
A. Be informed about the Code of Points.
B. Competition Attire (warm-ups \& competition).

Note:(leotard may be with or without sleeves)

1. Must be one piece with no bare midriff.
2. Backless leotards are not acceptable.
3. Transparent attire not allowed
4. Improper neckline not allowed
5. Narrow shoulder straps not allowed (straps must be $>2 \mathrm{~cm}$ )
6. Leg cut may not exceed hip bone
7. Jewelry not allowed (including gauges). $\qquad$ Disqualified from that event $=\mathrm{HS}$
8. Padding not allowed, bandages permitted (no warning needed)
9. Handgrips are permitted at the uneven bars.
10. Slippers and socks optional.

- Shoes \& gloves are not permitted: NO warning needed, OK with medical permission.

11. Elastic waistbands are incorrect attire.
12. Hair accessories (including, but not limited to headbands, clips and bows) shall NOT be considered jewelry and shall be allowed.
13. Hair should be secured away from face.

- Long hair should not come between the athlete and the apparatus.

14. Non-offensive tattoos, make up, glitter, adhesive gems, etc., are acceptable.
C. Use of Magnesia (chalk) or Incorrect Use of Tape 0.2 - Event (after warning)
15. VT Runway - Tape, Velcro, Small Chalk marks, 2" wide, removed.
16. VT Table - excessive use of chalk or Tape.
17. UB - excessive use of chalk not allowed.
18. BB - small chalk markings may be placed on the beam (without warning).
19. FX - small chalk markings $(X)$ are permitted, no Tape or Velcro.
20. FX - Tape on corners allowed for two color carpets.
21. FX - corners marked with single arched chalk line.
D. Apparatus Modifications
0.3 - Event (after warning)
22. Incorrect placement of additional mats or hand placement mat.
23. Incorrect placement of board on unauthorized surface.
E. Touch Warm-up Regulations
0.2 - Team or Event (warning)
24. Failure to Observe Specified Warm-up Time Limit, after warning
a. $\mathrm{VT}=1$ vault max. (including salto off the table);
b. $\mathrm{BB}=30$ seconds each
c. $F X=30$ seconds each
d. $\quad \mathrm{UB}=30$ seconds each (does not include bar prep)
25. In Team competition the entire warm-up time belongs to the team.
26. Gymnast may complete sequence if ready during the gong sound.
27. Following warm-up period, apparatus may be prepared, but not used.
28. May touch apparatus deduct only if element(s) performed (fall, perform skill on mat)
F. General Competition Rules (must submit written request to evaluate a new element or vault.)
29. Fail to mark (FX) Line on mat, when using Line Judges........... 0.1 - Event (each time)
30. Fail to present to the Chief Judge before or any Judge after...... 0.1 - Event (each time)
31. Starting exercise before signal from Chief Judge....................... 0.5 - Event (Stop and repeat)
32. Fail to begin within 30 sec. of signal.......................................... 0.2 - Event
33. Exceed intermediate time (UB 45 sec. , BB 30 sec.$) \ldots \ldots \ldots \ldots .$. . Exercise Ended
34. May not speak with active judges during competition................ 0.2 - Event
35. Coach instructs gymnast for the next skill............................... 0.2 - Event (without warning)

## II. RIGHTS OF THE GYMNAST

1. to identical apparatus and mats conforming to specifications
2. to receive written evaluation of submitted new elements or vaults
3. to have score flashed immediately after performance
4. to receive final results for the competition
A. Coach Conduct
5. $1^{\text {st }}$ Offense $=$ warning
6. $2^{\text {nd }}$ Offense $=0.2$ (off Team Score)
7. Be fair, sportsmanlike at march-in, competition \& awards
B. Coaches are Permitted (without penalty) ...
8. To spot during the warm-up period
9. To move board and spot after the gymnast has begun her routine (penalties may apply for a spot).
10. To advise during fall time period (VT, UB, BB)
C. Coaches are NOT Permitted to ...
11. speak directly to the gymnast; give technical verbal cues, while competing (also from teammates).
12. obstruct the view of the judges
13. inquire to the Panel during competition
14. interfere with the rights of other participants
15. delay the competition
16. other flagrant, undisciplined and abusive behavior $\qquad$ Immediate Removal
D. GENERAL RULES
17. Coaches have the right to submit a request to evaluate a new element or vault.
18. Coaches must submit the competition order and information required.

## A. MEET REFEREE (MR):

1. Meet Referee or Acting Meet Referee must be designated for each meet.
2. Assists with draw for competition order.
3. President of Jury of Appeal.
4. Liaison between coaches and judges (attends coaches meeting).
5. Conducts judges Meeting: logistics, rule changes, equipment issues, meet information, protocol.
6. Acts in a professional manner.
7. Official measurement of equipment with $C J$.
8. Selects Chief Judges and panel judges.
9. May observe or give opinion during conferences.
10. Available for counsel with CJ.
11. May counsel CJ.
12. May recommend a change of score (but never force).
13. Sign \& correct change of scores.
14. Gives Technical judging information to Meet Director for distribution.
15. Final authority in technical matters: (timers, linesmen, scorer, flashers, equipment).
16. Notates warning given by CJ for incorrect attire, notifies other CJs, so deduction may be taken.
17. Takes deduction for unsportsmanlike behavior of coach and disruptive behavior.
18. Available for questions and answers ( 15 minutes after last competitor).
19. Wears the correct uniform.
20. May be affiliated with a team.
21. Is not involved with or makes comments to gymnast during warm-ups or training.
22. Issues Warning to Coach / Meet Director, when more than one gymnast on UB during warm-ups.
B. CHIEF JUDGE (CJ):
23. Prepares judges at meeting prior to competition.
24. Check apparatus: mats, working materials, signals \& devices.
25. Instruct Judging Assistants:
a. Line Judge Signals
b. Stop Watches, time limitations
c. Reporting procedures: line \& time violations
d. Method of Scoring
e. Procedures for flashing scores.
26. Responsible for correct working of panel and assistants.
27. Must act professionally.
28. Green flag or hand signal gymnast presentation.
29. Evaluate and write down score - before reviewing other scores.
30. Record: VP, SR, SV, deductions and neutral deductions.
31. Flash Start Value and Score.
32. Verify Range of Scores.
33. Verify proper recording of all scores on score sheet.
34. Decides with the MR whether exercise may be repeated (technical failure) before score is flashed.
35. Calls a conference to assist judges in finding common basis for scoring:
a. Start Value differences clarified
b. Meet Referee may be included
c. Judges may change score (not obligated) but must come to agreement.
d. CJ may mandate that judges come into range, after consultation with the MR.
36. Takes Neutral deductions (see page 10) from the average and NOTIFY COACH.
37. Terminate exercise if Fall Time exceeded (UB 45 sec ., BB 30 sec ., a bleeding wound)
38. Report to Meet Referee: attire incorrect, lack of discipline, exceeding warm-up time, warnings given,
excessive cheers or disruptive behavior by teammates or coach (blocking view of judges).
39. Responsible for responding with panel judges(s) in inquires in a professional manner.
40. Must wear correct uniform.
41. May not be affiliated to the teams participating.
42. May NOT make comments to gymnast in training or warm-ups / training, only if requested from coach.
43. Judges are obligated to the H.S. RULE BOOK to be unbiased and conscientious.
44. Record VP, SR, SV and deduction errors.
45. Score Slips:
a. Signature and Number.
b. Start Value
c. (No Bonus required in HS)
d. Special Requirements
e. Value Parts missing
f. Note spotting deduction taken
g. Note FX borderline exceeded, when needed
h. Use European " 7 "
46. Flash Start Value and Score
47. Initial a Score Change (cross out old score, record new score).
48. Act professionally: do not leave without CJ permission, remain at event and avoid conversations with coaches.
49. Wear correct uniform according to the contract.
50. May be affiliated with team (one per panel).
51. Is not involved or makes comments to gymnasts during warm-ups or training.

## D. ASSISTANTS:

1. Chief Judge when no assistants are available
2. Send written notification given to the Chief Judge.
3. Type of Assistants:
a. Line Judges (FX) - when used in HS
b. Timers
1) Uneven Bars Fall Timer ( 45 seconds) - When used in HS
a) Start = land on the mat. Stop= feet leave the mat.
b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
2) Balance Beam Routine Timer
a) Start = feet leave the mat, Stop = feet land on mat (fall \& dismount).

- Restart = first movement to continue routine.
b) Signals (verbal or instrument):
- Warning = 10 seconds remaining, Time $=$ end of time.
c) Inform Chief Judge of time violation.

3) Balance Beam Fall Timer ( 30 seconds)
a) Start = land on the mat. Stop = feet leave the mat.
b) Signals: 20 seconds remaining, 10 seconds remaining, Time.
4) Floor Exercise Timer - When used in HS
a) Timing Routine: Start = first movement, Stop = last movement.
b) Inform Chief Judge of time violation.
5) Additional Timers
a) Warm-up Period ( 30 second touch) not including settings, markings, board.

- 20 seconds remaining, 10 seconds remaining, Time.
- Gymnast may continue movement when time is called.
- Time Exceeded = inform Chief Judge (deduct 0.2).
b) Green Light from Chief Judge
c. Vault Number Flasher.
d. Other Assistants as required.
E. JURY OF APPEAL

1. Meet Referee, Meet Director, Chief Judge (of event in question), neutral coach and judge.
2. Rights and Duties:
a. Govern technical and organizational matters.
b. Make final decisions - unusual situations.
F. VIDEO REVIEW
a. There is no video review of routines (HS only)
A. Judging Panels for High School
3. One panel per event.
4. 1 Chief Judge, 1 Panel Judge, Assistants.

## II. RANGE OF SCORES:

A. Allowable Difference between Counting Scores
B. Average Score Determines the Range (not Chief Judge's score).
C. Average Score Range of Scores

| $10.000-9.50$ | $=$ |
| ---: | :--- |
| $9.475-9.00=$ | $\mathbf{0 . 2}$ pt. range |
| $8.975-8.00=$ | $\mathbf{0 . 7}$ pt. range range |
| $7.975-\mathbf{0 . 0 0}=$ | $\mathbf{1 . 0}$ pt. range |

D. Conference Resolutions:

1. Start Value discussed (impossible SV)
2. Check accuracy of math
3. Make adjustments for allowable range.
4. Come to agreement in a professional manner.
5. CJ may mandate that scores be brought into range (no base scoring of CJ \& MR).
E. Judges may work with 0.05 increments.
F. Final Score of 1.00 for Compulsory \& Optional Exercises: (Complimentary Score $\leq 0.00$ )
G. Opening Scoring:
6. Not allowed at Regular Season meets, only average score posted.
7. Required at State Tournament.
8. Procedures for Open Scoring:
a. Score independently.
b. Record SV and Final Score on judging slip and send to CJ via Runner.
c. After all scores received flash scores.
d. After conferences, re-flash adjusted scores.
H. Flashing Start Value (SV)
9. Required at State High School Tournament, Recommended at all other competitions.
10. SV flashed and / or written on scorecard.
11. Meet Director is responsible for SV flashing units or cards.
12. Procedures for Flashing Start Values:
a. Score independently.
b. Record SV and Final Score on judging slip and send to CJ via Runner.
c. After all scores received, flash Start Values.
d. Judges do not have to agree on Start Values.

- Conference MAY be called to adjust either up or down.
e. After conferences, re-flash adjusted Start Values.
I. Time Frame for Changing Scores May not be changed unless there is an Inquiry,


## Exceptions:

1. Chief Judge is allowed to change the score:
a. To apply neutral deductions that were not applied, or
b. If data entry error was made.
2. Change prior to the End of Rotation (neutral deductions).
3. Change within 5 minutes of End of Sessions (data entry errors).
4. Must notify coach of the change and display changed scores.
A. Different Difficulty Values:

B. Replacement: Higher Value may replace Lower Value (1 for 1)
C. Recognition of VP: recognized TWO times as VP - in different connection.
5. Same element performed 2nd time in different connection receives VP.
6. Same element performed third time or performed second time in exact same connection:
a. Value Part Credit NOT awarded:
1) Element not completed on first or second performance.
2) Element used in the exact same connection a second time. (exception: VP credit not given for previous performance of an element).
b. Execution and Amplitude deductions applied.
c. Can NOT be used for Value Part (VP) credit.
3. Multiple elements with SAME Number may be recognized as different elements (see each event).
D. New elements: must be evaluated by TC, copy presented to MR or CJ prior to meet
E. Technical Execution: if element not executed correctly, it may be recognized as another element.
F. NOT landing on Any Part of the Bottom of Feet First = No VP, No SR, No Dismount (if no salto action).
G. Value Part Requirements:

HIGH SCHOOL
3 A @ $0.1=0.3$
$4 B @ 0.3=1.2$
$1 \mathrm{C} @ 0.5=\frac{0.5}{2.0}$
H. Difficulty Modification: (none for HS)
I. Calculation of Difficulty - always give advantage to gymnast

## II. SPECIAL REQUIREMENTS (SR)

A. $S R=0.5$ each: each event has 4 Special Requirements (see exceptions for $F X$ ).
B. High School does not have restricted elements.
C. SR credit may be awarded for elements that do not receive VP credit, if the element did not receive VP credit due to repetition. (HS only)
D. One element may fulfill more than one SR: unless specified.
A. Construction of Exercise:

1. Distribution of Elements
2. Diversified, Creative and Artistic Composition throughout.
a. Various Connections
b. Different Value Part Groups
3. Use Entire Apparatus (space and direction)
B. Good Composition:
4. Change in Direction
5. Change in Tempo and Rhythm
6. Change in Body Positions in relation to the apparatus
7. High Points (Peaks)
a. Performance of Value Parts.

No additional consideration should be given for exceeding the VP required.
b. Movement contrasts
c. Distribution of elements
C. Specific Composition Requirements: see each event
D. High School Specific Composition requirements: see each event

## IV. EXECUTION \& ARTISTRY

A. Good Execution and Amplitude:

1. Maximum amplitude
a. Externally - body to apparatus
b. Internally - range of motion within the body
2. Turns in saltos completed at highest point
3. Optimal body lines, extension and posture.
B. Good Artistry:
4. Original creative choreography in elements and connections - "How well did she move?"
5. Quality of gymnast's movements to reflect her personal style - "The way she moved - unique?"
6. Quality of expression (i.e., projections, emotion, focus) - "What does her face express?"

Judges looking for Artistry in:

- Variety of level changes
- Variety of facial expression
- Variety in quality of movement (sharp, soft)
- Variety in the direction of movement
- Rhythm changes
- Focus changes
C. General Deductions: (see page 10 - General Execution Faults)
V. BONUS - High School does not use BONUS


## VI. OPTIONAL FORUMLA

A $=0.1 \quad 3$ - A $\quad 0.3$
$B=0.3 \quad 4-B \quad 1.2$
$\mathrm{C}=0.5 \quad 1-\mathrm{C} \quad 0.5$
2.0 points
A. SV - Start Value 10.0
B. VP - Value Parts 2.0
C. SR - Special Requirements 2.0 (one exception on floor)
D. Execution \& Composition
A. Each Judge determines the SV.
B. Not mandatory that Start Values agree - if impossible SV, a conference must be held.
C. Determining Start Value:

1. Start Value $=10.0$
2. High School does not award BONUS
3. DEDUCT missing. .
a. Value Parts (VP)

- $0.1=\mathrm{A}$
- $0.3=\mathrm{B}$
- $0.5=C$
b. Special Requirements (SR) 0.5 each
c. Exercises without dismounts 0.3
d. High School does have restricted elements.
A. Bars
= less than 5 Value Parts for HIGH SCHOOL
B. $\overline{\text { Beam }}=$ less than 30 seconds
Floor
= less than 30 seconds
II. EQUIPMENT FAILURE: occurs through no fault of the gymnast or coach. Choices:
A. Stop and Repeat:

1. Repeat whole routine or continue from the point of interruption.
2. No score will be given for the partial routine.
B. Continue and Complete:
3. Decide whether to repeat or accept score given.
4. Score will not be posted until decision.
5. No deduction for music failure, if decision to accept the scores.
6. Does not include: unfastening of bandages, or handgrips, or loss of footwear, incorrect bar settings, failure to tighten cables or handles.
C. Decision to repeat made by CJ and MR.
III. INQUIRIES
A. Coach entitled: to see all of the scores of the Panel.
B. Advise Coach to submit inquiry form, no casual conversation between coach and judge.
C. Submitted in writing: to Meet Director or Meet Referee on official inquiry form.
7. Meet Director will give inquiry to Meet Referee, who will give inquiry to the CJ.
8. Panel will respond, providing only the information requested.
D. Submitted within 5 minutes: of the completion of the event rotation.

- Must be completed legibly by the coach.
E. Limited to questions regarding:

1. Compulsory Routines
a. Text
d. Falls
b. Major Element Evaluation
e. Unusual Occurrences
c. Neutral Deductions
2. Optional Routines
a. Start Value
d. Unusual Occurrences
b. Neutral Deductions
e. Specific (flat) Composition Deductions
c. Falls
F. Inquiry Results:
3. At the State Tournament, any inquiry that does not receive a score change will result in a deduction of 01 for that athlete on that event.
4. Scores can be raised, lowered or remain the same.
G. Score Changes: once a final average score has been submitted to the scoring system, it may only be changed by using an inquiry; missing neutral deduction or data entry error.
IV. JUDGE INADVERTENTLY MISSES THE EXERCISE (rare occurrence - one judge misses routine)
A. Two Judge Panel:
5. Coach advised of the score of the judge who evaluated the whole routine.
6. Option 1: Accept the score OR
7. Option 2: Repeat the exercise, score of the second routine will count.
B. Four Judge Panel:
8. Enter a "substitute" score for the judge who misses the routine.
9. Use the highest score of the other three judges.
10. Average the two middle scores.
11. No need to repeat the routine.
C. Decision made: by the CJ consulting with the MR, who will then notify the coach of the options.

## V. PROCEDURES FOR INJURIES / FALLS RESULTING IN BLEEDING

A. Take immediate action to cover wound.
B. Injury does not give right to repeat routine.
C. If fall time exceeded, exercise terminated.
D. Blood must be removed before next gymnast.
E. Coach \& athlete have the right to choose to continue within fall time limits
Feet flexed / sickled during VP elements. ..... each) 0.05
Brush / Touch of Foot / Feet on Apparatus or Mat. ..... $\rightarrow 0.1$
Legs Crossed (during VP with twists) ..... $\rightarrow 0.1$
Legs Separated. ..... $\rightarrow 0.2$
Knees Bent $\left(90^{\circ}+\right.$ bend $=$ maximum $)$. ..... $\rightarrow 0.3$
Arms Bent $\left(90^{\circ}+\right.$ bend in support = maximum. $)$. ..... $\rightarrow 0.3$
Insufficient Exactness of Tuck / Pike ..... $\rightarrow 0.2$
Insufficient Exactness of Stretch (arch) ..... $\rightarrow 0.2$
Insufficient Exactness of Stretch (pike) ..... $\rightarrow 0.2$
Failure to maintain Stretch (pike down early). ..... $\rightarrow 0.2$
Insufficient split required in VP $\ldots \mathbf{1}^{\circ} \mathbf{- 2 0}{ }^{\circ}$. ..... 0.05-0.1
Insufficient split required in VP...21 ${ }^{\circ}-\mathbf{4 5}^{\circ}$ ..... 0.15-0.2
Insufficient split required in VP... $46^{\circ}+$ ..... Lower VP
Turns: incomplete. $1^{\circ}-44^{\circ}$ ..... 0.05-0.1
Turns: incomplete $45^{\circ}-89^{\circ}$ ..... 0.15-0.2
Turns: incomplete. $90^{\circ}+$ ..... Lower VP
Acro: under rotated twist... $1^{\circ}-44^{\circ}$ ..... 0.05-0.1
Acro: under rotated twist... $45^{\circ}-89^{\circ}$ ..... 0.15-0.2
Acro: under rotated twist... $90^{\circ}+$ ..... Lower VP
GENERAL LANDING FAULTS: (Elements and Dismounts)
Deviation from straight direction on landing. ..... $\rightarrow 0.1$
Extra arm swings. ..... $\rightarrow 0.1$
Slight Hop, Adjustment, Staggered, > Hip Width ..... $\rightarrow 0.1$
Extra steps (max. 4) (step-close or step-together) each...0.1
Very large step or jump on landing (3 feet). ..... 0.2
Incorrect Body Posture on landing. ..... $\rightarrow 0.2$
Deep squat on landing (+ fall). ..... $\rightarrow 0.3$
Trunk Movements to control (UB/BB Dism. \& FX Acro). $\rightarrow 0.2$
Trunk Movements to control (Elements on BB). ..... $\rightarrow 0.3$
Insufficient Height of Dismounts (UB/BB). ..... $\rightarrow 0.3$
Insufficient Extension (Open) prior to landings. ..... $\rightarrow 0.3$
Squat on Landing (hips even with or lower than knees) $\rightarrow 0.3$
Brush / Touch Landing with 1 or 2 hands (no support).. $\rightarrow 0.3$
Support on mat with 1 or 2 hands ..... 0.5
Fall on mat with knees or hips. ..... 0.5
Fall on or against apparatus ..... 0.5
Fall on hands \& Bottom of feet simultaneously (OK VP).. 0.5
Fail to Land on Bottom of Feet (No - VP, SR, Bonus) ..... 0.5
Spot Element (No - VP, SR, Bonus). ..... 0.5
Spot Landing (OK - VP, SR, No Bonus) ..... 0.5
Spot Fall out of bounds (FX) ..... 0.5
HS Coach on VAULT, BEAM, and FLOOR matting. ..... 0.5
HS Coach on BAR matting to spot LB skills only ..... 0.5
Exercise without Dismount (UB, BB) ..... 0.3
Special Requirements missing (4 per event). ..... each 0.5
TIME JUDGEBB - Overtime.event 0.1FX - Overtimeevent 0.1
Warm-up skill on mat (BB) after a fall. ..... event 0.2
Exceed warm-up time after warning (team) team 0.2
Exceed warm-up time after warning (individual). event 0.2 ..... event 0.2End
Exceed 30 second fall time (BB)
Exceed 45 second fall time (UB)LINE JUDGE(off Event Average by CJ) - Notify Coach(Only if Line Judges are being used - HS)FX - Boundary Lines not marked on additional mats.event 0.1FX - Touch outside border marking (each time)... event 0.1
CHIEF JUDGE or MEET REFEREE (After Warning**)
Coach stands between Bars(OK High School)
Failure to present before to CJ / after to Judge (ea.)event 0.1event 0.2
Excessive use of chalk or Incorrect Use of Tape. event 0.2
Technical Verbal Cues, from Coach / Teammate. event 0.2**
Instruction from Coach (no warning)... event 0.2..event 0.2Incorrect attire (ex: Waist Bands).event 0.2**
Exposed Underwear .event 0.2**
Hair not Secured. event $0.2^{* *}$
Board on plywood surface ..... event 0.3
Failure to remove board after mount / spot. ..... event 0.3
Use Additional mats ..... event 0.3
Incorrect Apparatus (ex. hand placement mat). ..... event 0.3
Start exercise before Signal (repeat / deduct). ..... event 0.5
VT - Vault / Attempt without signal from CJ (off next vault) 0.5VT - Use of one-arm only (half of panel agree)...... vault 1.0FX - Coach on the Mat (OK to adjust mat)............. event 0.5FX - Absence of music or music with words.......... event 1.0
Short Exercise.... UB $<5$ elements (HS \#)

$\qquad$
event 2.0(Complete or BB $<30$ secondsIncomplete) FX < 30 seconds
A. Equipment Failure Situations:(including broken or completely torn handgrips) occurring through no fault of the gymnast or coach, the gymnast may:

1. Stop immediately and request permission from the Chief Judge to repeat her routine. The Chief Judge will consult with the Meet Referee on the determination to repeat. In questionable cases, this request should be made to the Jury of Appeal. Once permission is given, the gymnast would perform again after a reasonable amount of rest time. No score would be given for the partial routine.
2. Continue to complete the routine. At the completion of the routine, she and her coach must decide whether to repeat the routine or accept the score given. No score will be posted by the judges until that decision is made. In the case of Floor Exercise, no deduction would be taken for the music failure
3. Not included: unfastening of bandages or handgrips or loss or partial loss of footwear.

B Hip/Heel padding used during an uneven bar exercise, a deduction (-0.2) for incorrect attire would be taken by the Chief Judge. No warning is necessary.
C. NO Jewelry of any kind is allowed while competing in High School.

