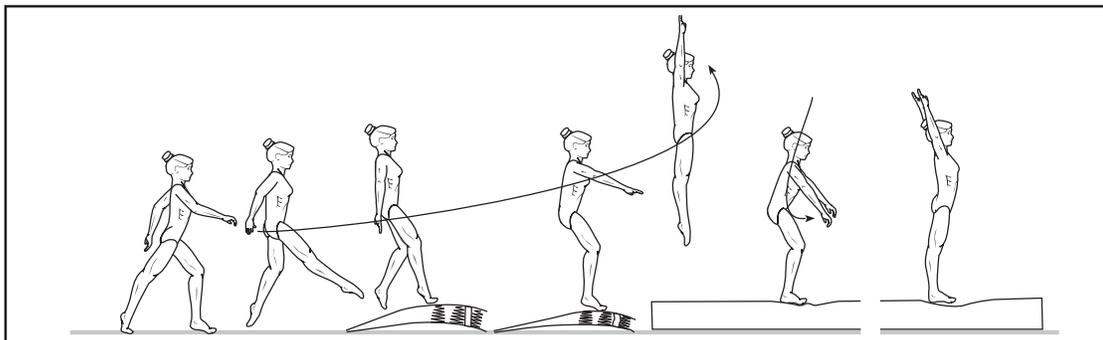


## LEVEL 1 VAULT PENALTIES- STRAIGHT JUMP TO 8" MAT

Board is placed in front of an 8" skill cushion. *The number of running steps is a guideline only; there is no deduction for taking more or less than seven to nine steps.*



### A. APPROACH:

- |   |                 |
|---|-----------------|
| 1. Incorrect arm swing  | Up to 0.20      |
| 2. Failure of arms to arrive in forward-low position at board contact | Up to 0.20      |
| 3. Excessive forward lean of body upon board contact                  | Up to 0.30      |
| 4. Failure to arrive on board with feet together                      | Up to 0.20      |
| 5. Multiple jumps on the board (double bounces)                       | Each <u>0.3</u> |

### B. JUMP FROM BOARD TO MAT

- |   |            |
|---|------------|
| 1. Lack of height   | Up to 0.30 |
| 2. Failure to maintain a stretched body position during jump:         |            |
| • Arch  | Up to 0.30 |
| • Pike  | Up to 0.50 |
| • Tuck  | Up to 0.50 |
| 3. Poor arm and head alignment  | Up to 0.30 |
| 4. Legs bent  | Up to 0.30 |
| 5. Legs separated   | Up to 0.20 |
| 6. Poor foot form   | Up to 0.10 |
| 7. Failure to land in demi-plié with control and proper body position | Up to 0.50 |

### C. GENERAL

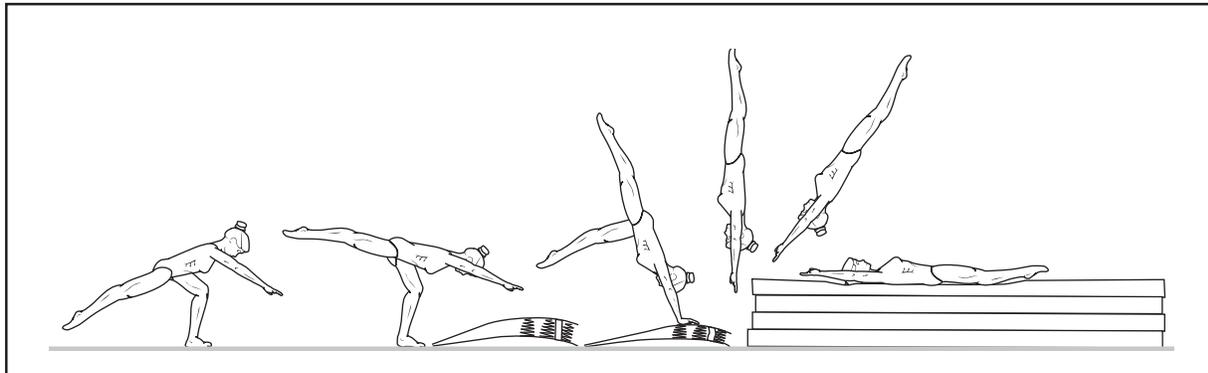
- |  |                                   |
|--|-----------------------------------|
| 1. Poor direction                                  | Up to 0.30                        |
| 2. Run-Approach without executing the vault (Balk) |                                   |
| - Touches the board                                | Second attempt allowed; then VOID |
| 3. Coach between board and mat                     | No Penalty                        |
| 4. Performs wrong vault                            | VOID                              |
| 5. Lack of dynamics (speed/power)                  | Up to 0.30                        |
| 6. Performing incorrect vault                      | VOID                              |
| 7. Aid of coach upon landing                       | <u>0.50</u>                       |

### D. LANDING

- |  |                             |
|--|-----------------------------|
| 1. Slight hop or small adjustment of feet                                    | Up to 0.10                  |
| 2. Extra arm(swing(s))   | Up to 0.10                  |
| 3. Additional trunk movements to maintain balance                            | Up to 0.30                  |
| 4. Incorrect body posture on landing   | Up to 0.20                  |
| 5. Taking steps after landing  | Each <u>0.10</u> (Max 0.40) |
| 6. Very large step or jump   | <u>0.20</u>                 |
| 7. Deep squat upon landing   | Up to 0.30                  |
| 8. Contacting the mat with one or both hands or with the body after landing. |                             |
| • Brush, touch or hit  | Up to 0.30                  |
| • Support on hand(s) or fall onto mat  | <u>0.50</u>                 |

## LEVEL 2 VAULT PENALTIES - HANDSTAND BLOCK

Board is placed in front of a stack of skill cushions (a minimum of 16"). *The number of steps is a guideline; there is no deduction for taking more or less than one to three steps. The gymnast may step onto the board without penalty.*



### A. APPROACH:

- |   |                   |
|---|-------------------|
| 1. Incorrect arm swing  | Up to 0.20        |
| 2. Flight prior to hand contact (dive)                              | Up to 0.20        |
| 3. Arms bent during contact with board                              | Up to 0.50        |
| 4. Poor foot form   | Up to 0.10        |
| 5. <i>Lack of continuity between arm circle and block off board</i> | <i>Up to 1.00</i> |
| 6. <i>Stop in handstand position on board</i>                       | <i>1.00</i>       |

### B. FLIGHT FROM BOARD TO MAT

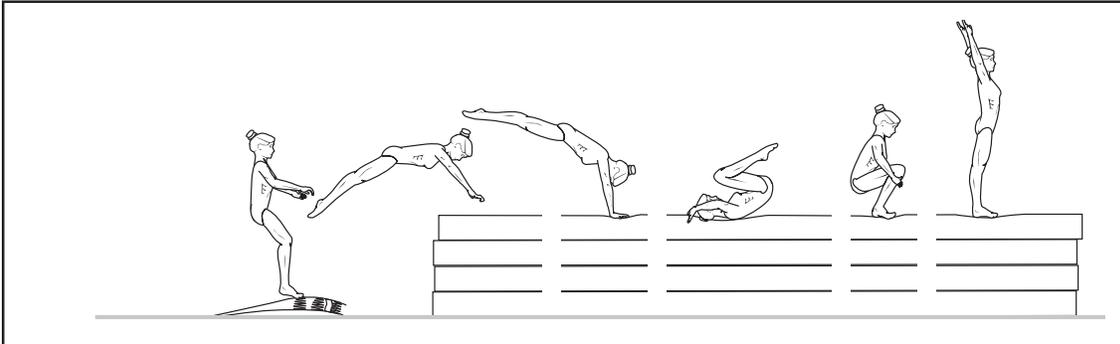
- |   |                   |
|---|-------------------|
| 1. <i>Insufficient flight on block</i>                              | <i>Up to 0.50</i> |
| 2. Failure to maintain a stretched body position from board to mat: |                   |
| - Pike  | Up to 0.50        |
| - Arch  | Up to 0.30        |
| 3. Poor shoulder and head alignment                                 | Up to 0.50        |
| 4. Legs bent  | Up to 0.30        |
| 5. Legs separated   | Up to 0.20        |
| 6. Poor foot form   | Up to 0.10        |
| 7. Failure to land in a tight, straight lying position              | Up to 1.00        |

### C. GENERAL

- |  |             |
|--|-------------|
| 1. Poor direction  | Up to 0.30  |
| 2. Performs wrong vault  | VOID        |
| 3. Coach between board and mat stack   | No Penalty  |
| 4. Aid of coach after hand contact   | <u>2.00</u> |
| 5. Run-Approach without executing the vault (Balk)<br>(Touches the board or mat stack) | VOID        |

## LEVEL 3 VAULT PENALTIES - FORWARD ROLL ONTO MAT STACK

*Mat stack should be at waist-height of the gymnast, plus or minus up to 8 inches of skill cushion. The number of steps is a guideline; there is no deduction for taking more or less than seven to nine steps.*



