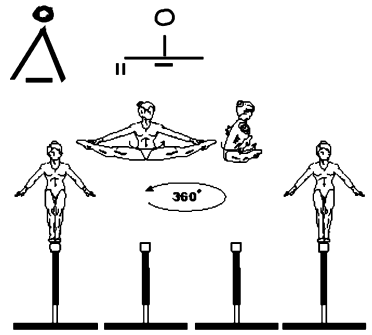
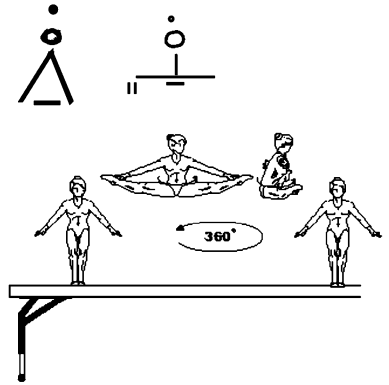


Split jump from cross or side position with 1/1 (360°) turn – take-off from both feet

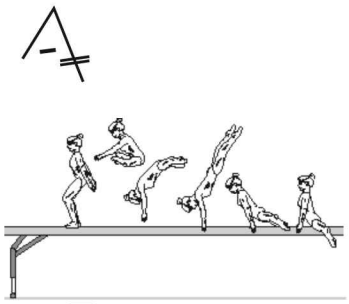
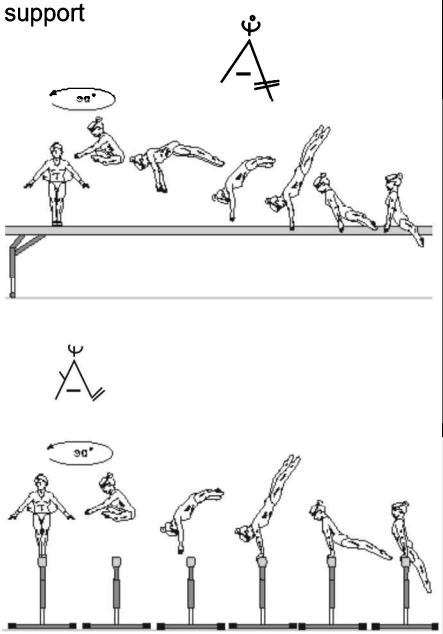
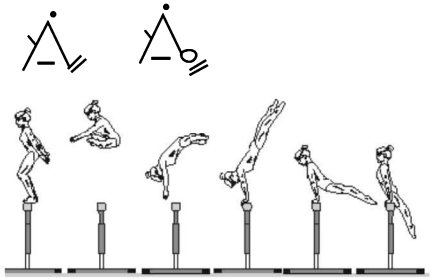
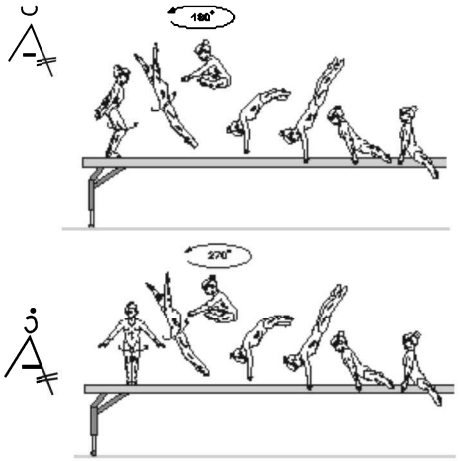
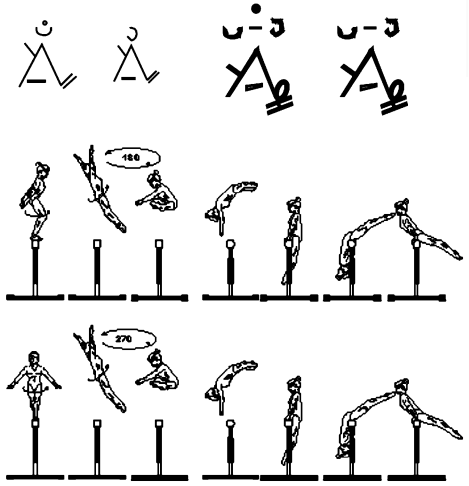
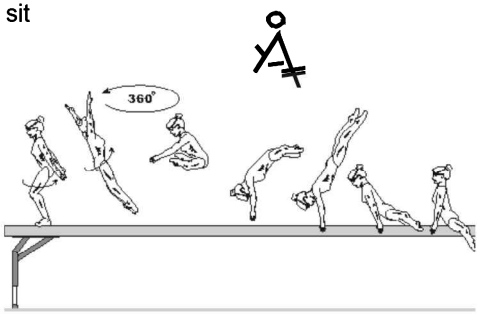
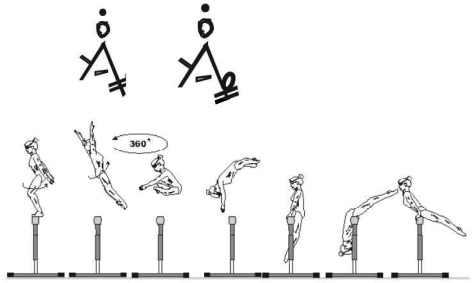


From cross position, Jump with change of legs (minimum of 30° leg separation) and 1/4 (90°) turn to straddle-pike or side-split in side position (180° leg separation) with additional 1/4 (90°) turn to finish in cross position (Rader) (Not illustrated)

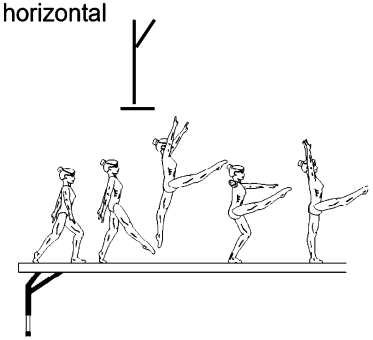
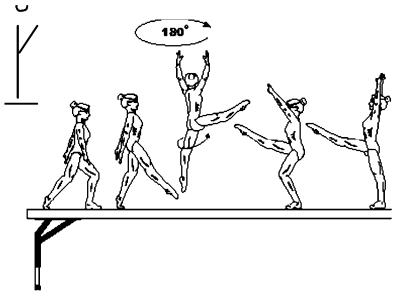
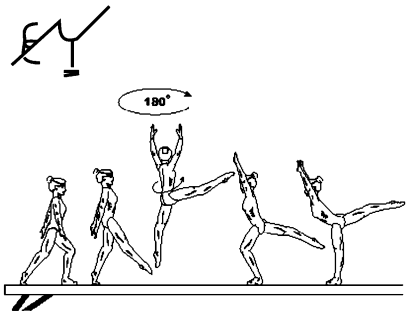
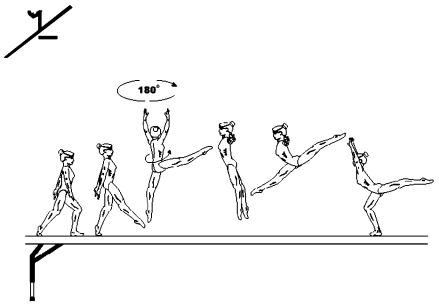
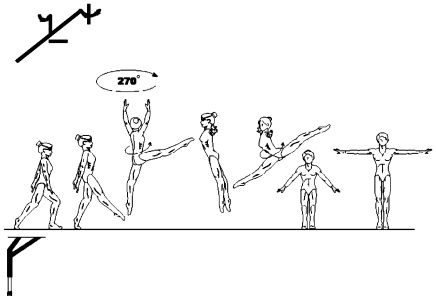
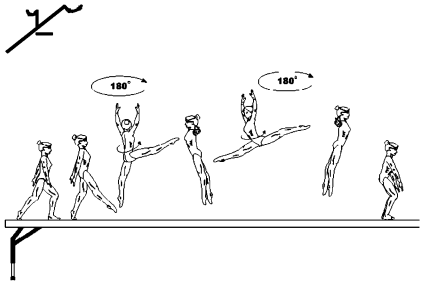
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.102	**2.202** Straddle-pike jump (Hill) or side-split jump from in cross position – (180°) leg separation  Straddle pike-jump or side-split jump in cross position – (180°) leg separation, with a 1/4 (90˚) turn to finish in side position  From side position, jump with a 1/4 (90˚) turn to straddle-pike jump or side-split in cross position – (180°) leg separation 	**2.302** Straddle-pike jump or side-split jump from side position – (180°) leg separatio-  Straddle-pike jump or side-split jump in side position – (180°) leg separation, with a 1/4 (90˚) turn to finish in cross position  From cross position, jump with a 1/4 (90˚) turn to straddle-pike jump or side-split in side position – (180°) leg separation 	**2.402** Straddle-pike jump or side-split jump with 1/2 (180°) turn (Borden) or 3/4 (270°) turn from a cross or side position (180°) leg separation (not illustrated)  	**2.502** Straddle-pike jump or side-split jump with 1/1 (360°) turn from a cross or side position with (180°) leg separation  

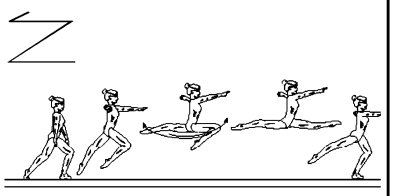
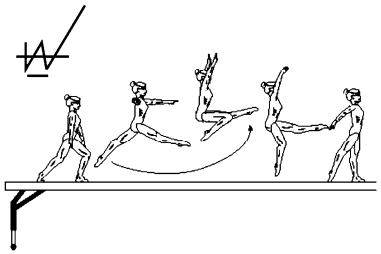
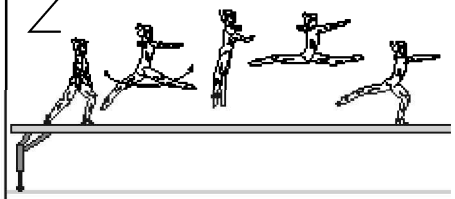
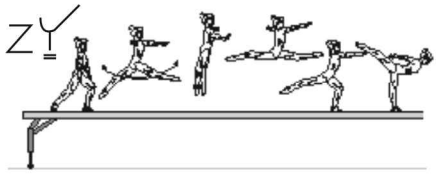
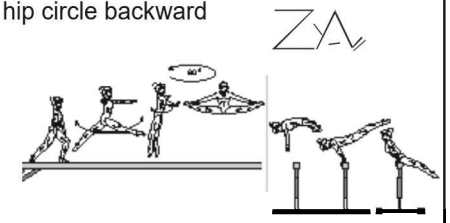
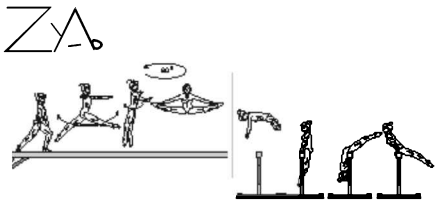
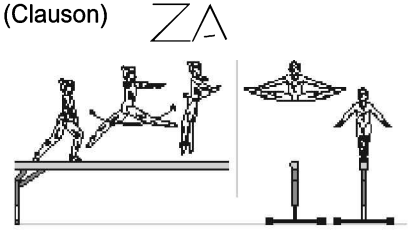
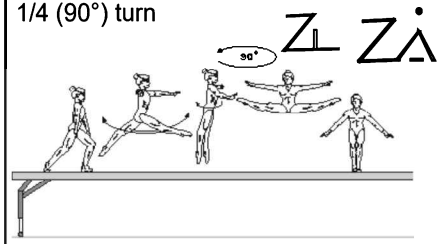
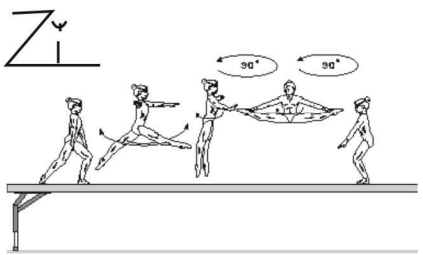
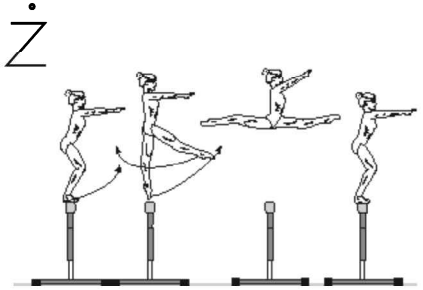
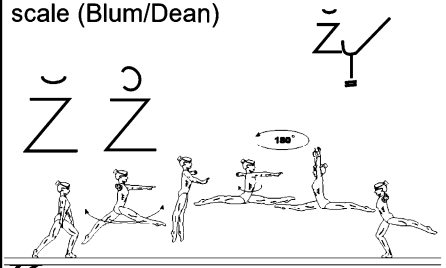
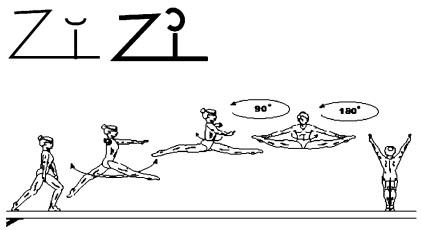
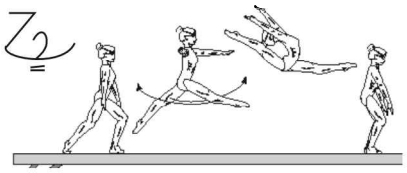
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.103	**2.203** Straddle jump to hand support with swing down to cross straddle sit 	**2.303** Straddle jump with 1/4 (90°) turn to hand support with swing down to cross straddle sit or to land in front side support  From a side stand, straddle jump to land in side front support, or with a hip circle backward (Furnon) (no illustration) 	**2.403** Straddle jump with 1/2 - 3/4 (180° - 270°) turn to hand support with swing down to cross straddle sit  Straddle jump with 1/2 - 3/4 (180° - 270°) turn to front side support (Companioni) or with hip circle backward 	**2.503** Straddle jump with 1/1 (360°) turn to hand support with swing down to cross straddle sit  From side position, straddle jump with 1/1 (360°) turn to side front support or with hip circle backward 

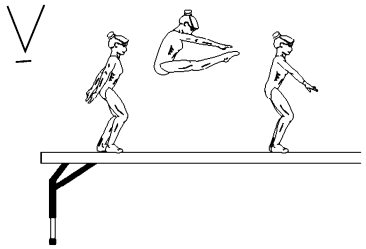
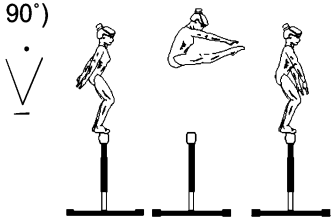
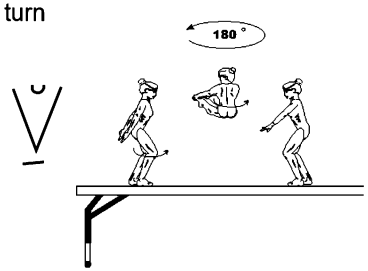
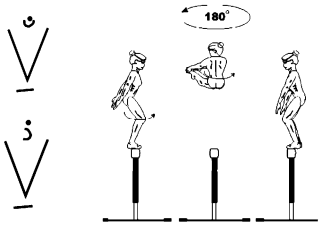
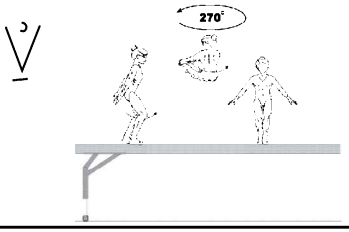
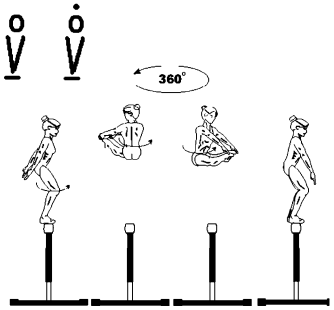
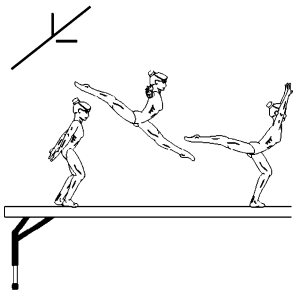
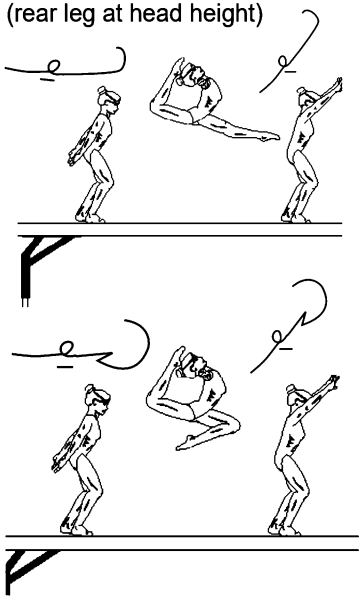
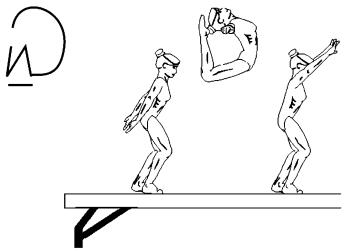
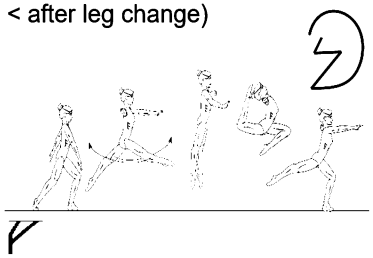
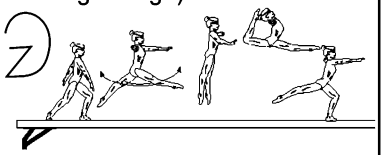
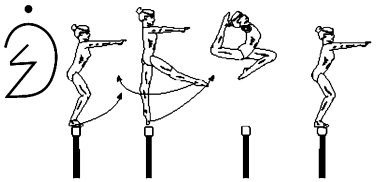
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.104 Hop with free leg extended above horizontal 	**2.204**	**2.304** Hop with 1/2 (180°) turn, free leg extended above horizontal  Fouetté hop with 1/2 (180°) turn to land in scale (free leg above horizontal)  These two elements are considered different elements.	**2.404** Tour jeté, also with an additional 1/4 (90˚) turn (leg separation 180°) to land on one or both feet Fouetté hop   These two elements are considered the same element.	**2.504** Tour jeté with additional 1/2 (180°) turn (leg separation 180°) to land on one or both feet 

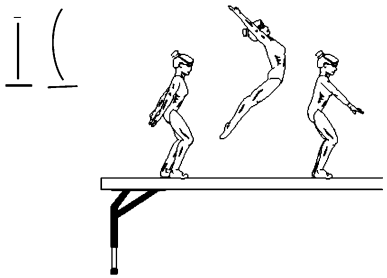
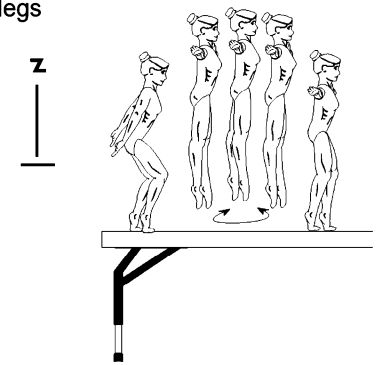
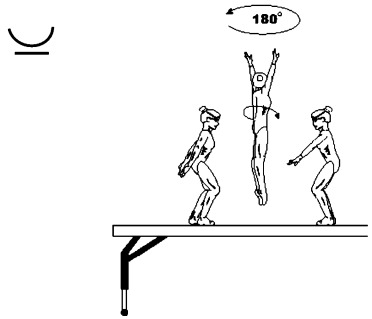
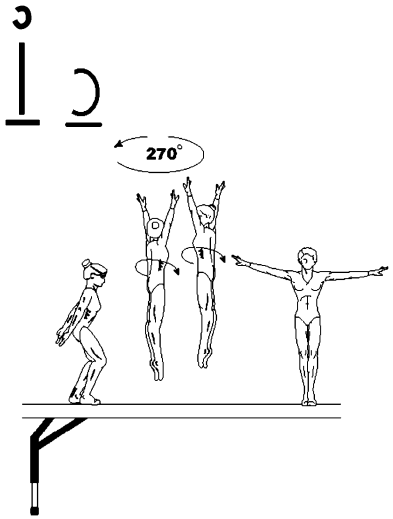
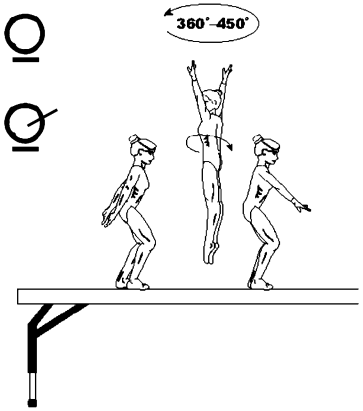
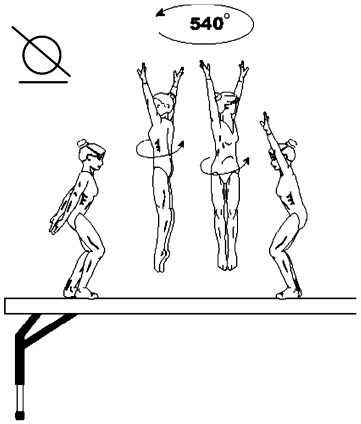
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.105 Stag leap forward with leg change  Stride leap forward with change of legs to wolf position 	**2.205**	**2.305** Split leap forward with change of legs (180° separation after leg change), also to scale forward (2 sec.)   Split leap forward with leg change and 1/4 (90°) turn to front support, also with hip circle backward   Split leap with leg change to straddle - take off and finish in cross position (Clauson) 	**2.405** Split leap forward with leg change (180° separation after leg change) and 1/4 (90°) turn to side-split or straddle-pike position (Johnson), also with additional 1/4 (90°) turn   From a side stand, take off on one foot–swing free leg forward to a minimum of 45˚, then swing leg backward to show 180˚ leg separation in the air (switch-leg) land on one or two feet (Concannon) 	**2.505** Split leap forward with change of legs (180° separation after leg change) with 1/2 (180°), 3/4 (270°)(Salcedo) turn or more, also w/ 1/2 (180°) turn to scale (Blum/Dean)  Split leap forward with leg change (180° separation after leg change) and 1/4 (90°) turn to side-split leap (180°) or straddle-pike position (Johnson) with additional 1/2 (180°) or 3/4 (270°) (Ikoma) turn  Split leap forward with leg change (180° separation after leg change) and backward arch bending of upper body with head release (Switch-leg Yang Bo) (Courville) 

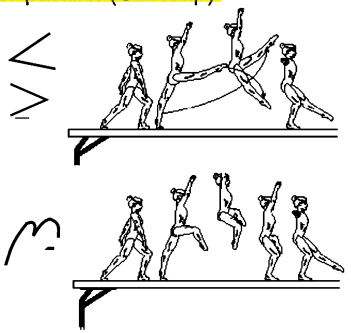
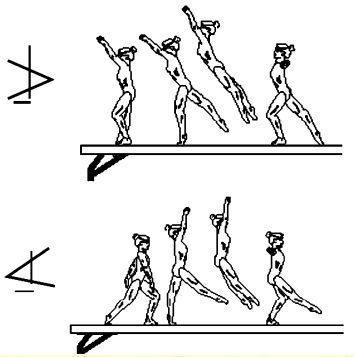
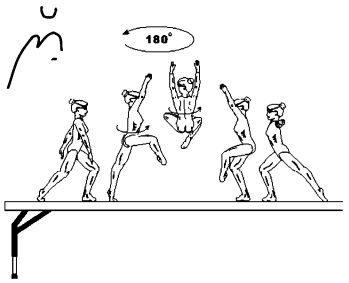
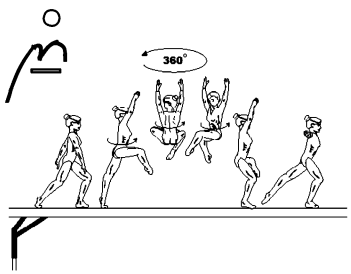
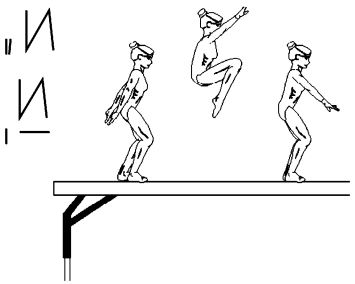
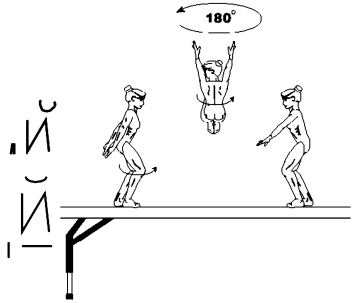
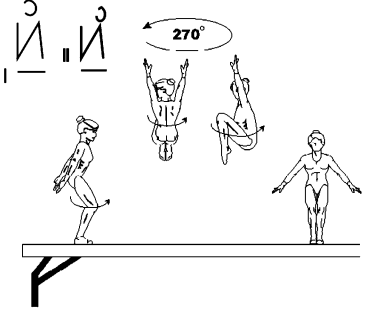
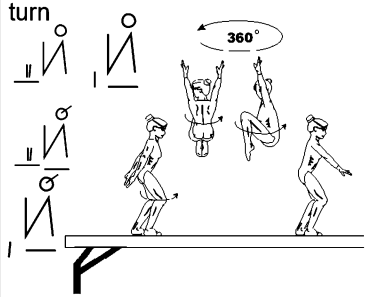
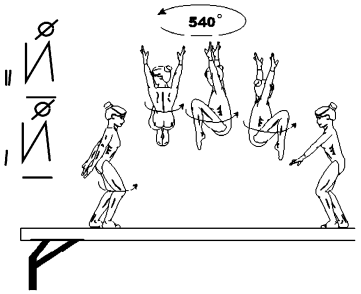
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.106	**2.206** Pike jump from cross position (hip < 90°) 	**2.306** Pike jump from side position (hip < 90˚)  Pike jump (Sekerova) from cross position (hip < 90°) with 1/2 (180°) turn 	**2.406** Pike jump from side position (hip < 90°) with 1/2 (180°) or 3/4 (270˚) turn (not illustrated)  Pike jump from cross position (hip < 90°) with 3/4 (270˚) turn 	**2.506** Pike jump (take-off from two feet) from side or cross position (hip < 90°) with 1/1 (360°) turn (Cox) 
2.107 Sissonne, take off from both legs, land on one leg (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°) 	**2.207**	**2.307** Ring or stag-ring leap or jump (rear leg at head height) 	**2.407** Tuck jump with arch (Sheep jump), feet at head height  Split leap forward with leg change to stag-ring leap (180° separation < after leg change) 	**2.507** Split leap forward with leg change to ring leap (180° separation < after leg change)  From a side stand, take off on one foot, swing free leg forward to a minimum of 45˚ then swing leg backward to show 180˚ leg separation in a double-stag ring position in the air (switch leg) and land on one or two feet (Concannon) 

Group 2 – Leaps, Jumps, and Hops

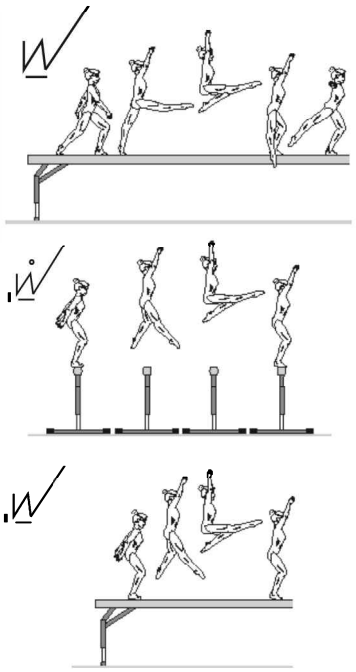
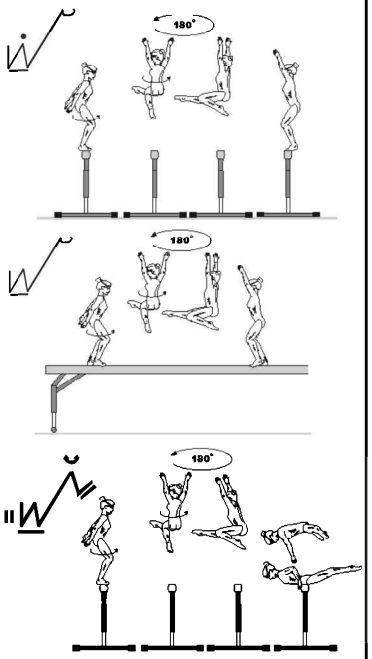
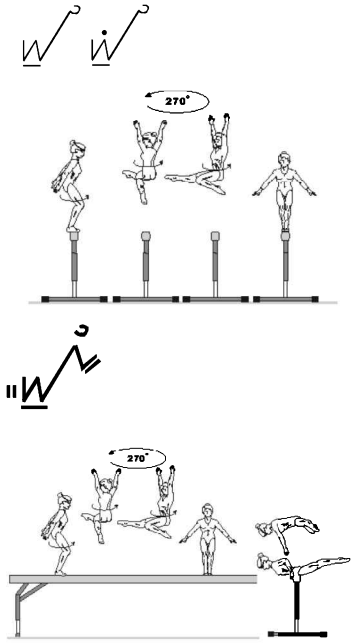
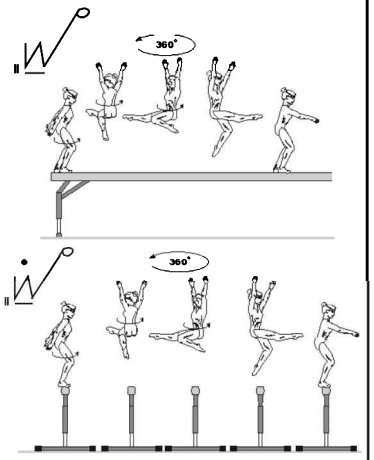
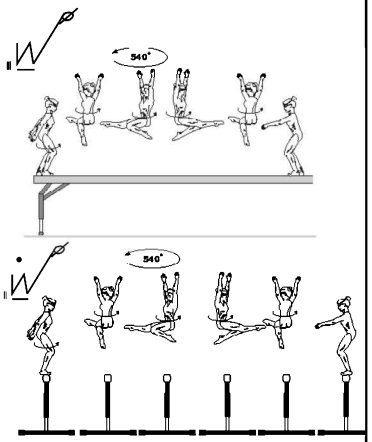
A	B	C	D	E
2.108 Stretched (straight) or arch jump  Stretched jump with change/beat of legs  First 2 elements considered the same element. Stretched jump with 1/2 (180˚) turn, from cross or side position 	**2.208** Stretched jump forward with ¾ (270°) turn, from cross or side position 	**2.308** Stretched jump forward with 1/1-1¼ (360°– 450˚) turn, from cross or side position 	**2.408** Stretched jump forward with 1½ (540°) turn, from cross or side position, landing optional 	**2.508**

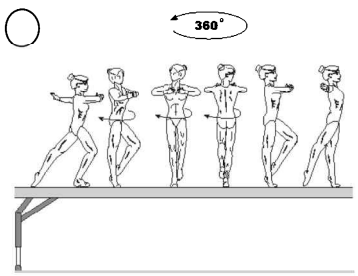
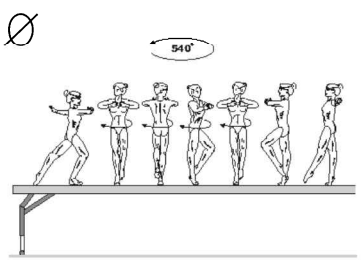
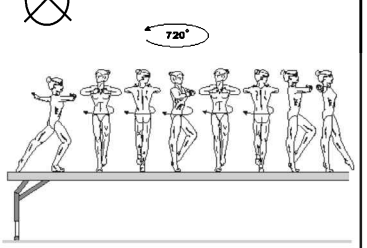
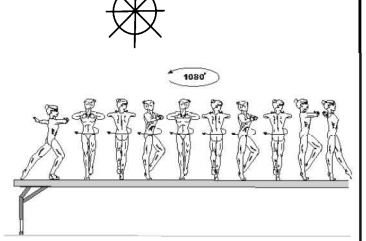
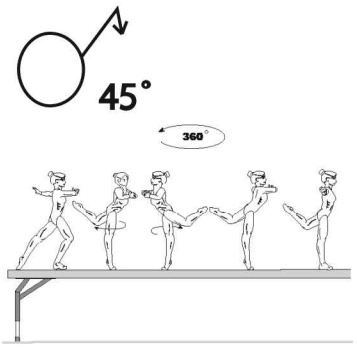
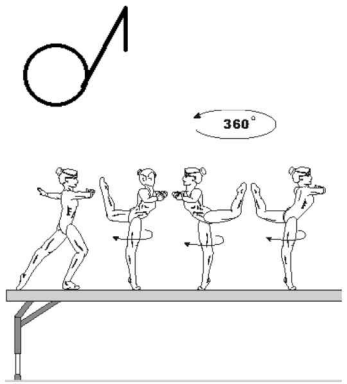
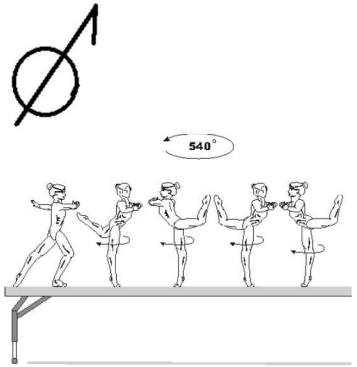
Group 2 – Leaps, Jumps, and Hops

A	B	C	D	E
2.109 Scissors leap forward or backward with extended legs (Hitch-kick); with bent legs in turn-out or parallel (Cat leap)  Cabriole (front or back)  All considered different elements.	**2.209** Cat leap with 1/2 (180°) turn 	**2.309** Cat leap with 1/1 (360°) turn 	**2.409** Cat leap with 1½ (540°) turn 	**2.509**
2.110 Tuck hop or jump 	**2.210** Tuck hop or jump with 1/2 (180°) turn 	**2.310** Tuckhop or jump with 3/4 (270˚) turn 	**2.410** Tuck hop or jump with 1/1 (360°) turn and also with 1¼ (450°) turn 	**2.510** Tuck hop or jump with 1½ (540°) turn (Barclay and Rosette) 

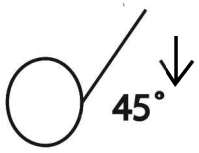
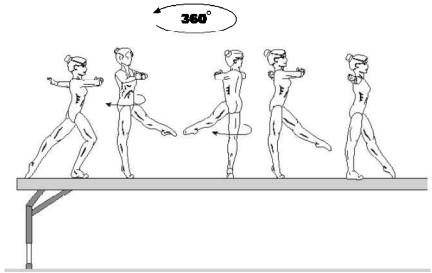
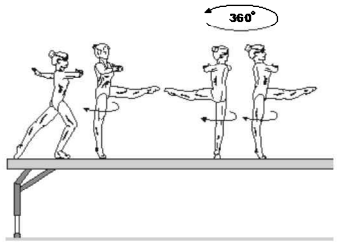
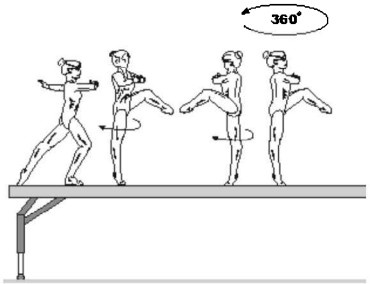
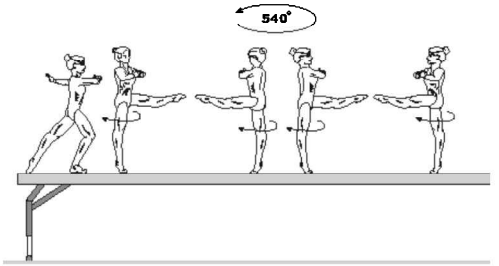
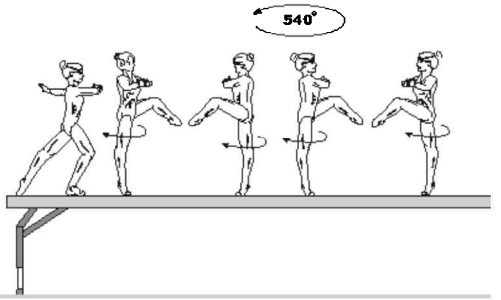
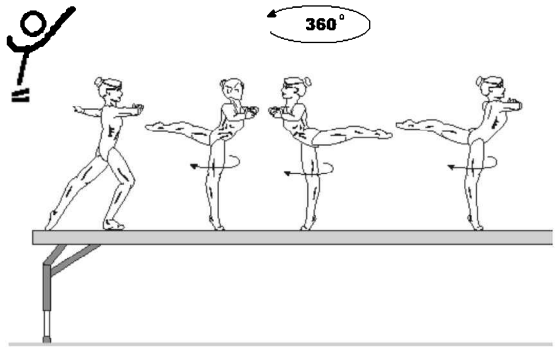
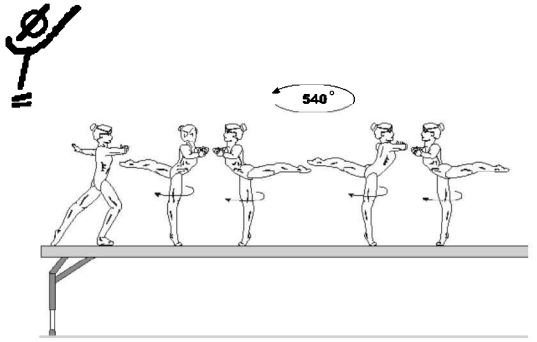
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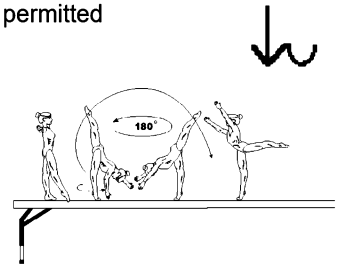
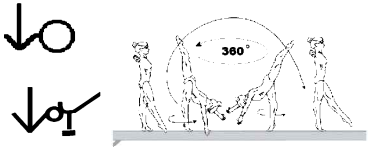
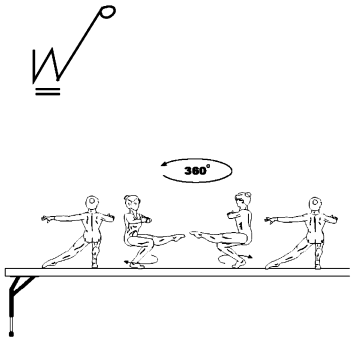
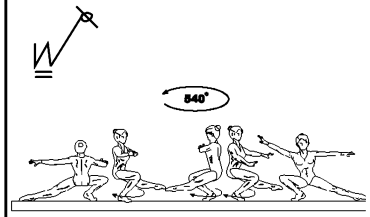
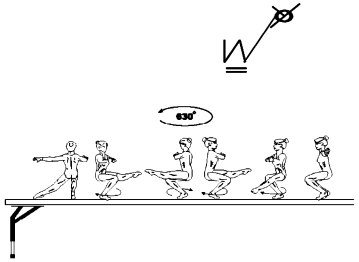
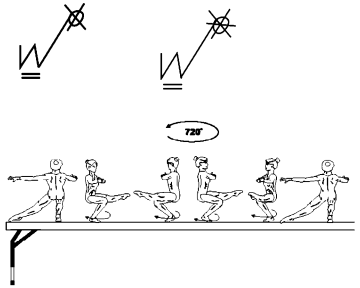
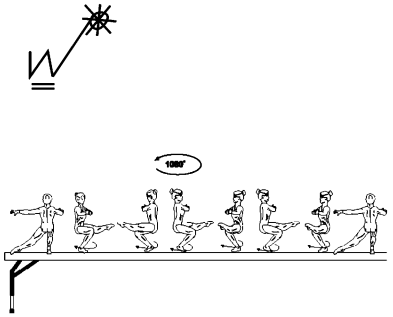
Group 2 – Leaps, Jumps, and Hops

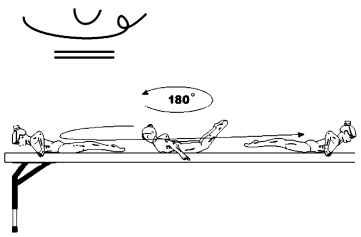
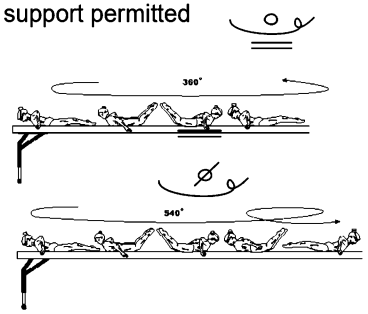
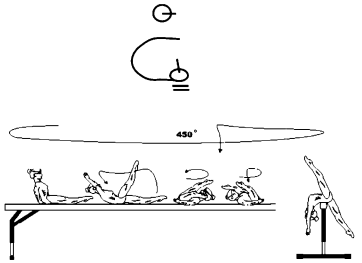
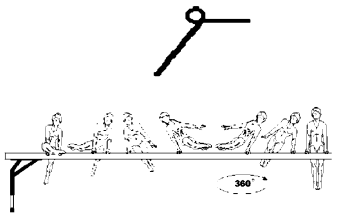
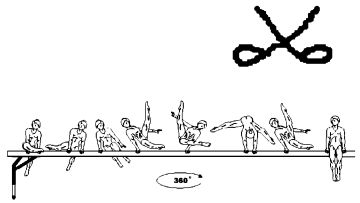
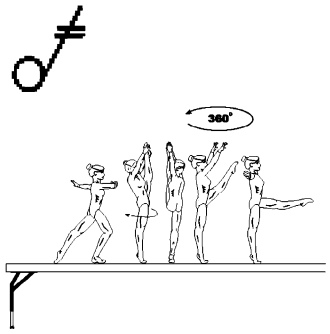
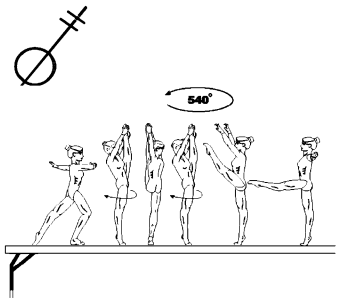
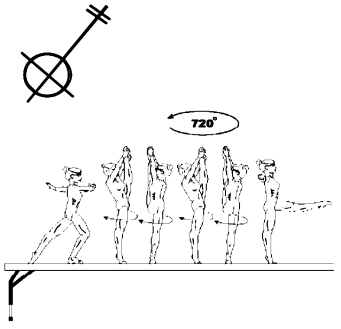
A	B	C	D	E
2.111 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) from side or cross position	**2.211** Wolf hop or jump from side or cross position with 1/2 (180°) turn, also landing in front support	**2.311** Wolf hop or jump from side or cross position with 3/4 (270°) turn, also landing in front support	**2.411** Wolf hop or jump from side or cross position with 1/1 (360°) turn	**2.511** Wolf hop or jump from a side or cross position with 1½ (540°) turn (Vituj)
				

Group 3 – Turns				
A	B	C	D	E
3.101 1/1 (360°) turn on one leg 	**3.201** 1½ (540°) turn on one leg 	**3.301**	**3.401** 2/1 (720°) turn on one leg 	**3.501** 3/1 (1080°) turn on one leg (Okino) 
3.102	**3.202** 1/1 (360°) turn on one leg, thigh of free leg backward-upward in back attitude below horizontal but at a minimum of 45° throughout the turn, with or without hand holding leg 	**3.302** 1/1 (360°) turn on one leg, thigh of free leg backward-upward in back attitude at or above horizontal throughout the turn, with or without hand holding leg 	**3.402** 1½ (540°) turn on one leg, thigh of free leg backward-upward in back attitude at or above horizontal throughout the turn, with or without hand holding leg 	**3.502**

Group 3 – Turns

A	B	C	D	E
3.103	**3.203** 1/1 (360°) turn with heel of free leg forward below horizontal but at a minimum of 45° throughout the turn, forward leg extended or bent, without hand holding leg  	**3.303** 1/1 (360°) turn with heel of free leg forward, at or above horizontal throughout the turn, forward leg extended or bent, without hand holding leg   	**3.403** 1½ (540°) turn with heel of free leg forward, at or above horizontal throughout the turn, forward leg extended or bent, without hand holding leg   	**3.503**
3.104	**3.204**	**3.304** 1/1 (360°) turn in arabesque, free leg at or above horizontal throughout the turn 	**3.404** 1½ (540°) turn in arabesque, free leg at or above. above horizontal throughout the turn 	**3.504**

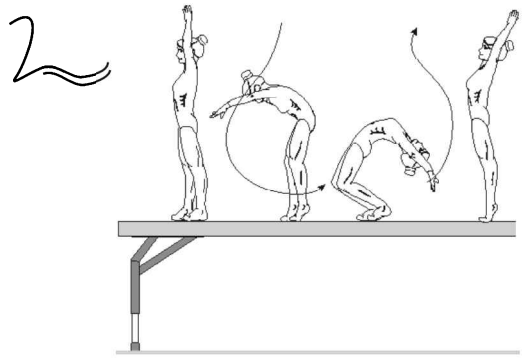
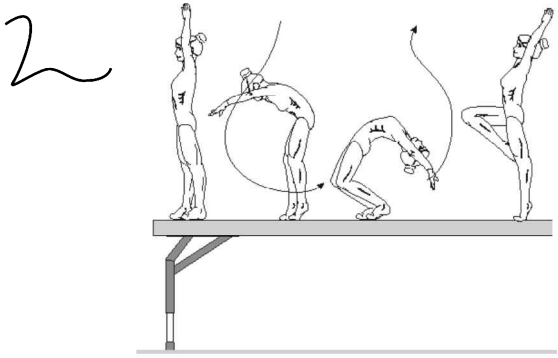
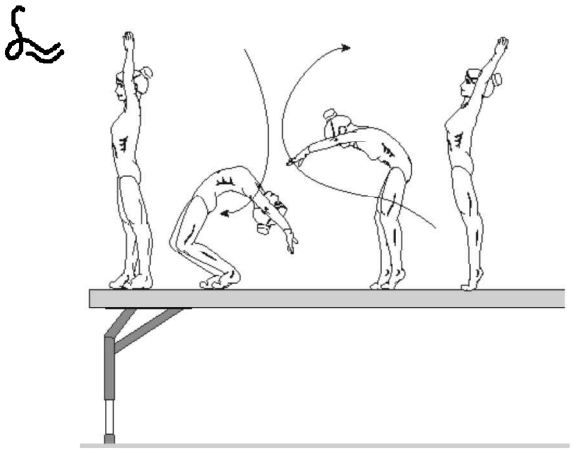
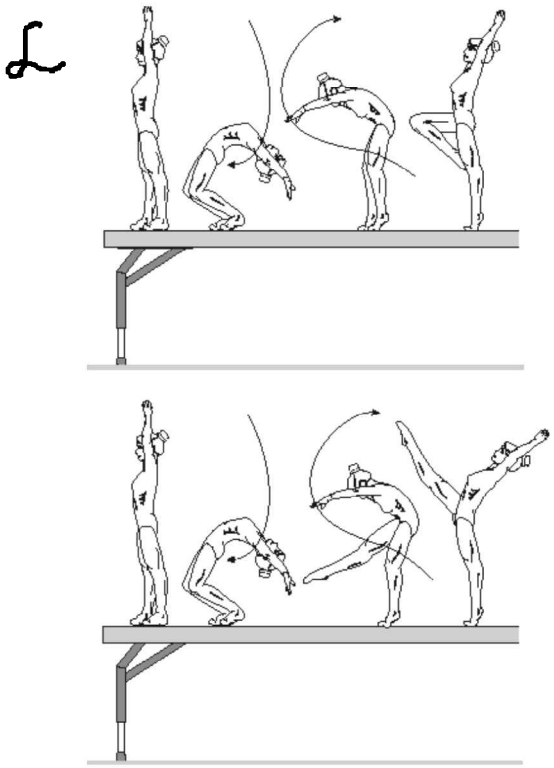
Group 3 – Turns				
A	B	C	D	E
3.105	**3.205**	**3.305** 1/2 (180°) Illusion turn through standing split without touching beam with free leg (brief touching of beam with one hand permitted 	**3.405**	**3.505** 1/1 (360°) Illusion turn through standing split without touching beam with free leg (brief touching of beam with one hand permitted; also to immediate scale (leg at horizontal or above-2 sec.hold) (Jarred/Medvitz) 
3.106	**3.206** 1/1 (360°) turn in tuck stand on one leg, free leg in forward or sideward horizontal 	**3.306** 1½ (540°) turn in tuck stand on one leg, free leg in forward or sideward horizontal  1 3/4 (630°) turn in tuck stand on one leg, free leg in forward or sideward horizontal, to finish in tuck/kneeling position (Ferguson) 	**3.406** 2/1–2½ (720°– 900˚) turn in tuck stand on one leg, free leg in forward or sideward horizontal (Humphrey), also rising to finish turn in stand (Swartzentruber) (not illustrated) 	**3.506** 3/1 (1080˚) or more turn in tuck stand on one leg, free leg in forward or sideward horizontal (George) 

Group 3 – Turns				
A	B	C	D	E
3.107 1/2 (180°) turn in prone position – hand support alternate 	**3.207** 1/1 to 1½ (360° - 540°) turn in prone position –alternate hand support permitted 	**3.307**	**3.407** 11/4 (450°) turn on back in kip position (hip-angle closed) (LiLi) 	**3.507**
3.108	**3.208** 1/1 (360°) turn flank circle, legs together 	**3.308** One leg circle with “flair” (legs separated) (Talavera) 	**3.408**	**3.508**
3.109	**3.209**	**3.309** 1/1 turn (360°) with hand(s) holding leg upward in 180° split position throughout turn 	**3.409** 1½ (540°) turn with hand(s) holding leg upward in 180° split position throughout turn 	**3.509** 2/1 (720°) turn with hand(s) holding leg upward in 180° split position throughout turn 

Revised 8.24

Group 4 – Waves

All Wave elements are considered Dance Value Parts

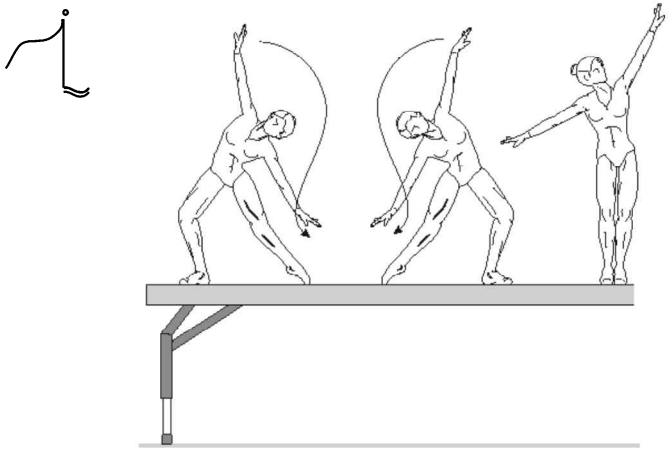
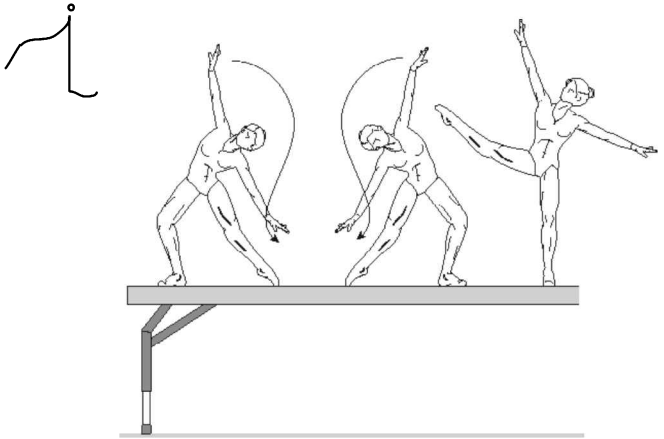
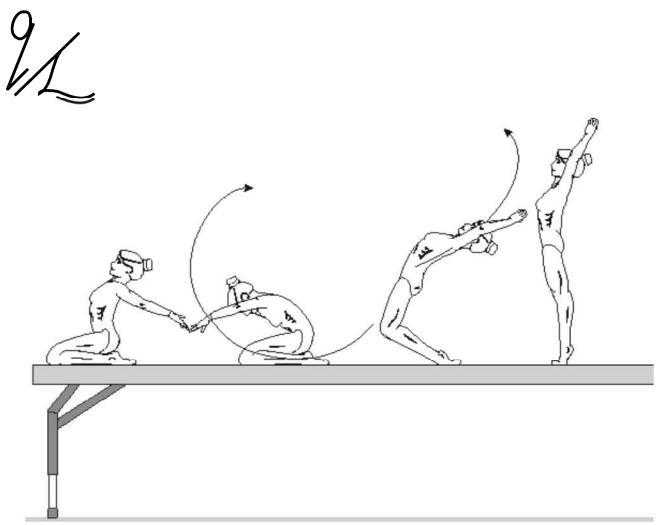
A	B	C	D	E
4.101 ***(D)*** Body wave forward to balance stand (2 sec.) on both legs 	**4.201** ***(D)*** Body wave forward to balance stand (2 sec.) on one leg 	**4.301**	**4.401**	**4.501**
4.102 ***(D)*** Body wave backward to balance stand (2 sec.) on both legs 	**4.202** ***(D)*** Body wave backward to balance stand (2 sec.) on one leg 	**4.302**	**4.402**	**4.502**

Balance stand indicates a stand on the ball of the foot in high relevé.