1. NO warning will be given. If a judge notices jewelry while the athlete is competing, she will be disqualified from that event and receive a score of 0.00 .
2. If a judge did not notice the jewelry while athlete was competing, they will NOT disqualify an athlete that has completed their routine and left the competitive area,
3. The athlete/coach will be notified immediately that the disqualification has occurred.
4. The definition of jewelry does NOT include tattoos, glitter, hair clips or appliqués.
5. Covering jewelry with tape or bandages is NOT acceptable $=$ disqualification.
6. Vault is considered one event and jewelry worn at any point, while competing this event, will result in disqualification.
D. Exposed Undergarments are acceptable so long as the color is flesh tone, white or black or coordinates with the color of the leotard. Exposed undergarments not flesh tone white or black or coordinating with the leotard will first receive a warning and then will receive a 0.2 deduction. However, if briefs or bra straps show due to activity, do not take the deduction. Judges need to use common sense.
E. Failure to Present: there is a penalty -0.10 (each time), if the gymnast fails to present to the Chief Judge before or any Judge after the exercise; however, the gymnast should not present, after a fall if she intends to continue her exercise.
F. Deductions: the WIAA Gymnastics Rule Book lists the general compositional/combination guidelines and specific compositional/combination deductions for each event. Judges should not create additional criteria for the application of specific combination/combination deductions, especially if they relate to the performance of more difficult skills that go beyond the expectations.
G. Neutral deductions (timing or out of bounds violations) must be indicated to the coach either verbally or by visual means.
H. No Dismount: on Uneven Bars and Balance Beam, if a gymnast attempts a salto dismount, but does not initiate the salto, a deduction of 0.30 will be taken for not performing a dismount.
I. Cell Phones: All individuals involved in the competition "field of play" are required to either turn off their cell phone or set it at vibrate mode during competition. Calls should be made outside the field of play.
J. Injuries and Falls: The coach and athlete have the right to determine if the athlete can continue the routine after a fall (within the fall time limitations); however, it is advised that any recommendation from medical personnel be heeded, in the best interest of the athlete's safety. The meet hosts should consider providing a small first-aid kit including tape, gauze or band-aids at each event, especially if there is no trainer available, so that these items could be accessed quickly.
K. Out of Bounds deductions will only be taken, IF there are line judges (volunteer line judges = OK).
L. Coach the Mat: deduct - 0.5 : on the matting for floor, beam, vault or bars (to spot low bar skills only).
7. Chief Judge deduction is taken only one time per routine.
8. The rule does NOT apply to the coach or other team members holding a dismount mat or standing on a dismount mat to keep it from moving.
9. The rule does NOT apply to the coach or other team members removing a springboard after a mount on Uneven Bars or Balance Beam.
M. Vault Warmup - gymnast waiting for signal, may run done runway (NOT in front of judges)
N. Floor Warmup - gymnast waiting for signal, may jump within the FX boundaries.
$2 "$ 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 $1^{\text {st }}$.
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.. = Hand placement mat is NOT part of apparatus - touch.................................. $=$ Balk

- Coach responsible to secure Velcro, not equipment failure.
- Coach responsible to secure tape measure.
E. Safety Zone Collar.... = required Roundoff entry, placed properly, may be used for other vaults, may not block the horizontal plane of the Table, no extra mats.
F. Mats / Skill Cushions.. $=9$ inches landing mats +9 inches skill cushions allowed, unauthorized use of mats.. $=0.3 \mathrm{CJ}$
G. Runway $=$ Tape, Velcro, Small Chalk, 2" maximum width across runway, remove after rotation.
H. Mat Measurements... $=9^{\prime \prime}=24 \mathrm{~cm}, 8 "=20 \mathrm{~cm}, 4.5^{\prime \prime}=12 \mathrm{~cm}, 4 "=10 \mathrm{~cm}, 3 / 4$ inch $=2 \mathrm{~cm}$


## II. GENERAL INFORMATION

A. Final Score...................

1) May perform 2 vaults
2) Vaults may the same or different
3) Average vaults separately
4) Best Vault = Final Score
B. Three (3) Approach / Attempts to successfully complete One or Two vaults
5) Balk attempt = running approach that does not result in going over the vault table.
6) Stops mid run, runs off runway, contact mat, zone, board, Table (w/o vault)
a. BALK, one attempt
b. Two Balks in a row ( $2^{\text {nd }}$ Balk) $=$ VOID vault
7) 4th Attempt not allowed.
C. Intended Vault............ 1) Must Announce / Flash intended Vault (Announce, Flash @ State; GJ signal)
8) No doduction for performing differont vault than the vault announcod.
9) Vault Performed determines SV.
10) Body Position demonstrated in majority of vault determines the vault executed.
D. Perform w/o Signal.......1) Vault performed without CJ Signal = Ignore Vault
11) May perform 2 more Vaults
12) CJ applies penalty to the Average of the next vault performed. 0.5 CJ
13) Penalty may or may not affect final score

G. Clarification Extension / Opening Deduction for vault should reflect the body shape before landing. The "up to 0.3 " deduction should be applied according to small, medium and large errors regarding the body shape. Note: If a gymnast begins to extend or completely extends the hips prior to landing, but upon landing cannot maintain the upper body posture and closes the upper torso downward toward the legs (compresses), the "up to 0.30 " deduction for "additional movements to maintain balance" can be applied.
H. Clarification Vault $1.106,1 / 2$ on - repulsion off: This vault must have a minimum of $1 / 4$ turn onto the vault table and an attempt to invert. If the feet never go above the plane of the table, the vault shall receive a 0.00 .
1. FIRST FLIGHT. . . . Legs: . . . . . . . Crossed (twisting vaults) . . . . . . . . . . . . . . . . . . . . . . 0 . 0.1

| d. |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |

Hips: . . . . . . . . . Poor hip angle technique. . . . . . . . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0$.
Body: . . . . . . . Arched. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 0 . 0.2
Knees: . . . . . . Bent. . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0.3$
Turn: . . . . . . . . Incomplete, not fully executed . . . . . . . . . . . . . . . . . 0.3

3. SECOND FLIGHT.. Legs: . . . . . . . Crossed (twisting vaults) . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0.1$

4. LANDING.

| Turn: | Under or Over rotate $\ldots . . . . .$. $01^{\circ}-30^{\circ}$ $=r$ <br> $31^{\circ}-60^{\circ}$ $=0.05-0.1$  <br> $61^{\circ}-89^{\circ}$ $=0.25-0.2$  <br> $90^{\circ}$ + lower value  |
| :---: | :---: |
| Arm | Extra arm swing . . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0.1$ |
| Body: | Additional trunk movement to maintain balance . . . $\rightarrow 0.2$ |
|  | Body Posture on landing (bent over) . . . . . . . . . . . . $\rightarrow 0.2$ |
| Steps: | Slight hop, adjustment, Staggered, > Hip Width. . . $\rightarrow 0.1$ |
|  | Extra steps (maximum 0.4) . . . . . . . . . . . . . . . . . . . 0.1 (each) |
|  | Large step or jump (3 feet) . . . . . . . . . . . . . . . . . . . . 0.2 |
| Knees: | Squat on Landing (+ fall) . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0.3$ |
| Brush/Touch. | Landing mat with 1 or 2 hands (no support). . . . . . $\rightarrow 0.3$ |
| Fall: . . . . . . | Support on 1 or 2 hands, knee(s), hips, apparatus. . . 0.5 |
| Direction: | Deviation from straight direction (contact with mat). . 00.3 |
| Dynamics: . | . Insufficient quickness . . . . . . . . . . . . . . . . . . . . . . $\rightarrow 0.3$ |

5. OTHER

6. Performance of Beginner or Novice level routines requires notification to the official prior to competition, or routine will be judged as an optional routine.
7. It is intended that all elements and connections be performed with maximum amplitude and execution.
8. All execution and/or amplitude errors leading to a fall, but not balance errors leading to a fall will be deducted. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50 .
9. Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required series due to a fall are in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.
10. If more than half of the major elements in an exercise are performed with the assistance of the coach, then the score is determined by giving the value part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements.
11. After a fall, judging resumes from the point of the interruption.
12. Performance of this level requires notification to the official prior to competition, or routine will be judged as an optional routine.
13. After a fall, judging resumes from the point of interruption.

## CHANGES IN PRESCRIBED TEXT:

> *Changing or omitting a major element (value + penalty) Beginner Routine....... 0.0 + 0.50
> *Changing or omitting a major element (value + penalty) Novice Routine.......... $0.5+0.50$
> Failure to complete a major element (value)............................................... Up to 0.50
> Adding an extra element............................................................................each 0.30
> Major element with additional twist/turn/major change in flight (value)................. Up to 0.50
> *Changing = performing a totally different element than the element prescribed.
> *Omitting = leaving the element out completely or performing it out of order.
> *There is no "changing" deduction if a pull-over is performed instead of the glide kip mount.

## EXECUTION:

| Repetition of missed element (start judging at the point of interruption)Incorrect body alignment, position or posture ...................... |  |
| :---: | :---: |
|  | Up to 0.20 |
| Lack of coordination on connections. | Up to 0.10 |
| Lack of lightness. | Up to 0.10 |
| Movement lacking dynamics (General deduction for whole exercise).. | Up to 0.30 |
| Feet contacting floor: | Up to 0.10 |
|  | . $0.20-0.30$ |
|  | 0.50 |
| Run-out glide instead of jumping from two feet to perform the glide.... |  |
| Refer to General Table for other deductions. |  |

## RHYTHM:

Lack of continuity between connections and elements..................................... Up to 0.10
For overall rhythm during exercise..............................................................Up to 0.40
Incorrect rhythm of connections/elements when specifically noted in text.............Up to 0.10
Lack of continuity between elements in a directly connected series.....................Up to 0.20

## AMPLITUDE:

Insufficient internal body amplitude (stretch/tightness) during extended positions...Up to 0.20 Insufficient external amplitude away from bar during swinging/circling moves....... Up to 0.20

## REQUIREMENTS:

- Beginner Routine Start Value $=5.0$ points
- Novice Routine Start Value $=7.0$ points
- Total execution deductions $\rightarrow$ up to $0.5+0.5$ value (maximum/element)
- Fall deductions are in addition to execution deductions.
- No compositional deductions.

Starting Position: Stand with the feet together, outside of the bars and facing the low bar. A board or raised surface (such as a panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

## MOUNT: PULL OVER OR STRADDLE OR PIKE GLIDE KIP (0.50)

PULL OVER: While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. The arms and legs are straight throughout.
Or
Jump from both feet, lifting the hips upward and backward to grasp the low bar with an over-grip. Maintain a hollow body position, with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a GLIDE KIP. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with the legs/feet in front of the bar (body slightly piked), shoulders forward and the head neutral. The arms and legs are straight throughout.

## 2. FRONT HIP CIRCLE (0.5)

The head remains neutral. Lift the heels to initiate the fall forward, maintaining a straight-hollow body position. Continue to lift the heels as the body pikes quickly to circle the bar to execute a FRONT HIP CIRCLE. The head remains neutral. As the circle nears completion, shift the hands to the top of the bar to finish in a straight arm front support with the legs/feet in front of the bar (body slightly piked).

## 3. CAST TO HORIZONTAL \& RETURN TO FRONT SUPPORT (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.

Upon completion of the horizontal cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

## 4. SMALL CAST

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward.

## 5. BACK HIP CIRCLE (0.50)

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight body position to execute a BACK HIP CIRCLE. Maintain straight arms and shift the hands to the top of the bar to finish in a momentary extended straight arm front support.

[^0]Starting Position: Stand with the feet together, outside of the bars and facing the low bar. A board or raised surface (such as a panel mat) may be used as a mounting surface, but must be removed as soon as possible after the gymnast has mounted.

1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.50)
(Note: a pull-over may be performed for a 0.50 deduction)
Jump from both feet, lifting the hips upward and backward to grasp the low bar with an over-grip. Maintain a hollow body position, with the legs extended and the head neutral. Swing the body forward with the legs together (piked) or straddled. At the completion of the forward glide, the legs are together and the hips are fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a GLIDE KIP. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with the legs/feet in front of the bar (body slightly piked), shoulders forward and the head neutral. The arms and legs are straight throughout.

## 2. FRONT HIP CIRCLE (0.5)

The head remains neutral. Lift the heels to initiate the fall forward, maintaining a straight-hollow body position. Continue to lift the heels as the body pikes quickly to circle the bar to execute a FRONT HIP CIRCLE. The head remains neutral. As the circle nears completion, shift the hands to the top of the bar to finish in a straight arm front support with the legs/feet in front of the bar (body slightly piked).

## 3. CAST TO HORIZONTAL \& RETURN TO FRONT SUPPORT (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.

Upon completion of the horizontal cast, maintain the forward shoulder lean while executing a controlled return of the hips to the bar.

## 4. CAST, SQUAT ON, STOOP ON, OR WITH CIRCLE (0.50)

Immediately CAST again with straight arms. Bend the legs to place the balls of the feet on the bar between the hands in a tuck position, shifting the shoulders back over the bar to execute a SQUAT ON.

## 5. JUMP TO LONG HANG KIP OR LONG HANG PULLOVER (0.5)

From the squat position on the low bar, jump up to grasp the high bar while maintaining a straight hollow body position. With the legs together, swing the body downward, forward and upward to horizontal. At the completion of the forward swing, the body is fully extended. Quickly lift the feet to the bar and pull the bar up the legs to the hips to execute a LONG HANG KIP or LONG HANG PULLOVER. While pulling downward, shift the hands to the top of the bar to arrive in a straight arm front support with legs/feet in front of the bar (body slightly piked), shoulders forward and head neutral. The arms and legs are straight throughout.
6. CAST TO HORIZONTAL (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.

As the hips return to the bar, lean the shoulders backward, causing the body to circle backward around the bar in a straight body position to execute a BACK HIP CIRCLE. Maintain straight arms and shift the hands to the top of the bar to finish in a momentary extended straight arm front support.
8. CAST TO $45^{\circ}$ BELOW HORIZONTAL (0.50)

With the shoulders slightly in front of the bar, immediately swing the legs backward push down against the bar, extending through the shoulders to lift the body off the bar to execute a CAST TO $45^{\circ}$ BELOW HORIZONTAL. Maintain a straight hollow body position with the buttocks tight and the arms and legs straight.
9. TAP SWING FORWARD WITH $1 ⁄ 2\left(180^{\circ}\right)$ TURN or FLYAWAY TUCK DISMOUNT ( 0.50 )

Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward-upward to swing to a minimum of $45^{\circ}$, maintaining a hollow body position. Kick both feet simultaneously in the direction of the turn, leading with the toes, knees, hips, then shoulder in a sequential manner. Initiate the $1 / 2\left(180^{\circ}\right)$ turn after $45^{\circ}$. The head remains neutral, with the focus on the toes during the initial phase of the turn. During the final stage of the turn, shift the focus to the bar where the re-grasp will occur. (The hand position is optional.) Re-grasp the bar as the turn is completed. Maintain straight arms throughout.

Push against the bar, open the hands, and release the bar to execute the TAP SWING FORWARD WITH $1 / 2\left(180^{\circ}\right)$ TURN DISMOUNT. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

OR
Maintain the hollow position as the body begins the downward-forward swing. As the feet pass the low bar, relax the hollow body position to a slight arch. Maintain the slight arch through vertical (under the bar) and aggressively kick forward and upward to swing, maintaining a hollow body position. Tap feet through to perform a FLYAWAY TUCK DISMOUNT. The head remains neutral, with the focus on the toes during the initial phase. Maintain straight arms throughout. Maintain a tight body position in flight and land in demi-plié in a balanced and controlled position ("stick").

1. Performance of this level requires notification to the official prior to competition, or routine will be judged as an optional routine.
2. After a fall from the bars, the routine resumes when the gymnast performs an element that is listed in the Rule Book. If a gymnast falls from the bar, re-mounts with a glide kip, stops in front support to crawl up to stand on LB - take 0.10 for uncharacteristic element, plus 0.10 for lack of continuity.
-8.0 pt START VALUE
$-3.0 \mathrm{pt} . . \ldots \ldots$. Requirements $\quad=0.5$ each
$-4.7 \mathrm{pt} . \ldots .$. Execution

- 4.7 pt. . . . . . . . Execution
- 0.3 pt. . . . . . . . Presentation

Dynamics . . . . . . . $\rightarrow 0.2$
Rhythm ......... $\rightarrow 0.1$

## RESTRICTIONS

- A, B, C, D, E elements allowed
- Omit or Change a requirement $\ldots \ldots$. . . $=0.5$ value +0.5 penalty
- Failure to complete a requirement $\ldots \rightarrow 0.5$ penalty
- Total execution deductions . . . . . . . . $\rightarrow 1.0$ maximum (for each requirement)
- Fall deductions are in addition to execution deductions.
- No compositional deductions


## REQUIREMENTS (each 0.5)

1. 7 elements (less than 7 ) $\ldots \ldots \ldots$. . $=0.5$ penalty
2. 1 Bar Change (no bar change) $\ldots=0.5$ penalty
3. Kip Mount
4. Cast to $30^{\circ}$ above horizontal (angle from shoulder to lowest body part)
5. $360^{\circ}$ Circle to $30^{\circ}$ above horizontal (angle from shoulder to lowest body part)

OR "B" flight element
6. Salto Dismount

DEDUCTIONS: Casting and Circling (angle from shoulder to lowest body part)

| Degree of Angle | Deduction |  |  |
| :---: | :---: | :---: | :---: |
| - $30^{\circ}$ above horizontal . . | $=0.0$ | Horizontal |  |
| - $1^{\circ}$ to $29^{\circ}$ above horizontal | $=0.05-0.3$ | $30^{\circ}$ |  |
| - below horizontal | $=0.40-0.5$ |  |  |

DETERMINING ANGLES: Casting and Circling Elements in the Novice \& Intermediate Routines

1. The angle achieved is determined by a line drawn from the shoulders to the lowest body part, (abdomen, hips, knees, or feet).
2. If the cast is initiated by piking the hips upward, with no attempt at driving the legs backwardupward (legs hang down in a severe pike), this will be considered to be incorrect technique of the cast and will receive an 0.50 deduction (value of the element due to severely insufficient amplitude). Deductions for insufficient body position many also by applied.
3. For the 360 degrees circling element requirement: Front and back hip circles and sole circles with feet on the bar throughout the circle DO NOT fulfill this requirement because the hips or feet remain in contact with the bar throughout or at the completion of the circle.
A. Height Measurement.
= plum line from floor to the bottom of the rail
wrong specifications... $=0.3 \mathrm{CJ}$
B. Skill Cushions. $=$ max. 9 inches, must remove cushion after release(s).. unauthorized mats..... = 0.3 CJ
Mat Measurements
$=9 "=24 \mathrm{~cm}, 8^{\prime \prime}=20 \mathrm{~cm}, 4.5^{\prime \prime}=12 \mathrm{~cm}, 4^{\prime \prime}=10 \mathrm{~cm}, 3 / 4 \mathrm{inch}=2 \mathrm{~cm}$
C. Mats for Mounts........... = no plywood allowed under board $\ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots .$. unauthorized mats.................. 0.3 CJ
4. without board......... $=9$ " landing mats + "up to 8 inch" skill cushion; panel mat OK
5. with..... board......... = 9" landing mats + sting or 4 inch throw mat (board must be removed)......... = 0.3 CJ
D. Warmups................... = only One gymnast at a time allowed.
II. ATTIRE REGUALTIONS
A. Hip or Heel Pads......... = not allowed, CJ should warn before competition (compete with \& deduct)...... $=0.2 \mathrm{CJ}$
B. Bandages, grips, etc..... = allowed, broken grips $=$ allowed to repeat, unfastened grips no repetition.
III. TIMING REGULATIONS
A. Touch Warm-Up:
6. 30 second period. $\ldots=$ does not include bar settings, warning - time exceeded........(team/event)... $=0.2 \mathrm{CJ}$
7. Prior to competing.. = may touch board / bar briefly, may not perform an element......................... = $=0.2 \mathrm{CJ}$
B. Timing Falls:
8. Remount............... $=45$ second time period.
9. Start................... = contact the floor.

Stop.................... = feet leaves the floor.
3. Warnings.............. = " 20 sec . remaining" and " 10 sec . remaining" and "Time"; Fall time exceeded $=$ Terminated
IV. BAR FALL REGULATIONS
A. Gymnast may use chalk or adjust grips........ = may not leave competition area.
B. Coach may talk to gymnast....................... = without penalty.
C. Coach may lift gymnast back up to bar........ = without penalty.

Fall and does not remount........................ $=0.5$ Fall, 0.5 Dism
D. Allowed to resume with 2 pump swings...... $=0.3$ for extra swings; maximum 0.6 per occurrence
E. Resume judging optional routine............... = with first recognized element performed (L10 allowed only one squat on LB).
F. Remount with glide kip - STOP - crawl up... $=0.1$ continuity (stop), 0.1 uncharacteristic (crawl up).
G. Remount with cast squat on (fall back) ....... = to glide kip allowed without fall deduction, take execution.
V. 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 must use manufactured device......... = 0.3 CJ (warning) spotting device not removed (may not use chair).
G. Coach may stand between the rails (1 skill).. $=0.1 \mathrm{CJ}$, if coach remains throughout routine.
H. Coach leans against the bars..................... = no penalty, if coach does not touch gymnast.

## VI. MOUNT AND DISMOUNT REGULATIONS

A. Mounts:

1. Rules and Polices for mats allowed...... = may stand on 8 " mat.
2. Board must be removed after mount...... = 0.3 CJ - mounting apparatus not removed after mount / spotting.
3. Mount Attempts:
a. Balk $(2$ allowed $) \ldots \ldots \ldots \ldots=$ did NOT touch board, bars or run under the bars.
b. Third attempt.............. $=0.5$ penalty, OK Bonus.
c. Fourth attempt............ $=$ not permitted.
d. No mount................. $=0.5$ penalty - touch board, bars or runs under (may walk under - jump HB)
e. Attempt Roundoff only..... $=0.5$ penalty - may remount, OK Bonus.
Ber Settings, fall............... $=0.5$ penalty -45 seconds to adjust bars and remount.
ment prior to mount allowed..... $=0.2$ penalty - more than one element performed.
4. Incorrect Bar Settings, fall.................. $=0.5$ penalty -45 seconds to adjust bars and remount.
5. One element prior to mount allowed...... $=0.2$ penalty - more than one element performed.
B. Dismounts: (sole = any part of the bottom of the foot)
6. Dismounts may be LB or HB.............. = unless otherwise stated (Flyway dismount must be from HB).
7. Flyaway Dismounts VP........................ = regardless of starting position (from handstand / cast), body position = VP.
8. No Salto or Hecht $\ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots$. $=0.5$ SR. $\quad$ (sole circle dismount)
9. No Value Part or Restricted Element...... $=0.5$ SR, 0.3 No Dismount; 0.5 R.E. (front salto from feet $=$ " 0 ")
10. Fall, early Termination ( 5 elements)....... $=0.5$ SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
11. Fall, no Salto (not to bottom of feet)....... $=0.5 \mathrm{SR}, 0.3$ No Dismount, 0.5 fall. (flyaway swing to seat)
12. Fall, Salto (not to bottom of feet)............ $=0.5 \mathrm{SR}, \ldots \ldots \ldots \ldots \ldots \ldots \ldots . .0 .5$.............. (flyaway salto to knees)

## VII. RECOGNITION OF VALUE PARTS

A. Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
B. Elements DIFFERENT, if different....... = \#, body position, degree of turn, 1 or 2 arms, mount in routine.
= legs together or apart in Saltos or Tkatchevs.
C. Elements SAME, if same \# AND.......... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
D. Swing to Handstand.
$=$ within $20^{\circ}$ of vertical $=\mathrm{VP}$.
E. Release Element with Fall:

1. Grasp/touch with one/two hands..... = OK VP / SR, No Bonus, flight requirement OK with touch.
2. No grasp or touch ....................... = NO VP / SR / Bonus, may repeat element for credit.
F. Award VP if Simultaneous......................... = Hands and Bottoms of Feet at the same time.
G. No Difficulty Restrictions (HS Only)
H. Required Technique for VP Recognition: $20^{\circ}$ of Vertical = VP
3. Cast to Handstand........... = Exc: Cast Squat On (w/wo sole) $\rightarrow$ HB; Lv. 7/8 Cast $\rightarrow$ Underswing 1/2t., Peach Drop).
4. Uprise Handstand........... $=20^{\circ}$ of Handstand (VP), closed shoulder angle over the bar.
5. Flight to LB Non-Hst....... $=21^{\circ}$ or more (VP), $\rightarrow 0.2$ amplitude, both hands contact $=$ completed.
6. Flight to LB Handstand..... $=20^{\circ}$ of Handstand (VP)
7. Circle to Handstand........ $=20^{\circ}$ of Handstand (VP); Clear Hip Circle $=\rightarrow 0.4\left(45^{\circ}=0.0\right.$; Horizontal $\left.=-0.3\right)$
8. L-Grip Handstand.......... $=20^{\circ}$ of Handstand (VP)
9. Hop Grip Change............ $=20^{\circ}$ Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
10. Twisting Salto Dismount... $=90^{\circ}+$ missing (Lower VP) Twist is complete when feet land

| (Degree from Vertical) <br> Cast Handstand |  |
| :--- | :--- |
| $. .0^{\circ}-10^{\circ}=0.0$ $=$ "B" credit <br> $11^{\circ}-20^{\circ}=0.05$ $=$ """ credit <br> $21^{\circ}-30^{\circ}=0.1$ $=$ "0" credit <br> $31^{\circ}-45^{\circ}=0.15-0.2$ $=$ " 0 " credit <br> $46^{\circ}+$ $=0.25-0.3$ <br>  $=$ "0" credit |  |


