

- I. **APPARATUS SPECIFICATIONS:** Runway 76' – 82"; 1 3/8" thickness, Table 135 cm +/- 1cm  
 2" max. athletic tape, velcro strips, small chalk marks allowed on width of runway, must be removed at the end of rotation.
- A. Rules & Policies..... = requirements subject to change, beginning each August 1<sup>st</sup>.  
 B. Runway..... = Meet Director must include runway thickness in meet information.  
 C. Tape or Chalk..... = Use excessive chalk on the Table or Runway ..... = 0.2 CJ  
 D. Hand Placement Mat.. = manufactured mat, on runway only, for Roundoff entry and F. Handsp. on to board.. = 0.3 CJ  
 E. Hand Placement Mat.. = Hand placement mat is NOT part of apparatus – touch..... = Balk  
     • Coach responsible to secure Velcro, tape measure not equipment failure.  
 F. Safety Zone Collar.... = required Roundoff entry, placed properly, may be used for other vaults, no extra mats.  
 G. Mats / Skill Cushions.. = 9 inches landing mats + 9 inches skill cushions allowed, unauthorized use of mats.. = 0.3 CJ  
 H. Runway = Tape, Velcro, Small Chalk, 2" maximum width 3 feet, remove after rotation.  
 I. Alter. Springboard = NOT allowed for JO optional levels ..... = VOID  
 J. Mat Measurements.... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, 3/4 inch = 2 cm
- II. **GENERAL INFORMATION – NCAA = one vault (3 attempts)**
- A. **Final Score – Level 6 / 7 / 8 / 9/ 10**  
 1) May perform 2 vaults  
 2) Vaults may the same or different  
 3) Average vaults separately  
 4) Best Vault = Final Score
- B. **Supplemental Approaches**  
 1) Three (3) Approach / Attempts to successfully complete One or Two vaults  
 2) Balk attempt = running approach that does not result in coming to support on the Table.  
 3) One (1) Balk allowed in Three (3) attempts without penalty.  
 4) Second / Third Balk = VOID  
 5) 4th Attempt not allowed.  
 6) Examples of Void Vaults: a) squat on Table, b) stands on Table, c) belly slide on Table.  
 7) Examples of Determining Final Score (see Code).
- C. **Intended Vault & Wrong Vault**  
 1) Must Announce / Flash intended Vault (Announce, Flash @ State; CJ signal)  
 2) No deduction for performing different vault than the vault announced.  
 3) Vault Performed determines SV.  
 4) Body Position demonstrated in majority of vault determines the vault executed.
- D. **Perform w/o CJ Signal**  
 1) Vault performed without CJ Signal = Vault Not Scored  
 2) May perform 2 more Vaults  
 3) CJ applies penalty to the Average of the next vault performed..... 0.5 CJ  
 4) Penalty may or may not affect final score
- E. **Coaching Deductions**  
 1) Spot Landing..... 0.5 judge  
 2) Spot Vault ..... (Level 8 post flight spot = 1.0 PJ) and (NCAA 1.0 PJ) ..... VOID  
 3) Between Board & Table (except Roundoff entry) ..... 0.5 CJ  
 4) May speak to gymnast between vaults
- F. **Misc Vault Rules:** (Must Flash Vault Number at State and above) ..... (NCAA Group)  
 1) Arrival: 2 feet, Forward / Backward (Roundoff) / Front Handspring  
 2) Only One Hand Touch (half of panel must agree) ..... (NCAA 1.0 PJ) ..... 1.0 CJ  
     No Hand Touch..... (NCAA 1.0 PJ) ..... VOID  
 3) Landing: failure to land on bottom of the feet first..... (NCAA 1.0 PJ) ..... VOID  
     Landing: ON table: standing, sitting, lying..... (NCAA attempt) ..... VOID  
 4) Level 10: Bonus for successfully performing 10.0 vault (see exceptions \*\*)  
     Judges must indicate Bonus Credit given.  
 5) Level 9: separate vault value list  
 6) Level 8: separate vault value list  
 7) **Level 6 / 7 – Mat Stack (5' W, 10' L, 32" - 60" H)**  
 8) **Level 6 / 7 – Choice #1 Yurchenko Entry – Choice #2 Tsukahara Entry**  
 9) **Level 6 / 7 – Choice # 3 Handspring Entry**  
 10) Vault performed that is not listed..... VOID  
 11) Restricted Vault performed for EITHER vault results in Final Score ..... VOID  
 12) Warm-up: guaranteed # vaults (**LEVEL 6 / 7 / 8 / 9 / 10 = 3 touches**)  
 13) Group 1: (Handspring) preflight turns may ¼ t. or ½ t. on; twist either direction.  
 14) Group 3: (Tsukahara) slight arm bend of lead arm allowed  
     Group 3: (Tsukahara) preflight turns may be ¼ t. or ½ t. on to the Table  
 15) Group 5: (Roundoff with Turn onto Table) may ¾ t. or 1/1 t. on.  
 16) Injury Fall Time Exceeds One Minute (60 seconds) Fall time..... No 2<sup>nd</sup> Vault Allowed.  
     After 1st Vault is judged, 60 second Fall Time, time exceeded = no 2<sup>nd</sup> Vault, Chief Judge to monitor Fall Time

<b>FIRST FLIGHT PHASE</b>	up to 0.10	INCORRECT FOOT FORM (flexed, sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> <li>Legs Crossed</li> <li>Legs Separated</li> <li>Knees Bent</li> </ul>
	up to 0.20 up to 0.20 <b>up to 0.10</b>	POOR TECHNIQUE <ul style="list-style-type: none"> <li>Hip Angle</li> <li>Excessive Arch</li> <li><b>Failure to Maintain Neutral Head Position</b></li> </ul>
	<b>up to 0.3</b> No Deduction 0.05 – 0.30	<b>ANGLE OF ARRIVAL – if the gymnast arrives on the Table</b> <ul style="list-style-type: none"> <li>45° and below from Vertical</li> <li>1° to 44° from Vertical</li> </ul>

<b>SUPPORT PHASE</b>	up to 0.10 up to 0.20 up to 0.20 <b>up to 0.10</b> up to 0.20 up to 0.30	POOR TECHNIQUE <ul style="list-style-type: none"> <li>Staggered / Alternate Hand Placement on all Vaults, Except Tsukahara</li> <li>Shoulder Angle</li> <li>Excessive Arch</li> <li><b>Failure to Maintain Neutral Head Position</b></li> <li>Alternate Repulsion from Hands on all Vaults, Except Tsukahara</li> <li>Knees Bent</li> </ul>
	each 0.10 (max 0.30)	ADDITIONAL HAND PLACEMENTS (steps / hops on hands)
	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 1.00 No Deduction 0.05 – 0.50 0.55 – 1.00	ANGLE OF REPULSION - if the gymnast leaves the Table <ul style="list-style-type: none"> <li>By Vertical</li> <li>1° to 45° Past Vertical</li> <li>46° Past Vertical to Horizontal</li> </ul>
	<u>1.00</u>	TOUCH TABLE WITH ONLY ONE HAND. CJ deduct, if half the Panel agrees.
	<u>2.00</u>	HEAD CONTACTING THE TABLE during Support Phase Includes <u>0.50</u> for Arm Bend
	VOID	NO HAND CONTACT ON THE TABLE

<b>SECOND FLIGHT PHASE</b>	<b>up to 0.10</b>	<b>FAIL TO MAINTAIN NEUTRAL HEAD POSITION</b>
	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> <li>Legs Crossed</li> <li>Legs Separated</li> <li>Knees Bent</li> </ul>
	up to 0.20	BRUSH OR HIT OF BODY ON TABLE during Second-Flight
	up to 0.30	INSUFFICIENT LENGTH - <i>consider size, type, contact, land, trajectory; not just distance</i>
	<b>up to 0.30</b>	<b>FAIL TO MAINTAIN PRESCRIBED BODY POSITION</b>
	up to 0.50	INSUFFICIENT HEIGHT

<b>LANDING PHASE</b>	up to 0.50	INCORRECT BODY POSTURE ON LANDING
	<b>0.20</b>	<b>LANDS ON FEET ALTERNATELY (one then the other)</b>
	<b>0.50</b> up to 0.10 each 0.10 (max 0.40) <b>0.20</b> (max 0.40)	<b>FRONT HANDSPRING ENTRY</b> <ul style="list-style-type: none"> <li>• Lands and Falls back on the Table</li> <li>• Slight Hop, small adjustments of Feet back towards Table</li> <li>• Steps back towards the Table</li> <li>• (per step with maximum of 4)</li> <li>• Large Step or Jump towards the Table</li> <li>• (approximately 3 feet or more)</li> </ul>
	<b>0.50</b> up to 0.10 each 0.10 (max 0.40) <b>0.20</b> (max 0.40)	<b>ROUND-OFF (YURCHENKO) and TSUKAHARA ENTRY</b> <ul style="list-style-type: none"> <li>• Lands and Falls forward on the Table</li> <li>• Slight Hop, small adjustments of Feet towards the Table</li> <li>• Steps forward towards the Table</li> <li>• (per step with maximum of 4)</li> <li>• Large Step or Jump towards the Table (approximately 3 feet or more)</li> </ul>
	up to 0.30	DEVIATION FROM STRAIGHT DIRECTION (determined by initial contact with mat)
	up to 0.30	INSUFFICIENT DYNAMICS
	VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position