### A. FIRST FLIGHT

- |  |             |
|--|-------------|
| 1. Lack of straight-hollow body position | Up to 0.50  |
| 2. Legs bent                             | Up to 0.30  |
| 3. Legs separated                        | Up to 0.20  |
| 3. Assistance by coach from board to mat | <u>2.00</u> |
| 4. Poor foot form                        | Up to 0.10  |

### B. HAND CONTACT & ROLL PHASE

- |  |                   |
|--|-------------------|
| 1. Lack of straight-hollow body position on contact (pike/arch)                                  | Up to 0.50        |
| 2. Bent arms on initial contact of mat   | Up to 0.50        |
| 3. <i>Front or top of head contacts mat during the roll phase</i>                                | <i>Up to 0.50</i> |
| 4. Legs bent   | Up to 0.30        |
| 5. Legs separated  | Up to 0.20        |
| 6. Shoulders in front of hands upon contact  | Up to 0.30        |
| 7. Poor foot form  | Up to 0.10        |
| 8. Touching/dragging feet on mat prior to/during rolling phase                                   | Up to 0.30        |
| 9. Support of feet on mat (squat on)   | VOID              |
| 10. Failure to contact mat with both hands (performs front layout or touches with only one hand) | <u>3.00</u>       |
| 11. Insufficient tuck  | <i>Up to 2.00</i> |
| <i>- Max. deduction=Roll with extended body/legs to land on flat back lying position</i>         |                   |
| 12. Additional hand placements (taking steps/hops on hands)                                      | Up to 0.30        |
| 13. <i>Pushing with hands on mat to arrive in a squat position</i>                               | <i>0.50</i>       |
| 14. <i>Roll to a kneeling position without passing through a tuck stand</i>                      | <u>1.00</u>       |
| 15. Failure to roll through squat position to a stand  | <u>1.00</u>       |

### C. FINAL POSITION

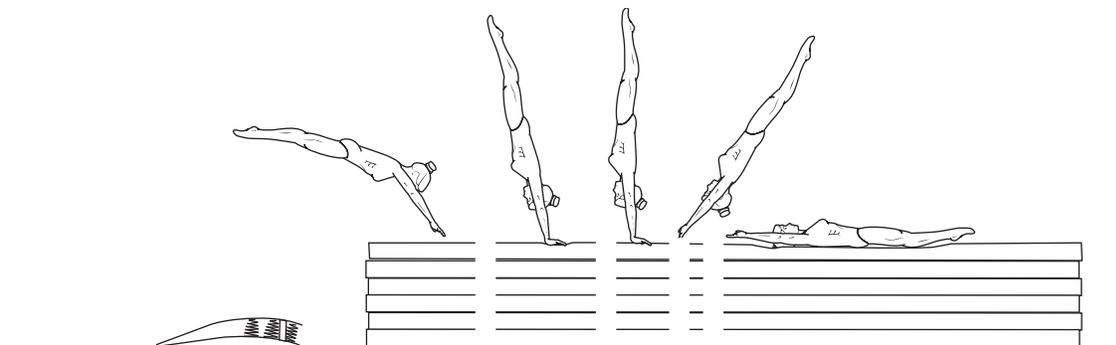
- |   |            |
|---|------------|
| 1. Failure to show control and proper body posture on stand | Up to 0.50 |
|---|------------|

### D. GENERAL

- |  |                   |
|--|-------------------|
| 1. Poor direction                                  | Up to 0.30        |
| 2. Lack of dynamics (speed/power)                  | Up to 0.30        |
| 3. Performs wrong vault                            | VOID              |
| 4. Coach between board and mat stack               | No Penalty        |
| 5. Aid of coach after hand contact                 | <u>2.00</u>       |
| 6. Run-Approach without executing the vault (Balk) | VOID              |
| -Touches the board or mat stack                    |                   |
| 7. <i>Lack of continuity during roll</i>           | <i>Up to 0.50</i> |

# LEVEL 4 VAULT - JUMP TO HANDSTAND ONTO MAT STACK

Level 4 competitive gymnasts may perform one or two vaults, with the better score to count. Three running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A fourth approach is not permitted.



## TABLE OF PENALTIES

### A. GENERAL DEDUCTIONS:

- |  |                       |
|--|-----------------------|
| 1. Failure to maintain a straight body position:   |                       |
| Arch   | Each phase Up to 0.30 |
| Pike   | Each phase Up to 0.50 |
| 2. Legs bent   | Each phase Up to 0.30 |
| 3. Legs separated  | Each phase Up to 0.20 |
| 4. Incorrect foot form   | Each phase Up to 0.10 |
| 5. Incorrect head alignment  | Each phase Up to 0.10 |
| 6. Deviation from straight direction   | Up to 0.30            |
| 7. Insufficient dynamics (speed/power)   | Up to 0.30            |
| 8. Assistance of coach after gymnast achieves hand support on the mat stack  | <u>2.00</u>           |
| • If the gymnast never achieves vertical and returns to the board (or lands on the mat stack between the board and hand placement), it is considered as "wrong vault". | VOID                  |
| 9. Performing incorrect vault (i.e., squat on, etc.)   | VOID                  |
| 10. Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)  | VOID                  |
| 11. Run-approach without executing the vault (Balk)  |                       |
| • A fall on the run-approach is considered a Balk - no deduction   |                       |
| • Touching the springboard or mat stack  | VOID                  |

### B. RUN & BOARD CONTACT:

- |  |            |
|--|------------|
| 1. Insufficient acceleration during the run                  | Up to 0.30 |
| 2. Failure to maintain horizontal running speed to the board | Up to 0.30 |
| 3. Excessive forward lean of the body upon board contact     | Up to 0.30 |

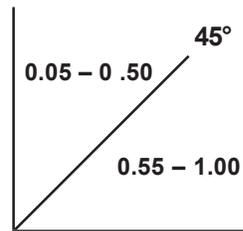
### C. FIRST FLIGHT PHASE:

See A. General Deductions

# LEVEL 4 VAULT PENALTIES

## D. SUPPORT PHASE:

- |   |             |
|---|-------------|
| 1. Arms bent  | Up to 0.50  |
| 2. Completely bent arms causing head to contact mat   | <u>2.00</u> |
| 3. Incorrect shoulder alignment (showing a shoulder angle)  | Up to 0.30  |
| 4. Failure to show an inverted vertical position from hands to hips (performing a forward rolling action) | Up to 2.00  |
| 5. Contacting the mat stack with the hands after vertical   | Up to 1.00  |
| • Contact from 1° to 45° past vertical  | Up to 0.50  |
| • Contact from 46° - 89° past vertical  | 0.55 - 1.00 |



- |  |             |
|--|-------------|
| 6. Failure to place hands in the prescribed landing zone (between edge of mat and the tape line). If hands land <i>entirely</i> beyond the tape line, deduct | <u>0.50</u> |
| - <i>Staggered hand placement: one inside zone, one over line</i>  | <u>0.20</u> |
| 7. Additional hand placements (taking steps/hops on hands)   | Up to 0.30  |
| 8. Failure to contact mat with both hands (performs a front layout or touches with only one hand)  | <u>3.00</u> |

## E. POST-HANDSTAND PHASE

See General Vault deductions regarding body position, etc.

## F. LANDING PHASE:

Failure to finish in a straight lying position on the back Up to 1.0

Examples for applying this deduction:

The gymnast lands on her feet, salutes, and steps off the mat. 1.00

The gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat. 0.50

The gymnast lands on her back with an arch and bent legs, salutes and steps off the mat. Up to 0.50

If the gymnast makes any of the above execution errors, then lies back to a straight lying position, **NO DEDUCTION** for failure to finish on the mat in a straight lying position is taken; however, you may have execution deductions applied for the errors while the gymnast is falling to her back (Post-handstand phase).

The evaluation finishes when the gymnast arrives in a straight lying position.

