

# USAIGC RULES

Vitale 2012

	<b>COPPER SV 10.0</b>	<b>BRONZE SV 10.0</b>
<b>General</b>	<p>Four Special Requirements @ 0.4 each (1.6)</p> <p><u>Difficulty / Value Parts (0.5): 5 A's or I's (0.1 each)</u>                      No skill of "B" value or higher will receive credit for value part or special requirements. All amplitude &amp; execution deductions shall be taken.                      Technical Performance = 6.4                      Content (combinations/connections) = 1.0                      Quality Movement (Artistry) = 0.5                      No more than 3 falls deduction                      Lowest Score Allowed = 5.0</p>	<p>Four Special Requirements @ 0.4 each (1.6)</p> <p><u>Difficulty / Value Parts (0.6): 6 A's (0.1 each)</u>                      No "C" skill or higher will receive credit for value part or special requirements. All amplitude &amp; execution deductions shall be taken                      Technical Performance = 6.3                      Content (combinations/connections) = 1.0                      Quality Movement (Artistry) = 0.5                      No more than 3 falls deduction                      Lowest Score Allowed = 5.0</p>
<b>Vault</b>	<p><u>10.0 Handspring Vault Drill</u> –2 Vaults allowed                      Apply USAG Level 4 Deductions                      A void vault receives a 5.0 score</p>	<p><u>10.00 Handspring or ½ Repulsion Off</u>– 2 Vaults allowed                      Optional Vault Deductions                      *2.0 deduction for spot in any phase except landing (deduct 0.5)                      A void vault receives a 5.0 score</p>
<b>UB</b>	<p>1. Mount: Back Pull-Over                      2. Cast 45 ° below horizontal                      3. A circling element                      4. Dismount: Underswing, Sole Circle or Cast Push Away</p> <p>*If gymnast falls allow 45 sec to remount</p> <p><u>Restrictions: (0.4 deduction)</u>                      -Circling skills must not arrive in handstand nor pass through handstand.                      -No kipping elements permitted                      -No use of High Bar (only Low Bars Skills allowed)                      -No "B" elements</p> <p><u>I SKILLS:</u> back pullover, back kick-over, 45° cast below horizontal, fwd or bkwd stride circle, single/double leg shoot through, long body swing ½ turn, single leg cut, push away dismount                      NO extra swing deduction if no break in rhythm</p>	<p>1. One Bar Change                      2. Cast minimum horizontal                      3. A circling element (minimum "A")                      4. Dismount: Underswing, Sole Circle or Tuck, Pike or Layout Flyaway</p> <p>*If gymnast falls allow 45 sec to remount</p> <p><u>Restrictions (0.4 deduction):</u> Circling skills must not arrive in handstand or pass through handstand (<i>no giant, free hip, or stalder circles to handstand</i>). No "C" elements allowed and cannot fulfill SR</p> <p><u>Exceptions:</u> Horizontal casts receive "A" VP credit twice if in different combination</p>
<b>BB</b>	<p><b>Beam Time (45 sec-1:10)</b>                      1. ¾ Handstand (No deduction for vertical)                      2. An Isolated Leap, 60° minimum split                      3. A Dance Series of two elements                      4. Dismount: Round-off or Cartwheel to Handstand ¼ turn</p> <p><u>Restrictions (0.4 deduction):</u> No Acro elements (cartwheels, walkovers &amp; flight elements) and cannot fulfill SR                      *If gymnast falls allow 30 sec to remount (no deduction if gymnast falls as remounting)</p> <p><u>I SKILLS:</u> mount leap/jump to stand 1-2 feet no hands, assemble, chasse with hop leg below horizontal, ¾ handstand, ½ releve turn, squat ½ turn, 60° leap, dismount: tuck, straddle jump land on 2 feet                      Uvertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</p>	<p><b>Beam Time (50 sec-1:30)</b>                      1. One Acro non-flight element on the beam that passes through vertical (front, back, or side) <i>Not in mount/dismount</i>                      2. An Isolated Leap, 90° minimum split                      3. A Dance Series of two elements with one leap/hop/jump with minimum of 120° split                      4. Any "A" Dismount</p> <p>*If gymnast falls 30 sec allowed to remount (no deduction if gymnast falls as remounting)</p> <p><u>Restrictions (0.4 content deduction):</u> No flight elements (dives, handsprings, aerials, saltos on beam) and cannot fulfill SR                      Uvertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</p>
<b>FX</b>	<p><b>Floor Time (45 sec-1:10)</b>                      1. One Acro Series with 2 or more elements (cartwheel, round off, walkovers, valdez, rolls – NO handstands)                      2. Split leap 90° split                      3. Handstand element with 1 second hold                      4. Half or Full Turn on one foot</p> <p><u>Restrictions (0.4 deduction):</u> No handsprings or saltos permitted and cannot fulfill SR</p> <p><u>I SKILLS:</u> ½ turn on one foot, ¾ handstand, 90° leap, scale free leg horizontal</p> <p>*Vocal Music ALLOWED at any level                      Uvertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</p>	<p><b>Floor Time (50sec-1:30)</b>                      1. An Acro series with minimum 2 fast flight elements (no saltos)                      2. Dance series of 2 elements with a leap, minimum of 120° split                      3. Dance/acro or acro/dance series                      4. Full Turn on one foot</p> <p><u>Restrictions (0.4 deduction):</u> No saltos allowed and cannot fulfill SR</p> <p><u>Uvertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</u></p>

