



# **WOMEN'S ARTISTIC GYMNASTICS MANUAL**

**2019-20**

## BCSS Sports WAG Manual 2019-20

The BCSS Sports WAG manual is based on previous versions of the “B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION - GIRLS’ ROUTINE RULES” document and the current version of the USAG JO Optional Exercises CoP (2018-2022). The rationale is to provide an alignment between the BCSS Sports Program, and the current JO Program used in B.C. While the levels contained in this may not correspond exactly with the levels used in the provincial stream in BC, it is the desire to make movement between the two programs more realistic – so therefore athletes will be competing at a comparable level when possible. It is highly recommended that schools purchase either a hard copy of the USAG JO Optional Exercises CoP or the digital version through the Apple iBook store. Both versions are easily able to be kept up to date either through USA Gymnastics or through the iBook app. Links to both versions are provided:

Hard version: [www.usagymnastics.com](http://www.usagymnastics.com)

iBook version:

The BCSS Sport WAG Directors Committee is composed of the following members for the 2019-20 season:

Terry Mitruk  
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## General Information

### **Attire:**

Attire: School team gymnastic body suit (long or short sleeve), gymnastic shoes and grips (optional). Tights may be worn if they are no longer than thigh length and match exactly the body suit in color and material.

\*The following will be taken once from the first event score's average:

0.2 deduction - for shorts other than above

0.2 deduction - for jewellery (1 stud earring allowed per ear; deduction only taken after one warning has been given)

0.2 deduction - for exposed undergarments that do not match body suit colour (nude colours also allowed)

### **Repetition of an Exercise:**

A vault, bars, beam, or floor routine may be repeated only in case of technical malfunctions that are beyond the control and responsibility of the athlete and coach. It is the decision of the head judge of the particular apparatus to decide, upon request of the gymnast's coach. The gymnast may request to see the score of her first routine before deciding if she is going to repeat. The request must be made immediately after the malfunctions.

### **Inquiries:**

Any inquiry into the score of a gymnast is as follows: A team representative will approach the apparatus head judge as soon as the rotation has concluded and before the next rotation has started. They may inquire about the Start Value (SV) only. Based on the inquiry, the judge may or may not change the Start Value. In the case that the inquiry is not resolved, the competition head judge will become involved and make the final decision, and the matter will be considered closed.