(D) indicates element is considered a Dance Value Part

Group 4 – Waves

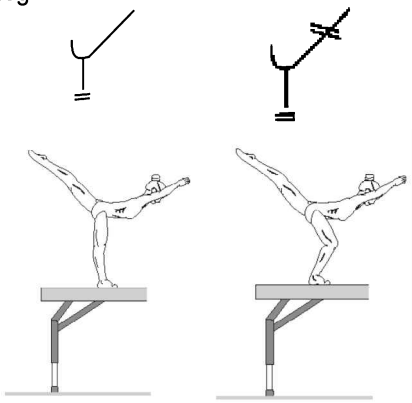
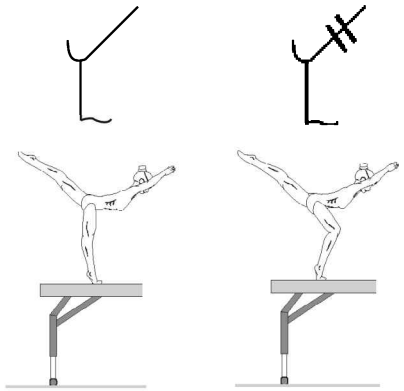
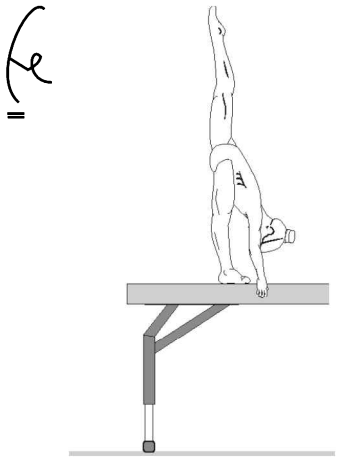
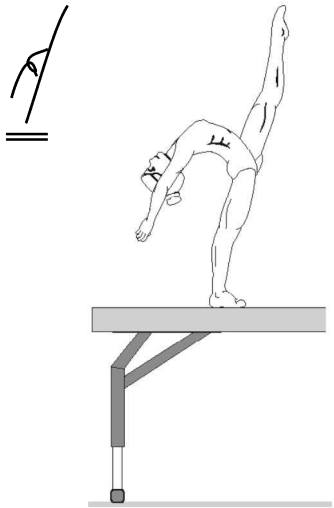
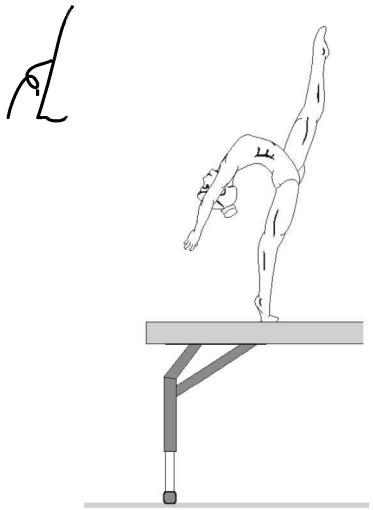
All Wave elements are considered Dance Value Parts

A	B	C	D	E
4.103 ***(D)*** Body wave sideward to balance stand (2 sec.) on both legs 	**4.203** ***(D)*** Body wave sideward to balance stand (2 sec.) on one leg 	**4.303**	**4.403**	**4.503**
4.104	**4.204** ***(D)*** From kneeling sit position, rise upward with body wave through toe-balance stand (Toe rise) (No hold required) 	**4.304**	**4.404**	**4.504**

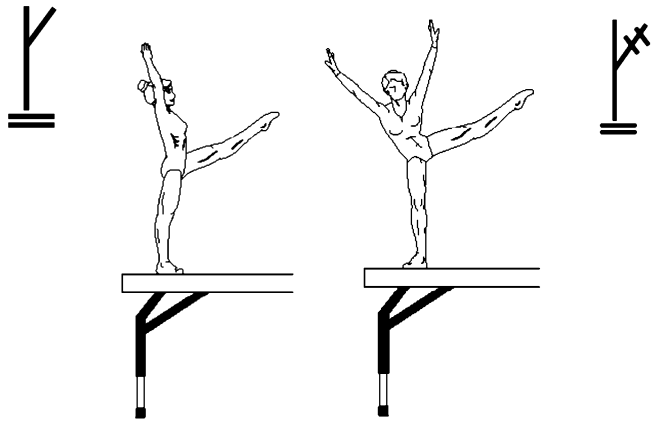
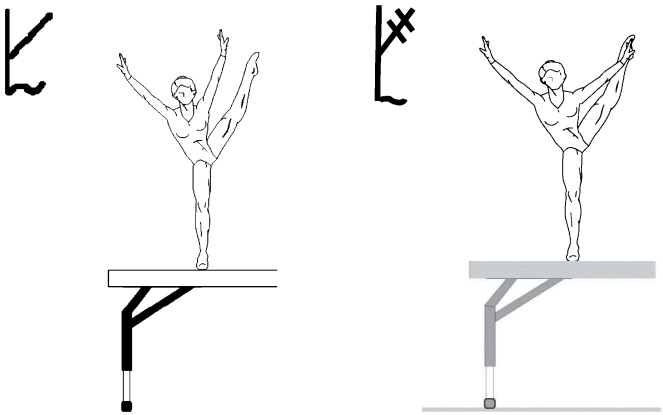
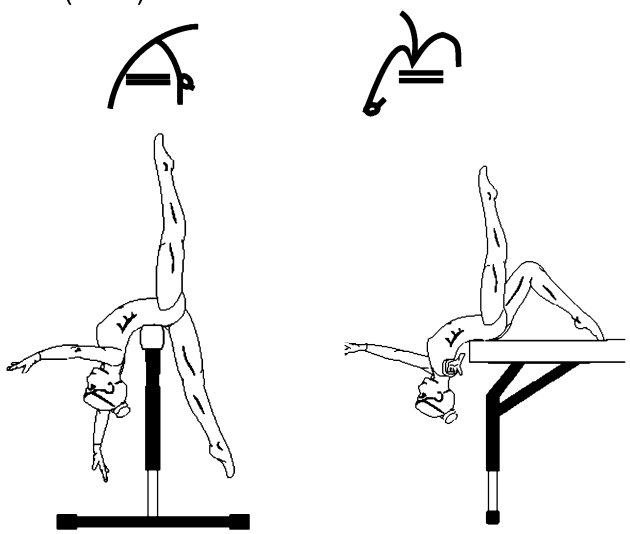
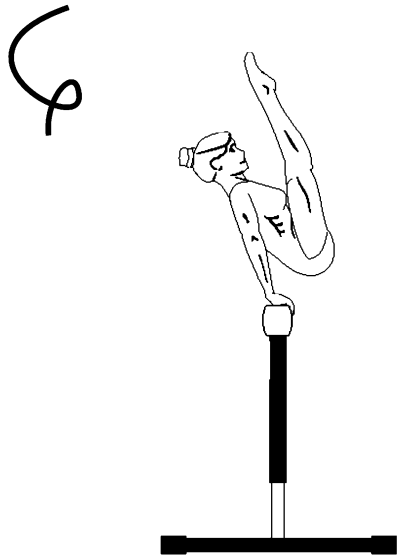
Balance stand indicates a stand on the ball of the foot in high relevé.

(D) indicates element is considered a Dance Value Part

Group 5 – Holds–Stands

A	B	C	D	E
5.101 ***(D)*** Scale forward, support leg extended or bent and free leg above horizontal (2 sec.), also with hand holding free leg 	**5.201** ***(D)*** Scale forward in balance stand, support leg extended or bent and free leg above horizontal (2 sec.), also with hand holding free leg 	**5.301** Balance stand indicates a stand on the ball of the foot in high relevé. ***(D) indicates element is considered a Dance Value Part***	**5.401**	**5.501**
5.102 ***(D)*** Standing split forward with hand support (on top, side or under beam) in front of leg (separation <180°) – Needle scale (2 sec.) 	**5.202**	**5.302** ***(D)*** Standing split backward, in stand on whole foot (2 sec.) 	**5.402** ***(D)*** Scale backward in balance stand (2 sec.) 	**5.502**

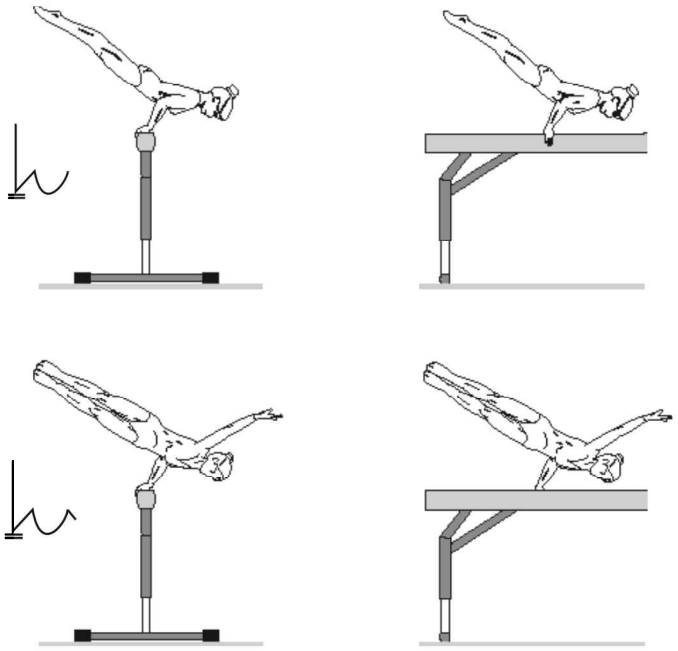
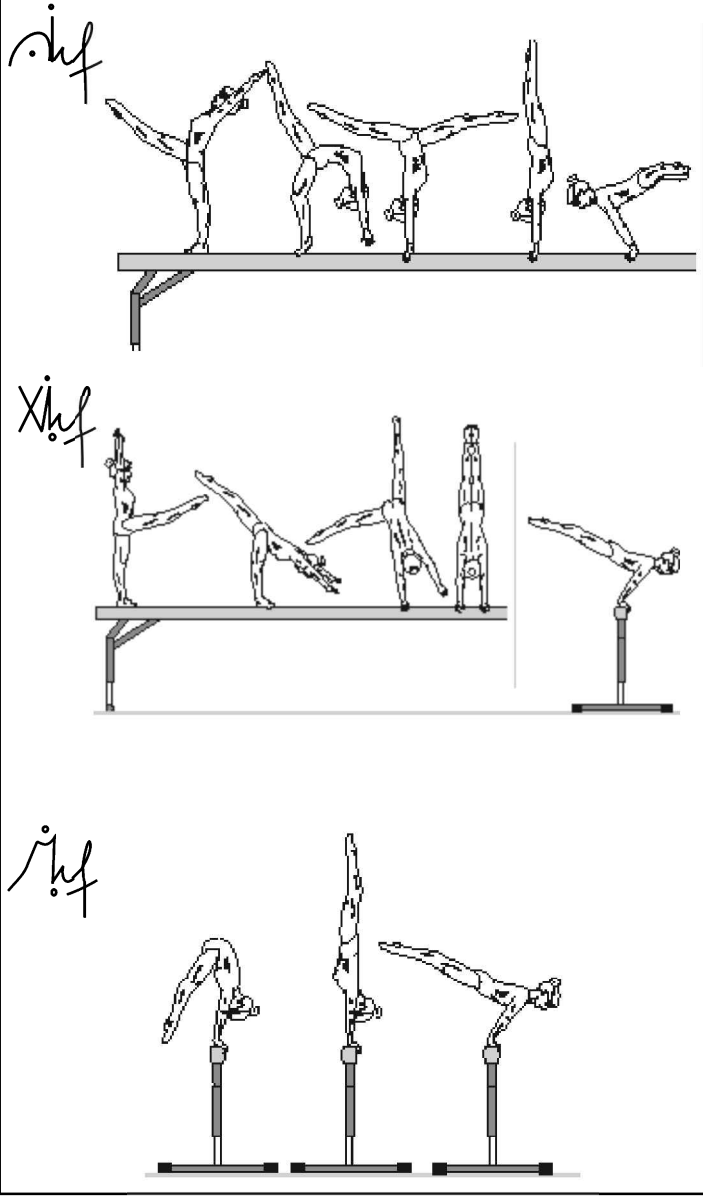
Group 5 – Holds–Stands

A	B	C	D	E
5.103 ***(D)*** Stand on one leg (whole foot), free leg in forward or sideward hold above 90° (2 sec.); also with hand holding free leg. 	**5.203** ***(D)*** Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.); also with hand holding free leg. 	**5.303**	**5.403**	**5.503**
5.104 ***(Not Acro)*** Free lying with large leg amplitude – torso position at end or side of beam (2 sec.) 	**5.204** ***(Not Acro)*** Clear pike or straddle "V"- support (2 sec.) 	**5.304**	**5.404**	**5.504**

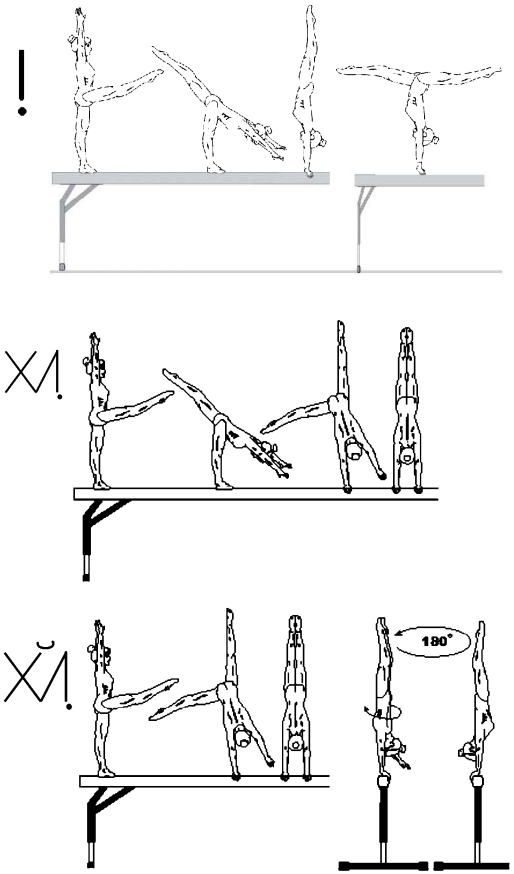
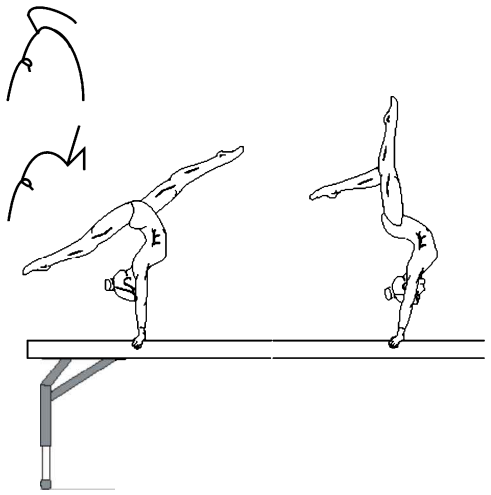
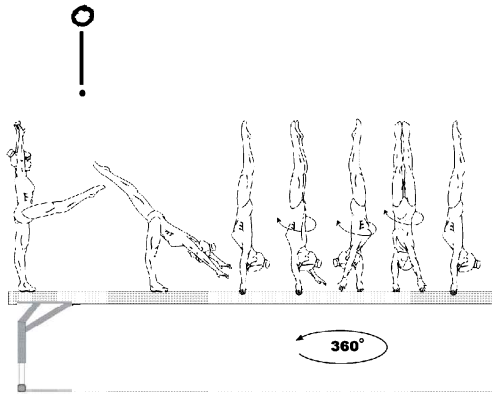
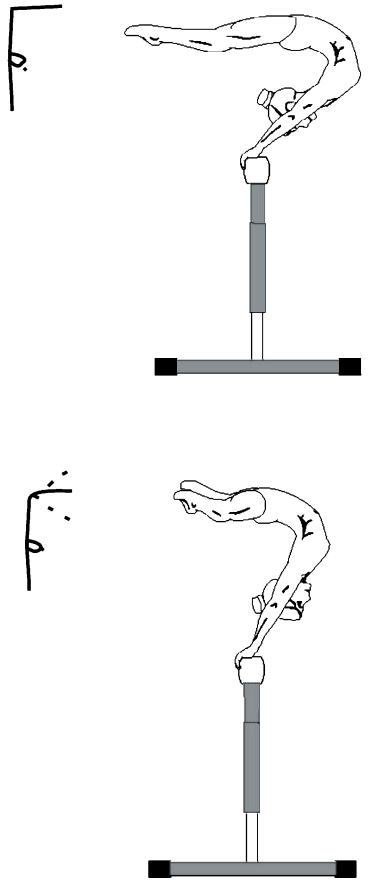
Balance stand indicates a stand on the ball of the foot in high relevé.

(D) indicates element is considered a Dance Value Part

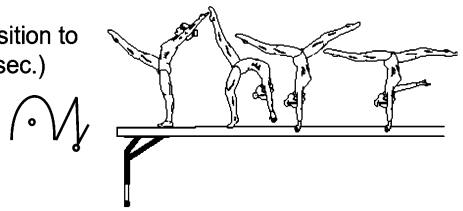
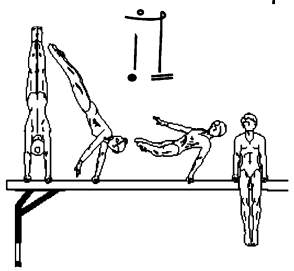
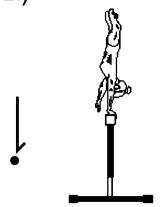
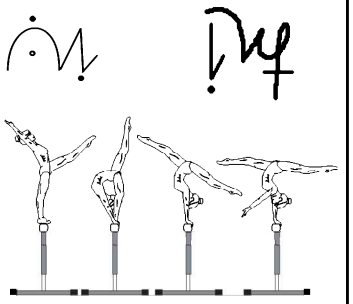
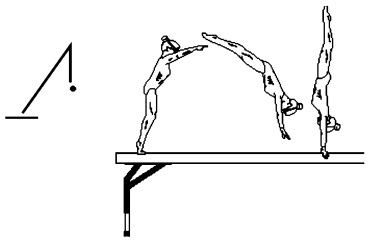
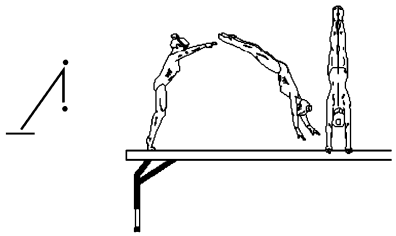
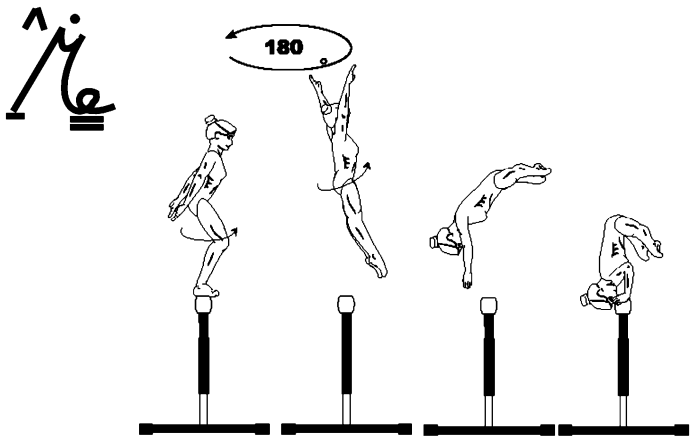
Group 5 – Holds–Stands

A	B	C	D	E
5.105 ***(Not Acro)*** Planche with support on one or both arms (2 sec.) 	**5.205**	**5.305** Jump, press or swing to cross or side handstand – or walkover backward or cartwheel to cross or side handstand – lower to cross or side planche (2 sec.) 	**5.405**	**5.505**

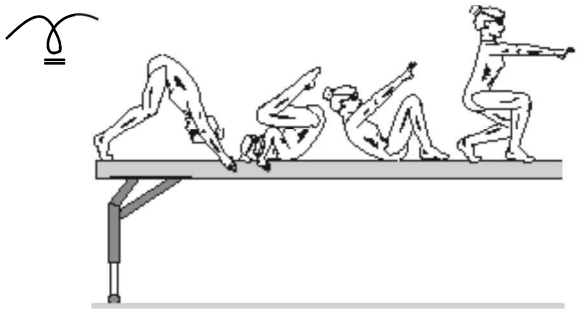
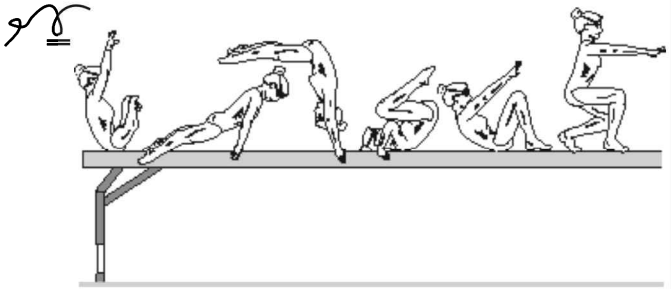
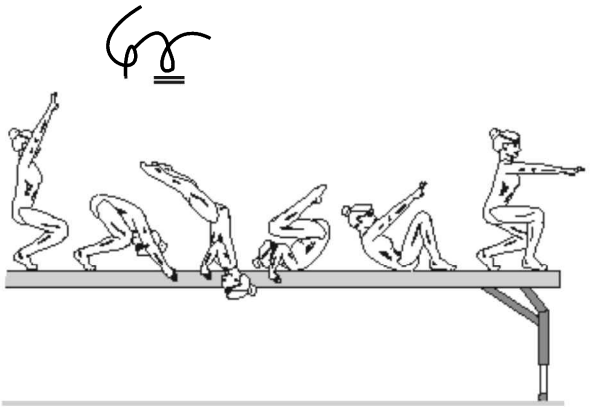
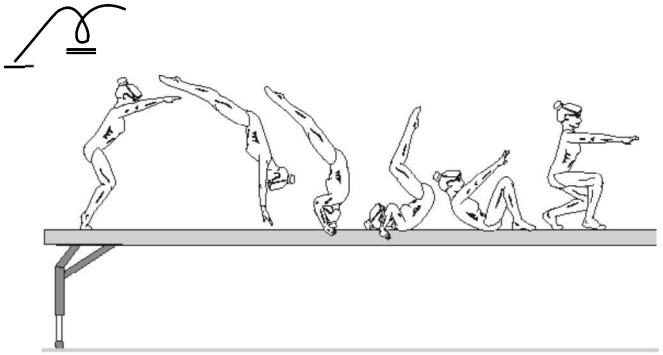
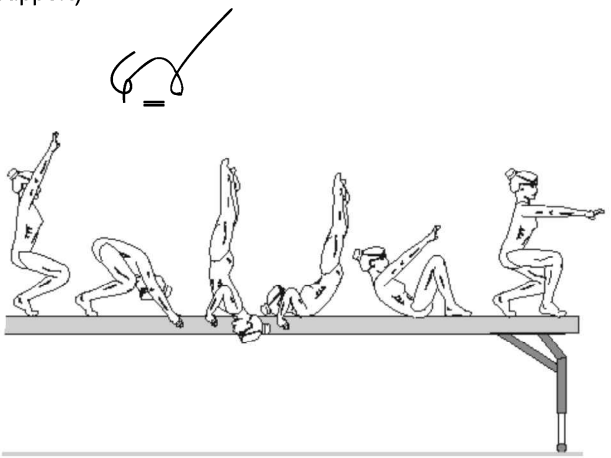
Group 5 – Holds–Stands

A	B	C	D	E
5.106 Kick to cross or side handstand (2 sec.) with various leg positions; also with 1/2 turn (180˚) (No hold required on turning handstands) 	**5.206** From side front support, cast to handstand or from kick-up to handstand with large arch span in cross or side position also piked with one leg vertical, other leg bent (2 sec.)  Kick to cross handstand with various leg positions with 1/1 turn (360˚) (No hold required on turning handstands), ending position optional 	**5.306** Cross or side handstand with horizontal leg hold – reverse planche in different variations (2 sec.) 	**5.406**	**5.506**

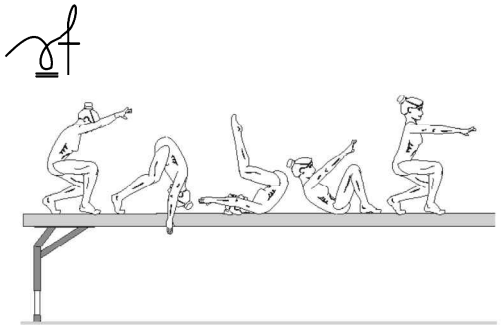
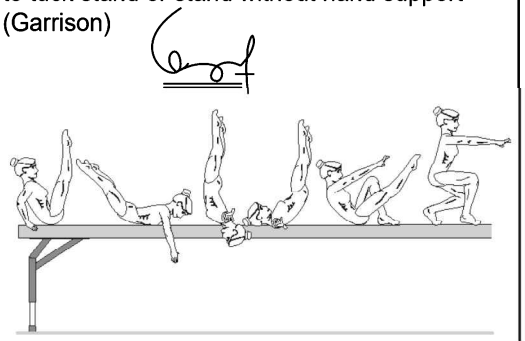
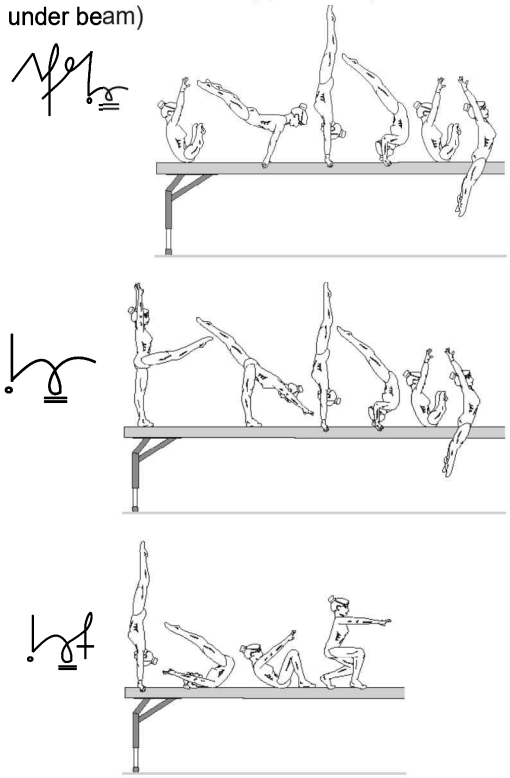
Group 5 – Holds–Stands

A	B	C	D	E
5.107	**5.207**	**5.307** Back walkover in cross position to handstand on one arm (2 sec.)   Side handstand (2 sec.) – release one hand with swing down sideward (flank) to side sit back lying or other end position (Hand-Li) Cross or side handstand on one arm (2 sec.) 	**5.407** Walkover backward in side position to handstand – shift weight to handstand on one arm (2 sec.), also with planche on one arm (2 sec.) (Shaposhnikova) 	**5.507**
5.108	**5.208** Jump to cross or side handstand from one foot (dive) or 2 feet (jump) (2 sec.)  	**5.308** From a side stand, jump with ½ (180°) turn to arrive in a chest stand (with legs straddled) in side position (Kmieciak) 	**5.408**	**5.508**

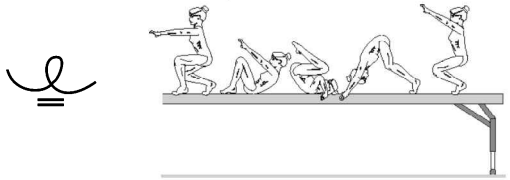
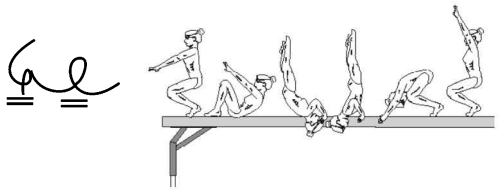
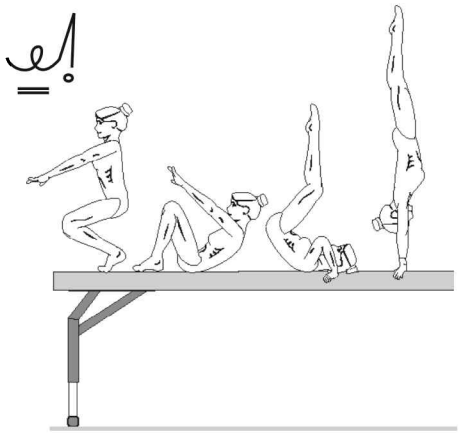
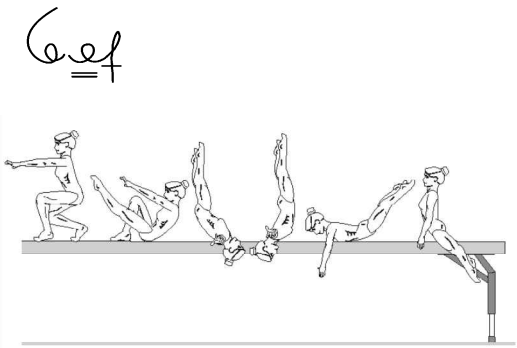
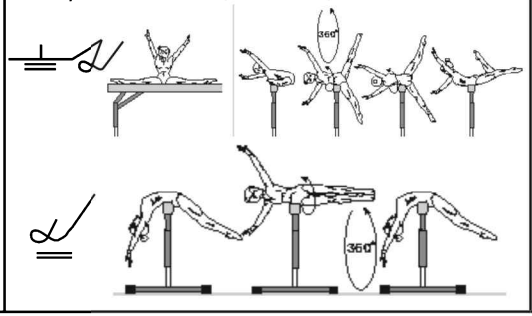
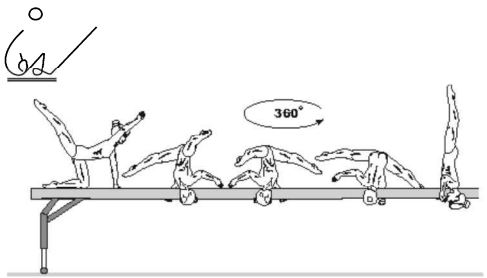
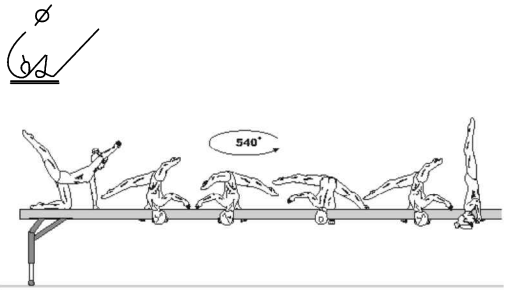
Group 6 – Rolls

A	B	C	D	E
6.101 Roll forward with hand support: start and end position as well as hand position is optional  Roll forward from backward swing (Whip forward roll)  Shoulder roll forward with hand support 	**6.201** Dive roll forward  Shoulder roll forward with hand support and extension of body through vertical to arrive in a tuck stand or stand (Garrison roll with hand support) 	**6.301**	**6.401**	**6.501**

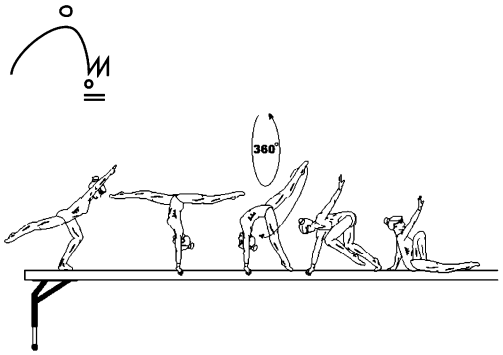
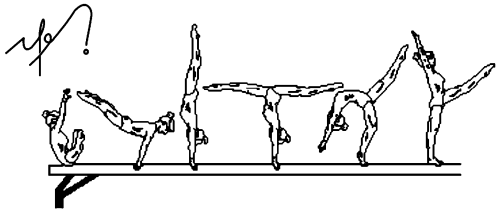
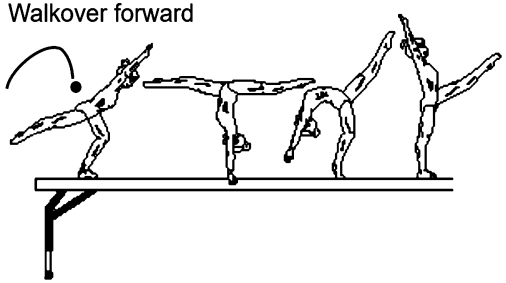
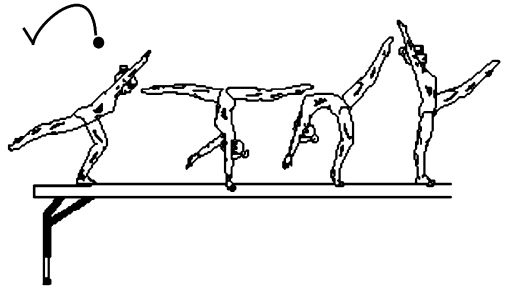
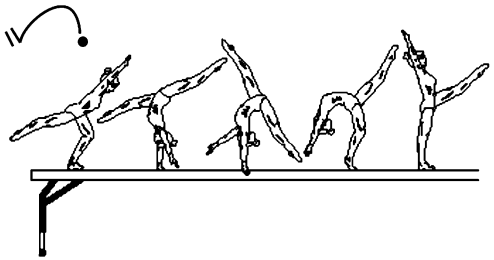
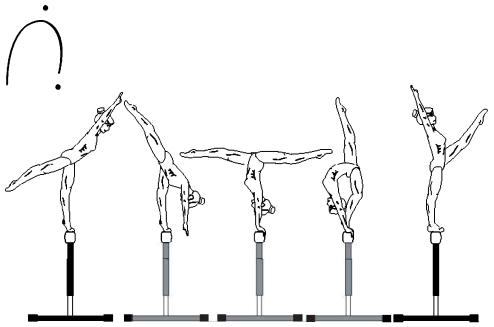
Rolls forward: It is permissable to grasp beam on top, side or underneath during roll, unless specified or described as “free”.

Group 6 – Rolls				
A	B	C	D	E
6.102	**6.202** Roll forward without hand support (Free forward roll) 	**6.302** Free shoulder roll forward with straightening to tuck stand or stand without hand support (Garrison) 	**6.402**	**6.502**
6.103	**6.203** Kick, swing to cross handstand – roll forward with or without hand support on top, side or under beam) 	**6.303**	**6.403**	**6.503**

Group 6 – Rolls

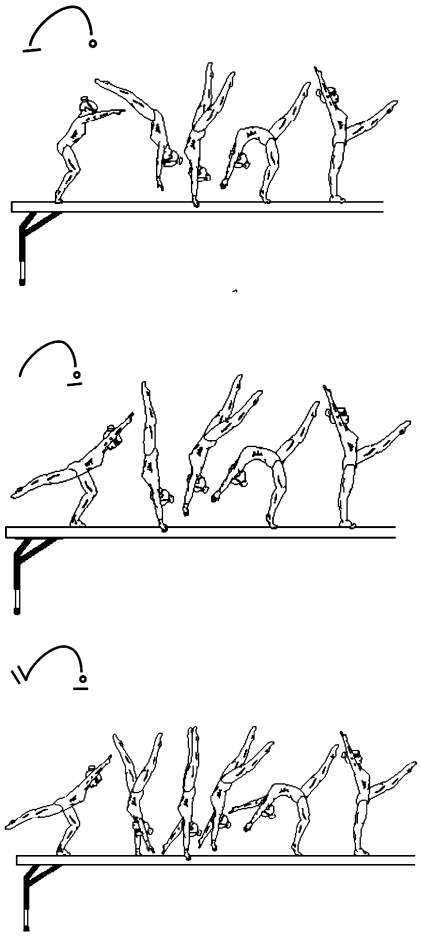
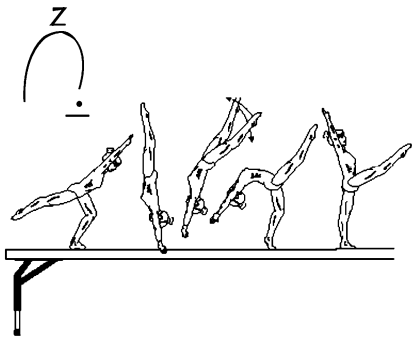
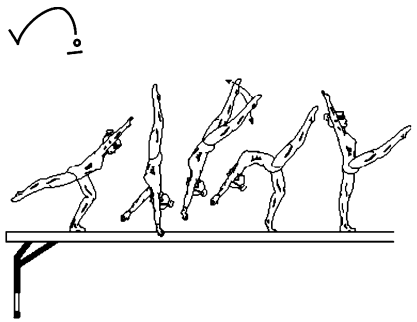
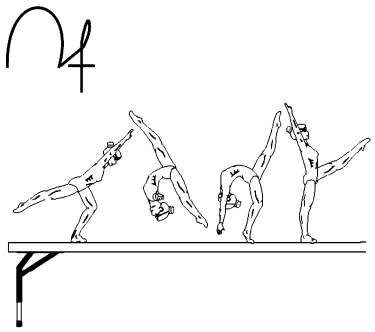
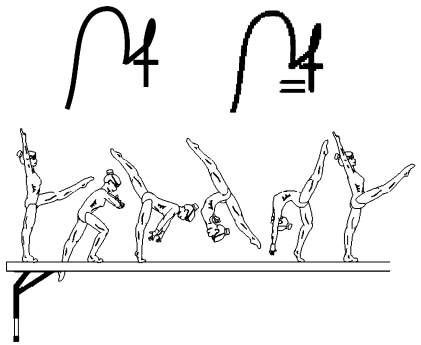
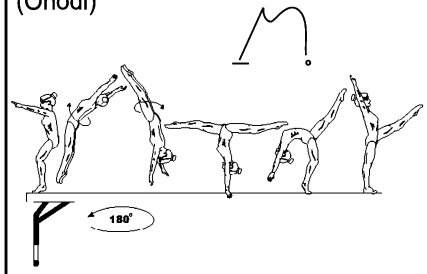
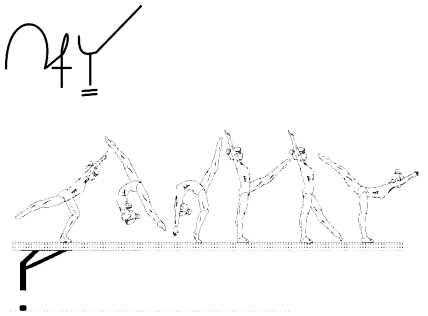
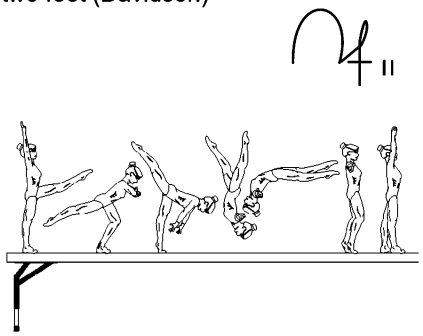
A	B	C	D	E
6.104 Roll backward; start and end position, as well as hand position is optional.  Shoulder roll backward 	**6.204** Roll backward to handstand 	**6.304** Free backward shoulder roll (backward Garrison roll)(Kreifels) 	**6.404**	**6.504**
6.105	**6.205** Roll sideward, body tucked or stretched  – or roll sideward stretched through neckstand, also with 1/2 (180°) turn over shoulder  Roll sideward stretched 360° with legs together or separated – end position optional  	**6.305** Neck roll stretched with 1/1 (360°) turn or 1½ (540°) turn   	**6.405**	**6.505**

Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
7.101 Walkover forward to bridge, 1/1 (360˚) turn on one foot (one hand support to sit)  	**7.201** From clear straddle support – swing backward to handstand – walkover forward  Walkover forward  Walkover forward with support of one arm  Walkover forward with alternate hand support (Tinsica) 	**7.301** Walkover forward in side position to side stand  Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.	**7.401**	**7.501**

Revised 7.23

Group 7 – Walkovers, Cartwheels, etc...

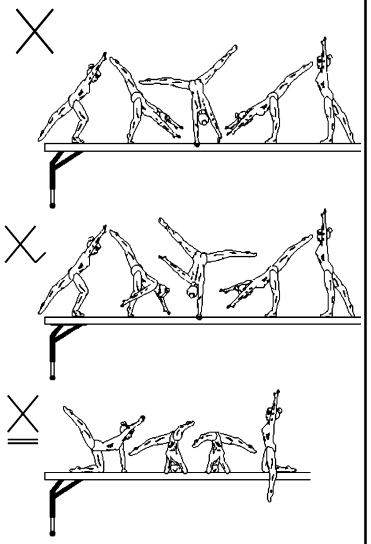
A	B	C	D	E
7.102	**7.202** Handspring forward with flight before or after support of hands, also with altenate hand support (Tinsica spring) 	**7.302** Handspring forward with leg change in flight phase  Handspring forward with support on one arm 	**7.402** Free (aerial) walkover forward  From a stand on one leg, swing free leg through to aerial walkover forward (Swing through front aerial) (George), also to land in kneel/sit (Stevens) (not illustrated)  ***Note: The aerial walkover and swing-through aerial walkover are considered different elements for Value-Part credit; however, any swing-through variations are considered the same element.***	**7.502** Jump backward (flic-flac take-off) with 1/2 (180°) turn to walkover forward (Onodi)  Aerial walkover forward passing free leg backward to finish in a scale (leg horizontal or above) (2 sec.)  Aerial walkover forward to land on two feet (Davidson) 

Revised 7.23

Group 7 – Walkovers, Cartwheels, etc...

A

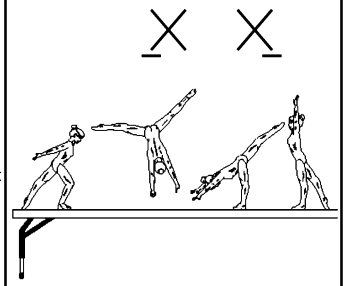
7.103
Cartwheel, also with support of one arm or bending of both arms or on forearms through chest stand



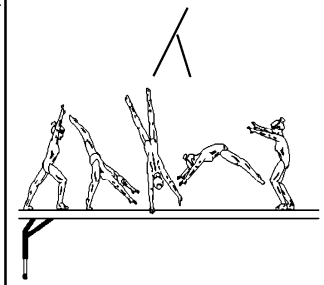
Note: All of these variations are considered different elements for Value-Part

B

7.203
Cartwheel with flight phase before or after hand support



Round-off



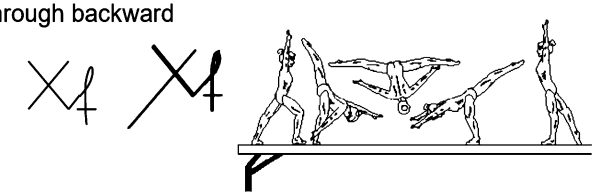
Note: considered different elements for Value-Part credit.

C

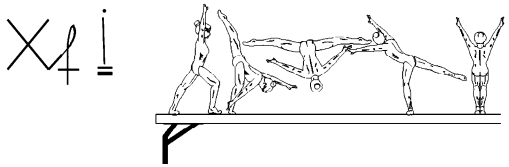
7.303

D

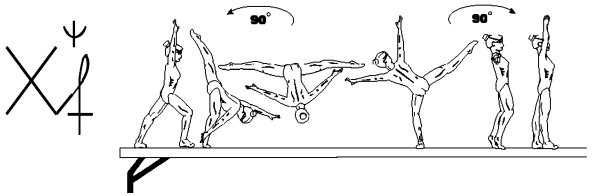
7.403
Aerial cartwheel, also from stand on one leg-swing free leg through backward



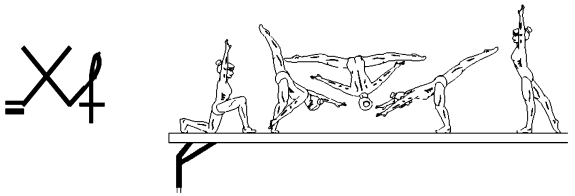
Aerial cartwheel landing in a side position



Aerial cartwheel with additional 1/4 (90°) turn out (Perry)



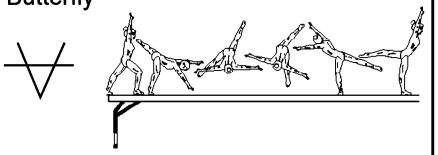
Free (aerial) cartwheel from a kneeling position (Clore)



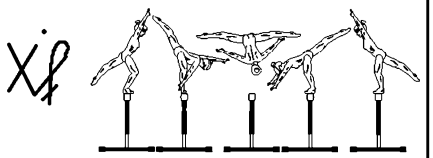
Aerial cartwheel, swing back (free) leg upward to forward or sideward position to stand on one foot with leg held above 140° with the hand (Marinez) (Not illustrated).

E

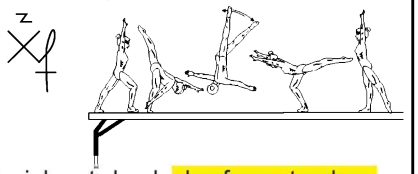
7.503 All different elements
Butterfly



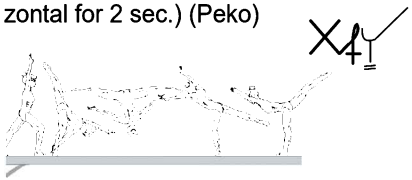
Aerial cartwheel across the width of the beam)



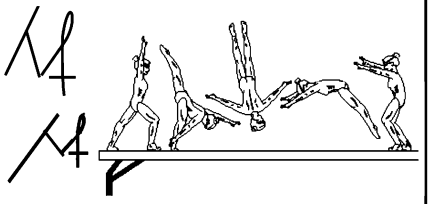
Aerial cartwheel with switch of legs -take-off and land on same leg (Baudhuin)



Aerial cartwheel, also from stand on one leg-swing free leg through back-ward, to an immediate scale with back leg maintained at a minimum of hori-zontal for 2 sec.) (Peko)

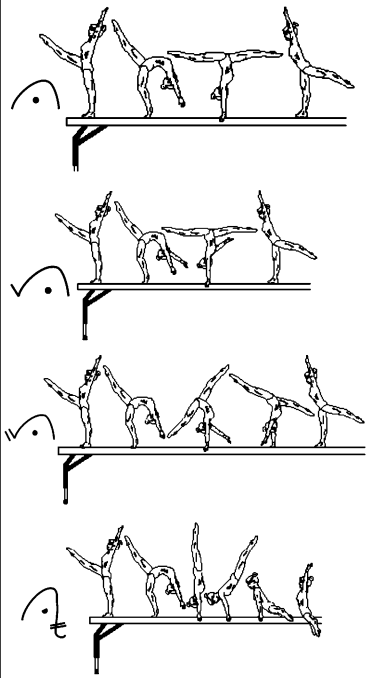
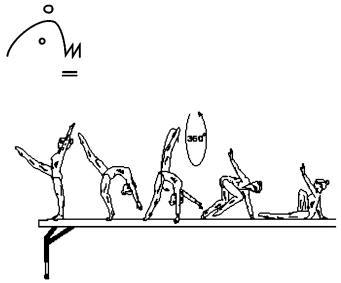
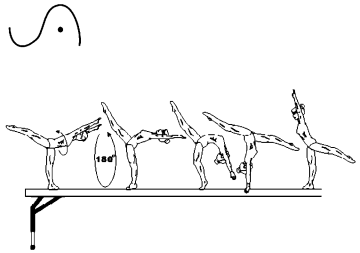
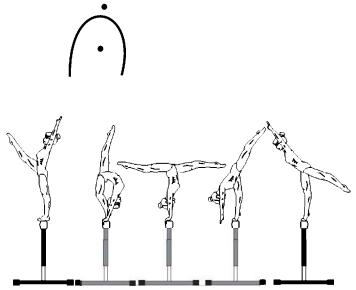
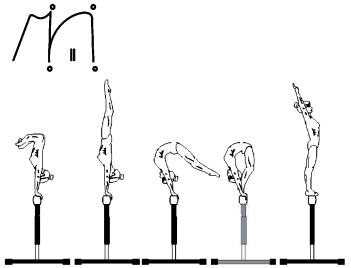


Aerial round-off, landing on both legs, also from stand on one leg, swing free leg through backward (Burgess)

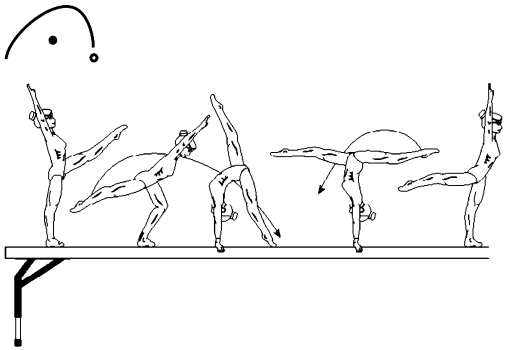
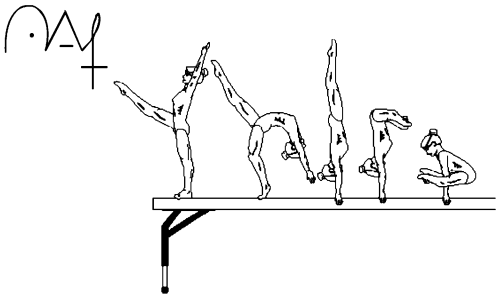
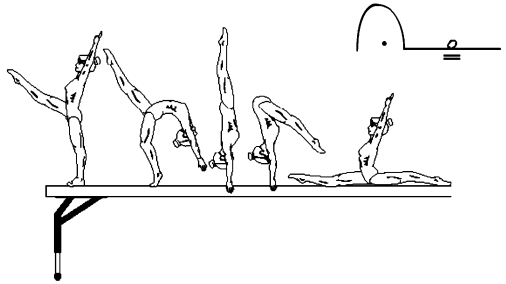
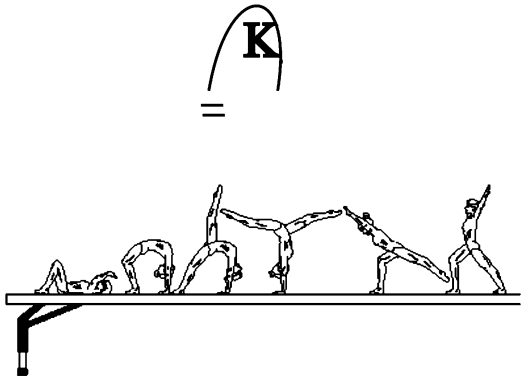
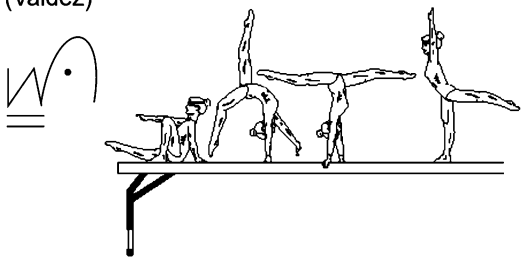
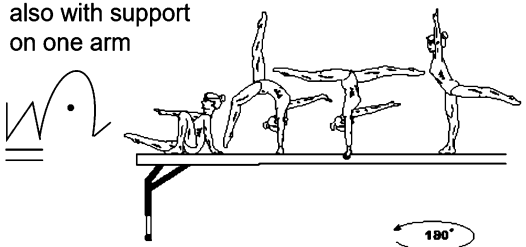
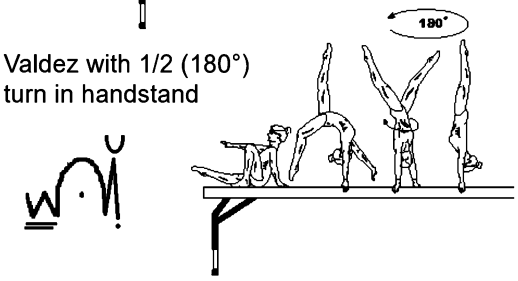
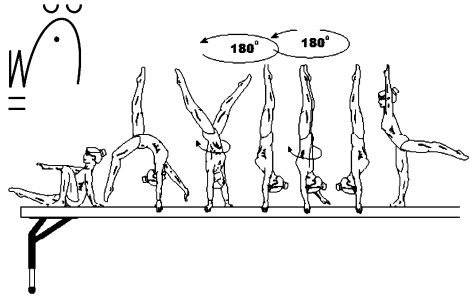
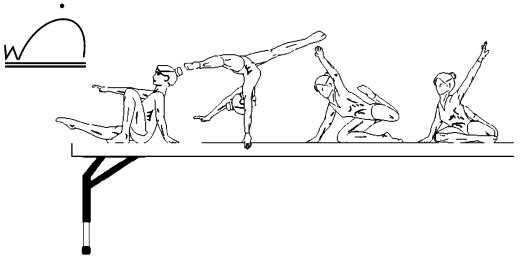


Revised 7.23

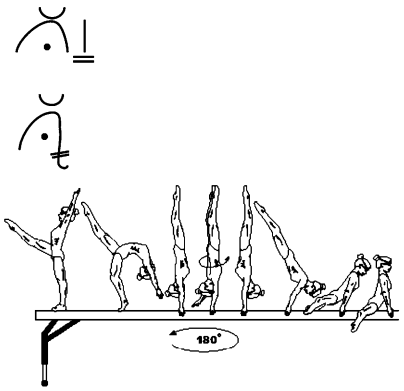
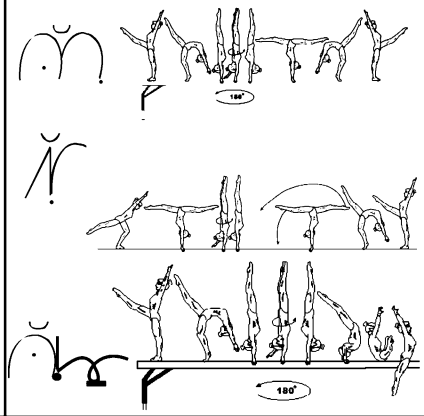
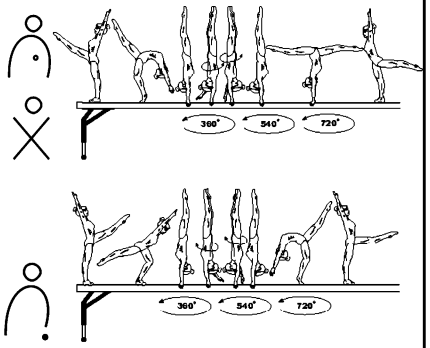
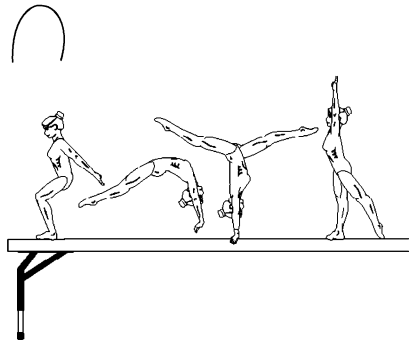
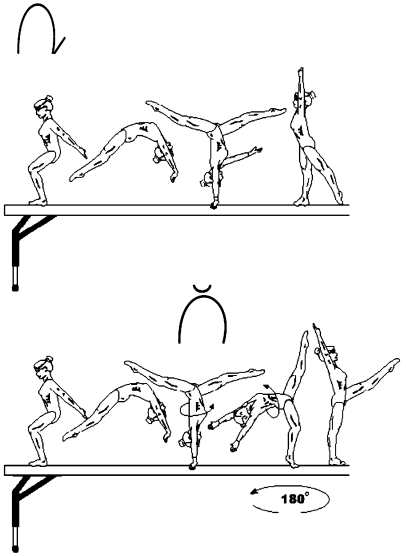
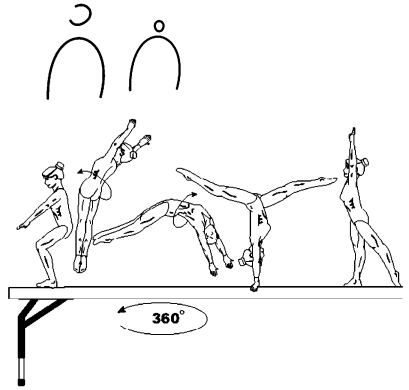
Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
7.104 Walkover backward, also with support of one arm or with alternate hand support (Tinsica) or with swing down to cross sit  Back walkover to bridge 1/1 (360°) turn on one foot (one-hand support) to sit 	**7.204** Scale forward, 1/2 (180°) turn to walkover backward (Turning bridge) 	**7.304** Walkover backward in side position to side stand 	**7.404** Press to side handstand – walkover forward to side stand on both legs (Phillips) 	**7.504** Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

Group 7 – Walkovers, Cartwheels, etc...