<b>GENERAL</b>	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	<b>0.50</b>	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts <b>0.50</b> from Average of next completed Vault
	<b>0.50</b>	COACH STANDING BETWEEN BOARD AND TABLE <b>EXCEPTION:</b> no deduction if gymnast performs Round-off (Yurchenko) Entry Vault.
	VOID	SPOTTING ASSISTANCE DURING THE VAULT
	<b>0.50</b>	SPOTTING ASSISTANCE UPON LANDING. No deduction for Coach assisting / spotting after landing
	VOID	FAIL TO LAND on any part of the Bottom of the Feet First
	<b>VOID</b>	<b>SALTO PERFORMED AFTER LANDING</b>
	VOID	VAULT PERFORMED – not one of the allowable choices for LEVEL 6 / 7
	VOID	FAIL TO USE SAFETY ZONE mat for Round-off Entry Vaults
	VOID	USE OF ALTERNATIVE SPRINGBOARD

<b>FIRST FLIGHT PHASE</b>	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> <li>• Legs Crossed</li> <li>• Legs Separated</li> <li>• Knees Bent</li> </ul>
	up to 0.20 up to 0.20	POOR TECHNIQUE <ul style="list-style-type: none"> <li>• Hip Angle</li> <li>• Arched Body</li> </ul>
	up to 0.30	INCOMPLETE LA TURN

<b>SUPPORT / REPULSION PHASE</b>	up to 0.10 up to 0.20 up to 0.20 up to 0.20 up to 0.30	POOR TECHNIQUE <ul style="list-style-type: none"> <li>• Staggered / Alternate Hand Placement on all Vaults, <u>Except</u> Group 3 Vaults and <u>Except</u> Group 5 Vaults with <math>\frac{3}{4}</math> turn on – <math>\frac{1}{1}</math> turn on Salto off</li> <li>• Shoulder Angle</li> <li>• Arched Body</li> <li>• Alternate Repulsion from Hands on all Vaults, <u>Except</u> Group 3 Vaults <u>Except</u> Group 5 Vaults with <math>\frac{3}{4}</math> turn on – <math>\frac{1}{1}</math> turn on Salto off</li> <li>• Knees Bent (in support) or <b>Early Tuck (Salto Vaults)</b></li> </ul>
	up to 0.30	PRESCRIBED LA TURN BEGUN TOO EARLY
	each <u>0.10</u> max <u>0.30</u>	ADDITIONAL HAND PLACEMENTS (steps / hops on hands)
	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 LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group
	up to 1.00  No Deduction 0.05 – 0.50 0.55 – 1.00	ANGLE OF REPULSION LEVEL 8 / 9 / 10 NON-SALTO Vaults from any Group If the gymnast leaves the Vault Table: <ul style="list-style-type: none"> <li>• By Vertical</li> <li>• 1° to 45° Past Vertical</li> <li>• 46° Past Vertical to Horizontal</li> </ul>
	<u>1.00</u>	TOUCH WITH ONLY ONE HAND ON THE TABLE. Chief Judge takes the deduction if half of the Panel sees only one hand touch.
	<u>2.00</u>	HEAD CONTACTING TABLE during Support Phase Includes <u>0.50</u> deduction for extreme Arm Bend
	VOID	NO HAND CONTACT ON THE TABLE

<b>SECOND FLIGHT PHASE</b>	up to 0.10	INCORRECT FOOT FORM (flexed / sickled)
	up to 0.10 up to 0.20 up to 0.30	INCORRECT LEG FORM <ul style="list-style-type: none"> <li>• Legs Crossed</li> <li>• Legs Separated</li> <li>• Knees Bent</li> </ul>
	up to 0.30 up to 0.30 up to 0.30 up to 0.30	INSUFFICIENT EXACTNESS OF BODY POSITION <ul style="list-style-type: none"> <li>• Insufficient <u>TUCK</u> = min. 90° bend in hip &amp; knees Except twists in tuck position, allow open “puck” position</li> <li>• Insufficient <u>PIKE</u> = min. 90° bend in hips 91° – 135° = insufficient pike</li> <li>• Insufficient <u>STRETCH</u> = 180°(ideal) Hip Angle 136° – 179° = Insufficient Stretch position Greater than 135° is considered stretched position</li> <li>• Arched Body Position</li> </ul>
	up to 0.30	FAILURE TO MAINTAIN STRETCHED BODY (pike down of stretched Vaults to facilitate landing)
	up to 0.25 <u>0.30</u>	INSUFFICIENT EXTENSION (OPEN) Before Landing <ul style="list-style-type: none"> <li>• Insufficient and / or Late Extension (Tuck / Pike Vaults)</li> <li>• Total Absence of Extension (Tuck / Pike Vaults)</li> </ul>
	<b>0.10</b>	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 0.50	PRESCRIBED LA TURN BEGUN TOO LATE
	up to 0.20	BRUSH or HIT OF BODY ON TABLE during Post-Flight
	up to 0.30	INSUFFICIENT LENGTH - <i>consider size, type, contact, land, trajectory; not just distance</i>
	up to 0.50	INSUFFICIENT HEIGHT

**CLARIFICATION** – Insufficient / Late Opening and Total Absence of Extension (see diagram in the Code, page VT-13)

<b>LANDING</b>	0.05	LAND WITH FEET HIP WIDTH APART OR CLOSER but never join feet (heels) together
	0.10	LAND WITH FEET MORE THAN HIP WIDTH APART
	up to 0.10	SLIGHT HOP, SMALL ADJUSTMENTS OF FEET or STAGGERED FEET
	each 0.10 max (0.40)	STEPS (per step) with maximum of 4 steps
	0.20 (max 0.40)	LARGE STEP OR JUMP (approximately 3 feet or more)
	up to 0.10	ARM SWINGS TO MAINTAIN BALANCE
	up to 0.20	INCORRECT BODY POSTURE ON LANDING
	up to 0.20	ADDITIONAL TRUNK MOVEMENTS TO MAINTAIN BALANCE
	up to 0.30	SQUAT ON LANDING (hips even with or lower than knees)
	up to 0.30	SLIGHT BRUSH / TOUCH OF 1 OR 2 HANDS on mat (no support)
	up to 0.30 up to 0.10 0.15 – 0.20 0.25 – 0.30 Lower Value	PREScribed LA TURN INCOMPLETE <ul style="list-style-type: none"> <li>• 1° – 30° missing</li> <li>• 31° – 60° missing</li> <li>• 61° – 89° missing</li> <li>• 90° or more missing</li> </ul>
	up to 0.30	DEVIATION FROM A STRAIGHT DIRECTION, determined by initial contact with the mat
	up to 0.30	INSUFFICIENT DYNAMICS
	0.50	SUPPORT ON MAT WITH 1 or 2 HANDS
	0.50	FALL ON MAT to KNEE(S) or HIPS
0.50	FALL AGAINST TABLE	
VOID	LANDING ON TOP OF THE TABLE in a sitting, lying or standing position	

**CLARIFICATION** – Steps on Landing (see examples listed in the Code on page VT – 14)

<b>GENERAL.</b>	No Deduction VOID	BALK #1: run approach without coming to rest or support on top of the Table BALK #2 or BALK #3
	0.50	VAULTS WITHOUT SIGNAL FROM CHIEF JUDGE Chief Judge deducts 0.50 from Average of next completed Vault
	0.50	COACH STANDING BETWEEN BOARD AND TABLE <u>EXCEPTION</u> : no deduction, if gymnast performs a Round-off (Yurchenko) entry Vault at LEVEL 8 / 9 / 10.
	VOID 1.00	SPOTTING ASSISTANCE DURING THE VAULT <u>EXCEPTION</u> : LEVEL 8 ONLY Spotting Assistance in post-flight of SALTO Vaults ONLY
	0.50	SPOTTING ASSISTANCE UPON LANDING
	VOID 0.50	FAIL TO LAND on any part of the Bottom of the Feet First. Vault is scored if gymnast falls, landing on hands and bottom of feet simultaneously.
	VOID	RESTRICTED VAULT PERFORMED for LEVEL 8 / 9
	VOID	USE OF ALTERNATIVE SPRINGBOARD (trampoline-like / junior board)
	VOID	FAIL TO USE SAFETY ZONE MAT for Round-off Entry Vaults.

- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- Height Measurement..... = plum line from floor to the bottom of the rail ..... wrong specifications... = 0.3 CJ
  - Skill Cushions..... = max. 9 inches, must remove cushion after release(s).. unauthorized mats..... = 0.3 CJ
  - Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
  - Mats for Mounts..... = no plywood allowed under board (**NCAA OK**)..... unauthorized mats..... = 0.3 CJ
    - without board / trainer = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
    - with board / trainer..... = 9" landing mats + sting or 4 inch throw mat (board / trainer must be removed) = 0.3 CJ
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- II. **ATTIRE REGULATIONS**
- Hip or Heel Pads..... = not allowed, CJ should warn before competition (compete with & deduct)..... = 0.2 CJ
  - Bandages, grips, etc..... = allowed, broken grips = allowed to repeat, unfastened grips no repetition.
- III. **TIMING REGULATIONS**
- Touch Warm-Up:** only one (1) gymnast allowed on Bars.
  - Meet Format determines Warmup Format.**
    - 30 second period.... = does not include bar settings, warning – time exceeded.....(team/event)... = 0.2 CJ
    - Prior to competing .. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
  - Timing Falls:**
    - Remount..... = 45 second time period.
    - Start..... = contact the floor.  
Stop..... = feet leaves the floor.
    - Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
- IV. **BAR FALL REGULATIONS**
- Gymnast may use chalk or adjust grips..... = may not leave competition area.
  - Coach may talk to gymnast..... = without penalty.
  - Fall and does not remount..... = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
  - Coach may lift gymnast back up to bar..... = without penalty.  
Allowed to resume with 2 pump swings..... = 0.3 for extra swings; maximum 0.6 per occurrence
  - Resume judging optional routine..... = with first recognized element performed (L10 allowed only one squat on LB).
  - Remount with glide kip – STOP – crawl up... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
  - Remount with cast squat on (fall back) ..... = to glide kip allowed without fall deduction, take execution.
- V. **SPOTTING REGULATIONS**
- Coach assists or spots with element..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount.
  - Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.
  - Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
  - Coach catches falling gymnast..... = 0.5 fall ONLY.
  - Gymnast inadvertently touches the coach.... = no penalty.
  - Coach must use manufactured device..... = 0.3 CJ (warning) spotting device not removed (may not use chair).
  - Coach may stand between the rails (1 skill).. = 0.1 CJ, if coach remains throughout routine.
  - Coach leans against the bars..... = no penalty, if coach does not touch gymnast.
- VI. **MOUNT AND DISMOUNT REGULATIONS**
- Mounts:**
    - Rules and Polices for mats allowed..... = may stand on 8" mat.
    - Board must be removed after mount..... = 0.3 CJ – mounting apparatus not removed after mount / spotting.
    - Mount Attempts:**
      - Balk (2 allowed)..... = did NOT touch board, bars or run under the bars.
      - Third attempt..... = 0.5 penalty, OK Bonus.
      - Fourth attempt..... = not permitted.
      - No mount..... = 0.5 penalty – touch board, bars or runs under (may walk under - jump HB)
      - Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
    - Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
    - One element prior to mount allowed..... = 0.2 penalty – more than one element performed.
  - Dismounts:** (sole = any part of the bottom of the foot)
    - Dismounts (designated bar) ..... = Flyway dismount must be from HB No VP, SR, No Dismount
    - Flyaway Dismounts VP..... = regardless of starting position (from handstand / cast), body position = VP.
    - No Salto or Hecht (Level 7, 8, 9, 10)..... = 0.5 SR. (sole circle dismount)
    - No Value Part or Restricted Element..... = 0.5 SR, 0.3 No Dismount; 0.5 R.E. (front salto from feet = "0")
    - Fall, early Termination (5 elements)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
    - Fall, no Salto (not to bottom of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
    - Fall, Salto (not to bottom of feet)..... = 0.5 SR,....., 0.5 fall. (flyaway salto to knees)
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- VII. **RECOGNITION OF VALUE PARTS**
- Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
  - Elements DIFFERENT, if different..... = #, body position, degree of turn, 1 or 2 arms, mount in routine.  
= legs together or apart in Saltos or Tkatchevs.
  - Elements SAME, if same # AND..... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
  - Swing to Handstand..... = within 20° of vertical = VP.
  - Cast Squat with Circle – Jump to HB = Two ("A") elements**
  - Release Element with Fall:**
    - Grasp/touch with one/two hands..... = OK VP / SR, No Bonus, flight requirement OK with touch.
    - No grasp or touch ..... = NO VP / SR / Bonus, may repeat element for credit.
  - Award VP if Simultaneous..... = Hands and Bottoms of Feet at the same time.



H. **REQUIRED TECHNIQUE FOR VP RECOGNITION:** 20° of Vertical = VP

1. Cast to Handstand (Lv 7-10) ... = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
2. Uprise Handstand ..... = 20° of Handstand (VP), closed shoulder angle over the bar.
3. Flight to LB Non-Hst ..... = 21° or more (VP), → 0.2 amplitude, both hands contact = completed.
4. Flight to LB Handstand ..... = 20° of Handstand (VP)
5. Clear Circle to Handstand ..... = 20° of Handstand (VP) Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)
6. Giants & L-Grip Handstand .... = 20° of Handstand (VP)
7. Upswing ½ t. .... = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", Clear Hip ½ t. prior = "A")
8. Hop Grip Change ..... = 20° Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
9. Twisting Salto Dismount ..... = 90°+ missing (Lower VP) Twist is complete when feet land

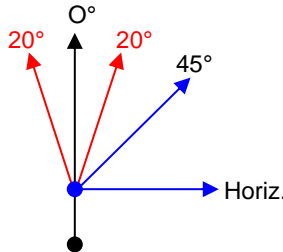
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**Cast Handstand (LEVEL 7-10)**

..0° – 10°	= 0.0	= "B" credit
11° – 20°	= 0.05	= "B" credit
21° – 30°	= 0.1	= "0" credit
31° – 45°	= 0.15 – 0.2	= "0" credit
46° +	= 0.25 – 0.3	= "0" credit

**Cast to 45° – LEVEL 6 – Requirement**

0° – 45°	= 0.0	= SR credit
46° – Horizontal	= → 0.3	= SR credit
Below Horizontal	= 0.3	= No SR



(Degree from Vertical)

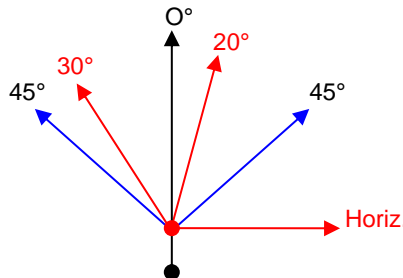
**1/2t. or 1/1t. (Non-Healy)**

0° – 20°	= 0.0
21° – 30°	= 0.05 – 0.1
31° – 45°	= 0.15 – 0.2
46° +	= 0.25 – 0.3

(Degree from Vertical)

**1/1t. (Healy) or 1-1/2t.**

1° – 30°	= 0.0
31° – 45°	= 0.05 – 0.15
46° +	= 0.20 – 0.30



(Degree from Vertical)

**Circle to Handstand / Uprise**

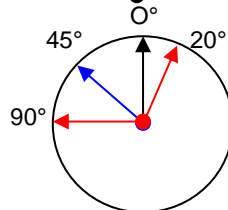
0° – 10°	= 0.0	
11° – 20°	= 0.05	
21° – 45°	= 0.00	Lower VP
46° – 90°	= 0.05 – 0.20	Lower VP

**Clear Hip Circle ("B") = → 0.4**

45° above	= 0.0
Horizontal	= 0.3

**Dismount Saltos with Twists**

1° – 44°	= 0.05 – 0.10
45° – 89°	= 0.15 – 0.20
90° +	= Lower VP



**Flight to LB Handstand**

0° – 10°	= 0.0
11° – 20°	= 0.05
21° +	= Lower VP

I. **SELECTED ELEMENT REQUIREMENTS:**

1. # 1.414 (D) = Jump Extended 1/2t. LB... = Stretched with legs together (not straddled)
2. # 4.202 (B) = Back Giants..... = Accelerated Giant allowed, no vertical stretch required, split legs = OK
3. # 4.102 (A) = LB Giants..... = Legs must quickly straighten by vertical, same VP as HB
4. # 5.405 (D) = Large Release Elements... = Height above HB, at HB = .05, below HB = 0.1 - 0.2, under rotate = 0.1
5. # 3.301 (C) = LB to HB Release..... = Under rotation, rotate to full stretch = 0.1
6. # 2.205 (B) = Straddle Back..... = Flight before hands, feet may be placed after hands, touch floor = OK VP
7. # 3.203 (B) = Underswing ½ t..... = Contact LB completed at or above horizontal.
8. # 3.207 (B) = Weiler Kip..... = Forward Clear Hip to Handstand
9. # 4.406 (D) = Pak Salto..... = To Clear Support on LB, (Fall = full support on feet between LB - HB)
10. # 6.204 (B) = Back Stalder Circle..... = Shoulders to hip angle, Clear Straddle Circle to "L" support = A
11. # 8.505 (E) = Double Layout Flyaway..... = Stretch through majority of Salto
12. # 8.103 (A) = Flyaway Dismounts..... = From HB for Value Part Credit
13. # 3.401 (D) = Shaposhnikova ..... = → 0.1 backward swing does not achieve horizontal

