

General Technique, Execution & Amplitude Deductions	
Additional movements to maintain balance	>0.30
Bent arms in support or bent knees <i>(90° or more) (Max/element 0.3 arms + 0.3 knees)</i>	>0.30
Brushes/touches landing surface w/ 1 or both hands <i>(no support)</i>	>0.30
Deep squat on landing	>0.3
Deviation from straight direction on landing	>0.10
Extra arm swings on landing	>0.10
Extra steps on landing (per step - max 4)	<u>0.10 ea</u>
Failure to maintain stretched body position <i>(pikes down early)</i>	>0.20
Fall on mat to knee(s) or hips	<u>0.5</u>
Fall on or against apparatus	<u>0.5</u>
Fall/Failure to land on soles of feet first	0.50/No VP/No SR/No Bonus
Flexed/sickled feet during Value Part elements	<u>0.05 each time</u>
Incorrect body posture on landing	>0.20
Insufficient exactness of Body Positions Arch	>0.20
Insufficient exactness of Body Positions Hip angle(136° - 179°)	>0.20
Insufficient pike position <i>(Ideal = min 90° bend in hips; 91°-135° = insufficient pike)</i>	>0.20
Insufficient stretched position <i>(Ideal = straight 180°, but greater than 135° is considered stretched position)</i>	>0.20
Insufficient tuck position <i>(Ideal = min 90 bend in both hips & knees)</i>	>0.20
Large Faults	>0.30
Large step or jump on landing (~3 feet or more)	<u>0.20</u>
Leg crossed during VP elements with twist	<u>0.1</u>
Leg or knee separations	>0.20
Medium Faults	>0.20
Slight hop or small adjustment of feet on landing of elements & dismounts <i>(FX acro elements: small jump after landing to finish down on 1 knee or in lunge is acceptable)</i>	>0.10
Slight/Small Faults	0.05-0.10
Spotting assistance during an element	0.50 /No VP/No SR/No Bonus
Spotting assistance upon landing of dismount element	0.50 + VP + SR/No Bonus
Support on mat w/ 1 or 2 hands	<u>0.50</u>
Very Large Faults	<u>0.50</u>
Very small step-close or other small foot movement	<u>0.05</u>

Chief Judge Deductions	
Absence of music or music with voice or song/speech	<u>1.00</u>
Coach instructs gymnast during routine	<u>0.20</u>
Coach on FX mat inside the border marking	<u>1.00</u>
Coach stands between bars or next to BB throughout exercise	<u>0.10</u>
Exceeds FX boundary	<u>0.1 each time</u>
Excessive use of magnesia (chalk) or use of tape	<u>0.20</u>
Fail to Present before & after	<u>0.1 each time</u>
Failure to begin exercise within 30 sec of CJ signal	<u>0.20</u>
Failure to remove board after mount	<u>0.30</u>
Failure to remove board or authorized spotting device after a release element	<u>0.30</u>
Flagrant exceeding of warm-up time (after warning) <i>(Take from event or team score)</i>	<u>0.20</u>
Incorrect attire (includes jewelry) (after warning)	<u>0.20</u>
Incorrect padding <i>(Gymnast wearing heel pads on bars) (w/ or w/o warning)</i>	<u>0.20</u>
Overtime	<u>0.10</u>
Performance of one-arm vault if at least ½ the panel saw only 1 hand touch the table	<u>1.00</u>
Short exercise - BB/FX less than 30 sec; UB less than 5 VP	<u>2.00</u>
Signals/verbal cues by coach/teammates to own gymnast <i>(after warning)</i>	<u>0.20</u>
Start exercise before signal	<u>0.50</u>
Unsportsmanlike conduct of gymnast (after warning)	<u>0.20</u>
Use of additional mats or springboard on unauthorized surface	<u>0.30</u>
Use of incorrect apparatus specifications	<u>0.30</u>

Routine Characteristics

- Characteristics of excellent execution/amplitude:**
- »Maximum amplitude or range of movement of the body:
 - Externally & Internally
 - Turns
 - »Optimal body lines, extension, & posture
- Characteristics of excellent artistry:**
- »Originality/creativity of choreography in elements & connections
 - »Quality of gymnast's movement to reflect her personal style
 - »Quality of expression (i.e., projections, emotion, focus)

Level 10 Formula	
Value Parts	2.20
Special Requirements	2.00
Bonus	0.50
Execution, Composition, & Artistry (BB,FX)	<u>5.30</u>
	<u>10.00</u>