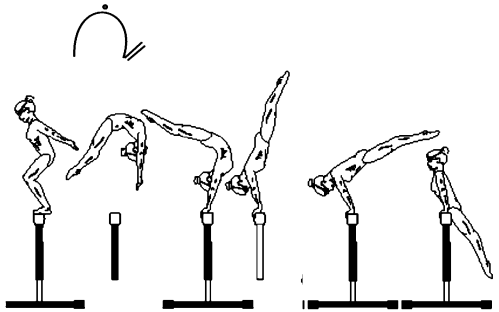
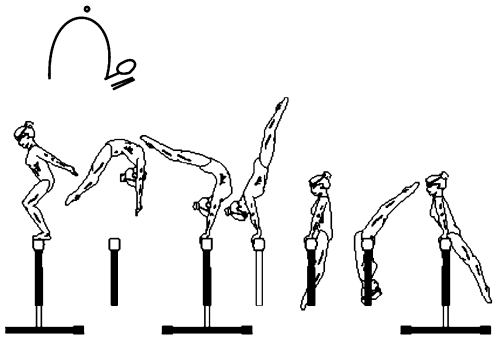
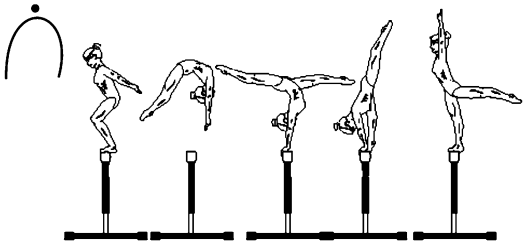
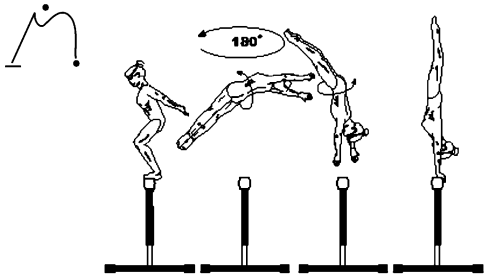
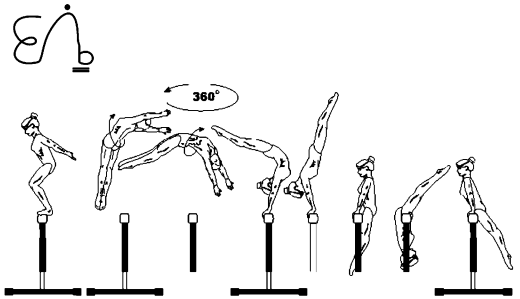
A	B	C	D	E
7.105 Walkover forward, backward (Tic-toc) 	**7.205** Walkover backward – lower to clear straddle support 	**7.305** Walkover backward with stoop through of one leg to cross split-sit 	**7.405**	**7.505**
7.106 From back lying position, push up to bridge (support on head and/or hands), kickover backward 	**7.206** From extended tuck sit – walkover backward (Valdez)  also with support on one arm  Valdez with 1/2 (180°) turn in handstand 	**7.306** From extended tuck sit – walkover backward with 1/1 (360°) turn – 1/2 (180°) turn in handstand on one arm, second 1/2 (180°) turn with late support of second arm (Diamidov)  From extended tuck sit –"Valdez" swing over backward through horizontal plane with support on one arm (Garrison) 	**7.406** Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.	**7.506**

Group 7 – Walkovers, Cartwheels, etc...

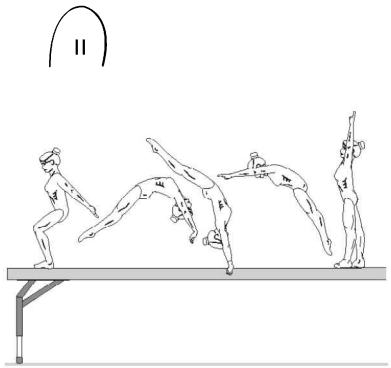
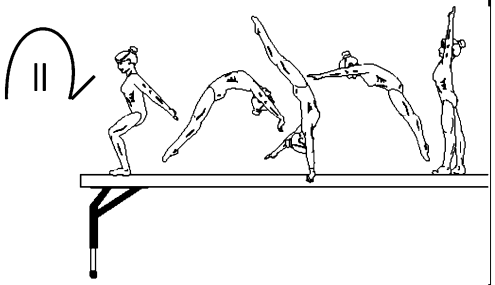
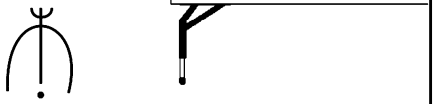
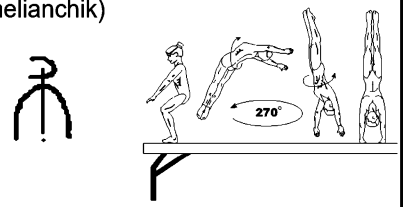
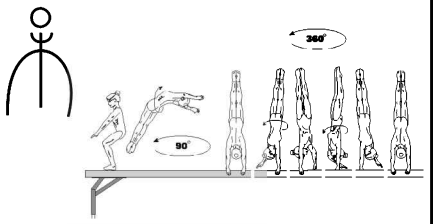
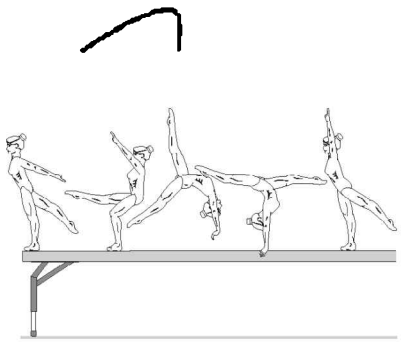
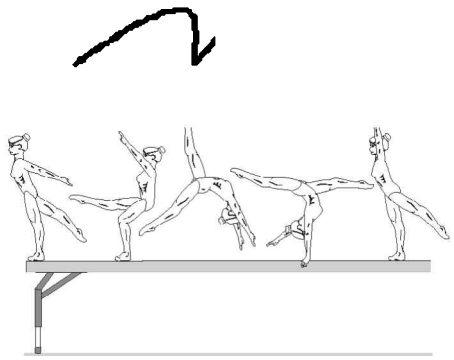
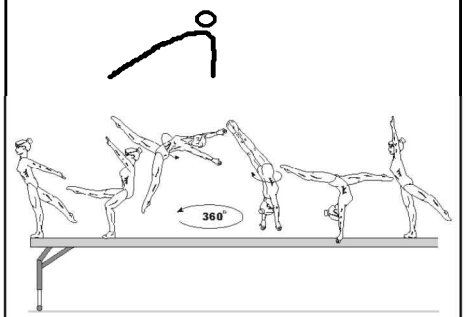
A	B	C	D	E
7.107 Walkover backward to handstand, 1/2 (180°) turn in handstand – lower to end position touching beam 	**7.207** Walkover forward or backward with 1/2 (180°) turn in handstand and continuation of movement to walkover forward or forward roll 	**7.307** All Walkovers forward, backward or cartwheels with 1/1 – 2/1 (360°- 720°) turn in handstand 	**7.407**	**7.507** Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.
7.108	**7.208** Flic-flac with step-out 	**7.308** Flic-flac with step-out, with support on one arm or flic-flac with 1/2 (180°) turn after hand support 	**7.408**	**7.508** Flic-flac with 3/4 - 1/1 (270° - 360°) twist before hand support (Kochetkova) 

Revised 7.23

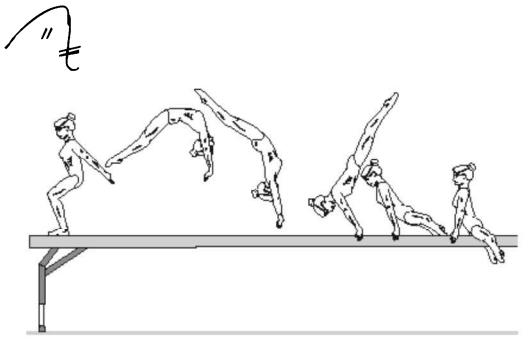
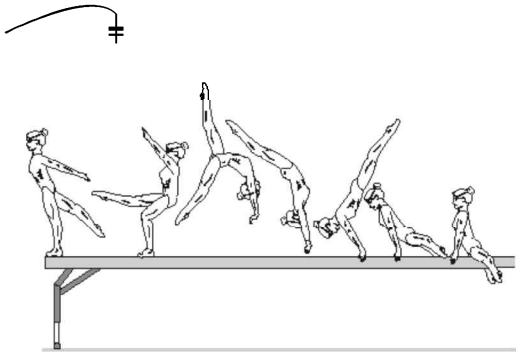
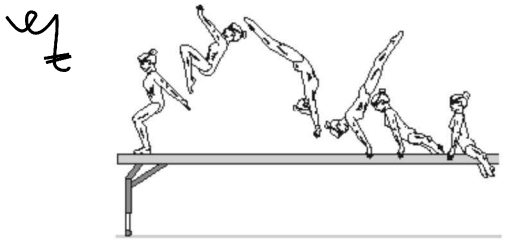
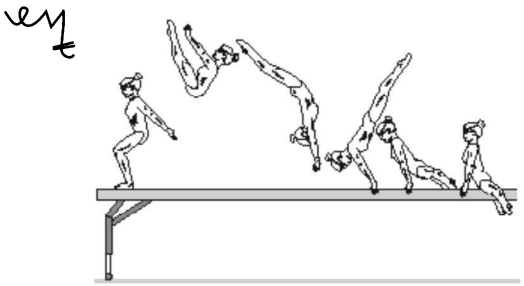
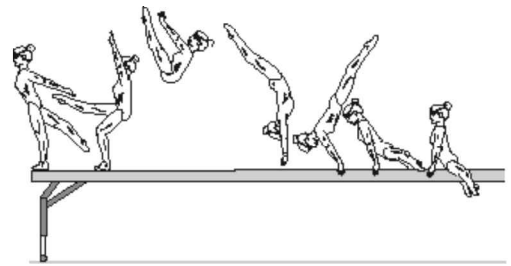
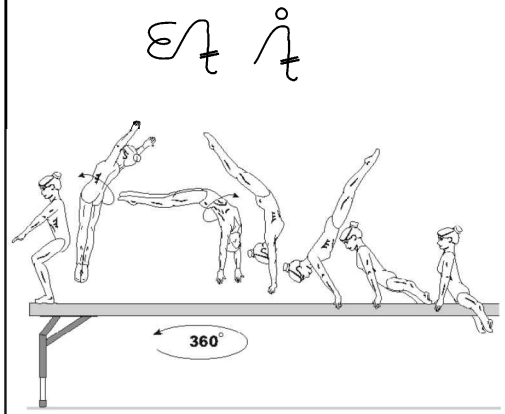
Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
7.109	**7.209**	**7.309** Flic-flac from side position to front support or with hip circle backward  	**7.409** Flic-flac with step-out from side position (Tousek)  Jump from side position with 1/2 (180°) twist to side handstand (Kolesnikova) 	**7.509** Flic-flac from side position with 1/1 (360°) twist to hip circle backward (Teza) 

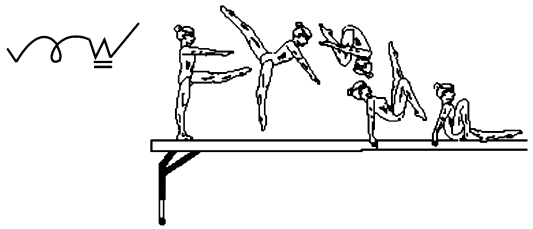
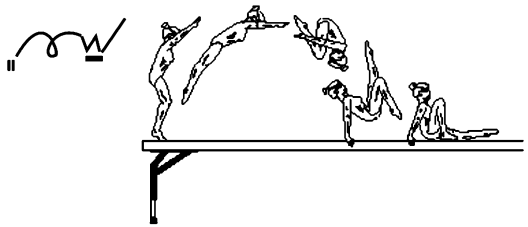
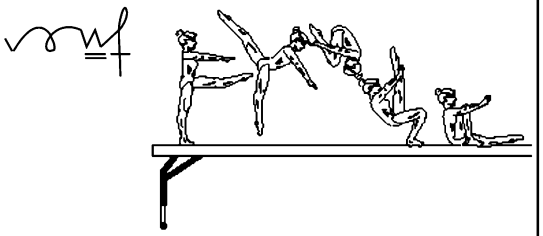
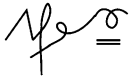
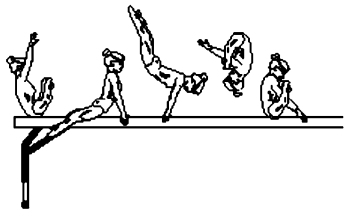
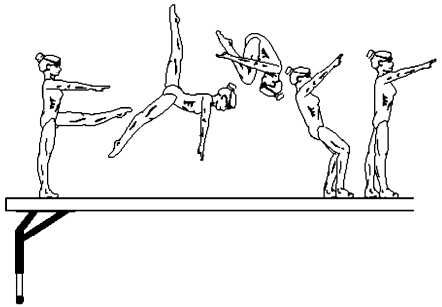
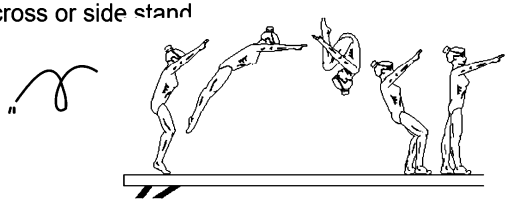
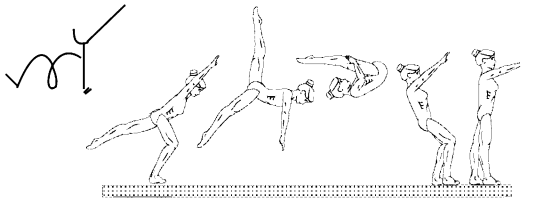
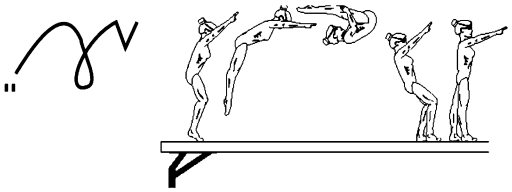
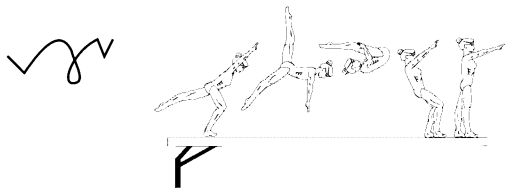
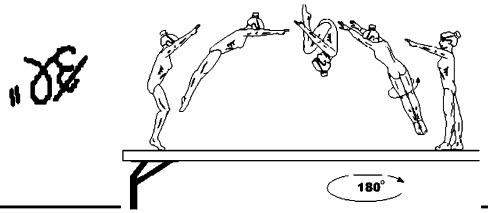
Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
7.110	**7.210** Flic-flac landing on both legs in stand 	**7.310** Flic-flac with support on one arm with legs together, landing on both legs in stand  Flic-flac with 1/4 (90°) twist to side handstand (No hold required) 	**7.410**	**7.510** Flic-flac with 3/4 (270°) twist to side handstand (No hold required) (Omelianchik)  Flic-flac with 1/4 (90°) twist to side handstand to immediate 1/1 (360) pirouette (must be continuous), lower to front support. (Fortunato) - also to optional end position 
7.111	**7.211** Gainer flic-flac 	**7.311** Gainer flic-flac with support on one arm 	**7.411**	**7.511** Gainer flic-flac with 1/1 (360°) twist before hand support (Khorkina) 

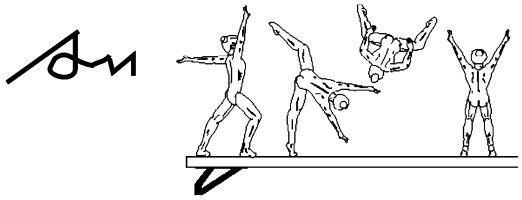
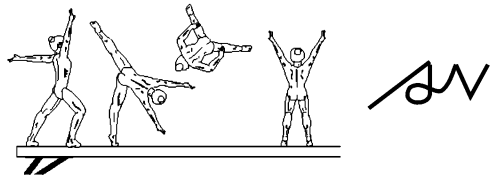
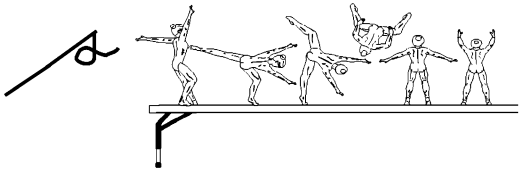
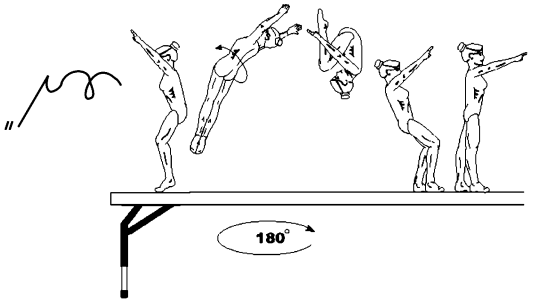
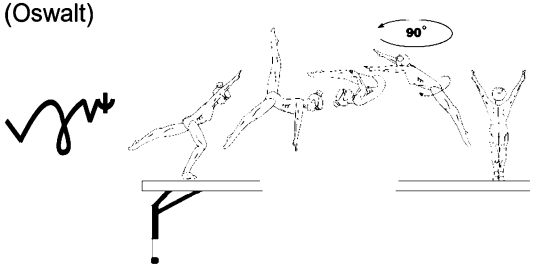
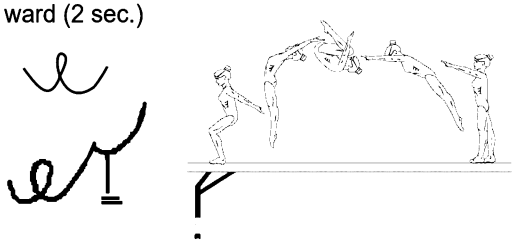
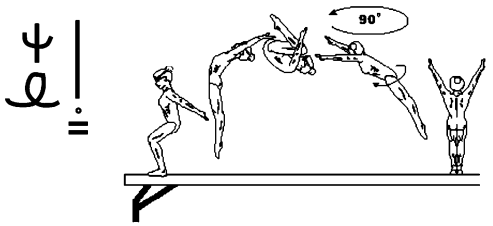
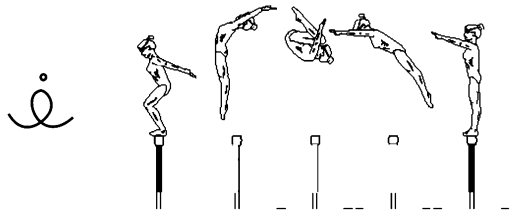
Group 7 – Walkovers, Cartwheels, etc...

A	B	C	D	E
7.112	**7.212** All flic-flac variations with high flight phase, and swing down to cross straddle sit (Korbut flic-flac)  	**7.312** Flic-flac with tucking and stretching of hips in flight phase with swing down to cross straddle-sit (Chen Flic)  Flic-flac with piking and stretching of hips in flight phase with swing down to cross straddle-sit (Rueda)  also gainer flic-flac with piking and stretching of hips 	**7.412**	**7.512** Flic-flac with 1/1 (360°) twist – swing down to cross straddle-sit (Rulfova-flic) 

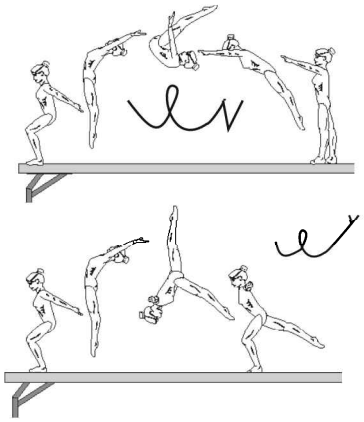
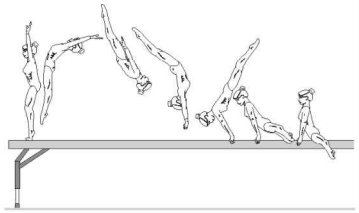
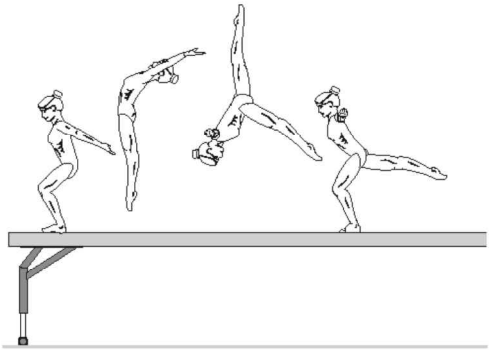
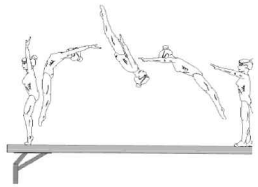
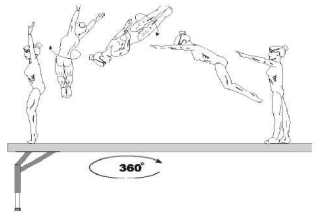
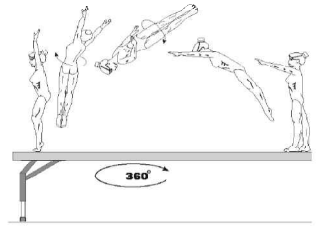
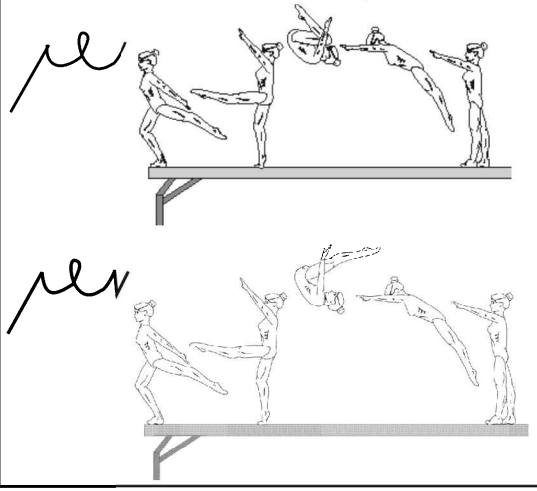
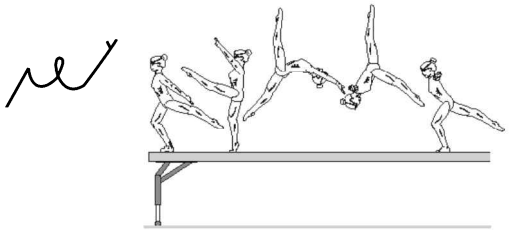
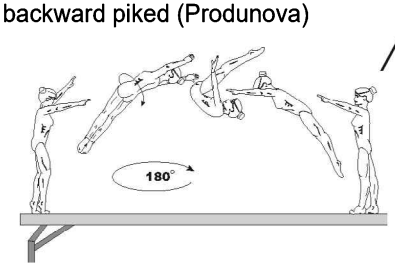
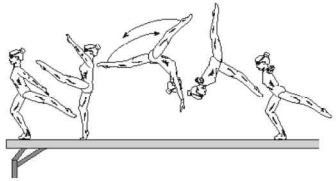
Group 8 – Saltos

A	B	C	D	E
8.101	**8.201**	**8.301** From a one or a two-foot (Puolin) take-off, salto forward tucked to an extended tuck sit with hand support   also, without hand support (Portocarrero)  From a straddle-sit, cast and whip to front salto in straddle position to land on the hands in a cross straddle sit (Kivisto)  	**8.401** Salto forward tucked, take-off from one leg to stand, also with 1/4 (90°) turn (not illustrated), or to land on one knee and one foot simultaneously (Hawthorne); -also from a stand on one leg, swing free leg through backward to front salto tucked (Rowe)  	**8.501** From two-foot take off, salto forward tucked to cross or side stand  Salto forward tucked, take-off from one leg to stand on one leg, passing free leg backward to finish in a scale (leg horizontal or above)(2 sec.)  From a one or a two-foot take-off, salto forward piked to cross or side stand   Salto forward tucked with 1/2 (180°) twist, take-off from both legs (Grigoras) 

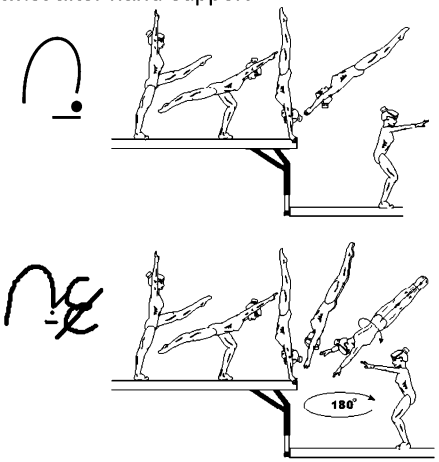
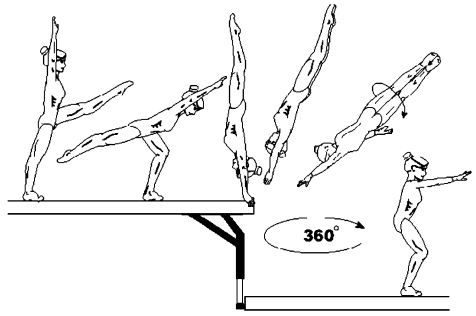
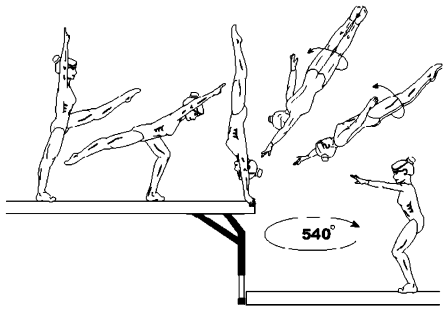
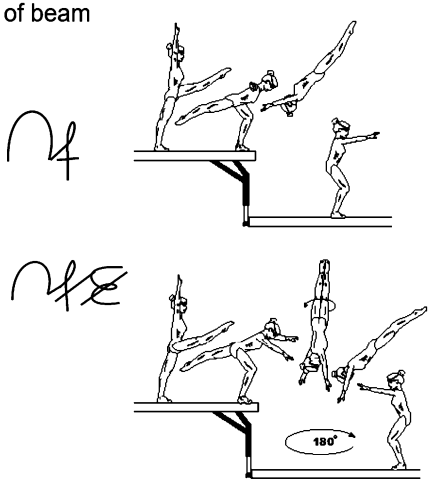
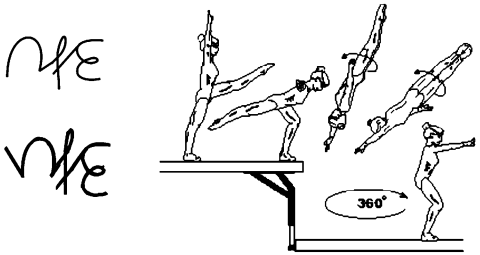
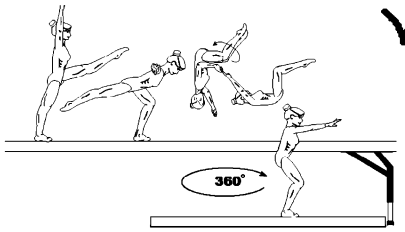
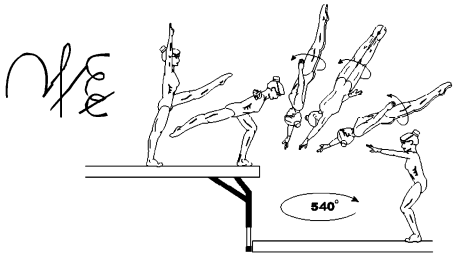
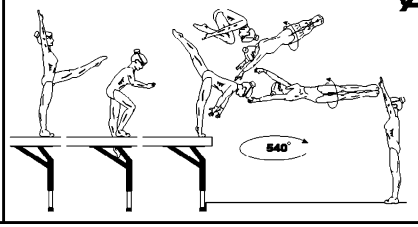
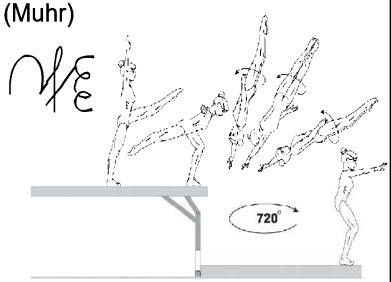
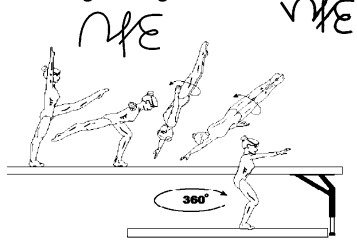
Group 8 – Saltos

A	B	C	D	E
8.102	**8.202**	**8.302**	**8.402** Salto sideward tucked or piked, take off forward or sideward from one leg to side stand   also from stand on one leg, swing free leg through to salto sideward tucked or piked (George)  *All of the above are considered different elements.*	**8.502** Arabian salto tucked (take-off backward with 1/2 (180°) twist, salto forward tucked)  Salto forward piked, take-off from one leg, with 1/4 (90°) turn to land in side stand on two feet (Oswalt) 
8.103	**8.203**	**8.303** Salto backward tucked to stand or to scale forward (2 sec.)  Salto backward tucked with step-out and 1/4 (90˚) turn to land in side stand (DeVries) 	**8.403** From a cross stand, salto backward tucked with 1/4 (90°) turn to land sideways on beam (Rosette) 	**8.503** Salto backward tucked in side position (across the beam) 

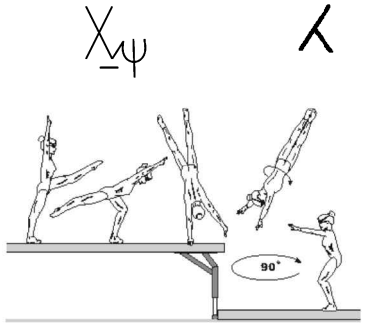
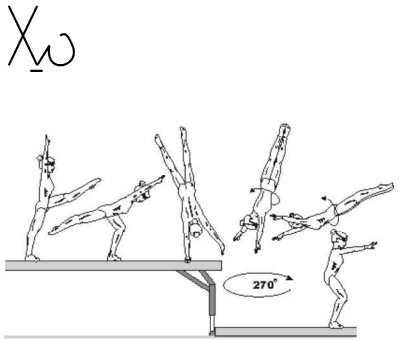
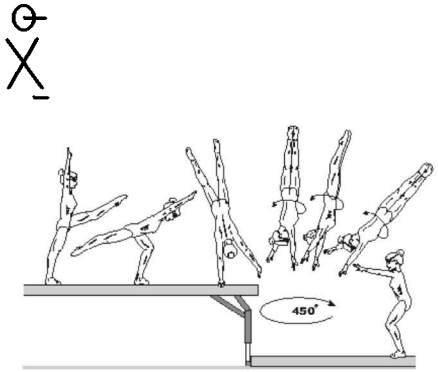
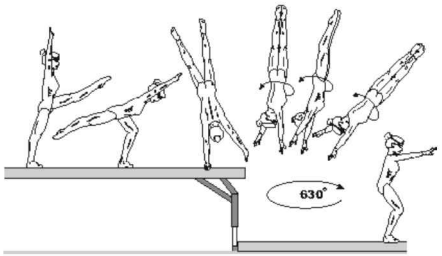
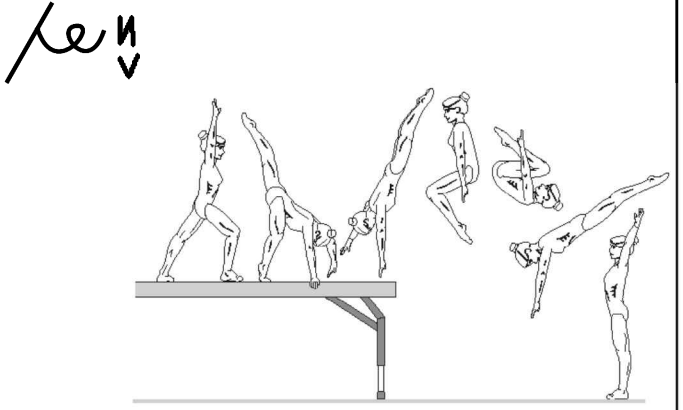
Group 8 – Saltos

A	B	C	D	E
8.104	**8.204**	**8.304** Salto back-ward piked, also stretched with step-out  Back salto stretched to swing down to cross straddle sit (Pearce) (Arms swing up above head to set for back salto, then pull down to the front of the thighs & return to high position to reach for the beam for swing-down phase 	**8.404** From a stand on two feet, salto backward stretched with step-out to finish in a scale (leg held at horizontal or above for 2 seconds (Edlin) 	**8.504** Salto backward stretched with legs together  Salto back-ward tucked with 1/1 (360°) twist to stand (Schischova)  Salto backward stretched with 1/1 (360°) twist to stand 
8.105	**8.205**	**8.305** Gainer salto backward tucked or piked 	**8.405** Gainer salto backward stretched with step-out 	**8.505** Jump forward with 1/2 (180°) turn – salto backward piked (Produnova)  Gainer salto backward stretched with leg change in flight to stepout 

Group 9 – Dismounts

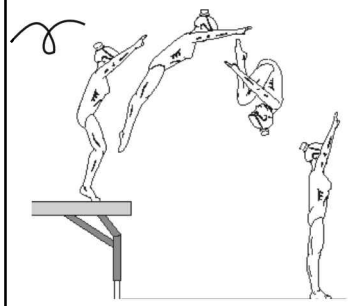
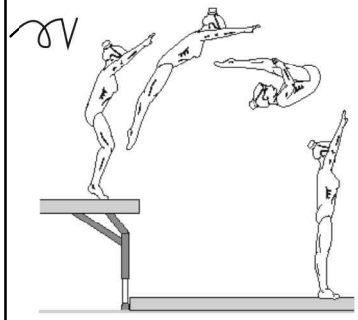
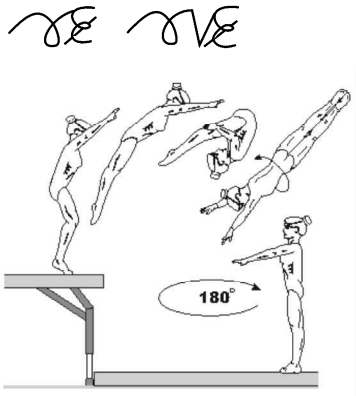
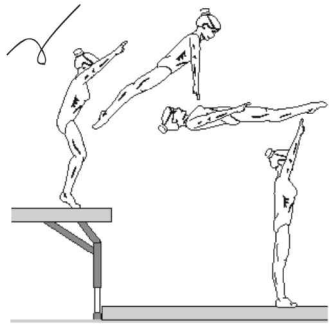
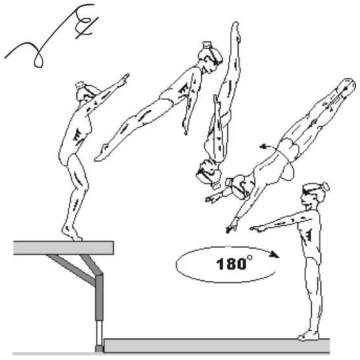
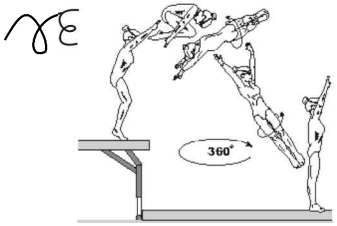
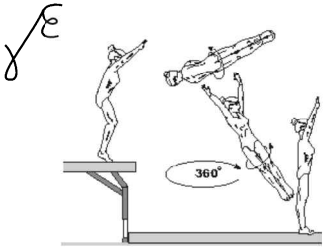
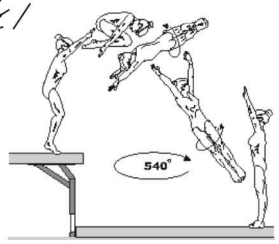
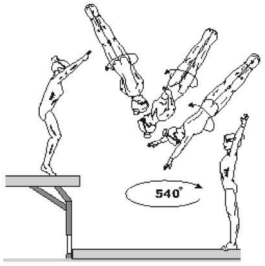
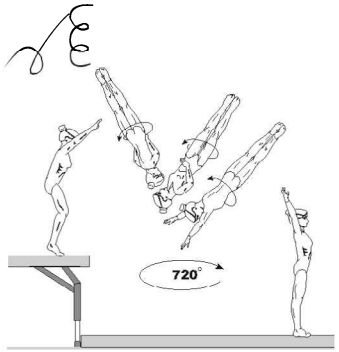
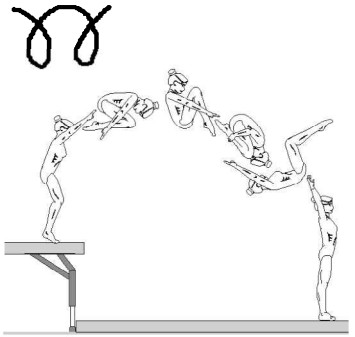
A	B	C	D	E
9.101 Handspring forward, also with 1/2 (180°) twist after hand support 	**9.201** Handspring forward with 1/1 (360°) twist after hand support 	**9.301** Handspring forward with 1½ (540°) twist after hand support 	**9.401**	**9.501**
9.102 Aerial walkover forward, also with 1/2 (180°) twist from side or end of beam  Aerial round-off (not illustrated)	**9.202** Aerial walkover forward with 1/1 (360°) twist off end of beam, also from swing through  From a stand on one leg –swing free leg backward to salto forward tucked with 1/1 (360°) twist off side or end of beam (Mabrey) 	**9.302** Aerial walkover forward with 1½ (540°) twist off the side or end  also, from stand on one leg, swing free leg backward to a salto forward tucked with 1½ (540˚) twist off the side or end of the beam (Jawarowicz) 	**9.402** Aerial walkover forward with 2/1 (720°) twist off the side or end (Muhr)  Aerial walkover forward with 1/1 (360°) twist off side of beam, also from swing through 	**9.502**

Group 9 – Dismounts

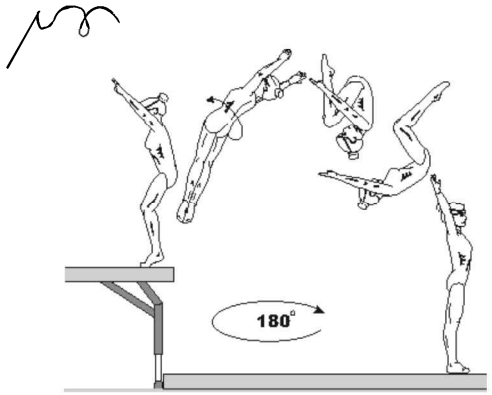
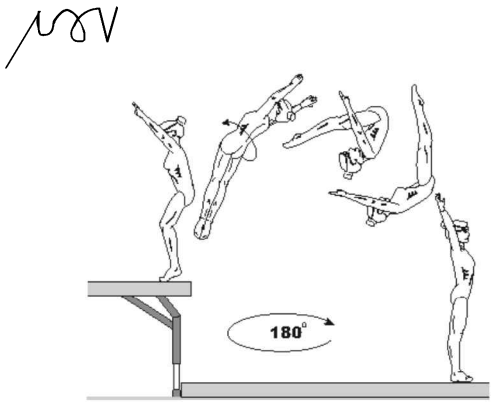
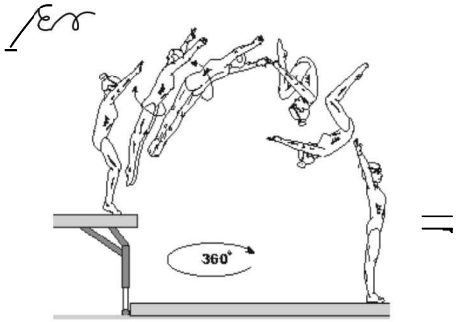
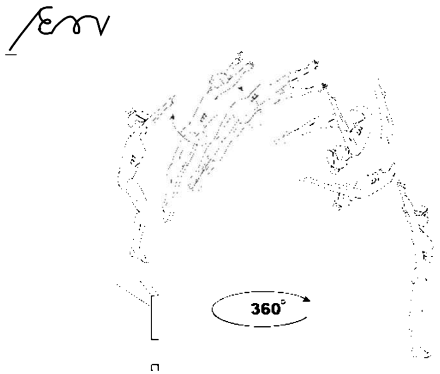
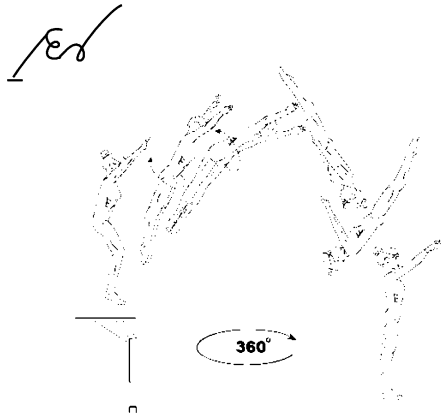
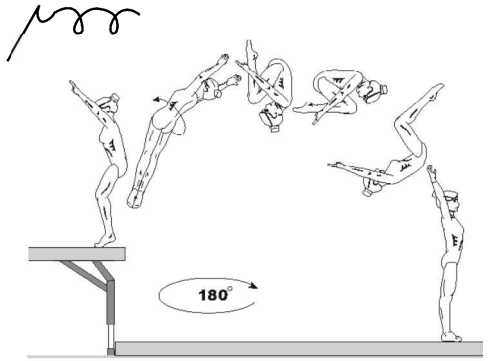
A	B	C	D	E
9.103 Cartwheel with 1/4 (90°) twist after hand support (or round-off) to cross stand at end of beam  Cartwheel with 3/4 (270°) twist after hand support to cross stand at end of beam 	**9.203** Cartwheel with 1¼ (450°) twist after hand support to cross stand at end of beam  Cartwheel with 1¾ (630°) twist after hand support to cross stand at end of beam 	**9.303** Cartwheel with 1/4 (90°) turn on hands and repulsion to salto backward tucked (Lawson) or piked (Keck-not illustrated) at the end of the beam (Tsukahara tucked/piked) 	**9.403**	**9.503**

Revised 7.22
#9.203 Deleted symbols

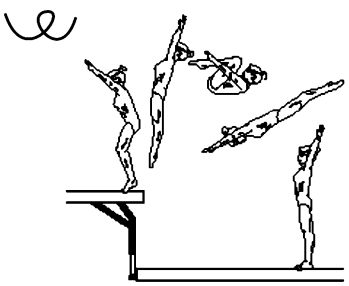
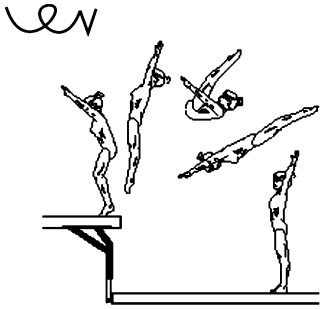
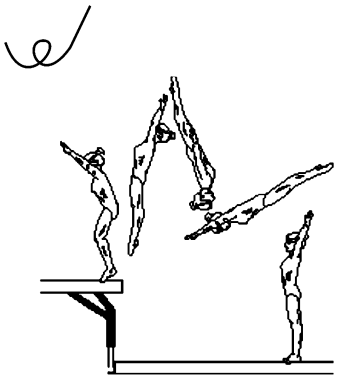
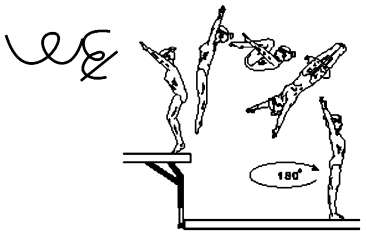
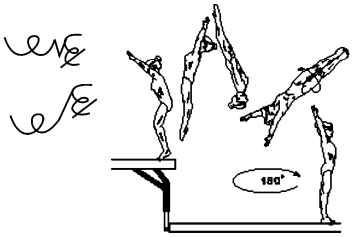
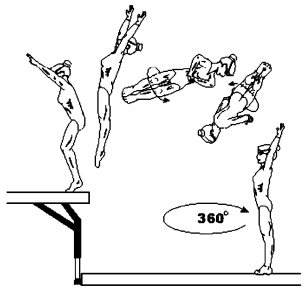
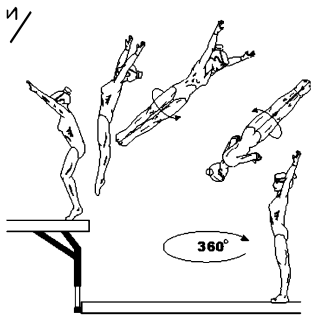
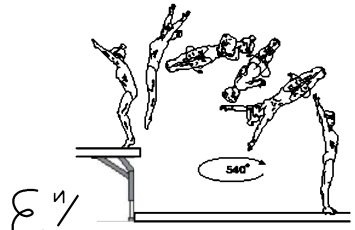
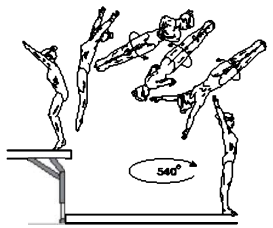
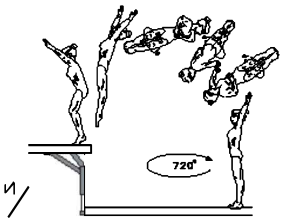
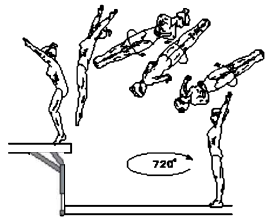
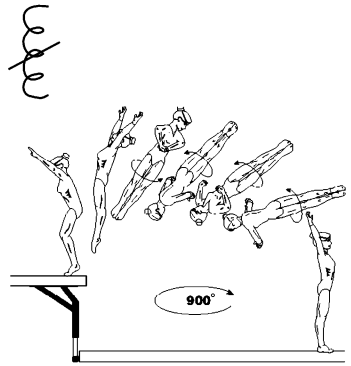
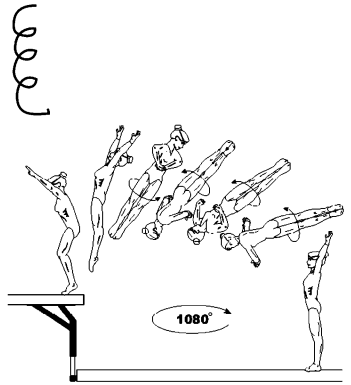
Group 9 – Dismounts

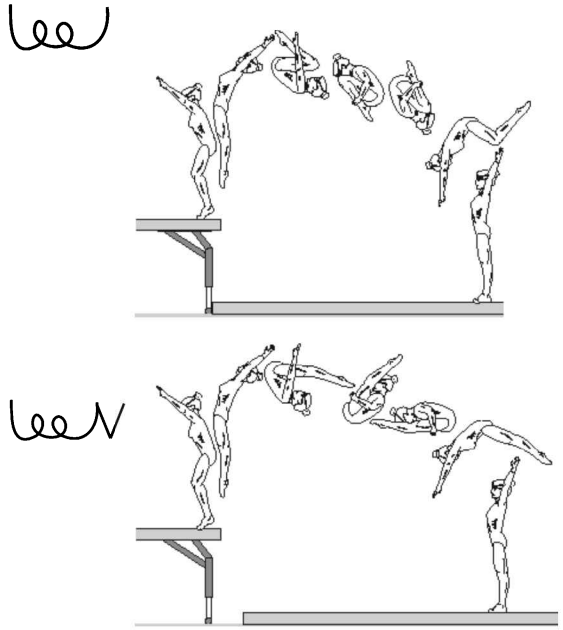
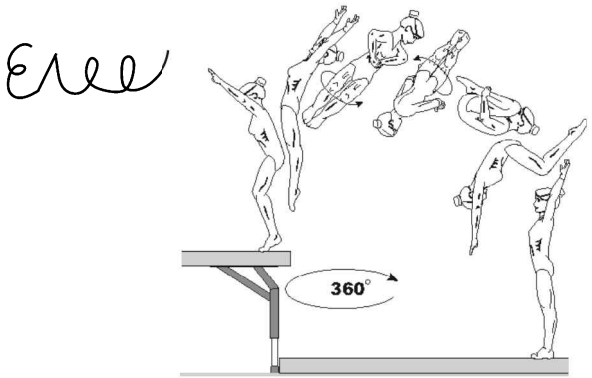
A	B	C	D	E
9.104 Salto forward tucked or piked from 1 foot (and swing-through) or from 2 feet, also with 1/2 (180°) turn   	**9.204** Salto forward stretched, also with 1/2 (180°) twist off the side or end of beam   -also from a stand on one leg, swing free leg through backward to salto forward stretched with 1/2 (180°) twist off the side of the beam (not illustrated) 	**9.304** Salto forward tucked or stretched with 1/1 -1½ (360°- 540°) twist, take-off only from both legs    	**9.404** Salto forward stretched with 2/1 (720°) twist, take-off only from both legs (Araujo) 	**9.504** Double salto forward tucked 