(Degree from Vertical) $1 / 2 t$. or $1 / 1$ t. (Non-Healy)

| $0^{\circ}-20^{\circ}$ | $=0.0$ |
| ---: | :--- |
| $21^{\circ}-30^{\circ}$ | $=0.05-0.1$ |
| $31^{\circ}-45^{\circ}$ | $=0.15-0.2$ |
| $46^{\circ}+$ | $=0.25-0.3$ |

(Degree from Vertical)
1/1t. (Healy) or 1-1/2t.

$$
\begin{aligned}
1^{\circ}-30^{\circ} & =0.0 \\
31^{\circ}-45^{\circ} & =0.05-0.15 \\
46^{\circ}+ & =0.20-0.30
\end{aligned}
$$

Dismount Saltos with Twists

$$
\begin{aligned}
1^{\circ}-44^{\circ} & =0.05-0.10 \\
45^{\circ}-89^{\circ} & =0.15-0.20 \\
90^{\circ}+ & =\text { Lower VP }
\end{aligned}
$$


(Degree from Vertical) Circle to Handstand / Uprise

| $0^{\circ}-10^{\circ}$ | $=0.0$ |  |  |
| ---: | :--- | ---: | :--- |
| $11^{\circ}-20^{\circ}$ | $=0.05$ |  | Lower VP |
| $21^{\circ}-45^{\circ}$ | $=0.00$ |  |  |
| $46^{\circ}-90^{\circ}$ | $=0.05-0.20$ |  | Lower VP |
| $1^{\circ}-10^{\circ}$ | $=0.0$ |  | "A" VP |
| Below $10^{\circ}$ | $=0.05-0.20$ | "0"credit |  |

Flight to LB Handstand

$$
\begin{aligned}
0^{\circ}-10^{\circ} & =0.0 \\
11^{\circ}-20^{\circ} & =0.05 \\
21^{\circ}+ & =\text { Lower VP }
\end{aligned}
$$

I. Selected Element Requirements:

J. Hand Grip Descriptions:

K. Turns In or After Handstand:


Hechts.
II. SPECIAL REQUIREMENTS (SR 0.5 each, off start value), one element may fulfill more than one SR.

| SR | HIGH SCHOOL |
| :---: | :---: |
| 1. | ONE Bar Change |
|  | B - Flight (must |
| OR | B - Turn (may be |
|  | (Hop with Flight |
| 3.. | B - Group 3, 6, 7 |
| 4.... | A - Dismount Sa |

III. SPECIFIC COMPOSITIONAL DEDUCTIONS (HS)

| More than 1 Element before the Mount | 0.2 |
| :--- | ---: |
| Uncharacteristic Elements | each 0.1 |
| 3/4 Forward Giant w/wo grip change | each 0.1 |
|  |  |
| Insufficient Change of Direction | $\rightarrow 0.1$ |
| Insufficient Distribution | $\rightarrow 0.1$ |
|  |  |
| Choice of Elements | max 0.2 |
| - Forward \& Back Circle or Release | 0.05 |
| - Variety of Elements \& Connections | $\rightarrow 0.1$ |
| - Balance Between Piro. \& Flights | $\rightarrow 0.1$ |

## IV. SPECIFIC EXECUTION DEDUCTIONS

| Insufficient Dynamics | $\rightarrow 0.2$ |
| :---: | :---: |
| * Insufficient Swingful Execution thruout |  |
| * Energy Maintained thruout |  |
| * Makes Difficult Look Effortless |  |
| Poor Rhythm in Elements | $\rightarrow 0.1$ |
| Angle of Clear Hip Circle Elements | $\rightarrow 0.4$ |
| Angle of Flight to LB Handstand (11 ${ }^{\circ}-20^{\circ}$ ) | 0.05 |
| Angle of Circle to Handstand | $\rightarrow 0.2$ |
| Angle of Cast to Handstand | $\rightarrow 0.3$ |
| Angle of Turn Deviation (1/2t. - 1/1t.) | $\rightarrow 0.3$ |
| Angle of Turn Deviation (Healy + 1-1/2t.) | $\rightarrow 0.3$ |
| Hesitation in Jump, Swing to Handstand | $\rightarrow 0.1$ |
| Precision of Handstand Positions thruout | $\rightarrow 0.1$ |
| Insufficient Amplitude of Elements | $\rightarrow 0.2$ |
| Insufficient Height of Salto Dismounts | $\rightarrow 0.3$ |
| Insufficient Stretch (Arch / Pike) | $\rightarrow 0.2$ |
| Insufficient Extension (Open) prior to Landing | $\rightarrow 0.3$ |
| Under-Rotation of Release Elements | $\rightarrow 0.1$ |
| Insufficient Extension of Glide/Swing to Kip | $\rightarrow 0.1$ |
| Swing Forward Under Horizontal | $\rightarrow 0.1$ |
| Swing Backward Under Horizontal | $\rightarrow 0.1$ |
| Landing Too Close to Bars Dismount | 0.1 |
| Touch / Brush Foot on Apparatus or Mat | $\rightarrow 0.1$ |
| Trunk Movements to Control Landing | $\rightarrow 0.2$ |
| Hit Foot on Apparatus | 0.2 |
| Hit Foot on Mat | 0.3 |
| Grasp Apparatus to Avoid a Fall | 0.3 |
| Intermediate (Extra) Swing (max $=0.6$ ) | 0.3 |
| Failure to Remove Board / Spotting Block | (CJ) 0.3 |
| $3{ }^{\text {rd }}$ Run to approach mount (each judge) | 0.5 |

A. Handstands: All casts are expected to achieve handstand phase. The amplitude of cast deductions are not applied to casts prior to a squat/stoop/straddle onto the low bar, jump to grasp HB.
B. Uprise to Handstand (without a turn) and Flight to Handstand (on LB) must go to within $20^{\circ}$ of vertical to receive VP credit. An Uprise finished below $20^{\circ}$ of vertical will receive "B" VP credit. Flights to handstand on LB, landing below $20^{\circ}$ of vertical will be awarded the next lower appropriate VP credit.
C. Mount: Jump to LB extended body and 180 degree turn in handstand: Must be performed to a stretched handstand on LB with legs together (not straddled) before moving into another position. A hold in the handstand position is not required.
D. Turning Uprise: Must pass through a long swing and finish in a clear front support on HB (closed shoulder angle). It must appear possible to continue swing or circle swing on the HB.
E. Underswing with a $180^{\circ}$ turn to clear support on same bar: Must begin in a clear front support and finish in clear front support.
F. Back Giants: Accelerated giant circles backward into a release element or dismount are technically acceptable. This type of giant uses a "hollow arch" technique and produces an "elliptical" shape rather than a symmetrical circle. It is not required to pass through a stretched vertical position. However, execution errors such as bent arms/legs are unacceptable and will be deducted. If a backward giant is performed with a splitting of the legs through vertical, then placing the feet alternately on the bar to initiate an underswing type element, there is no deduction. This is considered an acceptable technique used to accomplish a late toe-on.
G. Low Bar Giants: It is permissible to bend the knees as the body circles under the LB; however, the legs must begin to straighten as soon as possible and must be completely straight and body stretched by vertical
H. Release elements: such as the Jaeger, Deltchev and Geinger must show good height with shoulders at or above the level of the high bar upon catching the bar. Deduct for amplitude on release elements that show very little flight height and rotation.
I. Elements with flight to arrive in handstand on LB: The handstand position on LB must finish within $20^{\circ}$ of vertical to receive the higher VP credit. If the release element does not finish within $10^{\circ}$ of vertical, but is within $20^{\circ}$, deduct 0.05 . If it finishes at $21^{\circ}$ or more from vertical, recognize it as the lower valued element.
J. Handstand on LB - underswing with $1 / 2\left(180^{\circ}\right)$ turn and flight to HB : may be performed clear or from a toe on (sole circle).
K. \#2.205 Counterswing to Straddle Back over LB: The element must show flight to a hand grasp on the LB. Feet may be placed on the bar for a sole circle or "toe on" action AFTER flight and hand grasp. If feet hit the LB first, or hands and feet hit simultaneously, then recognize it as an "A" element. If the feet contact the floor on the glide (following the grasp of the LB in the Straddle Back), apply the appropriate execution deductions but award "B" Value-part credit for the Straddle Back. Note: these principals are applied to any elements that transfer from the HB to the LB and are followed by a glide kip.
Note: Look for flight (distance of hips from bar) and for the element to finish in an extended body position from shoulder to hips, but it is acceptable to maintain a pike in the hips.
L. Double back flyaway in stretched position: The body position is determined by the body shape maintained throughout the majority of the salto.
M. Swing Forward with $1 / 2$ turn at $45^{\circ}$ above Horizontal (\# 4.101): if the $1 / 2$ turn is completed, $45^{\circ}$ above horizontal, it is considered an element of no value; therefore, would not receive SR of an LA turn. If the swing were under horizontal, a specific execution deduction of 0.10 would also be applied.
N. Clear Circle Swing finish position (the point where the grip slips around the bar)
finish is $\geq 45^{\circ}$ of horizontal $=0.00$
finish is $<45^{\circ}$ of horizontal $=\rightarrow 0.20$ deduction.
an opening of the shoulder angle on the upward part of the circle.
P. Clear Straddle Circle Backward to Clear Support is an "A" element and appears as a straddle seat circle to a straddle "L" position, with no opening of the shoulder angle.
Q. Hop-Grip Flight: in order for an element with a hop-grip change to be considered flight", the hop must show a simultaneous grip change of both hands, finishing within $20^{\circ}$ of handstand (vertical).

1. When performing a cast hop-grip change to handstand, the hop-grip change as well as the handstand position must be completed within $20^{\circ}$ of vertical to be considered as flight for Special Requirement. If the gymnast casts with legs straddled and hops her grip, it will still be considered a flight element, if the handstand position (with the legs joined) and the hop are both completed within $20^{\circ}$ of vertical. If the legs are not closed during the actual hopping phase of the cast, it will still fulfill the requirement of flight provided the above requirements are met.
a) Exceptions: The following elements do NOT fulfill the requirements of the above descriptions of flight elements, but will be considered FLIGHT elements:
i. Straddle cut catch to hang
ii. Backward giant with hop $1 / 1$ turn in handstand phase
b) Backward Giant, Hop with $1 / 2$ turn to SAME grip will NOT be considered flight.
R. Cast squat / stoop / straddle on to LB: in order to be considered an element, it must be followed by a jump to the HB.
S. \# 4.204 Long swing forward with $1 / 2$ turn and flight over LB to hang on LB - This element should catch in an extended body position (shoulders to feet) at horizontal or above for no amplitude deduction.
T. Intentional Early Termination of a bar exercise without executing a dismount element (gymnast swings and jumps off, for example), that the deductions be applied for failure to perform a dismount ( 0.30 ) and for failure to fulfill the dismount Special Requirement (0.50). Do not take 0.50 for a fall.
U. Dismounts from the Feet are not allowed and will not receive Value-part credit.
V. Gymnast attempts a Squat on, falls backward, but stays on the bars and continues the exercise with a glide kip - do not consider it a fall. Use any applicable execution deductions, such as bent legs, arms, touch of floor with feet, etc.
W. Failure to perform both forward and backward circle elements and/or release elements $=0.05$ deduction

Elements that ARE considered Forward Circles or Releases:

- Must move forward around an axis (either around the bar or the breadth axis of the body).

Elements that ARE NOT considered Forward Circles or Releases:

- Geinger and (regular grip) Deltchev
- Clear Underswing on LB, release and counter-movement forward in flight to hang on HB and other variations (like toe-shoot, Stalder shoot to HB) all stem from a BACKWARD circle and never complete a forward $360^{\circ}$ BA turn
- Long swing forward with flight and $1 / 2$ turn over low bar and straddle back to handstand type elements are all initiated with a backward swing or circle.
X. Element \#3.101: Underswing (Clear or Sole Circle) from Low Bar to High Bar catching with feet in front of the body or on the outside of the high bar = A. Element \#3.101 is differentiated from element \#3.301, because element \#3.301 requires counter flight between the bars with the feet behind the hands at the point of contact with the high bar.


Feet must be behind this vertical line, when the HB is caught to receive C credit.
extended) to receive "B" or "D" credit.
Z. "B" Release element with Flight over LB: whenever directly connected (without counterswing) to a "D" or "E" release element on HB, the "B" release will receive "C" value part credit.

AA. Back Uprise directly connected to a Group 3, 6, 7 circling element to Handstand - may be counted as wither one "C" or may be separated into two elements, to the gymnast's benefit.

BB. Back Uprise should finish in a Clear Support position: the shoulders being in front of the bar, the body in a straight position at approximately a $30^{\circ}$ angle from vertical (feet down). Variations result in deductions for body position and amplitude. NO VP credit awarded, if there is NO Clear Support position demonstrated.
CC. Dismount Landings:

1. No deduction will be applied for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension.
2. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and deduction of up to 0.1 would be applied.
3. Landing with feet further than hip-width apart will receive a 0.1 deduction.

DD. Consecutive Sole Circles: not extra swings, but execution and rhythm deductions may be applied if the gymnast performs the sole circle three or more times consecutively.

## EE. Pak Salto:

1. If full support on the feet occurs on the mat BETWEEN the bars after the gymnast catches the low bar, award value part credit for the Pak Salto. However, it is considered a fall, therefore, it is not eligible for bonus.
2. If the gymnast demonstrates full support on the feet on the mat IN FRONT of the low bar (past the vertical line of the low bar), the fall is considered on the glide, not the Pak Salto.
A. Height
$=100-125 \mathrm{~cm} \pm 1 \mathrm{~cm}$, all levels, all ages
wrong specifications... $=0.3 \mathrm{CJ}$
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...... $=9 \prime=24 \mathrm{~cm}, 8^{\prime \prime}=20 \mathrm{~cm}, 4.5^{\prime \prime}=12 \mathrm{~cm}, 4 "=10 \mathrm{~cm}, 3 / 4 \mathrm{inch}=2 \mathrm{~cm}$
E. Mats for Mounts.......... = no plywood allowed under board............................ unauthorized mats..... = 0.3 CJ
3. without board......... $=9$ " landing mats + "up to 8 inch" skill cushion; panel mat OK
4. 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)....... $=0.2 \mathrm{CJ}$
2. Prior to competing.. = may touch board / bar briefly, may not perform an element....................... = 0.2 CJ
B. Timing Exercise:
3. High School......... $=1: 30$, warning at 1:20
4. 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. coach may request "no signal" for their athlete's routine (HS only).
5. Short Exercise...... = less than 30 seconds; missing VP, SR, if no dismount............................. = 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............ $=0.2 \mathrm{CJ}$

## 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.

Coach may stand next to beam (1 element) $=0.1 \mathrm{CJ}$, if coach remains throughout routine.
F. Coach must use manufactured device......... =0.3 CJ, does not remove spotting device (may not use chair).
G. Coach on the beam matting area.............. = 0.5 CJ, (HS only) - one time only deduction

## 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.). Mounting apparatus must be removed... $=0.3 \mathrm{CJ}$ - board not removed after mount / spotting. One element prior to mount allowed...... = 0.2 Each Judge - more than one element performed. Mount Attempts:

B. Dismounts:
3. Dismount after "time" signal.................. = elements will be evaluated.
4. Dismount with Hand Support $\ldots \ldots \ldots \ldots . . . .$.
5. Dismount with No Value / Restricted..... = No VP, 0.5 SR, 0.3 No Dismount. 0.5 RE
6. Fall, early termination......................... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall.
(jump straddle)
5a. Fall, no Salto (not to soles of feet first)... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall.
(fall, does not remount)
(roundoff $\rightarrow$ no salto)
5b. Fall, Salto (not to soles of feet first)........ = No VP, 0.5 SR.......................... 0.5 Fall. (roundoff $\rightarrow$ salto to knees)
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. Difficulty Restrictions........................ $=$ see Level $6,7,8,9,10$ Chart for restrictions and exceptions (see page 5 ).
E. Elements with Fall:
7. With bottom of one or two of feet.... = 0.5 Fall, OK VP / NO Bonus / OK SR, fall on $2^{\text {nd }}$ element of series $=$ OK SR.
8. Without bottom of feet on beam..... = 0.5 Fall, NO VP / NO Bonus / NO SR, fall on $2^{\text {nd }}$ element of series $=$ NO SR.
9. Dismount landing not feet first........ $=0.5$ Fall, NO VP / NO Bonus / NO SR, if no salto action $=0.3$ No Dismount.

## F. Required Technique for VP Recognition

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

## Dance Turns - Saltos with Twists

$$
\begin{aligned}
1^{\circ}-44^{\circ} & =0.05-0.1 \\
45^{\circ}-89^{\circ} & =0.15-0.2 \\
90^{\circ}+\ldots \ldots & =\text { Lesser VP }
\end{aligned}
$$


> Turn is complete when heel drops.
> Twist is complete when feet land.
> Turns $\mathrm{w} /$ less than $360^{\circ}=1^{\circ}$ past $1 / 2$ way

## Split Positions

$$
\begin{aligned}
1^{\circ}-20^{\circ} & =0.05-0.1 \\
21^{\circ}-45^{\circ} & =0.15-0.2 \\
46+^{\circ} \ldots \ldots \ldots & =\text { Lower VP }
\end{aligned}
$$


6. Selected Element Requirements
a. $\quad \ldots . . . . . . . . . . . . . .$. Handstand Mount
$\# 2.110(A)$ - Tuck Jump......................... $=$ Knees at or above horizontal, Knee angle $90^{\circ}$.
$\# 2.111$ (A) - Wolf Hop / Jump
\# 2.102 (B) - Split Jump vs. \# 2.107 Sissone $=2 \mathrm{ft}$. takeoff; 2 ft . vs. 1 or 2 ft . landing, $180^{\circ}$; parallel vs. diagonal
\# 2.202 (B) - Straddle / Side Split $\qquad$ = Cross position $=\mathrm{B}$; Side position $=\mathrm{C}$
\# 2.206 (B) - Pike Jump - cross
$=90^{\circ}$ closure required.
\# 2.305 (C) - Switch Leg Leap $\qquad$ $=<45^{\circ}$ or stag lead leg = A split leap, $<135^{\circ}=$ A leap.
\# 2.307 (C) - Ring Leap/Jump, Stag-Ring.... $=$ Head release past vertical line, rear leg near top of head.
$\# 2.405$ (D) - Switch Side Leap............. $=<45^{\circ}$ or stag lead leg $=C$ side leap, $<135^{\circ}=$ A leap.
$\# 2.405$ (D) - Switch Side Leap................. $=<45^{\circ}$ or stag lead leg $=$ C side leap,$<135^{\circ}=A$ leap.
j. \# 2.407 (D) - Sheep Jump....................... = Head release past vertical line, rear leg near top of head
\# 2.306 (C) - Pike Jump - side.
$=90^{\circ}$ closure required.
k. \# 3.303 (C) - Full Turn - Leg at Horizontal.... $=45^{\circ}$ to lift leg and maintained at horizontal, no hand support.
I. \# 5.306 (C) - Reverse Planche.................. = Legs in same plane, together or straddled, overarch = B.
m. \# 7.310 (C) - Flic $1 / 4$ t. Handstand................... = Flight to Handstand, no flight = lower VP.
\# 7.410 (D) - Flic $3 / 4$ t. Handstand............... = Flight to Handstand, no flight = lower VP.
n. \# 7.312 (C) - Tuck Chen Flic........................ $=90^{\circ}$ hip angle, $90^{\circ}$ 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 $1 / 4$ t. before salto - side landing.
q. \# 8.504 (E) - Layout Salto to 2 feet................ $=$ Good height, stretched past vertical, pike down $\rightarrow 0.2$
r. \# 9.209 (B) - Gainer Back Salto (off the end) = facing outward, reverse dive salto, directional error $\rightarrow 0.3$

## Tuck Jump

- Insufficient tuck position.
$\qquad$ $\rightarrow 0.2$
- Hips greater than $135^{\circ}$ Straight Jump


## Wolf Jump

- Leg below horizontal................ $\rightarrow 0.1$ each
- Hips greater than $135^{\circ}$ $\qquad$ Straight Jump


## Side Split or Straddle Jump

- Insufficient Split $\rightarrow 0.2$
- Legs not parallel to beam/floor.... $\rightarrow 0.2$
- Straddle: Legs not at horizontal... $\rightarrow 0.1$ each
-Less than $135^{\circ}$ $\qquad$ Different Element


## Switch-Leg Leap

- Insufficient Split after leg change $\rightarrow 0.2$
- Lead Leg less than $45^{\circ}$........... Split Leap
- Less than $135^{\circ}$ split Different Element


## Sheep Jump

- Feet at shoulder / upper back...... $\rightarrow 0.1$
- Insufficient Arch........................ $\rightarrow 0.1$
- No head release........................"A" Jump


## Pike Jump

- Insufficient pike position.................. $\rightarrow 0.2$
- Hips greater than $135^{\circ}$ Straight Jump


## Cat Leap

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


## Sissone / Split Jump

- Insufficient split position.................. $\rightarrow 0.2$
- Legs not parallel to floor (split jump)... $\rightarrow 0.2$
- Less than $135^{\circ}$ split ......................Different Element
- Sissone - front leg less than $45^{\circ} \ldots . \quad \rightarrow 0.1$


## Ring Leap / Jump

- Rear foot at shoulder height............. $\rightarrow 0.1$
- Rear foot at hip height................... Split Leap / Jump
- Front leg less than $45^{\circ} \ldots \ldots \ldots \ldots \ldots . . \rightarrow 0.1$
- No Head Release.........................Different Element
- Insufficient Arch $\rightarrow 0.1$
II. SPECIAL REQUIREMENTS (SR) ( 0.5 each, off start value), one element may fulfill more than one SR.

| SR | High School |
| :--- | :--- |
| $1 \ldots \ldots .$. | Acrobatic Series: <br> 2 elements, Group $6 / 7 / 8$ only, "B" acrobatic skill required on ONE skill, start \& finish on beam, no holds |
| $2 \ldots \ldots .$. | One Leap/Jump with $180^{\circ}$ cross or side split |
| $3 \ldots \ldots .$. Full Turn, $360^{\circ}$ on one leg, may be included in dance series |  |
| $4 \ldots \ldots . .$. A - Dismount, Aerial / Salto, land soles of the feet first for VP |  |

III. CLARIFICATIONS REGARDING SERIES: the connection between the elements must be continuous.

1. The $1^{\text {st }}$ element lands on 1 -foot and the $2^{\text {nd }}$ foot steps down behind into a lunge.

- Example of broken series: Back walkover to 1 -foot $\rightarrow$ lunge (front walkover, cartwheel, round-off) broken by either by stepping or leaning forward into the $2^{\text {nd }}$ element.
- Example of possible connections: Back Walkover to 1 -foot $\rightarrow$ step into $2^{\text {nd }}$ back walkover or Flic-flac.

2. The $1^{\text {st }}$ element to 1 -foot $\rightarrow 2^{\text {nd }}$ foot swings forward to step-kick (less than $45^{\circ}$ ) into the $2^{\text {nd }}$ element. (OK series)
3. The $1^{\text {st }}$ element to 2 -feet (not step-out to lunge).

- Example of a broken series: Round-off to 2 feet $\rightarrow$ (front walkover, cartwheel, or round-off); broken by either stepping or leaning forward into the $2^{\text {nd }}$ element.