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	<b>SILVER SV 10.0</b>	<b>GOLD SV = 9.90</b>
<b>General</b>	<p>Four Special Requirements @ 0.4 each (1.6)</p> <p><u>Difficulty / Value Parts (0.9):</u>  <b>6 A's (0.1 each) and 1 B skill (0.3 each)</b>                      No "C" skill or higher will receive credit for value part or special requirements. All amplitude &amp; execution deductions shall be taken                      Technical Performance = 6.0                      Content (combinations/connections) = 1.0                      Quality Movement (Artistry) = 0.5  <i>No more than 3 falls deduction</i>  <i>Lowest Score Allowed = 5.0</i></p>	<p>Four Event Requirements @ 0.4 each (1.6)</p> <p><u>Difficulty/Value Parts (1.6):</u>  <b>4 A's (0.1 each) and 4 B's (0.3 each)</b>  <b>Bonus:</b> 0.1 awarded for "C" performed ONLY after all value parts of "A" and "B" are fulfilled                      "D" Skills receive no VP or SR credit (0.4 content deduction)                      Technical Performance = 5.2                      Content (combinations/connections) = 1.0                      Quality Movement (Artistry) = 0.5  <i>No more than 3 falls deduction</i>  <i>Lowest Score Allowed = 5.0</i></p>
<b>Vault</b>	<p>10.0 Collegiate Vault Chart Group I Vaults – 2 Vaults allowed                      *no vaults greater than 360° twist in post flight &amp; no saltos allowed                      Exception: ¼-½ on - repulsion off allowed                      All vaults start from 10.0                      *2.0 deduction for spot in any phase except landing (deduct 0.5)                      A void vault receives a 5.0 score</p>	<p>Collegiate Vault Chart – 2 Vaults allowed                      (if gymnast falls on 1<sup>st</sup> vault may perform 2<sup>nd</sup> vault &amp; 2<sup>nd</sup> score will count)                      All Groups allowed @ 9.9 or less, Use Collegiate Vault Chart for SV                      *2.0 deduction for spot in any phase except landing (deduct 0.5)                      A void vault receives a 5.0 score</p>
<b>UB</b>	<p>1. One bar change                      2. Cast 30° minimum above horizontal                      3. A circling element                      4. Salto Dismount ("A" or "B")</p> <p>*If gymnast falls allow 45 sec to remount</p> <p><u>Restrictions (0.4 deduction):</u> No "C" circling skills (free hip HS, staldler circles to HS, HS ½ turn) and cannot fulfill SR                      If Giant performed and gymnast falls and does ½ after, no penalty</p> <p><u>Exceptions:</u> Horizontal casts receive "A" VP credit twice if in different combination</p>	<p>1. One bar change                      2. Circling element 60° minimum above horizontal                      3. "B" element with flight or turn                      4. Salto Dismount ("A", "B" or "C" allowed)</p> <p>*If gymnast falls allow 45 sec to remount</p> <p>Horizontal cast receives "A" VP if in different combination and if less than horizontal cast deduct 0.2 each time</p>
<b>BB</b>	<p><b>Beam Time (50 sec-1:30)</b>                      1. Full turn on one foot                      2. Dance series of 2 elements, with one leap/hop/jump 120° split                      3. Acro element with flight                      4. Salto / Aerial Dismount (No "C" allowed)</p> <p>*If gymnast falls allow 30 sec to remount (no deduction if falls as remounting)</p> <p><u>Undertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</u></p>	<p><b>Beam Time (50 sec-1:30)</b>                      1. Minimum Full Turn on one foot                      2. Dance series of two or more elements with 135° minimum split                      3. Acro series of 2 elements performed on beam, 1 element with flight                      4. Minimum "B" dismount OR "B" element connected to "A" dismount</p> <p>*If gymnast falls allow 30 sec to remount (no deduction if falls as remounting)</p> <p><u>Undertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</u></p>
<b>FX</b>	<p><b>Floor Time (50 sec-1:30)</b>                      1. RO, BHS, back salto in any body position (NO twists)                      2. Dance passage with minimum 2 elements including leap with 135° minimum split                      3. Forward Acro Pass of two or more non-flight or flight elements                      4. "B" turn on one foot</p> <p>*If directly connected Dance Series performed elements may be same or different. If dance passage performed, elements must be different</p> <p><u>Undertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</u></p>	<p><b>Floor time (50 sec-1:30)</b>                      1. Double salto series with minimum two elements (same or different)                      2. Dance series or passage of two or more elements including leap with 150° minimum split                      3. Acro series of 3 or more flight elements with one salto                      4. A minimum "B" turn on one foot</p> <p>*If directly connected Dance Series performed elements may be same or different. If dance passage performed, elements must be different</p> <p><u>Undertime &gt;5 sec -0.5, &lt;5 sec -0.1 or Overtime -0.1</u></p>