J. **HAND GRIP DESCRIPTIONS:**

- |  |                                       |
|--|---------------------------------------|
| 1. Overgrip... or Regular Grip..... = Palms Down – Knuckles Up.....  | - Backward Circles                    |
| 2. Undergrip... or Reverse Grip..... = Palms Up – Knuckles Down..... | - Forward Circles                     |
| 3. Mixed Grip..... = One Regular – One Reverse.....                  | - ½ t. Re-grasps                      |
| 4. L-Grip..... = 360° Reverse Grip.....                              | - Forward Invert Giants (Thumbs away) |
| 5. Mixed L-Grip..... = One L-Grip – One Undergrip.....               | - ½ t. Re-grasps                      |
| 6. Slip Grip..... = Regular Grip – Slide/Slip Grip.....              | - Front Giant # 5.402                 |
| 7. Cross Hand Grip..... = Regular Grip over Reverse Grip...          | - Backward Circle ½ t. Forward Circle |

K. **TURNS IN OR AFTER HANDSTAND:**

- |   |                                       |
|---|---------------------------------------|
| 1. Blind Change..... ½ t..... = Turn – Chest Leading.....         | - Backward Giant ½ t. Forward Giant   |
| 2. Pirouette..... ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading..... | - Two Hand Changes                    |
| 3. Higgins Roll..... ½ t. after..... = Turn – Back Leading.....   | - To Mixed Grip (No Handstand ½ t. A) |
| 4. Healy ..... 1/1t. after..... = Turn – Back Leading.....        | - Front Giant to 1-arm 1/1t.          |



- I. **CONTENT:** Mounts, Kips, Casts, Counterswing, Underswing, Clear Hip, B./F. Giants, Stalder, Circles, Hechts, Dismounts
- II. **SPECIAL REQUIREMENTS** (0.5 each, off SV), One (1) element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA = 0.2 each
1....	<b>One Cast Above</b> <b>Horizontal - 45°</b>	<b>One Cast</b> <b>45° - Vertical</b>	Bar Change..... (1-LB, 1-HB)	1 <sup>st</sup> Bar Change..... 2 <sup>nd</sup> Bar Change	C – Flight.....	1 <sup>st</sup> Bar Change 2 <sup>nd</sup> Bar Change
2....	Bar Change.....	B – Clear Circle.....	B – Flight / Turn.....	B – Flight.....	B – Flight.....	C – Turn
3....	Gr. 3, 6, 7..... Clear 360° Circle	A/B – Gr. 3, 6, 7.....	B – Gr. 3, 6, 7.....	C – Flight OR..... B – Turn	C – Turn.....	C or B – Flight C or D – Flight
4....	A – <b>Salto</b> .....	A – <b>Salto</b> .....	A – <b>Salto</b> .....	B – <b>Salto</b> .....	C – <b>Salto</b> .....	C – <b>Salto</b> B+B+C = - 0.1

III. **SPECIFIC COMPOSITIONAL DEDUCTIONS** (Lv. 8, 9, 10)

Lack of Handstands or Pass thru Hst. (Lv 8)	→ 0.2
Uncharacteristic Elements	each 0.1
3/4 Forward Giant w/wo grip change	each 0.1
<b>Dismount – Not up to Comp Level</b>	<b>→ 0.1</b>
<b>Facing Same Direction throughout</b> (L9,10)	<b>0.1</b>
<b>Choice of Elements: Requirements</b> (L9,10)	
<b>1. Forward Element (Circle or Release)</b>	<b>0 / 3 = 0.2</b>
<b>2. Element from Groups 3 / 6 / 7)</b>	<b>1 / 3 = 0.1</b>
<b>3. Pirouette Element minimum ½ t.</b>	<b>2 / 3 = 0.0</b>
Squat-on LB w/wo sole, more than 1 (L10)	each 0.1
Releases – Not up to Comp. Level (L10)	→ 0.2
Lack of 2 Bar Changes (L10)	0.2

V. **SPECIFIC EXECUTION DEDUCTIONS**

Angle of Flight to LB Handstand (11°-20°)	0.05
Angle of Circle to Handstand	→ 0.2
Angle of Cast to Handstand	→ 0.3
Angle of Circle Hip Circle Elements	→ 0.4
Angle of Turn Deviation (1/2t. – 1/1t.)	→ 0.3
Angle of Turn Deviation (Healy + 1-1/2t.)	→ 0.3
Hesitation in Jump, Swing to Handstand	→ 0.1
Precision of Handstand Positions thruout	→ 0.1
Insufficient Extension of Glide/Swing to Kip	→ 0.1
Incorrect Posture on Landing	→ 0.2
Insufficient Amplitude of Elements	→ 0.2
Insufficient Stretch (Arch / Pike)	→ 0.2
Insufficient Ext (Open) prior to Landing	→ 0.3
Insufficient Height of Salto Dismounts	→ 0.3
Swing Forward Under Horizontal	→ 0.1
Swing Backward Under Horizontal	→ 0.1
Under-Rotation of Release Elements	→ 0.1
Landing Too Close to Bars Dismount	0.1
Touch / Brush Foot on Apparatus or Mat	→ 0.1
Hit Foot on Apparatus	0.2
Trunk Movement to Control Landings	→ 0.2
Hit Foot on Mat	0.3
Grasp Apparatus to Avoid a Fall	0.3
Land in foam pit (No VP, SR, Bonus)	0.3

IV. **SPECIFIC EXECUTION DEDUCTIONS**

Failure to Remove Board / Spotting Block	(CJ) 0.3
3 <sup>rd</sup> Run to approach mount (each judge)	0.5
Insufficient Dynamics	→ 0.2
* Insufficient Swingful Execution thruout	
* Energy Not Maintained thruout	
* Failure to Make Difficult Look Effortless	
Poor Rhythm in Elements	→ 0.1
Intermediate (Extra) Swing/Cast (max. 0.6)	0.3

- I. **CONNECTION VALUE** – without Fall, Spot or Extra swing between elements, CV Rules.

II. **CONNECTION VALUE (CV) PRINCIPLES**

A. **Flight Criteria:**

1. LB → HB or HB → LB
2. Counter flight, Vault or Salto → same or other bar
3. Release Hop → Change Grip, completed within 20° of handstand
4. Flight Exceptions: straddle cut # 1.204, giant hop 1/1t. # 4.402, swing 1/1t. # 2.204, cast 1/1t. # 2.304.

**Level 10** “C” elements must have Flight or Turn, all “C, D ,E” mounts and dismounts may be used for CV  
 C + C = 0.1..... Both elements..... WITH \*\*..... Turn or Flight, \*\* Gr. 3,6,7 different elements – Turn / Flight not required  
 C + D = 0.1..... “C” elements..... WITHOUT.... Turn or Flight, when connected to “D/E” elements.  
 D + D = 0.2..... “D/E” elements..... Turn or Flight, not required.

- B. **Level 9** “D/E” element will be considered as “C” elements for CV – Maximum of ONE Restricted “D/E” allowed.

C + C = 0.1..... ONE element..... WITHOUT.... Turn or Flight.  
 C + C = 0.1.....Both elements..... WITHOUT.... Turn or Flight, “C” elements must be different.  
 C + C = 0.2..... Both elements..... WITH..... Turn or Flight.

- C. **Direct Connections:** Swing between elements...

1. ¾ Forward Giant..... – hop change grip = “O” VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
2. Forward Giant to 20° of vertical... – hop change grip = “C” VP, OK CV, No composition deduction.

- III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same (“D”) or (“E”) one (D/E) Bonus.

- IV. **ADDITIONAL BONUS +0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one (“E”) element.

- V. **BONUS RESTRICTIONS:** Fall / Spot, Extra swing, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

**LEVEL 10 Difficulty Restrictions** - no Difficulty Restrictions**LEVEL 9 Difficulty Restrictions**

- a. Only (“A”) / (“B”) / (“C”) elements and any (“B”) or (“C”) with a Full Pirouette (“D’s”)
- b. Maximum of One (1) Restricted (“D”) / (“E”).
- c. All allowable (“D”) / (“E”) elements:  
 (“C”) VP, SR awarded, (“C”) in (CV), No (“D/E”).
- d. Only first Restricted (“D”) / (“E”) element may be used.
- e. Any Other Restricted (“D”) or (“E”) element performed or attempted:  
 No VP, No SR, Deduct 0.50 from SV
- f. Execution and Amplitude deductions applied.

**LEVEL 8 Difficulty Restrictions**

- a. Only (“A”) and (“B”) elements and any number of selected (“C”) elements are allowed:
  - 1) #2.301 (“C”) Cast to Handstand ½ (180°) Turn
  - 2) #3.304 (“C”) Clear Hip Circle to Handstand
  - 3) #3.305 (“C”) Clear Hip Circle to Handstand ½ (180°) Turn
  - 4) #6.304 (“C”) Back Stalder Circle to Handstand
  - 5) #6.304 (“C”) Back Stalder Circle to Handstand ½ (180°) Turn
  - 6) #7.309 (“C”) Sole Circle Backward to Handstand
  - 7) #7.309 (“C”) Sole Circle Backward to Handstand ½ (180°) Turn

**NOTE:** #4.204 (“B”) Underswing ½ t., from HB Handstand, = Restricted (“C”) (#4.304).  
 #2.205 (“B”) Counterswing, Straddle Back to LB Handstand = Restricted (“C”) (#2.305).
- b. Maximum of One (1) Restricted (“C”) element.
- c. All allowable (“C”) elements:  
 (“B”) VP awarded, SR awarded.
- d. Only the first Restricted (“C”) element in the exercise may be used:  
 (“B”) VP, SR awarded
- e. Any Other Restricted (“C”) or any (“D”) / (“E”) performed or attempted  
 No VP, No SR, Deduct 0.50 from SV.
- f. Execution and Amplitude deductions.