# LEVEL 5/6 VAULT - TABLE OF PENALTIES

## A. GENERAL:

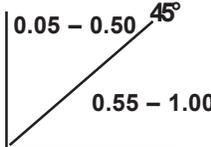
- |  |            |              |
|--|------------|--------------|
| 1. Body position faults:   |            |              |
| • arch   | Each phase | Up to 0.30   |
| • pike   | Each phase | Up to 0.50   |
| 2. Legs bent   | Each phase | Up to 0.30   |
| 3. Legs separated  | Each phase | Up to 0.20   |
| 4. Incorrect foot form   | Each phase | Up to 0.10   |
| 5. Incorrect head alignment  | Each phase | Up to 0.10   |
| 6. Deviation from straight direction                                 |            | Up to 0.30   |
| 7. Lack of dynamics (speed/power)                                    |            | Up to 0.30   |
| 8. Performing incorrect vault  |            | VOID         |
| 9. Aid of coach during first flight, support, or second flight phase |            |              |
| • Level 5  |            | <u>2.00</u>  |
| • Level 6  |            | VOID         |
| 10. Aid of coach upon landing  |            | <u>0.50</u>  |
| 11. Run-approach without executing the vault (Balk)                  |            |              |
| • Touching the springboard or vault table                            |            | VOID         |
| 12. <i>Coach standing between board and vault table</i>              |            | No deduction |
| 13. <i>Performing vault without signal from Chief Judge</i>          |            |              |

*deduct 0.50 from average of next vault*

## B. FIRST FLIGHT:

See A. General Deductions

## C. SUPPORT PHASE:

- |  |                    |                           |
|--|--------------------|---------------------------|
| 1. Incorrect shoulder alignment (showing a shoulder angle)                           |                    | Up to 0.30                |
| 2. Arms bent   |                    | Up to 0.50                |
| 3. Completely bent arms causing head to contact vault table                          |                    | <u>2.00</u>               |
| 4. Additional hand placements (taking steps/hops on hands)                           |                    | Up to 0.30                |
| 5. Too long in support   |                    | Up to 0.50                |
| 6. Alternate repulsion   |                    | Up to 0.20                |
| 7. Angle of repulsion (failure to leave vault table by vertical)                     |                    | Up to 1.00                |
| If the gymnast leaves the vault table:   |                    |                           |
| by vertical  | No deduction       |                           |
| from 1° to 45°   | deduct 0.05-0.50   |                           |
| from 46° to horizontal   | deduct 0.55 - 1.00 |                           |
|  |                    |                           |
| 8. Touch of only one hand on vault table   |                    | Chief Judge - <u>1.00</u> |
| 9. No hand support on vault table  |                    | VOID                      |

## D. SECOND FLIGHT:

- |   |  |             |
|---|--|-------------|
| 1. Insufficient height  |  | Up to 0.50  |
| 2. Insufficient distance ( <i>consider size of gymnast, overall trajectory- where hands contact table and where feet land</i> ) |  | Up to 0.30  |
| 3. Brush, touch, or hit of body on far end of vault table   |  | <u>0.30</u> |

## E. LANDING:

- |  |                              |   |
|--|------------------------------|---|
| 1. Slight hop or small adjustment of feet  |                              | Up to 0.10                                    |
| 2. Extra arm swing(s)  |                              | Up to 0.10                                    |
| 3. Additional trunk movements to maintain balance                                    |                              | Up to 0.30                                    |
| 4. Incorrect body posture on landing   |                              | Up to 0.20                                    |
| 5. Taking steps after landing  | Each <u>0.10</u> (Max. 0.40) |   |
| 6. Very large step or jump   |                              | <u>0.20</u>                                   |
| 7. Deep squat upon landing   |                              | Up to 0.30                                    |
| 8. Contacting the mat or apparatus with one or both hands or with body after landing |                              |   |
| • Brush, touch or hit  |                              | Up to 0.30                                    |
| • Support on hand(s) or fall onto mat or against apparatus                           |                              | <u>0.50</u>                                   |
| 9. Failure to land on the feet first on the mat (includes the fall)                  |                              | <u>2.00</u>                                   |
| • Finishes in a sitting, lying or standing position on the vault table               |                              | <u>0.50</u> (fall on apparatus) + <u>2.00</u> |

# GENERAL FAULTS & PENALTIES -

## COMPULSORY UNEVEN BARS, BALANCE BEAM AND FLOOR

It is intended that all elements and connections be performed with maximum amplitude and execution in the order as written in the text. Any departures from the correct technique or performance are to be penalized according to the following Table for General Faults and Penalties.

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.

Deduct all execution and/or amplitude errors leading to a fall; however, do NOT deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.

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.

**ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY;  
HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED UNLESS OTHERWISE STATED.**

### I. CHANGES IN PRESCRIBED TEXT

*Changing, reversing or omitting a small part	<u>0.10</u>
*Changing, reversing or omitting a series of connections	<u>0.30</u>
*Changing a major element	Up to the value of the element
*Substituting or omitting a major element	Double the value of the element
Reversing a major element (if not allowed to be reversed)	Half the value of the element
Incomplete major element	Up to the value of the element
Incorrect position of arms, head, feet or legs (text errors)	Up to 0.40
(Deduct in general - not each time- according to small, medium & large errors)	
Adding an extra element	each <u>0.30</u>
Taking additional running steps into tumbling passes (Floor Exercise)	Each <u>0.10</u>
	(Max. 0.30 per tumbling pass)
Repetition of a missed element (start judging at the point of interruption)	No penalty
Major element performed with additional twist, turn or with major change in flight	Up to the value of the element
<p>* Changing = performing a variation of the element prescribed.</p> <p>* Substituting = performing a totally different element than the element prescribed.</p> <p>* Omitting = leaving the element out completely. Omitted elements may not be performed later in the exercise (out of order) or after the last element in the exercise.</p>	

*Note: Any step designated as "not in relevé" may be performed in relevé without penalty.*

### II. EXECUTION

#### A. UNEVEN BARS, BEAM, AND FLOOR

1. Incorrect foot form (flexed, sickled) on major elements	Each time <u>0.05</u>
2. Lack of coordination on connections	Up to 0.10
3. Leg separation	Up to 0.20
4. Incorrect body alignment, position or posture on major elements	Up to 0.20
5. Movement lacking dynamics (General deduction for whole exercise)	Up to 0.20
6. Incorrect foot form (flexed, sickled) during connections	Up to 0.30
(General deduction for whole exercise)	
7. Bent arms or legs	Up to 0.30
8. Balance errors - small, medium, large	Up to 0.30
9. Incorrect body alignment, position or posture during connections	Up to 0.30
(General deduction for whole exercise)	
10. Fall on or off the apparatus	<u>0.50</u>

## B. UNEVEN BARS

1. Repositioning/adjustment of hands in front support or feet in squat/stoop on 0.10
2. Alternate hand grasp or regaining hand grasp without supplementary support 0.20
3. Brush, touch or hit on apparatus or mat with foot (feet) Up to 0.30
4. Extra cast or swing 0.30
5. Using supplementary support to regain position 0.30
6. Full weight on mat with foot (feet) 0.50

## C. BALANCE BEAM AND FLOOR EXERCISE

1. Failure to drop heel at completion of "heel-snap" turns Each 0.05
2. Incorrect leg alignment in arabesque position when indicated Up to 0.10
3. Failure to contract or extend when indicated Up to 0.10
4. Lack of coordination on supple body movements Up to 0.10
5. Failure to kick leg horizontal or above when required Up to 0.10
6. Uneven leg separation in leaps/jumps Up to 0.10
7. Failure to perform 180° and 360° turns on one foot in high relevé Each Up to 0.10
8. Failure to use levering action in or out of elements when required (straight line - fingers to toes) Each Up to 0.10
9. Insufficient split Up to 0.20
10. Degree of turn not exact (over-turned) Up to 0.20
11. Incorrect leg position on turns Up to 0.20
12. Movement lacking artistry of presentation Up to 0.30  
(General deduction for whole exercise)  
Consider: Quality of gymnast's movement to reflect the style of the compulsory routine. Up to 0.15  
Quality of expression (i.e. projection, emotion, focus) Up to 0.15
13. Extra kick up to handstand 0.30
14. Stop between elements in an acro (tumbling) series on Floor Exercise 0.30
15. Grasping beam to avoid a fall 0.30
16. Use of heel-snap turn technique when performing turns requiring a weight transfer 0.30
17. Failure to perform steps, lock positions, and pivot turns in high relevé position (General deduction for whole exercise) Up to 0.50
18. Heel-snap turns performed on correct foot, but turns in wrong direction (reverses major element) = deduct half the value of the element
19. Incomplete turns (apply deduction for incomplete element) Up to the value of the element

## III. AMPLITUDE

### A. UNEVEN BARS

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

### B. BALANCE BEAM AND FLOOR EXERCISE

1. Insufficient amplitude on connections Up to 0.10
2. Insufficient height (hip rise) on leaps and jumps Up to 0.20
3. Insufficient quickness off hands in flight elements with hand support Up to 0.20
4. Insufficient height (hip rise) on salto elements Up to 0.30

#### IV. RHYTHM

##### Bars, Beam & Floor

1. Lack of continuity between connections and elements Up to 0.10
2. Lack of continuity (tempo) between elements in a directly connected series Up to 0.10
3. Incorrect rhythm of connections/elements when specifically noted in text Up to 0.10
4. Concentration pause (more than 2 seconds) 0.10
5. Lack of overall rhythm during exercise Up to 0.40

#### V. DIRECTION AND PLACEMENT OF ELEMENTS

##### Balance Beam and Floor Exercise

1. Error in line of direction or spacing of a single element Up to 0.10
2. Error in line of direction of acrobatic, dance or dance/acro series Up to 0.20
3. Error in line of direction or placement of whole section of floor pattern Up to 0.30

#### VI. LANDING OF ELEMENTS & DISMOUNTS

1. Slight hop or small adjustment of feet Up to 0.10
2. Extra arm swing(s) upon landing Up to 0.10
3. Taking steps after landing Each 0.10 (Max. 0.40)
4. Very large step or jump 0.20
5. Additional trunk movements to maintain balance (for UB, BB & FX) Up to 0.30
6. Deep squat upon landing Up to 0.30
7. Contacting the mat or apparatus with one or both hands or with body after landing
  - Brush, touch or hit Up to 0.30
  - Support on hand(s) or fall onto mat or against apparatus 0.50
8. Failure to land on the feet first for UB, BB and FX saltos &/or dismounts = failure to complete a major element Up to the value of the element + 0.50 for the fall