Group 9 – Dismounts

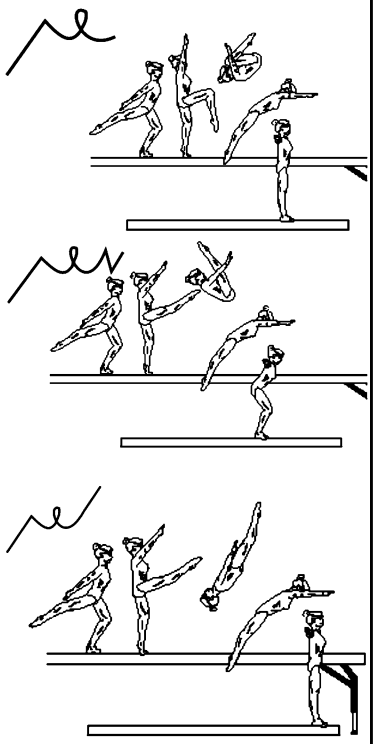
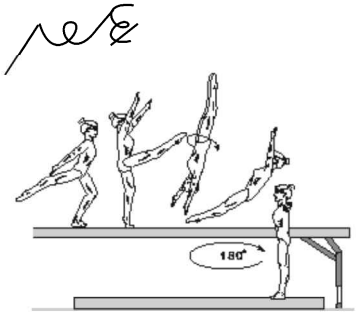
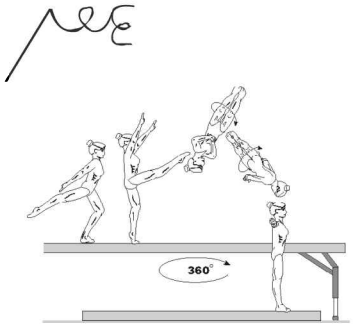
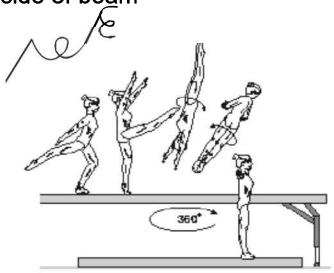
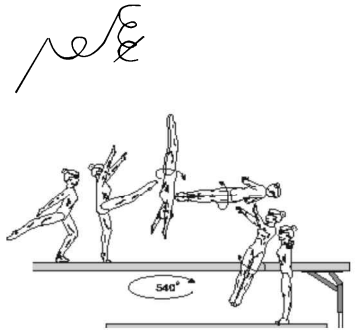
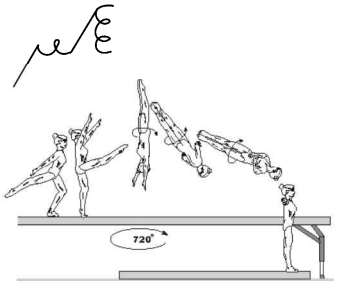
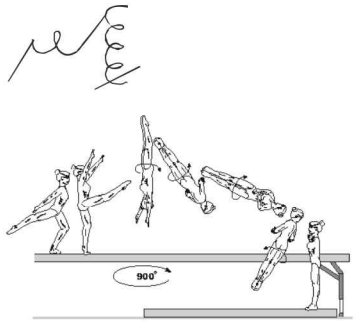
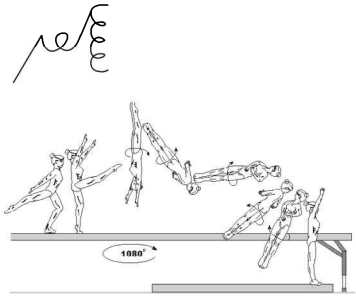
A	B	C	D	E
9.105	**9.205** Arabian salto tucked or piked (jump backward, 1/2 (180°) twist, salto forward)   	**9.305**	**9.405** Stretched jump forward with 1/1 (360°) twist and salto forward tucked, piked or stretched    	**9.505** Double Arabian salto forward tucked (Patterson) 

Group 9 – Dismounts

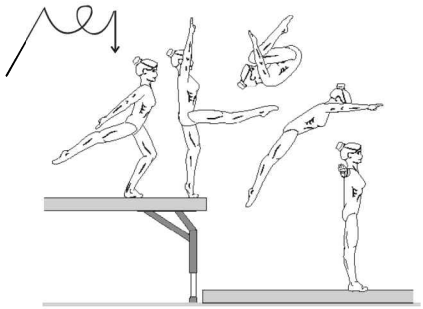
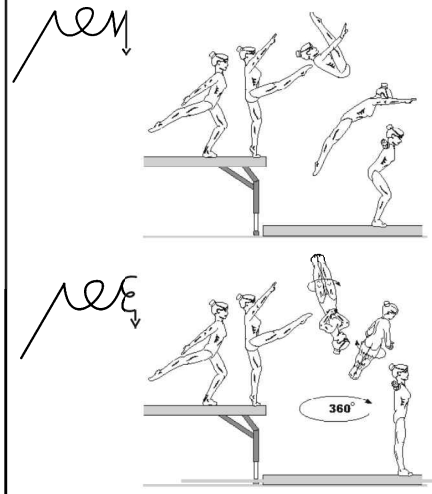
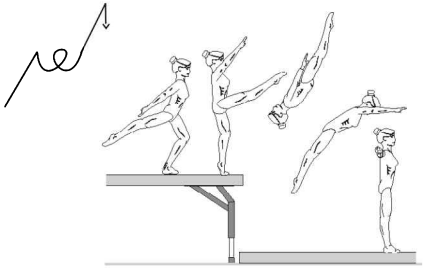
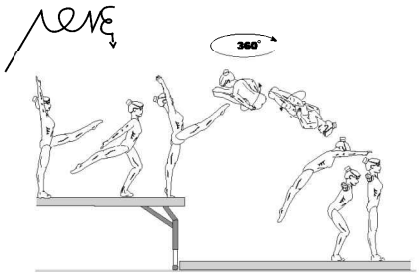
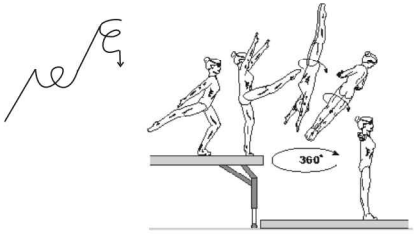
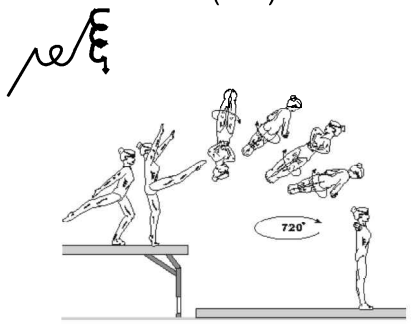
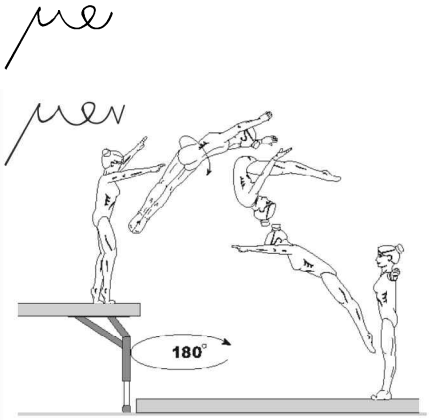
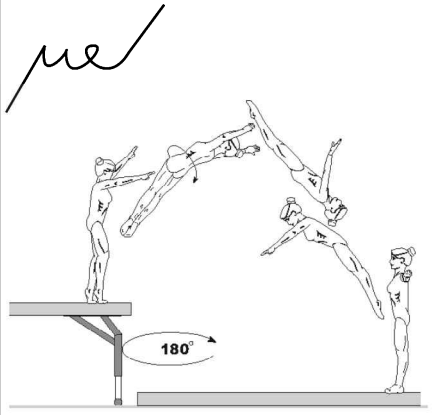
A	B	C	D	E
9.106 From one foot (swing through) or two-foot take-off, salto backward tucked, piked, or stretched   	**9.206** Salto backward tucked, piked or stretched with 1/2 (180°) or 1/1 (360°) twist     	**9.306** Salto backward tucked, piked or stretched with 1½ - 2/1 (540°-720°) twist     	**9.406**	**9.506** Salto backward stretched with 2½ (900°) twist  Salto backward stretched with 3/1 (1080°) twist 

Group 9 – Dismounts				
A	B	C	D	E
9.107	**9.207**	**9.307**	**9.407**	**9.507** Double salto backward tucked or piked  Double salto backward tucked with 1/1 (360°) twist in first salto 

Group 9 – Dismounts

A	B	C	D	E
9.108 From stand on one leg, swing free leg through to gainer salto tucked, piked, or stretched to side of beam  - also tucked or piked with 1/2 (180°) twist (not illustrated)	**9.208** Gainer salto stretched with 1/2 (180°) twist to side of beam  Gainer salto tucked with 1/1 (360°) twist to side of beam 	**9.308** Gainer salto stretched with 1/1 – 1½ (360° - 540°) twist to side of beam   Gainer salto tucked 1½ (540°) twist to side of beam 	**9.408** Gainer salto backward stretched with 2/1 (720°) twist to side of beam  Gainer salto backward stretched with 2½ (900°) twist to side of beam (Khorkina) 	**9.508** Gainer salto backward stretched with 3/1 (1080°) twist to side of beam 

Group 9 – Dismounts

A	B	C	D	E
9.109	**9.209** Gainer salto tucked, at end of beam 	**9.309** Gainer salto piked, at end of beam or gainer salto tucked with 1/1 (360°) twist at end of beam  	**9.409** Gainer salto stretched with legs together at end of beam  - also gainer piked with 1/1 (360°) twist at end of beam –facing out  	**9.509** Gainer salto stretched with legs together with 1/1 (360°) twist at end of beam  Gainer salto tucked with 2/1 (720°) twist at end of beam (Wolf) 
9.110	**9.210** Stretched jump forward with 1/2 (180°) twist and salto backward tucked or piked  	**9.310** Stretched jump forward with 1/2 (180°) twist and salto backward stretched -take-off from both legs  	**9.410**	**9.510**

WOMEN'S DEVELOPMENT (DEV) PROGRAM OPTIONAL FLOOR EXERCISE RULES

	SPECIAL REQUIREMENTS (SR) Deduct 0.50 for Each Missing SR	VALUE PARTS (VP) A = .10 B = .30 C = .50	ALLOWABLE ELEMENTS & DIFFICULTY RESTRICTIONS Restricted Elements 0.50 deduction - off SV No credit for VP or SR	START VALUE (SV) & BONUS	TIMING Routine Time Limit
Level 6	1. One Acro pass- min. 3 directly connected elements, 2 with flight 2. Second Acro pass with 1 Salto/Aerial (backward/forward/sideward), isolated or in a 2nd different connection 3. Dance Passage-min. 2 different Grp. 1 elements (directly/indirectly connected) with 1 Leap requiring 180° cross/side split 4. Turn – minimum 360° Turn on 1 foot	A = 5 B = 1 C = 0 Allowable C = B value	**Allowable**: All "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. **Restricted**: Any additional "C" Dance All Acro "C/D/E" elements	**10.0 SV** NOT eligible for Bonus	1 min. 15 sec.
Level 7	1.2. Minimum of two Acro passes - 2 Acro passes - 1 with Salto backward, min. 2 directly connected flight elements - 1 with Salto forward (add'l elements allowed) - 1 Salto (forward or backward) must be stretched (no twist) & land on 2 feet 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly or indirectly connected) with 1 Leap requiring 180° cross/side split 4. Minimum 360° Turn on one foot	A = 5 B = 2 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements Any "C" Dance element (unlimited) **Restricted**: "D/E" Dance or Acro "C/D/E" elements	**10.0 SV** NOT eligible for Bonus	1 min. 30 sec.
Level 8	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "A" Salto performed as last isolated Salto or within last Salto connection	A = 4 B = 4 C = 0 Allowable C's = B value	**Allowable**: All "A" / "B" elements, Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order. **Restricted**: Any additional Acro "C/D/E" Any "D/E" Dance element	**10.0 SV** NOT eligible for Bonus	1 min. 30 sec.
Level 9	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "B" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 4 C = 1 Allowable D/E's = C value	**Allowable**: All "A" / "B" / "C" elements Any "D/E" Dance elements, and ONE restricted "D/E" Acro element considered in chronological order. **Restricted**: Any additional Acro "D/E" element	**9.70 SV** **Bonus:** 0.30 CV **OR** 0.20 CV; 0.10 D/E ONLY 1st D/E eligible for D/E Bonus	1 min. 30 sec.
Level 10	1. Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2. Three different Saltos (NOT Aerials) 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4. Min. "C" Salto performed as last isolated Salto or within last Salto connection	A = 3 B = 3 C = 2	**No difficulty restrictions** **Extra +0.10 Bonus** (NOT in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	**9.50 SV** **Bonus: Max. of 0.50** (min. +0.1 D/E & min. +0.1 CV	1 min. 30 sec.

Timing Routine: Begins with first movement. Time ends with final movement. No warning is given.
CJ deducts 0.10 from average score for overtime. No overtime deduction if within fraction of second over the time limit.

Revised 7.22 & 7/23

I. APPARATUS SPECIFICATIONS / RULINGS

A. USA GYMNASTICS WOMEN'S *RULES AND POLICIES (R&P)*

1. See ~~Chapter 11~~: Apparatus Requirements in current *R&P* for specific equipment regulations
2. Requirements are subject to change every competitive year, beginning August 1.

B. ALLOWED UP TO TWO MANUFACTURED MATS:

1. ONLY one ~~8" skill cushion~~ 4" mat or 2 X 4" mats stacked per tumbling pass allowed.
   - No more than two mats on Floor Exercise (FX) area at any one point in time.
2. Mats covering boundary line(s) MUST be clearly marked to indicate actual boundary line(s).
   - CJ deducts 0.10 from average score for failure to mark mat.
3. All matting must be in place PRIOR to the start of the routine and cannot be added once the routine has started. A 0.30 unauthorized use of matting deduction will be applied if matting is added after the exercise has begun.
4. No requirement to remove additional mat(s) from FX area during the exercise.
5. It is NOT permissible to put other marks on the landing mats.

C. SUPPLEMENTAL MATTING (sting mat and 2 X 4" throw mats ~~8" skill cushion~~)

1. Chief Judge (CJ) takes a 0.30 deduction from average score for use of any unauthorized or additional matting.
2. Conversion for inches to centimeters:

Approx. ¾ inch	2 cm
4 inches	10 cm
4½ inches	12 cm
8 inches	20 cm
9 inches	24 cm

II. TIMING REGULATIONS

A. TIMED AND TOUCH WARM-UP PROCEDURES

1. Block time for timed warm-up NOT allowed on FX.
2. The entire squad warms up at the same time for FX. The amount of time is calculated by multiplying the allowable warm-up time per athlete by the number of athletes in the largest squad in that session.
   - See Chapter 9: Meet warm-ups in the *R&P* for specific warm-up and timing procedures.
3. If warm-up time is exceeded, a warning is given.
4. Exceeding warm-up time after warning:
   a. Chief Judge (CJ) deducts 0.20 from average score.
   b. In team competitions, deduct from team event score.
5. Gymnast allowed to jump within boundaries of Floor Exercise mat to warm-up while waiting to compete.

B. TIMING OF THE EXERCISE

1. Maximum time limit:

LEVEL	MAXIMUM TIME LIMIT
Level 7 / 8 / 9 / 10	1:30
Level 6	1:15

2. Timing begins with first movement and stops with final movement.
3. Entire exercise is evaluated, regardless of overtime.
4. CJ deducts 0.10 from average score for overtime.
   a. Deduction MUST be indicated to coach either verbally or visually.
   b. No overtime deduction taken if within fraction of second over the time allotment. EXAMPLE: 1:30.01 – 1:30.99 (less than 1:31). Do NOT take overtime deduction.
5. No time warning is given on Floor Exercise.

Revised 7.22, 7.23, 7.25

C. SHORT EXERCISE: less than 30 seconds (either complete or incomplete)

1. Deduct for any missing Value Parts (VP) from Start Value (SV).
2. Deduct 0.50 each for any missing Special Requirements (SR) from SV.
3. CJ deducts 2.00 from average score.
4. Minimum score of 1.00 is awarded when optional routine score is equal to or less than one (1.00) point.

III. MUSIC REGULATIONS

A. MUSICAL ACCOMPANIMENT:

1. MUST be recorded with orchestra, piano or other instruments.
2. Without singing / voice – human sounds are allowed, provided no lyrics spoken or sung. A single word used as a rhythmical sound is allowed.
   - **a.** No deduction for music with whistles / animal sounds.
   - **b.** CJ deducts 0.50 from average score for absence of music / music with lyrics / song.
3. Any question regarding music containing words:
   - **a.** Music and music approval form should be sent to Regional Technical Committee Chairman (RTCC).
   - **b.** RTCC will forward music and form to:
     - **1)** Dev Program Director
       - **a)** Dev Program Director will then forward questionable music piece to National Technical Committee Chairman (NTCC) and Dev Technical Director for discussion.
       - **b)** Dev Program Director will send final decision to the RTCC, using the official music approval form.
     - **2)** RTCC sends to the coach.
   - **c.** Coach should carry approval form to competitions:
     - **1)** The form provides verification that music has been approved.
     - **2)** No deduction should be taken if form can be provided.

B. PROCEDURES FOR MUSIC FAILURE (TECHNICAL FAILURE):

1. Gymnast continues routine:
   - **a.** Upon completion, MUST decide whether to resume from point of music failure or accept score given.
   - **b.** Judges will NOT post score until decision is made.
   - **c.** No deduction would be taken for absence of music if decision is to accept score.
2. Gymnast stops performance immediately:
   - **a.** May request permission from CJ to continue from point of music failure.
   - **b.** If permission granted, after reasonable amount of rest time gymnast may perform again from point of music failure.

C. MUSIC MUST BE RECORDED DIGITALLY

1. Meet Directors (at all sanctioned events):
   - **a.** MUST provide options for ONLY digital copies of music (MP3 players, computers, tablets, smart phones, etc.).
   - **b.** Electronic devices MUST have display screen and MUST be on airplane mode, when applicable.
     - Playing music via Bluetooth is NOT allowed.
2. Meet Directors are NOT required to provide compact disc players.
3. FX music MUST be downloaded onto a mobile device for competitions to avoid interruptions / failure to play / errors. Accessing music via cellular or internet connections at competitions is NOT allowed.

IV. LINE VIOLATIONS (OUT OF BOUNDS)

A. TOUCH OUTSIDE BOUNDARY AREA:

1. Steps on, but NOT over, the line - NOT considered out of bounds.
2. FX area marked by two different colors:
   - **a.** Any part of the body touching the outside color, considered out of bounds.
   - **b.** Permissible to place small pieces of tape on the inside corners of boundary:
     - **1)** Same color as FX area carpet.
     - **2)** For awareness of actual boundary area.
3. Out of bounds deduction taken for each line violation.

B. NEUTRAL DEDUCTION:

- CJ deducts 0.10 from average score for each line violation.

C. FALLS – OUT OF BOUNDS:

1. Each judge deducts 0.50 for the fall.
2. CJ deducts 0.10 from average score for each line violation.

D. ELEMENT LANDING – OUT OF BOUNDS:

1. Take-off MUST be performed while inside boundary line to receive VP credit.
2. Take-off performed outside of boundary line:
   - **a.** No VP credit awarded.
   - **b.** No SR awarded.
   - **c.** No Connection Value (CV) Bonus awarded (if applicable).
   - **d.** No "D/E" Bonus awarded (if applicable).

E. LINE JUDGES PRESENT:

1. Two Line Judges ideal.
2. Should be seated at opposite corners to insure clear view of two lines each.
3. Indicate line violations by raising flag or their hand.

F. NO LINE JUDGES PRESENT:

1. Chief and panel judge(s) MUST watch for line violations.
2. Indicate line violations by raising their hand.

G. LINE VIOLATIONS NOTIFICATIONS:

1. Indicated in writing by line judge / panel judge.
2. Submitted to CJ.
3. Deduction MUST be communicated to coach verbally or visually.

V. COACH – ON FX AREA / SPOTTING REGULATIONS

LEVEL 6 / 7 / 8 / 9 / 10

A. NO DEDUCTION – COACH / ATHLETE ON FX AREA:

1. When placing, adjusting or removing a mat.
2. During the exercise to remove any object which may impede or endanger the athlete.
   EXAMPLE: hair clips, eyeglasses, etc.

B. COACH ON FX AREA (without assisting gymnast):

1. CJ deducts 0.30 from average score for "coach on the floor".
2. Applied ONLY one time, regardless of the number of times coach enters the area.

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C. COACH ON FX AREA (assists gymnast during an element):

1. Each judge deducts 0.50 for spot.
2. If fall occurs after spot, each judge also deducts 0.50 for fall.
3. No VP or SR credit awarded (if applicable).
4. No "D/E" or CV Bonus awarded (if applicable).
5. CJ deducts 0.30 from average score for "coach on the floor".
6. "Coach on the floor" deduction is applied ONLY one time, regardless of the number of times coach enters the area.

D. COACH ON FX AREA (assists gymnast on landing of element):

1. Each judge deducts 0.50 for the spot.
2. If falls after spot, each judge also deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts 0.30 from average score for "coach on the floor".
7. "Coach on the floor" deduction is applied ONLY one time, regardless of the number of times coach enters the area.
8. Coach catches a falling gymnast: 0.50 fall; no deduction for spot; CJ deducts 0.30 from average score for "coach on the floor".

E. COACH OR TEAMMATE TOUCHES / PUSHES GYMNAST TO STOP MOMENTUM – RUNNING / FALLING OUT OF BOUNDS.

1. Each judge deducts 0.50 for assisting gymnast.
2. If gymnast falls after assistance, do NOT deduct for both assistance and fall.
   - Each judge deducts 0.50 for fall.
3. Award VP credit.
4. Award SR credit (if applicable).
5. No Bonus awarded (if applicable).
6. CJ deducts 0.10 from average score for line violation.

F. STAND AROUND FLOOR EXERCISE AREA TO CHEER:

1. Gymnasts / coaches are permitted.
2. MUST NOT obstruct the view of judges / spectators.
3. Obstruction:
   a. CJ gives a warning.
   b. If obstruction continues, CJ deducts 0.20 for unsportsmanlike conduct.
      1) All-Around score of gymnast creating obstruction, OR
      2) Team score of team in violation.

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VI. RECOGNITION (COUNTING) OF VALUE PARTS (VP)

A. ANY FX ELEMENT MAY RECEIVE VP CREDIT TWO TIMES PROVIDED:

- Repeated element MUST occur in a different connection. (i.e., either isolated one time and in a connection another time, OR when the repeated element is performed in two connections, in which it is preceded or followed by a different element that is listed in the *Dev Code of Points (COP)* – whether it received VP credit or not).

1. Leap / jump / hop / NOT found in *Dev COP:*

a. May be awarded comparable VP credit of the "root" element.

b. May have variations of leg position and landing position.

c. New elements NOT listed in *Dev COP:*

1) MUST be evaluated by Regional Technical and Regional Development Program Committee Chairmen.

2) Element evaluation form on USA Gymnastics website (Women – Forms - Meet Forms).

2. All variations of root Acro skills will be awarded an "A" Value Part, regardless of entrance, exit, or final position.

3. Same "D/E" element performed a second time in different connection:

a. Level 10:

1) Receives VP credit twice.

2) Eligible for CV Bonus each time (if applicable).

3) Eligible for "D/E" Bonus ONLY ONCE.

b. Level 9:

1) If "D/E" Dance element performed twice in different connection:

- Receives VP credit twice, eligible for CV Bonus each time (if applicable).

2) If "D/E" Acro element performed twice in different connection:

a) First time – receives credit for VP, SR, "D/E" Bonus (+0.10) and CV Bonus (if applicable).

b) Second time - receives NO credit for VP, SR or CV Bonus (if applicable). Deduct 0.50 for restricted element.

4. Same element is performed a third time, or performed second time in exact same connection:

a. No VP credit awarded.

EXCEPTION: Round-offs / Flic-Flacs / Handsprings forward in Acro pass with Saltos.

b. No SR awarded (MUST receive VP credit to fulfill SR).

c. All applicable execution and amplitude deductions are applied.

d. No CV Bonus awarded with no VP credit.

EXCEPTION: VP credit awarded for an element performed for the third time if NOT previously awarded VP credit because:

1) Element lacked completion first or second time performed, OR

2) Element was used in exact same connection the second time performed.

5. Saltos / Aerials required to land on feet first MUST land on any part of the bottom of foot / feet first to receive VP credit.

a. Deduct 0.50 for the fall if landing hands and bottom of feet simultaneously. VP credit will be awarded.

b. Deduct 0.50 for the fall with failure to land on bottom of feet first. VP credit is NOT awarded.

6. Definition of Acro pass:

- An approach (usually initiated by a hurdle or run) resulting in the performance of one or more Acro elements (with or without hand support). An Acro pass with two or more non-Salto elements MUST be directly connected. An Acro pass with two or more Saltos may be directly or indirectly connected with flight elements with hand support.

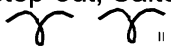
Revised 7.22 & 8.24

B. ELEMENTS WILL BE CONSIDERED DIFFERENT FOR COUNTING VP'S in the following instances:

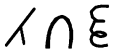
1. Different number in the *Dev COP.*
2. Same number in the *Dev COP*, but meets the following criteria:
   - a. **Saltos are performed with different body positions.**
     - **1)** Tuck, pike and stretched Salto = different elements.
     - **2)** Position maintained during majority of Salto determines recognized element.
   - b. **Element is performed with different degrees of turn (½, 1/1, 1½).**
     NOTE: addition of ¼ (90°) turn does NOT make element different, unless specifically listed in *Dev COP.*
     EXAMPLES:
     - **1)** **#1.115** Tuck Jump and Tuck Jump with ½ (180 °) turn = different elements.
     - **2)** Tuck Jump with ½ (180°) turn and Tuck Jump with ¾ (270°) turn = same element.
   - c. **Take-off for leap / jump / hop from one or two legs.**
     EXAMPLE:
     #1.101 Split Leap and a Split Jump = two different elements.
   - d. **Acro elements with support on one or both arms, with or without flight, or free (no hand support).**
     EXAMPLE:
     #5.104 Cartwheel , Dive cartwheel , and Aerial cartwheel = different elements.
   - e. **Addition / deletion of Salto / Aerial / "B" Acro flight (hand support) element:**
     Acro pass considered different for counting VP's.
     EXAMPLES:
     - **1)** 1st pass: Salto forward tucked, Handspring forward, Salto forward stretched.
       2nd pass: Salto forward tucked, Handspring forward, Flyspring, Salto forward stretched
       - With the addition of Flyspring "B" Acro flight (hand support) = two different passes
       - VP credit awarded to all elements.
     - **2)** 1st pass: Salto forward tucked, Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist
       2nd pass: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist
       - With the deletion of Salto forward tucked = two different passes
       - VP credit awarded to all elements.
     - **3)** 1st pass: Aerial walkover, Round-off, Flic-Flac, Salto backward tucked.
       2nd pass: Round-off, Flic-Flac, Salto backward tucked
       - With deletion of Aerial walkover = two different passes
       - VP credit awarded to all elements.
   - f. **Addition / deletion of Dance VP element following and directly connected to last element in an Acro pass makes Acro pass different.**

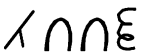
C. ELEMENTS LISTED UNDER THE SAME NUMBER WILL BE CONSIDERED THE SAME, in the following instances:

1. **Salto forward tucked with two-foot landing or with step-out considered same element.**
   EXAMPLE: Salto forward tucked step-out, Salto forward tucked to 2-feet = same element.



2. **Addition of one or more Flic-Flacs or Handsprings forward prior to a Salto will NOT make Acro pass different, regardless of the order that the Acro passes are performed within routine.** The Salto receives VP credit ONLY for first time performed.
   EXAMPLE:

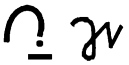
   1st pass: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist 

   2nd pass: Round-off, Flic-Flac, Flic-Flac, Salto backward with 2/1 (720°) twist. 

   - Both considered same Acro pass.
   - ONLY first Salto backward with 2/1 (720°) twist receives "C" VP credit.

3. **To receive VP credit a second time for the same Salto, there MUST be a different element preceding or directly following the Salto.**

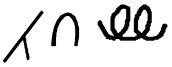
   EXAMPLE 1:

   1st pass: Handspring forward, Salto forward piked 

   2nd pass: Punch Salto forward piked 

   - Second pass is different = has no Handsprings forward.
   - Both Saltos forward piked receive "B" VP credit.

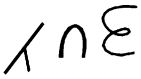
   EXAMPLE 2:

   1st pass: Round-off, Flic-Flac, double Salto backward tucked 

   2nd pass: Round-off, double Salto backward tucked 

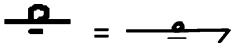
   - Last pass is different = has no Flic-Flacs.
   - Both double Saltos backward tucked receive "D" VP credit.

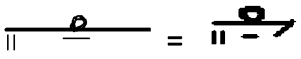
   EXAMPLE 3:

   1st pass: Round-off, Flic-Flac, Salto backward stretched with 1/1 (360°) twist 

   2nd pass: Round-off, Flic-Flac, Salto backward stretched with 1/1 (360°) twist, Flic-Flac 

   - Since the additional Flic-Flac follows the Salto = 2nd pass is different.
   - Both Saltos backward stretched with 1/1 (360°) twist receive "B" VP credit.

4. Split Leap / Stag Leap considered same element. 

   Split Jump / Stag Jump considered same element. 

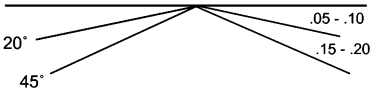
   - Leaps and jump considered different with one-foot or two-foot take-off.

D. CONSIDERATIONS AWARDING VALUE PART CREDIT WHEN A FALL OCCURS:

- Failure to land on bottom of feet first on Salto element:
  1. No VP, no SR, no Bonus credit awarded.
  2. Deduct 0.50 for fall.
  3. Deduct for execution / amplitude errors.

E. REQUIRED TECHNIQUE FOR RECOGNITION OF VALUE PARTS

1. Leg positions / posture / body position / amplitude requirements indicated in the *Dev COP* MUST be fulfilled to award VP credit.
2. Appropriate execution / amplitude deductions, in some cases, would be taken rather than recognizing a different element.
3. **Leaps / Jumps**



   a. Split Leaps and Jumps require 180° leg separation.
   b. If split is insufficient, evaluate as follows:

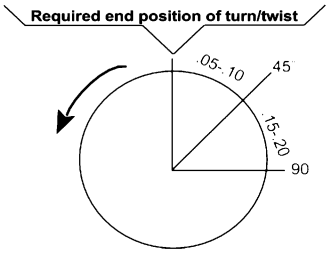
0.05 – 0.10	missing 1° – 20° of the split
0.15 – 0.20	missing 21° – 45° of the split
Award VP performed if applicable	missing 46° or more of the split

   c. Any leap / jump that is required to have 180° leg separation, but achieves less than 135° leg separation, will be awarded "A" VP credit.
      1) Is NOT eligible to fulfill SR of one Leap / Jump that requires 180° cross / side-split.
      2) Award VP as applicable and apply appropriate deductions.

         NOTE: All leaps / jumps: deduct for insufficient amplitude / execution in addition to insufficient split.

4. **Twisting Saltos – Incomplete LA (Long Axis) Turn**

0.05 – 0.10	missing 1° – 44° of the twist
0.15 – 0.20	missing 45° – 89° of the twist
Award VP performed	missing 90° or more of the twist

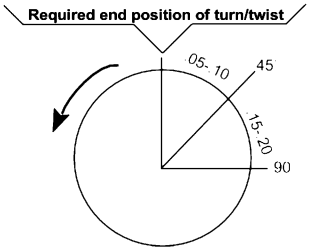


EXAMPLE:
Triple (1080°) twist ("E") missing 90° or more of the twist:
- Award ("D") credit for 2½ (900°) twist.
- Deduct for balance and execution errors.

Completion of twist clarification:
- Placement of front foot upon landing determines the amount of twist completed.
- Twist completion determines VP credit.

5. **Turning leaps / jumps / hops and turns on one foot with 360° turn or more**

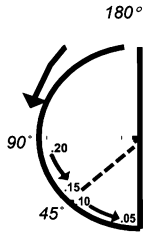
0.05 – 0.10	missing 1° – 44° of the turn
0.15 – 0.20	missing 45° – 89° of the turn
Award VP performed	missing 90° or more of the turn



NOTE: Deduct for balance / insufficient amplitude / execution

Completion of turns clarification:
- Heel drops = turn completion.
- VP credit awarded for degree of turn completed prior to heel drop.

6. **Leaps / jumps / hops with ½ (180°) turn**



EXAMPLE: Wolf Jump ½ ("B") and Wolf Jump ("A")
- Degree of turn completion upon landing determines VP awarded.
- To receive higher value, turn MUST finish closer to higher degree of turn.
- Minimum of 1° past halfway mark between the two values.
- Execution deductions for incomplete turn will be applied.

F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS

1. **#1.101 Split Jump ("A") vs. #1.110 Sissonne ("A"):**
   - **a.** Cross Split Jump has 2-foot take-off and landing on two feet.
     - Cross Split Jump shows 180° split with legs even, parallel to BB.
   - **b.** Sissonne has 2-foot take-off and 1-foot landing.
     - Sissonne requires 180° split of legs, in diagonal position with:
     - **1)** Front leg forward-downward (minimum of 45° from BB) and
     - **2)** Back leg backward-upward (minimum of horizontal).
     - **3)** Deduct up to 0.10 for insufficient amplitude if front leg of Sissonne is lacking minimum of 45° from floor.
   - **c.** Split less than 135° = no SR credit for Leap with 180° cross / side split. Award VP performed (if applicable). Apply appropriate deductions.

2. **#1.204 Split Leap forward with leg change (Switch-leg Leap) ("B"):**
   - **a.** First leg should swing forward (minimum of 45°) prior to swinging backward.
   - **b.** First leg does NOT reach 45° = award "B" VP credit. Deduct up to 0.10 for insufficient height of leg swing.
   - **c.** Required leg separation following leg change is 180° split for "B" value Switch-leg Leap.
     - Deduct up to 0.20 for insufficient split after leg change, if applicable.
   - **d.** Split less than 135° = no SR credit for Leap with 180° cross / side split. Award VP performed (if applicable). Apply appropriate deductions.
   - **e.** Stag-Switch leg Leap – swing leg bent minimum of 90° (stag) with no extension of leg prior to leg switch = award "A" VP credit (Stag-Split Leap).

3. **#1.208 Schushunova ("B"):**
   - **a.** MUST show 180° side-split or straddle-pike position, rotate legs rearward to horizontal stretched body position in the air before landing.
   - **b.** Slight forward lean, rather than strict vertical torso, is acceptable.

4. **#1.210 Ring or Stag-Ring Leap / Jump ("B"):**
   - **a.** Head release backward past vertical line MUST be shown to be considered "ring" position.
   - **b.** Expected amplitude of rear foot is to the top of head.
   - **c.** Deduct up to 0.10 for insufficient arch.
   - **d.** Deduct up to 0.10 if rear foot is at shoulder or upper back height.
   - **e.** Rear foot at hip-height or no backward head release (regardless of height of leg) considered Split Leap with bent back leg #1.101 ("A") or Sissonne #1.110 ("A").
   - **f.** **Ring Jump** expectations are:
     - **1)** Front leg MUST be minimum of 45° from floor.
     - **2)** Forward-downward diagonal position.
     - **3)** Deduct up to 0.10 for insufficient amplitude of front leg.
   - **g.** **Ring Leap** expectations are:
     - **1)** Front leg should first brush / extend close to horizontal.
     - **2)** Front leg MUST be a minimum of 45° from the floor when ring shape is executed.
     - **3)** Deduct up to 0.10 for insufficient amplitude of front leg.
   - **h.** **Stag-Ring Jump** or **Stag-Ring Leap** expectations are:
     - **1)** Front leg bent a minimum of 90° with no extension of leg.
     - **2)** 180° leg separation from front knee to back knee.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

5. **#1.305 Switch-leg Leap with ¼ (90°) turn (Switch-side Leap) ("C"):**
   - **a.** First leg should swing forward to minimum of 45° prior to swinging backward.
     - **1)** Fail to swing first leg forward to minimum of 45° but completes ¼ (90°) turn. Award "C" VP. Deduct up to 0.10 for insufficient height of leg swing.
     - **2)** Fail to swing first leg forward to minimum of 45° with incomplete ¼ (90°) turn. Award "B" VP (recognize as Switch-leg Leap). Deduct up to 0.10 for insufficient height of leg swing.
   - **b.** ¼ (90°) turn MUST occur in the air; NOT prior to leg swinging backward.
     - **1)** Leg swings to minimum of 45°; ¼ (90°) turn occurs early - before leg begins backward swing, award "C" VP. Deduct up to 0.10 for lack of precision in Dance elements.
     - **2)** Leg swing to minimum of 45°; ¼ (90°) turn is incomplete, award "B" VP (Switch-leg Leap). Deduct up to 0.10 for lack of precision in Dance elements.
   - **c.** Expected amplitude of side-split position is 180° split.
     - Less than 135° split, award VP performed (if applicable). Apply appropriate deductions.
   - **d.** ROND DE JAMBE technique is acceptable:
     - **1)** Front leg swings forward to minimum of 45° prior to ¼ (90°) turn.
     - **2)** Front leg moves Across horizontal plane to side-split position.
   - **e.** First leg stagged, award "A" VP credit.
     - **1)** First (swing) leg bent minimum of 90°.
     - **2)** Leg never extends prior to leg switch.

6. **#1.309 Tour Jeté with ½ (180°) turn ("C")**
   #1.404 Switch-leg Leap with 1/1 (360°) turn ("D")
   - **a.** Elements often identified incorrectly.
   - **b.** Both show cross split position, finish facing same direction as take-off.
   - **c.** **Tour Jeté with ½ (180°)** turns away from initial swing leg.
   - **d.** **Switch-leg Leap with 1/1 (360°)** turns toward initial swing leg.

   #1.309 ("C")  **#1.404** ("D") 

7. **#1.307 Straddle-Pike Jump with 1/1 (360°) turn (Popa) ("C"):**
   - **a.** Straddle-Pike Jump position in any phase of 360° turn (with legs at or above horizontal).
   - **b.** Side-split Jump with 1/1 (360°) turn receives "C" VP credit.

8. **#1.308 JUMP with 1/1 (360º) turn – Side-split Jump, landing in front lying support (Prone) (Schushunova 1/1) ("C")** (two variations):
   - **a.** Straddle-Pike Jump with ½ (180°) turn and "turn over" (½ turn, ½ turn) to land in front lying position.
   - **b.** Jump with 1/1 (360º) turn to side-split, legs rotate back to horizontal plane to land in front lying position.

9. **#1.311 Switch-Ring Leap ("C"):**
   - **a.** First leg should swing forward to minimum of 45° prior to swinging backward.
   - **b.** Fails to swing first leg forward to minimum of 45°. Deduct up to 0.10 for insufficient height of leg swing.
   - **c.** Head release backward past vertical line MUST be shown to be considered "ring" position.
   - **d.** Expected amplitude of rear foot is to top of head.
   - **e.** Deduct up to 0.10 if rear foot is at shoulder or upper back height.
   - **f.** Rear foot at hip-height or no backward head release (regardless of height of leg) recognized as Switch-leg Leap ("B").
   - **g.** Deduct up to 0.10 for insufficient arch.

SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS (continued)

10. #2.202 1/1 (360°) turn with free leg at or above horizontal from start to end of turn ("B"):

- **a.** Allow time (up to 45° - 1/8th of turn) to quickly lift leg into position without deduction. Free leg may be bent or extended, but entire leg MUST be minimum of horizontal to receive "B" VP credit.
- **b.** MUST maintain leg position throughout turn:
  - **1)** Once minimum of horizontal position established.
  - **2)** Free leg may NOT be supported with hand to maintain leg position.
- **c.** Recognize as 1/1 (360°) turn ("A")
  - **1)** Incorrect leg position for more than 45° of turn, OR
  - **2)** Leg NOT maintained throughout remaining 7/8ths (315°) of turn.

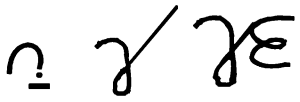
11. #2.208 1/1 (360°) turn with free leg held upward at a 180° split position ("B"):

- **a.** Leg held between 135° – 179° split:
  - **1)** Award "B" VP credit.
  - **2)** Deduct up to 0.20 for insufficient split.
- **b.** Leg held less than 135° split:
  - Award "A" for 1/1 (360°) turn.

12. Saltos forward (Group 6) in Direct Connection

- **a.** Any forward Salto used as an accelerating element:
  - **1)** Directly connected Salto forward pass element.
  - **2)** No up to 0.30 deduction applied for insufficient amplitude.
- **b.** Last Salto in connection expected to have greater amplitude.

EXAMPLE:
Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist



The Salto forward stretched is the accelerating element in the Acro pass.

13. All Walkovers Forward and Backward and walkover-type Elements must demonstrate a 180° split at some point during execution of the element.

- Deduct up to 0.20 for insufficient split.

Revised 4.22 & 7.23

I. CONTENT

A. EXERCISE COMPOSED from DIFFERENT GROUPS:

1. Acro elements:
   - **a.** with or without flight phase
   - **b.** Forward
   - **c.** Sideward
   - **d.** Backward
2. Dance elements:
   - **a.** Turns
   - **b.** Leaps / jumps / hops
   - **c.** Balance elements
   - **d.** Body waves

B. HARMONIOUS CHANGES between

1. Element groups
2. Dance and Acro elements, particularly

C. USE OF THE ENTIRE FLOOR with

1. Dynamic rhythm changes
2. Level changes

II. SPECIAL REQUIREMENTS (SR) and RESTRICTIONS

Special Requirements (each worth 0.50)

A. LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS

1. **One Acro pass with minimum of two Saltos (same or different), directly connected or indirectly connected with flight elements (with / without hand support).**
2. **Three different Saltos (NOT aerials) within the exercise.**
3. **Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
4. **Salto performed as last isolated Salto or within last Salto connection MUST be:**
   - ✓ **Minimum "C" Level 10**
   - ✓ **Minimum "B" Level 9**
   - ✓ **Minimum "A" Level 8**

LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

1. **SR #1: One Acro pass with minimum of two Saltos (same or different), directly connected or indirectly connected with flight elements (with / without hand support).**

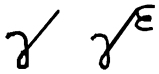
   a. **Acro pass examples:**
   EXAMPLE 1: SR #1 IS awarded
   Salto forward tucked step-out, Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist

   Handspring forward, Salto forward tucked, Salto forward tucked

   Salto forward stretched; Salto forward stretched with 1/1 (360°) twist

   EXAMPLE 2: SR #1 NOT awarded
   Round-off, Flic-Flac, double Salto backward tucked

   - Pass does NOT contain two separate Saltos.

   b. **Flight elements (without hand support) that are NOT considered Saltos.**

   EXAMPLE 1: Aerial walkovers

   Aerial walkover, Round-off, Flic-Flac, Salto backward tucked

   - Aerial walkover is NOT a Salto. NOT an Acro pass with two Saltos.
   - SR #1 NOT awarded.

   EXAMPLE 2: Salto landing in sitting, prone, or split-sit position.
   Salto forward tucked with step-out, Round-off, Flic-Flac, Salto backward tucked to split-sit.

   - Salto backward landing in split-sit is NOT considered a Salto.
   - SR #1 NOT awarded.

   NOTE: When Salto lands on two feet or one foot, lowers with control to one knee, considered a Salto. Award SR / CV.

   c. **Slow walkovers / cartwheels are NOT considered fast flight elements; will break the Acro pass.**
   EXAMPLE:
   Salto forward tucked step-out, Cartwheel, Flic-Flac, Salto backward tucked

   - Cartwheel breaks the Acro pass.
   - SR #1 NOT awarded.

   d. **Pause / stop / hop / jump / extra step between connecting elements will break the Acro pass.**
   EXAMPLE:
   Salto forward tucked, step hurdle, Round-off, Flic-Flac, Salto backward with 1/1 (360°) twist.

   - Step-hurdle breaks the Acro pass.
   - SR #1 NOT awarded.

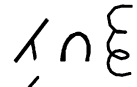
   e. **Dance element performed within an indirect Acro connection will break the Acro pass.**

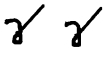
LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

2. **SR #2: Three different Saltos (NOT Aerials) within the exercise**

   a. **Three different Saltos – may be in a directly / indirectly connected Acro pass, isolated or in a Mixed series (connection of Dance / Acro element).**

   EXAMPLE:

   Combination #1: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist 

   Combination #2: Salto forward stretched; Salto forward stretched 

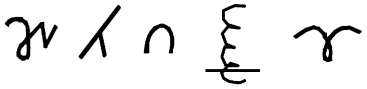
   Combination #3: Straddle Jump, punch Salto forward tucked 

   - Award SR#1 for Acro pass with two Saltos.
   - Award SR#2 for three different Saltos.

   b. **Three different Saltos in one long Acro pass. May be in one line on the diagonal and back.**

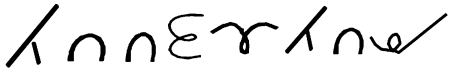
   EXAMPLE 1:

   Salto forward piked step-out, Round-off, Flic-Flac, Salto backward with 2½ (900°) twist, Salto forward tucked

   EXAMPLE 2:

   Round-off, Flic-Flac, Flic-Flac, Salto backward with 1/1 (360°) twist, Salto forward tucked step-out, Round-off, Flic-Flac, Salto backward stretched

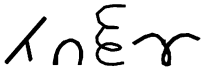
   c. **Three different Saltos NOT required to be performed in chronological order.**

   EXAMPLE 1: Award three different Saltos SR.

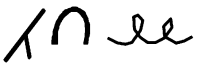
   Acro pass #1: Salto forward tucked step-out, Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist

   Acro pass #2: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist, Salto forward tucked

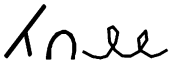
   

   Acro pass #3: Round-off, Flic-Flac, double Salto backward tucked

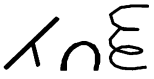
   

   EXAMPLE 2:

   Series #1: Round-off, Flic-Flac, double Salto backward tucked

   Series #2: Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist

   - ✓ Deduct 0.50 for lack of three different Saltos.
   - ✓ Deduct 0.50 for lack of Acro pass with two Saltos.

LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

SR #2: Three different Saltos (NOT Aerials) within the exercise - Three different Saltos NOT required to be performed in chronological order (continued)

EXAMPLE 3:

Acro pass #1: Salto forward stretched with 1/1 (360°) twist 

Acro pass #2: Round-off, Salto backward stretched with 1/1 (360°) twist 

- Deduct 0.50 for lack of three different Saltos
- Deduct 0.50 for lack of Acro pass with two Saltos

EXAMPLE 4:

Acro pass #1: Salto forward piked step-out, Handspring forward, Salto forward tucked 

Acro pass #2: Handspring forward, Handspring forward, Salto forward piked 

- Deduct 0.50 for lack of three different Saltos.

d. Flight elements (with or without hand support) that are NOT considered Saltos.

1) Aerials

2) Saltos landing in sitting / prone / split-sit position
NOTE: When Salto lands on two feet or one foot, lowers with control to one knee, considered a Salto. Award SR / CV.

3. SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position

a. Indirect connection allows running steps / small leaps / hops / chassés / assemblés / turns on one or two feet between two Dance elements.

1) No pauses / stops are allowed. Plié allowed with no pause or stop.

EXAMPLE: Lunge preparation prior to turn with a pause – breaks Dance passage.

2) Acro elements between Dance elements – breaks Dance passage.

b. The objective is to create large, flowing traveling movement pattern, regardless of the direction of the locomotor movement (forward / sideward / backward).

c. 180° Split Leap – cross (front to back) / side (split or straddle) position. MUST achieve minimum 135° leg separation for VP credit and Dance passage SR.

1) Cross Leap – MUST be completed with forward leg extended.
SR awarded when at least one leap finishes with extended front leg.

2) Rear leg in stag position; SR awarded.

3) Stride Leap forward with change of legs to wolf position (#1.104) does NOT require 180° split.
No SR awarded.

d. Group 1 elements (leaps / jumps / hops) may land on one or two feet.

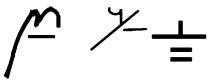
1) First, second, or last element in Dance passage.

2) Rebounding out of leap / jump allowed and does NOT constitute pause or stop.

LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position (continued)

e. Second (or last) element may land in a prone or split-sit position.

EXAMPLE: Cat Leap + Tour Jeté to split-sit 

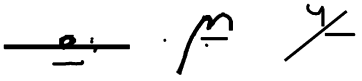
f. SR awarded if both Group 1 elements are awarded VP credit. Award comparable VP credit to variation of recognizable "root" skill.

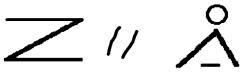
EXAMPLE: Tuck Jump to prone position = "A" for Tuck Jump

g. LEVEL 8 – "D/E" Dance elements CANNOT be used to fulfill SR.

- Deduct 0.50 from SV for each "D/E" Dance element performed at Level 8.

h. Dance passage SR awarded:

EXAMPLE 1:
Split Leap + Cat Leap + Tour Jeté 

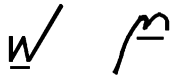
EXAMPLE 2:
Switch-leg Leap, run, run, run, assemblé, Straddle Jump with 1/1 (360°) turn


i. No Dance passage SR awarded:

EXAMPLE 1: Wolf Jump + Straddle Jump.

 Missing Leap with take-off from one foot

EXAMPLE 2: Wolf Jump + Cat Leap =

 Missing Leap with 180° split

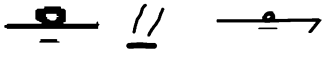
EXAMPLE 3: Split Leap + 1/1 (360°) turn on one foot

 Missing second Group 1 element

EXAMPLE 4: Switch-leg Leap, Flic-Flac to two feet, Side-split Leap:

 Acro NOT allowed between Dance elements.

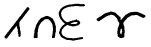
EXAMPLE 5: Split leap, chassé, Stag leap =

 Missing two different Group 1 elements
(Split and Stag leap considered same element)

LEVEL 8 / 9 / 10 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

4. **SR #4: Salto performed as last isolated Salto or within last Salto connection MUST be:**
   - ✓ Minimum "C" Level 10
   - ✓ Minimum "B" Level 9
   - ✓ Minimum "A" Level 8

   EXAMPLE 1:

   Level 9: Round-off, Flic-Flac, Salto backward with 1/1 (360°) twist ("B"), Salto forward tucked ("A")
   - SR #4 awarded. 

   EXAMPLE 2:

   Level 9 / 10 – Handspring forward, Salto forward with 1/1 (360°) twist ("C") - Round-off, Straddle Jump, Salto forward tucked ("A")
   - Straddle Jump breaks Acro indirect connection. 
   - Deduct 0.50 for "A" Salto as last Salto

   EXAMPLE 3:

   Level 9 / 10 - Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist ("C"), Sissonne ("A")
   - SR #4 awarded.

a. Level 8 / 9 / 10 – Last Salto does NOT receive VP credit if one of the following occurs:

1) Performed for third time in the exercise.
- Deduct 0.50 from SV for missing SR # 4 (no VP)
- ~~Deduct 0.30 for no attempt to perform last Salto.~~

2) Performed for second time in exact same Acro pass or connection.
- Deduct 0.50 from SV for missing SR # 4 (no VP)
- ~~Deduct 0.30 for no attempt to perform last Salto.~~

3) Restricted element (Level 8 / 9)

EXAMPLE – Level 9:

1st pass: Salto forward piked ("B"), Round-off, Flic-Flac, double Salto backward tucked ("D")

2nd pass: Round-off, Whip Salto ("A"), Flic-Flac, Salto backward stretched with 1/1 (360°) twist ("B")

Last pass: Round-off, Flic-Flac, Salto backward stretched with 2½ (900°) twist ("No VP")
- No VP awarded due to 2nd restricted Acro "D" element.
- Deduct 0.50 from SV for more than one restricted element.
- Deduct 0.50 from SV, no SR # 4 (no VP).
- ~~Deduct 0.30 for no attempt to perform last Salto (isolated or within the last Salto connection).~~

4) Spot during element.
- Deduct 0.50 from SV for missing SR #4 (no VP)
- Deduct 0.50 for the spot.
- ~~Do NOT deduct 0.30 from SV for no attempt to perform last Salto with VP credit~~. No longer a deduction.

Last Salto initiated but does NOT land on bottom of feet first

1) No VP credit awarded
2) Deduct 0.50 from the SV for missing SR #4
3) Deduct 0.50 for the fall
~~4) DO NOT deduct 0.30 for no attempt at last Salto~~ No longer a deduction.

b. Last Salto was NEVER initiated.

EXAMPLE: Final Acro pass: Runs and does NOT attempt to perform Salto element.

1) Deduct 0.50 from SV, no SR #4 (no VP).
~~2) Deduct 0.30 from SV for no attempt to perform last Salto.~~
3) Deduct 0.50 if a fall occurs

c. Flight elements (without hand support) that are NOT considered Saltos.

1) Aerials, Saltos landing in sitting, prone, or split-sit position
- If completed after the last Salto, do NOT deduct for missing SR #4.