**LEVEL 7 Difficulty Restrictions**

- a. Only (“A”) and (“B”) elements, and any number selected (“C”) elements are allowed:
  - 1) #2.301 (“C”) Cast to Handstand with ½ (180°) Turn
  - 2) #3.304 (“C”) Clear Hip Circle to Handstand
  - 3) #3.305 (“C”) Clear Hip Circle to Handstand ½ (180°) Turn
  - 4) #6.304 (“C”) Back Stalder Circle to Handstand
  - 5) #6.304 (“C”) Back Stalder Circle to Handstand ½ (180°) Turn
  - 6) #7.309 (“C”) Sole Circle Backward to Handstand
  - 7) #7.309 (“C”) Sole Circle Backward to Handstand ½ (180°) Turn
- b. All allowable (“C”) elements:  
 (“B”) VP awarded, SR awarded.
- c. Any other Restricted (“C”) or any (“D”) / (“E”) element performed or attempted  
 No VP, No SR, Deduct 0.50 from SV.
- d. Execution and Amplitude deductions would be applied

**LEVEL 6 Difficulty Restrictions**

- a. Only (“A”) and (“B”) elements and ONE (1) of the following selected (“C”) elements are allowed:
  - 1) #3.304 (“C”) Clear Hip Circle to Handstand
  - 2) #6.304 (“C”) Back Stalder Circle to Handstand
  - 3) #7.309 (“C”) Pike Sole Circle Backward to Handstand
- b. All allowable (“C”) elements:  
 (“B”) VP awarded, SR awarded.
- c. Any other (“C”) / (“D”) / (“E”) element that is performed or attempted  
 No VP, No SR, Deduct 0.50 from SV.
- d. Flight / Release elements that transfer from HB → LB or LB → HB are not allowed, regardless of value.
- e. Execution and Amplitude deductions would be applied

I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions

- A. Padded Beam / Height... 100 – 125 cm  $\pm$  1 cm, all levels, all ages..... wrong specifications... = 0.3 CJ  
 B. Base Mat..... = on floor or stable surface.  
 C. Chalk Marks..... = allowed to place small marks on beam, no tape.  
 D. Skill Cushions..... = max. 9 inches on 9" landing mat..... unauthorized mats..... = 0.3 CJ  
 Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm  
 E. **Mats for Mounts**..... = no plywood allowed under board (NCAA OK)..... unauthorized mats..... = 0.3 CJ  
 1. without board..... = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK  
 2. with..... board..... = 9" landing mats + sting or 4 inch throw mat (board/mat must be removed)

II. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**  
 1. 30 second period.... = does not include settings, warning – time exceeded.....(team/event)..... = 0.2 CJ  
 2. Prior to competing... = may touch board / bar briefly, may not perform an element..... = 0.2 CJ  
 B. **Timing Exercise:**  
 1. Level 8 / 9 / 10..... = 1:30, warning at 1:20  
 Level 7..... = 1:20, warning at 1:10  
 Level 6..... = 1:15, warning at 1:05  
 2. Start..... = take off from the board or floor.  
 Stop..... = each fall off or when dismount arrives on the floor.  
 3. Overtime..... = if landing after time signal, continue to judge, award elements (< 1:31 OK) ... = 0.1 CJ (notify)  
 4. Signal / Device..... = bell, whistle, gong, or audible verbal "warning" and "time", CJ must review.  
 5. Short Exercise..... = < 30 seconds; missing VP, SR, if no dismount, (Ex: 10 SV Lv 6 = 0.5 CJ) ... = 2.0 CJ  
 C. **Timing Falls:**  
 1. Remount..... = 30 second time period.  
 Start..... = contact the floor.  
 Stop..... = feet leaves the floor, short period to resume.  
 2. Fall time exceeded: = terminated.  
 3. Warnings..... = "20 seconds remaining" and "10 seconds remaining" and "Time"  
 4. Remount & Fall..... = prior to resuming the timing of the routine..... = 0.5 Fall  
 5. Warm-up after fall... = performs element on mat after a fall, no warning, additional warm-up..... = 0.2 CJ

III. **SPOTTING REGULATIONS**

- A. Coach touches or assists with element:..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount  
 B. Coach spots UPON landing dismount..... = 0.5 spot, no extra fall deduction... OK VP / SR - No Bonus.  
 C. Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.  
 D. Coach catches falling gymnast..... = 0.5 fall only.  
 E. Gymnast inadvertently touches the coach.... = no penalty.  
 F. Coach may stand next to beam (1 element).. = 0.1 CJ, if coach remains throughout routine.  
 G. Coach must use manufactured device..... = 0.3 CJ, does not remove spotting device (may not use chair).

IV. **MOUNT AND DISMOUNT REGULATIONS**

- A. **Mounts:**  
 1. May stand on board..... = or 8 inch skill cushion without board.  
 2. Mats allowed for mounts..... = described in Apparatus Specifications (Beam I.E.).  
 3. Mounting apparatus must be removed... = 0.3 CJ – board not removed after mount / spotting.  
 4. One element prior to mount allowed..... = 0.2 Each Judge – more than one element performed.  
 5. Mount Attempts:  
 a. Balk (2 allowed)..... = did NOT touch board, beam or run under the beam.  
 b. Third attempt..... = 0.5 penalty, OK Bonus.  
 c. Fourth attempt..... = not permitted.  
 d. No mount..... = 0.5 penalty – touch board, beam or runs under the beam.  
 e. Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.  
 B. **Dismounts:**  
 1. Dismount after "time" signal..... = elements will be evaluated.  
 2. Dismount with Hand Support (Lv 7-10) = Ok VP, 0.5 SR. (handspring 1/1t.)  
 3. Dismount with No Value / Restricted.... = No VP, 0.5 SR, 0.3 No Dismount. 0.5 RE (jump straddle)  
 4. Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (fall, does not remount)  
 5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → no salto)  
 5b. Fall, Salto (not to soles of feet first)..... = No VP, 0.5 SR..... 0.5 Fall. (roundoff → salto to knees)  
**Elements with Fall:**  
 1. With bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on 2<sup>nd</sup> element of series = OK SR.  
 2. Without bottom of feet on beam..... = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on 2<sup>nd</sup> element of series = NO SR.  
 3. Dismount landing not feet first..... = 0.5 Fall, NO VP / NO Bonus / NO SR, if no salto action = 0.3 No Dismount.

V. **RECOGNITION OF VALUE PARTS** – (Root Skill Variation = VP)

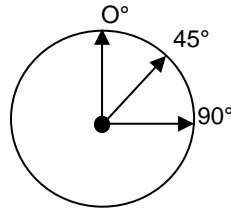
- A. Any VP may be used 2 times for VP..... = in different connection (preceded / followed by different element).  
 B. Elements DIFFERENT, if different..... = #, body position, 1 or 2 arms, degree of turn, mount/routine, 1 or 2 legs.  
 C. Elements SAME, if same # AND..... = delete or add flic-flac in connection, different leg positions.  
 D. VP Credit with a Fall ..... = complete (contact top of BB), incomplete (no contact), no bottom of feet first.

E. **REQUIRED TECHNIQUE FOR VP RECOGNITION - GENERAL ELEMENT TECHNIQUE**

1. Turns/Jumps 1/1t + ..... = more than ½ way = Greater VP credit
2. Turns/Jumps with < 1/1t.... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP
3. Holds (Scales)..... = Less than 2 second hold = Lower VP
4. Leaps and Jumps..... = 1° – 20° (0.05 – 0.1), 21° – 45° (0.15 – 0.2), 90°+ Lower VP, 180° Split
5. Flight Elements..... = Hands and Feet free of beam = Flight
6. Salto with Twists..... = 1° – 44° (0.05 – 0.1), 45° – 89° (0.15 – 0.2), 90°+ Lower VP (Hands & Feet = OK)

**Dance Turns – Saltos with Twists**

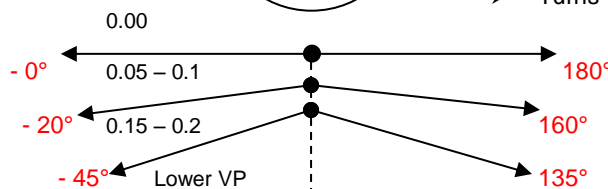
- 1° – 44° = 0.05 – 0.1
- 45° – 89° = 0.15 – 0.2
- 90° + ..... = Lesser VP



- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

**Split Positions**

- 1° – 20° = 0.05 – 0.1
- 21° – 45° = 0.15 – 0.2
- 46°+..... = Lower VP



7. **SPECIFIC ELEMENT TECHNIQUE CLARIFICATIONS**

- a. ....Handstand Mounts..... = Vertical leg position, hips over shoulders, balanced, no hold req.
- b. # 2.110 (A) – Tuck Jump..... = Knees at or above horizontal, Knee angle 90°.
- c. # 2.111 (A) – Wolf Hop / Jump..... = Leg and Thigh above horizontal, knees together.
- d. # 2.102 (B) – Split Jump vs. # 2.107 Sissone = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
- e. # 2.202 (B) – Straddle / Side Split..... = Cross position = B; Side position = C
- f. # 2.206 (B) – Pike Jump – cross..... = 90° closure required.
- g. # 2.305 (C) – **Switch Leg Leap**..... = **Deduct → 0.1 < 45° lead leg, insufficient height of swing leg**
- h. # 2.307 (C) – Ring Leap/Jump, Stag-Ring.... = Head release past vertical line, rear leg near top of head.
- i. # 2.405 (D) – **Switch Side Leap**..... = **Deduct → 0.1 < 45°, stag lead leg = C side leap, <135° = A leap.**
- j. # 2.407 (D) – Sheep Jump..... = Head release past vertical line, rear leg near top of head.
- k. # 3.303 (C) – Full Turn - Leg at Horizontal.... = 45° to lift leg and maintained at horizontal, no hand support.
- l. # 5.306 (C) – Reverse Planche..... = Legs in same plane, together or straddled, overarch = B.
- m. # 7.310 (C) – Flic ¼ t. Handstand..... = Flight to Handstand, no flight = lower VP.  
# 7.410 (D) – Flic ¼ t. Handstand..... = Flight to Handstand, no flight = lower VP.
- n. # 7.312 (C) – Tuck Chen Flic..... = 90° hip angle, 90° knee angle, open to swing down.
- o. # 7.505 (E) – Side Aerial to Scale..... = 2 second hold; minimum horizontal
- p. # 8.402 (D) – Side Salto..... = Lift ¼ t. before salto – side landing.
- q. # 8.504 (E) – Layout Salto to 2 feet..... = Good height, stretched past vertical, pike down → 0.2
- r. # 9.209 (B) – Gainer Back Salto (off the end) = facing outward, reverse dive salto, directional error → 0.3

**Tuck Jump**

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Pike Jump**

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Wolf Jump**

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

**Cat Leap**

- Failure to reach horizontal..... → 0.1 each leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

**Side Split or Straddle Jump**

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

**Sissone / Split Jump**

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split ..... Different Element
- Sissone - front leg less than 45°.... → 0.1

**Switch-Leg Leap**

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split ..... Different Element

**Ring Leap / Jump**

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

**Sheep Jump**

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... “A” Jump

- I. **CONTENT:** Acrobatic with/without flight F/ S/ B; turns, leaps/jumps/hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1	<b>Acro Series without Flight or (1) Acro Flight (solo / series)</b>	Acro Series w or w/o Flight + (1) Acro Flight (solo / series)	Acro Series (1) Flight	Acro Series (2) Flight	Acro Series (2) Flight, (1) C (Group 7) A + E	Acro Series (Mt OK) (2) Flight, (1) C (Group 7) A + E
2	180° Leap/Jump	180° Leap/Jump	180° Leap/Jump	180° Leap/Jump	180° Leap/Jump	Dance Series +180° (1) C element
3	Full Turn	Full Turn	Full Turn	Full Turn	Full Turn	Full Turn
4	A – Dismount <b>Aerial / Salto</b>	A – Dismount Aerial / Salto	A – Dismount Aerial / Salto	B – Dismount Aerial / Salto	C – Dismount C Fit / C Dance → B Flt series w/ C → B	C – Dismount D → B

- III. **CLARIFICATIONS REGARDING SERIES** – plie / straighten / plie between elements / = breaks dance series
  - A. **Direct Connection**
    - 1) Back / Side to Back Acro Series – slow, no immediate takeoff, arms at thigh or lower after landing.
    - 2) → 0.2 Non Flight Acro, F/S Flight, Counter-flight Series – continuous but slow
    - 3) → 0.2 Dance or Mixed Series – free leg drops/lifts or truck stops forward movement = broken
    - 4) **Broken:** stop, delay, balance, extra step / hop / jump, reposition leg(s), pivot, acro free leg above 45°
  - B. **Non-Connectable** Series: (Flic Flac step-out → Roundoff), step through allows series to be connected.
  - C. **Repetition** Failure Series: 3<sup>rd</sup> performance of VP = No VP, No series; if VP = 0 may be repeated for VP credit.

IV. **SPECIFIC COMPOSITIONAL DEDUCTIONS (Lv 8 / 9 / 10)**

More than 2 Straight Leg (Pivot 1/2t.) Turns	0.1
More than 2 Wolf / Tuck or 2 Strad. Shapes	ea 0.1
<b>Dance – Not up to Competitive Level</b>	<b>→ 0.2</b>
<b>Acro – Not up to Competitive Level</b>	<b>→ 0.2</b>
<b>Dismount – Not up to Competition Level</b>	<b>→ 0.1</b>
Insufficient Level Changes	→ 0.1
Insufficient Use Entire Beam (Space)	→ 0.1
<b>Choreography in Different Directions (F/S/B)</b>	→ 0.1
Lack of Dance Series (min. 2; Gr. 1, 2, 3)	0.2
<b>Acro 2 Directions – Back &amp; Forward/Sideward</b>	<b>0.1</b>
(Groups: 1, 6, 7, 8) If only in Dismount	0.05

I. **SPECIFIC EXECUTION DEDUCTIONS**

Insufficient Variation Rhythm/Tempo (thruout)	→ 0.2
Rhythm in Acro / Dance / Mixed Connections	→ 0.2
Relaxed/Incorrect Footwork (non-VP thruout)	→ 0.2
Relax/Incorrect Leg/Post./Flex.(non-VP thruout)	→ 0.3
Insufficient Sureness of Performance	→ 0.2
Insufficient Split - Required (Dance / Acro)	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights, Aerials, Saltos	→ 0.2
Insufficient Height of Salto Dismounts	→ 0.3
Insufficient Ext (Open) prior to Acro/Dismount	→ 0.3
Dance - Lack of Precision in Dance VP	→ 0.1
Dance - failure to land 2 feet together (side)	→ 0.1
Dance - Incorrect Body Posture	→ 0.1
Dance - Legs not Parallel- Split/Straddle Pike	→ 0.2
Landing Too Close to Beam on Dismount	0.1
Support of 1 leg against side of Beam	0.2
Touch / Brush Landing Surface (1 or 2 hands)	→ 0.3
Incorrect Body Posture on Landings	→ 0.2
Trunk Movement to Control Dismount Landing	→ 0.2
Trunk Movement to Balance Elements on Beam	→ 0.3
Grasp Beam to Avoid a Fall	0.3
Squat on Landing + fall	→ 0.3
Direction of Gainer Dismount of the End	→ 0.3
Supplemental Support - contact Mat or Board	0.3
Land dismount in foam pit (No VP, SR)	0.3

I. **SPECIFIC EXECUTION DEDUCTIONS**

3 <sup>rd</sup> Run to approach mount (each judge)	0.5
Insufficient Dynamics (thruout)	→ 0.2
Artistry: Original Choreography	→ 0.1
Artistry: Movement Reflects Personal Style	→ 0.1
Artistry: Quality of Expression	→ 0.1
Failure to perform VP Turns on High Relevé	→ 0.1
<b>Concentration Pause (2 seconds)</b>	<b>ea. 0.1</b>
<b>Concentration Pause (more than 2 sec.)</b>	<b>ea. 0.2</b>
Hesitation in Jump, Swing, Press Handstand	→ 0.1

- I. **CONNECTION VALUE:** Dance and Arco Flight VP elements directly connected, placed in any order.

II. **CONNECTION VALUE (CV) PRINCIPLES**

**TWO - ACRO FLIGHT ELEMENTS** – Including mounts

B + C Salto / Lv 9 Aerial B + D = 0.2  
 (no mount / dismount) B + E = 0.2  
 C + C = 0.2

**THREE - ACROB FLIGHT ELEMENTS** – Including mounts & dismounts

B + B + C = 0.1..... B + B + D = 0.2  
 B + C + C = 0.2  
 B + C + D = 0.2

**TWO DANCE OR DANCE/ACRO FLIGHT ELEMENTS** – Including Mounts

A + D = 0.1..... B + D = 0.2  
 B + C = 0.1..... C + D = 0.2  
 C + C = 0.2

**TWO TURNS** A + C = 0.1

NCAA No – B + C Salto connection  
 Flic, Flic 2 ft., Gainer or Swing Down  
 0.0 = Flic, Layout Step-out or Front Aerial  
 0.1 = Flic, Layout to 2 feet, Pike Down

NCAA  
 0.1 = Flic, Flic, Layout Step-out combos  
 +0.1 Bonus, 3 Acro Flight Series with (“C”)

NCAA  
 0.2 = Dance (“B”) + Layout Step-out  
 0.1 = Dance (“A”) + Layout Step-out

- III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same (“D”) or (“E”) one (D/E) Bonus.
- IV. **ADDITIONAL BONUS + 0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one (“E”) element.
- V. **BONUS RESTRICTIONS:** Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.