4. Arms moving to thighs or further back "after landing" will break the series for backward ACRO aeries.
A. Backward Acro Flight Series:

- No stop, must be immediate, delay, loss of balance, reposition support leg, extra step / hop / jump.
- Arms moving as low as the thighs or further will break the series.
B. Non-flight Acro Series or Acro Flight Series with Forward or Sideward Elements, and Counter Acro. Flight Series:
- $\quad \rightarrow 0.2$ Lack of tempo/poor rhythm between the elements performed in a series
C. Dance or Mixed Series: Plie - straightened - Plie between elements, breaks dance series
$\bullet \quad \rightarrow 0.2$ Lack of tempo/poor rhythm between the elements performed in a series.
D. All Series are considered Broken when:
- Stop between elements; Loss of balance; Reposition support leg; Extra step, hop, jump between elements


## IV. SPECIFIC COMPOSITIONAL DEDUCTIONS

| More than 1 Element before Mount | 0.2 |
| :--- | ---: |
| More than 2 Straight Leg (Pivot 1/2t.) Turns | 0.1 |
| More than 2 Wolf / Tuck or 2 Strad. Shapes | ea 0.1 |
| More than 1 Leap / Jump to Front Support | ea 0.1 |
| Acro Not up to Competitive Level | $\rightarrow 0.2$ |
| Lack of Dance Series (min. 2; Gr. 1 ,2, 3) | 0.2 |
| Lack of Acro Element <br> Mount / On Beam (HS only) | 0.3 |
| Lack of Acro Series w/ 2 Flight elem. 0.3 <br> Mount / On the Beam (HS only) $\rightarrow 0.1$ <br> Insufficient Level Changes $\rightarrow 0.1$ <br> Spatially Insufficient Use Entire Beam $\rightarrow 0.1$ <br> Fail to Show Different (For/Side/Back) Directions ea 0.1 <br> Lack of Acro Forward/Sideward \& Backward 0.05 <br> From Groups: 1,6,7,8 $\rightarrow 0.2$ <br> Balance Between Acro \& Dance VP in Dismount $\rightarrow 0.1$ <br> Insufficient Distribution  $\mathbf{l}$ |  |

## V. SPECIFIC EXECUTION DEDUCTIONS

| Insufficient Dynamics | $\rightarrow 0.2$ |
| :--- | ---: |
| Artistry: Original Choreography | $\rightarrow 0.1$ |
| Artistry: Movement Reflects Personal Style | $\rightarrow 0.1$ |
| Artistry: Quality of Expression | $\rightarrow 0.1$ |
| Insufficient Variation Rhythm/Tempo (thruout) | $\rightarrow 0.2$ |
| Relaxed/Incorrect Footwork (non-VP) (thruout) | $\rightarrow 0.2$ |
| Relax./Incorr./Insuff.-Leg/Post./Flex. (thruout) | $\rightarrow 0.3$ |
| Insufficient Sureness of Performance | $\rightarrow 0.2$ |
|  |  |


| Dance (side) fail to land 2 feet together | $\rightarrow 0.1$ |
| :--- | ---: |
| Failure to perform VP Turns on high relevé | $\rightarrow 0.1$ |
|  |  |
| Concentration Pause (more than 2 sec.) | ea 0.1 |
| Rhythm - F/S, Counter, Non FIt., Connections) | $\rightarrow 0.2$ |
| Rhythm - Dance, Mixed Connections | $\rightarrow 0.2$ |
| Hesitation in Jump, Swing, Press Handstand | $\rightarrow 0.1$ |
|  | $\rightarrow 0.1$ |
| Dance - Lack of Precision in Dance VP | $\rightarrow 0.1$ |
| Dance - Incorrect Body Posture | $\rightarrow 0.2$ |
| Legs not Parallel to BB - Split/Straddle Pike | $\rightarrow 0.2$ |
| Insufficient Split - Required (Dance / Acro) | $\rightarrow 0.2$ |
| Insuff. Height of Leaps - Jumps - Hops | $\rightarrow 0.2$ |
| Insuff. Height of Acro Flights, Aerials, Saltos | $\rightarrow 0.3$ |
| Insuff. Height of Salto-Dismounts | $\rightarrow 0.3$ |
| Insufficient Ext (Open) prior to Acro / Dismount |  |
|  | $\rightarrow 0.2$ |
| Body Position on Landing | $\rightarrow 0.2$ |
| Trunk Movement to Control Dismount Landing | $\rightarrow 0.3$ |
| Trunk Movement to Balance Elements on Beam | $\rightarrow 0.3$ |
| Squat on Landing + fall |  |
|  | 0.1 |
| Landing Too Close to Beam on Dismount | $\rightarrow 0.1$ |
| Touch / Brush Foot on Apparatus or Mat | 0.2 |
| Support of 1 leg against side of Beam | 0.3 |
| Supplemental Support contact with mat / | 0.3 |
| board | $\rightarrow 0.3$ |
| Grasp Beam to Avoid a Fall | 0.5 |
| Direction of Gainer Dismount of the End |  |
| Brd Run to approach mount | (each judge) |

Leg positions, posture/body position, and/or amplitude requirements must be fulfilled in order to award the value part as listed. In some cases, appropriate execution and amplitude deductions would be taken rather than recognizing it as a different element.
A. Holds: If an element requiring a 2 -second hold is not held for 2 seconds, it is awarded the value part credit of the root skill.

Example: Press to side handstand - lower to a planche. If the planche position is not held award "B" value part credit for the Press to handstand.
B. Flight Elements: If an element requires flight but fails to show flight (a moment when both the hands and feet are free of the beam), then the element is awarded value part credit for the actual element performed.

Example: Flic-flac performed with no flight may be recognized as a back walkover and awarded an "A" value part.
C. Leaps and Jumps

Determination of Cross or Side Jumps:
The take off position determines whether the leap or jump was performed in a side or cross position.
Example: a Straddle jump with 1/4turn from a take-off position facing the length of the beam is performed. Even though the actual straddle position occurs in the sideward position, this is considered a straddle jump with a $1 / 4$ turn in cross position.
C. Mounts

Clarification for simple mounts, such as jump to front support (or anything comparable) will be valued at " A " for the counting of value parts.
D. Turns

Clarification for completion of turns: Once the heel drops onto the beam during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to heel drop.
F. Cross Position

Cross position is facing the end of the balance beam with shoulders across the width of the balance beam.
G. Side Position

Side position is facing off the side of the balance beam with shoulders parallel with the length of the balance beam.
H. Gainer Saltos Backward:

1. All backward salto DISMOUNTS performed off the end of the beam, but starting facing in towards the length of the beam, may be performed with a two-foot or one-foot (swing through) take off. These are NOT considered Gainer Saltos.
2. All Gainer Saltos backward performed off the side of beam have a one foot take-off (swing through).
3. To be considered a Gainer Salto at the end of the beam, the gymnast must be facing out and performing a salto backward toward the beam (similar to a reserve dive).
I. Scales forward:
4. In order to receive value part credit for \#5.101 and 5.201 (Scale forward), the back leg must be held above horizontal for two seconds.
J. (Beam \& Floor) Technique of Turns on one foot and Leaps/Jumps/Hops with Turns: when evaluating elements based upon less than a $360^{\circ}$ turn (example, wolf jump ${ }^{3 / 4} 4$ ), the gymnast must finish a minimum of $1^{\circ}$ past the half-way mark between the two value parts.
A. Any Jump to Handstand Mount: the legs must be together in vertical, with hips over the shoulders in a balanced position to receive Value Part credit. If this position is not achieved, apply appropriate deductions for insufficient amplitude or, if applicable, recognize the actual value part performed.
B. Split Leap Forward with Leg Change (Switch-leg Leap): The first leg must swing forward to a minimum of $45^{\circ}$ prior to swinging backward to a $180^{\circ}$ split.

If the first leg does not reach $45^{\circ}$, award " A " value part. If there is insufficient split, deduct up to 0.2 or, if applicable, recognize the actual element performed and award the appropriate Value Part credit.
If the gymnast performs a stag-switch leg leap (stags the first leg), award "A" value part.
C. Ring Leap: Requires the rear foot at head height and a release of the head backward.

If the rear foot is at shoulder or upper back height, or front leg below $45^{\circ}$ deduct up to 0.10 each.
If the rear foot is at hip height or if there is no head release, regardless of leg position, it would be considered a scissone ("A").
D. Sheep Jump: Requires the feet at head height. If the feet are shoulder or upper back height, deduct up to 0.10 .

If the feet are hip height or if there is no head release, it would be awarded an "A" value part.
E. Pike Jump: In order to receive value part credit, the only specific requirement is a minimum of $90^{\circ}$ closure. The legs are not required to be at horizontal; however, deductions for lack of height (amplitude) may be taken.
G. Wolf Position: There is no specific angle of closure required for the wolf jumps. The criteria for value part consideration are that the extended leg must be at horizontal or above, and the knees should be together. Wolf jumps must take off from two feet, but may land on either two feet or one foot.
H. Wolf Hop/Jump with Turn: One leg should be extended horizontally forward at one point of the turn. If the turns are incomplete, or the correct leg positions are not shown, recognize the actual element performed, and award the appropriate value part.
I. Reverse Planche: Legs must be in the same plane, either together or straddled. A handstand with a split position used for counterbalance or any other handstands with overarch and legs separated receive "B" credit.
J. Salto Backward Stretched with Legs Together: In order to receive "D" value part credit, this element must display good height and maintain a stretched body position throughout. If a stretched position is maintained past the vertical, but then the body pikes down, deduct up to 0.20 for lack of stretch.
L. Straight Jump, Stretched Jump with Arch and Beat Jump are all considered to be the same element and may only be used twice for value part credit.
M. Pivot Turns between two acrobatic elements will break an acrobatic series.
O. Turns with Free Leg Held above Horizontal from start to finish of Turn. Gymnast must have time to quickly lift the leg into position then the free leg position must be maintained throughout the turn. The free leg may not be held with the hand in order to maintain an above horizontal position.
P. Turns that are described as requiring a Leg Position "above horizontal throughout the turn" shall be described as "at or above horizontal throughout the turn."
Q. \#5.201 Scale on Toe ( 2 second hold required): Scale must begin on toe and hold for a minimum of two seconds before lowering.
R. \#2.110 Tuck Jump: both knees should be at horizontal or above, with a $90^{\circ}$ angle at the hips and knees. If the knees are lower than horizontal and/or there is greater than $90^{\circ}$ angle at the knees, deduct up to 0.2 ( 0.1 for each error). If there is greater than $135^{\circ}$ angle at the hips and greater than $90^{\circ}$ at the knees, then award credit for the actual VP performed. (Consider it an "A" stretch jump with abstract leg position).
S. \#5.203 Balance stand on one foot, free leg in sideward upward hold above $140^{\circ}(2 \mathrm{sec}$.$) : may be performed$ also by holding the leg with the hand.
T. \#4.101, 4.102, 4.103, 4.201, 4.202, 4.203 Group 4 Body Waves: the balance stand requires a 2 second hold. \#4.204 Toe rise: does not require a 2 -second hold.
U. Press Handstand: used as a mount or within the exercise is not required to have a 2 sec . hold to receive VP.
V. \#2.101 Stag-Split Leap and Split Leap on Beam: are considered the same element, both listed with same \#.
W. \#1.208 and 1.308, the Silivas-type mounts, are considered Sideward beam elements for compositional credit.
X. \#5.106 and 5.206, Kick-up to Handstand with pirouette to step down: is not eligible as a Sideward element as it comes from Group 5.
Y. Dismount Landings:

1. No deduction will be applied for landing with feet a maximum of hip-width apart, provided that they join (slide) the heels together on the controlled extension.
2. If the entire foot/feet are sliding or lifted off the floor to join, it is considered a small step and deduction of up to 0.1 would be applied.
3. Landing with feet further than hip-width apart will receive a 0.1 deduction.
A. Skill Cushions.............. $=9$ inches (cushion + sting), two allowed.............must mark covered corners.. $=0.1$ CJ each

C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).
D. Conversion $\ldots \ldots \ldots \ldots \ldots=9 "=24 \mathrm{~cm}, 8^{\prime \prime}=20 \mathrm{~cm}, 4.5^{\prime \prime}=12 \mathrm{~cm}, 4 "=10 \mathrm{~cm}, 3 / 4^{\prime \prime}=2 \mathrm{~cm}$

## 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 $)=0.2 \mathrm{CJ}$
B. Timing Exercise:
4. High School.......... = 1:30, maximum time limit
5. Start................... = first movement of the gymnast.

Stop......................... $=$ final movement of the gymnast.
3. Evaluate.............. = entire routine, regardless of overtime.

5. No Warning........... = is given on floor.
C. Short Exercise:............. = less than 30 seconds, deduct missing VP, SR $\ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots \ldots$

## III. MUSIC REGULATIONS

A. Absence of Music:
= single instrument (live or recorded), orchestra without WORDS (recorded).... = 1.0 CJ
= music with whistles / animal sounds will NOT receive a deduction. no English words, as found in dictionary.com under any possible spelling, spoken or sung.
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.

Note: HS State Tournament will only be accepting iPod, or similar devises and must be in airplane mode.
IV. LINE VIOLATIONS (OUT OF BOUNDS) (Only when there are Line Judges)
A. Out of Bounds........... = touch outside the prescribed area, may tape corners with same color. $\qquad$
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............ = no line violations will be called (HS only).
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 - purposely on the mat. $=0.5 \mathrm{CJ}$ (one time deduction)

Coach on the floor - remove object............. = no penalty.
B. Coach on the floor - no spot............................ $=0.5 \mathrm{CJ}$
C. Coach on the floor - with Spot.................. = $=0.5 \mathrm{CJ}, 0.5$ spot, 0.5 if fall, No VP / No SR / No Bonus
D. Coach on the floor - spot UPON landing...... $=0.5 \mathrm{CJ}, 0.5$ spot, 0.0 if fall, Ok VP / Ok SR / No Bonus
E. Coach Spotting (falling out of bounds)........... = .......... 0.5 spot, 0.0 if fall, Ok VP / Ok SR / No Bonus, if OB $=0.1$
F. Coach / Gymnasts - stand around FX........ $=0.2 \mathrm{CJ}$ (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)

- Bottom of the Feet first $\ldots \ldots \ldots \ldots \ldots . . .$.
- Simultaneous Hands \& Bottom of Feet= 0.5 fall, OK VP
- Not to Bottom of the Feet first .......... = 0.5 fall, No VP
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. Difficulty Restrictions.......................... = see Level 7, 8, 9,10 Chart for restrictions and exceptions (see page 5).
E. Falls, VP credit (not to Bottom of feet)... = No VP / No Bonus / No SR / 0.5 fall / deductions.

Dismounts / Last Salto (SR):

1. Dismount with No Valu
= No VP, 0.5 SR, 0.3 No Dismount.
(repetition, same series)
2. Fall, early termination.
= No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall
3a. Fall, Salto not initiated.
= No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall.
3b. Fall, Salto initiated (not to feet first)
= No VP, 0.5 SR
0.5 Fall.
(fall, does not continue) (roundoff $\rightarrow$ no salto) (roundoff $\rightarrow$ salto to knees)
F. Required Technique for VP Recognition
3. Split Leaps and Jumps.... = require $180^{\circ}$ split

## Split Positions


2. Twisting Saltos...................... $=$ incomplete twist deductions
3. Turns \& Leaps/Jump/Hops $1 / 1 \mathrm{t} .+=$ incomplete turn deductions
4. Leaps/Jump/Hops with $1 / 2$ t......... $=$ minimum half way for credit

## Dance Turns - Saltos with Twists

$1^{\circ}-44^{\circ}=0.05-0.1$
$45^{\circ}-89^{\circ}=0.15-0.2$
$90^{\circ}+$
$+\ldots \ldots$ = Lesser VP

> Turn is complete when heel drops.
> Twist is complete when feet land.
$>$ Turns w/ less than $360^{\circ}=1^{\circ}$ past $1 / 2$ way
4. Specific Element Technique:
a. \# 1.101 (A) - Split Jump vs. \# 1.110 Sissone = 2 ft . takeoff; 2 ft . vs. 1 or 2 ft . landing, $180^{\circ}$; parallel vs. diagonal
b. \# $1.204(B)-$ Switch leg leap.................... $=<45^{\circ}$ or stag lead leg = A split leap, $<135^{\circ}=$ A leap.
c. \# 1.208 (B) - Schushunova....................... $=180^{\circ}$ split, stretch to horizontal.
d. \# 1.210 (B) - Ring / Stag Ring .................. = Head release, Arch, Front Leg $45^{\circ}$
e. \# 1.305 (C) - Switch side leap.................. $=<45^{\circ}$ or stag lead leg = B side leap, $<135^{\circ}=$ A leap.
$=\rightarrow 0.1$ for $1 / 4 \mathrm{t}$ early $=$ Lack of Precision
f. \# 1.309 (c) - Tour Jete 1/2t. / Switch $1 / 1 \mathrm{t}$. = Tour Jete turns away and Switch Leg turns toward the turn
g. \# 1.307 (C) - Popa, straddle jump $1 / 1 \mathrm{t} . \ldots \ldots .$. = straddle $1 / 1 \mathrm{t}$. or split $1 / 1 \mathrm{t}$., legs at or above horizontal.
h. \# $1.308(\mathrm{C})-$ Schushunova $1 / 1 \mathrm{t} . \ldots \ldots \ldots . . . . . . .=1 / 1 \mathrm{t}$. split to prone, $1 / 2 \mathrm{t}$. split $1 / 2 \mathrm{t}$. prone.
i. \# 1.311 (C) - Switch leg ring leap............... = head release past vertical line, rear leg near top of head.
j. \# 2.202 (B) - Full turn with Leg Horizontal.... $=45^{\circ}$ to lift leg and maintained at horizontal, no hand support.
k. ..................Front Saltos (accelerating) = No amplitude deduction for accelerating front saltos

## Tuck Jump

- Insufficient tuck position............ $\rightarrow 0.2$
- Hips greater than $135^{\circ} \ldots \ldots . . .$. . Straight Jump


## Wolf Jump

- Leg below horizontal. $\qquad$ $\rightarrow 0.1$ each
- Hips greater than $135^{\circ}$ $\qquad$ Straight Jump


## Side Split or Straddle Jump

- Insufficient Split $\qquad$ $\rightarrow 0.2$
- Legs not parallel to beam/floor.... $\rightarrow 0.2$
- Straddle: Legs not at horizontal... $\rightarrow 0.1$ each
- Less than $135^{\circ}$. Different Element


## Switch-Leg Leap

- Insufficient Split after leg change $\rightarrow 0.2$
- Lead Leg less than $45^{\circ}$ Split Leap
- Less than $135^{\circ}$ split $\qquad$ Different Element


## Sheep Jump

- Feet at shoulder / upper back..... $\rightarrow 0.1$
- Insufficient Arch....................... $\rightarrow 0.1$
- No head release..........................."A" Jump


## Pike Jump

- Insufficient pike position
$\rightarrow 0.2$
- Hips greater than $135^{\circ}$
Straight Jump


## Cat Leap

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


## Sissone / Split Jump

- Insufficient split position.................... $\rightarrow 0.2$
- Legs not parallel to floor (split jump)... $\rightarrow 0.2$
- Less than $135^{\circ}$ split ...................... Different Element
- Sissone - front leg less than $45^{\circ} \ldots . \quad \rightarrow 0.1$


## Ring Leap / Jump

- Rear foot at shoulder height............ $\rightarrow 0.1$
- Rear foot at hip height. Split Leap / Jump
- Front leg less than $45^{\circ}$ $\rightarrow 0.1$
- No Head Release.......................... Different Element
- Insufficient Arch. $\rightarrow 0.1$
II. SPECIAL REQUIREMENTS (SR) ( 0.5 each, off start value), one element may fulfill more than one SR.


## SR High School

$1 \ldots \ldots . .2$ Salto Series, 3 acrobatic flight elements with 2 saltos, same or different saltos, OR
2 Saltos Directly Connected, same or different saltos
$2 \ldots \ldots \ldots .3$ Different Saltos ( 0.2 each), within the exercise, solo or in series (maybe part of other SR series)
$3 \ldots \ldots .$. . Dance Passage with 2 different Group 1 elements directly or indirectly connected, One $180^{\circ}$ split Leap element with one-foot takeoff
$4 \ldots . . . .$. Acrobatic Series anywhere in routine, with 3 fast flight elements, Series must be in addition to SR \#1.

## III. CLARIFICATIONS REGARDING SERIES

A. Dance in Acro Series
B. Acro in Dance Series
C. Acro Series
D. Dance Passage:
= will break connection, No SR
= will break direct connections, No SR
$=3$ fast flight elements
= direct or indirect connection of two dance elements

1. An Indirect Connection: would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance Value Part elements.
2. No Pauses or Stops: are allowed within the dance passage.

- Example: Using a lunge that pauses prior to a turn on one foot would break the dance passage.

3. Acro Elements: performed between the dance value part elements will break the dance passage.
4. Landing Change: Group 1 elements in the dance passage may land on one or both feet as the first and/or second/last element of the dance passage.

- Example: rebounding out of a leap/jump is allowed and does NOT constitute a pause or stop.

5. Leap with $180^{\circ}$ split:
a. If the cross position is used, it must have the forward leg extended.
b. Only the leap that is used to fulfill the $180^{\circ}$ split requirement may NOT finish in a stag position.
c. If the rear leg finishes in a stag position, it WILL fulfill the Special Requirement.
b. The stride leap forward with change of legs to wolf position (\#1.404) DOES NOT require a $180^{\circ} \mathrm{split}$; therefore it will not fulfill that part of the Special Requirement.
6. Finish Position: the second (or last) element may also land in a prone or split-sit position.

## IV. SPECIFIC COMPOSITIONAL DEDUCTIONS

| More than 2 Wolf / Tuck Shapes | 0.1 |
| :--- | ---: |
| More than 2 Straddle Jump Shapes | 0.1 |
| More than 1 Leap / Jump to Front Support | ea. 0.1 |
|  | $\rightarrow 0.2$ |
| Acro. Not up to Competitive Level | 0.2 |
| Lack of "B" Turn on One Foot |  |
|  | $\rightarrow 0.1$ |
| Insufficient Use of Space (floor pattern) | $\rightarrow 0.1$ |
| Insufficient Use of Direction (F/S/B) |  |
|  | 0.1 |
| Lack of Forw / Side or Back Saltos / Aerials | 0.3 |
| Lack of B Salto |  |
|  | $\rightarrow 0.2$ |
| Lack Balance Between Acro / Dance VP | $\rightarrow 0.1$ |
| Insufficient Distribution of Value Parts |  |

V. SPECIFIC EXECUTION DEDUCTIONS

| Artistry: Original Creative Choreography | $\rightarrow 0.1$ |
| :--- | :---: |
| Artistry: Movement Reflects Personal Style | $\rightarrow 0.1$ |
| Artistry: Quality of Expression | $\rightarrow 0.1$ |
| Insufficient Dynamics throughout | $\rightarrow 0.2$ |
| Insufficient Variations in Rhythm/Tempo (thru) | $\rightarrow 0.2$ |
| Relaxed/Incorrect Footwork (non-VP) (thruout) | $\rightarrow 0.2$ |
| Relax./Incorr./Insuff.-Leg/Post./Flex. (thruout) | $\rightarrow 0.3$ |


|  |  |
| :--- | ---: |
|  |  |
| Failure to perform VP Turns on high relevé | $\rightarrow 0.1$ |
| Dance - Lack of Precision in Dance Elements | $\rightarrow 0.1$ |
| Dance - fail to land with 2 feet together | $\rightarrow 0.1$ |
| Dance - Incorrect Body Position in Dance VP | $\rightarrow 0.1$ |
|  | $\rightarrow 0.2$ |
| Legs Not Parallel to FX - Split or Strad. Pike | $\rightarrow 0.2$ |
| Insufficient Split on Value Parts |  |
|  | ea 0.1 |
| Concentration Pause (more than 2 sec.) Acro | $\rightarrow 0.1$ |
| Rhythm During Exec. of Direct Connections | $\rightarrow 0.2$ |
|  | $\rightarrow 0.2$ |
| Insuff. Height of Leaps - Jumps - Hops | $\rightarrow 0.3$ |
| Insuff. Height of Acro Flights - Aerials | $\rightarrow 0.3$ |
| Insuff. Height of Acrobatic Saltos |  |
| Insufficient Ext (Open) prior to Landing Acro | $\rightarrow 0.2$ |
|  | $\rightarrow 0.2$ |
| Trunk Movements to Control Acro Landings |  |
| Body Posture on Landing | $\rightarrow 0.3$ |
|  | ea 0.05 |
| Music \& Movement non-synchronization (thru) | 0.1 |
| $\bullet$ Music \& Movement Not in Harmony | $\rightarrow 0.2$ |
| $\bullet$ Music \& Movement Not Ended with Music | $\rightarrow$ CJ 1.0 |
| Music \& Movement Poor Relationship thruout |  |
| Music with Words / No Music |  |

A. Split Leap forward with leg change (Switch-leg Leap): The first leg must swing forward to a minimum of $45^{\circ}$ prior to swinging backward to a $180^{\circ}$ split. If the first leg does not attain $45^{\circ}$, award an "A" value part. If there is insufficient split, deduct up to 0.20 or, if applicable, recognize the actual value part performed. If the gymnast performs a stag-switch leap (stags the first leg), award an "A" value part.
B. Schushunova ("B"): Must show $180^{\circ}$ Side Split position, then legs rotate rearward to attain a stretched body position in horizontal before landing. A slight forward lean of the body, rather than a strict vertical torso, is acceptable. If the entire body does not land simultaneously (as a unit) and the gymnast performs a chest roll down, "B" value part credit would be awarded, assuming that the element met the requirements of a straddle jump.
C. Straddle Pike Jump with $360^{\prime}$ turn (Popa)-("C"): Must show a straddle pike jump position in ANY phase of the $360^{\circ}$ turn (legs at or above horizontal). A Side Split ( $180^{\circ}$ ) jump with $360^{\circ}$ turn would also receive " C ".
D. Split leap landing on one foot while holding the front leg to an immediate forward roll. This element will be considered as one "A" gymnastic element.
E. Switch Leg Ring Leap ("C"): The second split must be $180^{\circ}$ with rear foot at head height, upper body arched and head released backward past the vertical line.
If the rear foot is at shoulder or upper back height, deduct up to 0.10 . If the rear foot is to hip height, it would be recognized as a switch leg leap and "B" value part credit would be awarded.
F. Full twisting Schushunova: The side split jump with a full turn must be completed prior to the legs rotating backward in the horizontal plane. The body should show an extended horizontal position in the air prior to the body landing as a unit. If the gymnast fails to fulfill these requirements due to insufficient $1 / 1$ turn or insufficient Schushunova position, a "C" value part will be awarded. \#1.310 The side split jump with $1 / 2$ turn, $1 / 2-1 / 2$ turn or $1 / 1$ turn before side split position to land in front lying support = "C" element
G. Switch leg leap with $1 / 4\left(90^{\circ}\right)$ turn (Switch side leap): The first leg must swing forward to a minimum of $45^{\circ}$, prior to swinging backward to a $180^{\circ}$ split. The $1 / 4$ turn must occur in the air and not prior to the leg swing backward. A $180^{\circ}$ side split position must be attained. Distinct phases (switch leg leap, $1 / 4$ turn and side split position) must be shown.
If the gymnast fails to swing the first leg to a minimum of $45^{\circ}$, award " $B$ " value part for a side leap. Deductions for insufficient amplitude, insufficient $1 / 4$ turn and/or insufficient $180^{\circ}$ side split position may be taken. If the element is not recognizable as a switch side leap, recognize the actual element performed and award the appropriate Value Part credit.
H. All jumps that land in front lying support will retain the same value as the root element, unless specifically listed in the WIAA Gymnastics Rule Book.
I. Wolf Position: There is no specific angle of closure required for the wolf jumps. The criteria for value part consideration are that the extended leg must be at horizontal or above, and the knees should be together. Wolf jumps must take off from 2 feet, but may land on either 2 feet or 1 foot.
J. Saltos landing in a sitting or split-sit position are not considered saltos. If the element lands on 1 or 2 feet and lowers with control to 1 knee , it is considered a salto and will be eligible to fulfill SRs and and/or CVs
K. Turns with free leg held: Gymnast must have time to quickly lift the leg into position then the free leg position must be maintained throughout the turn. The free leg may not be held with the hand in order to maintain an above horizontal position.
L. Turns that are described as requiring a leg position "above horizontal throughout the turn" shall be described as "at or above horizontal throughout the turn."
M. Turn Completion Clarification: Once the heel drops onto the floor during a turn, it is considered complete. Appropriate value part credit is awarded for the degree of turn completed prior to heel drop.
N. Kick-over Front Salto to Sit Clarification: is not considered a salto, and if performed, would not affect the awarding of the Salto Special Requirement.