Level 10 Start Value	
8 Required VP	Deduct from SV
3 "A", 3 "B", 2 "C"	Missing VP
Start Value 9.50	Missing SR @ 0.50 each
+ Bonus 0.50	No Dismount @ 0.30
(Max +1 CV & +1 DV)	
Max SV 10.00	

Allowable Range	
9.50 - 10.00	0.20
9.00 - 9.475	0.50
8.00 - 8.975	0.70
Below 8.00	1.00
Average Score determines Allowable Range	

Specific Vault Deductions	
Additional hand placements (<i>Support/Repulsion Phase</i>)	>0.30
Additional trunk movements to maintain (<i>Landing</i>)	>0.20
Arched body (<i>1st Flight Phase</i>)	>0.20
Bent arms (<i>90° or more = max deduction</i>) Slight bend of lead arm is allowed on all Group 3 vaults (<i>Support/Repulsion Phase</i>)	>0.50
Brush or hit of body/head on vault table during post-flight (<i>2nd Flight Phase</i>)	>0.20
Coach standing between board & table (NOT for RO Entry vaults) (<i>Other Deductions</i>)	<u>VOID</u>
Deep Squat (<i>Landing</i>)	>0.30
Deviation from a straight direction (<i>Landing</i>)	>0.30
Extra arm swings (<i>Landing</i>)	>0.10
Extra steps (per step w/ max of 4) (<i>Landing</i>)	<u>0.10 ea</u>
Failure to flash the intended vault # (<i>Other Deductions</i>)	<u>0.2 (CJ)</u>
Failure to land on the soles of the feet first (<i>Other Deductions</i>)	<u>VOID</u>
Failure to maintain stretched body (pike down of stretched vaults to facilitate landing) (<i>2nd Flight Phase</i>)	>0.30
Failure to use the safety collar mat for RO entry vaults (<i>Other Deductions</i>)	<u>VOID</u>
Fall against apparatus (<i>Landing</i>)	<u>0.50</u>
Fall on mat to knee(s) or hips (<i>Landing</i>)	<u>0.50</u>
Head contacting table during support phase (<i>Includes 0.50 for extreme arm bend</i>) (<i>Support/Repulsion Phase</i>)	<u>2.00</u>
Hip angle (<i>1st Flight Phase</i>)	>0.20
Incorrect body posture on landing (<i>Landing</i>)	>0.20
Insufficient dynamics (<i>Landing</i>)	>0.30
Insufficient exactness of Body Position Stretched (Min 135°; ideal 180°) Arch or Hip Angle (<i>2nd Flight Phase</i>)	>0.30
Insufficient exactness of Body Position Tuck (min 90° hips & knees) or Pike (min 90° hips) (<i>2nd Flight Phase</i>)	>0.30
Insufficient exactness of LA turn (<i>2nd Flight Phase</i>)	>0.10
Insufficient extension (open) of body before landing: Insufficient &/or late extension (tuck & pike Vaults) (<i>2nd Flight Phase</i>)	>0.25
Insufficient extension (Open) of body before landing: TOTAL absence of extension (tuck & pike Vaults) (<i>2nd Flight Phase</i>)	<u>0.30</u>
Insufficient Height (<i>2nd Flight Phase</i>)	>0.50
Insufficient Length (<i>2nd Flight Phase</i>)	>0.30
Landing in a sitting, lying, or standing position on top of table (<i>Landing</i>)	<u>VOID</u>
Large step or jump (~3 feet or more) (<i>Landing</i>)	<u>0.20</u>
Late completion of the twist (Grp 1 & Grp 4&5 vaults without saltos) (<i>2nd Flight Phase</i>)	>0.30

