

## COMMON DEDUCTIONS

| STEPS         | <i>All events</i>  | VAULT |
|---------------|--|-------|
| <u>0.05</u>   | Lands with feet hip-width apart or closer but never joins feet ( <i>heels</i> ) together   | same  |
| <u>0.1</u>    | Lands with feet more than hip-width apart  |       |
| ↑ <u>0.10</u> | Slight hop, small adjustment of feet or lands feet staggered*<br><i>* On FX it is OK to take a controlled step to end in a lunge</i> |       |
| <u>0.1</u>    | Steps ( <i>each step</i> ) <b>Max = 0.40</b>   |       |
| <u>0.2</u>    | Large Step or Jump ( <i>Approx. 3 feet or more</i> ) <b>Max = 0.40</b>   |       |

| LANDING       | <i>All events</i>   | VAULT         |
|---------------|---|---------------|
| <u>0.1</u>    | Landing <b>Too Close</b> to apparatus on dismount <span style="float: right;"><b>UB/BB</b></span>                           | ↑ <b>0.30</b> |
| ↑ <u>0.10</u> | <b>Deviation</b> from straight direction on landing <span style="float: right;"><i>(BB Off-the-End Gainers ↑0.3)</i></span> | ↑ <b>0.30</b> |
| ↑ <u>0.10</u> | <b>Arm Swings</b> to maintain balance   | same          |
| ↑ <u>0.20</u> | Additional <b>Trunk Movements</b> to maintain balance ( <i>to avoid steps</i> )   |               |
| ↑ <u>0.20</u> | Incorrect <b>Body Posture</b> upon landing  |               |
| ↑ <u>0.30</u> | <b>Squat</b> on landing ( <i>hips even with or lower than knees</i> )   |               |
| ↑ <u>0.30</u> | <b>Brush / Touch</b> landing surface with 1 or 2 <b>Hands</b>   |               |

| FALLS / SPOTS | <i>All events</i>  | VAULT |
|---------------|--|-------|
| <u>0.50</u>   | <b>Support</b> on mat with 1 or 2 hands  | same  |
| <u>0.50</u>   | <b>Fall</b> onto mat or apparatus  |       |
| <u>0.50</u>   | Fall/Failure to land on <b>Bottom of Feet</b> first on aerials/saltos/dmt<br><i>No VP / No SR / No Bonus</i>                                 |       |
| <u>0.50</u>   | Spotting assistance <b>Upon Landing</b> of dismount element<br><i>Award VP &amp; SR / No Bonus / if falls deduct an additional 0.50</i>      |       |
| <u>0.50</u>   | Spotting assistance <b>During</b> an element<br><i>No VP / No SR / No Bonus / No Composition credit / if falls deduct an additional 0.50</i> |       |

*Except L8 salto spot = 1.00*

| DISMOUNTS UB/BB and FX SALTOS | <i>All events</i>   | VAULT  |               |
|-------------------------------|---|--|---------------|
| ↑ <u>0.20</u>                 | <b>Insufficient exactness of Body Positions</b> <ul style="list-style-type: none"> <li>• Insufficient Tuck (<i>min 90° in both hips and knees</i>)</li> <li>• Insufficient Pike (<i>min 90° in the hips, 91° – 135° = insufficient</i>)</li> <li>• Insufficient Stretched position (<i>Arch or Hip Angle 179° – 136° insufficient</i>)</li> </ul> | 2nd Flight   |               |
|                               | ↑ <u>0.20</u>   | Failure to maintain Stretched body position ( <b>Pikes Down</b> dismount)  | ↑ <b>0.30</b> |
|                               | ↑ <u>0.20</u>   | <b>Incomplete Twists</b> ( <i>Saltos</i> ), missing: <i>*same as for dance turns</i> <ul style="list-style-type: none"> <li>• 1° – 44° = 0.05 - 0.10</li> <li>• 45° – 89° = 0.15 - 0.20</li> </ul> |               |
| ↑ <u>0.30</u>                 | <b>Insufficient Height</b> of Salto Dismount <b>UB/BB</b> , or Saltos on <b>FX</b> ( <i>*See FX specifics</i> )   | ↑ <b>0.50</b>  |               |
| ↑ <u>0.30</u>                 | <b>Insufficient Extension</b> ( <i>Open</i> ) of body prior to landing  | ↑ <b>0.25 / 0.30</b>   |               |

| HEIGHT / AMPLITUDE | <i>(not Dismount)</i>  |              |
|--------------------|--|--------------|
| ↑ <u>0.20</u>      | Insufficient Height of Saltos performed <b>ON</b> Balance Beam   | <b>BB</b>    |
| ↑ <u>0.20</u>      | Insufficient Height of Aerials or Acro with hand support   | <b>BB/FX</b> |
| ↑ <u>0.20</u>      | Insufficient Amplitude of Bar Elements ( <i>including releases</i> ) <ul style="list-style-type: none"> <li>• Except Clear Hip: ↑0.40</li> </ul> | <b>UB</b>    |