2) Salto lands on two feet or one foot, lowers with control to one knee = considered a Salto.
- Award SR / CV (if applicable to that level).

Revised 7.23 and Deleted 4.b.4), & 7.25

B. LEVEL 7 FLOOR EXERCISE SPECIAL REQUIREMENTS

1, 2. Minimum of two Acro passes

- **a. Two Acro passes**
- **b. One pass containing a Salto backward with a minimum of two directly connected flight elements.**
- **c. One pass containing a Salto forward (additional elements allowed).**
- **d. One Salto must be stretched (backward or forward), without twist, landing on two feet.**

3. Dance passage - minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side-split position.

4. Turn – minimum 360° Turn on one foot.

1, 2. SR #1 & SR #2: Minimum of two Acro passes; A deduction of **0.50** each is applied for any of the four specifications that are missing, up to a maximum of **1.00.**

a. Two Acro passes

b. One pass containing a Salto backward with a minimum of two directly connected flight elements.

- Backward Acro pass may include additional elements, provided one Salto backward is included.

c. One pass containing a Salto forward (additional elements allowed).

1) ONLY forward Salto elements may fulfill the SR (no Aerial walkover or cartwheel / Salto sideward)

- Arabian Saltos considered forward elements.

2) Forward Salto Acro pass may include additional elements.
EXAMPLE = Forward Acro pass SR awarded

- Handspring forward + Salto forward tucked step-out + Round-off + Flic-Flac + Salto backward tucked

EXAMPLE: Forward Acro pass SR NOT awarded

- Handspring forward step-out + Aerial walkover (not a Salto)

3) Dive roll / Arabian dive roll = no SR awarded (support on shoulders / back)
a) Front handspring, dive roll = inappropriate element in forward Acro pass.
b) Deduct 0.50 for missing one Acro pass SR #1 or 2

4) Salto forward, fall (bottoms of feet do NOT land first):
a) Salto forward = no VP credit = No SR awarded.
b) Deduct 0.50 for missing SR.
c) Deduct 0.50 for fall and execution / amplitude errors.

LEVEL 7 FLOOR EXERCISE SPECIAL REQUIREMENTS (continued)

d. One Salto MUST be stretched (backward or forward), without twist, landing on two feet.

1) If the only Salto backward / forward stretched has 1/1 (360°) twist = no SR awarded

2) If the only Salto backward / forward stretched has step-out = no SR awarded.

EXAMPLE 1:
1st pass: Salto forward tucked + Round-off + Flic-Flac + Salto backward stretched to two feet
2nd pass: Round-off + Flic-Flac + Salto backward stretched with 1/1 (360°) twist

- 1st pass meets Salto forward and backward Acro pass + Salto stretched requirement
- 2nd pass meets requirement for second Acro pass

EXAMPLE 2:
1st pass: Handspring forward + Salto forward stretched to two feet
2nd pass: Round-off + Flic-Flac + Salto backward stretched with 1/1 (360°) twist

- 1st pass meets Salto forward + Salto stretched requirements
- 2nd pass meets requirement for Salto backward Acro pass

EXAMPLE 3:
1st pass: Salto forward tucked + Round-off + Flic-Flac + Salto backward stretched to two feet
2nd pass: Standing Salto backward tucked

- 1st pass meets Salto forward and backward Acro pass + Salto stretched SR
- 2nd pass Deduct 0.50 missing second Acro pass SR. Salto backward Pass MUST have 2 directly connected elements.

3. SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.

a. See Level 8 / 9 / 10 SR #3 for specific information.

b. All "C" Dance element are allowed (unlimited).

c. Group 1 "D/E" Dance element are NOT allowed. If performed:

1) Deduct 0.50 from SV for restricted element.

2) SR #3 NOT awarded.

4. SR #4: Turn – minimum 360° turn on one foot.

a. Turn requirement MUST be completed in high relevé.

1) Heel drops onto floor during turn.

2) Heel drop marks degree of turn completion.

3) Deduct for incomplete turn (see Chapter 3 – Execution and Artistry).

b. ¾ turn or less (90° or more deficient)

1) SR #4 NOT awarded.

2) Deduct 0.50 for missing SR #4.

c. Turn may be isolated or in series.

d. Illusion Turns:

1) Illusion 1/1 (360°) turn ("A"), with brief touch of floor with one hand.

2) Illusion 1/1 (360°) turn ("B"), without touching the floor with hand or free leg.

3) Both may be used to fulfill Level 7 SR #4

C. LEVEL 6 FLOOR EXERCISE SPECIAL REQUIREMENTS

1. **One Acro pass – minimum three directly connected elements, two with flight.**
2. **Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in a 2nd different connection.**
3. **Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
4. **Turn – minimum 360° Turn on one foot.**

1. **SR #1: One Acro pass – minimum three directly connected elements, two with flight.**
   - **a.** Flight or non-flight Acro element groups 5 / 6 / 7 / 8.
     - **1)** Roll category (Group 4) may NOT be used to fulfill SR #1.
     - **2)** Salto / Aerial in Acro pass #1 may NOT also fulfill SR #2 (Salto / Aerial).
   - **b.** Acro elements MUST receive VP credit to fulfill SR.
   - **c.** Acro pass considered broken, and NO SR awarded, when:
     - **1)** Stop between elements.
     - **2)** Loss of balance, causing stop between elements.
     - **3)** Repositioning of support leg.
     - **4)** Extra step / hop / jump between elements.

2. **SR #2: Second Acro pass with one Salto / Aerial (backward / forward / sideward), isolated or in 2nd different connection.**
   - **a.** May be backward / forward / sideward.
   - **b.** May be isolated or in 2nd different connection.
   - **c.** If Salto / Aerial does NOT land on bottom of feet first, no SR awarded.

3. **SR #3: Dance passage – minimum two different Group 1 elements (directly or indirectly connected) with one Leap requiring a 180° cross / side split position.**
   - **a.** See Level 8 / 9 / 10 – SR #3 for specific information.
   - **b.** ONLY one Group 1 "C" Dance element is allowed.
   - **c.** More than one Group 1 "C" or any "D/E" Dance elements are NOT allowed. If performed:
     - **1)** Deduct 0.50 from SV for restricted element.
     - **2)** SR #3 NOT awarded.

4. **SR #4: Turn – minimum 360° turn on one foot.**
   - **a.** Turn requirement MUST be completed in high relevé.
     - **1)** Heel drops onto floor during turn.
     - **2)** Heel drop marks degree of turn completion.
     - **3)** Deduct for incomplete turn, (see Chapter 3 – Execution and Artistry).
   - **b.** ¾ turn or less (90° or more deficient)
     - **1)** SR #4 NOT awarded.
     - **2)** Deduct 0.50 for missing SR #4.
   - **c.** Turn may be isolated or in series.
   - **d.** Illusion Turns:
     - **1)** Illusion 1/1 (360°) turn ("A"), with brief touch of floor with one hand.
     - **2)** Illusion 1/1 (360°) turn ("B"), without touching the floor with hand or free leg.
     - **3)** Both may be used to fulfill Level 6 SR #4

D. ALLOWABLE DIFFICULTY

LEVEL	"A" Value Part	"B" Value Part	"C" Value Part	"D/E" Value Part
LEVEL 10	Yes	Yes	Yes	Yes
LEVEL 9	Yes	Yes	Yes	1. Any "D/E" Dance elements 2. One Acro "D/E" element 3. Count as "C" VP
LEVEL 8	Yes	Yes	1. Any "C" Dance elements 2. One Acro "C" element 3. Count as "B" VP	No
LEVEL 7	Yes	Yes	1. Any "C" Dance element (unlimited) 2. Count as "B" VP	No
LEVEL 6	Yes	Yes	1. One "C" Dance element 2. Count as "B" VP	No

- **Guidelines for restrictions:**

1. Levels allowing one restricted Acro element (refer to chart).

2. Allowable elements:
- **a.** Will receive element value listed in the Floor Exercise Elements section of the *COP*.
- **b.** May be used to fulfill SRs.
- **c.** Level 9 ONLY:
  - **1)** Allowable "D/E" elements may serve as a "C" element in any applicable CV Bonus.
  - **2)** ONLY first "D/E" Acro element receiving VP credit can be considered for +0.10 "D/E" Bonus.

3. Restricted elements will be considered in chronological order. ONLY the first restricted element in the exercise may be:
- **a.** Awarded VP credit.
- **b.** Awarded SR, if applicable.
- **c.** Awarded CV Bonus, if applicable.
- **d.** Level 8 and 9 ONLY: The same restricted element may be repeated if the element receives "0" VP credit the first time.
- **e.** Level 6 and 7 ONLY: If any restricted element attempted is incomplete and receives no VP credit, it MAY NOT be repeated.

4. Any additional restricted element(s) performed at Level 8 / 9 whether or not they receive VP credit, or **any** restricted element(s) performed or attempted at Level 6 / 7 (even if attempt was incomplete):
- **a.** Deduct 0.50 from SV for restricted element.
- **b.** No VP credit awarded.
- **c.** No SR credit awarded.

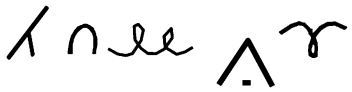
5. All appropriate execution and amplitude deductions applied to all elements performed, whether VP credit is awarded or NOT.

III. CLARIFICATION REGARDING ACRO PASS(ES) AND DANCE PASSAGES

A. DANCE ELEMENT IN ACRO PASS – will break indirect Acro connection.

1. No SR of Acro pass with two Saltos awarded.
2. No CV Bonus for indirect Acro pass.

EXAMPLE:
Round-off + Flic-Flac + Double Salto backward tucked + Straddle Jump + Salto forward tucked



- No 2-Salto pass SR awarded (Straddle Jump breaks connection).

B. ACRO ELEMENT BETWEEN DANCE ELEMENTS – DANCE PASSAGE.

1. Acro element will break Dance passage.
2. No CV Bonus awarded (direct connection of two Dance elements).

EXAMPLE:
Switch-leg Leap + Flic-Flac + Straddle Jump with 1/1 (360°) turn



- No Dance passage SR awarded (Flic-Flac breaks Dance passage).

IV. SPECIFIC FLOOR COMPOSITIONAL DEDUCTIONS – LEVELS 8 / 9 / 10

- Composition NOT evaluated at Level 6 / 7

A. INSUFFICIENT USE OF THE FLOOR EXERCISE AREA	
up to 0.10	**Spatially – floor pattern**

B. LACK OF VARIETY IN CHOICE OF ACROBATIC ELEMENTS	
0.10	**Failure to perform Saltos in two different directions** **1.** Backward and forward / sideward **2.** Arabian Salto considered Salto forward

C. LACK OF VARIETY IN CHOICE OF DANCE ELEMENTS	
0.10	**Overuse of Dance elements with same shape** **1.** More than two elements with wolf / tuck position (with / without turn) **2.** More than two Straddle Jumps (with / without turn)
0.20	**Lack of turn on one foot, minimum "B"**

D. CHOICE OF DANCE ELEMENTS – NOT UP TO THE COMPETITIVE LEVEL	
up to 0.20	**See Appendix 15 for specifics.**

E. CHOICE OF ACRO SALTOS – NOT UP TO THE COMPETITIVE LEVEL	
up to 0.20	**See Appendix 15 for specifics.**

F. VALUE OF SALTO PERFORMED AS LAST SALTO OR WITHIN LAST ACRO CONNECTION – NOT UP TO THE COMPETITIVE LEVEL	
up to 0.10	**See Appendix 15 for specifics.**

G. LACK OF SPECIFIC SALTO VP WITHIN THE EXERCISE	
0.30	**Level 8 – Lacks minimum of three "A" Saltos in exercise, in addition to SR #2**
0.30	**Level 9 – Lacks minimum of "B" Salto in the exercise, in addition to SR #4.**
0.30	**Level 10 – Lacks minimum of "C" Salto in the exercise, in addition to SR #4.**

Revised 7.25

I. CHIEF JUDGE DEDUCTIONS

CHIEF JUDGE DEDUCTIONS	**0.10**	**Overtime**
	0.10	**Failure to mark the FX boundary line on additional mats** • Applied to any mat which covers the FX boundary line
	Each time 0.10	**Out of bounds** • Any part of body touching outside of FX border marking
	(CJ) 0.30	**Lands Acro element in solid / loose foam pit** No VP, SR, Bonus
	0.30	**Coach on FX area** (inside border markings) • No deduction if coach / athlete is in FX area to remove an object fallen from gymnast (i.e., metal hair clip, eyeglasses, etc.). • No deduction to adjust placement of or to remove a skill cushion
	0.50	**Gymnast leaving the Floor Exercise mat during routine.** • This would not be in addition to a fall out of bounds or a fall immediately preceding the gymnast leaving the floor for medical evaluation.
	~~1.00~~ 0.50	**Absence of music or music with words or song / speech**
	2.00	**Complete or incomplete exercise less than 30 seconds**

II. EXECUTION AND AMPLITUDE DEDUCTIONS

SMALL FAULTS	**each time 0.05**	**Flexed / sickled feet on VP elements**
	up to 0.10	**Slight hop or small adjustment of feet or staggered feet (one foot in front) on landing elements**
	up to 0.10	**Deviation from straight direction on landing**
	up to 0.10	**Arm swings on landing to maintain balance**
	up to 0.10	**Legs crossed during Salto with twist**
	each up to 0.10	**Incorrect body posture / alignment during Dance VP**
	Ea. 0.10 - 0.15 (max. 0.40)	**Small or medium steps on landing**

Revised 7.22 & 7.23, 8.24, & 7.25

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

MEDIUM FAULTS	**each up to 0.20**	**Leg or knee separations**
	up to 0.20	**Insufficient height on leaps / jumps / hops**
	up to 0.20	**Insufficient height of Aerials & Acro flight elements with hand support**
	up to 0.20 0.05 – 0.10 0.15 – 0.20 lesser VP	**Insufficient split position (deviation from 180°) – Dance & Acro (when required)** 1° – 20° missing 21° – 45° missing 46° or more missing
	up to 0.20	**Legs NOT parallel to floor** • In Split Leaps / Jumps or Straddle-Pike Jumps
	up to 0.20	**Insufficient exactness of tuck or pike position in VP elements**
	up to 0.20	**Failure to maintain stretched body position (pike down)**
	up to 0.20	**Insufficient exactness of stretched position** • Arch • Hip angle (136° – 179°)
	up to 0.20 0.05 – 0.10 0.15 – 0.20 lesser VP	**Group 1 & 2 Dance elements (with 180° + turn): Incomplete turn** 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20 0.05 – 0.10 0.15 – 0.20 lesser VP	**Acro elements: Incomplete twist** 1° – 44° missing 45° – 89° missing 90° or more missing
	up to 0.20	**Insufficient variation in rhythm and tempo throughout the exercise**
	up to 0.20	**Insufficient dynamics – consider:** • Energy maintained throughout the exercise • Makes difficult look effortless
	up to 0.20	**Incorrect body posture on landing of VP elements**
	up to 0.20	**Additional trunk movements** • To maintain balance / control upon landing of Acro elements
	each 0.20 (max 0.40)	**Large step / jump on landing** (approximately 3 feet or more)

Revised 8.24

EXECUTION AND AMPLITUDE DEDUCTIONS (continued)

LARGE FAULTS	**up to 0.30** **up to 0.30**	**Bent arms in support** – on any one element **Bent legs** – on any one element (90° bend or greater = max 0.30)
	up to 0.30	**Insufficient extension** • Open of tuck / pike body position prior to landing Acro elements
	up to 0.30 **+ 0.50**	**Squat on landing** (hips ~~even with or~~ lower than knees) **Lands Acro element in squat position, then falls**
	up to 0.30	**Insufficient height of Salto elements** 1. Does NOT apply to accelerating element in directly connected forward Acro pass. 2. Handspring forward + Salto forward stretched + Salto forward stretched with 1/1 (360°) twist Salto forward stretched = accelerating element.
	up to 0.30	**Brush / touch landing surface with one or two hands (no support)**

VERY LARGE FAULTS	**0.50**	**Support on mat with one or two hands upon landing**
	0.50	**Fall on mat with knee(s) or hips**
	0.50	**Fall / failure to land on the bottom of feet first (Aerials / Saltos)** • No VP, SR, Bonus
	0.50	**Fall with simultaneously landing on bottom of feet + hands / knees:** • Award VP and SR (if appropriate) • No Bonus
	0.50	**Spotting assistance during an element** • No VP, SR, Bonus
	(CJ) 0.30	**Coach on the FX area**
	0.50	**Spotting assistance upon landing an element** • Award VP & SR. • No Bonus.
	(CJ) 0.30	**Coach on the FX area**
	0.50	**Fall after spot**

III. SPECIFIC FX EXECUTION DEDUCTIONS

0.05	**Failure to hold ending pose for one second**
0.10	**Failure to show synchronization of music with ending pose**
each up to 0.10	**Incorrect rhythm during direct connections**
each up to 0.10	**Lack of precision in Dance VP** EXAMPLES: • Lack of definite arm or leg position on turns / leaps • Degree of turn NOT exact
each up to 0.10	**Fail to land with feet / legs together on jumps / leaps to two feet**
each up to 0.10	**Fail to perform Group # 2 turns in high relevé**
each 0.10	**Concentration pause** – two seconds or more
up to 0.30	**Poor relationship of music and movement** (throughout exercise) • Obvious errors in coordinating music and movement (choreography)
up to 0.30	**Relaxed / incorrect footwork on non-VP** (throughout exercise)
up to 0.30	**Incorrect body alignment, position, or posture in non-VPs throughout exercise**
(CJ) ~~1.00~~ 0.50	**Absence of music**
(CJ) ~~1.00~~ 0.50	**Music with words / song** (whistles, animal / human sounds are allowed)
(CJ) 0.30	**Coach on the FX mat** (Level 6 / 7 / 8 / 9 / 10)
(CJ) 2.00	**Exercise shorter than 30 seconds** (complete or incomplete)

A. Clarification on landings – isolated Acro element / last element in Acro pass:

1. No penalty for landing with feet maximum of hip-width apart provided:
   a. Heels slide together, or
   b. Small, controlled step forward (from forward Acro), or
   c. Small, controlled step backward (from backward Acro) to lunge.
2. Do NOT deduct unless landing position appears out of control.

B. Minimum score of 1.00

- Awarded when optional routine score is equal to or less than one point.

IV. INSUFFICENT ARTISTRY THROUGHOUT THE EXERCISE

0.05 – 0.10	**Lack of variety in choreography** (poses, phrases, connections). EXAMPLES: unnecessary adjustments and / or steps without choreography
0.05 – 0.10	**Quality of movement to reflect personal style**
0.05 – 0.10	**Quality of expression (i.e., projection, focus)**

Revised 7.22, 7.23, & 7.25

I. CONNECTION VALUE (CV) BONUS

A. ACHIEVED THROUGH UNIQUE AND DIFFICULT COMBINATIONS.

B. ONLY DANCE ELEMENTS that are listed in the *Dev COP* may be used.

C. ONLY ACROBATIC ELEMENTS WITH FLIGHT and WITHOUT HAND SUPPORT (SALTOS AND AERIALS) that are listed in the *Dev COP* may be used for direct and indirect Acro connections.

D. ACROBATIC CONNECTIONS MAY BE DIRECT / INDIRECT

- All other connections (Dance / Mixed) MUST be directly connected.

E. ONLY ELEMENTS THAT RECEIVE VP CREDIT may be used for CV Bonus.

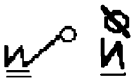
F. VP MAY BE PLACED IN ANY ORDER within a connection, unless specified.

G. EXACT SAME CONNECTION may be used ONLY ONE TIME FOR CV

- Same element used in second connection, but performed in different order, award CV.

  EXAMPLE: both receive + 0.10 CV Bonus "C" + "C"

  Tuck Jump with 1½ (540°) turn ("C") + Wolf Jump with 1/1 (360°) turn ("C") 

  Wolf Jump with 1/1 (360°) turn ("C") + Tuck Jump with 1½ (540°) turn ("C") 

H. "D/E" ELEMENT PERFORMED WITHIN A CONNECTION,

1. Level 10: eligible for both "D/E" Bonus and CV Bonus
2. Level 9: any allowable "D/E" element or the first restricted "D/E" element:
   - **a.** Awarded "C" VP credit.
   - **b.** Awarded CV Bonus (if applicable).
   - **c.** If "D/E" is the first "D/E" Acro element performed in exercise, also award +0.10 "D/E" Bonus.

I. WITH THE CONNECTION OF THREE OR MORE ELEMENTS,

1. Second element (and those following) may be used two times.
   - **a.** First time as the last element of a CV.
   - **b.** Second time as the first element a new CV.
2. This is applied ONLY if all elements receive VP credit.

J. CONNECTIONS MAY BE AWARDED EITHER + 0.10 or + 0.20 CV BONUS, according to the applicable principle.

K. CONNECTIONS WILL BE AWARDED CV BONUS

- Each element MUST be performed without a fall or spotting deduction**.**

L. MAXIMUM AWARDED FOR CV BONUS IS:

1. 0.40 for Level 10
2. 0.30 for Level 9
3. Level 6 / 7 / 8 are NOT eligible for CV Bonus.

II. PRINCIPLES FOR AWARDING CONNECTION VALUE (CV) BONUS

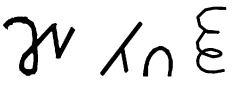
A. INDIRECT ACRO CONNECTIONS – two or more Saltos / Aerials (Acro elements without hand support)

1. Indirect = directly connected Acro elements:
   - **a.** With flight phase and hand support (Group 5 - Round-off / Flic-Flac, preparatory elements)
   - **b.** Between Saltos (Group 6 / 7 / 8) or
   - **c.** Between Acro elements (Group 5 - Aerials) with flight and without hand support.

"C" – SALTO PASS

"B" + "C"	**+ 0.10**

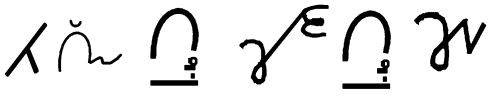
EXAMPLE 1:
Salto forward piked step-out ("B") to
Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist ("C")



EXAMPLE 2:
Round-off, Flic-flac, Salto backward with 1½ (540°) twist ("C") to
Round-off, Flic-flac, Salto backward with 1/1 (360°) twist ("B")



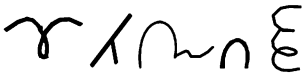
EXAMPLE 3:
Round-off, Whip Salto with ½ (180°) turn ("B"), Flyspring,
Salto forward stretched with 1/1 (360°) twist ("C"), Flyspring,
Salto forward piked ("B")



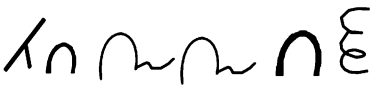
Principles applied:
1 Indirect ("B") + ("C") = + 0.10
1 Indirect ("C") + ("B") = + 0.10

"A / B" + "A / B" + "C"	**+ 0.10**

EXAMPLE 1:
Salto forward tucked step-out ("A"), Round-off, Whip Salto ("A"),
Flic-Flac, Salto backward with 2/1 (720°) twist ("C")



EXAMPLE 2:
Round-off, Flic-Flac, Whip Salto ("A"), Whip Salto ("A"),
Flic-Flac, Salto backward with 2/1 (720°) twist ("C")



"C" + "C"	**+ 0.20**

EXAMPLE:

Round-off, Flic-Flac, Salto backward with 1½ (540°) twist ("C"),
Round-off, Flic-Flac, Salto backward with 2/1 (720°) twist ("C")



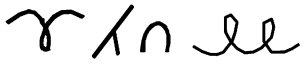
Revised 7.22

INDIRECT ACRO CONNECTIONS – two or more Saltos / Aerials (Acro elements without hand support) (continued)

"D" – SALTO PASS

"A" + "D"	**+ 0.10**

EXAMPLE 1:
Salto forward tucked step-out ("A"), Round-off,
Flic-Flac, Double Salto backward tucked ("D")



EXAMPLE 2:
Front Aerial ("A"), Round-off, Flic-Flac,
Double Salto backward tucked ("D")



1) NOTE: Acro pass awarded + 0.10 CV Bonus.
2) No SR #2 awarded (two-Salto pass) front Aerial is NOT a Salto.

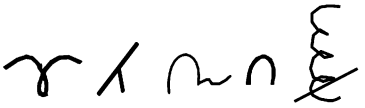
EXAMPLE 3:
Round-off, Whip Salto ("A"), Straddle Jump,
Flic-Flac, Double Salto backward tucked ("D")



1) No CV awarded "A" → "D" - Straddle Jump breaks connection.
2) No SR #2 awarded (two-Salto pass)

"A" + "A" + "D" (and more difficult)	**+ 0.20**

EXAMPLE 1:
Salto forward tucked step-out ("A"), Round-off, Whip Salto ("A"),
Flic-Flac, Salto backward stretched with 2½ (900°) twist ("D")



EXAMPLE 2:
Front handspring, Salto forward stretched with 1½ twist ("D"),
Flic-Flac, Whip Salto ("A"), Flic-Flac,
Salto backward stretched step-out ("A")



"E" – SALTO PASS

"A" + "E"	**+ 0.20**

EXAMPLE 1:
Salto forward tucked step-out ("A"), Round-off,
Flic-Flac, Salto backward stretched with 3/1 (1080°) twist ("E")



EXAMPLE 2:
Salto forward tucked step-out ("A"), Handspring forward,
Salto forward stretched with 2/1 (720°) twist ("E")

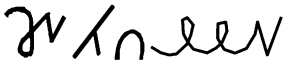


INDIRECT ACRO CONNECTIONS – two or more Saltos / Aerials (Acro elements without hand support) (continued)

"D / E" – SALTO PASS

"B" + "D / E"	**+ 0.20**

EXAMPLE:
Salto forward piked step-out ("B"), Round-off,
Flic-Flac, Double Salto backward piked ("D")



"C" + "D / E" (or more difficult)	**+ 0.20**

EXAMPLE 1:
Round-off, Flic-Flac,
Salto backward stretched with 1½ (540°) twist ("C"),
Round-off, Flic-Flac, Double Salto backward tucked ("D")



B. DIRECT CONNECTION – two or more Saltos / Aerials (Acro elements without hand support)

"A" + "C"	**+ 0.10**

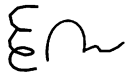
EXAMPLE 1:
Whip Salto ("A"),
Salto backward stretched with 2/1 (720°) twist ("C")



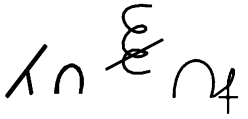
EXAMPLE 2:
Salto backward stretched with 1½ (540°) twist ("C"),
Salto forward tucked ("A")



EXAMPLE 3:
Salto backward stretched with 2/1 (720°) twist ("C"),
Salto forward tucked ("A")



EXAMPLE 4:
Round-off, Flic-Flac,
Salto backward with 1½ (540°) twist step-out ("C),
Aerial forward ("A")



"B" + "B"	**+ 0.10**

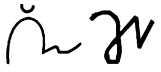
EXAMPLE 1:
Handspring forward,
Salto forward stretched ("B"),
Salto forward stretched ("B")



EXAMPLE 2:
Salto backward stretched with 1/1 (360°) twist ("B"),
Salto forward piked ("B")

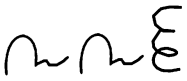


EXAMPLE 3:
Whip Salto with ½ (180°) twist ("B"),
Salto forward piked ("B")



"A" + "A" + "C" Receives same Bonus as "A" + "C"	**+ 0.10**

EXAMPLE 1:
Whip Salto ("A"),
Whip Salto ("A"),
Salto backward stretched with 2/1 (720°) twist ("C")



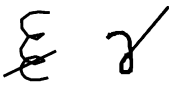
EXAMPLE 2:
Salto forward stretched with 1/1 (360°) twist ("C"),
Salto forward tucked ("A"),
Salto forward tucked ("A")



DIRECT CONNECTION - two or more Saltos / Aerials (Acro elements without hand support) (continued)

"B" + "C"	**+ 0.20**

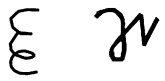
EXAMPLE 1:
Salto backward stretched with 1½ (540°) twist ("C"),
Salto forward stretched ("B")



EXAMPLE 2:
Whip Salto ½ with (180°) twist ("B"),
Salto forward stretched with 1/1 (360°) twist ("C")

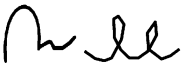


EXAMPLE 3:
Salto backward stretched with 2/1 (720°) twist ("C"),
Salto forward piked ("B")

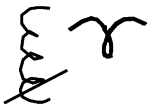


"A" / "B" + "D / E"	**+ 0.20**

EXAMPLE 1:
Whip Salto ("A"),
Double Salto backward tucked ("D")



EXAMPLE 2:
Salto backward stretched with 2½ (900°) twist ("D"),
Salto forward tucked ("A")



EXAMPLE 3:
Double Salto backward tucked ("D"),
Salto forward piked ("B")

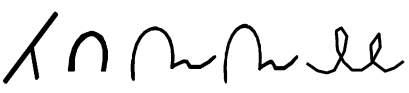


"A" + "A" + "D / E" Receives same Bonus as "A" + "D"	**+ 0.20**

EXAMPLE 1:
Round-off, Flic-Flac,
Salto backward stretched with 2½ (900°) twist ("D"),
Salto forward tucked ("A"),
Salto forward tucked ("A")



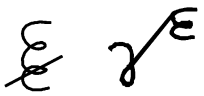
EXAMPLE 2:
Round-off, Flic-Flac,
Whip Salto ("A"), Whip Salto ("A"),
Double Salto backward tucked ("D")



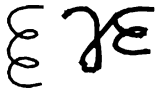
DIRECT CONNECTION – two or more Saltos / Aerials (Acro elements without hand support) (continued)

"C" + "C" (and more difficult)	**+ 0.20**

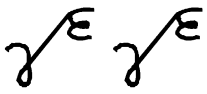
EXAMPLE 1:
Salto backward with 1½ (540°) twist ("C"),
Salto forward stretched with 1/1 (360°) twist ("C")



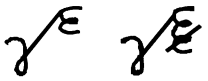
EXAMPLE 2:
Salto backward stretched with 2/1 (720°) twist ("C"),
Salto forward tucked with 1/1 (360°) twist ("C")



EXAMPLE 3:
Salto forward stretched with 1/1 (360°) twist ("C"),
Salto forward stretched with 1/1 (360°) twist ("C")



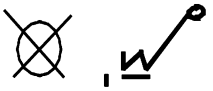
EXAMPLE 4:
Salto forward stretched with 1/1 (360°) twist ("C"),
Salto forward stretched with 1½ (180°) twist ("D")



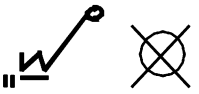
C. DIRECT CONNECTIONS – two Dance or two Dance / Acro elements (or reversed)

1. Elements MUST be directly connected.
2. Acro elements MUST be Saltos OR flight elements (with / without hand support).
3. Dance series / Mixed series – plié connection:
   - **a.** Lands first element in plié on two feet.
   - **b.** Totally straightens legs and pliés again to initiate jump into next element.
   - **c.** Total straightening of legs will break series.
4. Turn connected to jump – take-off from two feet:
   - NOT eligible for CV Bonus.
5. Turn connected to hop – take-off from one leg.
   - **a.** Can be directly connected.
   - **b.** May be eligible for CV Bonus.
6. Jump connected to turn – take-off from two feet
   - Jump landing on one foot can be directly connected to turn.

EXAMPLE 1: – Award CV
Double (720°) turn ("C") +
Wolf Hop 1/1 (360°) turn ("C")



EXAMPLE 2: – Award CV
Wolf Jump with 1/1 (360°) turn (land on one leg) ("C") +
Double 2/1 (720°) turn ("C")



EXAMPLE 3: = No CV awarded
Double (720°) turn ("C") +
Straddle Jump with 1/1 (360°) turn ("C")

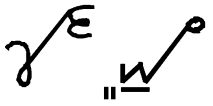


"C" + "C" (Same / Different) – (Group 1 or 2)	**+ 0.10**

EXAMPLE 1:
Switch-leg Ring Leap ("C") +
Tour Jeté Ring Leap ("C")



EXAMPLE 2:
Salto forward stretched with 1/1 (360°) twist ("C") +
Wolf Jump with 1/1 (360°) turn ("C")



EXAMPLE 3:
Double (720°) turn ("C") +
Double (720°) turn ("C")



EXAMPLE 4:
Cat Leap with 1½ (540°) turn ("C),
Cat Leap with 1½ (540°) turn ("C")



EXAMPLE 5:
Straddle Jump with 1/1 (360°) turn (Popa – "C") +
Straddle Jump with 1/1 (360°) turn (Popa – "C")



DIRECT CONNECTIONS – two Dance or two Dance / Acro elements (or reversed) (continued)

"D / E" Salto + "A" Jump (this order ONLY)	**+ 0.10**

EXAMPLE:
Round-off, Flic-Flac,
Double Salto tucked ("D") + Sissonne ("A")

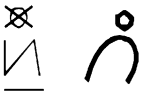


"B" + "D / E"	**+ 0.10**

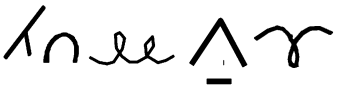
EXAMPLE 1:
Switch-leg Leap ("B") +
Cat Leap with 2/1 (720°) turn ("D")



EXAMPLE 2:
Tuck Jump with 2/1 (720°) turn ("D") +
Flic-Flac with 1/1 (360°) twist ("B")



EXAMPLE 3:
Round-off, Flic-Flac,
Double Salto backward tucked ("D"),
Straddle Jump ("B"),
Salto forward tucked ("A")

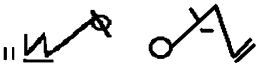


Award +0.10 CV for Acro / Dance connection "D" + "B".
1) Straddle Jump breaks connection.
2) No CV Bonus awarded "D" → "A".
3) No SR #2 awarded (two-Salto pass).

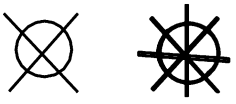
"C" + "D / E" (or more difficult)	**+ 0.20**

EXAMPLE 1:
Wolf Jump (two-foot take-off) with 1½ (540°) turn ("D") +

Schushunova with 1/1 (360°) twist ("C")



EXAMPLE 2:
Double (720°) turn ("C") +
Triple (1080°) turn ("D")



Revised 7.22

D. CONNECTIONS OF THREE OR MORE ELEMENTS:

Second element (and following) may be used second time
• First time as last element of first connection.
• Second time as first element of new connection.
• All elements receive VP credit.
Direct connection applied prior to indirect connection principle.

EXAMPLE 1:
Round-off, Flic-Flac,
Salto backward stretched with 1½ (540°) twist ("C"),
Round-off, Flic-Flac,
Salto backward stretched with 2/1 (720°) twist ("C"),
Salto forward tucked ("A")



"C" → "C" + "A"

Principles applied:
1 Indirect ("C") + ("C") = + 0.20
2 Direct ("C") + ("A") = + 0.10

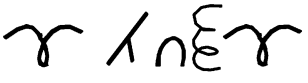
EXAMPLE 2:
Whip Salto ("A"),
Salto backward stretched with 1½ twist ("C"),
Salto forward tucked ("A")



"A" + "C" + "A"

Principles applied:
#2 Direct "A" + "C" = + 0.10
#2 Direct "C" + "A" = + 0.10

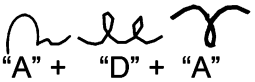
EXAMPLE 3:
Salto forward tucked step-out ("A"),
Round-off, Flic-Flac,
Salto backward stretched with 2/1 (720°) twist ("C"),
Salto forward tucked ("A")



"A" "C" + "A"

Principles applied:
#2 Direct "C" + "A" = + 0.10
#1 Indirect CANNOT be used; Direct used first.

EXAMPLE 4:
Whip Salto ("A"),
Double Salto backward tucked ("D"),
Salto forward tucked ("A")



"A" + "D" + "A"

Principles applied:
#2 Direct "A" + "D" = + 0.20
#2 Direct "D" + "A" = + 0.20

EXAMPLE 5:
Round-off,
Whip Salto ("A"),
Flic-Flac,
Salto backward stretched with 2½ (900°) twist ("D"),
Flyspring, Salto forward tucked ("A")



"A" → "D" → "A"

Principles applied:
#1 Indirect "A" + "D" = +0.10
#1 Indirect "D" + "A" = +0.10
OR
#1 Indirect "A" + "A" + "D" = +0.20

CONNECTIONS OF THREE OR MORE ELEMENTS (continued):

Second element (and following) may be used second time
• First time as last element of first connection.
• Second time as first element of new connection.
• All elements receive VP credit.
Direct connection applied prior to indirect connection principle.

EXAMPLE 6:
Front handspring,
Salto forward stretched ("B"),
Salto forward stretched ("B"),
Salto forward stretched with 1/1 (360°) twist ("C")



"B" + "B" + "C"

Principles applied:
#2 Direct "B" + "B" = + 0.10
#2 Direct "B" + "C" = + 0.20

EXAMPLE 7:
Round off,
Whip Salto ½ (180°) turn ("B"),
Salto forward stretched ("B"),
Salto forward stretched with 2/1 (720°) twist ("E")



"B" + "B" + "E"

Principles applied:
#2 Direct "B" + "B" = + 0.10
#2 Direct "B" + "E" = + 0.20

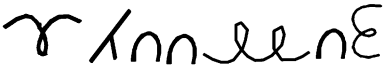
EXAMPLE 8:
Salto forward stretched ("B"),
Salto forward with 2/1 (720°) twist ("E"),
Salto forward piked ("B")



"B" + "E" + "B"

Principles applied:
#2 Direct "B" + "E" = + 0.20
#2 Direct "E" + "B" = + 0.20

EXAMPLE 9:
Salto forward tucked with step-out ("A"),
Round-off, Flic-Flac, Flic-Flac,
Double Salto backward tucked ("D"),
Flic-Flac,
Salto backward stretched with 1/1 twist ("B")



"A" → "D" → "B"

Principles applied:
#1 Indirect "A" + "D" = + 0.10
#1 Indirect "D" + "B" = + 0.20

III. "D/E" BONUS – LEVEL 9 AND 10 ONLY

A. "D/E" ELEMENTS MAY REPLACE

1. Required VP of "A" / "B" / "C" and
2. Awarded "D/E" Bonus.

B. "D/E" BONUS AWARDED WHEN ELEMENTS ARE PERFORMED SUCCESSFULLY

1. Without fall.
2. Without spot.

C. "D/E" BONUS FOR LEVEL 9

MAXIMUM OF + 0.10 AWARDED for "D/E" Bonus.

The first restricted "D/E" Acro element performed AND receives VP credit can be considered for +0.10 "D/E" Bonus **one time ONLY**

1. If 1st Restricted "D/E" element results in **0 VP**: No Bonus is awarded.
   - The same Restricted "D/E" element may be repeated to receive VP credit and MAY be considered for +0.10 DV.
   - Additional different Restricted "D/E" elements performed whether or not they receive VP credit: Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
2. If 1st Restricted "D/E" element **receives VP credit** but is performed **with a fall**: NO Bonus is awarded.
   - Any additional Restricted "D/E" elements whether or not they receive VP credit:
   - Deduct 0.50 each time for additional Restricted elements from the SV. Do NOT award VP or SR.
3. 1st Restricted "D/E" element counts as "C" in Connection Value Principles.

D. "D/E" BONUS FOR LEVEL 10

1. **MAXIMUM OF + 0.40 AWARDED** for "D/E" Bonus.
   a. "D" elements each receive + 0.10 Bonus.
   b. "E" elements each receive + 0.20 Bonus.
2. **SAME "D" or "E" ELEMENT** eligible for "D/E" Bonus one time ONLY.
   EXCEPTION: Same "D" or "E" element performed a second time.
   a. 1st time performed without landing on any part of the bottom of the feet or with a spot = **0 VP**
   b. Second time element is complete - VP credit awarded.
   c. "D/E" Bonus awarded.

IV. ADDITIONAL BONUS + 0.10 – LEVEL 10 ONLY

A. ELIGIBLE TO EARN BONUS POINTS

1. Both CV Bonus and "D/E" Bonus,
   a. Minimum of + 0.10 for "D/E".
   b. Minimum of + 0.10 for CV.
2. Remaining 0.30 may be earned
   a. "D/E" Bonus or CV Bonus.
   b. Maximum SV = 10.00.
3. Eligible for additional Bonus + 0.10 (NOT included in SV).
   a. MUST have 10.0 SV
   b. Total Bonus = +0.60 or more, and
   c. Minimum of one "E" Acro element (no fall / no spot).

B. ADDITIONAL BONUS – NOT INCLUDED IN SV

1. Each judge adds the additional Bonus to her / his score and MUST visibly indicate by means of a placard or other signage, that the additional Bonus was awarded.
2. If using paper score slips, the judge should also indicate in writing any Bonus awarded.

Revised 7.22 & 10.22
(III.D.2.a) & 8.24

V. BONUS RESTRICTIONS

A. FALLS or SPOT:

1. During "D/E" element – No "D/E" Bonus
2. In CV element – No CV Bonus

EXCEPTION: Connection of three or four VPs, fall on last element:

- **a.** First two or three elements eligible for CV Bonus.
- **b.** Award CV Bonus for successfully completed connections.

EXAMPLE:

Round-off, Flic-Flac,
Whip Salto ("A"),
Flic-Flac,
Double Salto backward tucked ("D"),
Salto forward tucked ("A") – falls on Salto forward tucked "A" → "D" "A" FALL

- Award + 0.10 (CV) indirect connection
- Whip Salto ("A") → double Salto backward tucked ("D")

B. REPEATED "D" / "E" ELEMENT- LEVEL 10

1. "D/E" Bonus awarded one time ONLY.
2. No "D/E" Bonus for same "D" or "E" a second time unless Different connection (before / after).

   a. The first time a "D/E" element receives VP credit; however, if performed with a fall, no Bonus is awarded.
   Example: Gymnast performs Salto forward stretched with 1½ (540°) twist and falls: Award VP; NO bonus.

   b. The second time the same "D/E" element is performed and meets the requirement to receive VP (performed in a different connection without a spot or fall), Bonus is awarded.
   Example: Gymnast repeats the Salto forward stretched with 1½ (540°) twist, connecting to Salto backward stretched with step-out = Award VP, DV, and CV.

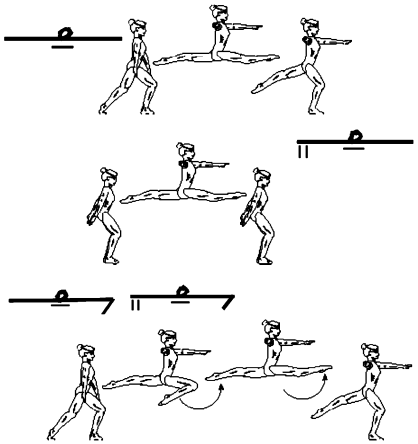
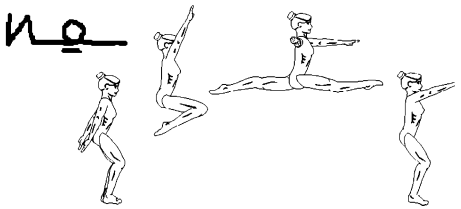
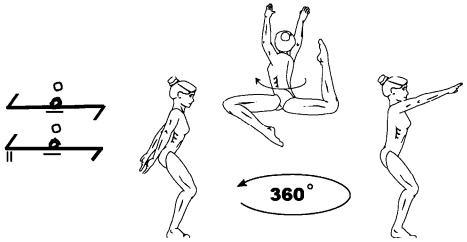
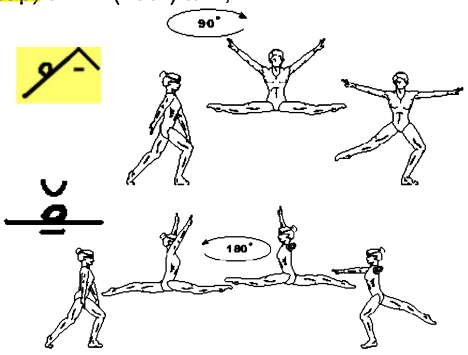
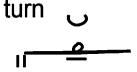
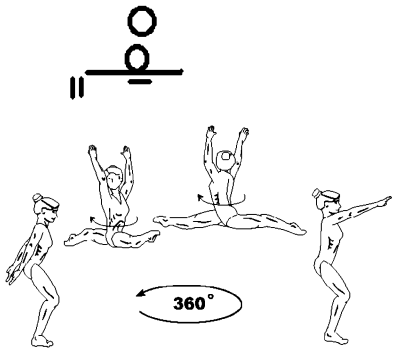
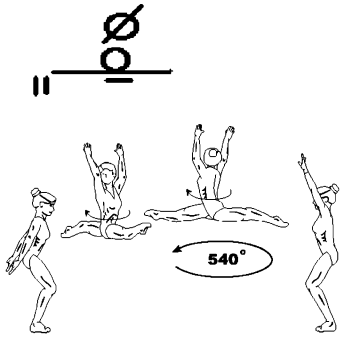
C. EXACT SAME CONNECTION REPEATED, CV BONUS NOT AWARDED.

D. LEVEL 9 & 10 - TOTAL BONUS CREDIT POSSIBLE:

1. **Level 10**: +0.50 total Bonus needed to start at 10.0
   - **a.** No more than + 0.40 may be awarded for CV.
   - **b.** No more than + 0.40 may be awarded for "D/E".
2. **Level 9**: +0.30 total Bonus needed to start at 10.0.
   - **a.** No more than + 0.30 may be awarded for CV.
     - If first "D/E" Acro element performed is contained in a Bonus connection, it receives +0.10 "D/E" Bonus and acts as a "C" for CV Connection Principle.
   - **b.** No more than + 0.10 may be awarded for "D/E".
     - ONLY the first "D/E" Acro element receiving VP credit may be eligible for + 0.10 "D/E" Bonus.
     - No "D/E" Bonus for "D/E" Dance elements.

E. LEVEL 6 / 7 / 8 NOT ELIGIBLE for CONNECTION VALUE (CV) BONUS

Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.101 Split leap forward or split jump in place, also with bending of the forward leg and/or back leg (stag or double-stag position in flight phase) **See Box* 	**1.201** Tuck jump with separation of legs to cross split (180°) during flight phase.  Double stag jump or leap with 1/1 (360° turn 	**1.301**	**1.401**	**1.501**
1.102	**1.202** Split leap forward with 1/4 (90°) turn (Side leap) or 1/2 (180°) turn,  also split jump with 1/2 (180°) turn (not illustrated)  The two leap variations are considered the same element. The Split leap with 1/4 or 1/2 & the Split jump 1/2 turn are considered different elements.	**1.302** Split jump with 1/1 (360°) turn 	**1.402** Split jump with a 1½ (540°) turn 	**1.502**

An additional 1/4 turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed under a different number.

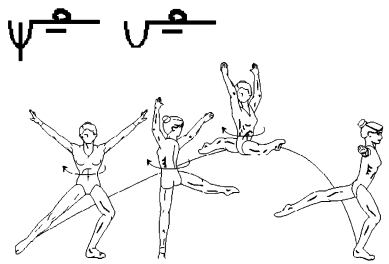
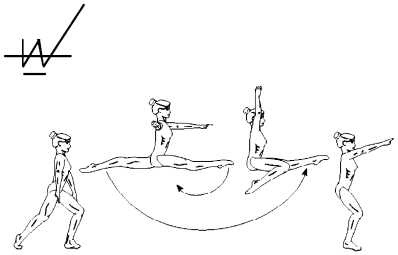
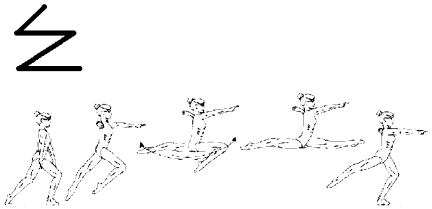
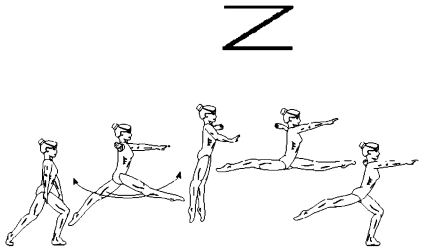
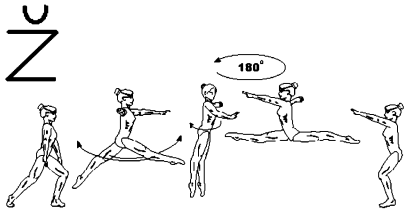
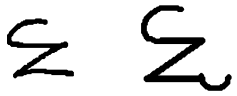
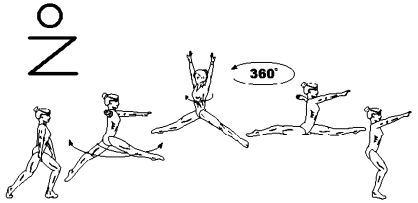
Leaps, jumps and hops with the same number and different degrees of turn (1/2, 1/1, 1½ or more) are considered different elements.

* Leaps/hops (1-foot take-off) and jumps (2-foot take-off) with the same number are considered different elements.

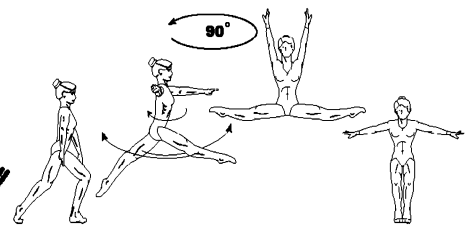
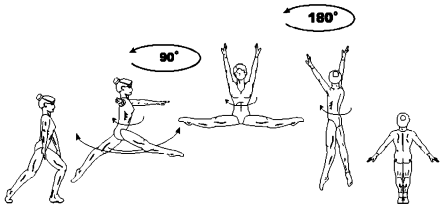
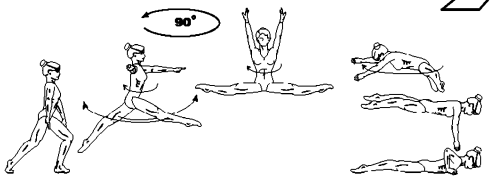
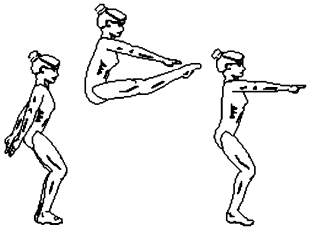
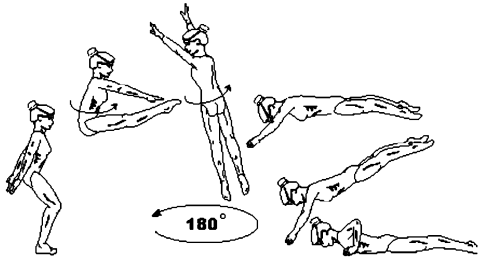
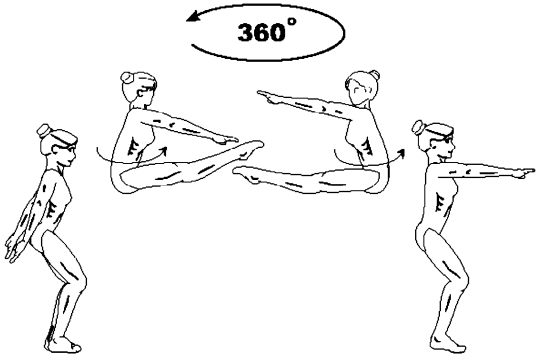
Stag and split variations of leaps and of jumps with the same number are considered the same element.

Any leap not listed in the *Dev Code of Points* that has a 180° split and 360° turn is valued at "C".