#### VII. NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE

Assistance (spotting) from coach:

- Coach assists (touches) during element Value of the Element + 0.50
- Coach assists (touches) on landing only 0.50

#### VIII. DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

The following penalties must be indicated to the coach by verbal or visual means:

1. Overtime (Judging continues after time is called) 0.10
2. Any part of body touching outside the FX area Each time 0.10
3. Lack of presentation by gymnast before and/or after exercise Each time 0.10
4. Coach standing next to the beam throughout exercise 0.10
5. Coach/teammate giving assistance with signals or cheers 0.20  
(Applied after one warning has been given, *except when the coach instructs the gymnast as what to do next, then taken with no warning*)
6. Incorrect attire (warning must be given- Chief Judge notifies Meet Referee) 0.20
7. Failure to begin exercise within 30 sec. after being signaled by Chief Judge 0.20
8. Failure to observe specified warm-up time 0.20
9. Use of unauthorized mats 0.30
10. Springboard on unauthorized surface or failure to remove springboard after mount 0.30
11. Gymnast begins exercise without signal from CJ (must stop & repeat) 0.50
12. Floor Exercise routine performed without music 1.00
13. Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table 1.00
14. *Gymnast begins exercise without signal from Chief Judge (CJ instructs gymnast to stop and start over)* 0.50
15. Coach on the Floor Exercise mat (*inside border marking*) No deduction

## **IX. MISCELLANEOUS JUDGING INFORMATION**

### **Allowable range of Scores for Jr. Olympic Program**

0.20 for scores between 9.500 - 10.000

0.30 for scores between 9.000 - 9.475

0.50 for scores between 8.000 - 8.975

1.00 for all other cases

### **Termination of an exercise due to injury:**

If a gymnast performs  $\frac{1}{2}$  or less of the exercise and does not continue, give credit for elements performed.

Do not score from 10.00.

## **X. TIMING PROCEDURES**

### **A. Uneven Bars:**

1. When a gymnast falls from the bars, the 45-second fall time begins.
2. The gymnast has 45 seconds to remount and resume her exercise.
3. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
4. When the gymnast remounts the bars (leaves the floor), the 45-second fall time stops.
5. A reasonable short period of time is allowed to resume swing
6. If the 45-second fall time is exceeded, the exercise is terminated.

### **B. Balance Beam:**

#### **Timing the exercise**

1. The official time starts when the gymnast's feet leave the board or mat.
2. The official time stops when the gymnast dismounts and arrives on the mat.
3. The warning is called or signaled 10 seconds before the maximum time limit.
4. Time is called or signaled at the maximum time limit.
5. If the gymnast lands at the sound of the second signal, there is no deduction.  
If the gymnast lands after the sound of the second signal, the CJ deducts 0.10 from average for overtime.
6. Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise.

#### **Timing of Falls:**

1. When the gymnast falls to the floor, the 30-second fall time begins and the official beam time stops.
2. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
3. When the gymnast remounts the beam (leaves the floor), the 30-second fall time stops.
4. The official beam time resumes with the first movement to continue the exercise.
5. If a second fall occurs before the official time begins, the deduction is 0.50.
6. If the 30-second fall time is exceeded, the exercise is terminated.
7. The official beam time does not stop when the gymnast falls on (but not off) the beam.

# TABLE OF PENALTIES - LEVEL 1 UNEVEN BARS

Bent arms/legs                      Each Up to 0.30  
 Legs separated                        Up to 0.20

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACKHIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off) Failure to finish in an extended front support <i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u> Up to 0.10 <u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACKHIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20  <i>Up to 0.20</i>
4. CAST, PUSH AWAY DISMOUNT (0.80) 	Incorrect body alignment Failure to keep shoulders slightly in front of bar until peak of cast	Up to 0.20  Up to 0.30

# TABLE OF PENALTIES - LEVEL 2 UNEVEN BARS

Bent arms/legs                      Each Up to 0.30  
 Legs separated                      Up to 0.20

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACKHIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off)	<u>0.30</u>
	Failure to finish in an extended front support	Up to 0.10
	<i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACKHIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20 Up to 0.20
4. CAST, STRADDLE ON, SOLE CIRCLE DISMOUNT (0.80) 	Placing feet between hands	<u>0.20</u>
	Alternate foot placement	<u>0.20</u>
	Lack of control in straddle on	Up to 0.10
	Failure to maintain straight-hollow body position	Up to 0.20
	Failure to maintain head in neutral position	Up to 0.10
	Failure to extend body in flight	Up to 0.20
	Insufficient distance	Up to 0.10
	Insufficient amplitude	Up to 0.20

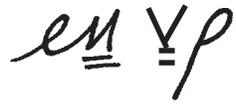
**Examples of unusual circumstances regarding the dismount:**

- a. *Gymnast casts and pushes away to jump to the mat (performs Level 1 dismount) and does not repeat* 1.60 (0.80 x 2 for substitution)
- b. *Gymnast casts, straddles her legs but never makes contact with her feet on the bar, but continues with the underswing to land the dismount* 0.40 (Incomplete element)
- c. *Gymnast casts back and jumps to the mat with no attempt to straddle. Coach lifts the gymnast to the bar, assisting her in establishing a straddle stand; gymnast then completes the straddle sole circle dismount.*  
       Deduct:    0.50 for the Fall  
                   0.40 for Incomplete Element (no cast to straddle on)  
       Do NOT deduct 0.50 for the coach lifting the gymnast to the bar.

# TABLE OF PENALTIES - LEVEL 3 UNEVEN BARS

Bent arms/legs                      Each Up to 0.30  
 Legs separated                      Up to 0.20

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: BACKHIP PULLOVER (0.80) 	Failure to lift both legs simultaneously (1-foot take-off) Failure to finish in an extended front support <i>Supplementary support (resting chin on top of bar prior to lifting legs over LB)</i>	<u>0.30</u> Up to 0.10 <u>0.30</u>
2. CAST (0.60) 	Incorrect body alignment	Up to 0.20
3. BACKHIP CIRCLE (0.60) 	Failure to maintain straight-hollow body throughout circle Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20  Up to 0.20
4. SINGLE LEG CUT FORWARD (0.40)	Leg/foot contacting bar on cut Lack of control in re-grasp	Up to 0.20 Up to 0.10
5. FORWARD STRIDE CIRCLE (0.80) 	<i>Failure to simultaneously change both hands to reverse grip</i> Failure to show clear stride support at beginning and end of circle <i>Failure to maintain reverse grip (hands completely release bar instead of shifting wrists)</i> Hooking knee on the bar <i>on the upswing</i> to complete circle	<u>0.20</u>  Each Up to 0.20 <u>0.30</u> <u>0.50</u>
6. SINGLE LEG CUT BACKWARD (0.40)	Failure to change hand grip prior to leg cut backward <i>Failure to perform a "cutting" action (considered substitution)</i>	<u>0.10</u>  $0.40 \times 2 = 0.80$
7. CAST, SQUAT ON; PIKE SOLE CIRCLE DISMOUNT (0.80) 	Placing feet outside of hands Alternate foot placement Lack of control in squat on Failure to tuck (pikes on) Failure to maintain straight-hollow body position Failure to maintain head in neutral position Failure to extend body in flight Insufficient distance Insufficient amplitude	<u>0.20</u> <u>0.20</u> Up to 0.10 <u>0.20</u> Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.10 Up to 0.20