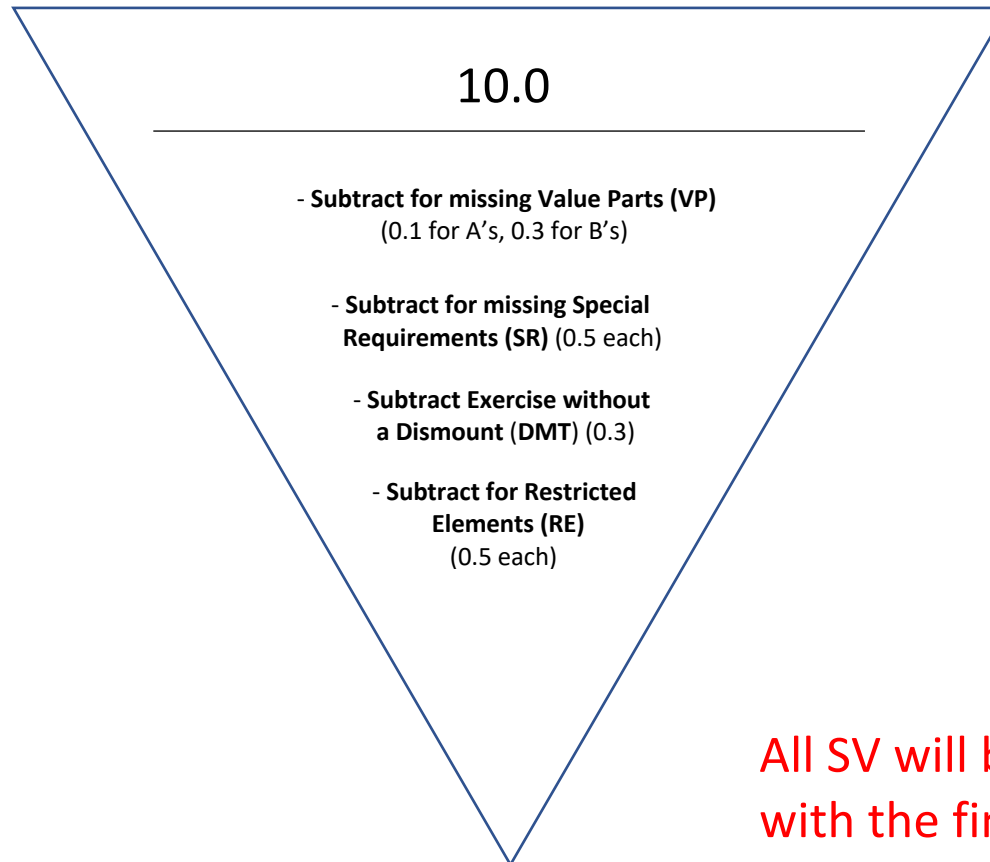
## Scoring System

### Calculating the Start Value (SV)

#### Calculating the Levels 1-5 Vault (VT) SV

The SV for Levels 1-5 VT can be found in the VT Values Chart further in this manual.

#### Calculating the Levels 1-5 Uneven Bars (UB)/Balance Beam (BB) /Floor Exercise (FX)



All SV will be displayed, along with the final score.

A school coach or a group of school coaches may select only certain “A”, “B” or “C” moves to teach their gymnasts for Levels 1, 2, 3, and 4. There is no difficulty cap for Level 5 gymnasts.

Each line listed in the difficulty tables is considered to be a different skill. A skill will also be considered different if it comes out of, or goes into, a different skill. Repeated skills will only receive credit if they are considered “different”. All skills should have the same values as they do in the JO Code. Any skill not listed here will receive its JO Code Value. In the case of any confusion, the USA Gymnastics JO Optional Exercises Code of Points will be considered correct, and any further clarification will be based on said document.

Only the skills listed in the “Supplemental Skills” Chart can be used a counting VP for their respective levels. Any other skills wishing consideration should be submitted in advance. If this is not possible the coach(es) should submit on site. The Head Judge of the competition will work in conjunction with the Chief Judge of the event to “possibly” assign a value. As with the JO system, certain dance elements not listed in the JO Code of Points or on the Supplemental Skills chart may be assigned a temporary VP based on the “root skill” of the element.

**Dance** elements of a higher value than required by a level may be performed but will only receive credit for the maximum VP of that level. Though they are of a higher VP and therefore require more time in their technical training, there is less of an inherent risk of injury when performed in competition, as opposed to acrobatic skills.

E.g. – FX Level 1 – gymnast performs a double turn on one foot ( VP ‘C’ ) – **no** deduction for restricted element as it is a dance element.

**Note:** *Higher value parts can replace lower value parts, but not the reverse, provided the skills performed are within the difficulty restrictions of the level. The replacement is on a 1 to 1 basis, regardless of the point value. There is no restriction on the difficulty of dance elements performed across all levels on balance beam and floor exercise.*

e.g. Level 3 FX: 5 A’s, 1 B = 6 Value Parts Required. Gymnast performs: 4 A’s, 2 B’s. 1 “B” replaces missing the “A”.

### **Short Routines:**

If a routine on Bars has 4, or less, counting skills, or a routine on Floor/Beam is shorter than 30 seconds, a 2.00 deduction is taken from the final score.

**Any ambiguities that are not listed in the High School Code will be resolved in accordance to the policies & procedures of the USAG JO Optional Exercises COP.**

## Warm Up Procedures

### General Warm-Up:

Recommended 20-30 minutes. Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm up on the WAG floor, mats, and runway only. They may not use the boards and/or the vault table, bars, or beam for any reason during the general warm-up.

### Vault:

Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min - per gymnast

Level 1, 2, and 3 athletes are allowed a maximum of 2 vaults. Level 3s are guaranteed a maximum of 3 vaults if twisting. Level 4 and 5 athletes are guaranteed a minimum of 3 vaults.

### Uneven Bars:

Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min - per gymnast. 90 seconds is granted for each different bar preparation (raising, lowering, chalking).

### Balance Beam:

Group Warm-Up, Block Time Per Athlete – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min (may do 1 min 30 + 30 sec) – per gymnast; Max. 5 sec between each athlete.

Alternatively, a “bump” warm-up may be used: 2 athletes warm up, 1<sup>st</sup> competes, 3<sup>rd</sup> warms up, etc.