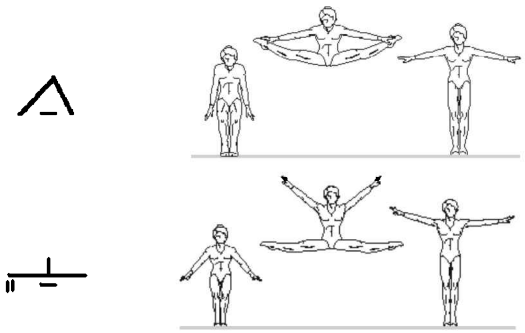
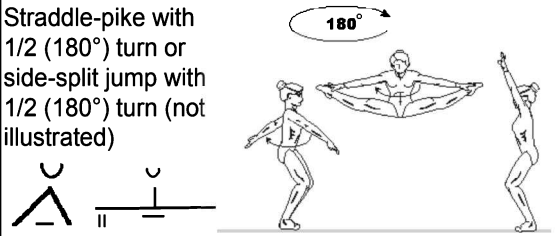
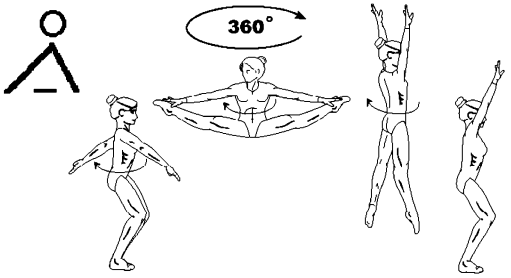
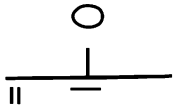
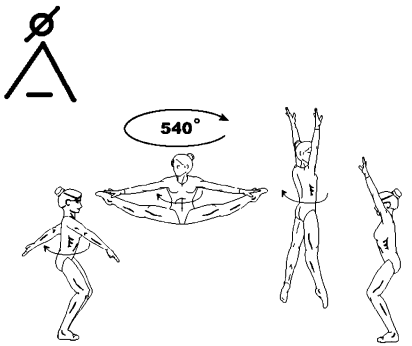
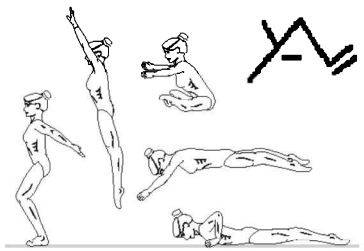
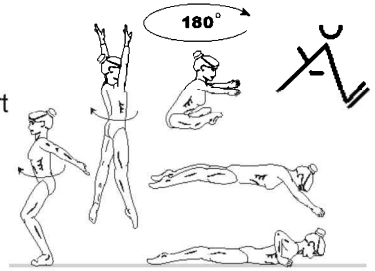
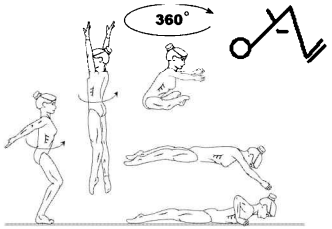
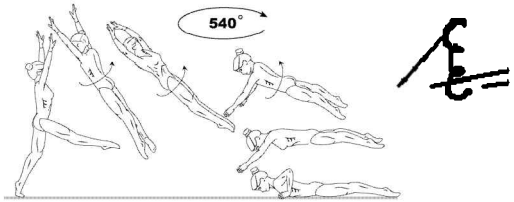
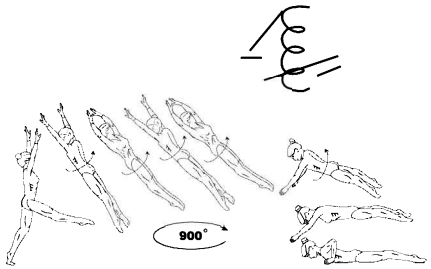
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.103	**1.203** Jeté en tournant - 1/4 to 1/2 (90°–180°) turn with take-off from one leg into split leap 	**1.303**	**1.403**	**1.503**
1.104 Stride leap forward with change of legs to wolf position.  Stag leap forward with leg change (Stag switch-leg leap) 	**1.204** Split leap forward with leg change (180° separation < after leg change) (Switch-leg leap) 	**1.304** Split leap forward with leg change and 1/2 (180°) turn in flight phase (180° separation < after leg change) (Switch-leg leap with 1/2 turn)  Split leap forward with leg change through forward, sideward, to backward horizontal (Rond-de-Jambe) (Plataroti) also with 1/2 (180˚) turn (No illustration) 	**1.404** Split leap forward with leg change and 1/1 (360°) turn in flight phase (180° separation < after leg change) (Frolova) (Switch-leg leap with 1/1 turn) 	**1.504**

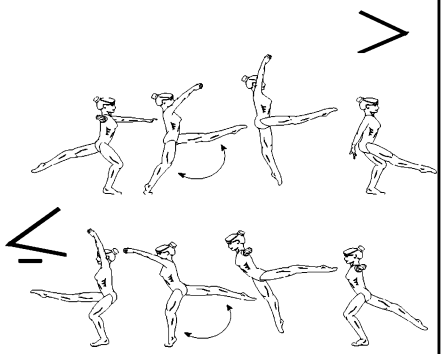
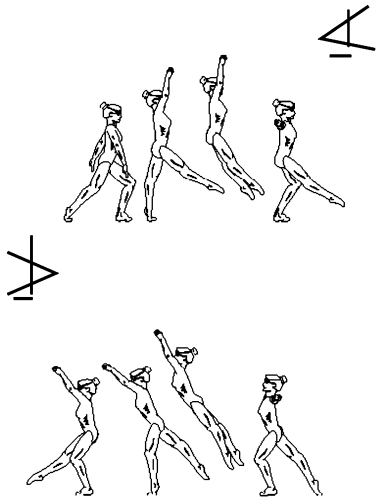
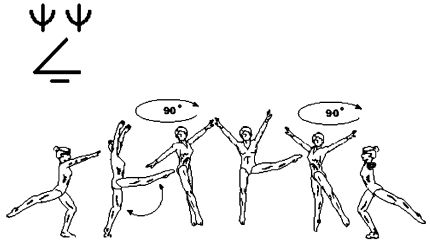
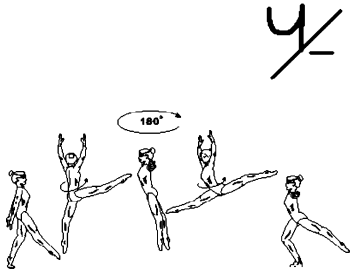
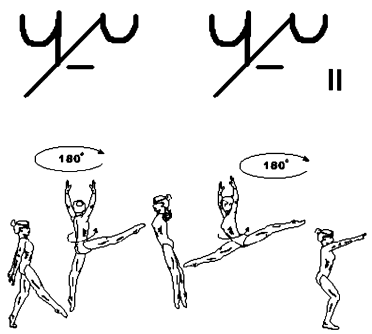
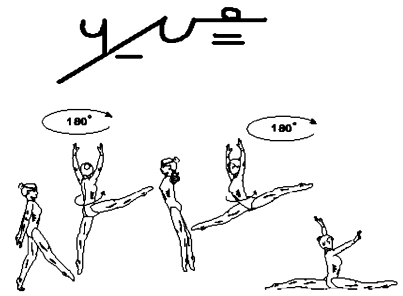
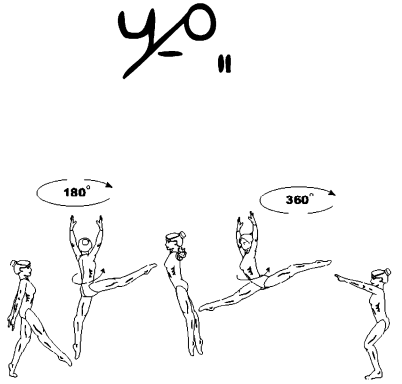
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.105	**1.205**	**1.305** Split leap forward with leg change (180° separation < after leg change) and 1/4 (90˚) turn to side-split leap (180°) or straddle-pike position (180°) (Switch-side leap), also to land in front lying support  Switch-side leap with 1/2 (180˚) or 3/4 (270˚) turn to a stand   Switch-side leap with a 1/2 (180°) turn in horizontal plane to land in front lying support (Kosowski)	**1.405**	**1.505**
1.106	**1.206** Pike jump – (minimum 90° hip angle), also with 1/2 (180°) turn to stand (not illustrated)  -or to front lying support - take-off from one or both legs  	**1.306** Pike Jump with 1/1 (360°) turn (minimum 90° hip angle)  	**1.406**	**1.506**

Group 1 – Leaps, Jumps and Hops

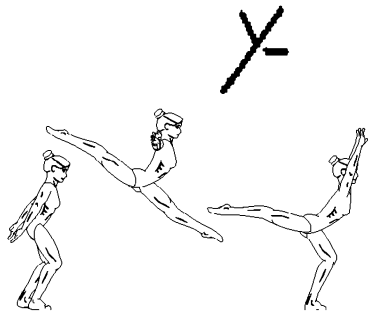
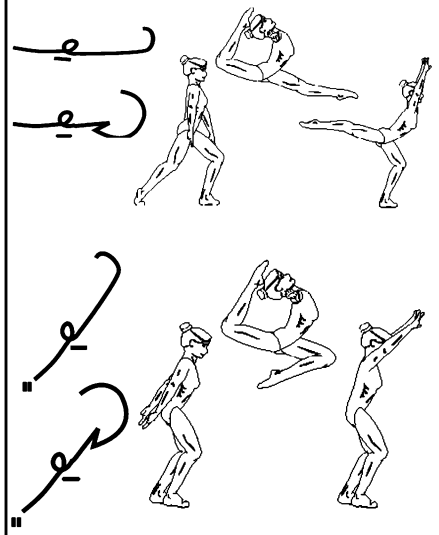
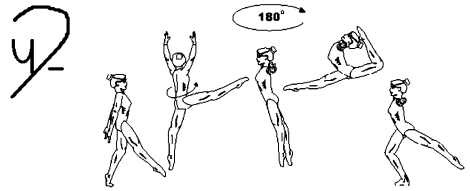
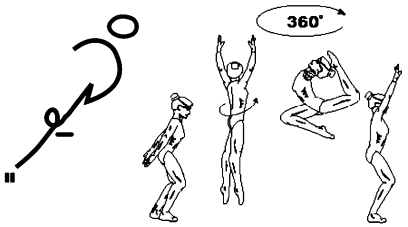
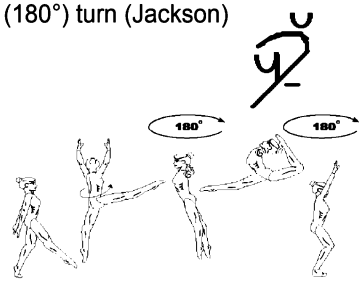
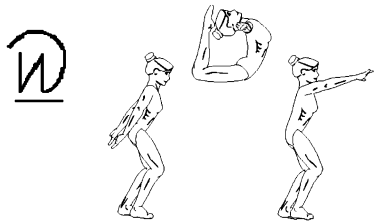
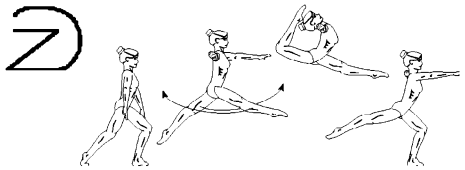
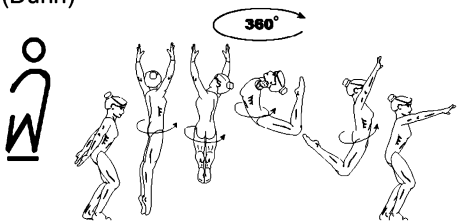
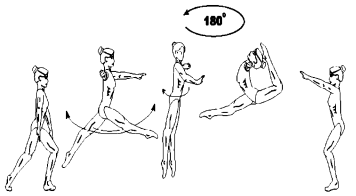
A	B	C	D	E
1.107	**1.207** Straddle-pike or Side-split jump  Straddle-pike with 1/2 (180°) turn or side-split jump with 1/2 (180°) turn (not illustrated) 	**1.307** Straddle-pike jump with 1/1 (360°) turn (Popa) , also Side-split jump with 1/1 (360°) turn (Not illustrated)  also Side-split jump with 1/1 (360°) turn (Not illustrated) 	**1.407** Straddle-pike jump with 1½ (540°) turn 	**1.507**
1.108	**1.208** Side-split jump (180° separation <) with landing to front lying support (Shushunova);  -also jump with a 1/2 (180°) turn to a side-split jump (180° separation <) with landing to front lying support (Shushunova) 	**1.308** Jump with a 1/1 (360°) turn to a side-split jump (180° separation <) with landing to front lying support (Shushunova)  Leap with 1½ (540°) turn in horizontal plane, legs together, landing in front lying support – take-off from one leg (Khorkina) 	**1.408** Leap with 2½ (900°) turn in horizontal plane, legs together, landing in front lying support – take-off from one leg (Toussaint) 	**1.508**

Group 1 – Leaps, Jumps and Hops

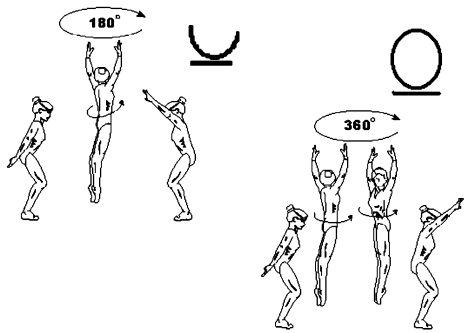
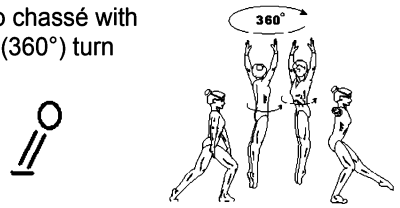
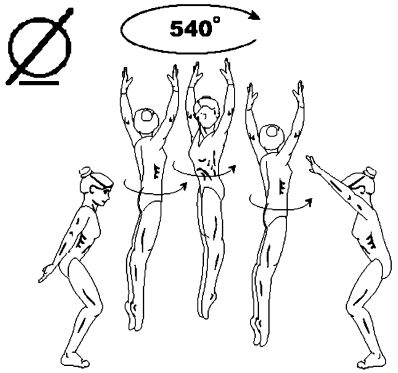
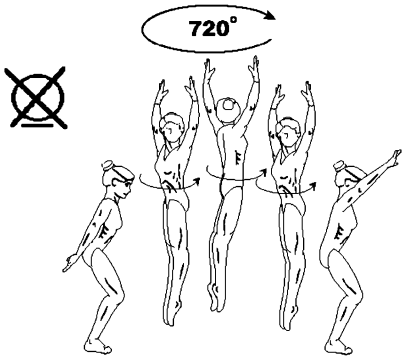
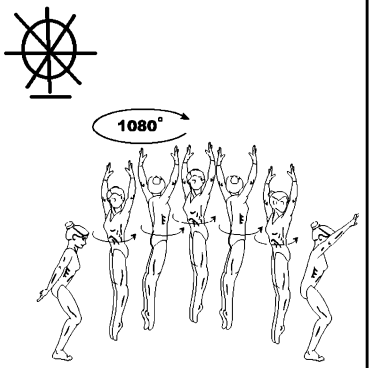
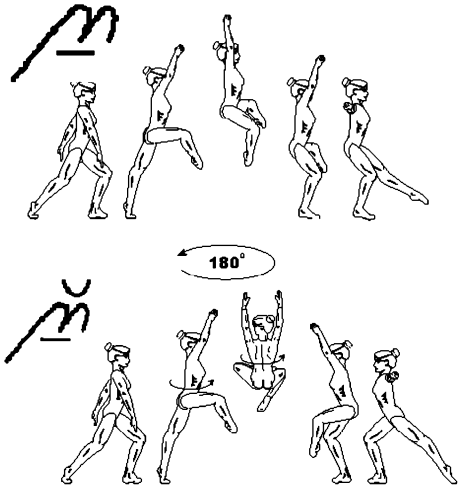
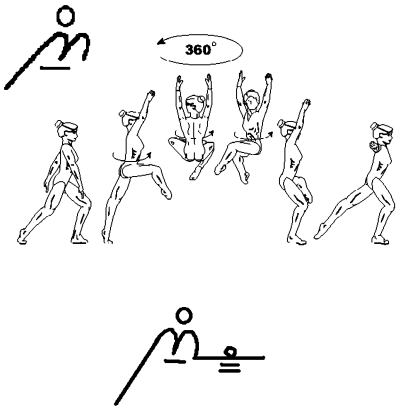
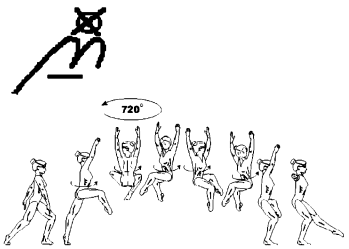
A	B	C	D	E
1.109 Scissors leap forward or backward with extended legs (Hitch-kick)  Backward or forward cabriole  All four elements considered different.	**1.209** Scissors leap forward with stretched legs – 1/4, 1/4 (90° - 90°) turn  Fouetté hop with leg change to cross split (leg separation 180°) to land on one or both feet (Tour Jeté) 	**1.309** Tour jeté with additional 1/2 (180°) turn – landing on one or both feet (Strug), or in split-sit position (Produnova)  	**1.409** Tour Jeté with additional 1/1 (360°) turn to land on both feet (Gogean) 	**1.509**

Revised 7.22 and 7.23

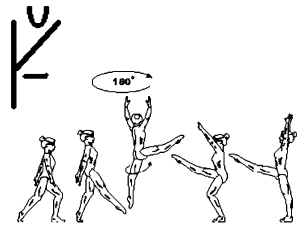
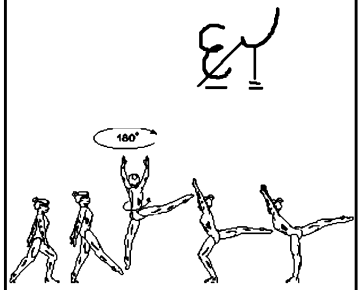
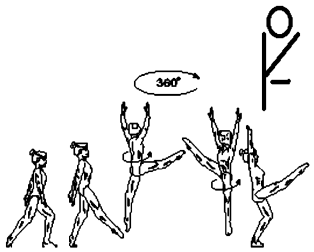
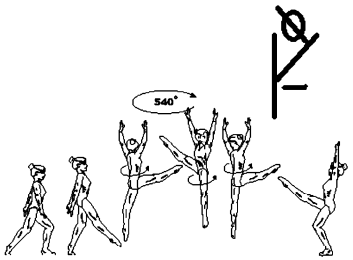
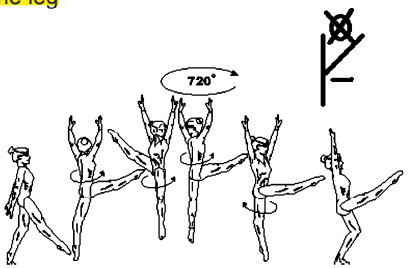
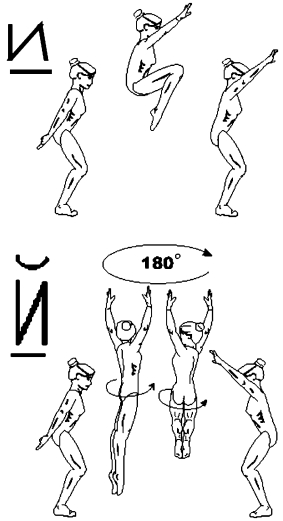
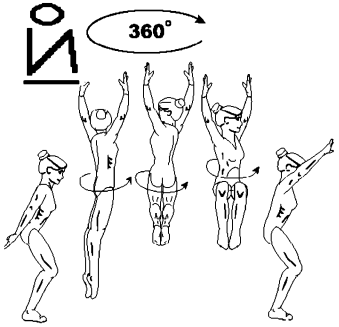
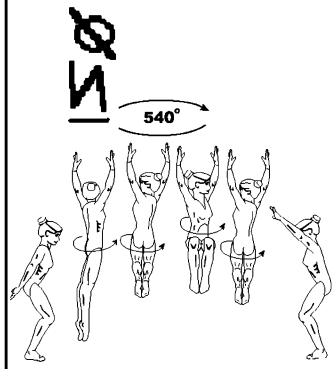
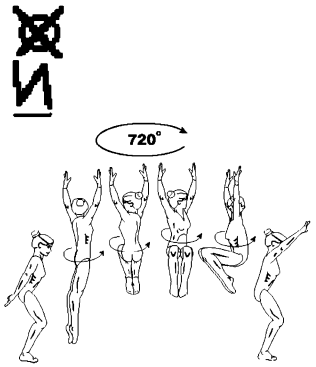
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.110 Sissonne, take-off from both legs, land on one foot (legs in a diagonal position with 180° leg separation; front leg a minimum of 45°) 	**1.210** Ring or stag-ring leap or jump (rear leg at head height) – take-off from one or two feet 	**1.310** Tour jeté to ring leap (Boucher)  Stag-ring jump with 1/1 (360˚) turn 	**1.410** Tour jeté to ring leap with 1/2 (180°) turn (Jackson)  Ring jump with 1/1 (360˚) turn (Johnson) 	**1.510**
1.111	**1.211** Tuck jump backward with arch (sheep jump), feet to head height  Switch-leg stag-ring leap 	**1.311** Split leap forward with leg change to ring leap (180° separation < after leg change)  Tuck jump backward with arch (sheep jump, feet to head height) with 1/1 (360°) turn (Dunn) 	**1.411** Split leap forward with leg change and 1/2 (180°) turn to ring leap (180° separation < after leg change) (Trevor) 	**1.511**

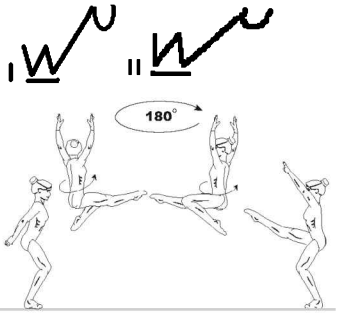
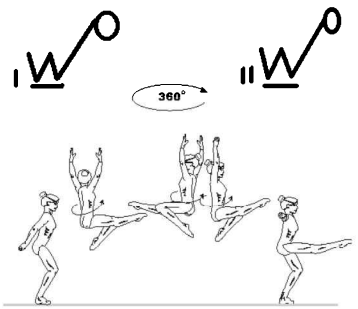
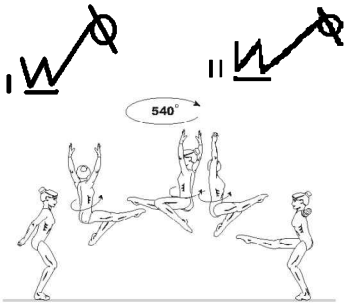
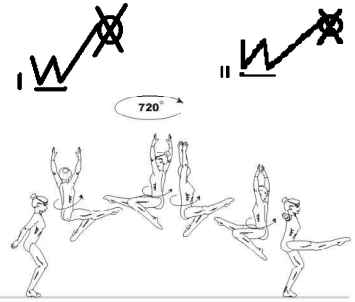
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.112 Stretched/arch jump with 1/2 (180°) turn or 1/1 (360°) turn – take-off from both legs,  -also chassé with 1/1 (360°) turn 	**1.212** Stretched jump with 1½ (540°) turn – take-off from both legs 	**1.312** Stretched jump with 2/1 (720°) turn – take-off from both legs,  -also with 2½ (900°) turn (not illustrated) 	**1.412** Stretched jump with 3/1 (1080°) turn 	**1.512**
1.113 Scissors leap forward with bent legs in turn-out or parallel (Cat leap), also with 1/2 (180°) turn 	**1.213** Cat leap forward with bent legs and 1/1 (360°) turn, also to land in split-sit (Not illustrated) 	**1.313** Cat leap forward with bent legs and 1½ (540°) turn (Garrison) 	**1.413** Cat leap forward with bent legs and 2/1 (720°) turn (Benton) 	**1.513**

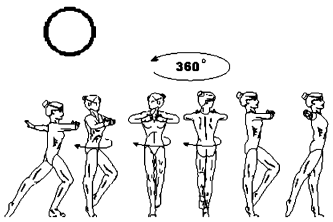
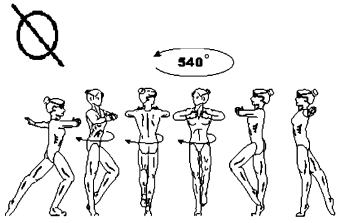
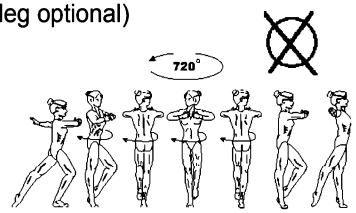
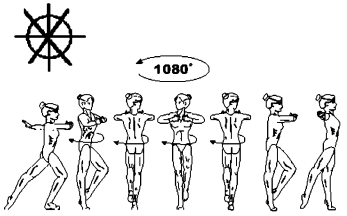
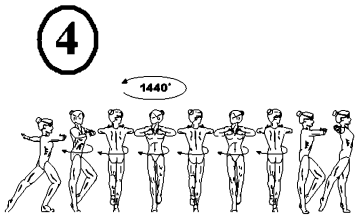
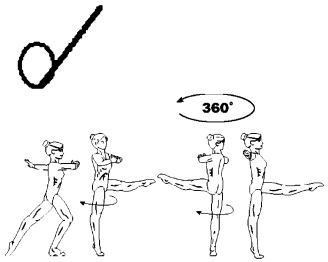
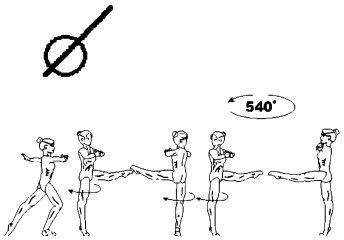
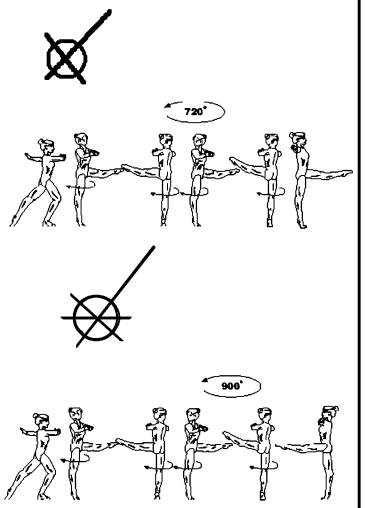
Group 1 – Leaps, Jumps and Hops

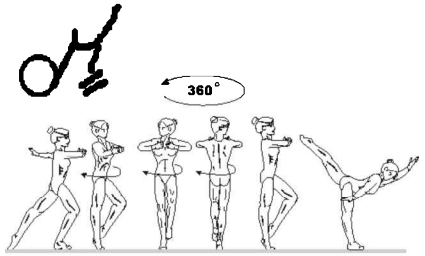
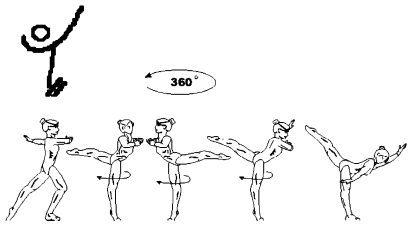
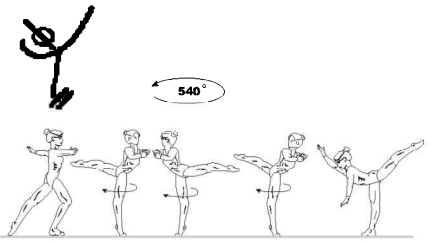
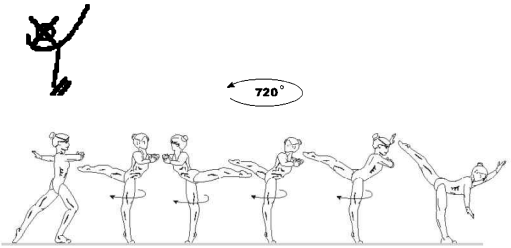
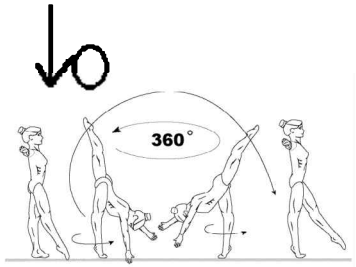
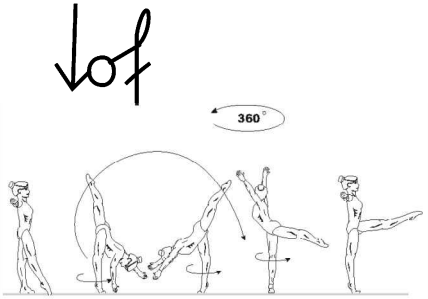
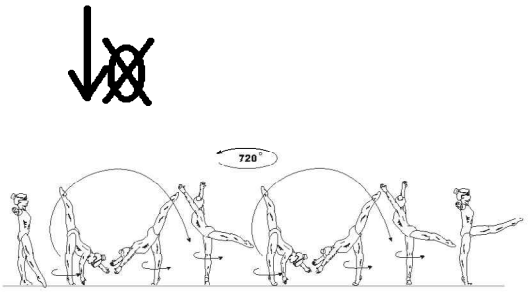
A	B	C	D	E
1.114 Hop with 1/2 (180°) turn, free leg extended above horizontal – take-off from one leg 	**1.214** Fouetté-hop to land in scale 	1.314 Hop with 1/1 (360°) turn, free leg extended above horizontal – take-off from one leg 	1.414 Hop with 1½ (540°) turn, free leg extended above horizontal – take-off from one leg 	1.514 Hop with 2/1 (720°) turn, free leg extended above horizontal – take-off from one leg 
1.115 Tuck hop or jump (legs together), also with 1/2 (180°) turn 	**1.215** Tuck hop or jump (legs together) with 1/1 (360°) turn 	**1.315** Tuck hop or jump (legs together) with 1½ (540°) turn 	**1.415** Tuck hop or jump (legs together) with 2/1 (720°) turn,  also landing in front lying support (Ziganshiva) (Not illustrated)	**1.515**

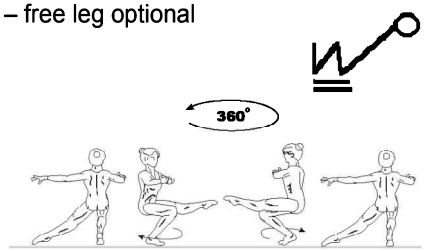
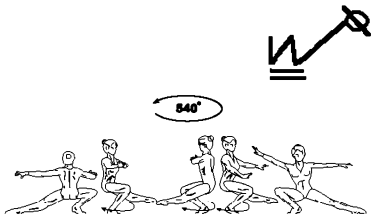
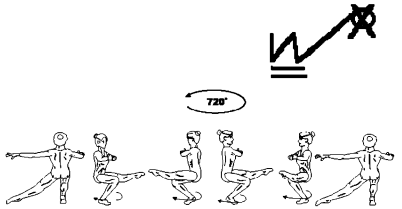
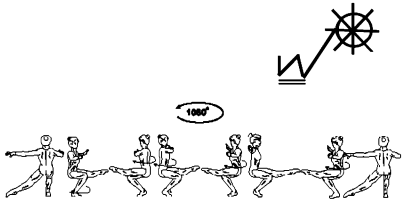
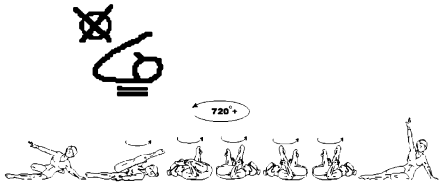
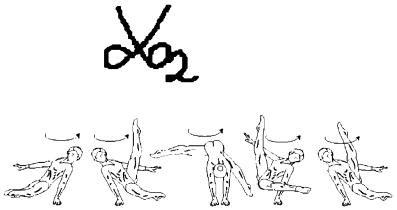
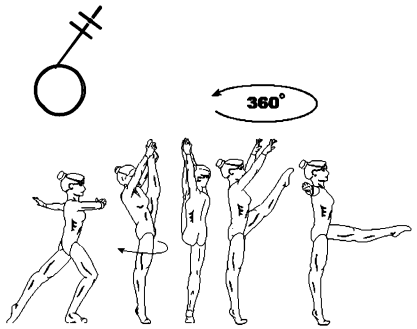
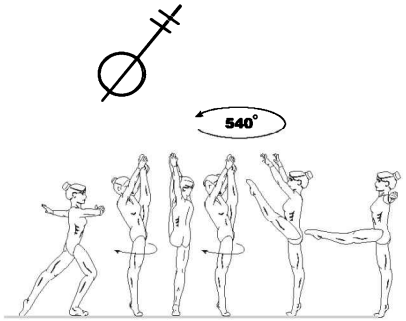
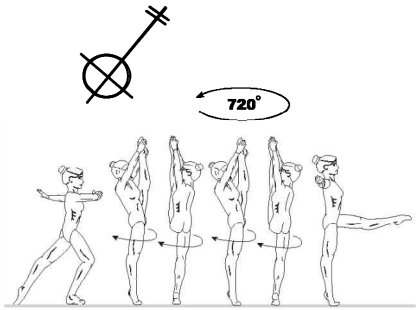
Group 1 – Leaps, Jumps and Hops

A	B	C	D	E
1.116 Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) – take-off from one or both legs 	**1.216** Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with 1/2 (180°) turn – take-off from one or both legs 	**1.316** Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1/1 (360°) turn – take-off from one or both legs  also with landing in front support 	**1.416** Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 1½ (540°) turn – take-off from one or both legs 	**1.516** Wolf hop or jump (one leg tucked, one leg extended forward - both extended leg & thigh of bent leg at or above horizontal) with a 2/1 (720°) turn – take-off from one or both legs 

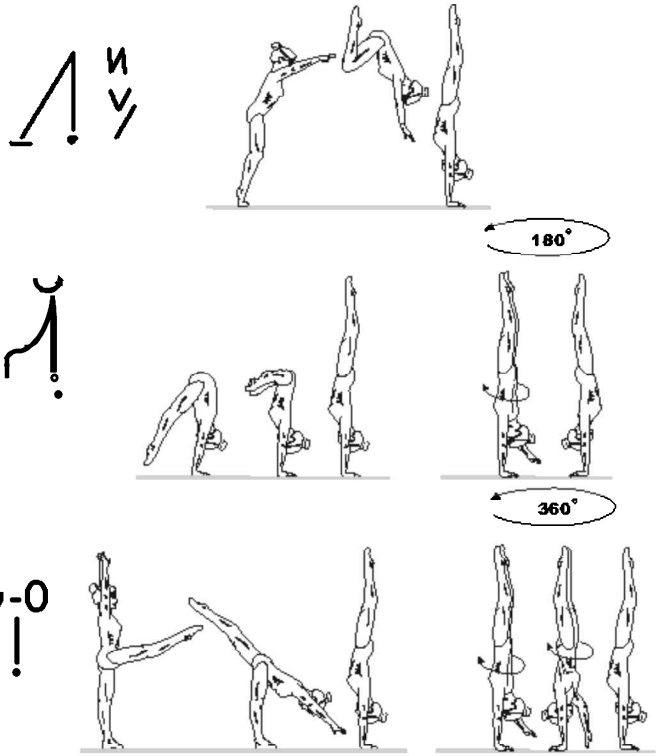
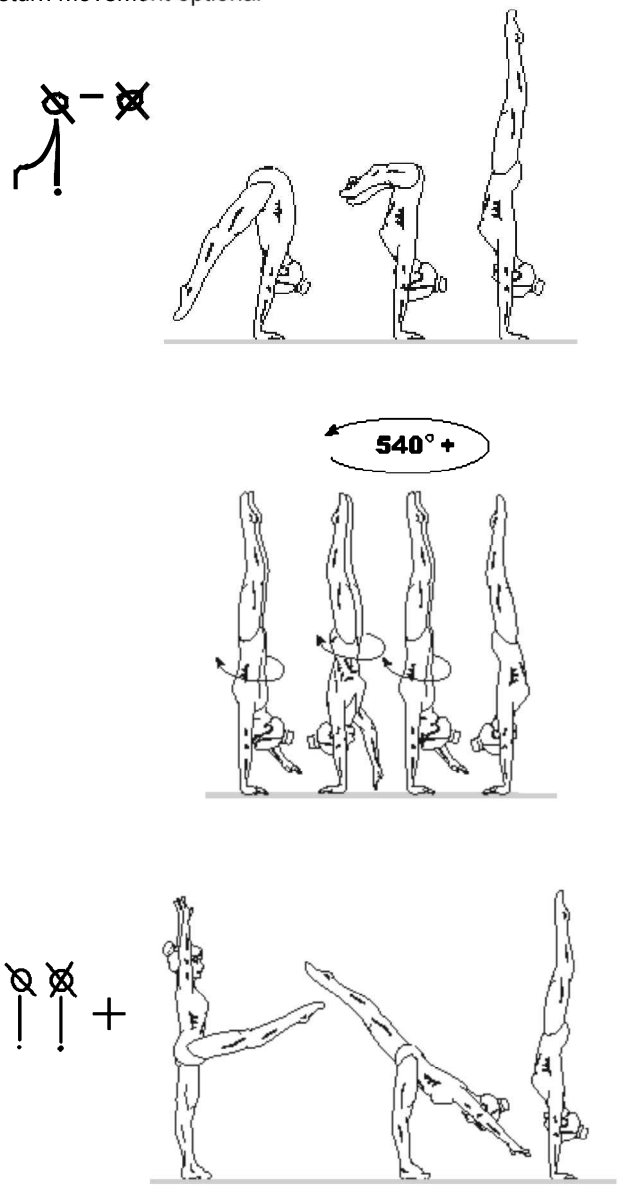
Group 2 – Turns

A	B	C	D	E
2.101 1/1 (360°) turn on one leg (free leg optional) 	**2.201** 1½ (540°) turn on one leg (free leg optional) 	**2.301** 2/1 (720°) turn on one leg (free leg optional)  -also 2½ (900°) turn on one leg (Not illustrated) 	**2.401** 3/1 (1080°) turn on one leg (free leg optional) 	**2.501** 4/1 (1440°) turn on one leg (free leg optional) (Gomez) 
2.102	**2.202** 1/1 (360°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s) 	**2.302** 1½ (540°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s) 	**2.402** 2/1 or 2½ (720° - 900°) turn with heel of free leg extended or bent forward at or above horizontal throughout the turn, without holding free leg with hand(s) 	**2.502**

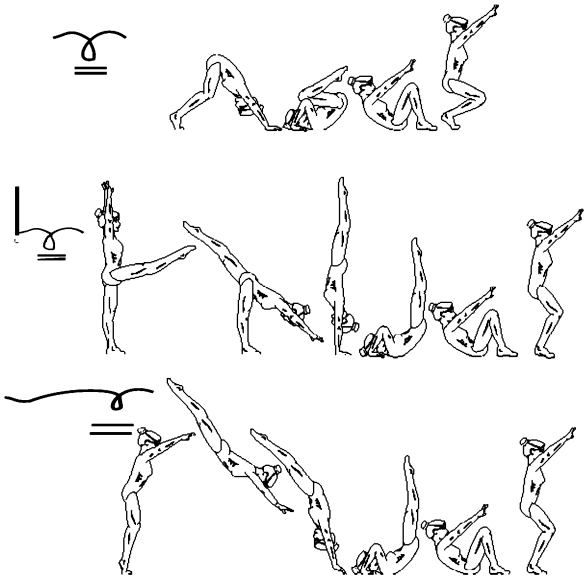
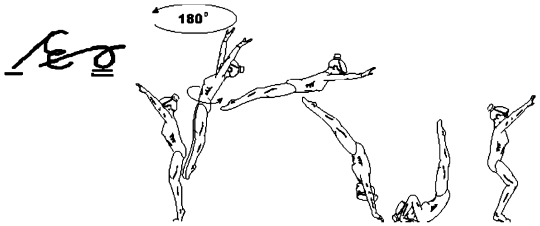
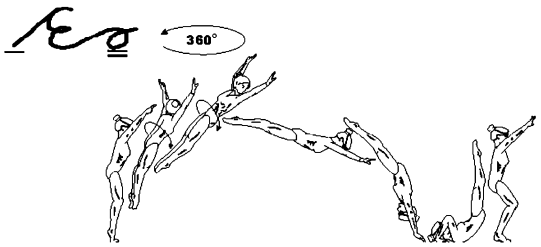
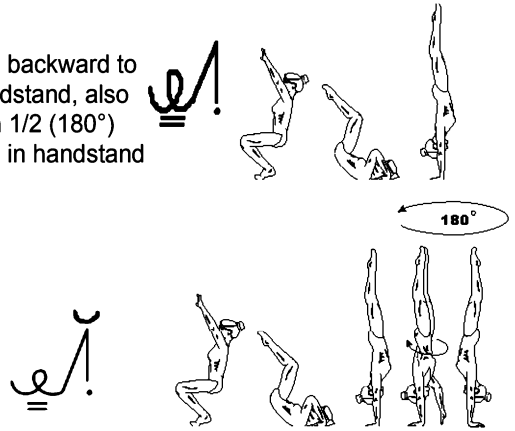
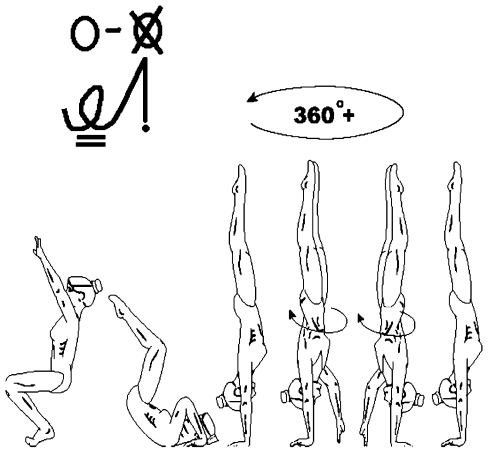
Group 2 – Turns				
A	B	C	D	E
2.103	**2.203** 1/1 (360°) turn on one leg to scale forward (2 sec.) 	**2.303** 1½ (540°) turn on one leg to scale forward (2 sec.) 	**2.403** 2/1 (720°) turn on one leg to scale forward (2 sec) 	**2.503**
2.104	**2.204** 1/1 (360°) turn in scale forward with free leg above horizontal from start to end of the turn 	**2.304** 1½ (540°) turn in scale forward with free leg above horizontal from start to end of the turn 	**2.404** 2/1 (720°) turn in scale forward with free leg above horizontal from start to end of the turn 	**2.504**
2.105 1/1 (360°) illusion turn through standing split without touching floor with free leg (brief touching of floor with one hand permitted) 	**2.205** 1/1 (360°) illusion turn through standing split without touching floor with free leg or hand 	**2.305**	**2.405** 2/1 (720°) illusion turn without touching floor with free leg or hand 	**2.505**

Group 2 – Turns				
A	B	C	D	E
2.106	**2.206** 1/1 (360°) turn in tuck stand on one leg – free leg optional 	**2.306** 1½ (540°) turn in tuck stand on one leg – free leg optional 	**2.406** 2/1 (720°) turn in tuck stand on one leg – free leg optional 	**2.506** 3/1 (1080°) turn in tuck stand on one leg – free leg optional 
2.107	**2.207** 2/1 (720°) spin or more on back in kip position (hip-leg < closed) 	**2.307** Double “flair” (Homma) 	**2.407**	**2.507**
2.108	**2.208** 1/1 (360°) turn with free leg held upward with hand(s) at a 180˚ split position 	**2.308** 1½ (540°) turn with free leg held upward with hand(s) at a 180˚ split position 	**2.408** 2/1 (720°turn with free leg held upward with hand(s) at a 180˚ split position (Memmel) 	**2.508**

Group 3 – Handstands

A	B	C	D	E
3.101 Jump to handstand – return movement optional or kick or press to handstand with ½ – 1/1 (180° – 360˚) turn, return movement optional 	**3.201** Kick or press to handstand – 1½ (540°+) turn or more in handstand – return movement optional 	**3.301**	**3.401**	**3.501**

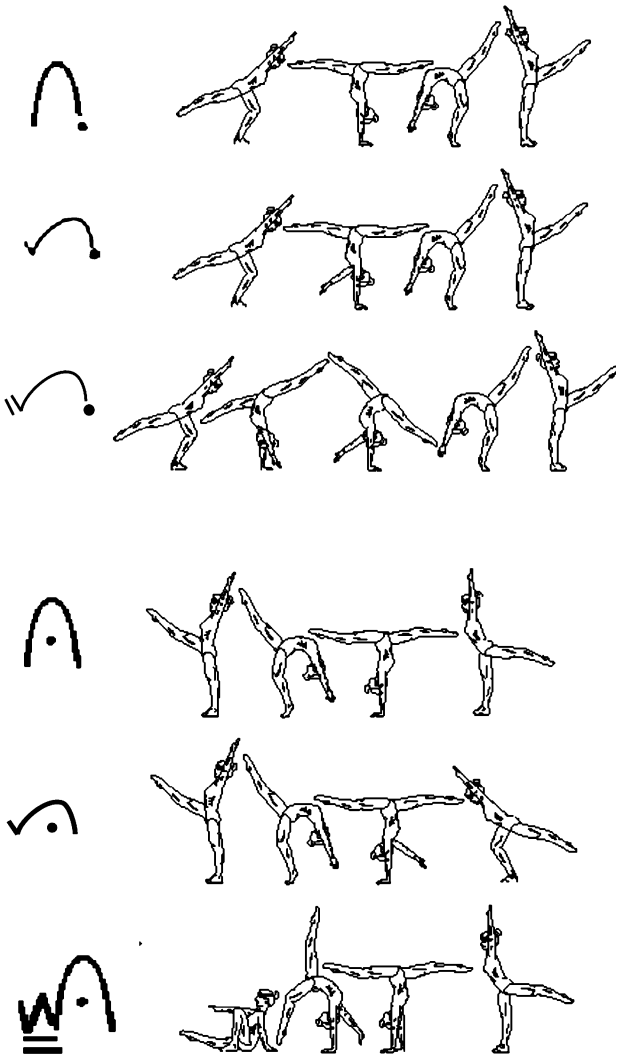
Group 4 – Rolls

A	B	C	D	E
4.101 Forward roll or handstand forward roll or hecht roll 	**4.201** From backward take-off – stretched jump with 1/2 (180°) twist to hecht roll  From a stretched jump, 1/1 (360°) twist to hecht roll  	**4.301** From backward take-off – stretched jump with 1½ (540°) twist to hecht roll (Esslinger)  	**4.401**	**4.501**
4.102 Roll backward in tuck or pike  Roll backward to handstand, also with 1/2 (180°) turn in handstand  	**4.202** Roll backward (tucked or piked) to handstand with 1/1 (360°+) turn or more in handstand  	**4.302** All forward and backward roll variations will receive “A” Value Part”, regardless of final position.	**4.402**	**4.502**

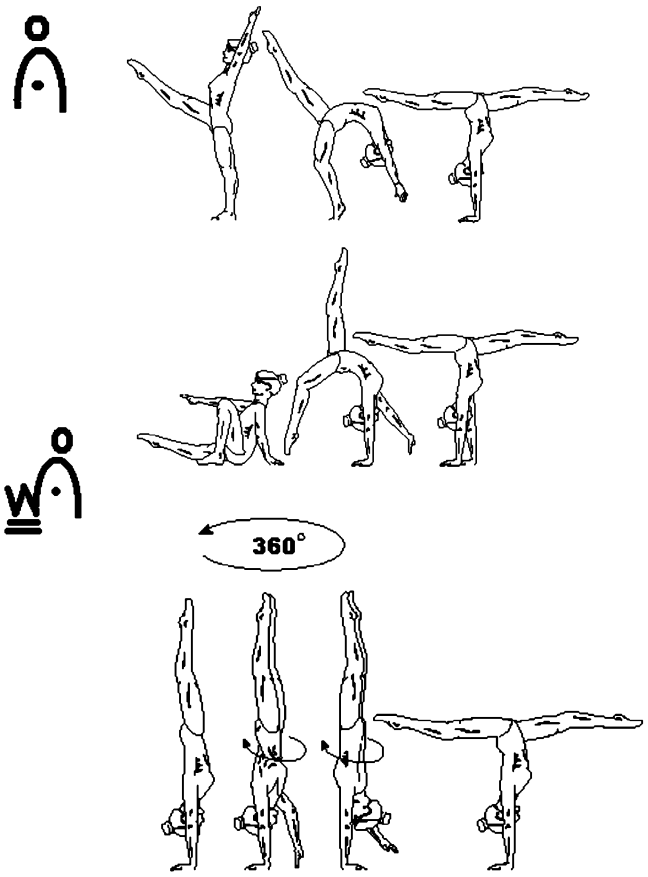
Revised 7.23

Group 5 – Walkovers, Cartwheels, etc...

A	B	C	D	E
5.101 Walkover forward or backward (all variations), also from tuck sit-Valdez	**5.201** Walkover backward from stand or extended tuck-sit (Valdez) to hand-stand with 1/1 turn (360°) in handstand – return movement optional	**5.301**	**5.401**	**5.501**



All are considered as different elements.

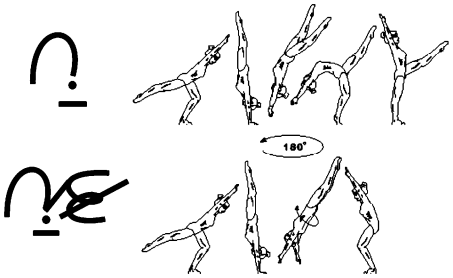
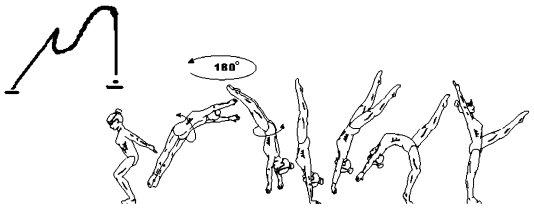
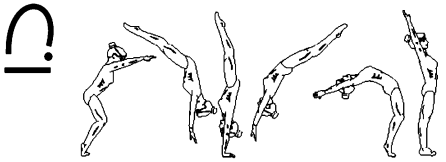
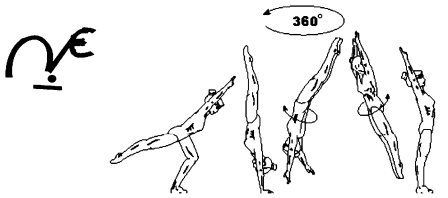
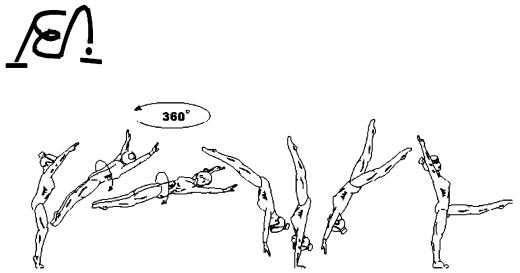
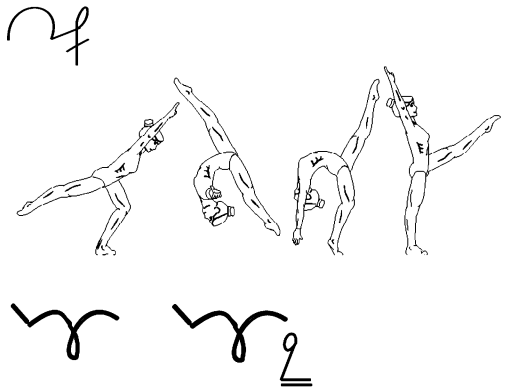
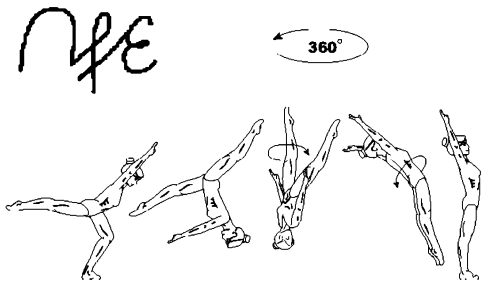


Considered as different elements.

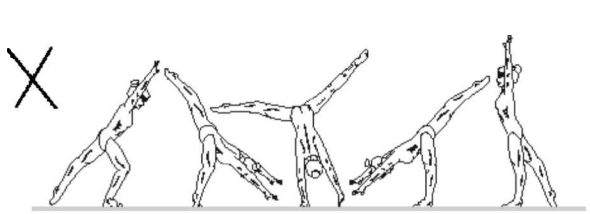
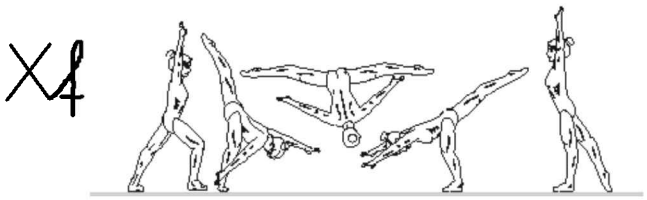
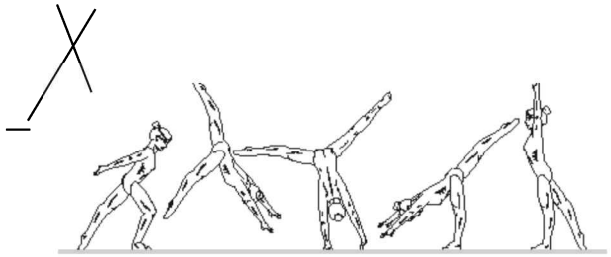
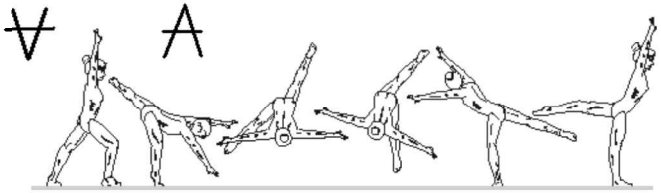
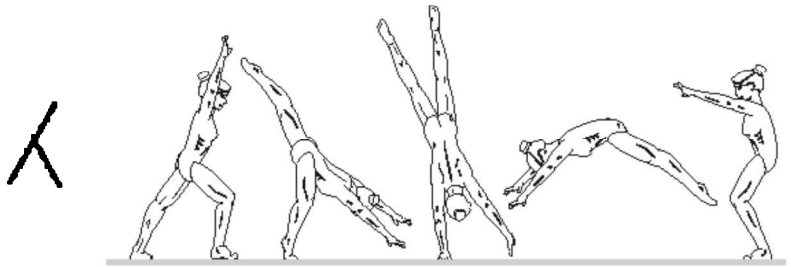
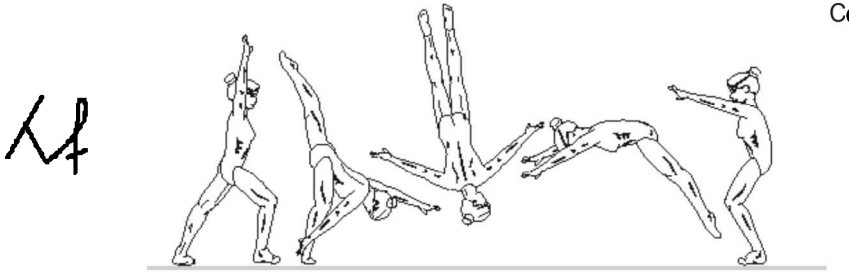
Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.