# TABLE OF PENALTIES - LEVEL 4 UNEVEN BARS

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
<b>1. MOUNT: GLIDE AND RETURN, BACKHIP PULLOVER (0.40 EACH)</b>  	<u>Glide swing:</u>	
	Failure to take-off from both feet simultaneously	<u>0.10</u>
	Performs run-out glide	<u>0.30</u>
	Failure to lead with the feet in the forward glide swing (performs a long hang swing)	Up to 0.10
	Insufficient extension at end of glide swing	Up to 0.20
	Performs glide backswing with legs straddled	<u>0.20</u>
	Failure to close legs at end of straddle glide	<u>0.10</u>
	<u>Pullover:</u>	
	Failure to maintain hand contact on bar between the glide swing and the pullover	<u>0.10</u>
	<i>Failure to contact mat with feet following glide backswing</i>	<u>0.20</u>
Step, hop, or extra jump before the back hip pullover	Each <u>0.10</u>	
Failure to lift both legs simultaneously (1-foot take-off)	<u>0.30</u>	
<i>Supplementary support (chin resting on top of bar prior to lifting legs over LB)</i>	<u>0.30</u>	
Failure to finish in an extended front support	Up to 0.10	
<b>2. FRONT HIP CIRCLE, SMALL CAST (0.60)</b>  	Failure to show straight-hollow body position into circle	Up to 0.10
	<i>Release of hands to grab legs during circle (changing element)</i>	<u>0.60</u>
	Failure to execute a small cast immediately after Front Hip Circle	<u>0.30</u>
	Lack of control in returning to the bar	Up to 0.10
	Failure to return to front support (performs immediate squat through)	<u>0.50</u>
<b>3. CAST, SINGLE LEG SQUAT THROUGH (0.40)</b>  	Leg/foot contacting bar on squat through	Up to 0.20
	Failure to show clear stride support at end of squat through	Up to 0.20
<b>4. FORWARD STRIDE CIRCLE (0.60)</b>  	<i>Failure to simultaneously change both hands to reverse grip</i>	<u>0.20</u>
	Failure to show clear stride support at beginning and end of circle	Each Up to 0.20
	<i>Failure to maintain reverse grip (hands completely release bar instead of shifting wrists)</i>	<u>0.30</u>
	Hooking knee on the bar <i>on the upswing to complete circle</i>	<u>0.50</u>
<b>5. SINGLE LEG CUT BACKWARD (0.40)</b>	Failure to change hand grip prior to leg cut backward	<u>0.10</u>
<i>Failure to perform a "cutting" action (considered substitution)</i>	$0.40 \times 2 = 0.80$	
<b>6. CAST (0.40) (no angle requirement)</b>  	Incorrect body alignment	Up to 0.20
<b>7. BACKHIP CIRCLE (0.60)</b>  	Failure to maintain straight-hollow body position throughout circle	Up to 0.20
	Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20
<b>8. UNDERSWING DISMOUNT (0.80)</b>  	Failure to maintain a straight-hollow body position throughout	Up to 0.20
	Hips contacting bar (no deduction for thighs touching bar)	<u>0.20</u>
	Insufficient extension of body in flight	Up to 0.20
	Insufficient flight	Up to 0.20

# TABLE OF PENALTIES - LEVEL 5 UNEVEN BARS

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80) 	Failure to take off from both feet simultaneously	<u>0.10</u>
	Performs run-out glide	<u>0.30</u>
	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
2. FRONT HIP CIRCLE (0.60) 	Failure to show a straight-hollow body position into circle	Up to 0.10
	<i>Release of hands to grab legs during circle (changing element)</i>	<u>0.60</u>
3. CAST TO HORIZONTAL & RETURN TO FRONT SUPPORT (0.80) 	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	Up to 0.30
	- 1° to 45° below horizontal	0.05 - 0.15
	- 46° or more below horizontal	0.20 - 0.30
	Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
4. CAST, SQUAT/PIKE ON (0.40) 	Lack of control in returning to bar	Up to 0.10
	Alternate foot placement	<u>0.20</u>
	Insufficient backward swing of legs into cast (hip lift only)	<u>0.05</u>
	<i>Performs a sole circle after the squat or pike on (Adds an element)</i>	<u>0.30</u>
5. JUMP TO LONG HANG KIP (0.80) 	<i>Performs a straddle on instead of squat or pike on</i>	<u>0.20</u>
	Failure to swing to near horizontal	Up to 0.20
6. CAST TO HORIZONTAL (0.80) 	See # 3 - Cast to horizontal on low bar	
7. BACK HIP CIRCLE (0.60) 	Failure to maintain a straight-hollow body position throughout circle	Up to 0.20
	Failure to maintain hip or upper thigh contact on bar throughout circle	Up to 0.20
8. UNDERSWING, FIRST COUNTERSWING (30°) (0.80) 	<u>Underswing:</u>	
	Failure to maintain straight-hollow body position throughout	Up to 0.20
	Hips contacting bar (no deduction for thighs touching bar)	<u>0.20</u>
	<u>1st Counterswing:</u>	
	Hips not a minimum of 30° below the level of high bar	Up to 0.20
	<i>Failure to show a straight line from hands to hips with chest in hollow position</i>	Up to 0.20
	<i>Failure to show a rounded hip angle with feet below hips</i>	
	- hips extended in line with feet at horizontal	<u>0.20</u>
- body arched (flair) with feet higher than hips	<u>0.30</u>	
<i>Failure to maintain hollow body position until feet pass the LB in the downward-forward swing of the tap swing</i>	Up to 0.20	
9. TAP SWING FORWARD, SECOND COUNTERSWING (15°) (0.80) 	<u>Tap swing forward:</u>	
	Failure to show slight arched position at bottom of swing	<u>0.10</u>
	Failure to attain straight-hollow body position on upswing	Up to 0.20
	Insufficient amplitude (feet not at HB height)	Up to 0.20
	<u>2nd Counterswing:</u>	
	Hips not a minimum of 15° below the level of high bar	Up to 0.20
10. TAP SWING FORWARD WITH 1/2 (180°) TURN DISMOUNT (0.80) 	<i>See First Counterswing for additional deductions</i>	
	Failure to show slight arched position at bottom of swing	<u>0.10</u>
	Failure to attain straight-hollow position on upswing	Up to 0.20
	Beginning turn prior to 45° below level of HB	Up to 0.20
	Failure to complete 1/2 (180°) turn prior to re-contact	Up to 0.20
	Failure to re-contact the bar with the free hand as the 1/2 turn is completed	<u>0.30</u>

# TABLE OF PENALTIES - LEVEL 6 UNEVEN BARS

Refer to General Faults and Penalties for additional deductions.

ELEMENT	FAULT	DEDUCTION
1. MOUNT: STRADDLE OR PIKE GLIDE KIP (0.80) 	Failure to take off both feet simultaneously	<u>0.10</u>
	Performs a run-out glide	<u>0.30</u>
	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
2. CAST TO 30° ABOVE HORIZONTAL (0.80) 	Insufficient amplitude of cast (line from shoulders to mid-point of lowest body part)	Up to 0.40
	1° to 29° above horizontal	0.05 - 0.25
	At horizontal	<u>0.30</u>
	Below horizontal	0.35 - 0.40
	Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
3. CLEAR HIP CIRCLE TO 30° ABOVE HORIZONTAL (0.80) 	Excessive arch or pike on downswing or upswing	Each Up to 0.20
	Insufficient height and extension of upswing	Up to 0.40
	<i>Use amplitude of cast deductions from # 2</i>	
	Hips touching bar as upswing finishes (performs back hip circle) (no deduction for thighs brushing bar on upswing)	<u>0.80</u>
	Lack of control into glide	Up to 0.10
4. STRADDLE OR PIKE GLIDE KIP (0.80) 	Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
	Insufficient extension at end of glide	Up to 0.20
	Failure to close legs at end of straddle glide	<u>0.10</u>
5. CAST, SQUAT/PIKE ON or BACK SOLE CIRCLE (0.40) 	Insufficient backward swing of legs into cast (hip lift only)	<u>0.05</u>
	Alternate foot placement	<u>0.20</u>
	Performing more than one sole circle	Adds an element) <u>0.30</u>
	Performs a straddle on	<u>0.20</u>
6. JUMP TO LONG HANG KIP (0.80) 	Failure to swing to near horizontal	Up to 0.20
7. CAST TO 30° ABOVE HORIZONTAL (0.80) 	See # 2 Cast to 30° above horizontal on low bar	
8. LONG HANG PULLOVER (0.80) 	Failure to show slight arched position on bottom of down swing	<u>0.10</u>
	Excessive piking of body	Up to 0.20
	Failure to maintain overgrip (hands completely release bar)	<u>0.30</u>
	Performing a backward giant circle prior to pulling hips toward bar	<u>1.00</u>

9. **UNDERSWING,  
1<sup>st</sup> COUNTERSWING (15°)  
(0.80)**

**Underswing:**

Failure to contact the bar with the mid-to-lower thighs between the completion of the long hang pullover & the initiation of the underswing 0.20  
 Failure to maintain straight-hollow body position Up to 0.20  
 Hips contacting bar (no deduction for thighs touching bar) 0.20

**1<sup>st</sup> Counterswing:**

Hips not at a minimum of 15° below the level of high bar Up to 0.20  
*Failure to show a straight line from hands to hips with chest in hollow position* Up to 0.20  
*Failure to show rounded hip angle with feet below hips*  
 - hips extended in line with feet at horizontal 0.20  
 - body arched (flair) with feet higher than hips 0.30  
*Failure to maintain hollow body position until feet pass the LB in the downward-forward swing of the tap swing* Up to 0.20

10. **TAP SWING FORWARD  
2<sup>nd</sup> COUNTERSWING  
(Horizontal) (0.80)**

**Tap swing forward:**

Failure to show slight arched position at bottom of swing 0.10  
 Failure to attain straight-hollow body position on upswing Up to 0.20  
 Insufficient amplitude (feet not at HB height) Up to 0.20

**2<sup>nd</sup> Counterswing:**

Hips not level with the high bar (at horizontal) Up to 0.20  
 See *First Counterswing* for additional deductions

11. **TAP SWING FORWARD TO  
FLYAWAY DISMOUNT  
(TUCK, PIKE OR STRETCHED)  
(0.80)**

Failure to show slight arched position at bottom of swing 0.10  
 Failure to attain straight-hollow position on upswing Up to 0.20  
 Insufficient rise of salto Up to 0.40  
 - At high bar level or above No deduction  
 - 1° to 45° below the level of the high bar Up to 0.20  
 - Greater than 45° below the level of the high bar 0.25 - 0.40