FLOOR EXERCISE - Specific Element Technique Clarification
O. \#1.101 Stag-Split and Split Leap are the same element.
P. \#1.101 Stag-Split and Split Jump are the same element.
Q. Landings of an Isolated Salto or Last Acrobatic Element:
a. No deduction for landing with feet a maximum of hip width, if
i. Gymnast slides the heels together or
ii. Takes a CONTROLLED step forward out of a forward acro element or
iii. Takes a CONTROLLED step backward to a lunge out of a backward acro element.
b. Do not deduct unless the landing position appears out of control.
A. Equipment specifications: must be published in the pre-meet information if they differ from these equipment norms.
B. Bar Measurements: meet directors must list exact bar measurements in pre-meet information for all meets, including League, District, Sub-District and Regional meets.
C. Boards: all Meet Directors must arrange to have boards that accommodate gymnasts of varying weights. Any boards brought in to a competition must be available to all gymnasts in that session for warm-up and competition.
D. Clearance: it is recommended that there be a clearance of 5' to 6' from one apparatus to any other. This includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
E. Landing Mats: one $10-12 \mathrm{~cm}$ competition landing mat is required; a second $10-12 \mathrm{~cm}$ may be placed on top of the required mat. The maximum height is 24 cm .
F. Landing Mats: 20 cm landing mats maybe used, but are not required.

1. Vault Mats: if 20 cm mats are used, it is recommended that the Meet Director make every effort to also provide one 10-12 cm landing mat.
2. Bars and Beam: in order to use a 20 cm mat, the apparatus must be capable of being raised to account for the difference in mat height.
G. Base mat ( $1 \frac{1}{4} 4$ ): may be used if a 10 cm landing mat is used. When using $12-20 \mathrm{~cm}$ mats, a base mat is not required.
H. Skill Cushions: manufactured skill cushions to a maximum thickness of 8 " are allowed in addition to the maximum allowable landing surface of 24 cm . Whenever a full 8 " skill cushion is used, it must be a minimum of $5^{\prime} \times 10$ ', however, it is recommended that it be as close as possible to the same dimensions as the competition landing mat.
I. Sting Mat: one sting mat may be used in addition to the up to 8 " skill cushions placed on the competition landing mats of 24 cm .
J. Athlete Safety Guidelines: as listed in the USA Gymnastics Safety Manual, should always be considered.
3. Make sure all reasonable safety measures are considered. Examples:
a) Each competitive area must have its own physical space and may not overlap with another competitive area.
b) There cannot be any obstructions on the Floor Exercise Area.
c) There must be sufficient room for mounting, dismounting, and vaulting areas.
d) Procedures for the removal of blood and disinfecting of the apparatus: A solution of 1 part bleach and 10 parts water (or an Anti-viral spray disinfectant) should be available for the removal/disinfecting of blood from the apparatus or matting.
4. Only unaltered manufactured spring boards that meet the specifications of $22 \mathrm{~cm} \pm 1.5$ cm are approved for competitions. The height of the board is measured from the floor to the highest point of the board, including the covering.
5. Plywood is not permitted underneath the board.
6. Mounts on Bars and Beam: a spring board can be used and the board must be removed as soon as possible after the gymnast has mounted
a) The board may be placed on up to 24 cm of competition landing mats. It may also be placed on a sting mat or a 4 " throw mat; however, it may not be used on an 8 " skill cushion.
b) For standing mounts: The gymnast may stand (without a board) on one or two competition landing mats, and may also stand on an "up to 8" skill cushion" (sting or throw mat
c) A manufactured mount mat (mount trainer) may be used instead of a board.
d) Folded panel mats may be used as a mounting surface for Beam and Bars. Must be removed after mount. May not be placed on an 8 -inch skill cushion.
L. Raised Spotting Surface: it is recommended that a spotting block or folded mat be used; however, there is no penalty for standing on the board, provided that the board (or spotting device) is removed immediately after the release move is performed. A 0.30 deduction will be taken if the spotting device is not removed.
A. Vault Table Specifications
7. Athletes may use the vault table at any height up to a maximum $135 \mathrm{~cm}( \pm 1 \mathrm{~cm})$.
8. Vault Tables with two pistons must have both set at the same number of notches.
9. Matting must be used to cover the upright of the vault table as well as to cover any weights placed on the base for stability.
B. Runway:
10. Minimum of $76^{\prime}$, maximum of $82^{\prime}$.
11. The tape measure is placed at the point even with the front edge of the table (drop a vertical line from the near edge of the Table closest to the board).
12. Allow athletic tape, Velcro strips or small chalk marks to be placed across the width of the vault runway. The markings should be removed no later than at the end of the rotation. None of the above may be wider than 2 inches.
C. Round Off Entry Vault Safety Zone:
13. Use of the safety zone mat is required for all Round-off Entry Vaults. It must be placed snugly around the board so that there is no space between the board and the safety zone.
14. It may also be used for all other vaults. It does not have to fit snugly around the board.
D. Mat specifications:
15. Landing area: a minimum of $8^{\prime} \times 12$ must be matted with a $1 \frac{1}{4}$ " base mat or with 12 cm landing mats.
16. One sting mat or manufactured Round-off entry hand placement mat may be placed on the vault runway for any vault. Manufactured mat $\leq 2$ inches may not be placed on the board.
E. Clarification - Round-off Entry Hand Placement Mats and Safety Zone Mats:
17. The Round-off entry hand placement mat and the safety zone mat are NOT considered part of the vault apparatus. If a Round-off entry hand placement mat slips on the runway, it is NOT considered apparatus or personal equipment failure. It is the coaches' responsibility to make sure the mat is placed properly and the Velcro is secure. The tape measure is also part of the coaches' responsibility.
18. If the gymnast runs over or touches the hand placement mat (or the safety zone mat) with or without executing a vault, this should be considered one of the three vault approaches / attempts allowed. Do not void the vault.
A. Specifications: High bar: $250 \mathrm{~cm} \pm 1 \mathrm{~cm}$ : Low bar $170 \mathrm{~cm} \pm 7 \mathrm{~cm}$; distance between the bars must close to a minimum of 130 cm and extend to a maximum spread of 180 cm :
19. Measurement: bar height from the floor to the top of the rail; spread is measured using a plumb line.
20. Height Adjustments: based on the best interest of the gymnast's safety, it is permissible to adjust the High Bar and/or Low Bar to a height which exceeds (or is lower than) the specifications, provided that after such adjustment, the bars remain within the allowances identified by the apparatus manufacturer and the rails must be adjusted only to a position that locks-in with a dual locking mechanism.
21. Spread: the distance between the bars may be set to the preference of the athlete, provided that after such adjustment, the bars remain within the allowances identified by the manufacturer of the apparatus.
22. Fiberglass Rails with wood covering are required for all meets. Round fiberglass rails are allowed at all competitions. Diameter: $39 \mathrm{~mm} \pm 1 \mathrm{~mm}$
23. Bar Base Extensions: may be used at local or invitational competitions. They may not be used at any qualifying or championship tournaments and visiting schools must be informed before the competition.
B. Mount Specifications:
24. Measured from a plumb line dropped from the rail.
25. 18' minimum is allowed (No maximum).
C. Mat Specifications:
26. Minimum matting is $71 / 2^{\prime}$ by 36 .
A. Specifications: $100 \pm 1 \mathrm{~cm}$ to $125 \pm 1 \mathrm{~cm}$ total height, measured from the floor to the top of the beam. For competition the balance beam legs must be placed on the floor or a stable surface
27. Padded manufactured beams are required at all competitions.
28. It is strongly recommended that padding for the Beam uprights be used if available from the manufacturer.
29. The Beam must be adjustable to 125 cm in height to use the 20 cm mat.
B. Mount specifications:
30. 18 ' minimum (No maximum)
31. It is strongly recommended that the entire mounting area be level.
C. Mat specifications: requires 12 cm and suggests 20 cm mat thickness.
32. Landing area - minimum $71 / 2^{\prime} \times 12^{\prime}$ at each end and a matted area 15 ' wide by $15 \frac{1}{2} 2^{\prime}$ long under the beam. An 8' wide mat for dismount area is recommended.

## V. FLOOR EXERCISE

A. Resolite or Wrestling Mat type surface is permitted.
B. Specifications: $12 \mathrm{~m} \times 12 \mathrm{~m}$ (39' $47 / 16^{\prime \prime} \times 39^{\prime} 47 / 16$ "). The measurement is from the outside of the tape or where the carpet changes color. The floor surface must be a minimum of $1 \frac{1}{4}$ " thick $(3.2 \mathrm{~cm})$ to a maximum of 7 " thick $(17.8 \mathrm{~cm})$. The top of the mat must be joined into one continuous level surface.
C. Carpeting: if is used, $1 / 4$ " pile is maximum height recommended.
D. Additional Mats: up to two manufactured skill cushions (maximum thickness of 8 ") may be used. If the skill cushion is 8 " in thickness, it must be a minimum of 5 ' $\times 10$ '. A "sting" mat may also be used on top of the up to 8" skill cushions.
E. Moving Mats: if the gymnast uses an additional mat(s) on floor exercise, the mat(s) is not required to be removed during the exercise.
F. Boundary Lines Marked: whenever additional matting is placed on the FX area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s). Failure to mark the mat will result in a 0.1 deduction. No warning is necessary.
G. Tumbling "strip" for Warm-ups: when used in place of a full floor exercise area for warm-ups conducted in a separate gym, it must be constructed of the same materials as the spring floor used in the competition gym and must be a minimum of 56 '.

GROUP 1: HANDSPRING, YAMASHITA


GROUP 2: CUERVO / SALTO FORWARD
2.301 Handspring $\rightarrow$ Front Tuck . . . . . . . . . . . . . . . . 10.0
2.302 Handspring $\rightarrow$ Front Tuck $1 / 2$ t. . . . . . . . . . . . . . 10.0
2.303 Handspring $\rightarrow 1 / 2$ t. Back Tuck . . . . . . . . . . . . 10.0
2.304 Handspring $\rightarrow$ Front Pike . . . . . . . . . . . . . . . . . 10.0
2.310 Hsp.on Hsp. $\rightarrow$ Front Tuck . . . . . . . . . . . . . . . . . . 10.0
2.311 Hsp.on Hsp. $\rightarrow$ Front Pike. . . . . . . . . . . . . . . . 10.0
2.402 Handspring $\rightarrow$ Front Tuck $1 / 1$ t. . . . . . . . . . . . 10.0
2.403 Handspring $\rightarrow 1 / 2$ t. Back Tuck $1 / 2$ t. . . . . . . . . . 10.0
2.404 Handspring $\rightarrow$ Front Pike $1 / 2$ t. . . . . . . . . . . . . . 10.0
2.405 Handspring $\rightarrow 1 / 2$ t. Back Pike . . . . . . . . . . . . 10.0
2.406 Handspring $\rightarrow$ Front Layout . . . . . . . . . . . . . . . 10.0
2.407 Handspring $\rightarrow$ Front Layout ½ t. . . . . . . . . . . . 10.0
2.407 Handspring $\rightarrow 1 / 2$ t. Back Layout . . . . . . . . . . 10.0
2.408 Handspring $\rightarrow$ Front Pike $1 / 1$ t. . . . . . . . . . . . 10.0
2.409 Full on $\rightarrow$ Front Tuck . . . . . . . . . . . . . . . 10.0
2.410 Hsp.on Hsp. $\rightarrow$ Front Tuck ½ t. . . . . . . . . . . . . . 10.0
2.501 Handspring $\rightarrow$ Double Front . . . . . . . . . . . . . . 10.0
2.502 Handspring $\rightarrow$ Front Tuck $1-1 / 2$ t. . . . . . . . . . . 10.0
2.507 Handspring $\rightarrow$ Front Layout $1 / 1$ t. . . . . . . . . . . 10.0
2.508 Handspring $\rightarrow$ Front Layout 1-1/2 t. . . . . . . . . . 10.0
2.509 Full on $\rightarrow$ Front Pike . . . . . . . . . . . . . . . . 10.0
2.607 Handspring $\rightarrow$ Front Layout $2 / 1$ t. . . . . . . . . . . 10.0
2.609 Full on $\quad \rightarrow$ Front Layout . . . . . . . . . . . . . . 10.0

GROUP 3: TSUKAHARA ( $1 / 4 \mathrm{t} .-1 / 2 \mathrm{t}$. ON)
3.201 Tsukahara $\rightarrow$ Back Tuck . . . . . . . . . . . . . . . . . 9.9
3.302 Tsukahara $\rightarrow$ Back Tuck 1/1 t. . . . . . . . . . . . . 10.0
3.303 Tsukahara $\rightarrow$ Back Pike . . . . . . . . . . . . . . . . . . 10.0
3.304 Tsukahara $\rightarrow$ Back Layout . . . . . . . . . . . . . . . 10.0
$3.3061 / 2$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Tuck . . . . . . . . 10.0
3.306 Tsukahara $\rightarrow$ Back Tuck $1 / 2$ t. . . . . . . . . . . . . . . 10.0
$3.3071 / 2$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Pike . . . . . . . . . 10.0
3.307 Tsukahara $\rightarrow$ Back Pike $1 / 2 \mathrm{t}$. . . . . . . . . . . . . . 10.0
3.402 Tsukahara $\rightarrow$ Back Tuck 1-1/2 t. . . . . . . . . . . . 10.0

GROUP 3: TSUKAHARA (1/4 t. $-1 / 2$ t. ON)

### 3.404 Tsukahara $\rightarrow$ Back Layout 1/1 t. . . . . . . . . . . 10.0

$3.4071 / 2$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Layout . . . . . . 10.0
3.407 Tsukahara $\rightarrow$ Back Layout $1 / 2$ t. . . . . . . . . . . . 10.0
3.504 Tsukahara $\rightarrow$ Back Layout 1-1/2 t. . . . . . . . . . 10.0
3.505 Tsukahara $\rightarrow$ Back Layout $2 / 1$ t. . . . . . . . . . . 10.0
$3.5071 / 2$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Layout $1 / 2 \mathrm{t}$. . . . 10.0
$3.5091 / 2$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Tuck $1 / 2 \mathrm{t}$. . . . . 10.0
$3.510 \frac{1}{2}$ or $1 / 4 \mathrm{t}$. on $\rightarrow 1 / 2$ or $3 / 4 \mathrm{t}$. Front Tuck $1 / 1 \mathrm{t}$. . . . 10.0
3.605 Tsukahara $\rightarrow$ Back Layout 2-1/2 t. . . . . . . . . . 10.0

GROUP 4: ROUNDOFF ENTRY
4.101 Roundoff $\rightarrow$ Repulsion . . . . . . . . . . . . . . 7.5
4.102 Roundoff $\rightarrow$ Repulsion $1 / 2 \mathrm{t}$. . . . . . . . . . . 9.0
4.201 Roundoff $\quad \rightarrow$ Back Tuck. . . . . . . . . . . . . . 9.9
4.302 Roundoff. $\quad \rightarrow$ Back Tuck 1/1 t. . . . . . . . . . 10.0
4.303 Roundoff $\rightarrow$ Back Tuck 1-1⁄2 t. . . . . . . . . . 10.0
4.304 Roundoff. $\rightarrow$ Back Pike . . . . . . . . . . . . . . 10.0
4.305 Roundoff $\rightarrow$ Back Layout . . . . . . . . . . . . 10.0
4.306 Roundoff $\rightarrow$ Back Layout 1/1 t. . . . . . . . . 10.0
4.307 Roundoff $\quad \rightarrow 1 / 2 \mathrm{t}$. Front Tuck . . . . . . . . . 10.0
4.307 Roundoff $\rightarrow$ Back Tuck ½ t. . . . . . . . . . . 10.0
4.308 Roundoff $\quad \rightarrow 1 / 2$ t. Front Pike ........... 10.0
4.308 Roundoff $\rightarrow$ Back Pike $1 / 2 \mathrm{t}$. . . . . . . . . . . . 10.0
4.309 Roundoff $\quad \rightarrow 1 / 2$ t. Front Layout . . . . . . . . . 10.0
4.309 Roundoff $\rightarrow$ Back Layout $1 / 2 \mathrm{t}$. . . . . . . . . . 10.0
4.312 Roundoff $\rightarrow 1 / 1$ t. ...................... . 9.4
4.313 Roundoff $\rightarrow$ 1½t....................... 9.6
4.403 Roundoff $\rightarrow$ Back Tuck 2/1 t. . . . . . . . . . 10.0
4.406 Roundoff $\rightarrow$ Back Layout 1-1/2 t. . . . . . . . 10.0
4.412 Roundoff $\rightarrow 2 / 1$ t. . . . . . . . . . . . . . . . . . . 10.0
4.506 Roundoff $\quad \rightarrow$ Back Layout $2 / 1$ t. . . . . . . . . 10.0
4.606 Roundoff $\quad \rightarrow$ Back Layout 2-1/2 t. . . . . . . . 10.0
4.607 Roundoff $\quad \rightarrow 1 / 2 \mathrm{t}$. Front Tuck $1 / 2 \mathrm{t}$. . . . . . . . 10.0
4.608 Roundoff $\quad \rightarrow 1 / 2$ t. Front Pike $1 / 2$ t. . . . . . . 10.0

GROUP 5: ROUNDOFF 1/2t. or $1 / 1 \mathrm{t}$. ENTRY
5.101 Roundoff $1 / 2 \rightarrow$ Handspring . . . . . . . . . . . . . . 9.4
5.201 Roundoff $1 / 2 \rightarrow 1 / 1$ t. . . . . . . . . . . . . . . . . . . . 9.7
5.202 Roundoff $1 / 2 \rightarrow 11 / 2$ t. . . . . . . . . . . . . . . . . . . 9.9
5.301 Roundoff $1 / 2 \rightarrow$ Front Tuck . . . . . . . . . . . . . . . 10.0
5.307 Roundoff Full $\rightarrow$ Full Twist . . . . . . . . . . . . . . . 9.8
5.401 Roundoff $1 / 2 \rightarrow$ Front Tuck $1 / 2$ t. . . . . . . . . . . 10.0
5.402 Roundoff $1 / 2 \rightarrow 1 / 2 t$. Back Tuck.......... . . 10.0
5.403 Roundoff $1 / 2 \rightarrow$ Front Pike . . . . . . . . . . . . . . 10.0
5.404 Roundoff $1 / 2 \rightarrow$ Front Pike $1 / 2 \mathrm{t}$. . . . . . . . . . . 10.0
5.405 Roundoff $1 / 2 \rightarrow 1 / 2$ t. Back Pike . . . . . . . . . . . 10.0
5.406 Roundoff $1 / 2 \rightarrow$ Front Layout . . . . . . . . . . . . 10.0
5.408 Roundoff Full $\rightarrow$ Back Tuck . . . . . . . . . . . . . . 10.0
5.409 Roundoff Full $\rightarrow$ Back Pike . . . . . . . . . . . . . 10.0
5.410 Roundoff Full $\rightarrow 1 / 2 \mathrm{t}$. Front Tuck . . . . . . . . . . 10.0
5.420 Roundoff $1 / 2 \rightarrow 2 / 1$ t. . . . . . . . . . . . . . . . . . 10.0
5.501 Roundoff $1 / 2 \rightarrow$ Front Tuck $1-1 / 2$ t. . . . . . . . . 10.0
5.505 Roundoff $1 / 2 \rightarrow 1 / 2 \mathrm{t}$. Back Layout . . . . . . . . . 10.0
5.505 Roundoff $1 / 2 \rightarrow$ Front Layout $1 / 2$ t. . . . . . . . . 10.0
5.509 Roundoff Full $\rightarrow$ Back Layout . . . . . . . . . . . . . 10.0
5.510 Roundoff Full $\rightarrow$ Back Tuck 1/1 t. . . . . . . . . . 10.0
5.511 Roundoff Full $\rightarrow$ Back Layout 1/1 t. . . . . . . 10.0