Specific Vault Deductions (continued)	
Legs Bent (<i>1st & 2nd Flight Phase</i>)	>0.30
Legs Crossed (<i>1st & 2nd Flight Phase</i>)	<u>0.10</u>
Legs Separated (<i>1st & 2nd Flight Phase</i>)	>0.20
No touch on the vault table (<i>Support/Repulsion Phase</i>)	<u>VOID</u>
Poor technique: Alternate repulsion from hands Grp 1 Vaults (<i>Support/Repulsion Phase</i>)	>0.20
Poor technique: Arched Body (<i>Support/Repulsion Phase</i>)	>0.20
Poor technique: Shoulder angle (<i>Support/Repulsion Phase</i>)	>0.20
Poor technique: Staggered alternated hand placement on forward entry vaults (<i>Support/Repulsion Phase</i>)	>0.10
Prescribed LA turn begun too early (<i>Support/Repulsion Phase</i>)	>0.30
Prescribed LA turn begun too late (<i>2nd Flight Phase</i>)	>0.50
Prescribed LA turn incomplete (<i>1st Flight & Landing Phase</i>)	>0.30
<p style="text-align: center;"> <u>1°-30° missing = >0.1</u> <u>31°-60° missing = 0.15-0.20</u> <u>61°-89° missing = 0.25-.030</u> <u>90° or more missing = Lower Vault Value</u> </p>	
Run approach without execution of the vault without touch on springboard or vault table (<i>Other Deductions</i>)	<u>VOID</u>
Slight brush/touch of 1 or both hands on mat (<i>no support</i>) (<i>Landing</i>)	>0.3
Slight hop or small adjustment of feet (<i>Landing</i>)	>0.10
Spotting assistance during the vault (<i>Other Deductions</i>)	<u>VOID</u>
Spotting assistance upon landing (<i>Other Deductions</i>)	<u>0.50</u>
Support on mat with 1 or 2 hands (<i>Landing</i>)	<u>0.50</u>
Touch with only one hand on vault table (CJ) (<i>Support/Repulsion Phase</i>)	<u>1.00</u>
Vaults without signal from Chief Judge (<i>Other Deductions</i>)	<u>0.50 (CJ)</u>
Very small step-close or other small foot movement (<i>Landing</i>)	<u>0.05</u>

BARS Execution & Amplitude Deductions

Additional trunk movements to maintain balance	>0.30
Bent arms in support or bent knees (<i>Max 0.30 arms & 0.30 knees/ elem</i>)	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10 ea</u>
Fail to remove board/spotting block after release elements	<u>0.30</u>
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	0.05 ea
Grasp of bar apparatus to avoid a fall	<u>0.30</u>
Hesitation during jump to High Bar or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Hit on mat with foot (feet)	<u>0.30</u>
Incorrect body posture on landing	>0.20
Insufficient amplitude of bar elements (<i>including releases</i>)	>0.20
Insufficient dynamics throughout	>0.20
Insufficient exactness of stretched position - Arch	> 0.20 ea
Insufficient exactness of stretched position-Hips angle (<i>136°-179°</i>)	>0.20 ea
Insufficient exactness of tuck or pike position	>0.20 ea
Insufficient extension of glides/swings into kips	>0.10 ea
Insufficient height (amplitude) of salto dismount	>0.30
Intermediate (extra) swing	<u>0.30</u>
Landing too close to the bar on Dismount	<u>0.10</u>
Large step or jump on landing (~3 feet)	<u>0.20</u>
Leg crossed during salto dismounts with twist	<u>0.10</u>
Leg or knee separations	>0.20 ea
Poor rhythm in elements/connections	>0.10 ea
Precision of HS positions throughout the exercise	>0.10
Slight hop or small adjustment of feet on landing of dismounts	>0.10
Spotting during the element	<u>0.5 + NO VP/SR/Bonus</u>
Spotting landing of dismount	<u>0.5 + NO Bonus- VP & SR OK</u>
Support on mat with 1 or 2 hands	<u>0.50</u>
Swing forward or backward under horizontal	<u>0.10 ea</u>
Touch/brush on apparatus or mat with foot (feet)	>0.10 ea
Third run approach	<u>0.50</u>
Under-rotation of release/flight elements	>0.10 ea