**TUCK FLYAWAY:**

Insufficient bend of hips and legs (Minimum of 135°) Each Up to 0.20  
 Insufficient stretch prior to landing Up to 0.20

**PIKE FLYAWAY:**

Insufficient pike of hips (Minimum of 135°) Up to 0.20  
 Insufficient stretch prior to landing Up to 0.20

**STRETCHED FLYAWAY:**

Failure to maintain straight-hollow position throughout Up to 0.20



# TABLE OF PENALTIES - LEVEL 1 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds

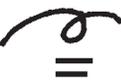
ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20) 	Failure to extend body in front support Lack of continuity in ¼ (90°) turn	Up to 0.10 Up to 0.10
2. TUCK-SIT (0.20) 	Poor body position	Up to 0.20
3. CANDLESTICK (0.60) 	Failure to show straight-hollow body position with hip angle straight Pushing off beam with hands to arrive in tuck stand	Up to 0.20 <u>0.30</u>
4. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30°	Up to 0.20
5. COUPÉ WALKS (0.40)	Incorrect weight transfer Failure to maintain straight body alignment throughout	Each Up to 0.10 Up to 0.20
6. RELEVÉ WALKS FORWARD (0.40)	See General Faults and penalties.	
7. STRETCH JUMP (0.40) 	Failure to maintain straight body alignment Failure to land on both feet simultaneously	Up to 0.20 <u>0.10</u>
8. STRETCH JUMP DISMOUNT (0.60) 	Insufficient height Failure to maintain straight body alignment	Up to 0.20 Up to 0.20

# TABLE OF PENALTIES - LEVEL 2 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds

ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20) 	Failure to extend body in front support Lack of continuity in ¼ (90°) turn	Up to 0.10 Up to 0.10
2. V-SIT (0.20) 	Poor body position Lack of amplitude of legs	Up to 0.20 Up to 0.10
3. FORWARD ROLL (0.80) 	Failure to straighten legs to show pike Pushing off beam with hands to arrive in tuck stand Lack of continuity	Up to 0.30 <u>0.30</u> Up to 0.10
4. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30° Failure to hold 1 second	Up to 0.20 Up to 0.10
5. LEG SWINGS (0.40)	Failure to swing leg to horizontal Failure to maintain squared hips Failure to maintain straight body alignment	Each Up to 0.10 Each Up to 0.20 Up to 0.20
6. RELEVÉ BALANCE (0.20)	Failure to hold two seconds	Up to 0.20
7. TUCK JUMP (0.40) 	Insufficient hip/knee closure (minimum of 90° bend) Each angle Insufficient extension (open) of tuck before landing	Up to 0.10 Up to 0.10
8. TUCK JUMP DISMOUNT (0.60) 	Insufficient height Insufficient hip/knee closure (minimum of 90° bend) Each angle Failure to maintain vertical alignment with upper body Insufficient extension (open) of tuck before landing	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.10

# TABLE OF PENALTIES - LEVEL 3 BALANCE BEAM

Value: 10.0

Time Limit: 30 seconds

Warning: 20 seconds

ELEMENT	FAULT	DEDUCTION
1. MOUNT: JUMP TO FRONT SUPPORT (0.20)	Failure to extend body in front support Lack of continuity in $\frac{1}{4}$ (90°) turn	Up to 0.10 Up to 0.10
		
2. V-SIT (0.20); SWING TO PUSH-UP POSITION (0.60)	Poor body position Lack of amplitude of legs on swing Failure to show push-up position	Up to 0.20 Up to 0.10 <u>0.20</u>
		
3. ARABESQUE (30°) (0.40)	Failure to lift free leg a minimum of 30° Failure to hold 1 second	Up to 0.20 Up to 0.10
4. PARTIAL CROSS HANDSTAND (0.80)	Incorrect (staggered) hand placement Failure to close (join) legs on kick-up	<u>0.10</u> <u>0.10</u>
		
5. RUNNING STEPS (0.40)	See General faults and penalties	
6. $\frac{1}{2}$ (180°) PIVOT TURN (0.20)	Lack of sharpness in pivot turn	Up to 0.10
		
7. SPLIT JUMP (30°) (0.40)	Insufficient leg separation (less than 30°) Failure to land with feet/legs close	Up to 0.20 Up to 0.10
		
8. CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to maintain straight body position throughout dismount	<u>0.10</u> Up to 0.30 Up to 0.20
		

# TABLE OF PENALTIES - LEVEL 4 BALANCE BEAM

Time Limit: 0:55

Warning: 0:45

ELEMENT	FAULT	DEDUCTION
1. MOUNT: LEG SWING WITH 1/2 (180°) TURN (0.20)	Lack of continuity in 1/2 (180°) turn to straddle sit	Up to 0.10
2. V-SIT (0.20), SWING TO TUCK STAND (0.40)	Early bending of legs into tuck stand (below beam level)	Up to 0.20
3. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40)	Failure to lower heel at completion of turn	0.05
4. STRAIGHT LEG LEAP (60°) (0.60)	Bending lead (front) leg on take-off Insufficient leg separation (less than 60°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 0.05
6. 3/4 CROSS HANDSTAND (0.60)	Incorrect (staggered) hand placement Failure to achieve 3/4 Handstand position Failure to close (join) legs	0.10 Up to 0.30 0.10
8. 1/2 (180°) TURN IN FORWARD COUPÉ (0.40)	See General Faults and penalties.	
10. STRETCH JUMP (0.40); TUCK JUMP (0.40)	<u>Stretch jump:</u> See general faults and penalties <u>Tuck jump:</u> Insufficient hip/knee closure (minimum of 90° bend) Insufficient extension (open) before landing	Each angle Up to 0.10 Up to 0.10
12. ARABESQUE (45°) - SCALE (AT HORIZONTAL) (0.40)	Failure to lift free leg a minimum of 45° in arabesque Failure to hold arabesque 1 second Failure to lift free leg to horizontal or above in scale Failure to hold scale 2 seconds	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.20
13. 180° PIVOT TURN (0.20)	Lack of sharpness in pivot turn	Up to 0.10
*15. CARTWHEEL TO SIDE HANDSTAND, 1/4 (90°) TURN DISMOUNT (0.60)	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to hold 1 second 1/4 (90°) turn incomplete or overturned Failure to maintain straight body position throughout dismount	0.10 Up to 0.30 Up to 0.10 Up to 0.10 Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

EXAMPLE: Attempts dismount, does not attain vertical, then falls:

Deduct      Up to 0.30      (failure to attain vertical) +  
                         0.10      (not held one second) +  
                         0.10      (incomplete 90° turn)  
= 0.50 for incomplete element + 0.50 (Fall) for a total of 1.00

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)

# TABLE OF PENALTIES - LEVEL 5 BALANCE BEAM

*Time Limit: 1:10*

*Warning: 1:00*

ELEMENT	FAULT	DEDUCTION
*1. MOUNT: LEG SWING WITH 1/2 (180°) (0.20)	Lack of continuity in 1/2 (180°) turn to straddle sit Pushing off beam with hands to arrive in tuck stand	Up to 0.10 <u>0.30</u>
3. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40) 	Failure to lower heel at completion of turn	<u>0.05</u>
4. STRAIGHT LEG LEAP (90°) (0.60) 	Bending lead (front) leg on take-off Insufficient leg separation (less than 90°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 <u>0.05</u>
6. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each time Up to 0.10
*7. CROSS HANDSTAND (0.60) 	Incorrect (staggered) hand placement Failure to attain vertical Failure to close (join) legs Failure to hold 1 second	<u>0.10</u> Up to 0.30 <u>0.10</u> Up to 0.10
9. 1/2 (180°) PIVOT TURNS (L & R) (0.40) 	Lack of sharpness in pivot turns	Each Up to 0.10
11. 1/2 (180°) TURN IN FORWARD COUPÉ (0.40) 	See General faults and penalties	
*12. CARTWHEEL 1/4 (90°) TURN INWARD (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
14. STRETCH JUMP (0.40); SPLIT JUMP (90°) (0.40) 	<u>Stretch jump:</u> See general faults and penalties <u>Split jump:</u> Insufficient leg separation (less than 90°) Failure to land with legs/feet close	Up to 0.20 Up to 0.10
16. ARABESQUE (>45°)-SCALE (above horizontal) (0.40) 	Failure to lift free leg above 45° in arabesque Failure to hold arabesque 1 second Failure to lift free leg above horizontal in scale Failure to hold scale 2 seconds	Up to 0.20 Up to 0.10 Up to 0.20 Up to 0.20
*19. CARTWHEEL TO SIDE HANDSTAND, 1/4 (90°) TURN DISMOUNT (0.60) 	Incorrect (simultaneous) hand placement Failure to attain vertical Failure to hold 2 seconds 1/4 (90°) turn incomplete or overturned Failure to maintain straight body position throughout	<u>0.10</u> Up to 0.30 Up to 0.20 Up to 0.10 Up to 0.20