### Floor Exercise:

Group Warm-Up, Continuous Time – Level 1 & 2: 1 min; Level 3 & 4: 90 sec; Level 5: 2 min – per gymnast. Level 1-4, max 5 minutes. Level 5, min 8 minutes, max 10 minutes.

## Warm Up Procedures

- Coaches must determine the most efficient way to warm up prior to the rotation (in relation to equipment specs). They will inform the judge(s) upon arrival at the table. If the coaches cannot agree, the Chief Judge will determine the warm-up process.
- The competition order can be modified so the athletes compete in the order that is most efficient; otherwise, the competition order drops down by 1 or 2 athletes per rotation.
- On all apparatus, athletes warm up in groups. If a group consists of only one athlete (only athlete competing at a certain height/bar width), they must be given sufficient time to warm up and rest.
- It is suggested to split the warm-up if the group has 8+ athletes in a rotation. Judges and coaches should be flexible at the beginning of the season and allow for smaller sub-groups.
- **Safety must prevail:** If an athlete is in need of their coach (spotting or otherwise), they have the right to wait for their coach to be present. Additionally, if a gymnast is in need of more warm-up time *in order to safely compete*, the coach may request more time from the judge.

**The 2018-2022 JO Code of Points will be used in reference for changes and revisions to the 2019-2020 High School WAG Code.**

## TABLE OF PENALTIES

### General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise

Faults deducted by D & E Panel		↑0.10	↑0.20	↑0.30	MORE
Bent arms in support or legs - 90° bend or greater = 0.30 deduction - Max of 0.30 for arms & 0.30 for legs on any one element	each	x	x	x	
Leg and knee separation	each	x	x		
Flexed, sickled feet on/during Value Part elements	each	<u>0.05</u>			
Legs crossed during Value Part dismounts with twist	each	x			
Insufficient exactness of Body Position - Insufficient tuck position - Insufficient pike position - Insufficient exactness of stretched position - Arch - Hip Angle (136°-179°)	each	x x x x	x x x x		
Failure to maintain stretched body position (pike down)	each	x	x		
Hesitation during jump to HB or swing to handstand (UB) Hesitation during jump, press, or swing to handstand (BB)	each	x			
Poor rhythm in elements/connections (lack of continuous tempo)	each	x	x		
Insufficient extension in kips	each	x			
Intermediate swing/cast (max 0.60 per element)	each			<u>0.30</u>	
Performing a squat/stoop/straddle on without a backward swing of the legs before placing the feet on the bar (merely lifting the hips up)	each	<u>0.05</u>			
Incorrect body posture/alignment during dance Value Parts	each	x			
Insufficient height on leaps, jumps, and hops	each	x	x		
Insufficient split position (dance/non acro flight) – deviation from 180° - 1° - 20° missing = 0.05 – 0.10 - 21° - 45° missing = 0.15 – 0.20 - 46° or more missing = lesser VP	each	x	x		
Legs not parallel to beam/floor in split or straddle pike leaps/jumps	each	x	x		
Insufficient height of saltos, aerials, and acro flight elements with hand support (BB/FX)	each	x	x		
Insufficient height (amplitude) of dismounts (UB/BB)	each	x	x	x	
Dance- Incomplete turn (Gr. 2 & 3 elements with 360° or more rotation) - 1° - 44° missing = 0.05 – 0.10 - 45° - 89° missing = 0.15 – 0.20 - 90° or more missing = lesser VP	each	x	x		
Insufficient extension (open) of body prior to landing - UB/BB dismounts & BB/FX acro	each	x	x	x	
Concentration pause (more than 2 seconds)	each	<u>0.10</u>			
Additional movement(s) to maintain balance	each	x	x	x	
Grasp on apparatus (UB/BB) to avoid a fall	each			<u>0.30</u>	
Lack of sureness (BB) of performance throughout exercise		x	x		
Relaxed/incorrect footwork in non-value parts throughout the exercise		x	x		
Relaxed/incorrect leg position/body posture/insufficient flexibility during non-value parts throughout exercise (BB/FX)		x	x	x	
Poor relationship between movement to music (e.g. not performing in time with music)		x	x		
Missing synchronization of movement and musical beat - Each time 0.05 (max 0.30 throughout exercise) - Exercise not ended with music		<u>0.05</u> <u>0.10</u>			
Insufficient artistry throughout the exercise (max 0.10 for each) - Originality/creativity of choreography in elements and connections - Quality of gymnasts' movements to reflect their personal style - Quality of expression (i.e., projection, emotion, focus)		x x x			
Insufficient dynamics - Energy not maintained throughout the exercise - Gymnast fails to make the difficult look effortless - Insufficient swingful execution throughout (UB)		x	x		