	<b>(“C”) Value Part</b>	<b>(“D/E”) Value Part</b>
<b>LEVEL 10</b>	No Restrictions	No Restrictions
<b>LEVEL 9</b>	No Restrictions	<ul style="list-style-type: none"> <li>• Any (“D/E”) Dance Elements</li> <li>• One Acro (“D/E”) Element (includes Mount / Dismount)</li> <li>• Count as (“C”) Value Parts</li> </ul>
<b>LEVEL 8</b>	<ul style="list-style-type: none"> <li>• Any (“C”) Dance Elements</li> <li>• One Acro (“C”) Element (includes Mount / Dismount)</li> <li>• Count as (“B”) Value Parts</li> </ul>	Restricted Elements
<b>LEVEL 7</b>	<ul style="list-style-type: none"> <li>• One (“C”) Dance Element</li> <li>• Count as (“B”) Value Part</li> </ul>	Restricted Elements
<b>LEVEL 6</b>	Restricted Elements	Restricted Elements

**Guidelines for LEVEL Restrictions:**

- a. LEVELS allowing One (1) Restricted Element (refer to chart)  
May use an Acro, Mount or Dismount element.
- b. Allowable Elements:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded
  - 3) LEVEL 9 only: (“C”) element in (CV) Bonus.
  - 4) No (D/E) Bonus is possible.
- c. Only the first Restricted Element may be used:
  - 1) Value-Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
- d. Any Other Restricted Element that is performed or attempted
  - 1) No Value-Part credit.
  - 2) No Special Requirements credit.
  - 3) Deduct 0.50 from SV for Restricted element.
- e. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.

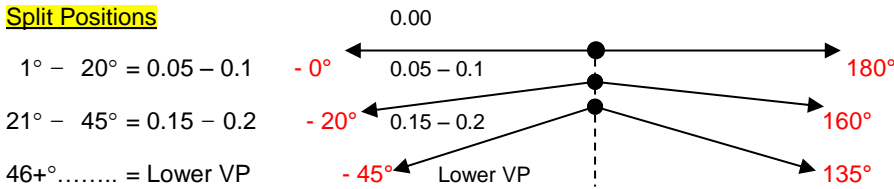
- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- A. Skill Cushions..... = 9 inches (cushion + top/under sting), 2 allowed, must mark covered corners.. = 0.1 CJ each
  - B. Unauthorized Mats..... = Additional mats, one mat per pass allowed (not required to remove mats) .... = 0.3 CJ
  - C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).
  - D. Conversion ..... = 9" = 24 cm, 8" = 20cm, 4.5" = 12 cm, 4" = 10cm, ¾" = 2 cm
- II. **TIMING REGULATIONS**
- A. **Touch Warm-Up:**
    - 1. 30 sec./ gymnast.... = size of squad determines time, split warm-up for 9+, no block time for teams
    - 2. Warning ..... = warning given for exceeding the time limit
    - 3. Deduction..... = after warning, take deduction.....(team / event) = 0.2 CJ
    - 4. Allowable..... = jump within boundaries on FX mat to warmup prior to signal from judge.
  - B. **Timing Exercise:**
    - 1. Level 7, 8, 9, 10..... = 1:30  
Level 6..... = 1:15
    - 2. Start..... = first movement of the gymnast.  
Stop..... = final movement of the gymnast.
    - 3. Evaluate..... = entire routine, regardless of overtime.
    - 4. Overtime..... = notify coach of deduction, no deduction for < 1:31 ..... = 0.1 CJ
    - 5. No Warning..... = is given on floor.
  - C. **Short Exercise:**..... = less than 30 seconds, deduct missing VP, SR ..... = 2.0 CJ  
Minimum Score..... = Equal or less than 1.0 Score..... = 1.0 PJ
- III. **MUSIC REGULATIONS**
- A. **Absence of Music:**..... = recorded, without WORDS (**repeated single word OK**) ..... = 1.0 CJ  
= music with whistles / animal sounds will NOT receive a deduction.
  - B. **Music Failure:**
    - 1. **Continue and Complete:**
      - Decide whether to repeat or accept score given.
      - Score will not be posted until decision.
      - No deduction for absence of music.
    - 2. **Stop and Repeat:**
      - Repeat whole routine or to continue from the point of interruption.
      - No score will be given for the partial routine.
  - C. **Digital Recording:** Meet Director must have necessary equipment for music (airplane mode, with screen)
- IV. **LINE VIOLATIONS (OUT OF BOUNDS)** Level 6-10 only
- A. Out of Bounds..... = touch outside the prescribed area, may tape corners with same color..... = 0.1 each CJ  
In Bounds..... = step ON the line (but not over), no deduction.
  - B. Neutral Deduction..... = deduction taken from average score by CJ.
  - C. Fall Out of Bounds..... = 0.5 fall and OB deduction .....spot a fall = 0.5
  - D. Elements OB..... = elements completed out of bounds are recognized; takeoff OB = No Credit.
  - E. Line Judges..... = 2 judges seated at opposite corners to view two lines each.
  - F. No Line Judges..... = judges will watch the lines and indicate OB by raising hand
  - G. Line Violations..... = indicated in writing and submitted to CJ, coach will be notified.
- V. **SPOTTING / MAT REGULATIONS** (Coach inside the boundary markings)
- A. Coach on the floor – place or remove mat... = no penalty.
  - B. Coach on the floor – without spotting..... = 0.5 CJ (apply one time only).
  - C. Coach on the floor – with Spot..... = 0.5 CJ, 0.5 spot, 0.5 if fall, No VP / No SR / No Bonus
  - D. Coach on the floor – spot UPON landing..... = 0.5 CJ, 0.5 spot, 0.5 if fall, Ok VP / Ok SR / No Bonus (fall after spot).
  - E. Coach Spotting (falling out of bounds)..... = .....0.5 spot, 0.0 if fall, Ok VP / Ok SR / No Bonus, if OB = 0.1  
Coach inadvertently touches gymnast..... = ..... 0.5 spot, ..... Ok VP / Ok SR / No Bonus, if OB = 0.1  
Gymnast inadvertently touches coach..... = no deduction.
  - F. Coach / Gymnasts – stand around FX..... = 0.2 CJ (warning) for obstructing view of judges.
- VI. **RECOGNITION OF VALUE PARTS** – Root Skill variation = Value Part Credit
- A. Any VP may be used 2 times for VP ..... = in different connection (preceded or followed by different element)
    - 1. Leap / Jump / Hop not listed ..... = Root element, Variations, New Element evaluation process.
    - 2. (“D/E”) in Different connection..... = OK VP, OK Bonus
    - 3. 3<sup>rd</sup> Time or Same connection ..... = No VP, No SR, No CV
    - 4. Saltos / Aerials Landings..... = Fail to land on Bottom of Feet first = **No VP**, Simultaneously VP awarded.
- DISMOUNTS / LAST SALTO (SR):**
- Dismount with No Value ..... = No VP, 0.5 SR, 0.3 No Dismount..... (**repetition, restricted, spot**)
  - Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (Fall, does not continue)
  - Salto **NEVER** initiated..... = No VP, 0.5 SR, 0.3 No Dismount, ..... (roundoff → no salto, no fall)
  - Salto, Fall (**not to feet first**)..... = No VP, 0.5 SR, 0.3 **No Dismount**, 0.5 Fall. (roundoff → salto to knees)
- B. Elem./Series DIFFERENT, if different... = #, body position, degree of turn, leap/jump, +/- aerials/saltos.
  - C. Elem./Series SAME, if same # AND..... = Salto to 1 or 2 feet, +/- “A” acro hand support.
  - D. Salto Fail to land Bottom of Feet first = Fall 0.5, No VP, No SR, No Bonus, deduct Execution and Amplitude.