## COMMON DEDUCTIONS

| LEGS        | <i>All events</i>  | VAULT                              |
|-------------|--|------------------------------------|
| <u>0.05</u> | <b>Flexed / Sickled</b> feet during Value Part elements (each time)                    | <b>↑ 0.10</b>                      |
| ↑ 0.10      | Legs <b>Crossed</b> during Value Part elements with twist                              | same<br><br><i>*Bent arms ↑0.5</i> |
| ↑ 0.20      | Leg or Knee <b>Separations</b>   |                                    |
| ↑ 0.30      | <b>Bent Legs</b> ( <i>also *Bent Arms</i> ) ( $90^{\circ}$ bend or greater = max 0.30) |                                    |

### DANCE BB/FX

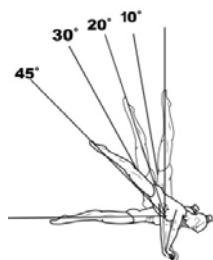
|        |   |
|--------|---|
| ↑ 0.10 | Failure to perform Turn elements in <b>High Relevé</b>  |
| ↑ 0.10 | Lack of <b>Precision</b> in Dance Value Parts<br><ul style="list-style-type: none"> <li>• Lack of definite Arm or Leg position</li> <li>• Degree of turn, not exact</li> </ul>  |
| ↑ 0.10 | Incorrect <b>Body Posture/Alignment</b> during Dance Value Parts  |
| ↑ 0.10 | Failure to land with <b>Feet/Legs Together</b> on Jumps/Leaps that land on 2 feet<br>( <i>on BB, only in side position</i> )  |
| ↑ 0.20 | <b>Insufficient Exactness of Tuck or Pike</b> positions in VP elements  |
| ↑ 0.20 | <b>Insufficient Height</b> on Leaps / Jumps / Hops  |
| ↑ 0.20 | Legs <b>Not Parallel</b> ( <i>to beam or floor</i> ) in Split or Straddle Leaps/Jumps   |
| ↑ 0.20 | <b>Insufficient Split</b> ( <i>deviation from <math>180^{\circ}</math></i> ), missing:<br><ul style="list-style-type: none"> <li>• <math>1^{\circ} - 20^{\circ} = 0.05 - 0.10</math></li> <li>• <math>21^{\circ} - 45^{\circ} = 0.15 - 0.20</math></li> <li>• <math>\geq 46^{\circ} = \downarrow VP</math></li> </ul> |
| ↑ 0.20 | <b>Incomplete Turns</b> ( <i>Dance</i> ), missing: <i>*same as for salto twists</i><br><ul style="list-style-type: none"> <li>• <math>1^{\circ} - 44^{\circ} = 0.05 - 0.10</math></li> <li>• <math>45^{\circ} - 89^{\circ} = 0.15 - 0.20</math></li> </ul>  |

### THROUGHOUT BB/FX

|        |   |               |
|--------|---|---------------|
| ↑ 0.30 | <b>ARTISTRY</b> Insufficient artistry throughout the exercise ( <i>Each ↑0.1</i> )<br><ul style="list-style-type: none"> <li>• Originality/creativity of <b>Choreography</b> in elements &amp; connections</li> <li>• Quality of gymnast's movement to reflect her personal <b>Style</b></li> <li>• Quality of <b>Expression</b></li> </ul> | <b>VAULT</b>  |
| ↑ 0.20 | Insufficient <b>Dynamics</b> <span style="float: right;"><b>UB/BB/FX</b></span>   | <b>↑ 0.30</b> |
| ↑ 0.20 | Insufficient variation in <b>Rhythm &amp; Tempo</b> throughout  |               |
| ↑ 0.20 | Relaxed/incorrect <b>Footwork</b> on non-value parts throughout   |               |
| ↑ 0.30 | Relaxed/incorrect <b>Leg Position / Body Posture</b> & insufficient <b>Flexibility</b> in non-value parts throughout  |               |
| ↑ 0.10 | Precision of <b>Handstand</b> positions throughout <span style="float: right;"><b>UB</b></span>   |               |
| ↑ 0.20 | Insufficient <b>Sureness</b> of performance throughout <span style="float: right;"><b>BB</b></span>   |               |
| ↑ 0.20 | Poor relationship of <b>Music and Movement</b> throughout <span style="float: right;"><b>FX</b></span>  |               |
| ↑ 0.30 | Missing <b>Synchronization</b> of movement with musical beat <span style="float: right;"><b>FX</b></span><br><ul style="list-style-type: none"> <li>• Each time: <u>0.05</u></li> <li>• At the end: <u>0.10</u></li> </ul>  |               |