|  | MOUNTS |  | MOUNTS |  | MOUNTS |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 1.101 | Kip LB / Reverse Grip / Glide 1/2t. Kip | 1.201 | Kip --> catch HB, Kip --> 1/2t. catch HB | 1.301 | Kip --> 1/1t. catch HB |
| 1.102 | Jump 1/2t. Kip LB | 1.202 | Jump 1/2t. Kip $\rightarrow$ - HB / --> 1/2t. HB, 1/2t. Back Kip | 1.302 | Jump 1/2t. Kip --> 1/1t. HB |
| 1.103 |  | 1.203 | Jump 1/1t. Kip LB | 1.303 | Jump 1/1t. Kip --> Catch HB |
| 1.104 | Stoop (Sit) / Back Kip, LB --> HB, --> 1/2t. | 1.204 | Kip Cut Catch, Stoop/Strad (Clear) LB ->HB, ->1/2t. | 1.304 | Stoop LB --> Cut Catch HB / Stoop 1/1t. --> HB |
| 1.105 |  | 1.205 | Reverse Kip / LB -->catch HB | 1.305 |  |
| 1.106 | Jump to HB - Kip / Reverse Grip / Drop to LB | 1.206 | HB - Jump 1/2t. Kip / Free Jump 1/2t. --> LB to HB | 1.306 | Jump 1/2t. over LB --> Kip to HB |
| 1.107 | Jump 1/2t. - 1/1t. HB hang | 1.207 | Jump HB - B. Salto Tuck / Straddle --> LB | 1.307 | HB - Front Salto - HB hang; HB - B. Salto Tuck / Strad --> LB |
| 1.108 | Squat or Straddle Vault LB --> HB | 1.208 | Free Straddle or Tuck over LB --> HB | 1.308 | Jump Free Straddle LB --> 1/2t. (free) to L-grip HB |
| 1.109 |  | 1.209 | Hecht Jump (legs together) LB --> HB | 1.309 |  |
| 1.110 |  | 1.210 |  | 1.310 | Front Salto --> LB sit, LB L-Hang |
| 1.111 |  | 1.211 | Roundoff Straddle over LB | 1.311 | Roundoff over LB --> HB hang |
| 1.112 |  | 1.212 |  | 1.312 |  |
| 1.113 |  | 1.213 |  | 1.313 |  |
| 1.114 |  | 1.214 | Jump Bent Hip Handstand - LB | 1.314 | Jump Bent Hip Handstand LB - 1/2t. |
| 1.115 |  | 1.215 | Jump HB - Underswing 1/2t. --> LB | 1.315 | Jump HB - Clear Hip to Handstand (Rev, Mix, Reg) |
|  |  |  |  |  |  |
|  | CAST \& UPRISES |  | CAST \& UPRISES |  | CAST \& UPRISES |
| 2.101 | Cast to $21^{\circ} /$ with $1 / 2$ t. | 2.201 | Cast Handstand bent / extend | 2.301 | Cast Handstand (bent/ext.) - Hop Rev.,1/2t., 1/1t. Healy |
| 2.102 | Cast Squat, Stoop, Straddle on LB --> HB | 2.202 | Cast Free Straddle LB -> HB, Free Stoop 1/2t. HB | 2.302 | HB - Uprise Straddle or Rear Vault --> over HB (Schier) |
| 2.103 |  | 2.203 | HB - Uprise to Clear / Turning 1/2t. Uprise to Clear | 2.303 | HB - Uprise Handstand, Uprise 1/2t., 1/1t. Healy |
| 2.104 |  | 2.204 | HB - Swing 1/1t. Hang HB | 2.304 | HB - Cast 1/1t. hang (Caslavska Pirouette) |
| 2.105 |  | 2.205 | HB - Counterswing Straddle / Pike Back --> LB | 2.305 | HB - Counterswing --> LB Handstand, 1/2t. IN |
| 2.106 |  | 2.206 | without counterswing (from D/E release $=C$ ) | 2.306 | HB - Counterswing 1/2t. --> LB clear (Pritchard) |
|  |  |  |  |  |  |
|  | UNDERSWINGS \& CLEAR HIPS |  | UNDERSWINGS \& CLEAR HIPS |  | UNDERSWINGS \& CLEAR HIPS |
| 3.101 | LB Undersw.--> HB Front of Vert. Hang (HS) | 3.201 | LB - Underswing / Clear 1/2t. --> HB hang | 3.301 | LB - Clear Swing --> F. Counter to HB, --> 1/2t |
| 3.102 | HB - Underswing 1/2t. hang | 3.202 | HB - Underswing / Clear 1/2t. Flair, 1/2t. Clear | 3.302 | HB - Underswing / Clear 1-1/2t. hang |
| 3.103 |  | 3.203 | HB - Underswing (toe-on) 1/2t. --> LB | 3.303 | HB Handstand Underswing (toe-on) 1/2t. --> LB |
| 3.104 | removed Clear Hip Back Circle below Horizonta | 3.204 | Clear Back Hip Circle | 3.304 | Clear Hip Handstand |
| 3.105 |  | 3.205 |  | 3.305 | Clear Hip Handstand 1/2t. IN, 1/2t. Higgins, 1/1t. Healy |
| 3.106 | HB Inverted Pike swing - dislocate hang | 3.206 |  | 3.306 | HB - Inverted PikeDislocate, Hop Hst., --> LB (Schleudern) |
| 3.107 |  | 3.207 | Clear Hip Forw. above horiz. bent/extend hips (Weiler. | 3.306 | HB - Dislocate Underswing 1/2t. --> LB (Tai) |
| 3.108 |  | 3.208 |  | 3.308 |  |
|  | BACK GIANTS |  | BACK GIANTS |  | BACK GIANTS |
| 4.101 | HB - Back Swing 1/2t. @ 450 vertical | 4.201 | HB - Back Swing 1/1t. @ horizontal, L-grip | 4.301 | HB - Back Swing 1-1/2t. @ 450 vertical |
| 4.102 | HB - Long Hang Pullover, LB Back Giant | 4.202 | HB - Back Giant, Cross Grip, Bent Hip, One-arm | 4.302 | HB - Back Giant Hop IN - Grip Change |
| 4.103 | (Note: all LB Giants with extended | 4.203 | LB - Back Giant 1/2t. Handstand | 4.303 | HB - Giant 1/2t., 1/2t.-1/2t., 1/1t. Healy, LB 1/1t.(Borkan) |
| 4.104 | body \& legs = HB Giant values) | 4.204 | HB - Bail Swing 1/2t. --> LB (from D/E release $=$ C) | 4.304 | HB - Handstand Bail Swing 1/2t. --> LB |
| 4.105 |  | 4.205 | catch with extended body at horizontal | 4.305 |  |
| 4.206 |  | 4.206 | HB - Swing B. Salto Roll Tuck / Strad. --> LB/Clear | 4.306 | HB - B. Salto T./Str.--> LB/Clear, 1/2t. --> LB mix (Cullinan) |
| 4.207 |  | 4.207 |  | 4.307 | LB - B. Giant 1/2t. Tuck --> HB hang (Laumann) |
|  | FRONT GIANTS |  | FRONT GIANTS |  | FRONT GIANTS |
| 5.101 |  | 5.201 | HB - Handstand Front Giant 1/1t. @ horizontal | 5.301 |  |
| 5.102 |  | 5.202 | LB - Front Giant, 1/2t. (handstand to handstand) | 5.302 | HB - Front Giant, Hop, 1/2t., 1/1t. Healy, LB 1/1t. |
| 5.103 |  | 5.203 |  | 5.303 | HB - Front Giant (reg./rev.) --> over LB |
| 5.104 |  | 5.204 |  | 5.304 | HB - B. Giant (cross grip) 1/2t. Front Giant, 1/2t. (Shahaf) |
| 5.105 |  | 5.205 |  | 5.305 | LB - Front Giant --> Front Salto HB |
| 5.106 |  | 5.206 |  | 5.306 | HB - F. Giant (rev.) Free stoop/str. 1/2t. HB (Wenning/Volpi) |
| 5.107 |  | 5.207 |  | 5.307 |  |
|  | STALDERS |  | STALDERS |  | STALDERS |
| 6.101 | Clear Straddle Forward - Clear Support | 6.201 | Clear Straddle Forward --> HB, 1/2t., Clear Support | 6.301 | F. Stalder, 1/2t. IN, 1/1t. Healy, Kip Str. 1/2t.(Chow) |
| 6.102 |  | 6.202 | Clear Straddle Back HB --> LB, 1/2t. Catch HB | 6.302 | HB - Clear Straddle Circle Forward --> over LB |
| 6.103 |  | 6.203 |  | 6.303 | Front Stalder (L-Grip) to Clear Support |
| 6.104 | Clear Straddle Back - Clear "L" Support | 6.204 | Clear Back Stadler Circle - Clear Support | 6.304 | Back Stalder, 1/2t. IN, 1/1t. Healy |
| 6.105 |  | 6.205 |  | 6.305 | LB - Back Stalder Release --> HB (Ray), Hecht --> HB |
|  | CIRCLES \& HECHTS |  | CIRCLES \& HECHTS |  | CIRCLES \& HECHTS |
| 7.101 | Hip Circle F/B (with or without support) | 7.201 |  | 7.301 | LB - Clear Hip Hecht --> HB, -->1/2t. |
| 7.102 | Free Back Hip "false pop" -> regrasp bar | 7.202 | LB - Back Hip --> free straddle to sit (Korbut) | 7.302 | LB - Back Hip Circle Hecht --> 1/2t. HB, --> 1/1t. HB |
| 7.103 | Sole Circles F/B, Tuck/Pike, LB -->HB | 7.203 | HB - Piked Back Sole Circle --> LB stand | 7.303 |  |
| 7.104 | Front Seat Circle / LB --> HB | 7.204 | LB - Front Seat -> 1/2t., HB Stoop ->1/2t. / P. Salto | 7.304 |  |
| 7.105 |  | 7.205 | Front Seat Circle --> Straddle Cut Catch | 7.305 | HB - (F/B) Pike Cut --> LB, LB - F. Seat --> Cut HB |
| 7.106 | Back Seat Circle / LB --> HB | 7.206 | LB - Back Seat --> 1/2t. HB, HB - Back Seat --> LB | 7.306 | HB - Clear Back Pike Circle - Clear (Steinmann circle) |
| 7.107 |  | 7.207 |  | 7.307 |  |
| 7.108 |  | 7.208 |  | 7.308 | Front Pike Sole Circle - Handstand, 1/2t. IN, 1/1t. Healy |
| 7.109 |  | 7.209 | Piked Back Sole Circle - Clear Support (toe on-off) | 7.309 | Back Pike Sole Circle - Handstand, 1/2t. IN, 1/1t. Healy |
| 7.110 |  | 7.210 |  | 7.310 | LB - B. Pike Sole Circle --> Counter HB, 1/2t. (Reinhardt) |
| 7.111 |  | 7.211 |  | 7.311 |  |
| 7.112 |  | 7.212 |  | 7.312 |  |
| 7.113 |  | 7.213 |  | 7.313 | LB - Clear Back Pike --> Hecht / Counter to HB |
|  | DISMOUNTS |  | DISMOUNTS |  | DISMOUNTS |
| 8.101 | HB - Toe-on or Clear, 1/2t., 1/1t. | 8.201 | HB - Toe-on or Clear 1-1/2t., 2/1t. | 8.301 | HB - Toe-on or Clear Front Salto T/P, 1/2t. |
| 8.102 |  | 8.202 |  | 8.302 | Underswing / Clear 1/2t. B. Salto T/P (Comaneci) |
| 8.103 | HB - Flyaway - Back Salto T / P / S | 8.203 | Flyaway - Back Salto T/P/S, 1/2t.,1/1t. | 8.303 | Flyaway - Back Salto T/P/S 1-1/2t, 2/1t. |
| 8.104 |  | 8.204 |  | 8.304 | Double Back Salto - Tuck or Pike |
| 8.105 |  | 8.205 |  | 8.305 |  |
| 8.106 |  | 8.206 |  | 8.306 |  |
| 8.107 | HB - F.Giant - F. Salto T / P / | 8.207 | Clear Front Straddle / Giant - Front Salto 1/2t., 1/1t. | 8.307 | F.Giant - F.Salto, T. 1-1/2t., 2/1t., Str.1-1/2t. (Pechstein) |
| 8.108 | (allowed to counterswing into F. Salto) | 8.208 | Hecht or Clear Hecht | 8.308 | Hecht 1/1t. or Clear Hecht 1/1t. |
| 8.109 |  | 8.209 | Cast Near Handstand - F. Salto Tuck | 8.309 | Cast Near Handstand - F. Salto Pike, B. Salto T/P |
| 8.110 |  | 8.210 | Straddle Cut --> Whip-Salto (LB/HB) T/P/S (Tanac) | 8.310 | Clear Hip / Giant - B. Salto (Gonzales), Tanac 1/1t., 1-1/2t. |
|  |  |  |  |  | Back Giant 1/2t. - Back Salto Tuck |


|  | MOUNTS |  | MOUNTS |
| :---: | :---: | :---: | :---: |
| 1.401 |  | 1.501 |  |
| 1.402 |  | 1.502 |  |
| 1.403 |  | 1.503 |  |
| 1.404 |  | 1.504 |  |
| 1.405 |  | 1.505 |  |
| 1.406 |  | 1.506 |  |
| 1.407 |  | 1.507 |  |
| 1.408 |  | 1.508 |  |
| 1.409 |  | 1.509 |  |
| 1.410 | Free Front Tuck / Pike Salto over LB --> HB hang, 1/2t. --> LB Hang | 1.510 |  |
| 1.411 | Roundoff over LB --> 1/1t. HB hang | 1.511 |  |
| 1.412 | Roundoff Back Tuck --> LB (Jentsch), LB Handstand (Gonzalez) | 1.512 | Roundoff Flic Flac 1/1t. Clear / Handstand LB (Gurova) |
| 1.413 | Roundoff Arabian Tuck / Pike - LB sit | 1.513 | Roundoff Arabian Tuck / Pike over LB --> HB |
| 1.414 | Bent Hip Handstand 1/1t., Extended Handstand or 1/2t. IN | 1.514 |  |
| 1.415 | Jump HB - Clear Hip Handstand 1/2t. IN (McNamara) | 1.515 |  |
| 1.416 | Jump LB - Clear Support in Rev grip - Clear Hip Circle Forward Hst. 1/2t. (Garner) |  |  |
|  | CAST \& UPRISES |  | CAST \& UPRISES |
| 2.401 | Cast Handstand 1/1t. (Pacheco), Hop to L-grip, 1-1/2t. Healy, 1-1/2t. (Miller) | 2.501 |  |
| 2.402 | LB in/out - Cast Front Salto --> HB (Brause), B. Giant 1/2t.-1/2t. Rear Vault HB | 2.502 | LB - Cast Front Salto 1/1t. -> HB (Brause 1/1t.), Cast Front Salto (Comaneci) |
| 2.403 | Uprise -1/1t., Hop (McCalla), Hop 1/1t.Healy, 1-1/2t.Healy, 1-1/2t. (Reeder) | 2.503 |  |
| 2.404 | Turning Uprise - Straddle Forw. 1/2t. (Wilson), 1/2t. Straddle Back (Franzella) | 2.504 |  |
| 2.405 | Counterswing --> LB Handstand 1/1t. IN, 1/2t. --> LB Handstand | 2.505 |  |
| 2.406 | Counterswing --> F. Salto Stretch 1/2t. to LB (Cox), Straddle Salto -> HB (Bullock) | 2.506 |  |
|  | Counterswing --> F. Salto --> catch LB in reverse grip (Montell) |  |  |
|  | UNDERSWINGS \& CLEAR HIPS |  | UNDERSWINGS \& CLEAR HIPS |
| 3.401 | LB - Clear Hip --> HB (Schaposchnikova) | 3.501 | LB - Clear Hip --> 1/2t. HB (Khorkina) |
| 3.402 |  | 3.502 | Clear Hip Handstand - Counter Straddle (Hindroff), Piked (Jones) |
| 3.403 | HB - Underswing (toe-on) 1/2t. --> LB Handstand | 3.503 | Underswing / Clear 1-1/2t. flight --> LB (Strong) |
| 3.404 | Clear Hip Hop - IN Handstand phase | 3.504 |  |
| 3.405 | Clear Hip Circle - Handstand 1/11. IN (Ma) | 3.505 | Clear Hip Handstand 1-1/2t. |
| 3.406 | HB - Inverted Pike Swing Dislocate --> LB Handstand (Zuchold/Schleudern) | 3.506 |  |
| 3.407 | Clear Hip Forw. - Hst. bent/extend hips (Weiler), 1/2t. IN, 1/1t. Healy (McAllister) | 3.507 |  |
| 3.408 | LB - Clear Hip Forward --> F. Salto over LB to HB (Pelaez) | 3.508 | Clear Hip Forward - 1/1t. IN or Front Salto Straddled (Sims) |
|  | BACK GIANTS |  | BACK GIANTS |
| 4.401 |  | 4.501 |  |
| 4.402 | HB - Back Giant - Hop to L-grip IN (Dochney) | 4.502 | HB - Back Giant - Hop 1/1t. (Chusovitina) |
| 4.403 | HB - Back Giant 1/1t., 1/2t. +1/1t. Healy, Hop 1/2t.-1/2t., 1-1/2t. (Dawes) | 4.503 | Back Giant 2/1t. |
| 4.404 | HB - Bail Swing 1/2t. --> LB Handstand | 4.504 | Bail Swing 1-1/2t. --> over LB |
| 4.405 | HB - Reverse Hecht Straddle (Tkatchev) | 4.505 | Back Giant - Reverse Hecht - Pike, 1/2t.-1/2t., 1/1t. (Schuschonova) |
| 4.406 | HB - Swing Back Salto Stretch --> LB clear (Pak) to Regular or Mixed Grip | 4.506 | Swing --> F. Salto (Counter Kim), Pak Salto 1/1t. T/S (Phillips/Bhardwaj) |
| 4.407 | HB - Back Salto 1/2t., T./Str. (Deltchev), Pike (Gienger), Pike 1/2t. (0'Neal) | 4.507 | Stretched Back Salto 1-1/2t. (Hristakieva), 1/2t. (Hubbard/Martinjak) |
|  | FRONT GIANTS |  | FRONT GIANTS |
| 5.401 |  | 5.501 |  |
| 5.402 | Front Giant - Slip Grip (Galloway), 1/1t. (Portocarreo), Hop to L-grip (Estella) | 5.502 | Front Giant (one arm) 1/1t. to Handstand, Front Giant 1-1/2t. |
| 5.403 | Front Giant (reg./rev.) --> LB Handstand, Front Giant 1/2t. --> LB (Ejova) | 5.503 |  |
| 5.404 | Back Swing - Cross Grip 1/2t. Front Salto Straddle / Tuck (Mixed Grip Deltchev) | 5.504 | HB Handstand Swing Cross Grip 1/2t. --> F. Salto Pike catch HB (Garrett) |
| 5.405 | F. Giant (rev./L) - F.Salto Tuck, Str. (Jaeger), LB - F.Salto 1/1t.-> HB (Graeble) | 5.505 | F. Giant - Salto Pike, Tuck --> over HB (Mo), Straddle (Cappuccitti) / 1/2t. |
| 5.406 | Front Giant (rev.) - 1/2t. Free Straddle --> HB (Khorkina) | 5.506 | F. Giant (L-grip) 1/2t. Free Straddle --> HB (Perret) |
| 5.407 | Front Giant (L-grip) Pike / Stretched, 1/2t. (Zaytseva) | 5.507 | F. Giant (L-grip) 1/1t., (Karpenko / Ling), 1-arm flair (Bi), 1-1/2t., 2/1t. |
|  | STALDERS |  | STALDERS |
| 6.401 | F. Stalder - Handstand 1/1t. IN, F. Stalder Overgrip (Boniforti) | 6.501 |  |
| 6.402 | (HB) - Clear Straddle Circle (F/B) -> LB Hst., (LB out) F. Stalder $->$ F. Salto HB | 6.502 |  |
| 6.403 | L-grip Front Stalder Handstand, 1/2t. (White) | 6.503 | Front Stalder (L-grip) Handstand 1/1t. |
| 6.404 | Back Stalder - Hop IN, 1/1t. IN (Frederick) | 6.504 | Back Stalder 1-1/2t. Mix (Chow), L-grip (Khorkina) |
| 6.405 |  | 6.505 | (LB) Back Stalder --> HB hang, 1/2t. hang / B. Stalder --> Rev. Hecht (Ricna) |
|  | CIRCLES \& HECHTS |  | CIRCLES \& HECHTS |
| 7.401 | Free Hecht / Clear Hecht over bar --> 1/2t. hang | 7.501 |  |
| 7.402 |  | 7.502 |  |
| 7.403 |  | 7.503 |  |
| 7.404 | Clear Pike Forward L-grip Handstand (Adler), 1/2t. | 7.504 | Clear Pike Forward IN L-grip Handstand (Luo); 1/2 t. |
| 7.406 | Clear Back Pike - rear inverted pike support | 7.505 |  |
| 7.406 | Clear Back Pike - hang (Mirgorodskaia), --> LB salto (Teza), 1/2t. LB Hst. (Teza) | 7.506 |  |
| 7.407 | Clear Back Pike --> Reverse Hecht Straddle / Stoop (Li-Li) | 7.507 |  |
| 7.408 | (L-grip) Front Pike Sole to Handstand or 1/2t., Front Pike Sole 1/1t. to Handstand | 7.508 | (L-grip) Front Pike Sole 1/1t. to Handstand |
| 7.409 | Back Pike Sole - Hop IN, Sole 1/1t. L-grip (Maloney) | 7.509 | Back Pike Sole Circle - Handstand 1-1/2t., L-grip (Lucke) |
| 7.410 | Back Pike Sole (LB out) --> HB (Maloney); Toe Shoot 1/1t. (Oster) | 7.510 | Back Pike Sole (LB in/out) --> 1/2t. HB (Byhovsky) |
| 7.411 |  | 7.511 | Back Pike Sole Circle --> Reverse Hecht Strad. (Ray); 1/2t. (Tweedle); Piked |
| 7.412 | Clear Pike Forward to Handstand, 1/2t. (Endo Pike) | 7.512 | Clear Pike Forward to Handstand 1/1t. (Endo Pike Full) |
| 7.413 | Clear Pike Backward to Handstand, 1/2t. | 7.513 | Clear Pike Backward to Handstand 1/1t. |
|  | DISMOUNTS |  | DISMOUNTS |
| 8.401 | HB - Toe-on or Clear F. T/P 1/1t., Stretch (Kennedy), Clear B. Pike Cir. -> F. Stretch 1/2 | 8.501 | HB - Toe-on or Clear Front Salto Tuck / Pike 1-1/2t. |
| 8.402 | Underswing / Clear - 1/2t. Back Salto Stretch (Okino), 1/2t. Back Salto 1/2t. (Haba) | 8.502 | Underswing - 1/2t. Back Salto Tuck 1/1t. (Kraeker) |
| 8.403 | Back Salto Stretched 2-1/2t. (Ji) | 8.503 | Flyaway - Back Salto Stretched 3/11. (Bar) |
| 8.404 | Double Back Salto Tuck - 1/2t. in 2nd Salto (Elmore) | 8.504 | Double Back Tuck 1/1t. (Ch), 2/1t. (Fab), 1/2t.B.-F.Pike1/2t. (Var), 3x Back (Mag) |
| 8.405 | Double Back Salto Pike-Layout or Layout-Pike | 8.505 | Double Back Salto - Stretched / Scissor (Rickett), 1/2t. (Peele), 1/1t., 2/1t. (Ray) |
| 8.406 |  | 8.506 | Back 1/2t. - F.Tuck (Fontaine), 1/2t. (Beckman), F.Stretch (Bianco), D.F.Tuck |
| 8.407 | HB - Forward Swing -> Front Salto Stretched 2-1/2t., 1/2t. Double Back T/P | 8.507 | Front Giant - Double Front Tuck, 1/2t., Front 1/2t. Back Out |
| 8.408 | Hecht or Clear Hecht - Back Salto Tuck (Muchina) | 8.508 | Hecht - 1/2t. Front Salto, Hecht Back Salto 1/1t. (Ma) |
| 8.409 |  | 8.509 |  |
| 8.410 | Back Stalder Hst. - B.Tuck / Pike, Back Giant -> B.Tuck 1/1t. Over HB (Harriman) | 8.510 |  |
| 8.410 | Straddle Cut to Whip-Salto (Tanac) 2/1t. (Bronson) |  | Note: Any Double Salto flyaway with twists on first or second salto = E |