**E. REQUIRED TECHNIQUE FOR VP RECOGNITION**

1. Split Leaps and Jumps..... = require 180° split

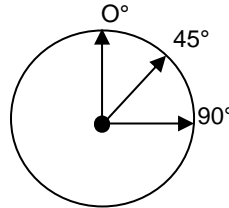
**Split Positions**



- 2. Twisting Saltos..... = incomplete twist deductions
- 3. Turns & Leaps/Jump/Hops 1/1t. + = incomplete turn deductions
- 4. Leaps/Jump/Hops with ½ t..... = minimum half way for credit

**Dance Turns – Saltos with Twists**

- 1° – 44° = 0.05 – 0.1
- 45° – 89° = 0.15 – 0.2
- 90° + ..... = Lesser VP



- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

**F. SPECIFIC ELEMENT TECHNIQUE CLARIFICATION:**

- 1. # 1.101 (A) – Split Jump vs. # 1.110 Sissone..... = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
- 2. # 1.204 (B) – Switch Leg Leap..... = **Deduct → 0.1 < 45°**, stag lead leg or <135° = (“A”) Leap.
- 3. # 1.208 (B) – Schushunova..... = 180° split, stretch to horizontal.
- 4. # 1.210 (B) – Ring / Stag Ring ..... = Head release, Arch, Front Leg 45°
- 5. # 1.305 (C) – Switch Side Leap..... = **Deduct → 0.1 < 45°**, stag leg = B side leap, <135° = (“A”) Leap.  
= Lack of Precision → 0.1 (early 1/4t.)
- 6. # 1.309 (C) – Tour Jeté 1/2t. / Switch 1/1 t. .... = Tour Jeté turns away and Switch Leg turns toward the turn
- 7. # 1.307 (C) – Popa, Straddle Jump 1/1t..... = straddle 1/1t. or split 1/1t., legs at or above horizontal.
- 8. # 1.308 (C) – Schushunova 1/1t..... = 1/1t. split to prone, ½ t. split ½ t. prone.
- 9. # 1.311 (C) – Switch Leg Ring Leap..... = **Deduct → 0.1 < 45°**  
= head release past vertical, rear leg near top of head.
- 10. # 2.202 (B) – Full Turn with Leg Horizontal..... = 45° to lift leg and maintained at horizontal, no hand support.
- 11. **# 2.208 (B) – Full Turn with Leg Hold 180°..... = Deduct → 0.2 Split 135° - 179°, Less than 135° = (“A”) Turn**
- 12. (Group 6) ....Front Saltos (accelerating)..... = No amplitude deduction, Last Salto with greater amplitude.

**Tuck Jump**

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Wolf Jump**

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

**Side Split or Straddle Jump**

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

**Switch-Leg Leap**

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split ..... Different Element

**Sheep Jump**

- Feet at shoulder / upper back..... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... “A” Jump

**Pike Jump**

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Cat Leap**

- Failure to reach horizontal..... → 0.1 ea. leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

**Sissone / Split Jump**

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split ..... Different Element
- Sissone - front leg less than 45°..... → 0.1

**Ring Leap / Jump**

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

- I. **CONTENT:** Acrobatic with/without flight F/ S / B; turns, leaps, jumps, hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	<b>Acro Flight Series</b> <b>(3) Direct (2) Flight Group 5,6,7,8</b>	Acro Flight Series... (1) Back Layout 2 ft.	Series (2) Saltos.....	Series (2) Saltos....	Series (2) Saltos....	Series (2) Saltos or 2 Saltos Direct
2.....	(1) Salto/Aerial..... Solo / 2 <sup>nd</sup> Series	(2) Acro Flight..... Forward / Direct with (1) Forward Salto / Aerial	(3) Different Saltos..	(3) Different Saltos..	(3) Different Saltos..	(3) Different Saltos
3.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass.....	Dance Pass 2 Diff. Elements Group 1 Direct or Indirect One – 180° Leap
4.....	Full Turn .....	Full Turn .....	A – Last Salto.....	B – Last Salto.....	C – Last Salto .....	C – Last Salto

III. **CLARIFICATIONS REGARDING SERIES** – Balk = No SR (no last salto requirement)

- A. **Dance in Acro Series** = will break connection, No SR, No CV
- B. **Acro in Dance Series** = will break direct connections, No SR, No CV

IV. **SPECIFIC COMPOSITIONAL DEDUCTIONS (L 8 / 9 / 10)**

Insufficient Use of Space (floor pattern)	→ 0.1
More than 2 Wolf / Tuck Shapes	0.1
More than 2 Straddle Jump Shapes	0.1
Lack of ("B") Turn on One Foot	0.2
<b>Dance – Not up to Competitive Level</b>	<b>→ 0.2</b>
<b>Acro Saltos – Not up to Competitive Level</b>	<b>→ 0.2</b>
<b>Last Salto – Not up to Competitive Level</b>	<b>→ 0.1</b>
<b>Lack Forward / Side &amp; Back Salto / Aerial</b>	<b>0.1</b>
<b>Lack of Minimum 3 ("A") Saltos (L 8)</b>	<b>0.3</b>
<b>Lack of ("B") Salto – not Last Salto (L 9)</b>	<b>0.3</b>
<b>Lack of ("C") Salto – not Last Salto (L10)</b>	<b>0.3</b>

Artistry - Original Creative Choreography	→ 0.1
Artistry - Movement Reflects Personal Style	→ 0.1
Artistry - Quality of Expression	→ 0.1
Dance - Lack of Precision in Dance Elements	→ 0.1
Dance - Incorrect Body Position in Dance VP	→ 0.1
Dance - Failure to Land 2 feet together	→ 0.1
Dance - Legs Not Parallel - Split / Straddle	→ 0.2
Concentration Pause ( <b>2 sec.</b> ) prior to Acro	<b>each 0.1</b>
Rhythm During Exec. of Direct Connections	→ 0.1
Rhythm / Tempo - Insufficient Variations (thru)	→ 0.2
Relaxed / Incorrect Footwork (non-VP thru)	→ 0.2
Relaxed / Incorrect Leg/Pos/Flex (non-VP thru)	→ 0.3
Turns - Fail to perform VP on High Relevé	→ 0.1
Insufficient Split on Value Parts	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights - Aerials	→ 0.2
Insufficient Height of Saltos (*not 1 <sup>st</sup> Fr layout)	→ 0.3
Trunk Movement to Control Acro Landings	→ 0.2
Body Posture on Landing	→ 0.2
Insufficient Ext (Open) prior to Landing Acro	→ 0.3
Lands acro in foam pit (No VP, SR,- 0.1 OB)	0.3

I. **SPECIFIC EXECUTION DEDUCTIONS**

Music & Moves Poor Relationship (thru)	→ 0.2
Music & Moves non-synchronization (thru)	→ 0.3
• Music & Moves Not in Harmony	each 0.05
• Music & Moves Not Ended with Music	at end 0.1
Music with Words / No Music	(CJ) 1.0
Insufficient Dynamics (throughout)	→ 0.2

I. **CONNECTION VALUE:** Acrobatic Saltos / Aerials / Acro Flight / Dance elements.

II. **CONNECTION VALUE (CV) PRINCIPLES**

**INDIRECT – SALTOS / AERIALS** – Connections with "A" Acro Flight elements with hand support (Group 5).

$$\begin{aligned}
 A + D &= 0.1 \\
 B + D &= 0.1 \\
 A/B + A/B + C/D &= 0.1 \\
 C + C &= 0.1 \dots\dots\dots C + D = 0.2
 \end{aligned}$$

NCAA (C → C) = 0.2

**DIRECT – SALTOS / AERIALS**

$$\begin{aligned}
 B + B &= 0.1 \dots\dots\dots B + C = 0.2 \dots\dots\dots C + C = 0.2 \\
 A + C &= 0.1 \dots\dots\dots A + D = 0.2 \dots\dots\dots B + D = 0.2 \\
 A + A + C &= 0.1 \dots\dots\dots A + A + D = 0.2
 \end{aligned}$$

NCAA (F. Lay + F. Lay) = 0.0

**DIRECT – DANCE or MIXED** – Acro Saltos and/or Flight elements w/wo hand support – No CV (Turns + Jumps)

$$\begin{aligned}
 (Same\ or\ Different) \quad B + D &= 0.1 \\
 (Salto\ First\ +\ Jump) \quad C + C &= 0.1 \dots\dots\dots C + D = 0.2 \\
 \quad \quad \quad \quad \quad \quad \quad D + A &= 0.1
 \end{aligned}$$

NCAA OK (Turns + Jumps)  
NCAA (C-Salto + A-Dance + A-Salto)

III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same ("D") or ("E") one (D/E) Bonus.

IV. **ADDITIONAL BONUS +0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one ("E") element.

V. **BONUS RESTRICTIONS:** Fall / Spot, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

	<b>(“C”) Value Part</b>	<b>(“D/E”) Value Part</b>
<b>LEVEL 10</b>	No Restrictions	No Restrictions
<b>LEVEL 9</b>	No Restrictions	<ul style="list-style-type: none"> <li>• Any (“D/E”) Dance Elements</li> <li>• One Acro (“D/E”) element</li> <li>• Count as (“C”) Value Parts</li> </ul>
<b>LEVEL 8</b>	<ul style="list-style-type: none"> <li>• Any (“C”) Dance Elements</li> <li>• One Acro (“C”) Element</li> <li>• Count as (“B”) Value Parts</li> </ul>	Restricted Elements
<b>LEVEL 7</b>	<ul style="list-style-type: none"> <li>• One (“C”) Dance Element</li> <li>• Count as (“B”) Value Part</li> </ul>	Restricted Elements
<b>LEVEL 6</b>	Restricted Elements	Restricted Elements

**Guidelines for Restrictions:**

- a. Allowable elements:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded
  - 3) LEVEL 9 only: (“C”) element in (CV) Bonus.
  - 4) No (D/E) Bonus is possible.
- b. Only the first Restricted element may be used:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
- c. Any Other Restricted element that is performed or attempted
  - 1) No Value-Part credit.
  - 2) No Special Requirements credit.
  - 3) Deduct 0.50 from SV, for Restricted element.
- d. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.