## SPECIFIC UB DEDUCTIONS

### UB AMPLITUDE / ANGLE DEDUCTIONS



|  | ANGLE from VERTICAL |             |                    |                    |                    |                    |
|--|---------------------|-------------|--------------------|--------------------|--------------------|--------------------|
|  | ↑10°                | 11-20°      | 21-30°             | 31-45°             | 46-90°             | More than 90°      |
| <b>Casts</b>   | 0.0                 | <b>0.05</b> | <b>0.10</b>        | <b>0.15 - 0.20</b> | <b>0.25 - 0.30</b> | <b>0.30</b>        |
| <b>Turns IN<br/>Handstand<br/>180° &amp; 360°</b>          | 0.0                 | 0.0         | <b>0.05 - 0.10</b> | <b>0.15 - 0.20</b> | <b>0.25 - 0.30</b> | <b>0.30</b>        |
| <b>Turns AFTER<br/>Handstand<br/>540° &amp; 360° Healy</b> | 0.0                 | 0.0         | 0.0                | <b>0.05 - 0.15</b> | <b>0.20 - 0.30</b> | <b>0.30</b>        |
| <b>Circle<br/>Completion</b>                               | 0.0                 | <b>0.05</b> | 0.0                | 0.0                | <b>0.05 - 0.20</b> | <b>0.20</b>        |
| <b>Clear Hip<br/>Completion</b>                            | 0.0                 | <b>0.05</b> | 0.0                | 0.0                | <b>0.05 - 0.30</b> | <b>0.35 - 0.40</b> |
|  | Higher VP           |             |                    | Lower VP           |                    |                    |

### UB RHYTHM / EXTENSION

|               |   |
|---------------|---|
| ↑ <b>0.10</b> | Hesitation during jump to HB or swing to Handstand          |
| ↑ <b>0.10</b> | Poor rhythm in elements/connections                         |
| ↑ <b>0.10</b> | Insufficient extension of glides/swings into kips           |
| ↑ <b>0.10</b> | Swing Forward or backward, under horizontal ( <i>each</i> ) |
| ↑ <b>0.10</b> | Under-rotation of release/flight elements                   |

### UB BRUSH / HIT etc.

|               |   |
|---------------|---|
| ↑ <b>0.10</b> | <b>Touch/Brush</b> on Apparatus or Mat with foot/feet   |
| <b>0.20</b>   | <b>Hit on Appartaus</b> with foot/feet                  |
| <b>0.30</b>   | <b>Hit on Mat</b> with foot/feet                        |
| <b>0.30</b>   | <b>Grasp</b> of the Bar Apparatus to avoid a fall       |
| <b>0.30</b>   | Intermediate <b>Extra Swing</b> / Cast (max 0.6)        |
| <b>0.50</b>   | <b>Full Support</b> on foot/feet on mat during exercise |

## SPECIFIC BB/FX DEDUCTIONS

### BALANCE BEAM

#### BB PAUSES

|             |   |
|-------------|---|
| <b>0.10</b> | Concentration Pauses <i>2 seconds</i>         |
| <b>0.20</b> | Concentration Pauses <i>3 seconds or more</i> |

#### BB RHYTHM

|               |   |
|---------------|---|
| <b>↑ 0.10</b> | <b>Hesitation</b> during jump, press or swing to Handstand  |
| <b>↑ 0.20</b> | Lack of Tempo/ <b>Poor Rhythm</b> between elements in a Dance, Mixed or Acro Series<br><i>No deduction for continuous but slow / Arms finish to take-off immediately / Legs pli é, not pumping</i><br><b>0.05 - 0.10</b> • Body moving but arms swing between elements / Legs pumping, but not straighten<br><b>0.15 - 0.20</b> • Body position alters / Arms swing between elements<br><i>Tempo deductions DO NOT apply to backward Acro Series with 1 or more Flight elements</i> |

#### BB BALANCE/LANDING

|               |  |
|---------------|--|
| <b>↑ 0.30</b> | Additional movements to maintain <b>Balance on the Beam</b>  |
| <b>↑ 0.30</b> | <b>Squat</b> on Landing ( <i>Hips even with or lower than knees</i> )<br><i>* If lands Acro element in a squat and then falls take both ↑ 0.3 and 0.5 for the fall</i> |
| <b>↑ 0.30</b> | Directional Error on Gainer Salto Dismounts <b>Off-the-End</b> of Beam   |

#### BB SUPPORT

|             |  |
|-------------|--|
| <b>0.20</b> | <b>Support of one Leg</b> against side surface of the beam to maintain balance   |
| <b>0.30</b> | <b>Grasp of the Beam</b> to avoid a fall   |
| <b>0.30</b> | Use of <b>Supplemental Support</b> <ul style="list-style-type: none"> <li>• Foot/Feet remain on Mat/Board as Mount is completed</li> <li>• Foot/Feet contact Mat in Cross Straddle Sit during exercise</li> <li>• Foot/Feet/Leg using Base of the Beam for support on Mount/on Beam</li> </ul> |

### FLOOR EXERCISE

#### FX RHYTHM

|               |   |
|---------------|---|
| <b>0.10</b>   | Concentration Pauses <i>2 second pause prior to difficult elements or Acro series</i> |
| <b>↑ 0.10</b> | Incorrect Rhythm during execution of direct connections                               |

#### FX SALTOS

|               |   |
|---------------|---|
| <b>↑ 0.30</b> | <b>Insufficient Height</b> of Salto elements<br><i>*Does NOT apply to accelerating elements in directly connected Fwd Acro series</i> |
|---------------|---|