|  | $A=100$ |  | $B=200$ |  | $C=300$ |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | MOUNTS |  | MOUNTS |  | MOUNTS |
| 1.101 | Free Leap / Jump - 1 or 2 ft . / Scale | 1.201 | Free Jump 1/2t., Straddle Split Jump to Stand | 1.301 | Switch Split Leap |
| 1.102 | Scissors sit / 1/2t. Cross, Side 1/2t. to support | 1.202 | Thief vault - Free Leap over beam to rear sit | 1.302 |  |
| 1.103 | Flank over to rear support, Straddle Cut Sit | 1.203 | Flank over 1/2t. to rear support | 1.303 | Two Flank Circles - Leg Flairs (Baitova) |
| 1.104 | Jump - Straddle / Free, Side / Cross Splits | 1.204 | Jump 1/2t. Clear Straddle | 1.304 | Roundoff Straddle Back - Hip Circle |
| 1.105 | Leap / Switch - Cross Split Sit (one hand) | 1.205 |  | 1.305 | Free Jump - Cross Split Sit or 1/2t. side / diagonal |
| 1.106 | Jump - Tuck, Squat, Stoop - rear support | 1.206 | Squat / Stoop thru - Clear Pike Support -2 sec. | 1.306 |  |
| 1.107 | Forward Roll, Swing Forward Roll | 1.207 | Free Forward Roll at the end | 1.307 | Hecht Roll (extended hips) |
| 1.108 | Cheststand or Headstand | 1.208 | Jump - Neckst. 1/2t. Chest St., 1/2t. Neckst. (side) | 1.308 | Jump - Cheststand 1/1t. (Silivas) = Sideward Comp. |
| 1.109 | Back Pullover from Side Stand | 1.209 | Headspring | 1.309 | Piked Handspring step out |
| 1.110 |  | 1.210 | Jump, Press, Swing, Clear - Hst. or 1/2t. | 1.310 | Jump, Press, Swing - Hst. 1/11. to 2/1t. |
| 1.111 |  | 1.211 | Jump - Side Planche above Horizontal (2 sec.) | 1.311 | Jump Planche @ Horz. (Schus), Hst. Planche/Clear 2 sec. |
| 1.112 |  | 1.212 | Press Side - Hop 1/4t. - Cross Hst. (Lori-Hop) | 1.312 | Jump, Press Hst. - shift to 1-Arm 2 sec. |
| 1.113 |  | 1.213 | Hecht - Cartwheel, 1-arm, Handst., Roff. (end) | 1.313 | (side) 1/4t.-1/4t.Hst., Roff 1/2t. clear/circle (Gurova) |
| 1.114 | Front Walkover (off board) to Sit | 1.214 | Handspring or Front Aerial to sit or off 2ft. (end) | 1.314 | Front Tuck to Sit (end/ diagonal) (Poulin), Pike sit |
| 1.115 |  | 1.215 |  | 1.315 | Roundoff Flic Flac / 1-arm / Swing down |
|  |  |  |  | 1.315 | Roundoff - Back Tuck Swing down (Milosovici) |
|  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |
| 2.101 | Leap: Stag / 1/4t., Split / Stag-Split (same) | 2.201 | (Cross) Split Jump, Split Leap / Jump 1/4 t. | 2.301 | Split 1/2t., (Side) Split Jump or Rear leg up (Henrich) |
|  | Double Stag Leap or Jum, 1/4t. |  | Stag Leap / Jump 1/2t., (Side) 1/4t. Split Jump | 2.301 | (Cross) Split Jump 1/4t. Side, Beat Split Jump (Sweetin) |
|  |  |  |  | 2.301 | Leap with back leg grasp - 180o Split Stand (Dillman) |
| 2.102 |  | 2.202 | (Cross) Straddle Jump, 1/4t. Side, (Side) 1/4t. | 2.302 | (Side) Straddle Jump, 1/4t. Side-Cross, 1/4t. Cross-Side |
| 2.103 |  | 2.203 | Straddle Jump to prone (cross) | 2.303 | Straddle Jump (side), 1/4t. Prone/Circle (cross/side) |
| 2.104 | Hop (leg above horizontal) | 2.204 |  | 2.304 | Hop 1/2t. or Fouette Hop Scale (leg above horizontal) |
| 2.105 | Stag Switch Split Leap / Switch Wolf Leap | 2.205 |  | 2.305 | Switch Leap, Scale, 1/4t. Prone/Circle, Straddle (Clauson) |
| 2.106 |  | 2.206 | Pike Jump (cross) Hips < 900 | 2.306 | Pike Jump (side), 1/2t. (cross), Hips < 900 |
| 2.107 | Sissone, (2 ft. take off) - OK Large Leap | 2.207 |  | 2.307 | Ring Leap / Jump - @ head |
| 2.108 | Stretch / Arch Jump, Jump 1/2t., Beat Jump | 2.208 | Stretch jump 3/4t. | 2.308 | Stretch Jump 1/1t., 1-1/4t. |
| 2.109 | Cat Leap / Hitchkick / Cabriole (F/B) | 2.209 | Cat Leap 1/2t. | 2.309 | Cat Leap 1/11. |
| 2.110 | Tuck Jump or Hop | 2.210 | Tuck Jump or Hop 1/2t. | 2.310 | Tuck Jump or Hop 3/4t. |
| 2.111 | Wolf Jump or Hop (leg above horizontal) | 2.211 | Wolf Jump or Hop 1/2t. (cross/side), Prone | 2.311 | Wolf Hop or Jump 3/4t.(cross/side), prone |
|  | TURNS |  | TURNS |  | TURNS |
| 3.101 | 1/1 Turn (free leg below 450) | 3.201 | 1-1/2 Turn (free leg below horizontal) | 3.301 |  |
| 3.102 |  | 3.202 | 1/1t. - (back leg) thigh at 450 below horizontal | 3.302 | 1/1t. - (back leg) thigh at or above horizontal |
| 3.103 |  | 3.203 | 1/1t. - (front leg) heel at 450 below horizontal | 3.303 | 1/1t. - (front leg) heel at or above horizontal |
| 3.104 |  | 3.204 |  | 3.304 | Scale - 1/1t. - Scale (free leg above horizontal) |
| 3.105 |  | 3.205 |  | 3.305 | 1/2 illusion Turn - one hand touch |
| 3.106 | Knee stand 1/1t. (alternate hand support) | 3.206 | F. Tuckstand 1/1t., Knee Scale 1-1/2t. | 3.306 | F. Tuckstand 1-1/2t., 1-3/4t. (Ferguson), Knee Scale 2/1t. |
| 3.107 | Prone 1/2t. (alternate hand support) | 3.207 | Prone 1/1t. to 1-1/2t. - alternate hands | 3.307 | Back Spin 1-1/4t. in kip position (Li-Li) |
| 3.108 |  | 3.208 | Flank Circle 1/1t. - legs together | 3.308 | One Leg Circle with Flair (Talavera) |
| 3.109 |  | 3.209 | 1/1t. (hold leg min. horizontal to 45 ${ }^{\circ}$ ) | 3.309 | 1/11. - (hold leg min. $45^{\circ}$ above horizontal) |
|  | BODY WAVES |  | BODY WAVES |  | BODY WAVES |
| 4.101 | Forward Body Wave - 2 sec. | 4.201 | Forward Body Wave - Balance one leg - 2 sec. | 4.301 |  |
| 4.102 | Backward Body Wave - 2 sec. | 4.202 | Backward Body Wave - Balance one leg - 2 sec. | 4.302 |  |
| 4.103 | Sideward Body Wave - 2 sec. | 4.203 | Sideward Body Wave - Balance one leg - 2 sec. | 4.303 |  |
| 4.104 |  | 4.204 | Kneeling - Toe Rise to stand (no required hold) | 4.304 |  |
|  | HOLDS |  | HOLDS |  | HOLDS |
| 5.101 | 2 sec. Scale (leg above horizontal), Leg Held | 5.201 | 2 sec . Scale (on toe leg above horizontal), Leg Held | 5.301 |  |
| 5.102 | 2 sec . Needle Scale (hand support) | 5.202 |  | 5.302 | 2 sec . Standing Split backward (on whole foot) |
| 5.103 | 2 sec . Free Leg @ +900-Forward/Side | 5.203 | 2 sec . Free Leg @ +1400 side on toe, hold OK | 5.303 |  |
| 5.104 | 2 sec . Free Lying - large leg/torso position | 5.204 | 2 sec . Clear Pike "V" or Straddle support | 5.304 |  |
| 5.105 | 2 sec . Planche with support - one / both arms | 5.205 |  | 5.305 | 2 sec . Element to Handstand - Planche |
| 5.106 | 2 sec. Kick to Handstand, 1/2t. (not sideward) | 5.206 | 2 sec. Hst. arch/pike bent knee, Cross Hst. 1/1t. | 5.306 | 2 sec . Reverse Planche - legs horizontal |
| 5.107 |  | 5.207 |  | 5.307 | 2 sec . One-Arm Hst., Side Handstand. - flank to sit |
| 5.108 |  | 5.208 | 2 sec. Jump to Handstand, Cheststand | 5.308 | (side) Jump 1/2t. Chest Stand legs straddled (Kmieciak) |
|  | ROLLS |  | ROLLS |  | ROLLS |
| 6.101 | Forw. Roll / Swing Forw. Roll / Shoulder Roll | 6.201 | Dive Forward Roll, Stretch Shoulder Roll, hands | 6.301 |  |
| 6.102 |  | 6.202 | Free Forward Roll | 6.302 | Free Shoulder Roll Forward Stretched (Garrison) |
| 6.103 |  | 6.203 | Kick, Press Handstand Forward Roll / Free Roll | 6.303 |  |
| 6.104 | Backward Roll / Shoulder Roll | 6.204 | Backward Roll - Handstand | 6.304 | Free Back Shoulder Roll Stretched (Kreifels) |
| 6.105 |  | 6.205 | Side Roll T/P/S, Neckst.1/2t., Stretch Side Roll | 6.305 | Neck Roll Stretched 1/1t. or 1-1/2t. |
| 6.106 |  | 6.206 |  | 6.306 |  |
|  | WALKOVERS |  | WALKOVERS |  | WALKOVERS |
| 7.101 | Front Walkover to Bridge 1/1t. Sit | 7.201 | Front Walkover / Tinsica / One Arm | 7.301 | (side) Front Walkover |
| 7.102 |  | 7.202 | Front Handspring / Tinsica Spring | 7.302 | Front Handspring - Switch Leg Landing, One Arm Hsp. |
| 7.103 | Cartwheel / 1-Arm / Forearm-cheststand | 7.203 | Dive Cartwheel / Pop Cartwheel / Roundoff | 7.303 |  |
| 7.104 | B.Walkover / 1-Arm / Sw.down / Bridge 1/11.Sit | 7.204 | Scale 1/2t. Back Walkover | 7.304 | (side) Back Walkover |
| 7.105 | Tic-Toc, Walkover Forward-Backward | 7.205 | Back Walkover clear support | 7.305 | Back Walkover stoop thru 1 leg --> splits |
| 7.106 |  | 7.206 | Valdez, One Arm, 1/2t. | 7.306 | Valdez 1/2t.-1/2t., One Arm Horizontal Valdez (Garrison) |
| 7.107 | Back Walkover, 1/2t. | 7.207 | Walkover 1/2t. - Walkover (F/B); Forward Roll | 7.307 | Element 1/1t-2/1t. in Handstand |
| 7.108 |  | 7.208 | Flic-flac Step-out | 7.308 | One Arm Flic Flac, Flic Flac 1/2t. after hand support |
| 7.109 |  | 7.209 |  | 7.309 | (side) Flic-flac to support / hip circle |
| 7.110 |  | 7.210 | Flic-flac (2 feet) | 7.310 | One Arm Flic-flac (2ft), Flic-flac 1/4t.Side Handstand |
| 7.111 |  | 7.211 | Gainer Flic-flac | 7.311 | Gainer One Arm Flic-flac |
| 7.112 |  | 7.212 | Flic-flac or Gainer swing down (Korbut) | 7.312 | Tuck (Chen), Pike (Rueda), Gainer Pike |
|  | SALTOS |  | SALTOS |  | SALTOS |
| 8.101 |  | 8.201 |  | 8.301 | Front Salto Sit (Puolin), Free (Portocarrero) |
| 8.102 |  | 8.202 |  | 8.301 | Swing Front Salto to Straddle sit (Kivisto) |
| 8.103 |  | 8.203 |  | 8.303 | Back Salto Tucked/ Scale - 2 sec. |
| 8.104 |  | 8.204 |  | 8.304 | Back Salto Pike / Stretch Stepout / swing down (Pearce) |
| 8.105 |  | 8.205 |  | 8.305 | Gainer Back Salto T/P |
| 8.106 |  | 8.206 |  | 8.306 |  |
|  | DISMOUNTS |  | DISMOUNTS |  | DISMOUNTS |
| 9.101 | Handspring or Handspring 1/2t. | 9.201 | Handspring 1/1t. | 9.301 | Handspring 1-1/2t. |
| 9.102 | Front Aerial Walkover or 1/2t., Aerial Roff. | 9.202 | F. Aerial 1/1t., Gainer F. 1/11. (side) (Mabrey) | 9.302 | Front Aerial 1-1/2t., Gainer F.1-1/2t. Tuck (Jawarowicz) |
| 9.103 | Cartwheel 1/4t. or 3/4t. | 9.203 | Cartwheel 1-1/4t. or 1-3/4t. | 9.303 | Cartwheel 1/4t. (Tsuk.) - B. Tuck (Lawson) Pike (Keck) |
| 9.104 | Front Salto Tuck / Pike or 1/2t. | 9.204 | Front Salto Stretched or 1/2t.; (side) Swing F. 1/2t. | 9.304 | F. Salto 1/1t. or 1-1/2t. Tuck / Stretched |
| 9.105 |  | 9.205 | Arabian Salto T/P - Jump 1/2t. Front Salto | 9.305 |  |
| 9.106 | Back Salto Tuck / Pike / Stretch | 9.206 | Back Salto T/P/S 1/2t. - 1/1t., 1ft. or 2 ft . | 9.306 | Back Salto Tuck / Pike / Stretched 1-1/2t., 2/1t. |
| 9.107 |  | 9.207 |  | 9.307 |  |
| 9.108 | (side) Gainer Back Salto T/P/S | 9.208 | (side) Gainer Back Tuck 1/1t., Stretch 1/2t. | 9.308 | (side) Gainer Back 1/1t., 1-1/2t., Str. 1-1/2t. |
| 9.109 |  | 9.209 | (end) Gainer Back Tuck Salto | 9.309 | (end) Gainer Back Salto Tuck or Pike 1/1t. |
| 9.110 |  | 9.210 | Jump 1/2t. Back Salto T/P | 9.310 | Jump 1/2t. Back Salto Stretched |


|  | $D=400$ |  | $E=500$ |
| :---: | :---: | :---: | :---: |
|  | MOUNTS |  | MOUNTS |
| 1.401 | Free Jump 1/1t. (diagonal or end) | 1.501 |  |
| 1.402 |  | 1.502 |  |
| 1.403 | 3 Flying Flairs (Homma) | 1.503 |  |
| 1.404 |  | 1.504 |  |
| 1.405 | Switch Split Leap to Free (no hands) Cross Split Sit (Whitney) | 1.505 |  |
| 1.406 |  | 1.506 |  |
| 1.407 |  | 1.507 |  |
| 1.408 |  | 1.508 |  |
| 1.409 | Hecht - Hsp., Roundoff - 1/2t. F. Hsp.(Dunn), Pike Flyspring (McCool) | 1.509 |  |
| 1.410 |  | 1.510 |  |
| 1.411 | Handstand 1/1t. to 2/1t. to Planche / Clear - 2 sec. | 1.511 |  |
| 1.412 | One Arm Press Hst. (Rankin), to Clear (Lowing) | 1.512 |  |
| 1.413 | Side - Hecht 1/2t. - Side Handstand | 1.513 | (side) Roundoff - Flic Flac 1/1t. Hip circle (Zamolodchikova) |
| 1.414 | F.Tuck - T/P free-sit (side), Stand (end), F.Aerial (end), Hsp.F.Tuck (Kewitz) | 1.514 | Front Salto Pike (end), Front Salto Tuck 1/2t. (end) |
| 1.415 | Roundoff Flic Flac 1/1t. (Luconi), Swing Down (Tsavdaridou) | 1.515 | Arabian Front Salto to Stand |
| 1.416 | Roundoff Back Salto Tuck / Pike / Stretch-step out, to cross/side stand | 1.516 | Roundoff Back Salto Stretch, Stretch 1/1t. (Garrison) |
|  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |
| 2.401 | Split Jump 3/4t. (cross/side) | 2.501 | Over-Split Jump - Arch, Side (Teza), Split Jump 1/11., Cross (Yang Bo) |
|  |  |  |  |
|  |  |  |  |
| 2.402 | Straddle Pike Jump 1/2t. or 3/4t.(cross/side) | 2.502 | Straddle Pike Jump 1/1t.(cross/side) |
| 2.403 | Straddle Jump 1/2. or 3/4t. Prone / Circle (cross/side) | 2.503 | Straddle Jump 1/1t. Prone / Circle (cross/side) |
| 2.404 | Tour Jete, Tour Jete 1/4t. | 2.504 | Tour Jete + 1/2t. |
| 2.405 | Switch Side Leap or 1/4t., (side) Switch Split to 1 or 2 ft . (Concannon) | 2.505 | Switch Leap 1/2t., Switch Side 1/2t., 3/4t. (Ikoma), Switch Bo (Courville) |
| 2.406 | Pike Jump 1/2t. (side), 3/4t. (cross/side) | 2.506 | Pike Jump 1/1t. (cross/side) (Cox) |
| 2.407 | Sheep Jump w/arch @ head; Switch Stag-Ring Leap / Jump - @ head | 2.507 | Switch Split - Ring Leap, (side) Switch Double Stag-Ring (Concannon) |
| 2.408 | Stretch Jump 1-1/2t. | 2.508 |  |
| 2.409 | Cat Leap 1-1/2t. | 2.509 |  |
| 2.410 | Tuck Jump or Hop 1/1t., 1-1/4t. | 2.510 | Tuck Jump or Hop 1-1/2t. (Barclay, Rosette) |
| 2.411 | Wolf Hop or Jump 1/11. (cross/side) | 2.511 | Wolf Jump or Hop 1-1/2t. (Vituj) |
|  | TURNS |  | TURNS |
| 3.401 | Double Turn 2/1t. (free leg below horizontal) | 3.501 | Triple Turn 3/1t. (Okino) |
| 3.402 | 1-1/2t. - (back leg) thigh at or above horizontal | 3.502 |  |
| 3.403 | 1-1/2t. - (front leg) heel at or above horizontal | 3.503 |  |
| 3.404 | Scale - 1-1/2t. - Scale (free leg above horizontal) | 3.504 |  |
| 3.405 |  | 3.505 | 1/1 illusion Turn - one hand touch, to Scale (Jarred / Medvitz) |
| 3.406 | Forward Tuckstand 2/1t., 2-1/2t. (Humphrey) | 3.506 |  |
| 3.407 |  | 3.507 |  |
| 3.408 |  | 3.508 |  |
| 3.409 |  | 3.509 |  |
|  | BODY WAVES |  | BODY WAVES |
| 4.401 |  | 4.501 |  |
| 4.402 |  | 4.502 |  |
| 4.403 |  | 4.503 |  |
| 4.404 |  | 4.504 |  |
|  | HOLDS |  | HOLDS |
| 5.401 |  | 5.501 |  |
| 5.402 | 2 sec. Scale backward (on toe) | 5.502 |  |
| 5.403 |  | 5.503 |  |
| 5.404 |  | 5.504 |  |
| 5.405 |  | 5.505 |  |
| 5.406 |  | 5.506 |  |
| 5.407 | 2 sec. (side) Back Walkover Hst. - One Arm, with Planche (Shaposhnikova) | 5.507 |  |
| 5.408 |  | 5.508 |  |
|  | ROLLS |  | ROLLS |
| 6.401 |  | 6.501 |  |
| 6.402 |  | 6.502 |  |
| 6.403 |  | 6.503 |  |
| 6.404 |  | 6.504 |  |
| 6.405 |  | 6.505 |  |
| 6.406 |  | 6.506 |  |
|  | WALKOVERS |  | WALKOVERS |
| 7.401 |  | 7.501 |  |
| 7.402 | Front Aerial, Swing thru Front Aerial (George), Swing Thru Kneel/Sit (Stevens) | 7.502 | Jump 1/2t. - F. Walkover (Onodi), F. Aerial - swing Scale 2 sec. (Luikin) |
| 7.403 | Side Aerial, Swing Aerial, 1/4t. (Perry), from kneeling (Clore), Aerial Rounoff | 7.502 | Front Aerial - 2ft. (Davidson) |
| 7.403 | Side Aerial, Free Leg Hold (above 1400) (Marinez) | 7.503 | Butterfly, Aerial Cartwheel (side), Switch Leg Side Aerial (Baudhuin) |
| 7.404 | (side) Press Handstand - Front Walkover 2 ft . (Phillips) | 7.503 | Side Aerial - Scale 2 sec. @ horizontal (Peco) |
| 7.406 |  | 7.506 |  |
| 7.407 |  | 7.507 |  |
| 7.408 |  | 7.508 | Flic-Flac 3/4-1/1t. before hand support (Kochetkova) |
| 7.409 | (side) Flic Flac (Tousek), (side) Flic Flac 1/2t. Handstand (Kolesnikova) | 7.509 | (side) Flic-flac 1/1t. - hip circle (Teza) |
| 7.410 | Flic-Flac 3/4t. - Side Hst. (Omelianchik), 1/4t.+1/1t. support (Fortunato) | 7.510 |  |
| 7.411 |  | 7.511 | Gainer Flic-Flac 3/4t. - 1/1t. before hand support (Khorkina) |
| 7.412 | Flic-Flac 1/1t. swing down (Rulfova) | 7.512 |  |
|  | SALTOS |  | SALTOS |
| 8.401 | Front Salto Tuck to Stand (cross or side), takeoff 1 ft . (Rowe), 2 ft . | 8.501 | Front Tuck (off 1 ft ) - swing Scale 2 sec., F. Pike, F. Tuck 1/2t. (Grigoras) |
| 8.402 | Side Salto (Tuck / Pike) - side stand, Swing thru Side Salto (George) | 8.502 | Arabian Front Tuck Salto; off 1 ft . Front Pike 1/4t. to 2ft. (Oswalt) |
| 8.403 | Back Tuck (side-side) or Back Tuck 1/4t. (cross-side) | 8.503 |  |
| 8.404 | Back Salto Stretch 2ft. with pike down | 8.504 | Back Salto Stretch to 2 feet, 1/1t. Tuck (Schischova), 1/1t. Stretch |
| 8.404 | Back Salto Stretched Stepout - Scale 2 sec. @ horizontal (Edlin) | 8.504 | Jump 1/2t. Back Salto Piked (Produnova) |
| 8.405 | Gainer Back Salto Stretched Stepout | 8.506 |  |
|  | DISMOUNTS |  | DISMOUNTS |
| 9.401 |  | 9.501 |  |
| 9.402 | Front Aerial 2/1t. (Muhr) | 9.502 |  |
| 9.403 |  | 9.503 |  |
| 9.404 | Front Salto Stretched 2/11. (Araujo) | 9.504 | Double Front Salto |
| 9.405 | Jump 1/1t. Front Salto Tuck / Pike / Stretched | 9.505 | Arabian Double Front Salto (Patterson) |
| 9.406 | Back Salto Stretched 2-1/2t. | 9.506 | Back Salto Stretched 3/1t. (triple full) |
| 9.407 |  | 9.507 | Double Back Salto Tuck / Pike, Tuck 1/1t. |
| 9.408 | (side) Gainer Back Salto Stretched 2/11., 2-1/2t. (Khorkina) | 9.508 | (side) Gainer Stretched 3/1t. (Plante) |
| 9.409 | (end) Gainer Back Salto Stretched, Gainer Pike 1/1t. (Rinaldo) | 9.509 | (end) Gainer Back Salto Stretched 1/1t., 2/11. (Wolf) |
| 9.410 |  | 9.510 |  |