**Failure to complete dismount** (these deductions do not include body position faults):

When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

EXAMPLE: Attempts dismount, does not attain vertical, then falls:

Deduct: 0.30 (failure to attain vertical) +  
0.20 (not held two seconds) +  
0.10 (incomplete 90° turn) = 0.60 for incomplete element + 0.50 (Fall) for a total of 1.10

*If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)*

# TABLE OF PENALTIES - LEVEL 6 BALANCE BEAM

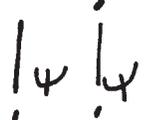
*Time Limit: 1:15*

*Warning: 1:05*

ELEMENT	FAULT	DEDUCTION
1. MOUNT: SCISSOR LEG SWING WITH ½ (180°) TURN (0.20)	Lack of continuity in ½ (180°) turn to straddle sit Pushing off beam with hands to arrive in tuck stand	Up to 0.10 <u>0.30</u>
3. COUPÉ, SIDE DÉVELOPPÉ, RONDE JAMBE (0.40)	<u>Side développé</u> Failure to lift free leg sideward to a minimum of 45° below horizontal <u>Rond de Jambe</u> Failure to lift free leg in front to a minimum of horizontal Failure to hold the forward leg balance for 1 second	Up to 0.10 Up to 0.10 Up to 0.10
4. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.40)	Failure to lower heel at completion of turn	<u>0.05</u>
5. STRAIGHT LEG LEAP (120°) (0.60)	Bending lead (front) leg on take-off Insufficient leg separation (less than 120°) Failure to pause in low arabesque position on landing	Up to 0.10 Up to 0.20 <u>0.05</u>
7. WEIGHT TRANSFER (0.20)	Failure to show “rocking” action through use of plié	Each time Up to 0.10
*8. BACK WALKOVER (150° SPLIT) OR BACK ROLL TO ¾ HANDSTAND (0.60)	<u>Back Walkover:</u> Failure to show continuous leg lift into the walkover (leg drops or lifts after the arching backward has begun) Incorrect (staggered or alternate) hand placement Insufficient leg separation (less than 150°) <u>Back Roll to a minimum of ¾ handstand:</u> Failure to attain minimum of ¾ handstand Performing a backward roll step-out (head stays in contact with beam)	Up to 0.10 0.10 Up to 0.20 Up to 0.20 <u>0.60</u>
10. 1/2 (180°) PIVOT TURNS (L&R) (0.40)	Lack of sharpness in pivot turns	Each Up to 0.10
12. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40)	See General faults and penalties	
14. TUCK JUMP (0.40), SPLIT JUMP (120°) (0.40)	<u>Tuck Jump:</u> Insufficient hip/knee closure (minimum of 90° bend is required) Insufficient extension (open) before landing <u>Split Jump:</u> Insufficient leg separation (less than 120°) Failure to land with legs/feet close	Each angle Up to 0.10 Up to 0.10 Up to 0.20 Up to 0.10

16. ARABESQUE (>45°), SCALE (45° above horizontal) (0.40)		Failure to lift free leg above 45° in arabesque	Up to 0.20
		Failure to hold arabesque 1 second	Up to 0.10
		Failure to lift free leg to 45° above horizontal in scale	Up to 0.20
		Failure to hold scale 2 seconds	Up to 0.20

17. ½ (180°) PIVOT LUNGE TURN (0.20)		Lack of sharpness in pivot turn	Up to 0.10
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*18. CROSS HANDSTAND, ¼ TURN TO SIDE HANDSTAND, *¼ TURN DISMOUNT (0.80)		Incorrect (staggered) hand placement in cross handstand	<u>0.10</u>
		Failure to attain vertical	Each HS - Up to 0.30
		Failure to hold cross handstand 1 second	Up to 0.10
		¼ (90°) turn to side handstand incomplete	Up to 0.10
		Failure to hold side handstand 2 seconds	Up to 0.20
		¼ (90°) turn off incomplete or overturned	Up to 0.10
		Failure to maintain straight body position	Up to 0.20

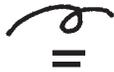
**Failure to complete dismount** (these deductions do not include body position faults):  
When the gymnast attempts, but fails to complete the dismount, apply the specific deductions as listed for those phases not performed.

**EXAMPLE:** Attains first vertical, no hold, then falls:  
Deduct:     0.10 (lack of hold-Cross Handstand) +  
              0.10 (Incomplete 90° turn to side handstand)  
              0.30 (no vertical on Side Handstand) +  
              0.20 (lack of hold-Side Handstand) +  
              0.10 (incomplete 90° turn off)  
              = 0.80 (incomplete element)+ 0.50 (Fall) for a total of 1.30

*If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.80)*



# TABLE OF PENALTIES - LEVEL 1 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. FORWARD ROLL TUCKED (0.40) 	Pushing off floor with hands to arrive in tuck stand	<u>0.30</u>
2. BACKWARD ROLL TUCKED (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
3. CARTWHEEL (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
4. CANDLESTICK (0.40) 	Failure to maintain tuck position as buttocks touch floor Failure to show straight-hollow body position with hip angle straight	Up to 0.20 Up to 0.20
5. CRAB STAND (0.60) 	<i>Failure to hold crab stand 1 second</i> <i>Arms bent in crab stand position</i> <i>Insufficient opening of hips (not parallel to floor)</i>	<i>Up to 0.10</i> <i>Up to 0.30</i> <i>Up to 0.20</i>
7. LEG SWINGS (0.40 each)	Failure to swing leg to horizontal Failure to maintain squared hips Failure to maintain straight body alignment	Each Up to 0.10 Each Up to 0.20 Up to 0.20
8. COUPÉ WALKS FORWARD (0.20 each)	See General faults and penalties	
9. TUCK JUMP (0.40) 	Insufficient hip/knee closure (minimum of 90°) Insufficient extension (open) before landing	Each angle Up to 0.10 Up to 0.10

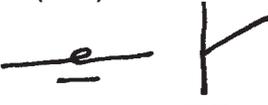
# TABLE OF PENALTIES - LEVEL 2 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. FORWARD ROLL TO STRADDLE STAND (0.40) 	Pushing off floor with hands to arrive in tuck stand	<u>0.30</u>
2. HEADSTAND TO KNEEL (0.40); HINGE (0.40) 	Failure to hold headstand 2 seconds <i>Failure to keep hips and torso extended on hinge</i>	Up to 0.20 Up to 0.20
3. CARTWHEEL, 1/4 (90°) TURN INWARD (0.60) 	Incorrect (simultaneous) hand placement Failure to pass through vertical	<u>0.10</u> Up to 0.30
4. BACKWARD ROLL TO PIKE STAND (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
5. HANDSTAND (0.60) 	Failure to maintain tuck position as buttocks touch floor Failure to show straight-hollow body position with hip angle straight	Up to 0.20 Up to 0.20
6. FRONT LEG BALANCE (0.20)	Failure to hold balance 1 second	Up to 0.10
7. SPLIT JUMP (30°) (0.40) 	Insufficient leg separation (less than 90°) Failure to land with legs/feet close	Up to 0.20 Up to 0.10
8. 1/2 (180°) PIVOT TURN (0.20) 	Lack of sharpness in pivot turn	Up to 0.10
9. FORWARD CHASSÉ (0.40) 	Failure to pass through 4 <sup>th</sup> position demi-plié into chassé Failure to join legs together in air Failure to maintain good body alignment	Up to 0.10 Up to 0.20 Up to 0.20

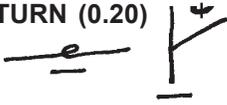
# TABLE OF PENALTIES - LEVEL 3 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. HANDSTAND FORWARD ROLL (0.60) 	Failure to attain vertical Failure to close (join) legs Failure to hold handstand for 1 sec. Pushing off floor with hands to arrive in tuck stand	Up to 0.30 <u>0.10</u> Up to 0.10 <u>0.30</u>
2. ROUND-OFF (0.60) 	Failure to pass through vertical Failure to land on feet simultaneously	Up to 0.30 <u>0.10</u>
3. BACKWARD ROLL WITH STRAIGHT ARMS TO PIKE STAND (0.40) 	Hands placed on floor during squat phase prior to rolling backward	<u>0.30</u>
4. BRIDGE, KICK-OVER 	Failure to push shoulders behind hands in <i>bridging</i> phase Extra kicks to establish inverted vertical position on kick-over	Up to 0.20 Each 0.30
5. FRONT LEG BALANCE (0.20)	Failure to hold balance 2 seconds	Up to 0.20
6. FORWARD CHASSÉ (0.40) 	Failure to pass through 4 <sup>th</sup> position demi-plié Failure to join legs together in the air Failure to maintain good body alignment	Up to 0.10 Up to 0.20 Up to 0.20
7. STRAIGHT LEG LEAP (60°) (0.60) 	Bending the lead (front) leg on take-off Insufficient leg separation (less than 60°)	Up to 0.10 Up to 0.20
8. 1/2 (180°) TURN IN FORWARD COUPÉ (HEEL-SNAP) (0.20) 	See General faults and penalties	
9. STRETCH JUMP (0.40); TUCK JUMP (0.40) 	<b>Stretch jump:</b> See General faults and penalties <b>Tuck jump:</b> Insufficient hip/knee closure (minimum of 90°) Insufficeint extension (open) before landing	Each angle Up to 0.10 Up to 0.10