Level 10 BARS Special Requirements@ 0.50 each		3 "A"																		
1 Flight Element Minimum "C" (Not Dismount)		3 "B"																		
A 2nd Different Flight Element Minimum "B" (Not Dismount)		2 "C"																		
1 Element with LA Turn Minimum "C" (Not Mount or Dismount)		9.50 + 0.50 SV																		
Salto or Hecht Dismount Minimum "C"		(+0.40+0.10)																		
Level 10 BARS Composition Deductions																				
3/4 Giant circle forward with or without grip change		<u>0.10</u>																		
Choice of Elements: <i>Fail to perform elements both forward & backward within exercise <u>0.05</u></i> <i>Balance between pirouettes & flight elements >0.10</i> <i>Lack of variety of elements & connections >0.10</i>		>0.20 Max																		
Choice of release elements not up to competitive level >0.20 <i>1 B & 1 C = 0.20</i> <i>D + D = No Deduction</i>		>0.20																		
Insufficient direction change		>0.10																		
Insufficient distribution of the elements		>0.10																		
Lack of 2 bar changes		<u>0.20</u>																		
More than 1 element before mount		<u>0.20</u>																		
More than 1 Squat on Low Bar with or without sole circle to grasp High Bar		<u>0.10 ea</u>																		
Uncharacteristic elements		<u>0.10 ea</u>																		
Level 10 BARS Bonus Rules																				
Direct connections of at least 2 elements with turn or flight in a Mount connection, Connection within the exercise, &/or Dismount Connection		C + C = +0.10																		
For Direct connections of Minimum 2 elements from Groups 3, 6, or 7, turn or flight is NOT required but elements must be different		C + C = +0.10																		
"C" elements connected to "D/E" elements are NOT required to have turn or flight		C + D or D + C = +0.10																		
D/E elements are never required to have turn or flight		D + D or more = +0.20																		
Amplitude of Cast to Handstand 0°-10° from vertical = "B" VP & NO Deduction 11°-20° from vertical = "B" VP & 0.05 21°-30° from vertical = No VP & 0.10 31°-45° from vertical = No VP & 0.15 - 0.20 46° & below from vertical = No VP & 0.25 - 0.30		Amplitude of Body at Turn Completion IN Handstand >20° from vertical = No Deduction 21°-30° from vertical = 0.05 - 0.10 31°-45° from vertical = 0.15 - 0.20 46° or more from vertical = 0.25 - 0.30																		
Amplitude of Flight to Handstand on Low Bar 0°-10° from vertical = No Deduction & Higher VP 11°-20° from vertical = 0.05 & Higher VP 21° or more from vertical = Lower VP		Amplitude of Body at Turn Completion AFTER Handstand >30° from vertical = No Deduction 31°-45° from vertical = 0.05 - 0.15 46° or more from vertical = 0.20 - 0.30																		
Amplitude of Circling Elements 0°-10° from vertical = No Deduction & Higher VP 11°-20° from vertical = 0.05 & Higher VP 21°-45° from vertical = No Deduction & Lower VP 45°- Horizontal = >0.20 & Lower VP Below Horizontal = >0.20 & "A" VP for Clear Hip Circle		<table border="1"> <tr> <th colspan="2">Allowable Range</th> </tr> <tr> <td>9.500 - 10.00</td> <td>0.20</td> </tr> <tr> <td>9.000 - 9.475</td> <td>0.50</td> </tr> <tr> <td>8.000 - 8.975</td> <td>0.70</td> </tr> <tr> <td>Below 8.00</td> <td>1.00</td> </tr> </table> <table border="1"> <tr> <th colspan="2">Level 10</th> </tr> <tr> <td>3 "A"</td> <td>3 "B" 2 "C"</td> </tr> <tr> <td colspan="2">9.50 + 0.50 SV</td> </tr> <tr> <td colspan="2">(+0.40+0.10)</td> </tr> </table>	Allowable Range		9.500 - 10.00	0.20	9.000 - 9.475	0.50	8.000 - 8.975	0.70	Below 8.00	1.00	Level 10		3 "A"	3 "B" 2 "C"	9.50 + 0.50 SV		(+0.40+0.10)	
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Level 10																				
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BEAM Execution & Amplitude Deductions

Acrobatics: Under-rotated twist (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Additional movements to maintain balance	>0.30
Bent arms in support or bent knees (Max 0.30 arms & 0.30 knees/elem)	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Concentration pause (more than 2 sec)	<u>0.10</u> ea
Dance: Under-rotated turn (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Direction of gainer dismount off end of beam	>0.30
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10</u> ea
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	<u>0.05</u> ea
Grasp of beam to avoid a fall	<u>0.30</u>
Hesitation during jump, press or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Incorrect body posture/alignment during Dance Value Parts	>0.10
Incorrect body posture on landing	>0.20
Insufficient artistry throughout the exercise	>0.30
0.05-0.10 Originality/creativity of choreography in elements & connections	
0.05-0.10 Quality of gymnast's movement to reflect her personal style	
0.05-0.10 Quality of expression (projection, emotion, focus)	
Insufficient dynamics throughout	>0.20
Insufficient height on leaps, jumps, & hops	> 0.20 ea
Insufficient height of Aerials, Saltos, & Acro flight elements with hand support	>0.20 ea
Insufficient exactness of stretch position arch or hip angle	>0.20 ea
Insufficient exactness of tuck or pike position	>0.20 ea
Insufficient height of dismount elements	>0.30
Insufficient split position	>Lesser VP
1°-20° missing = 0.05-0.10	
21°-45° missing = 0.15-0.20	
46° or more missing = Lesser Value Part	