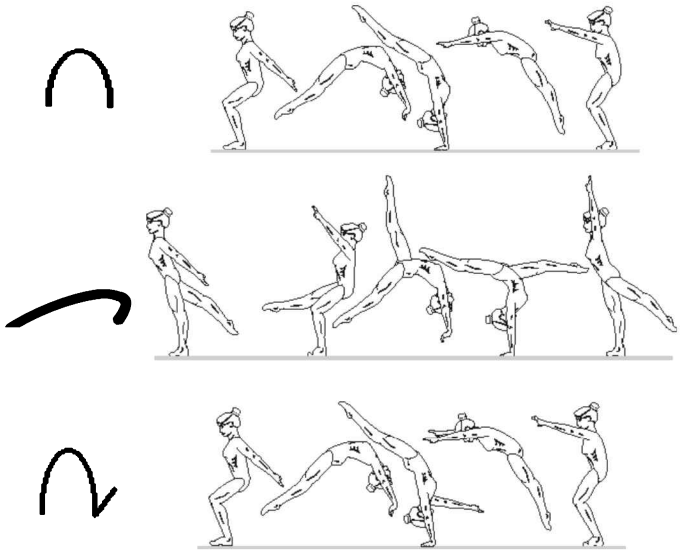
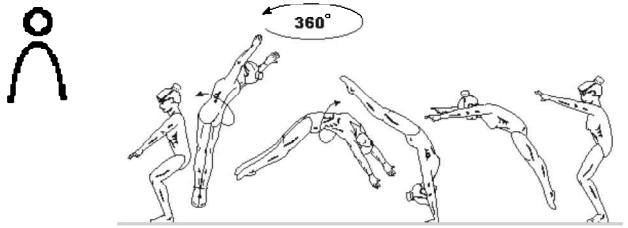
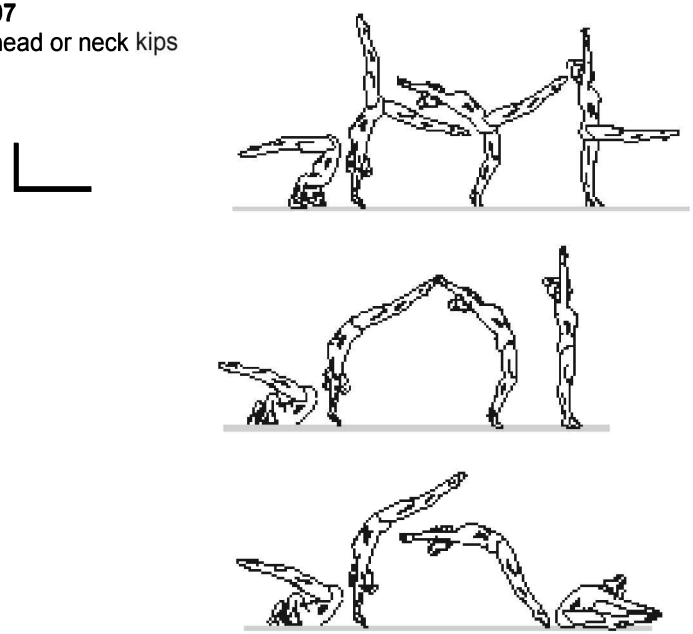
Revised 7.23

Group 5 – Walkovers, Cartwheels, etc...

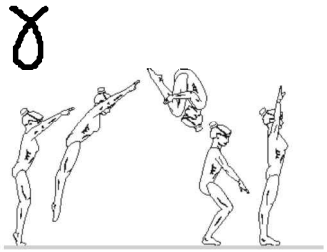
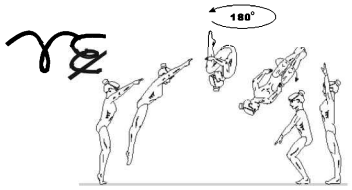
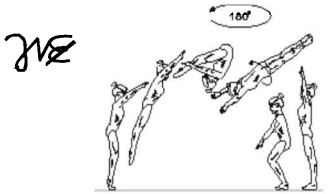
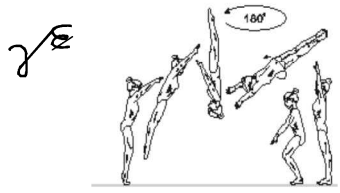
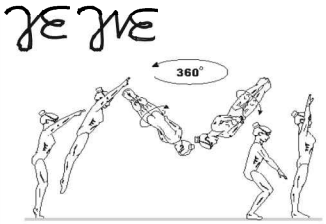
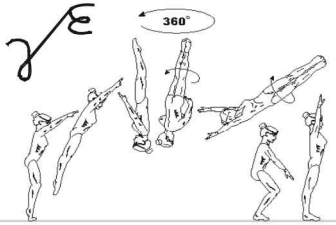
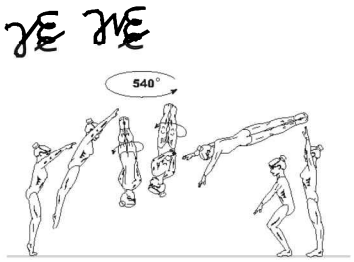
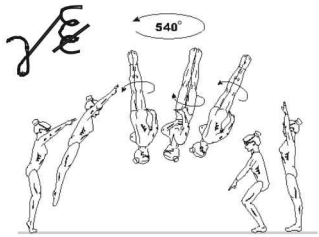
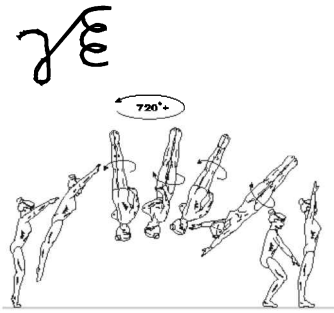
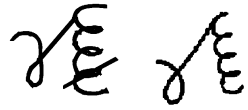
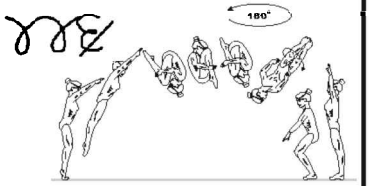
A	B	C	D	E
5.102 Handspring forward – take-off from one leg – also with 1/2 (180°) twist after hand support – landing optional  Flyspring forward – take-off from both legs – with or without hecht phase before hand support, landing on one foot 	**5.202** Jump backward with 1/2 (180°) twist to handspring forward (Arabian handspring) – landing optional  Flyspring forward – take-off from both legs – with or without hecht phase before hand support, landing on two feet 	**5.302** Handspring forward with 1/1 (360°) twist after hand support or before (Mostepanova)   	**5.402**	**5.502**
5.103 Aerial walkover forward, also in tucked position to a two-foot landing or kneeling  The one foot take-off to a tucked position will appear as a kick-over salto forward, but will not be considered a salto for Special Requirement or Compositional purposes.	**5.203**	**5.303** Aerial walkover forward with 1/1 (360°) twist  		

Group 5 – Walkovers, Cartwheels, etc...

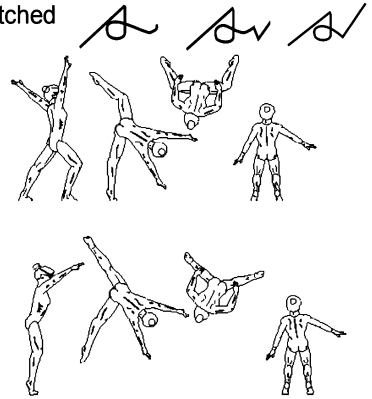
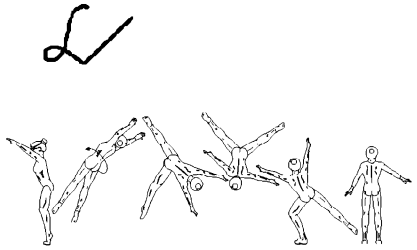
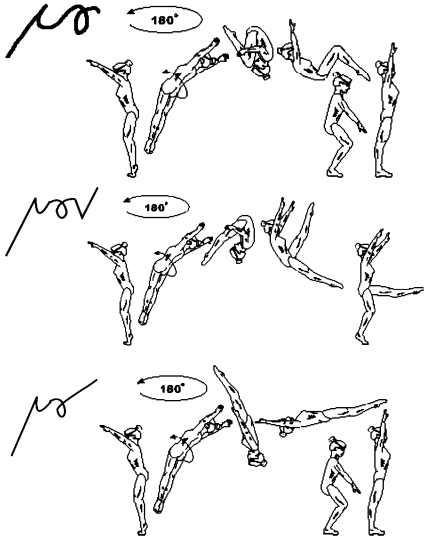
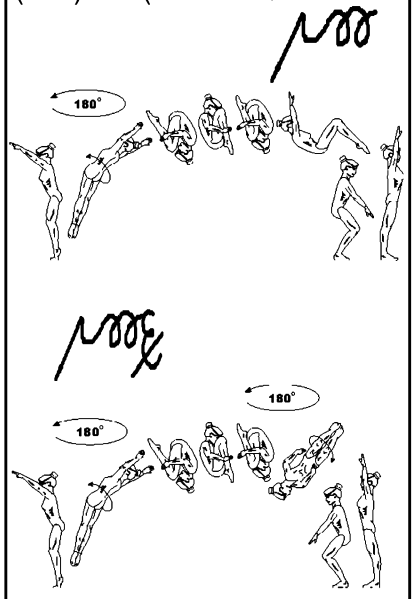
A	B	C	D	E
5.104 Cartwheel on one or both arms, with or without flight phase, also aerial cartwheel.    One butterfly forward or backward  All considered as different elements.	**5.204**	**5.304**	**5.404**	**5.504**
5.105 Round-off or free aerial round-off   Considered as different elements.	**5.205**	**5.305**	**5.405**	**5.505**

Group 5 – Walkovers, Cartwheels, etc...				
A	B	C	D	E
5.106 All flic-flac and gainer flic-flac variations, also with support of one arm (Considered as different elements) 	**5.206** Flic-flac with 1/1 (360°) twist before hand support 	**5.306**	**5.406**	**5.506**
5.107 All head or neck kips 	**5.207**	**5.307**	**5.407**	**5.507**

Group 6 – Saltos Forward

A	B	C	D	E
6.101 Salto forward tucked 	**6.201** Salto forward tucked with 1/2 (180°) twist – landing optional  Salto forward piked or stretched (also with step-out), also with 1/2 (180°) twist – landing optional     	**6.301** Salto forward tucked, piked or stretched with 1/1 (360°) twist  	**6.401** Salto forward tucked, piked or stretched with a 1½ (540°) twist  	**6.501** Salto forward stretched with 2/1 (720°) twist or more (Tarasevich)   **6.502** Double salto forward in tucked or piked, also with 1/2 (180°) twist  

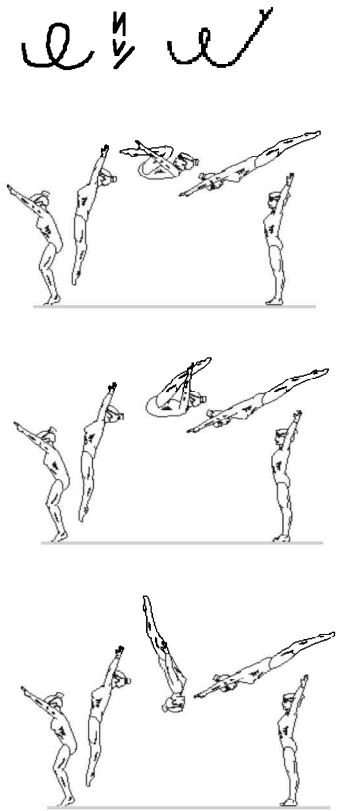
Group 7 – Saltos Sideward, Arabians

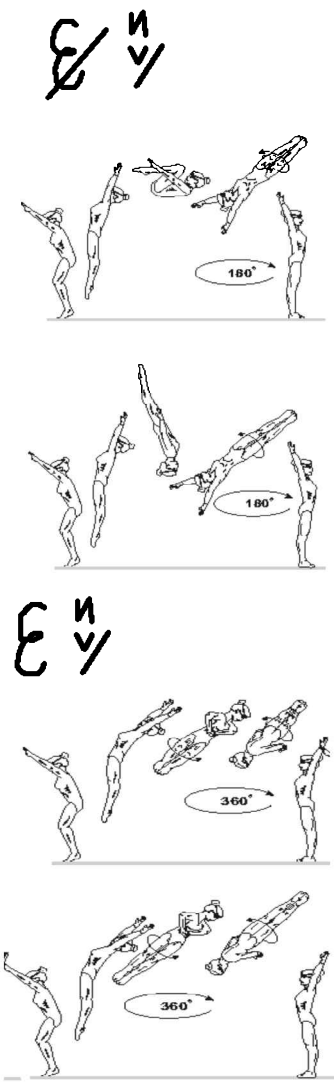
A	B	C	D	E
7.101 From take-off forward from one or both legs – salto sideward tucked, piked, or stretched  A one foot take-off will appear as an aerial / side salto, but will not be considered a salto for Spec. Req. or Compositional purposes.	**7.201** From a take-off backward – salto sideward stretched 	**7.301**	**7.401**	**7.501**
7.102	**7.202** Arabian salto tucked, piked, or stretched - take-off backward with 1/2 (180°) twist, salto forward – landing optional 	**7.302**	**7.402**	**7.502** Arabian double salto, also with 1/2 (180°) twist (Andreasen) 

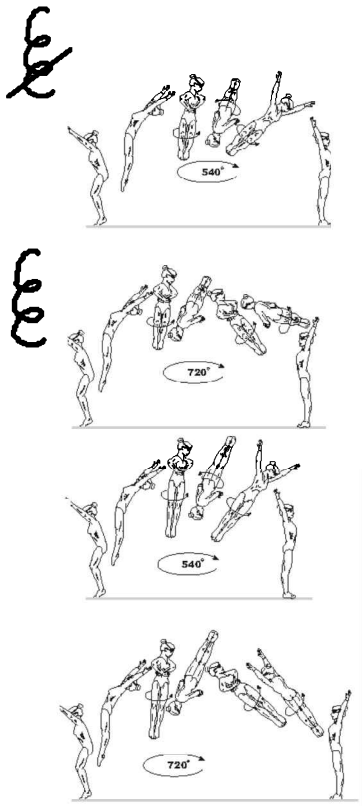
Revised 7.23

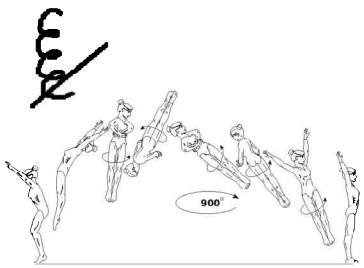
Group 8 – Saltos Backward

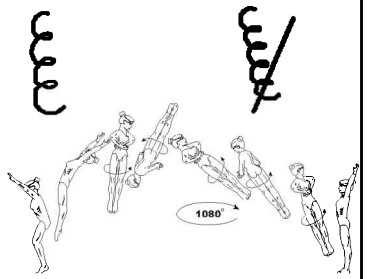
A	B	C	D	E
8.101 Salto backward tucked, piked, stretched, also with step-out	**8.201** Salto backward tucked, piked or stretched with 1/2 (180°) twist or 1/1 (360°) twist	**8.301** Salto backward tucked or stretched with 1½ (540°) twist or 2/1 (720°) twist	**8.401** Salto backward with 2½ (900°) twist	**8.501** Salto backward with 3/1 (1080°+) twist or more



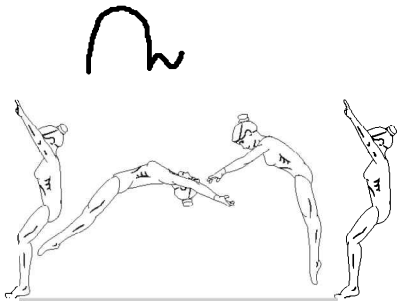
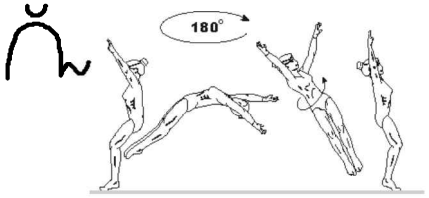
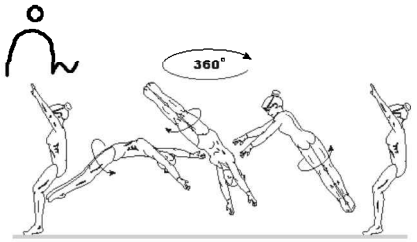
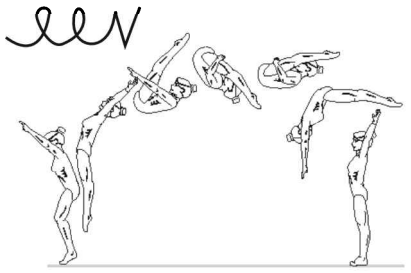
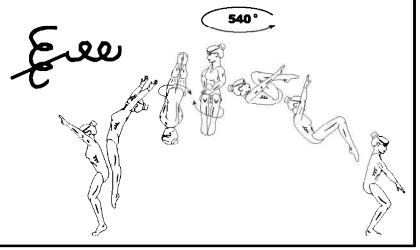




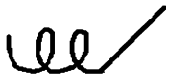
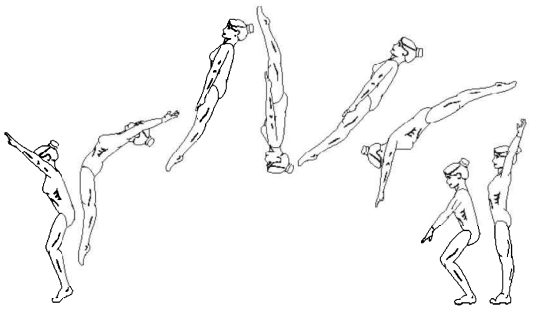
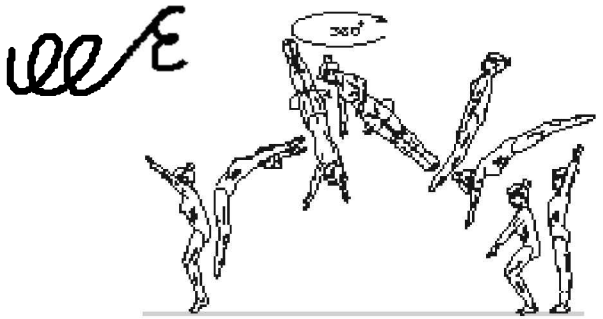
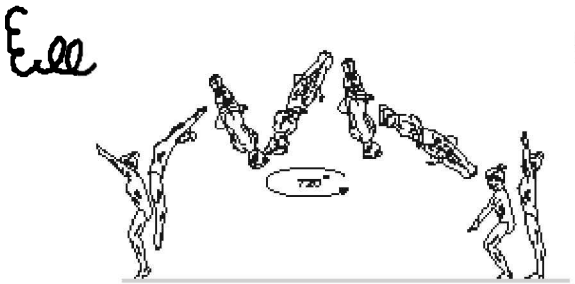




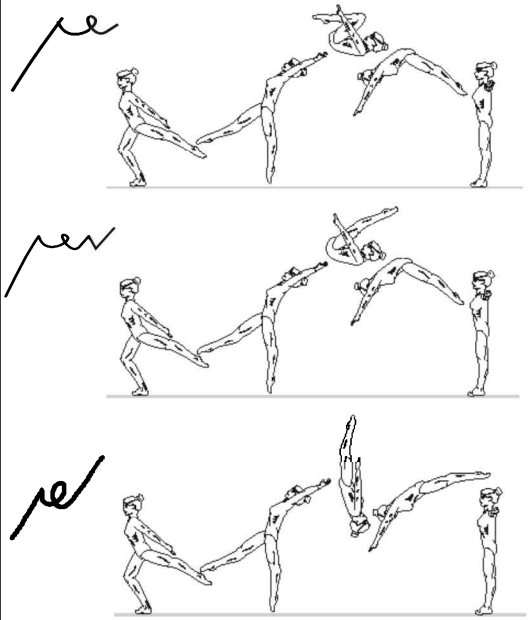
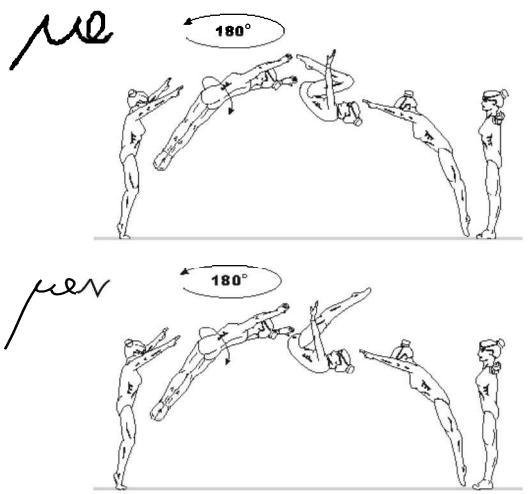
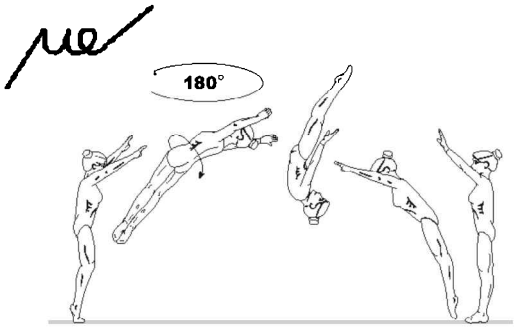
Group 8 – Saltos Backward

A	B	C	D	E
8.102 Whip salto backward 	**8.202** Whip salto backward with a 1/2 (180°) or 1/1 (360°) twist  	**8.302**	**8.402**	**8.502**
8.103	**8.203**	**8.303**	**8.403** Double salto backward tucked  Double salto backward piked 	**8.503** Double salto backward tucked or piked with a 1/1 (360°) twist on either salto (Muchina) (Pike not illustrated) Illustration shows 1/1 (360°) twist on first salto (Full-in)  Double salto backward tucked with 1½ twist (Jones) 

Group 8 – Saltos Backward

A	B	C	D	E
8.104	**8.204**	**8.304**	**8.404**	**8.504** Double salto backward stretched   Double salto backward stretched with 1/1 (360°) twist in the first salto (Tougikova) or in second salto (Chusovitina) (Silivas)   Double salto backward tucked or stretched with 2/1 (720°) twist - (Silivas)  

Group 8 – Saltos Backward

A	B	C	D	E
8.105 Gainer salto tucked, piked or stretched 	**8.205** Gainer salto tucked with a 1/1 (360°) twist 	**8.305**	**8.405**	**8.505**
8.106	**8.206** Jump forward with 1/2 (180°) twist – salto backward tucked or piked 	**8.306** Jump forward with 1/2 (180°) twist – salto backward stretched 	**8.406**	**8.506**

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 10

Effective 8/1/22 – 7/31/26

GROUP I
HANDSPRING/ YAMASHITA

1.101	Handspring	8.1
1.102	Hsp → ½	8.2
1.103	Yamashita	8.1
1.104	Yami → ½	8.2
1.105	½ → ½ OR ¼ → ¾	8.2
1.106	¼ - ½ → Repulsion	7.0
1.109	FHS onto board, → Repulsion	8.2
1.110	FHS onto board, → Hsp ½	8.3
1.111	FHS onto board, ¼ -½→ Repulsion	7.1
1.201	Hsp → 1/1	8.8
1.202	Hsp → 1½	9.2
1.203	Yami → 1/1	8.8
1.205	½ → 1½ **or** ¼ → 1¾	9.1
1.206	½ → 1/1 **or** ¼ → 1¼	8.7
1.207	1/1 → H/Y	8.9
1.208	1/1 → ½	9.1
1.209	FHS onto board, Hsp. → 1/1	8.9
1.211	FHS onto board, ½ → ½ OR ¼ → ¾	8.3
1.301	Hsp → 2/1	9.8
1.306	½ → 2/1 **or** ¼ → 2¼	9.6
1.307	1/1 → 1/1	9.7
1.308	1/1 → 1½	9.8
1.311	FHS onto board, ½ → 1/1 OR ¼ → 1¼	8.8
1.402	Hsp → 2½	10.0
1.504	Yami → 2½ (Kincaid)	10.0

GROUP II
HANDSPRING with or without 1/1 TURN → SALTO FORWARD/BACKWARD

2.301	Hsp → F. Tuck	9.8
2.302	Hsp → F. Tuck ½	10.0*
2.303	Hsp → ½, B. Tuck (Cuervo tuck)	9.9
2.304	Hsp → F. Pike	9.9
2.310	F. Hsp onto board, Hsp. → F. Tuck (IIg)	9.9
2.311	F. Hsp onto board, Hsp. → F. Pike (Garbarino)	10.0*
2.402	Hsp → F. Tuck 1/1	10.0
2.403	Hsp → ½, B. Tuck w/ ½ (Cuervo Tk w/ ½)	10.0
2.404	Hsp → F. Pike ½	10.0
2.405	Hsp → ½, B. Pike (Cuervo Pike)	10.0
2.406	Hsp → F. Layout	10.0
2.407	Hsp → F. Layout ½ or Hsp → ½, B. Layout (Cuervo Layout)	10.0
2.408	Hsp → F. Pike 1/1 (Chusovitina)	10.0
2.409	1/1 → F. Tuck	10.0
2.410	F. Hsp onto board Hsp. → F. Tuck ½ (Mantle)	10.0
2.411	F. Hsp onto board Hsp. → F. Pike ½ (Whitman)	10.0
2.501	Hsp → Double F. Tuck	10.0
2.502	Hsp → F. Tuck 1½	10.0
2.507	Hsp → F. Layout 1/1	10.0
2.508	Hsp → F. Layout 1½ (Chusovitina)	10.0
2.509	1/1 → F. Pike	10.0
2.607	Hsp → F. Layout 2/1	10.0
2.609	1/1 twist → F. Layout	10.0

GROUP III
TSUKAHARA or ½ → SALTO FORWARD/BACKWARD with or without TURN

All Group 3 vaults allow a 90° to 180° LA turn in the first flight

3.201	Tsukahara Tuck	9.4
3.301	F. Hsp onto board- ¼ to ½ → B. Tuck	9.5
3.302	Tsuk Tuck 1/1	9.8
3.303	Tsuk Pike	9.5
3.304	Tsuk Layout	9.7
3.305	F. Hsp onto board- ¼ to ½ → B. Pike (Zuhlke)	9.6
3.306	½ → ½, F. Tuck or ¼ → ¼, F. Tuck (land facing out) or Tsuk Tuck ½	9.7
3.307	½ → ½, F. Pike or ¼ → ¾, F. Pike (land facing out) or Tsuk Pike ½	9.8
3.308	½ → ½, F. Tuck ½ (Shible) **or** ¼ → ¾, F. Tuck ½	9.8
3.402	Tsuk Tuck 1½	10.0
3.403	Tsuk Pike 1/1	9.9
3.404	Tsuk Layout 1/1	10.0
3.405	F. Hsp onto board- ¼ to ½ → B. Tuck 1/1 (Zuhlke)	9.9
3.407	½ → ½, F. Layout or ¼ → ¾, F. Layout (land facing out) or Tsuk Layout ½	10.0*
3.504	Tsuk Layout 1½	10.0
3.505	Tsuk Layout 2/1	10.0
3.507	½ → ½, F. Layout ½ (House) **or** ¼ → ¾, F. Layout ½	10.0
3.508	¼ → ¼, F. Tuck 1½ (Carey)	10.0
3.509	½ → ½, F. Tuck 1/1 (Shible) or ¼ → ¾, F. Tuck 1/1	10.0
3.605	Tsuk Layout 2½	10.0

GROUP IV
Round-off, Flic-flac → SALTO FORWARD/BACKWARD with or without LA TURN

4.101	RO, FF → Repulsion	7.0
4.102	RO, FF → Repulsion ½	7.7
4.201	RO, FF → 1/1	8.9
4.202	RO, FF → 1½ (Allen)	9.1
4.203	RO, FF → B. Tuck	9.4
4.301	RO, FF → 2/1 twist (Allen)	9.7
4.303	RO, FF → B. Tuck 1/1	9.8
4.304	RO, FF → B. Pike	9.5
4.305	RO, FF → B. Layout	9.7
4.306	RO, FF → B. Layout 1/1	10.0*
4.307	RO, FF → ½, F. Tuck **or** RO, FF → B. Tuck ½	9.8
4.308	RO, FF → ½, F. Pike **or** RO, FF → B. Pike ½	9.9
4.309	RO, FF → ½, F. Layout **or** RO, FF → B. Layout ½	10.0*
4.403	RO, FF → B. Tuck 1½	10.0*
4.406	RO, FF → B. Layout w/ 1½ twist	10.0
4.407	RO, FF → ½, F. Tuck ½ (Beckman)	10.0*
4.503	RO, FF → B. Tuck w/ 2/1 twist	10.0
4.506	RO, FF → B. Layout w/ 2/1 twist	10.0
4.508	RO, FF → ½, F. Pike ½ (Beckman)	10.0
4.606	RO, FF → B. Layout w/ 2½ twist	10.0

GROUP V
Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN

Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight

5.101	RO, FF ½ → Hsp off	8.9
5.102	RO, FF ½ → Hsp ½ off	9.1
5.107	RO, FF 1/1 → Hsp ½ off	9.2
5.108	RO, FF 1/1 → Repulsion	8.2
5.201	RO, FF ½ → 1/1 twist	9.2
5.202	RO, FF ½ → 1½ twist	9.4
5.207	RO, FF 1/1 → 1/1 twist	9.3
5.301	RO, FF ½ → F. Tuck	10.0*
5.312	RO, FF ½ → 2/1 twist	9.9
5.401	RO, FF ½ → F. Tuck ½	10.0
5.402	RO, FF ½ → ½, B. Tuck	10.0
5.403	RO, FF ½ → F. Pike	10.0
5.404	RO, FF ½ → F. Pike ½	10.0
5.405	RO, FF ½ → ½, B. Pike	10.0
5.406	RO, FF ½ → F. Layout	10.0
5.408	RO, FF 1/1→ B. Tuck	10.0*
5.409	RO, FF 1/1→ B. Pike	10.0*
5.410	RO, FF 1/1 → ½, F. Tuck	10.0
5.501	RO, FF ½ → F. Tuck 1½	10.0
5.505	RO, FF ½ → ½, B. LO or RO, FF ½ → F. Layout ½	10.0
5.509	RO, FF 1/1 → B. Layout	10.0
5.510	RO, FF 1/1 → B. Tuck 1/1	10.0
5.511	RO, FF 1/1→ B. LO 1/1 (Tankousheva)	10.0

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10.

No bonus for the following 10.0 Vaults listed with an asterisk: 2.302, 2.311, 3.407, 4.306, 4.309, 4.403, 4.407, 5.301, 5.408, 5.409

Revised 7.15.2024

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVEL 9

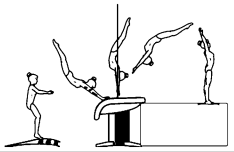
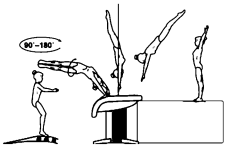
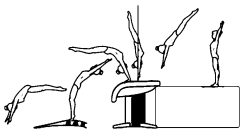
Effective 8/1/22 – 7/ 31/26
Revised 7.15.2024

GROUP I HANDSPRING/ YAMASHITA	GROUP II HANDSPRING with or without 1/1 TURN → SALTO FORWARD /BACKWARD	GROUP III TSUKAHARA or ½ on → SALTO FORWARD /BACKWARD with or without TURN	GROUP IV Round-off, Flic-flac → SALTO FORWARD /BACKWARD with or without LA TURN	GROUP V Round-off, Flic-flac (½ or 1/1) → HANDSPRING or SALTO FWD/BWD with or without LA TURN
		All Group 3 vaults allow 90° to 180° LA turn in the first flight		Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on: allow a ¾ (270°) to 1/1 (360°) LA turn in the first flight
1.101 Handspring 8.5			4.101 RO, FF → Repulsion 7.0	
1.102 Hsp → ½ 8.6			4.102 RO, FF → Repulsion ½ 7.7	5.101 RO, FF ½ → Hsp 8.9
1.103 Yamashita 8.5			4.201 RO, FF → 1/1 twist 9.1	5.102 RO, FF ½ → Hsp ½ off 9.1
1.104 Yami → ½ 8.6			4.202 RO, FF → 1½ twist (Allen) 9.3	5.107 RO, FF 1/1 → Hsp ½ off 9.2
1.105 ½ → ½ OR ¼ → ¾ 8.6				5.108 RO, FF 1/1 → Repulsion 8.2
1.106 ¼ - ½ → Repulsion 7.0				
1.109 FHS onto board, → Repulsion 8.6				
1.110 FHS onto board, → Hsp ½ 8.7				5.201 RO, FF ½ → 1/1 twist 9.2
1.111 FHS onto board, ¼ -½→ Repulsion 7.1				5.202 RO, FF ½ → 1½ twist 9.4
				5.207 RO, FF 1/1 → 1/1 twist 9.3
1.201 Hsp -→1/1 9.0				
1.202 Hsp → 1½ 9.4				
1.203 Yami → 1/1 9.0				
1.205 ½ → 1½ **or** ¼ → 1¾ 9.3				
1.206 ½ → 1/1 **or** ¼ → 1¼ 8.9				
1.207 1/1 → H/Y 9.0	2.301 Hsp → Front Tuck 10.0	3.301 F. Hsp onto board- ¼ to ½ → B. Tuck 9.7	4.301 RO, FF → 2/1 twist (Allen) 9.8	5.301 RO, FF ½ → Front Tuck 10.0
1.208 1/1 → ½ 9.3	2.302 Hsp → Front Tuck ½ 10.0	3.302 Tsuk Tuck 1/1 10.0	4.303 RO, FF → B. Tuck 1/1 10.0	5.312 RO, FF ½ → 2/1 twist off 10.0
1.209 FHS onto board, Hsp. → 1/1 9.1	2.304 Hsp → Front Pike 10.0	3.303 Tsuk Pike 9.7	4.304 RO, FF → B. Pike 9.7	
1.211 FHS onto board, ½ → ½ OR ¼ → ¾ 8.7	2.310 Fr. Hsp onto board, Hsp. → Fr. Tuck (llg) 10.0	3.304 Tsuk Layout 10.0	4.305 RO, FF → B. Layout 10.0	
	2.311 Fr. Hsp onto board, Hsp. → Fr. Pike (Garbarino) 10.0	3.305 Fr. Hsp onto board, ¼ to ½ → B. Pike (Zuhlke) 9.8	4.307 RO, FF → ½ off, Fr. Tuck or RO, FF → B. Tuck ½ 10.0	
1.301 Hsp → 2/1 10.0		3.306 ½ → ½, Fr. Tuck or ¼ → ¼, Fr. Tuck (land facing out) or Tsuk Tuck ½ 10.0		
1.306 ½ → 2/1 **or** ¼ → 2¼ 9.8		3.308 ½ → ½, Fr. Tuck ½ (Shible) **or** ¼ → ¾, Fr. Tuck ½ 10.0	4.407 RO, FF → ½ turn, Fr. Tuck ½ (Beckman) 10.0	
1.307 1/1 → 1/1 9.8				
1.311 FHS onto board, ½ → 1/1 OR ¼ → 1¼ 9.0				

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT VALUES FOR LEVELS 6 / 7 / 8

Effective August 1, 2022 - July 31, 2026 ***Revised 7.15.2024***

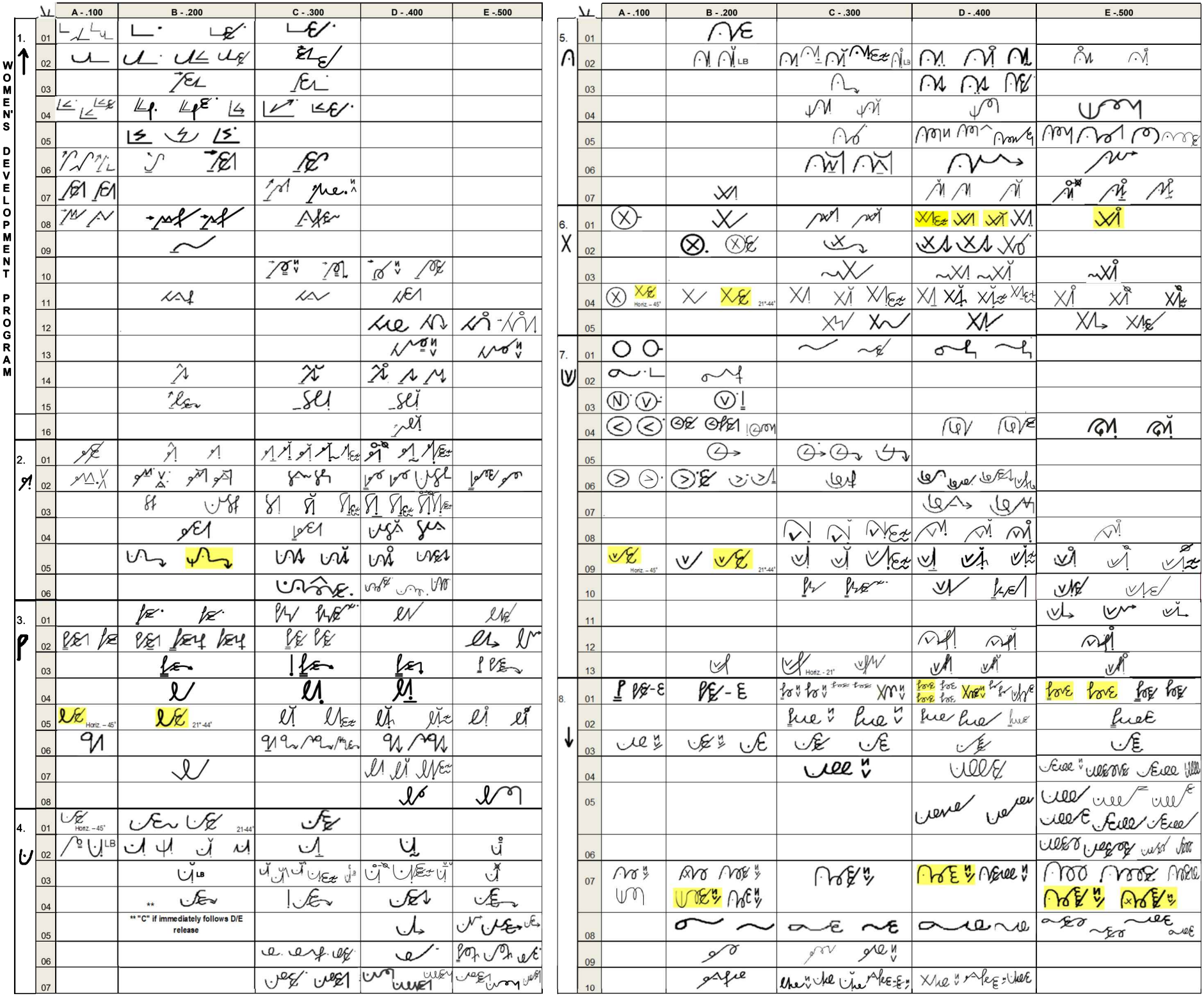
LEVEL 6 & 7 - ONLY THE FOLLOWING THREE VAULTS ARE ALLOWED AT LEVEL 6/7; ALL VALUED AT 10.0

1.111	**Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in the upper back; arm position optional**	
3.116	**¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional**	
4.111	**Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional**	

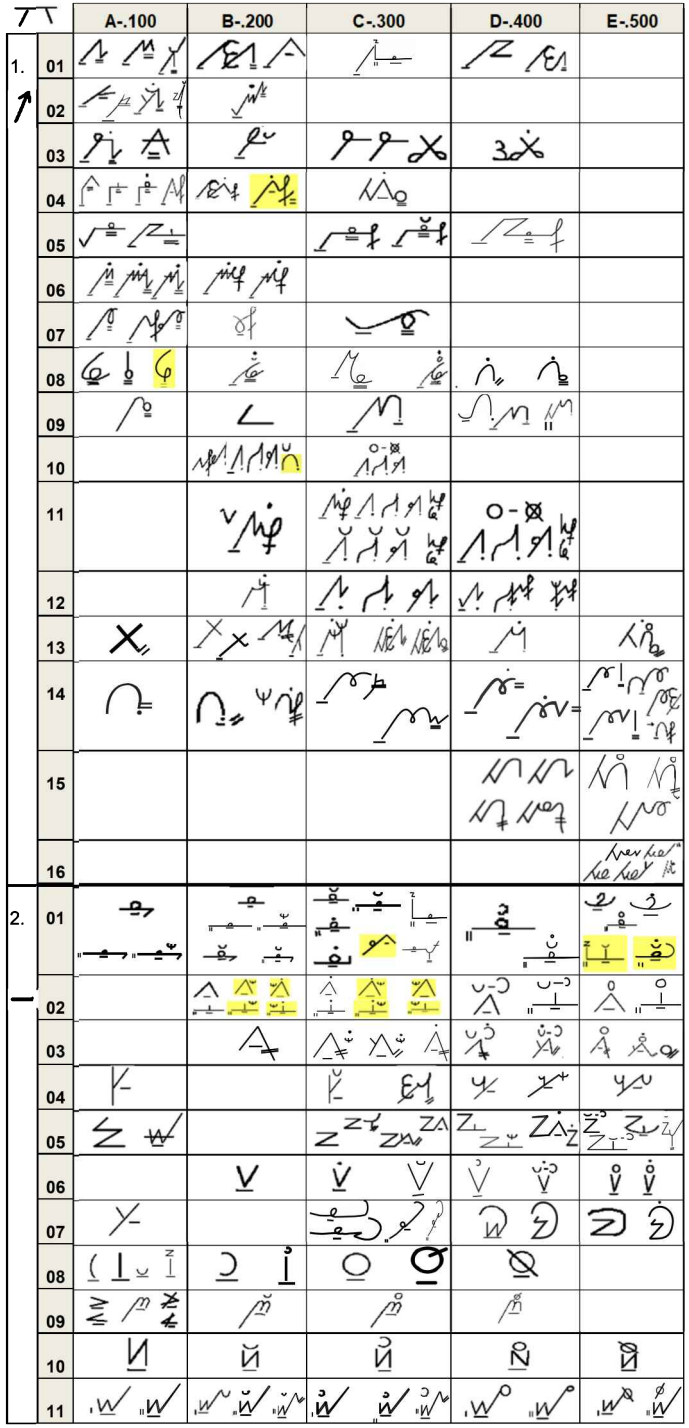
LEVEL 8 - ONLY THE FOLLOWING GROUP 1 / 3 / 4 / 5 VAULTS ARE ALLOWED AT LEVEL 8:

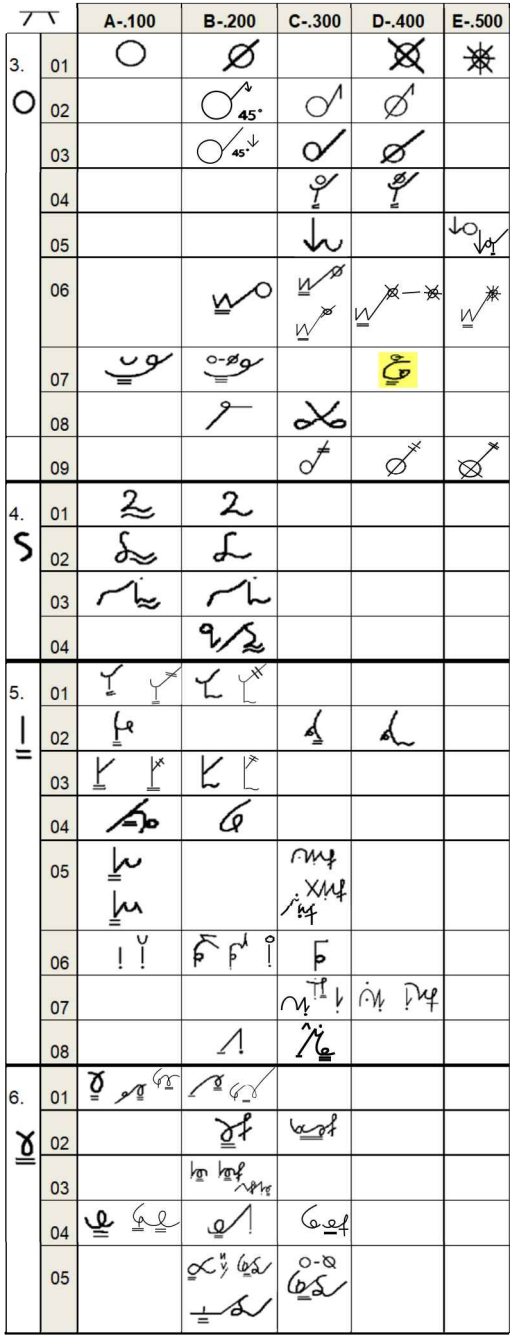
# in DP Code	Name of specific Allowable Vault	Value
1.101	Handspring	9.0
1.102	Handspring → ½ twist	9.1
1.103	Yamashita	9.0
1.104	Yamashita → ½ twist	9.1
1.105	½ twist → ½ twist OR ¼ twist → ¾ twist	9.2
1.106	¼ - ½ twist → repulsion (with flight to feet)	9.0
1.108	¼ twist → ¼ twist (to face outward)	9.0
1.109	FHS onto board → Repulsion (with flight to feet)	9.1
1.110	FHS onto board → Handspring ½	9.2
1.111	FHS onto board, ¼ - ½ twist → Repulsion (w/ flight to feet)	9.1
1.201	Handspring → 1/1 twist	9.5
1.202	Handspring → 1½ twist	9.7
1.203	Yamashita → 1/1 twist	9.5
1.205	½ twist → 1½ twist OR ¼ twist → 1¾ twist	9.6
1.206	½ twist → 1/1 twist OR ¼ twist → 1¼ twist	9.4
1.207	1/1 twist → Handspring/Yamashita	9.5
1.208	1/1 twist → ½ twist	9.7
1.209	FHS onto board → Handspring 1/1	9.6
1.211	FHS onto board, ½ twist → ½ twist OR ¼ twist → ¾ twist	9.3
1.301	Handspring → 2/1 twist	10.0
1.306	½ twist → 2/1 twist ¼ twist → 2¼ twist	10.0
1.311	FHS onto board, ½ twist → 1/1 twist OR ¼ twist → 1 ¼ twist	9.5
3.201	Tsukahara Tuck	10.0
3.303	Tsukahara Pike	10.0
4.101	RO, FF → Repulsion (with flight to feet)	9.0
4.102	RO, FF → Repulsion ½	9.1
4.201	RO, FF → 1/1 twist	9.4
4.202	RO, FF → 1½ twist (Allen)	9.6
4.203	RO, FF → Back Tuck	10.0
4.304	RO, FF → Back Pike	10.0
5.101	RO, FF ½ → Handspring	9.2
5.102	RO, FF ½ → Handspring ½	9.4
5.201	RO, FF ½ → 1/1 twist	9.6
5.202	RO, FF ½ → 1½ twist	9.8
5.312	RO, FF ½ → 2/1 twist	10.0

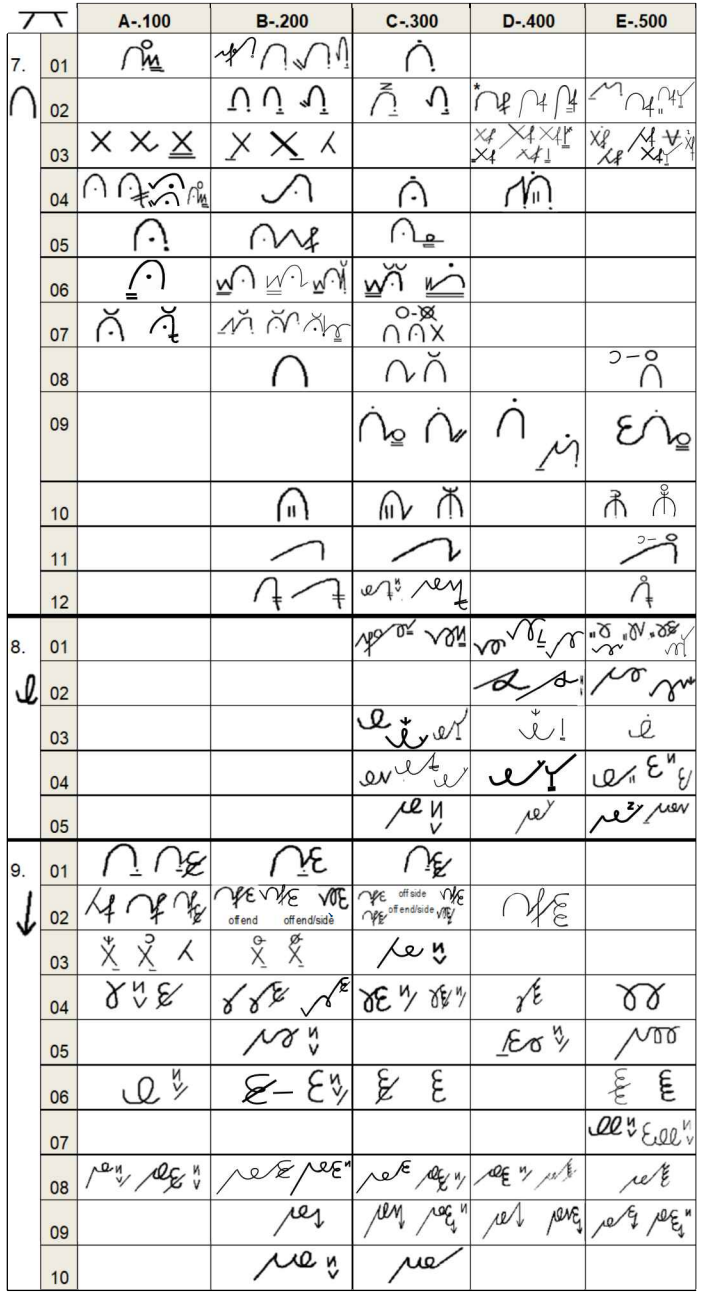
WOMEN'S DEVELOPMENT PROGRAM



WOMEN'S DEVELOPMENT PROGRAM

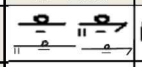
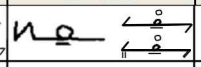
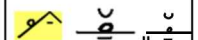
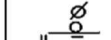
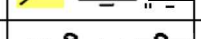
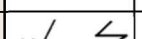
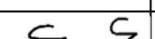
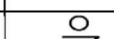
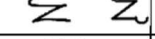
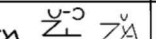
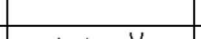
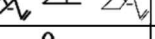
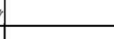
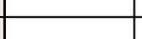
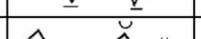
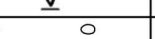
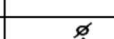
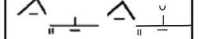
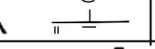
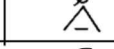
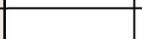
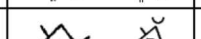
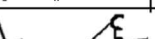
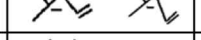
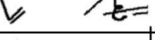
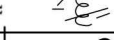






* #7.402, 7.403 & 8.402-From a step and from a stand on one leg-swing through are considered different elements

WOMENS' DEVELOPMENT PROGRAM

		A - .100	B - .200	C - .300	D - .400	E - .500
1.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					
	09					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
2.	01					
	02					
	03					
	04					
	05					
	06					
	07					
	08					

		A - .100	B - .200	C - .300	D - .400	E - .500
3.	01					
4.	01					
	02					
5.	01					
	02					
	03					
	04					
	05					
	06					
	07					
6.	01					
	02					
7.	01					
	02					
8.	01					
	02					
	03					
	04					
	05					
	06					

...