# TABLE OF PENALTIES - LEVEL 4 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
3. STRETCH JUMP (0.40), SPLIT JUMP (90°) (0.40)  	<u>Stretch jump:</u> See General faults and penalties  <u>Split jump:</u> Failure to land with legs/feet close Insufficient leg separation (less than 90°)	Up to 0.10 Up to 0.20
*4. HANDSTAND FORWARD ROLL WITH STRAIGHT ARMS (0.60)  	Failure to attain vertical Failure to close (join) legs Failure to hold handstand for 1 second Pushing off floor with hands to arrive in tuck stand	Up to 0.30 <u>0.10</u> Up to 0.10 <u>0.30</u>
*7. HANDSTAND TO BRIDGE, BACK KICK-OVER (0.60)  	Failure to maintain arms next to ears & focus on hands Failure to close (join) legs Failure to push shoulders behind hands in bridging phase Failure to land with feet simultaneously Insufficient leg separation on back kick-over (less than 120°)	Up to 0.10 <u>0.10</u> Up to 0.20 <u>0.10</u> Up to 0.20
8. STRAIGHT LEG LEAP (90°) (0.60); LEG SWING WITH HOP (0.20)  	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 90°)  <u>Leg swing with hop:</u> Failure to swing leg forward to a minimum of horizontal	Up to 0.10 Up to 0.20  Up to 0.10
10. FORWARD SPLIT (0.20)  	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
13. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of pli�	Up to 0.10
14. BACKWARD ROLL TO PUSH-UP POSITION (0.60)  	Hands placed on floor during squat phase prior to rolling backward Failure to show push-up position <i>Performs a back roll to handstand (within 20° of vertical)</i>	<u>0.30</u> <u>0.20</u> <u>0.60</u>
15. 1/2 (180°) TURN IN FORWARD COUP� (0.40)  	See General faults and penalties	
*16. ROUND-OFF (0.40), FLIC-FLAC TO TWO FEET (0.60), REBOUND  	Lack of acceleration in the series <u>Round-off:</u> Failure to pass through vertical Failure to land on feet simultaneously  <u>Flic-flac to two feet, rebound:</u> Deep squat into flic-flac Failure to land on feet simultaneously Failure to rebound immediately Failure to pause in a controlled "stick"	Up to 0.20  Up to 0.30 <u>0.10</u>  Up to 0.20 <u>0.10</u> <u>0.10</u> <u>0.05</u>

# TABLE OF PENALTIES - LEVEL 5 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
1. STRADDLE JUMP (120°) (0.40) 	Insufficient leg separation (less than 120°) Failure to land with feet together	Up to 0.20 <u>0.10</u>
6. DIVE FORWARD ROLL (0.60) 	Failure to maintain straight-hollow position throughout Failure to show flight (dive) prior to hand contact Pushing off floor with hands to arrive in tuck stand	Up to 0.20 Up to 0.20 <u>0.30</u>
8. FRONT HANDSPRING TO TWO FEET, REBOUND (0.60) 	Failure to maintain arms next to ears & focus on hands throughout Flight prior to hand contact (dive) Incorrect (alternate) hand placement Insufficient repulsion (quickness off hands) Total lack of repulsion (Front Limber-change of element) Failure to land with feet simultaneously Failure to rebound immediately	Up to 0.10 Up to 0.20 <u>0.10</u> Up to 0.20 <u>0.60</u> <u>0.10</u> <u>0.10</u>
11. STRAIGHT LEG LEAP (120°) (0.60); LEG SWING WITH HOP 1/4 TURN (0.20) 	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 120°)  <u>Leg swing with hop 1/4 (90°) turn:</u> Failure to swing leg forward to a minimum of horizontal	Up to 0.10 Up to 0.20  Up to 0.10
13. FORWARD SPLIT (0.20) 	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
16. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each Up to 0.10
18. BACKWARD ROLL TO HANDSTAND WITH STRAIGHT ARMS (0.60) 	Hands placed on floor during squat phase prior to rolling backward Incorrect hand placement Failure to pass through vertical Performs a backward roll step-out (change of element)	<u>0.30</u> <u>0.10</u> Up to 0.30 <u>0.60</u>
20. 1/1 (360°) TURN IN FORWARD COUPÉ (0.40) 	See General faults and penalties	
21. HITCHKICK (0.40) 	Insufficient height of each leg kick (as specified in text)	Each Up to 0.10
23. BACK WALKOVER (150°) (0.60) 	Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun) Incorrect (staggered or alternate) hand placement Insufficient leg separation (less than 150°)	Up to 0.10 <u>0.10</u> Up to 0.20
24. ROUND-OFF (0.40), FLIC-FLAC, FLIC-FLAC REBOUND (0.60 EACH) 	Lack of acceleration in the series <u>Round-off:</u> Failure to pass through vertical Failure to land with feet simultaneously  <u>Flic-flac, flic-flac, rebound:</u> Deep squat into flic-flac Failure to land with feet simultaneously Failure to immediately rebound Failure to pause in "controlled stick"	Up to 0.20 Up to 0.30 <u>0.10</u>  Each Up to 0.20 Each <u>0.10</u> <u>0.10</u> <u>0.05</u>

# TABLE OF PENALTIES - LEVEL 6 FLOOR EXERCISE

ELEMENT	FAULT	DEDUCTION
4. STRADDLE JUMP (150°) (0.40); STRETCH JUMP WITH 1/2 (180°) TURN (0.40) 	<u>Straddle jump:</u> Insufficient leg separation (less than 150°) Failure to land with feet together <u>Stretch jump with 1/2 (180°) turn:</u> See General faults and penalties	Up to 0.20 <u>0.10</u>
*5. FLIC-FLAC STEP OUT (0.60) 	Failure to step-out (legs together throughout-performs flic-flac to two feet)	<u>0.20</u>
7. FORWARD SALT TO TUCKED (0.80) 	See General faults and penalties Failure to perform salto in designated body position (performs pike or layout)	Up to 0.80
*9. FRONT HANDSPRING STEP-OUT (0.60), FRONT HANDSPRING TO TWO FEET, REBOUND (0.60) 	Lack of acceleration in series <u>Applies to both Front handsprings:</u> Failure to maintain arms next to ears & focus on hands Flight prior to hand contact (dive) Incorrect (alternate) hand placement Insufficient repulsion (quickness off hands) Total lack of repulsion (Front Walkover/Limber-change of element) <u>Front handspring step-out:</u> Failure to step out (Legs together throughout) Joining legs prior to step-out <u>Front handspring to two feet, rebound:</u> Failure to land with feet simultaneously Failure to immediately rebound	Up to 0.20 Up to 0.10 Up to 0.20 <u>0.10</u> Up to 0.20 <u>0.60</u> Up to 0.20 <u>0.10</u> Up to 0.20 <u>0.10</u>
12. STRAIGHT LEG LEAP (150°) (0.60); SIDE LEAP (150°) (0.60) 	<u>Straight leg leap:</u> Bending the lead (front) leg on take-off Insufficient leg separation (less than 150°) <u>Side leap:</u> Bending the lead leg (front) leg on take-off Insufficient leg separation (less than 150°)	Up to 0.10 Up to 0.20 Up to 0.10 Up to 0.20
14. FORWARD SPLIT (0.20) 	Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
17. WEIGHT TRANSFER (0.20)	Failure to show "rocking" action through use of plié	Each Up to 0.10
*19. STRAIGHT-ARM BACKWARD ROLL TO HANDSTAND (0.60) 	Hands placed on floor during squat phase prior to rolling backward Incorrect hand placement Failure to pass through vertical Performs a backward roll step-out (change of element)	<u>0.30</u> Up to 0.30 <u>0.10</u> <u>0.60</u>
21. 1/1 (360°) TURN IN FORWARD PASSÉ (0.40) 	See General faults & penalties	

22. HITCHKICK (0.40)



Insufficient height of each leg kick  
(as specified in text)

Each Up to 0.10

24. BACKWALKOVER (180°)  
(0.60)



Failure to show continuous leg lift into walkover (leg drops  
or lifts after the backward arching has begun)  
Incorrect (staggered or alternate) hand placement  
Insufficient leg separation (less than 180°)

Up to 0.10

0.10

Up to 0.20

\*25. ROUND-OFF (0.40),  
FLIC-FLAC (0.60),  
BACKWARD SALTO  
TUCKED (0.80)



Lack of acceleration in the series

Up to 0.20

Round-off:

Failure to pass through vertical

Up to 0.30

Failure to land on feet simultaneously

0.10

Flic-flac:

Deep squat into flic-flac

Up to 0.20

Failure to land on feet simultaneously

0.10

Backward salto tucked:

Failure to perform salto in designated body position  
(performs pike or layout)

Up to 0.80

Failure to extend/open prior to landing

Up to 0.20

Failure to pause in "controlled stick"

0.05