BEAM Execution & Amplitude Deductions (continued)

<i>Insufficient sureness of performance throughout exercise</i>	>0.20
<i>Insufficient variation in rhythm & tempo throughout</i>	>0.20
<i>Lack of tempo/poor rhythm between elements performed in a dance or mixed series</i>	>0.10 ea
<i>Lack of tempo/poor rhythm between elements performed in an acro series (except backward acro series w/ 1 or more flight elements)</i>	>0.30
<i>Landing too close to the beam on Dismount</i>	<u>0.10</u>
<i>Large step or jump on landing (~3 feet)</i>	<u>0.20</u>
<i>Leg crossed during salto dismounts with twist</i>	<u>0.10 ea</u>
<i>Leg or knee separations</i>	>0.20
<i>Legs not parallel to beam in split or straddle pike leaps/jumps</i>	>0.20
<i>Relaxed/incorrect footwork in non-VP's throughout the exercise</i>	>0.20
<i>Relaxed/incorrect leg position/body posture/&/or insufficient flexibility during non-VP's throughout the exercise</i>	>0.30
<i>Slight hop or small adjustment of feet on landing of dismounts</i>	>0.10
<i>Spotting during the element</i>	<u>0.5 + NO VP/SR/Bonus</u>
<i>Spotting landing of dismount</i>	<u>0.5 + NO Bonus - VP & SR OK</u>
<i>Support of 1 leg on side of beam to maintain balance</i>	<u>0.20 ea</u>
<i>Support on mat with 1 or 2 hands</i>	<u>0.50</u>
<i>Touch/brush on apparatus or mat with foot (feet)</i>	>0.10 ea
<i>Third run approach</i>	<u>0.50</u>

Level 10 BEAM Composition Deductions

Acro elements not up to competitive level	>0.20
Insufficient distribution of elements	>0.10
Insufficient use of entire beam apparatus	
<i>Failure to show movement/choreography in different directions</i>	>0.10
<i>Insufficient level changes</i>	>0.10
<i>Spatially (use entire Beam)</i>	>0.10
Lack of balance between acro & dance VP	>0.20
Lack of dance series (min 2 elements from Grps 1, 2, 3)	<u>0.20</u>
Lack of variety in dance elements	
<i>More than 1 leap/jump/hop to prone position</i>	<u>0.10 ea</u>
<i>More than 2 elements w/ wolf or tuck position w/ or w/o turn</i>	<u>0.10</u>
<i>More than 2 pivot (straight leg 1/2 turns) in exercise</i>	<u>0.10</u>
<i>More than 2 straddle jumps w/ or w/o turn</i>	<u>0.10</u>
Lack of variety in choice of elements	
<i>Missing Acro Bkwd and Fwd or Sidwd</i>	<u>0.10 ea</u>
<i>If only in Dismount</i>	<u>0.05</u>
More than one element before mount	<u>0.20</u>

Level 10

3 "A" 3 "B" 2 "C"

9.50 + 0.50 SV

(+0.40+0.10)

Level 10 BEAM Special Requirements @ 0.50 ea

Acro Series - 2 Flight elements 1 Minimum "C" w/ or w/o hand support OR "A" Non-Flight acro element from Group 7 directly connected to "E" acro flight element - Both must start and finish on Beam

Leap or Jump w/ 180 Split - Isolated or in series

Minimum 360 turn on 1 foot - May be in isolated or in series

Aerial/Salto Dismount Minimum "C" or "B" directly connected to Acro series w/ "C" acro or dance element

Level 10 BEAM Connective Value

Two Acro flight elements, one a "C" salto (NOT Mount or Dismount)

$$B + C = +0.10$$

Two Acro Flight elements (NOT Dismount)

$$B + D = +0.20 \quad C + C = +0.20$$
$$B + E = +0.20 \quad C + D \text{ (or more)} = +0.20 \quad D + D \text{ (or more)} = +0.20$$