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	<b>PLATINUM SV = 9.70</b>	<b>PREMIER SV = 9.50</b>
<b>General</b>	<p>Four Event Requirements @ 0.2 each</p> <p><u>Difficulty/Value Parts (2..0):</u>  <b>3 A's (0.1 each), 4 B's (0.3 each), 1C (0.5 each)</b></p> <p><b>Bonus:</b> 0.3 bonus – through connection value or extra “D” receiving 0.1 bonus up to 0.3 maximum            Any “E’s” performed will receive “D” value part credit and receive ONLY 0.1 bonus as “D” skill (only 1 “E” allowed for bonus)</p>	<p>Event Requirements @ 0.2 each</p> <p><u>Difficulty/Value Parts (2.2):</u>  <b>3 A's (0.1 each), 3 B's (0.3 each), 2 C's (0.5 each)</b></p> <p><b>Bonus:</b> 0.5 total bonus in connective value or difficulty value (D=0.1, E=0.2)            Maximum 0.4 awarded for each category</p> <p>Collegiate Rules Apply Throughout Including Modified Element Values, Composition Deductions            Use Collegiate Scoresheets</p>
<b>Vault</b>	<p><u>Collegiate Vault Chart</u> – 1 Vault only            (if gymnast falls on 1<sup>st</sup> vault may perform 2<sup>nd</sup> vault &amp; 2<sup>nd</sup> score will count)            Collegiate Vault Rules and Values apply            1.0 for one or no hands touching the vault table taken by each judge            1.0 for not landing on feet first taken by each judge            1.0 for spotting assistance during the vault taken by each judge            If gymnast vaults prior to salute, 0.5 deduction off next vault</p>	<p><u>Collegiate Vault Chart</u> – 1 Vault only            One Vault only (if gymnast falls on 1<sup>st</sup> vault may perform 2<sup>nd</sup> vault &amp; 2<sup>nd</sup> score will count)            Collegiate Vault Rules and Values apply            No bonus for vaulting applied.            1.0 deduction for one or no hands touching the vault table taken by each judge            1.0 deduction for not landing on feet first taken by each judge            1.0 deduction for spotting assistance during the vault taken by each judge            If gymnast vaults prior to salute, 0.5 deduction off next vault</p>
<b>UB</b>	<ol style="list-style-type: none"> <li>1. Two bar changes</li> <li>2. One flight element minimum “B”</li> <li>3. One LA turn-excludes mount or dismount</li> <li>4. Minimum “B” dismount</li> </ol> <p>*There will be minimum cast 45° above horizontal throughout routine or 0.3 deduction            Level 9 Bonus applies</p>	<ol style="list-style-type: none"> <li>1. Two bar changes minimum</li> <li>2. Two flight elements: two different C's OR a “D” and “B”</li> <li>3. One (LA) turn, minimum “C” (excludes dismount)</li> <li>4. Minimum C dismount (If “C” dismount preceded by same two “A” or “B” elements = 0.1 deduction not 0.2)</li> </ol>
<b>BB</b>	<p><b>Beam Time (maximum 1:30)</b></p> <ol style="list-style-type: none"> <li>1. Acro series with a minimum of two flight elements both performed on the beam</li> <li>2. Dance series of two or more elements with a leap/jump/hop 180° minimum split</li> <li>3. Minimum 360° turn (from group 3)</li> <li>4. Minimum of “B” dismount</li> </ol> <p><u>Overtime -0.1</u></p>	<p><b>Beam Time (maximum 1:30)</b></p> <ol style="list-style-type: none"> <li>1. Acro series: two flight elements, one element must be a minimum of “C” both must occur on beam</li> <li>2. Dance series with a minimum of two elements, one element minimum “C” or higher</li> <li>3. 180° split leap or jump</li> <li>4. Minimum Full turn from group 3 – no hand support permitted</li> <li>5. “C” dismount OR “B” dismount preceded by and directly connected to any C element (acro or dance)</li> </ol> <p><u>Overtime -0.1</u></p>
<b>FX</b>	<p><b>Floor time (maximum 1:30)</b></p> <ol style="list-style-type: none"> <li>1. Acro series with two saltos, same or different or 2 directly connected saltos</li> <li>2. Three different saltos in exercise</li> <li>3. Dance passage with a minimum of two different group 1 elements direct or indirect connection, one of which is a leap with one foot takeoff and 180° minimum split</li> <li>4. Minimum of “B” salto as last salto or in last connection of saltos</li> </ol> <p><u>Overtime -0.1</u></p>	<p><b>Floor time (maximum 1:30)</b></p> <ol style="list-style-type: none"> <li>1. Two direct saltos or two saltos in acro series (same or different saltos allowed)</li> <li>2. Three different saltos within the exercise</li> <li>3. Dance passage with minimum of two different group 1 elements, directly or indirectly connected, one of which is a leap with one foot take off with 180° minimum split</li> <li>4. Minimum of “C” salto as the last isolated salto or in the last connection of saltos</li> </ol> <p><u>Overtime -0.1</u></p>