|  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |
| :---: | :---: | :---: | :---: | :---: | :---: |
| NOTE | 1/4t. or land in split sit or prone = Root Element | NOTE | Jumps with $1 / 2$ t. or $3 / 4 \mathrm{t}$. = Same Value | NOTE | All Leaps \& Jumps with 1/1t. = C |
| 1.101 | Split/Stag - Leap (same), Split/Stag Jump (same) | 1.201 | Tuck - Split Jump / Double Stag 1/1t. Leap or Jump | 1.301 |  |
| 1.102 |  | 1.202 | Split Leap 1/4t. or 1/2t. , Split Jump 1/2t. (Different) | 1.302 | Split Jump - 1/11. (Rivarola) |
| 1.103 |  | 1.203 | Split Leap Back - 1/4t. or 1/2t. | 1.303 |  |
| 1.104 | Leap to Wolf / Stag Switch / Switch < 1350 | 1.204 | Switch Leap ( 450 lead leg) | 1.304 | Switch Leap 1/2t., Free Leg F./S./B. Horiz., 1/2t. |
| 1.105 |  | 1.205 |  | 1.305 | Switch Side Leap, 1/2t. - 3/4t., Prone (Kosowski) |
| 1.106 |  | 1.206 | Pike Jump, Pike 1/2t. Prone (legs above horiz.) | 1.306 | Pike Jump 1/1t. (legs above horiz.) |
| 1.107 |  | 1.207 | Straddle Jump / Side Split Jump / Straddle 1/2t. | 1.307 | Straddle Pike Jump 1/1t. (Popa), Side Split Jump 1/1t. |
| 1.108 |  | 1.208 | Side Split Jump Prone (Schuschunova), 1/2t. | 1.308 | Side Split Jump 1/1t. Prone, Leap 1-1/2t. Prone (Khorkina) |
| 1.109 | Scissor Leap (hitchkick) / Cabriole, F./B. | 1.209 | Hitchkick 1/4-1/4t. / Tour Jete Leap | 1.309 | TourJete Leap 1/2t., 2ft. (Strug), split (Produnova), 3/4t. |
| 1.110 | Sissone Jump | 1.210 | Ring Leap / Jump - rear leg @ head | 1.310 | TourJete-Ring (Boucher), 1/2t.(Jackson), 1/1t.(Johnson) |
| 1.111 |  | 1.211 | Sheep Jump @ head; Switch Double Stag | 1.311 | Switch Split Leap - Ring, Sheep Jump 1/1t. (Dunn) |
| 1.112 | Jump 1/2t. or 1/1t., Chasse 1/1t. | 1.212 | Stretch Jump 1-1/2t. | 1.312 | Stretch Jump 2/1t. or 2-1/2t. |
| 1.113 | Cat Leap / Cat Leap 1/2t. | 1.213 | Cat Leap 1/1t., Split Sit | 1.313 | Cat Leap 1-1/2t. (Garrison) |
| 1.114 | Hop 1/2t. (Leg above Horizontal) | 1.214 | Hop 1/1t. (Leg above Horiz.), Fouette to Scale | 1.314 | Hop 1-1/2t. (Leg above Horizontal) |
| 1.115 | Tuck Jump / Tuck Jump 1/2t. (off 1 or 2 ft .) | 1.215 | Tuck Jump 1/1t. (off 1 or 2 ft .) | 1.315 | Tuck Jump 1-1/2t. (off 1 or 2 ft .) |
| 1.116 | Wolf Hop or Jump (Leg Horizontal) | 1.216 | Wolf Hop or Jump 1/2t. (Leg Horizontal) | 1.316 | Wolf Hop or Jump 1/11. (Leg Horizontal), to Prone |
|  | TURNS |  | TURNS |  | TURNS |
| 2.101 | Full (1/1) turn | 2.201 | One \& Half ( $1-1 / 2$ ) turn | 2.301 | Double (2/1) turn |
| 2.102 |  | 2.202 | 1/1t. Free Leg Horizontal | 2.302 | 1-1/2t. Free Leg Horizontal |
| 2.103 |  | 2.203 | 1/1t. to Scale - 2 sec. | 2.303 | 1-1/2t. to Scale - 2 sec. |
| 2.104 |  | 2.204 | Scale - 1/1t. Scale (free leg above horizontal) | 2.304 | Scale - 1-1/2t. - Scale (free leg above horizontal) |
| 2.105 |  | 2.205 | Illusion 1/1t. (without touching free leg or hand) | 2.305 |  |
| 2.106 |  | 2.206 | Tuckstand 1/1t. | 2.306 | Tuckstand 1-1/2t. |
| 2.107 |  | 2.207 | Back (kip position) Spin 2/1t. | 2.307 | Double Flair (Homma) |
| 2.108 |  | 2.208 | 1/11. Free Leg Held upward @ $180^{\circ}$ | 2.308 | 1-1/2t. Free Leg Held upward @ $180^{\circ}$ |
|  | HANDSTANDS |  | HANDSTANDS |  | HANDSTANDS |
| 3.101 | Jump Hst. / Kick or Press Hst. 1/2t. or 1/1t. | 3.201 | Handstand 1-1/2t. - 2/1t. + | 3.301 |  |
|  | ROLLS |  | ROLLS |  | ROLLS |
| 4.101 | Forward Roll, Handst. Roll, Dive/Hecht Roll | 4.201 | Jump 1/2t. or 1/1t. - Dive/Hecht Roll | 4.301 | Jump 1-1/2t. - Dive/Hecht Roll (Esslinger) |
| 4.102 | Backward Roll T/P, Back Roll - Handstand, 1/2t. | 4.202 | Backward Roll - Handstand 1/1t. + | 4.302 |  |
|  | WALKOVERS |  | WALKOVERS |  | WALKOVERS |
| 5.101 | Forward / Backward Walkovers, Valdez | 5.201 | Back Walkover 1/1t., Valdez 1/1t. | 5.301 |  |
| 5.102 | Handspring / Handspring 1/2t. / Flyspring (1 ft.) | 5.202 | Arabian Front Handspring / Flyspring (2 ft.) | 5.302 | Handspring 1/1t. or 1/1t. Handsp. (Mostepanova) |
| 5.103 | Front Aerial, Kick-over Front / to Knees | 5.203 |  | 5.303 | Front Aerial 1/1t. |
| 5.104 | Cartwheel, Dive / Side Aerial / Butterflies (F/B) | 5.204 |  | 5.304 |  |
| 5.105 | Roundoff / Aerial Roundoff | 5.205 |  | 5.305 |  |
| 5.106 | Flic-flac / Gainer Flic-flac / One-Arm Flic-flac | 5.206 | 1/1t. Flic-flac | 5.306 |  |
| 5.107 | Head Kips / Neck Kips | 5.207 |  | 5.307 |  |
|  | FRONT SALTOS |  | FRONT SALTOS |  | FRONT SALTOS |
| 6.101 | Front Salto Tuck | 6.201 | Front Salto Pike / Stretched, T/P/S 1/2t. | 6.301 | Front Salto Tuck / Pike / Stretch 1/1t. |
| 6.102 |  | 6.202 |  | 6.302 |  |
|  | SIDE SALTOS |  | SIDE SALTOS |  | SIDE SALTOS |
| 7.101 | (Forward) Side Salto Tuck / Pike / Stretch | 7.201 | (Backward) Side Salto Stretched | 7.301 |  |
| 7.102 |  | 7.202 | Arabian Salto T/P/S (back 1/2t. front) | 7.302 |  |
|  | BACK SALTOS |  | BACK SALTOS |  | BACK SALTOS |
| 8.101 | Back Salto T/P/S | 8.201 | Back Salto T/P/S 1/2t. (half) or 1/1t. (full) | 8.301 | Back Salto 1-1/2t. or 2/1t. (Double Full) |
| 8.102 | Whip-Salto Backward | 8.202 | Whip-Salto 1/2t., 1/1t. (full) | 8.302 |  |
| 8.103 |  | 8.203 |  | 8.303 |  |
| 8.104 |  | 8.204 |  | 8.304 |  |
| 8.105 | Gainer Back Salto Tuck/Pike/Stretch | 8.205 | Gainer Back Salto - Tucked 1/1t. | 8.305 |  |
| 8.106 |  | 8.206 | Jump 1/2t. - Back Salto T/P | 8.306 | Jump 1/2t. - Back Salto Stretch |

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|  | LEAPS, JUMPS, HOPS |  | LEAPS, JUMPS, HOPS |
| :---: | :---: | :---: | :---: |
| NOTE | 1/4t. or land in split sit or prone $=$ Root Element | NOTE | 1/2t., 1/1t., 1-1/2t. = Different Elements |
| 1.401 |  | 1.501 |  |
| 1.402 | Split Jump 1-1/2t. | 1.502 |  |
| 1.403 |  | 1.503 |  |
| 1.404 | Switch Leap 1/1t. (Forlova) | 1.504 |  |
| 1.405 |  | 1.505 |  |
| 1.406 |  | 1.506 |  |
| 1.407 | Straddle Pike Jump 1-1/2t. | 1.507 |  |
| 1.408 | Leap 2-1/2t. Prone (Toussaint) | 1.508 |  |
| 1.409 | TourJete Leap - 1/1t. to 2 ft .(Gogean) | 1.509 |  |
| 1.410 |  | 1.510 |  |
| 1.411 |  | 1.511 |  |
| 1.412 | Stretch Jump 3/1t. | 1.512 |  |
| 1.413 | Cat Leap 2/1t. (Benten) | 1.513 |  |
| 1.414 | Hop 2/1t. (Leg above Horizontal) | 1.514 |  |
| 1.415 | Tuck Jump 2/1t. (off 1 or 2 ft ), Prone (Ziganshiva) | 1.515 |  |
| 1.416 | Wolf Hop or Jump 1-1/2t. (Leg Horizontal) | 1.516 | Wolf Hop or Jump 2/1t. (Leg Horizontal) |
|  | TURNS |  | TURNS |
| 2.401 | Triple (3/1) turn | 2.501 | Quad (4/1) turn (Gomez) |
| 2.402 | 2/1t. to 2-1/2t. Free Leg Horizontal (start to end) | 2.502 |  |
| 2.403 | 2/1t. to Scale - 2 sec. | 2.503 |  |
| 2.404 | Scale - 2/1t. - Scale (free leg above horizontal) | 2.504 |  |
| 2.405 | 2/1t. Illusion Turn (without touching free leg or hand) | 2.505 |  |
| 2.406 | Tuckstand 2/1t. | 2.506 |  |
| 2.407 |  | 2.507 |  |
| 2.408 | 2/1t. Free Leg Held upward @ $180^{\circ}$ (Memmel) | 2.508 |  |
|  | HANDSTANDS |  | HANDSTANDS |
| 3.401 |  | 3.501 |  |
|  | ROLLS |  | ROLLS |
| 4.401 |  | 4.501 |  |
| 4.402 |  | 4.502 |  |
|  | WALKOVERS |  | WALKOVERS |
| 5.401 |  | 5.501 |  |
| 5.402 |  | 5.502 |  |
| 5.403 |  | 5.503 |  |
| 5.404 |  | 5.504 |  |
| 5.405 |  | 5.505 |  |
| 5.406 |  | 5.506 |  |
| 5.407 |  | 5.507 |  |
|  | FRONT SALTOS |  | FRONT SALTOS |
| 6.401 | Front Salto Tuck / Pike / Stretch 1-1/2t. (Rudi) | 6.501 | Front Salto Stretched 2/1t. (Tarasevich), 2-1/2t., 3/1t. |
| 6.402 |  | 6.502 | Double Front Salto or 1/2t. (Podkopayeva) |
|  | SIDE SALTOS |  | SIDE SALTOS |
| 7.401 |  | 7.501 |  |
| 7.402 |  | 7.502 | Arabian Double Front Salto or 1/2t. (Andreasen), Pike (Dos Santos) |
|  | BACK SALTOS |  | BACK SALTOS |
| 8.401 | Back Salto 2-12/t. (Two \& Half) | 8.501 | Back Salto 3/1t. (Triple Full), 3-1/2t. (Three \& Half) |
| 8.402 |  | 8.502 |  |
| 8.403 | Double Back Salto - Tuck or Pike | 8.503 | Double Back Salto - Tuck / Pike 1/1t. (Muchina), 1-1/2t. Tuck (Jones) |
| 8.404 |  | 8.504 | Double Back Salto - Stretched, Double Back Tuck / Stretch 2/11. (Silivas) |
| 8.405 |  | 8.504 | Double Back Salto - Stretched 1/1t. IN (Tougikova), 1/1t. OUT (Chusovitina/Siliva) |
| 8.406 |  | 8.506 |  |



Priscilla K. Hickey, Editor


High School Rule Book 2015-2016
0.3 Turn - Incomplete
$>0.3$ Squat on Landing
$>0.4$ Steps (0.1) Large Step (0.2) $>0.4$ Steps $(0.1)$ Large Step
$>0.3$ Dynamics
$>0.3$ Brush/Touch (no support)
0.5 Fall (to support, against Table)
0.5 Fall (to support, against Table) 0.5 Coach - Between (Board \& Tab 0.5 Coach - Spot Landing

START VALUE $\square$
$\square$
DEDUCTIONS
JUDGE \#1
JUDGE \#2
Chief Judge:
1.0 One Arm, 0.5 Vault w/o signal,

Unauthorized Mat, 0.2 Tape on Table
$\square$


 $\square$ =

START VALUE
$\square$




School
Coaches' Name and Telephone

## Vault

Manufacturer $\qquad$
Yurchenko Safety Zone Available: Yes / No Yurchenko Hand Mat Available: Yes / No Padded Runway: Yes / No Runway Length (in feet and inches): $\qquad$
Springboard Manufacturer and Type of Board $\qquad$
Any other deviation from specifications: $\qquad$

## Uneven Bars

Manufacturer $\qquad$
Super Wide Spread: Yes / No Spread (in inches):__ Base Heighteners: Yes / No
Any other deviation from specifications: $\qquad$

## Balance Beam

Manufacturer $\qquad$
Proper Matting: Yes / No Reflex Beam___ Non-Reflex Beam____
Any other deviation from specifications: $\qquad$

## Floor Exercise

Wrestling Mat $\qquad$ Spring Floor $\qquad$ Foam Block Floor $\qquad$
(If Spring or Foam Floor, height of springs (in inches):____)
Any other deviation from specifications: $\qquad$ -

## General

Number of available skill cushions: 8" skill cushions $\qquad$ 4" skill cushions $\qquad$ Sting $\qquad$
Number of events you can run simultaneously: $\qquad$
Any other deviation from specifications: $\qquad$

Priscilla K. Hickey, Editor
$2015-2016$

This form plus 1 copy and a self-addressed stamped envelope must be submitted to the WIAA Technical Chairman, Dean Ratliff, 20119 Bartlett Rd, Bothell, WA 98012, in order to officially request evaluation of elements not listed in the 2015 - 2016 WIAA Rule Book. You will receive an evaluation for the new element you submit which will be valid through February 2016, unless evaluated by WIAA Rules Committee, at which time it will change for the following season.

When this form is returned to you with an element evaluation and the proper verification signature, you as coach, are required to carry the form with you to all competitions and present it to the Meet Referee prior to the judge's meeting before to the competition.

## NO OTHER FORM OR VERIFICATION WILL BE ACCEPTABLE.

School $\qquad$ Coach $\qquad$
$\qquad$ Street $\qquad$
Event
City/Zip $\qquad$
E-Mail $\qquad$
Element Name $\qquad$
Element Description (Please describe, draw the element, and include videotape):
$\square$
Rating Given: None / A / B $\quad$ / $\quad$ C

WIAA Technical Chair Verification Signature $\qquad$
Date: $\qquad$

GYMNAST NAME and NUMBER
SCHOOL $\qquad$
$\qquad$ FINAL SCORE $\qquad$
This score inquiry is based upon the following questions:

1. Special performance occurrences $\qquad$
2. Falls $\qquad$
3. Neutral Deductions $\qquad$

List moves that receive Value Part credit and the value these moves should be awarded.

| Element | $\mathbf{J 1}$ | $\mathbf{J 2}$ |
| :--- | :--- | :--- |
|  |  |  |
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Judges Response to specific questions:

1. Special performance occurrences $\qquad$
2. Falls $\qquad$
3. Neutral Deductions $\qquad$
4. Missing Special Requirements $\qquad$

| Before Inquiry |  |  |
| :--- | :---: | :---: |
|  | J1 | J2 |
| Start Value |  |  |
| Score |  |  |


| After Inquiry |  |  |
| :--- | :---: | :---: |
| Score Change? | YES / NO | YES / NO |
|  | J1 | J2 |
| Start Value |  |  |
| Score |  |  |

Signature of Coach
$\qquad$ Judges Present $\qquad$

| $\square$ Application of Rules $\quad \square$ Meet Administration $\quad \square$ Professionalism $\square$ Other |
| :---: | :---: |
| Comments $\quad \square$ |
|  |
|  |

## Submitted by

| Name |  |  |
| :--- | :--- | :--- |
| E-mail |  |  |
|  |  | Telephone___ |

Please send this form to either:

Dean Ratliff Susan Riley

Technical Chair WSGCA President

20119 Bartlett Rd, Bothell, WA 98012
816 NE $201^{\text {st }}$ St., Shoreline, WA 98155

School

| UB <br> Routine | Athlete \# |  | Athlete Name | S.V. |
| :--- | :--- | :--- | :--- | :--- |
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## Administrative Needs:

- Judges' Score slips / Sheets
- 2 Score Flashing Devices
- 2 Start Value Flashing Devices
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program
- Sound System (CD player)

Worker Needs:

- 2 Runner/Flashers
- Uneven Bar Fall Timer (if possible)
- Balance Beam Routine Timer
- Balance Beam Fall Timer (if possible)
- Floor Exercise Timer
- 2 Floor Exercise Linesperson (if possible)
- Announcer
- Score Keeper

| Schedule Time |  |  | VT | UB | BB | FX |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0:00 | - | 0:30 | General Warm Up |  |  |  |
|  |  |  | Timed Warm Up |  |  |  |
| 0:30 | - | 1:00 | Host | Visitor | Host | Visitor |
| 1:00 |  | 1:30 | Visitor | Host | Visitor | Host |
| 1:30 | - | 1:45 | March In |  |  |  |
|  |  |  | Competition |  |  |  |
| 1:45 | - | 2:00 | Host | Visitor |  |  |
| 2:00 | - | 2:15 | Visitor | Host |  |  |
| 2:15 | - | 2:45 |  |  | Host | Visitor |
| 2:45 | - | 3:15 |  |  | Visitor | Host |
| 3:15 |  | 3:30 | Clean Up |  |  |  |
| 3:30 | - | 3:45 | Awards |  |  |  |

## Teams: 3 Judges: 2

Administrative Needs:

- Judges' Score slips / Sheets
- 2 Score Flashing Devices
- 2 Start Value Flashing Devices
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program
- Sound System (CD player)


## Worker Needs:

- 2 Runner/Flashers
- Uneven Bar Fall Timer (if possible)
- Balance Beam Routine Timer
- Balance Beam Fall Timer (if possible)
- Floor Exercise Timer
- 2 Floor Exercise Linesperson (if possible)
- Announcer
- Score Keeper

| Schedule Time |  |  | VT | UB | BB | FX |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0:00 | - | 0:30 | General Warm Up |  |  |  |
|  |  |  | Timed Warm Up |  |  |  |
| 0:30 | - | 1:00 | Host | Visitor 2 | Host | Visitor 2 |
| 1:00 | - | 1:30 | Visitor 2 | Visitor 1 | Visitor 2 | Visitor 1 |
| 1:30 | - | 2:00 | Visitor 1 | Host | Visitor 1 | Host |
| 2:00 | - | 2:15 | March In |  |  |  |
|  |  |  | Competition |  |  |  |
| 2:15 | - | 2:30 | Host | Visitor 2 |  |  |
| 2:30 | - | 2:45 | Visitor 2 | Visitor 1 |  |  |
| 2:45 | - | 3:15 | Visitor 1 | Host |  |  |
| 3:15 | - | 3:45 |  |  | Host | Visitor 2 |
| 3:45 | - | 4:15 |  |  | Visitor 2 | Visitor 1 |
| 4:15 | - | 4:45 |  |  | Visitor 1 | Host |
| 4:45 | - | 5:00 |  |  | Up |  |
| 5:00 | - | 5:15 |  |  |  |  |

## Administrative Needs:

- Judges' Score slips / Sheets
- 3 Score Flashing Devices (minimum)
- 3 Start Value Flashing Devices
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program
- Sound System (CD player)


## Worker Needs:

- 3 Runner/Flashers (minimum)
- Uneven Bar Fall Timer (if possible)
- Balance Beam Routine Timer
- Balance Beam Fall Timer (if possible)
- Floor Exercise Timer
- 2 Floor Exercise Linesperson (if possible)
- Announcer
- Score Keeper

| Schedule Time |  | VT | UB | BB | FX |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $0: 00$ | - | $0: 30$ | General Warm Up |  |  |  |  |
|  |  | Timed Warm Up |  |  |  |  |  |
| $0: 30$ | - | $0: 45$ | Host | Bye | Visitor 2 | Visitor 1 |  |
| $0: 45$ | - | $1: 00$ | Visitor 1 | Host | Bye | Visitor 2 |  |
| $1: 00$ | - | $1: 15$ | Visitor 2 | Visitor 1 | Host | Bye |  |
| $1: 15$ | - | $1: 30$ | Bye | Visitor 2 | Visitor 1 | Host |  |
| $1: 30$ | - | $1: 45$ | March In |  |  |  |  |
|  |  |  | Competition |  |  |  |  |
| $1: 45$ | - | $2: 15$ | Host | Host | Visitor 2 | Visitor 1 |  |
| $2: 15$ | - | $2: 45$ | Visitor 1 | Visitor 1 | Host | Visitor 2 |  |
| $2: 45$ | - | $3: 15$ | Visitor 2 | Visitor 2 | Visitor 1 | Host |  |
| $3: 15$ | - | $3: 30$ | Clean Up |  |  |  |  |
| $3: 30$ | - | $3: 45$ | Awards |  |  |  |  |

## Teams: 3 Judges: 4

## Administrative Needs:

- Judges' Score slips / Sheets
- 3 Score Flashing Devices (minimum) (4 preferred)
- 3 Start Value Flashing Devices (minimum) (4 preferred)
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program

Worker Needs:

- 3 Runner/Flashers (minimum) (4 preferred)
- Uneven Bar Fall Timer (if possible)
- Balance Beam Routine Timer
- Balance Beam Fall Timer (if possible)
- Floor Exercise Timer
- 2 Floor Exercise Linesperson (if possible)
- Announcer
- Score Keeper
- Sound System (CD player)

| Schedule Time |  |  | VT | UB | BB | FX |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0:00 | - | 0:30 | General Warm Up |  |  |  |
|  |  |  | Timed Warm Up |  |  |  |
| 0:30 | - | 0:45 | Host | Visitor 2 | Visitor 1 | Bye |
| 0:45 |  | 1:00 | Bye | Host | Visitor 2 | Visitor 1 |
| 1:00 | - | 1:15 | Visitor 1 | Bye | Host | Visitor 2 |
| 1:15 | - | 1:30 | Visitor 2 | Visitor 1 | Bye | Host |
| 1:30 |  | 1:45 | March In |  |  |  |
|  |  |  | Competition |  |  |  |
| 1:45 | - | 2:15 | Host | Visitor 2 | Visitor 1 | Bye |
| 2:15 |  | 2:45 | Bye | Host | Visitor 2 | Visitor 1 |
| 2:45 | - | 3:15 | Visitor 1 | Bye | Host | Visitor 2 |
| 3:15 | - | 3:45 | Visitor 2 | Visitor 1 | Bye | Host |
| 3:45 | - | 4:00 | Clean Up |  |  |  |
| 4:00 | - | 4:15 | Awards |  |  |  |

## Administrative Needs:

- Judges' Score slips / Sheets
- 3 Score Flashing Devices (minimum) (4 preferred)
- 3 Start Value Flashing Devices (minimum) (4 preferred)
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program
- Sound System (CD player)


## Worker Needs:

| Schedule Time |  |  | VT | UB | BB | FX |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0:00 |  | 0:30 | General Warm Up |  |  |  |
|  |  |  | Timed Warm Up |  |  |  |
| 0:30 |  | 0:45 | Host | Visitor 2 | Visitor 1 | Visitor 3 |
| 0:45 | - | 1:00 | Visitor 3 | Host | Visitor 2 | Visitor 1 |
| 1:00 | - | 1:15 | Visitor 1 | Visitor 3 | Host | Visitor 2 |
| 1:15 | - | 1:30 | Visitor 2 | Visitor 1 | Visitor 3 | Host |
| 1:30 |  | 1:45 | March In |  |  |  |
|  |  |  | Competition |  |  |  |
| 1:45 |  | 2:15 | Host | Visitor 2 | Visitor 1 | Visitor 3 |
| 2:15 | - | 2:45 | Visitor 3 | Host | Visitor 2 | Visitor 1 |
| 2:45 | - | 3:15 | Visitor 1 | Visitor 3 | Host | Visitor 2 |
| 3:15 | - | 3:45 | Visitor 2 | Visitor 1 | Visitor 3 | Host |
| 3:45 | - | 4:00 | Clean Up |  |  |  |
| 4:00 |  | 4:15 | Awards |  |  |  |

## Teams: 4 Judges: 4

Administrative Needs:

- Judges' Score slips / Sheets
- 4 Score Flashing Devices
- 4 Start Value Flashing Devices
- 2 Stop Watches (minimum)
- Manual Score sheets or Computer Scoring Program
- Sound System (CD player)


## Worker Needs:

- 4 Runner/Flashers
- Uneven Bar Fall Timer (if possible)
- Balance Beam Routine Timer
- Balance Beam Fall Timer (if possible)
- Floor Exercise Timer
- 2 Floor Exercise Linesperson (if possible)
- Announcer

| Schedule Time |  |  | VT | UB | BB | FX |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 0:00 |  | 0:30 | General Warm Up |  |  |  |
|  |  |  | Timed Warm Up |  |  |  |
| 0:30 |  | 0:45 | Host | Visitor 2 | Visitor 1 | Visitor 3 |
| 0:45 |  | 1:00 | Visitor 3 | Host | Visitor 2 | Visitor 1 |
| 1:00 |  | 1:15 | Visitor 1 | Visitor 3 | Host | Visitor 2 |
| 1:15 |  | 1:30 | Visitor 2 | Visitor 1 | Visitor 3 | Host |
| 1:30 |  | 1:45 | March In |  |  |  |
|  |  |  | Competition |  |  |  |
| 1:45 |  | 2:15 | Host | Visitor 2 | Visitor 1 | Visitor 3 |
| 2:15 | - | 2:45 | Visitor 3 | Host | Visitor 2 | Visitor 1 |
| 2:45 |  | 3:15 | Visitor 1 | Visitor 3 | Host | Visitor 2 |
| 3:15 |  | 3:45 | Visitor 2 | Visitor 1 | Visitor 3 | Host |
| 3:45 |  | 4:00 | Clean Up |  |  |  |
| 4:00 |  | 4:15 | Awards |  |  |  |


[^0]:    6. UNDERSWING (0.50)

    Immediately press the bar downward to the mid to lower thigh with the head neutral, chest and torso hollow and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward to execute the UNDERSWING. Maintain a straight hollow body position, with the arms and legs straight throughout and the head neutral landing on feet.