2022 – 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 6 / 7 / 8

Effective August 1, 2022 - July 31, 2026 **Revised 7.2025**

SR	SR	SR	SR	SR	SR	Content
Level 6 1. One cast–min. 45° above Horiz. (Above Horiz. fulfills SR) 2. Min. of one Bar change 3. One 360° Clear Circling element from Grp. 3, 6 or 7 (no hips on bar) 4. Salto Dismount, min. of A **Level 7** 1. One Cast to Handstand (45° fulfills SR) 2. & 3. Two 360° Clear Circling elements (no hips on bar), same or different - One must be a B - One from Grp. 3, 6 or 7 4. Salto Dmt – Min. of A	**Level 8** 1. Min. of one Bar change 2. & 3. Two B elem, same or different: - One w/ Flight (not in dmt); **OR** - One w/ LA turn (not in Mnt./ Dmt) - One "B" 360° Clear circle element from Grp. 3, 6 or 7 (not in Dmt) 4. Salto Dmt – Min. A	**Level 6** 1. Non-flight Acro series **OR** one Acro flight ele. (Isolated/in connection) (excludes mnt/dmt) 2. One Leap/Jump requiring 180° cross or side split (Isolated /in series) 3.Min. of 360° Group 3 Turn on one foot (Isolated/in series) 4.Aerial/Salto Dmt - Min. of A	**Level 7** 1a. Acro series (with or without flight) **AND** 1b. One Acro flight element (Isolated/in connection). (both Acro SRs exclude Mnt/Dmt) 2. One Leap/Jump requiring 180° cross/side split (Isolated /in series) 3. Min. of 360° Group 3 Turn on one foot (Isolated/in series) 4. Aerial/Salto Dmt - Min. of A **Level 8** Same as Level 7 except #1. 1. Acro series – min. of two elements, one w/ flight. (excludes mnt/dmt)	**Level 6** 1. One Acro pass (min.3 directly connected elements, two with flight) Rolls do not fulfill req. 2. 2nd Acro pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated or in 2nd diff. conn.)` 3. Dance Passage w/ min. of two diff. Group 1 ele. (direct/indirect conn.) - one a LEAP requiring 180° cross/side split 4. Min. of 360° Turn on one foot (Isolated / in series)	**Level 7** 1 & 2 Minimum of two Acro passes: - One with Salto backward (min. 2 directly connected flight elements) - One with Salto forward (additional elements allowed) - One Salto must be stretched (bkwd or forw.) 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross/side split 4. Min. of 360° Turn on one foot (Isolated /in Series) **Level 8** 1. One Acro Pass w/ 2 Saltos (same or diff.) direct conn. or indirect conn. w/ flight ele. with/without hand support. 2. 3 Diff. Saltos (not Aerials) 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross/side split 4. Min."A" Salto-last Isolated/in Last Acro. conn.	<u>8</u> <u>7</u> <u>6**</u> A 4 5 5 B 4 2 1 C 0 0 0 SV **10 10 10** Level 6/7/8: Allowable C's = B All Levels: Restricted elements = no VP credit - 0.50 off SV **Missing SR** – -0.50 off SV

Composition – Execution Deductions

Uneven Bars

Composition (LEVEL 8 ONLY)

Choice of dismount not up to competitive level	*↑.10*
Uncharacteristic elements	*each 0.10*
¾ fwd. Giant circle (w/ or w/o grip change)	*each 0.10*
Lack of elements that achieve (or pass thru) vertical	*↑.20*

Execution

Swing fwd. or bwd. under horizontal	each ↑ .10
Under-rotation of release/flight elements	↑.10
Precision of handstand positions throughout	↑.10
Insuff. extension of glides/swings into kips	ea. ↑.10
Poor rhythm in elements/connections	each ↑.10
Hesitation during jump to HB/swing to HS	ea. ↑.10
Touch, brush on apparatus/mat w/ foot/feet	ea. ↑.10
Landing too close to bars on dismount	0.10
Insuff. amplitude of elements (except *)	each ↑.20
Insufficient dynamics	↑.20
- *Insufficient swingful execution throughout*	
- *Energy not maintained throughout exercise*	
- *Fails to make difficult look effortless*	
Hit on apparatus with foot/feet	0.20
Incorrect padding (heel/hip)	CJ 0.20
Insufficient height of salto dismount*	↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30
Insuff. Amplitude of casts*	↑ .30
Insuff. Angle of turn completion	↑ .30
Hit on mat with foot/feet	0.30
Grasp on apparatus to avoid a fall	0.30
Intermediate (extra) swing/cast (Max. 0.50 per elem.)	0.30
Insuff. amplitude of "B" Clear hip circle*	↑.40
Full support on foot/feet on mat during exercise	0.50

Balance Beam

Composition (LEVEL 8 ONLY)

Failure to perform Acro ele. in 2 diff. directions (bwd & fwd/swd)	*.10*
** If the only diff. direction is in dismount*	*.05*
More than 1 pivot (str. Leg) ½ turn thruout exercise	*.10*
More than 2 Dance elements of the same shape (tuck/wolf or straddle jumps)	*each type .10*
Spatially - Insuff. use of entire length of beam	*↑.10*
Insufficient level changes	*↑.10*
Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	*each 0.05*
Choice of dismount not up to competitive level	*↑.10*
Acro elements not up to competitive level	*↑.20*
Dance elements not up to competitive level	*↑.20*
Lack of Dance series (min. of 2 elements from Gr. 1, 2, or 3)	*.20*

Execution

Feet apart on side pos. landing of leap/jumps	each ↑.10
Hesitation in jump, press, swing to HS	each ↑.10
Incorrect body pos./alignment in Dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #3 Turns in high relevé	each ↑.10
Lands too close to beam on dismount	0.10
Concentration pause (2 sec.)	each .10
Concentration pause (more than 2 sec.)	each .20
Rhythm of conn. - Dance/Mixed/Acro (not bwd. flight)	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Legs not parallel to beam in split/straddle pike pos,	↑.20
Insufficient dynamics	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Insuff. sureness of performance throughout	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Support of 1 leg against side of beam	each .20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Insuff. height of Salto dismount	↑.30
Add'l movements to maintain balance on the beam	↑.30
Direction of Gainer dmt off end of beam	↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Grasp of beam to avoid a fall	0.30
Use of supplemental support	0.30
Artistry/Presentation:	
- Lack of variety in choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10

Floor Exercise

Composition (LEVEL 8 ONLY)

Insuff. use of FX area-Spatially (Floor pattern)	*↑.10*
Value of salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	*↑.10*
Failure to perform Saltos in 2 diff. directions (bwd & fwd/swd)	*0.10*
More than 2 dance elements of the same shape (tuck/wolf or straddle jumps)	*each type 0.10*
Acro Salto elements not up to competitive level	*↑.20*
Dance elements not up to competitive level	*↑.20*
Lack of Turn on one (1) foot, min. B	*0.20*
Lack of min. of three (3) "A" saltos in exercise	*0.30*

Execution

Failure to hold ending pose for one second	.05
Failure to show synchronization of music w/ ending pose	0.10
Feet apart on landing of leap/jumps	each ↑.10
Incorrect Rhythm during direct conn.	each ↑.10
Incorrect body pos./alignment in dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #2 Turns in high relevé	each ↑.10
Concentration pause (2 sec. or more)	each 0.10
Legs not parallel to floor in split/straddle pike pos.	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Poor relationship of music & movement throughout exer.	↑.30
Insuff. height of Saltos	each ↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements	↑.30
Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Artistry/Presentation:	
- Lack of variety in choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10
Music with words/lyrics (CJ)	0.50
Absence of music (CJ)	0.50

Landing – Execution – General

Landing

Feet hip-width or closer, never join on dmt	0.05
Slight hop, adjustment of feet, staggered feet	↑.10
Deviation from straight direction	↑.10
Arm swings to maintain balance	↑.10
Feet more than hip-width apart	0.10
Steps	each .10 - .15 max 0.40
Trunk movements for balance (UB/BB dmt. & FX acro)	↑.20
Incorrect body posture on landing of VPs	↑.20
Large step or jump	(each 0.20) max 0.40
Brush/touch of landing surface w/ hand(s)	↑.30
Squat upon landing	↑.30
Spotting assist upon landing	Award VP/SR + 0.50

Execution

Flexed/sickled feet during Value Parts	each time 0.05
Legs/knees:	crossed ↑.10 separated ↑.20
Insufficient exactness of body shape – N, V, /	↑.20
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Incomplete turn/twist	each ↑.20
Bent arms in support or bent legs	each ↑.30
Fall or support on hand(s) on apparatus or mat	0.50
Fails to land- bottom of feet first on Dmt.	Fall (0.50) + No VP/SR

General

Fail to present before/after (CJ)	each time 0.10
Fail to mark boundary line on mat	CJ 0.10
Exceeds Floor Ex. boundary (CJ)	each time 0.10
Overtime - BB/FX (CJ)	0.10
Coach between bars or next to BB thruout (CJ)	0.10
Excessive use of magnesia (chalk) (CJ)	0.20
Incorrect attire/jewelry (after 1 warning) (CJ)	0.20
Verbal cues by coach/team (after warning) (CJ)	0.20
Coach instructs gymnast during routine (CJ)	0.20
Failure to begin exer. w/in 30 sec. of CJ signal (CJ)	0.20
Exceeds warm-up time (after warning) (CJ)	0.20
Incorrect apparatus specs (CJ)	0.30
Board on unpermitted surface (CJ)	0.30
Failure to remove board after mount (CJ)	0.30
Use of Supplementary mats (CJ)	0.30
~~No Dismount~~ ~~from Start Value~~	0.30
Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + 0.30
Spotting Assist on element	No VP/SR+ 0.50
Starts exercise before signal (repetition) (CJ)	0.50
3rd run approach (UB/BB mounts)	0.50
Coach on FX mat (CJ)	0.30
Short Exercise (CJ): BB/FX-less than 30 sec.	2.00
UB- (less than 5 V p)	
L6 BB ONLY w/ 10 SV (CJ)	0.50
Exceeds Fall time (UB/BB) CJ Terminates exercise	

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00 Courtesy Score = Minimum of 1.00

2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 – July 31, 2026 *Revised 7.25*

Conn. Val. 0.1 0.2	SR √	Connection Value 0.1 0.2	SR	Connection Value 0.1 0.2	SR	Content
Level 10 *Turn/Flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D/E D/D (C-No turn/flight req.) **Level 9** (If no turn/ C+C flight–must be different) Turn/Flight C+C	**Level 10** Min. of 1 C-Flight 2nd diff. Flight,min. B Min. of C element with LA Turn *(excludesMnt/Dmt)* Salto Dmt - Min. of C **Level 9** 2 Bar Changes Min. of one B-Flight 2nd diff. Flight – min. C **OR** min. B element with LA Turn *(excludes Mnt/Dmt)* Salto Dmt – Min. of B	**Acro Flight** B+D/E **(*Two elements, excluding* dmt)** C+C/D/E B + C* D/E + D/E ** (C must be Salto at Lev. 10; At Lev 9 - C must be Salto or Aerial)* **Acro flight** B+ B +C B+C+C ***(3+ elem. Incl. mnt/dmt))*** B+B/C+D/E Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt **2 Dance/Mixed** A+D/E B+D/E **(excludes dmt)** B+C ***C+C** *Same or different Dance C+D/E **Turns** A+C (or reverse) *All Acro elements used for CV must have Flight*	**Level 10** Acro Series- 2 dir. conn. Flight ele. min. of 1 C; **OR** E-Flight + A Non-Flight (excl. mnt/dmt) Leap or Jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C **or** Min. B w/ C conn. **Level 9** Acro Series- two directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split 360° Turn on one Foot Aerial/Salto Dmt – Min.B	**Acro Indirect** A/B+A/B+C C+C **(Saltos/Aerials)** B+C A+A+D A+D A+E B/C+D/E **Acro Direct** B+B B+C **(Saltos/Aerials)** A +C A/B+D/E A+A+C A+A+D/E C+C **2 *Dance/Mix** B+D/E C+D/E ***Same or different dance** *C+C D/E-Salto + A-Jump (This order only) *No CV for a Turn followed by a Jump*	**Level 10** One Acro Pass w/ min. 2 Saltos (same or diff.), dir./indir. conn. w/ Flight elem. w/wo hand support 3 Diff. Saltos (No Aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. of C Salto - Isolated or in Last Salto conn. **Level 9** Same as L10 except Min. of B Salto- Isolated or in Last Salto conn.	**10 9** A 3 3 B 3 4 C 2 1 SV **9.5 9.7** **L10:** Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX- E Acro) **L9:** allowable D/E's = C 1st eligible D/E = +.10 D/E Bonus (any UB / Acro BB/FX) **< 1 Restricted elem** = No VP; -.50 off SV **No CV/DV w/ fall or spot** **Missing SR .50 off SV**

Composition – Execution Deductions

Uneven Bars

Composition

Choice of dmt. not up to competitive level	↑.10
Faces same direction thruout exer (excl.Mt/dmt)	.10
Uncharacteristic elements	each .10
More than one squat/stoop on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each .10
¾ fwd Giant circle (w/ or w/o grip change)	each .10
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each .10
- Forward element (circle/release) (Min. B)	
- Element from Groups 3, 6, or 7 (Min. B)	
- Element w/ min. 180° LA turn, with/wo flight (Min. C)	
Choice of release elements not up to competitive level (Lev.10 only)	↑.20
Lack of two bar changes (Lev. 10 only)	.20

Execution

Insuff. Angle of arrival-Flight to HS on LB	.05
Swing fwd. or bwd. under horizontal	each ↑.10
Under-rotation of release/flight elements	↑.10
Precision of handstand positions throughout	↑.10
Insuff. extension of glides/swings into kips	↑.10
Poor rhythm in elements/connections	↑.10
Hesitation during jump to HB/swing to HS	↑.10
Touch, brush on apparatus/mat with foot/feet ea.	↑.10
Landing too close to bar on dismount	.10
Insuff. amplitude of elements (except *)	each ↑.20
Insufficient dynamics	↑.20
- Insufficient swingful execution throughout	
- Energy not maintained throughout exercise	
- Fails to make difficult look effortless	
Hit on apparatus with foot/feet	.20
Incorrect padding (heel/hip)	CJ .20
Insufficient height of Salto dismount*	↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30
Insuff. Amplitude of casts *	↑ .30
Insuff. Angle of turn completion	↑ .30
Hit on mat with foot/feet	.30
Grasp on apparatus to avoid a fall	.30
Intermediate (extra) swing/cast (Max. 0.50 per elem)	.30
Insuff. amplitude of "B" Clear hip circles*	↑.40
Full support on foot/feet on mat during exercise	.50

Balance Beam

Composition

Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)	.10
** If the only diff. direction is in dismount*	.05
More than one pivot (str. leg) ½ turn thruout exercise	.10
More than two Dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Spatially - Insuff. use of entire length of beam	↑.10
Insufficient level changes	↑.10
Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05
Choice of dismount not up to competitive level	↑.10
Acro elements not up to competitive level	↑.20
Dance elements not up to competitive level	↑.20
Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	.20

Execution

Feet apart on side pos. landing of leaps/jumps	each ↑.10
Hesitation in jump, press, swing to HS	each ↑.10
Incorrect body pos./alignment in Dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #3 Turns in high relevé	each ↑.10
Landing too close to beam on dismount	.10
Concentration pause (2 sec.)	each .10
Concentration pause (more than 2 sec.)	each .20
Rhythm of conn.- Dance/Mixed/Acro (not bwd flight)	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Legs not parallel to beam in split/straddle pike pos.	↑.20
Insufficient dynamics	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights, Aerials & Saltos	each ↑.20
Insuff. sureness of performance throughout	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Support of 1 leg against side of BB	each .20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Insuff. height of Salto dismount	↑.30
Add'l movements to maintain balance on the beam	↑.30
Direction on Gainer dmt. off end of beam	↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30
Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Grasp of beam to avoid a fall	.30
Use of supplemental support	.30
Artistry/Presentation	
- Lack of variety in choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10

Floor Exercise

Composition

Insuff. use of FX area-Spatially (Floor pattern)	↑.10
Value of Salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10
Failure to perform Saltos in two diff. directions (bwd & fwd/swd)	.10
More than two dance elements of the same shape (tuck/wolf or straddle jumps)	each type .10
Acro Salto elements not up to competitive level	↑.20
Dance elements not up to competitive level	↑.20
Lack of turn on one foot, min. "B"	.20
Lack of min. of "B" Salto (Level 9)	.30
Lack of min. of "C" Salto (Level 10)	.30

Execution

Fails to hold ending pose for 1 second	0.05
Fails to show synchronization of music w/ ending pose	.10
Feet apart on landing of leaps/jumps	each ↑.10
Incorrect Rhythm during direct conn.	each ↑.10
Incorrect body pos./alignment in Dance VPs	each ↑.10
Lack of precision in Dance elements	each ↑.10
Fails to perform Gr. #2 Turns in high relevé	each ↑.10
Concentration pause (2 sec. or more)	each .10
Legs not parallel to floor in split/straddle pike pos.	↑.20
Insuff. height of leaps/jumps/hops	each ↑.20
Insuff. height of Acro flights w/ hand support & Aerials	each ↑.20
Insufficient split when required (Dance/Acro elements)	↑.20
Insufficient dynamics	↑.20
Insuff. variation in rhythm/tempo throughout	↑.20
Relaxed/incorr. footwork in non-VPs throughout	↑.30
Poor relationship of music & movement thruout	↑.30
Insuff. height of Saltos	each ↑.30
Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements	↑.30
Incorr. body alignment/pos./posture in non-VPs throughout	↑.30
Artistry/Presentation	↑.30
- Lack of variety in choreography	↑.10
- Quality of movement reflects personal style	↑.10
- Quality of expression	↑.10
Music with words/song (CJ)	0.50
Absence of music (CJ)	0.50

Landing – Execution – General

Landing

Feet hip-width or closer; never join on dmt.	.05
Slight hop, adjustment of feet, staggered feet	↑.10
Deviation from straight direction	↑.10
Arm swings to maintain balance	↑.10
Feet more than hip-width apart	.10
Steps	each .10 - .15 max .40
Trunk movements for balance (UB/BB dmt & FX acro)	↑.20
Incorrect body posture on landing of VPs	↑.20
Large step or jump	.20
Brush/touch of landing surface w/hand(s)	↑.30
Squat upon landing	↑.30
Spotting assist upon landing	Award VP/SR + .50

Execution

Flexed/sickled feet during value parts	each time .05
Legs/knees:	crossed ↑.10 separated ↑.20
Insufficient exactness of body shape – N, V, /	↑.20
Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
Incomplete turn/twist	↑.20
Bent arms in support or bent legs	↑.30
Fall or support on hand(s) on apparatus or mat	.50
Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (.50) + No VP/SR

General

Fail to mark boundary line on mat (CJ)	.10
Fail to Present before/after (CJ)	each time .10
Exceeds Floor Ex. boundary (CJ)	each time .10
Overtime - BB/FX (CJ)	.10
Coach between bars or next to BB thruout (CJ)	.10
Excessive use of magnesia (chalk) (CJ)	.20
Incorrect attire/jewelry (after 1 warning) (CJ)	.20
Verbal cues by coach/team (after warning) (CJ)	.20
Coach instructs gymnast during routine (CJ)	.20
Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	.20
Exceeds warm-up time (after warning) (CJ)	.20
Incorrect apparatus specs. (CJ)	.30
Board on unpermitted surface (CJ)	.30
Failure to remove board after mount (CJ)	.30
Use of Supplementary mats (CJ)	.30
~~No Dismount from Start Value~~	.30
Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + .30
Spotting Assist on element	No VP/SR+ .50
Start exercise before signal (repetition) (CJ)	.50
3rd Run approach (UB/BB mounts)	.50
Coach on FX mat (CJ)	.30
Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
UB- (less than 5 Value Parts)	
Exceeds Fall time (UB/BB) CJ Terminates exercise	

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy score: Minimum of 1.00

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - DANCE TECHNIQUE

Effective 8/1/2022 - 7/31/2026 Revised 7/15/24

TUCK JUMP

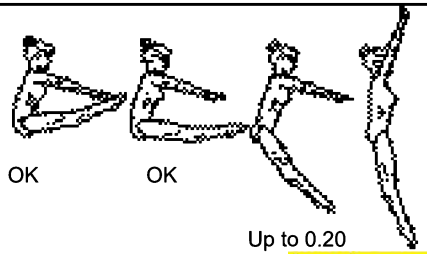


OK Up to .20 Diff. element

Evaluation: 90° Hip and knee angle required
- Insufficient tuck position up to 0.20
- Greater than 135° angle at the hips- award VP performed (if applicable)

PIKE JUMP

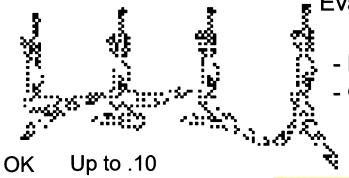
Evaluation: Minimum of 90° hip angle required
- Insufficient pike up to 0.20
- Greater than 135° hip angle- award VP performed (if applicable)



OK OK Up to 0.20

Award as applicable

WOLF HOP/JUMP

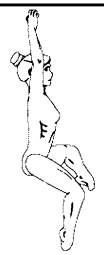


OK Up to .10

Up to .10 ea. leg Award as applicable

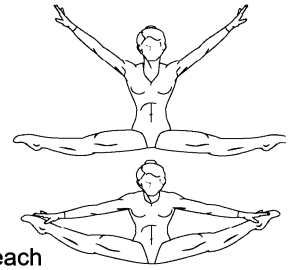
Evaluation: Both extended leg and thigh of bent leg at horizontal or above
- below horizontal with either leg up to 0.10 each
- Greater than 135° angle- award VP performed (if applicable)

CAT LEAP



Evaluation:
Thighs at horizontal with 90° hip angle and knees bent in turn-out or parallel
- Failure to reach horizontal with both legs up to 0.10 each
- Incorrect leg position (lack of knee bend) up to 0.20
- Lack of alternated leg lift - award VP performed (if applicable)

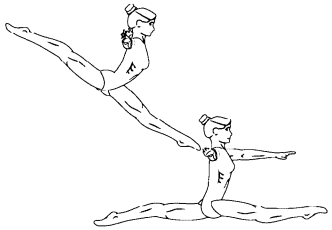
SIDE SPLIT JUMP/STRADDLE PIKE JUMP



Evaluation-Side split jump: Legs required to be parallel to beam/floor with 180° split
- Insufficient split up to 0.20
- Legs not parallel to beam/floor up to 0.20
- Less than 135° split - award VP performed (if applicable)

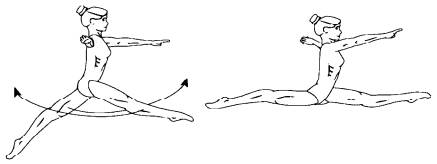
Evaluation-Straddle pike jump: Legs required to be at horizontal and slightly forward with hips piked
- Failure to reach horizontal with both legs up to 0.10 each

SISSONNE/SPLIT JUMP



Evaluation:
Sissonne - Take-off from 2 feet/land on 1 foot - legs in a diagonal position with 180° split - Front leg should be a minimum of 45°
Split Jump - Take-off and land on 2 feet - legs parallel to beam/floor with 180° split
- Insufficient split up to 0.20
- Legs not parallel to beam/floor in split jump up to 0.20
- Less than 135° split - award VP performed (if applicable)
- apply appropriate deductions

SWITCH-LEG LEAP



Evaluation:
-If the swing leg is bent (never extends), credit as Stag-Split leap ("A" VP)
-If the swing leg is less than 45° before the switch, award VP as listed & deduct
- Insufficient Height of Leg Swing up to 0.10
- Insufficient split after leg change up to 0.20
- Less than 135° split after leg change - award VP performed (if applicable)
- apply appropriate deductions

RING LEAP/JUMP



OK Up to .10 Diff. element



Diff. element - due to no Head Release = Split leap or jump with bent back leg

Evaluation:
- Head release backward past the vertical line is required.
  - If no head release - credit as another element
- Rear foot at head height is required
- Rear foot at shoulder or upper back up to 0.10
  - Rear foot at hip height-credit as a split leap/jump or Sissonne with bent back leg
- Front leg should be a minimum of 45° up to 0.10
- Insufficient arch up to 0.10

SHEEP JUMP

Evaluation:
- Head release backward past the vertical line is required.
- Feet expected to be at head height
- Feet at shoulder or upper back up to 0.10
  - Feet at hip height or no backward head release (regardless of leg height), award VP performed (if applicable)
- Insufficient arch up to 0.10



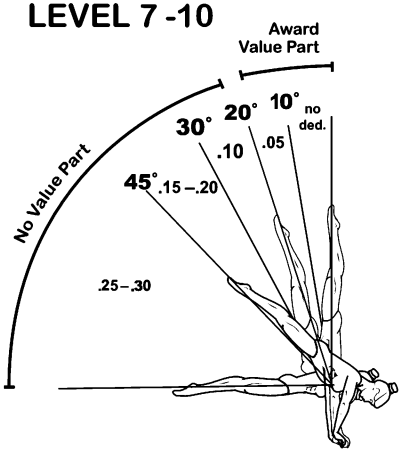
OK Up to .10 Diff. element - insufficient leg Diff. element - due to no Head Release

USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - UNEVEN BARS TECHNIQUE

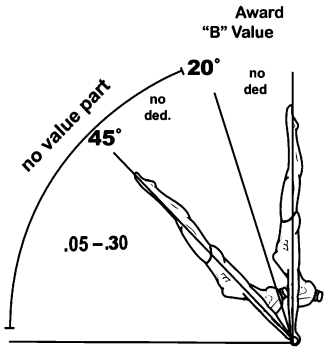
Effective Aug 1, 2022 - July 31, 2026 Rev 8.24

AMPLITUDE OF CASTS/SWINGS

LEVEL 7 -10

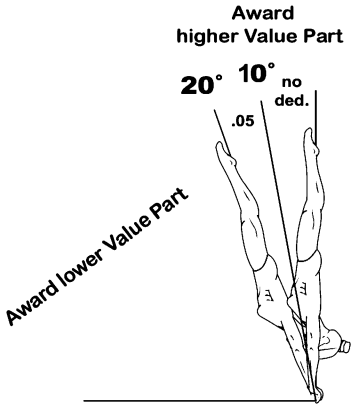


LEVEL 6



Special Requirement NOT awarded if all Casts are at Horizontal or below

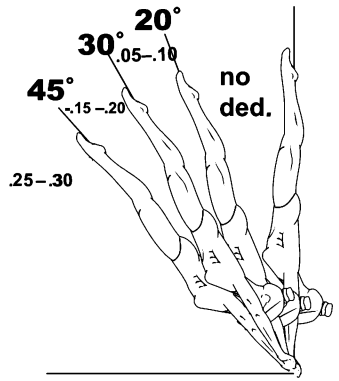
ANGLE OF ARRIVAL ON FLIGHTS TO HANDSTAND ON LB



ANGLE OF BODY AT TURN COMPLETION

For TURNS IN HANDSTAND

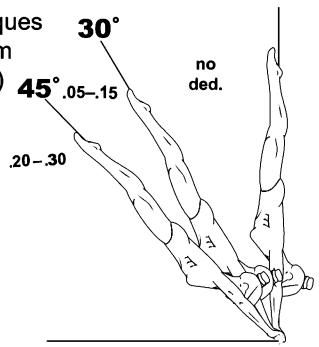
180° pirouettes-all techniques
360° or more pirouettes turning on both arms in handstand phase.

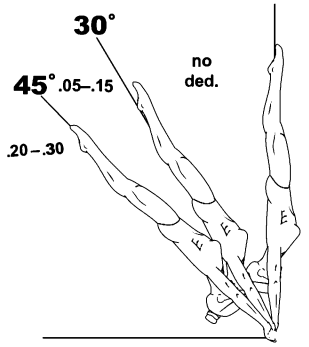


ANGLE OF BODY AT TURN COMPLETION

For TURNS IN & AFTER HANDSTAND

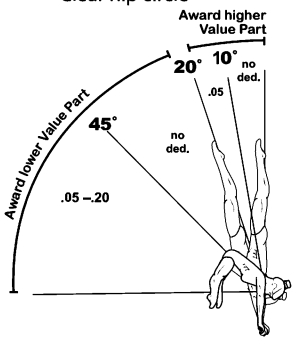
540° & more pirouettes-all techniques
360° pirouettes turning on one arm after handstand (Healy technique)



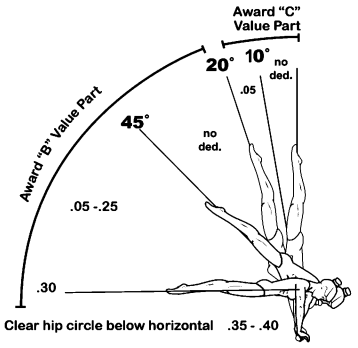


AMPLITUDE/ANGLE OF COMPLETION OF CIRCLING ELEMENTS

All circle elements except Clear hip circle

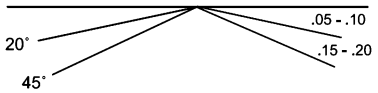


Clear hip circle only



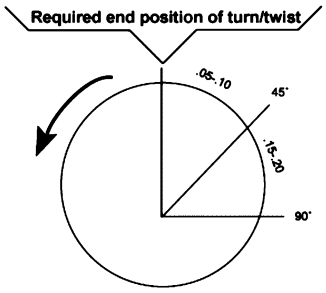
Clear hip circle below horizontal .35 - .40

INSUFFICIENT SPLIT



1° - 20° missing	deduct 0.05 - 0.10
21° - 45° missing	deduct 0.15 - 0.20
46° or more missing	award VP performed (if applicable)

INCOMPLETE TURNS



2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 – July 31, 2026 **Revised 7.15.22**

Conn. Val. 0.1 0.2

Level 10

*Turn/flight C+C

*For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different)

C+D D+D

(C-No turn/flight req.)

Level 9

(If no turn/ C+C flight – must be different)

Turn/flight C+C

SR

Level 10

Min. of one C-Flight

2nd diff. flight, min.B

Min. of C element with LA turn *(excludes Mnt/Dmt)*

Dmt - Min. of C

Level 9

Two Bar Changes

Min. of one B-Flight

2nd diff. flight-min. C

OR min. B element with LA turn *(excludes Mnt/Dmt)*

Salto Dmt – Min. B

Connection Value 0.1 0.2

Acro Flight B+D/E

***(Two elements, excluding* dmt)** C+C/D/E

B + C* D/E + D/E

* *(C must be Salto at L10- At Lev 9- C must be Salto or Aerial)*

Acro flight B+ B +C B+C+C

(3+ elements, Incl mnt/dmt) B+B/C+D/E

B+B+D

Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt

2 Dance/Mixed A+D/E B+D/E

(excludes dmt) B+C *C+C

*Same or different dance C+D/E

Turns A+C (or reverse)

All Acro elements used for CV must have flight

SR

Level 10

Acro Series- 2 dir, conn. Flight ele, min. of 1 C; **OR** E-Flight +A non-Flight (excl. mnt/dmt)

Leap or jump requiring 180° cross/side split

360° Turn on one foot

Aerial/Salto Dmt - Min. C **or** Min. B w/ C conn.

Level 9

Acro Series- 2 directly connected Flight elem

Leap or jump requiring 180° cross/side split

360° Turn on one foot

Aerial/Salto Dmt-Min. B

Connection Value 0.1 0.2

Acro Indirect A/B+A/B+C C+C

B+C A + A +D

A+D A+E

B/C+D/E

Acro Direct B+B B+C

(Saltos/Aerials) A +C A/B+D/E

A+A+C A+A+D/E

C+C

2 *Dance/Mix B+D/E C+D/E

***Same or different dance** C+C

D/E-Salto + A-jump

(This order only)

No CV for a turn followed by a jump

SR

Level 10

One Acro Pass w/ min. 2 Saltos (same or diff.) dir./indir. conn. w/ Flight elem. w/wo hand support

Three Diff. Saltos (No aerials)

Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring180° split

Min. C Salto -Isolated or in Last Salto conn.

Level 9

Same as L10 except Min. B Salto -Isolated or in Last Salto conn.

Content

	10	9
A	3	3
B	3	4
C	2	1
SV	**9.5**	**9.7**

L10: Extra +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro)

L9: allowable D/E's = C +.10 D/E Bonus-1[a] eligible D/E (UB-any / BB.FX-Acro D/E)

≤ 1 Restricted elem = No VP: -.50 off SV

No CV/DV w/ fall or spot

Missing SR- -0.50 off SV

		A	CV
		B	D/E
		C	SV
		D	
		E	FIN

VP

SR

		A	CV
		B	D/E
		C	SV
		D	
		E	FIN

VP

SR

		A	CV
		B	D/E
		C	SV
		D	
		E	FIN

VP

SR

2022 – 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 6, 7 & 8

Effective August 1, 2022 – July 31, 2026

SR	SR	SR	SR	SR	SR	Content
Level 6 1. One Cast – min. 45° above horiz (Above Horiz. fulfills SR) 2. Min. of one bar change 3. One 360° Clear Circling element from Grp. 3, 6 or 7 (no hips on bar) 4. Salto dismount, min. of A **Level 7** 1. One cast to handstand (min. 45° fulfills SR) 2. & 3. Two 360° clear circling elements (no hips on bar), same or different - One must be a B - One from Grp. 3, 6 or 7 4. Salto Dismount – Min. of A	**Level 8** 1. Min. of one bar change 2. & 3. Two B elements, same or different - One with Flight (not in dmt) **OR** One with LA turn (not in mnt / dmt) - One "B" 360° Clear Circle element from Grp. 3, 6 or 7 (not in Dmt) 4. Salto Dismount - Min. A	**Level 6** 1. Non-Flight Acro series **OR** one Acro Flight ele. (Isolated /in connction) (excludes mnt/dmt) 2. One Leap/Jump requiring 180° cross or side split (Isolated /in series) 3. Min. of 360° Group 3 turn on one foot (Isolated / in series) 4. Aerial/Salto Dmt. – Min. of A	**Level 7** 1a. Acro Series (with or without flight) **AND** 1.b One Acro Flight element (Isolated /in connection) (both Acro SRs exclude Mnt/Dmt) 2. One Leap/Jump requiring 180° cross or side split (Isolated/in series) 3. Min. of 360° Group 3 Turn on one foot (Isolated / in series) 4. Aerial/Salto Dmt - Min. of A **Level 8** Same as Level 7 except #1. 1. Acro Series – min. of two elements, one with flight. (excludes mnt/dmt)	**Level 6** 1. One Acro Pass (min.3 directly connected Elem., two with flight) Rolls do not fulfill req. 2. 2nd Acro Pass w/ one Salto or Aerial (bwd, fwd or swd) (Isolated / in 2nd different conn.) 3. Dance passage w/ min. of two different Group 1 elements (direct or indirect connection) - one a LEAP requiring 180° cross or side Split 4. Min. of 360° Turn on one foot (Isolated / in series)	**Level 7** 1 & 2 Minimum of two Acro passes: - One with Salto backward (min. two directly connected flight elements) - One with Salto forward (additional elements allowed) - One Salto must be stretched (bkwd or forw.) 3. Dance Passage w/ min. of two diff. Grp. 1 elements (direct/indirect connection) - one a LEAP requiring 180° cross or side split 4. Min. of 360° Turn on one foot (Isolated or in a series) **Level 8** 1. One Acro Pass w/ 2 Saltos (same or diff.) direct conn. or indirect conn. w/ flight ele. with/without hand support 2. Three Different Saltos (not Aerials) 3. Dance Passage w/ min. of two2 different Grp. 1 ele. (direct or indirect connection) - one a LEAP requiring 180° cross / side split 4. Min. of A Salto-Last Isolated/in Last Acro Conn.	8 7 6 A 4 5 5 B 4 2 1 C 0 0 0 SV **10 10 10** Level 6/7/8: Allowed C's = B All levels: Restricted elements = no VP credit -0.50 off SV **Missing SR** – -0.50 off SV

	A	VP
	B	SR
		SV
		FIN

	A	VP
	B	SR
		SV
		FIN

	A	VP
	B	SR
		SV
		FIN

2022 - 2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET LEVELS 8 / 9 / 10

1st FLIGHT

Incorr. foot form (flexed/sickled) ↑.10

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Poor Technique:
- Excessive Arch ↑.20
- Hip Angle ↑.30

Incomplete LA turn. ↑.30

**Line from hands to body part furthest past vertical

SUPPORT/REPULSION

Poor technique:
- Staggered/alternate hands for all vaults except: ↑.10
  All Gr. 3 vaults & Gr. 5 vaults with ¾ - 1/1 turn on + Salto off
- Shoulder Angle ↑.20
- Excessive Arch ↑.20
- Alternate Repulsion ↑.20
  -Except for all Gr. 3 vaults & Gr. 5 vaults with ¾ - 1/1 turn on - Salto off
- Legs bent (in support) or early tuck (Salto Vaults) ↑.30

Step(s) w/ hand(s) ea .10 Max .30

Hop(s) w/ both hands simultaneously .30

Failure to pass thru vertical ↑.30

Bent arms ↑.50
(slight lead-arm bend allowed on Grp. 3 vaults)

LA turn begun too early ↑.30

Touch with only 1 hand 1.00

Head contacting table in support (incl. 0.50 for extreme arm bend) 2.00

No hand contact on table VOID

For All NON-SALTO Vaults:

Too long in support ↑.50

Angle of repulsion - leaves table:
- By vertical no ded.
- 1° - 45° .05 - .50
- 46° - Horizontal .55 -1.00

2nd FLIGHT

Incorrect foot form (flexed/sickled) ↑.10

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Insufficient exactness of Body Pos.
- Insufficient N, V ↑.30
- Insufficient stretched pos.
  - * excessive arch ↑.30
  - * hip angle (136°-179°) ↑.30

Fails to maintain stretch (pikes down) ↑.30

Insuff/late extension of tuck/pike pos. ↑.25
-Total absence of extension .30

Under-rotation of ~~Salto~~ vaults ↑.10

Insufficient exactness of LA turn ↑.10

Late completion of twist ↑.30
(Gr. 1 & Gr. 4/5 w/out Saltos)

Brush/hit of body on far end of Vault table ↑.20

Insufficient Length ↑.30

Insufficient Height ↑.50

LANDING/GENERAL

Lands w/ Feet hip-width or closer; never joins feet/heels together .05

Slight hop/adj. feet/staggered feet ↑.10

Arm swings to maintain balance (on stuck vaults) ↑.10

Lands w/ feet more than hip-width apart .10

Steps each .10 - .15 max .40

Large step/Jump (approx. 3 ft) each .20 max .40

Incorrect Body Posture ↑.20

Trunk movements to maintain balance ↑.20

Squat on landing ↑.30

Brush/touch w/ hand(s) (no support) ↑.30

LA turn incomplete ↑.30

Deviation from straight direction ↑.30

Insufficient Dynamics ↑.30

Failure to punch board sim. w/ 2 feet .20

Fall to knees/hips or support on mat with one or both hands .50

Fall against vault table .50

Landing on top of the table in a sitting, lying or standing position VOID

Runs onto board/steps up onto Table or rebounds from board to come to rest/support on body parts other than hands VOID

Vaults without signal (from average by CJ) .50

Coach between board & table .50
(Except for Gr. 4/5 vaults-no penalty)

Spotting assistance during the vault VOID

Exception for Lev. 8 Salto vaults:
- **-Spotting assistance during 2nd flight 1.00**
- **-Spotting assistance during 1st flight or Support phase VOID**

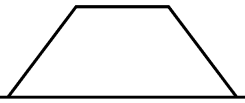
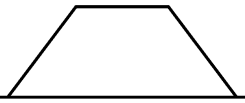
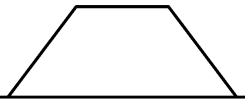
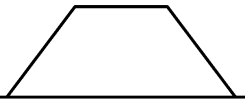
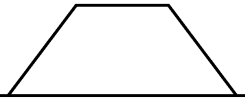
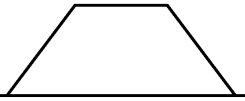
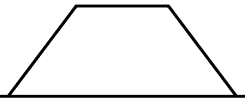
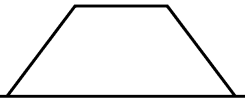
Spotting assistance upon landing .50

Coach catches falling gymnast only .50 - fall

Failure to land on bottom of feet 1st VOID

Use of alternative springboard VOID

No safety zone mat (Gr. 4/5 vaults) VOID

# vault: SV Ex Score		# vault: SV Ex Score	
			
# vault: SV Ex Score		# vault: SV Ex Score	
			
# vault: SV Ex Score		# vault: SV Ex Score	
			
# vault: Score Ex Score		# vault: Score Ex Score	
			

Effective August 1, 2022 – July 31, 2026

Revised 7.2025

2022 – 26 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM VAULT SCORESHEET - LEVEL 6/7

1st FLIGHT

Incorrect foot form (flexed/sickled) ↑.10

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Poor Technique:
- Failure to maintain neutral head pos. ↑.10
- Excessive Arch ↑.20
- Hip Angle ↑.30

SUPPORT/REPULSION

Poor technique:
- Staggered/alternate hands-on for all vaults except Tsukahara ↑.10
- Failure to maintain neutral head position ↑.10
- Shoulder Angle ↑.20
- Excessive Arch ↑.20
- Alternate Repulsion-all vaults except Tsukahara ↑.20
- Legs bent ↑.30

Step(s) w/ hands each .10 (Max. 0.30)

Hop(s) w/ both hands simultaneously Max .30

Failure to pass through vertical ↑.30

Bent arms ↑.50
(90° or more = max. ded.)
(slight lead-arm bend allowed on Tsukahara vault)

Too long in support ↑.50

Angle of repulsion: ↑.50
- By vertical no ded.
- 1° - 45° past vertical .05 - .25
- 46° past vert. – Horiz. .30 - .50

Touch table with only one hand 1.00

Head contacting table in support (includes 0.50 for extreme arm bend) 2.00

No hand contact on table VOID

2nd FLIGHT

Failure to maintain neutral head position ↑.10

Incorrect foot form (flexed/sickled) ↑.10

Incorrect Leg form:
- Crossed ↑.10
- Separated ↑.20
- Bent ↑.30

Brush/hit of body on table ↑.20

Insufficient Length ↑.20

Failure to create rotation ↑.30

Failure to maintain prescribed body position. ↑.50

Insufficient Height ↑.50

Arm position when leaving Table No deduction

LANDING/GENERAL

Incorrect Body Posture on landing ↑.50
Not applied to L7's landing on back

Lands on feet alternately .20
If only one foot touches-deduct for leg separation

Slight hop/adj. feet toward Table ↑.10

Steps toward Table each .10 - .15 max .40

Large step/Jump toward Table each .20 max. .40

Deviation from Straight Direction ↑.30

Insufficient Dynamics ↑.30

Failure to punch board sim. w/ 2 feet .20

Land on mat + Fall against Table .50

Failure to land on top of the mat stack 1.00

Landing on top of table in a sitting, lying or standing position VOID

Failure to land on bottom of feet 1st on Front Handspring vault VOID

Failure to land on bottom of feet 1st on Tsuk/Yurchenko for Lev. 6 1.00
for Lev. 7 No deduction

1st pt. of contact on mat stack head/neck VOID

Salto performed after landing VOID

Balk #1 No deduction

Balk #2 or #3 VOID

Vaults without signal (from average by CJ) .50

Coach between board & table .50
(except RO Entry vault-no penalty)

Spotting assistance during the vault VOID

Spotting assistance upon landing .50
(no penalty for spot/assist after landing)

Vault performed not one of allowable choices VOID

Failure to use a mat stack for landing VOID

No safety zone mat (RO Entry vault) VOID

Use of alternative springboard VOID

# vault:	SV Ex Score		# vault:	SV Ex Score	
# vault:	SV Ex Score		# vault:	SV Ex Score	
# vault:	SV Ex Score		# vault:	SV Ex Score	
# vault:	SV Ex Score		# vault:	SV Ex Score	

Effective August 1, 2022 – July 31, 2026, revised 7.2025

2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10

BALANCE BEAM

UP TO 0.20 CHOICE OF *BEAM* ACRO ELEMENTS *(EXCLUDING DISMOUNT)* NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8 (C's receive B credit)	LEVEL 9 (D/E's receive C credit)	LEVEL 10 BEAM ACRO FORMULA 1: Routines w/ a maximum of "C" in the Acro Flight Series:	LEVEL 10 BEAM ACRO FORMULA 2: Routines with a "D or E" element in the Acro Flight Series:
No deduction if all criteria met	1. Acro Series w/ 2 "B" Flight 2. Two additional Acro, one a "B"	1. Acro Series w/ 2 Flights, one a "C" 2a. One Salto/ Aerial, OR 2b. One "D/E" Acro Flight w/ hand support * * *If Acro series includes a Salto or Aerial, then the additional Acro Flight can be a minimum of "C" w/ or w/out hand support*	1a. 2-ele. Acro Flight Series w/ a C-salto, OR 1b. 3-ele. Acro Flight series w/ a C (w/ or w/out hand support) 2. "D/E" Acro Flight (w/ or w/out hand support 3. Min. of additional "C" salto* or additional D/E Acro Flight (w/ or w/out hand support) **If the Acro Flight Series includes 2 C-Saltos, 1 may count for the additional C- Salto.*	1. 2-ele. Acro Flight Series w/ min. of one "D or E" Flight 2. One additional "D/E" Acro Flight
0.05	1. Acro Series w/ 2 "B" Flight 2a. Two additional "A" Acro OR 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. 1 additional "C" Acro Flight w/ hand-support	1. 2-element Acro Series w/ C-salto 2. One "D/E" Acro Flight (w/ or w/out hand support)	1. Acro Flight series w/ "D" or "E" ele. 2. Additional C-Salto
0.10	1a. Acro Series w/ 2 "B" flight 2a. One additional "A" Acro OR 1b. Acro Series w/ 1 "B" flight 2b. One additional "B" Acro	1. Acro Series w/ 2 Flight, one a "C" 2. One or more "B" Acro Flight	1a. 2-element Acro Series w/ C-Salto 2a. One additional C-Salto OR 1b. Acro flight series w/out C-Salto 2b. One C-Salto (not in Acro Series) 3b. One "D/E" Acro Flight	1. Acro flight Series w/ "D" or "E" 2. Additional "B" or "C" Flight w/ hand support
0.15	1. Acro Series w/ 1 "B" flight 2. One additional "A" Acro *OR* *1. Acro Series w/ 2 "B" flight*	1. Acro Series w/ 1 or 2 "B" Flight 2. 1 "C" Salto or Aerial	1a. 2-element Acro Series w/ C-Salto OR 1b. Acro Flight Series w/out C-Salto 2b. Only 1 "D/E" Acro Flight	1a. Acro Flight Series w/ "D" or "E" 2a. No additional Acro Flight OR 1b. No Acro Flight Series 2b. Only one "D/E" Acro Flight
0.20 (if all criteria apply)	1a. Acro Series w/ 1 "B" Flight or less difficult, OR 1b. No Acro Flight Series 2. No other Acro	1a. Acro Series w/ 1 or 2 "B" Flight, OR 1b. No Acro Flight Series 2. No other "B" or more difficult Acro	1. No Acro Flight Series, OR Acro Flight Series w/out a Salto or Aerial 2a. No additional "C" or more difficult Salto/Aerial in exercise. OR 2b. Performs only an isolated C-Salto or less difficult *Example: Back tuck/Back tuck broken series w/ no other Acro* *Take 0.20 - the "C" + "0" VP for series can't be used as the additional C.*	

2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10

BALANCE BEAM

UP TO 0.20 **CHOICE OF BEAM DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL**

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction if all criteria met	Minimum of 2 "B's" + 1 "A"	Minimum of 2 "C's"	Minimum of 3 "C's" OR 2 "D/E"
0.05	2 "B's"	1 "C" and 1 "B"	2 "C's" and 1 "B" OR 1 "C" and 1 "D/E"
0.10	1 "B" + 2 "A's"	1 "C"	2 "C's" OR 1 "B" and 1 "D/E"
0.15	1 "B" + 1 "A"	2 "B"	1 "C'" and 1 "B" OR 1 "D" or "E"
0.20	Only "A's"	1 "B"	1 "C " OR 2 "B's"

UP TO 0.10 **CHOICE OF BEAM DISMOUNT NOT UP TO THE COMPETITIVE LEVEL**

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" Acro directly connected to "A" Dismount OR Any "B" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "B" Dismount OR Any "C" Dismount	Minimum "B" Acro Flight or "C" Dance directly connected to "C" Dismount OR Any "D" or "E" Dismount
0.05	"A" Acro directly connected to "A" Dismount	"A" Acro connected to "B" Dismount OR "B" Dance connected to "B" Dismount	"A" Acro connected to "C" Dismount, OR "B" Dance connected to "C" Dismount, OR Acro Series with a "C" connected to "B" Dismount, OR "D" or "E" Acro Flight connected to "B" Dismount
0.10	Isolated "A" or non-VP Dismount	Isolated "B" Dismount OR Any "A" Dismount	Isolated "C" (or less difficult) Dismount OR "C" Acro Flight or Dance connected to "B" Dismount, or less difficult

Note: Any Acro Element performed a 3rd time (receiving NO Value-Part credit) that is used in a direct connection to a Beam Dismount element may be used to fulfill the Beam Dismount Compositional requirement as a connection. The 0.10 deduction for performing an isolated dismount element is not applied.

2022-2026 GUIDELINES FOR APPLYING COMPOSITIONAL DEDUCTIONS – LEVELS 8, 9 & 10
FLOOR EXERCISE

UP TO 0.20 CHOICE OF FLOOR ACRO (SALTO) ELEMENTS NOT UP TO THE COMPETITIVE LEVEL – SALTOS MAY BE IN ANY ORDER

- *Formulas are based on 4 Saltos performed in a routine; regardless of Direct/Indirect connections or whether saltos are isolated or within an Acro pass.*
- *There will be an additional 0.05 deduction for each Salto missing from a formula.*
- *It is impossible to represent all combinations of Saltos. Apply the formula that most closely fits the Saltos performed.*

DEDUCTION	LEVEL 8		LEVEL 9		LEVEL 10	
	4 Salto	3 Salto Includes the 0.05 deduction for missing salto	4 Salto	3 Salto Includes the 0.05 deduction for missing salto	4 Salto	3 Salto Includes the 0.05 deduction for missing salto
No deduction (if all criteria met)	B B B A	N/A	C C C A	N/A	D D D A *OR* D D C B	N/A
0.05	B B A A	B B B -	C C B B	C C C -	D D C A	D D D -
0.10	B A A A	B B A -	C C B A		D C C B	D D C -
0.15	B A A -	N/A	C B B B	C C B -	D C C A	D D B -
0.20	No "B" Saltos Or less than above		No "C" Saltos Or less than above		No "D / E" Saltos Or less than above	

UP TO 0.20 CHOICE OF FLOOR DANCE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction (if all criteria met)	Minimum of 2 B's + 1 A	Minimum of 2 C's	Minimum of 3 C's *OR* 2 "D/E"
0.05	2 B's	1 C + 1 B	2 C's + 1 B *OR* 1 C + 1 D or E
0.10	1 B + 2 A's	1 C	2 C's *OR* 1 B + 1 D or E
0.15	1 B + 1 A	2 B	1 C + 1 B *OR* 1 D or E
0.20	Only A's	1 B	1 C *OR* 2 B's

UP TO 0.10 VALUE OF SALTO(S) PERFORMED AS LAST ISOLATED SALTO OR W/N LAST ACRO CONNECTION NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	B-Salto	C-Salto *OR* B+B Direct	D or E-Salto *OR* C+B Direct (or ↑ difficult) *OR* C+C Indirect
0.05	A+A (Direct or Indirect)	B+B Indirect *OR* B+A Direct	C+B Indirect *OR* C+A Direct
0.10	Isolated A-Salto ~~OR~~ ~~Non-Salto Acro Flight~~	B+A Indirect (or less difficult conn.) *OR* Isolated B-Salto or less difficult	C+A Indirect or less difficult conn. *OR* Isolated C-Salto or less difficult

Revised 7.23 & 1.24, 7.24, 11.24, & 7.25

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UNEVEN BARS

UP TO 0.20 LEVEL 10 ONLY: CHOICE OF BAR RELEASE ELEMENTS NOT UP TO THE COMPETITIVE LEVEL

When applying this deduction, consider not only the value of the release elements (excluding dismounts), but also:

- *Type of release*
- *Direct connection to other releases and/or other high value parts*
- *Total number of releases in exercise*

This chart provides guidelines for routines with 2 release elements. If 3 or more releases are performed, use your judgement when deciding the proper deduction.

DEDUCTION	LEVEL 10 ONLY
No deduction	Minimum of 2 Different "D or E" Release elements
0.05	1 "D/E" Release Directly connected to "C" Release
0.10	1 Isolated "D/E" Release + 1 Isolated "C" Release
0.15	2 "C's" Directly connected, OR 1 Isolated "D/E" Release + 1 Isolated "B" Release
0.20	2 Isolated "C" Releases, OR 1 "B" and 1 "C" Release element, or less

UP TO 0.10 CHOICE OF BAR DISMOUNT NOT UP TO THE COMPETITIVE LEVEL

DEDUCTION	LEVEL 8	LEVEL 9	LEVEL 10
No deduction	"B" (or "C" awarded "B") Dismount OR 1 or more "B" elements connected to "A" Salto Dismount	Any "C" (or D/E awarded "C") Dismount	"D" or "E" element connected to "C" Dismount OR "D" or "E" Dismount
0.05		"C or more difficult" element connected to a "B" Dismount	2 "C" elements connected to a "C" Dismount OR "D/E" to "C" connection to a "C" Dismount
0.10	1 "A" element (or non-Value Part) connected to any "A" Dismount	1 "B" element (or less difficult) connected to a "B" (or less difficult) Dismount	1 "C" element (or less difficult) connected to "C" or less difficult Dismount