Three or more Acro Flight elements (Mount, Dismount, & Connections within exercise)

$$B + B + C = +0.10$$
$$B + C + C = +0.20 \quad B + B + D = +0.20 \quad B + C + D \text{ (or more)} = +0.20$$

Two Dance or Dance/Acro elements (NOT Dismount)

$$A + D = +0.10 \quad B + C = +0.10 \quad C + C \text{ (same elements)} = +0.10$$
$$B + D = +0.20 \quad C + C \text{ (different elements)} = +0.20 \quad C + D \text{ (or more)} = +0.20$$

Dance Turns - Turns may be performed on the same support leg or with a step into a turn on the opposite leg. A brief demi-plie on 1 or both legs is permitted.

$$A + C = +0.10$$

DANCE TECHNIQUE

TUCK JUMP

>0.20 Insufficient Tuck position

WOLF HOP/JUMP

>0.10 ea Below horizontal with either leg

SIDE SPLIT JUMP/STRADDLE PIKE JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX

>0.10 ea Failure to reach horizontal w/ both legs

SWITCH LEG LEAP

>0.20 Insufficient split after leg change

PIKE JUMP

>0.20 Insufficient pike

CAT LEAP

>0.10 ea Failure to reach horizontal w/ both legs

>0.20 Incorrect leg position (lack of knee bend)

SISSONE/SPLIT JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX in split jump

RING LEAP/JUMP

>0.10 Rear foot at shoulder or upper back

>0.10 Insufficient arch

SHEEP JUMP

>0.10 Feet at shoulder or upper back

>0.10 Insufficient arch

Allowable Range

9.500 - 10.00	0.20
9.000 - 9.475	0.50
8.000 - 8.975	0.70
Below 8.00	1.00

Floor Execution & Amplitude Deductions	
Absence of music or music w/ song or voice/speech	<u>1.00</u> (CJ)
Acrobatics: Under-rotated twist (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Additional movements to maintain balance	>0.30
Bent arms in support or bent knees (Max 0.30 arms & 0.30 knees/elem)	>0.30 ea
Brush/touch landing surface with 1 or both hands (no support)	>0.30
Concentration pause (more than 2 sec)	<u>0.10</u> ea
Dance: Under-rotated turn (incomplete)	>0.20
1°-44° missing = 0.05-0.10	
46°-89° missing = 0.15-0.20	
90° or more missing = Lesser Value Part	
Deep squat on landing	>0.30
Deviation from straight direction on landing	>0.10
Extra arm swings on landings	>0.10
Extra steps on landing (max 0.40)	<u>0.10</u> ea
Fall on mat to knee(s) or hips	<u>0.50</u>
Fall on or against the apparatus	<u>0.50</u>
Fall/Failure to land on soles of feet first	<u>0.5 + NO VP/SR/Bonus</u>
Flexed feet on VP elements	<u>0.05</u> ea
Hesitation during jump, press or swing to Handstand	>0.10 ea
Hit on apparatus with foot (feet)	<u>0.20</u>
Incorrect body posture/alignment during Dance Value Parts	>0.10
Incorrect body posture on landing	>0.20
Insufficient artistry throughout the exercise	>0.30
0.05-0.10 Originality/creativity of choreography in elements & connections	
0.05-0.10 Quality of gymnast's movement to reflect her personal style	
0.05-0.10 Quality of expression (projection, emotion, focus)	
Insufficient dynamics throughout	>0.20
Insufficient height on leaps, jumps, & hops	> 0.20 ea
Insufficient height of Salto elements	>0.30
Insufficient height of Aerials or Acro Flight with hand support	>0.20
Insufficient exactness of stretch position arch or hip angle	>0.20 ea
Insufficient exactness of tuck or pike position in VP elements	>0.20 ea
Incorrect rhythm during execution of direct connections	>0.10
Insufficient split position	>Lesser VP
1°-20° missing = 0.05-0.10	
21°-45° missing = 0.15-0.20	
46° or more missing = Lesser Value Part	
Insufficient variation in rhythm & tempo throughout	>0.20

FLOOR Execution & Amplitude Deductions (continued)

Large step or jump on landing (~3 feet)	<u>0.20</u>
Leg crossed during saltos with twist	<u>0.10</u>
Leg or knee separations	>0.20
Legs not parallel to beam in split or straddle pike leaps/jumps	>0.20
Missing synchronization of movement with musical beat throughout the exercise:	>0.30
Each time	<u>0.05</u>
At the end of the exercise	<u>0.10</u>
Poor relationship of music & movement throughout	>0.20
Relaxed/incorrect footwork in non-VP's throughout the exercise	>0.20
Relaxed/incorrect leg position/body posture/&/or insufficient flexibility during non-VP's throughout the exercise	>0.30
Slight hop or small adjustment of feet on landing of elements	>0.10
Spotting during the element	<u>0.5 + NO VP/SR/Bonus</u>
Spotting landing of dismount	<u>0.5 + NO Bonus - VP & SR OK</u>
Support on mat with 1 or 2 hands	<u>0.50</u>

Level 10 FLOOR Special Requirements @ 0.50 ea

Acro Series w/ 2 Saltos OR 2 Directly connected saltos - same or different

3 Different Saltos in Exercise

Dance Passage - Minimum of 2 different Group 1 elements directly or indirectly connected but containing a LEAP w/ 180° cross or side split

"C" Salto performed as last isolated salto or in last salto connection

Level 10 FLOOR Composition Deductions

Acro elements not up to competitive level	>0.20
Insufficient distribution of Value Parts	>0.10
Insufficient use of Floor Exercise area:	
Directionally - Failure to show movement/choreography in different directions	>0.10
Spatially - Floor pattern	>0.10
Lack of balance between acro & dance VP	>0.20
Lack of turn on 1 foot Minimum "B"	<u>0.20</u>
Lack of Minimum "C" Salto	<u>0.30</u>
Lack of variety in choice of elements:	
Fail to perform saltos in 2 different directions (Backward & Forward or Sideward)	<u>0.10 ea</u>
Lack of variety in dance elements:	
More than 1 leap/jump/hop to prone position	<u>0.10 ea</u>
More than 2 elements w/ wolf or tuck position w/ or w/o turn	<u>0.10</u>
More than 2 straddle jumps w/ or w/o turn	<u>0.10</u>

Level 10

3 "A" 3 "B" 2 "C"

9.50 + 0.50 SV

(+0.40+0.10)

Allowable Range

9.500 - 10.00	0.20
9,000 - 9.475	0.50
8.000 - 8.975	0.70
Below 8.00	1.00

Level 10 FLOOR Connective Value

Indirect Acro Connections of 2 or more saltos or acro elements w/o hand support

$$C + C = +0.1$$

$$A/B + A/B + C = +0.10$$

$$A + D/E + 0.10 \quad B + D/E = +0.10 \quad A/B + A/B + D = +0.10 \quad C + D/E \text{ or more} = +0.20$$

Direct Connection of 2 or more saltos or acro elements w/ flight & w/o hand support

$$A + C = +0.10$$

$$B + B = +0.10$$

$$B + C = +0.20$$

$$A + A + C = +0.10$$

$$A/B + D/E = +0.20 \quad A + A + D/E = +0.20 \quad C + C \text{ (or more)} = +0.20$$

Connections of 2 Dance or 2 Dance/Acro Elements or reversed

$$C + C \text{ (different elements)} = +0.10$$

$$D \text{ Salto} + A \text{ Jump (this order ONLY)} = +0.10$$

$$B + D/E = +0.10$$

$$C + D/E \text{ (or more)} = +0.20$$

NOTE: Acro elements must be saltos & flight elements w/ or w/o hand support

NOTE: A Turn directly connected to a jump (in that order ONLY) is NOT eligible for CV Bonus - If the Jump comes first, CV is possible

DANCE TECHNIQUE

TUCK JUMP

>0.20 Insufficient Tuck position

WOLF HOP/JUMP

>0.10 ea Below horizontal with either leg

SIDE SPLIT JUMP/STRADDLE PIKE JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX

>0.10 ea Failure to reach horizontal w/ both legs

SWITCH LEG LEAP

>0.20 Insufficient split after leg change

PIKE JUMP

>0.20 Insufficient pike

CAT LEAP

>0.10 ea Failure to reach horizontal w/ both legs

>0.20 Incorrect leg position (lack of knee bend)

SISSONE/SPLIT JUMP

>0.20 Insufficient split

>0.20 Legs not parallel to BB/FX in split jump

RING LEAP/JUMP

>0.10 Rear foot at shoulder or upper back

>0.10 Insufficient arch

SHEEP JUMP

>0.10 Feet at shoulder or upper back

>0.10 Insufficient arch