## TABLE OF PENALTIES

### General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise

<b>Landing Faults</b>		<b>↑0.10</b>	<b>↑0.20</b>	<b>↑0.30</b>	<b>MORE</b>
Landing too close to apparatus on dismount (UB/BB)		<u>0.10</u>			
Slight hop or small adjustment of feet on landing of elements or dismount	each	x			
-Staggered feet on landing of dismount	each	x			
-FX acro elements (with flight): a small step after landing to finish in a <i>controlled</i> lunge is allowed with no deduction					
Lands dismount with feet hip-width apart or closer but never joins feet (if stuck)		<u>0.05</u>			
Extra steps on landing	each	<u>0.10</u>			
Large step or jump on landing (approximately 1 metre or more) – max 0.40	each		<u>0.20</u>		
Squat on landing (hips even with or lower than knees)		x	x	x	
Extra arm swings on landing		x			
Additional movements to maintain balance/control of UB/BB dismounts and FX acros elements (applies to “stuck” landings but uses trunk movements to avoid steps)		x	x		
Deviation from straight direction on landing		x			
Touch/brush on apparatus or mat with foot/feet (also in routine)		x	x		
Touch/brush the landing surface with one or both hands (no support)		x	x	x	
Support on mat with 1 or 2 hands					<u>0.50</u>
Fall on mat to knee(s) or hips / Fall on or against apparatus					<u>0.50</u>
Spotting assistance during an element					No VP or CR; <u>0.50</u>
Spotting assistance upon landing					<u>0.50</u>
Fall/Failure to land on the bottom of the feet first on dismount, aerials, saltos <i>Note: if the gymnast lands on the bottom of feet, hands, and knees simultaneously, award VP &amp; SR as appropriate and deduct for fall only</i>					No VP or CR; <u>0.50</u>
<b>Faults Deducted by D Panel from Final Score</b>					
Overtime		<u>0.10</u>			
Unsportsmanlike conduct of gymnast (after warning)			<u>0.20</u>		
Failure to mark the boundary line on additional matting which covers the boundary line		<u>0.10</u>			
Any body part touching outside of the Floor Exercise border marking (each time)		<u>0.10</u>			
Absence of music not due to technical issues or music with words/speech (FX)					<u>1.00</u>
Failure to remove springboard after a mount (UB/BB)				<u>0.30</u>	
Coach/teammate giving assistance with verbal cues (Applied after one warning has been given) <i>If the coach instructs the gymnast by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning.</i>	one time		<u>0.20</u>		
Incorrect attire as listed on front page (warning must be given)	from 1 <sup>st</sup> event		<u>0.20</u>		
Coach standing next to the beam throughout the entire exercise		<u>0.10</u>			
Failure to present to D panel before and/or after exercise (each time)		<u>0.10</u>			
Failure to begin exercise within 30 sec. after being signaled by Chief Judge			<u>0.20</u>		
Gymnast begins exercise without signal from Chief Judge (must stop & repeat)					<u>0.50</u>
Coach on the floor exercise mat inside the border marking					<u>0.50</u>
Short Exercise: Uneven Bars routine with less than 5 elements					<u>2.00</u>
Short Exercise: Balance Beam/Floor Exercise routine less than 30 seconds					<u>2.00</u>
Exercise without a dismount (from SV)				<u>0.30</u>	
Performance of a restricted element (from SV)	each				<u>0.50</u>

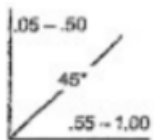
## Vault

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5					
<b>Value Parts</b>	Max Start Value: 10.0									
	1 or 2 Vaults, Best to Count									
<b>VAULTS ALLOWED</b>	Jump to handstand to back on stacked mats, beat board only	9.0	Jump to handstand to back on stacked mats, beat board only	8.5	Handspring/ Yamashita	9.8	Handspring/ Yamashita	9.5	Handspring	9.0
									Handspring - 1/2	9.1
									Handspring - 1/1	9.5
									Handspring - 1 1/2	9.7
	Tuck/Straddle through, beat board only	9.0	Tuck/Straddle through, beat board only	8.5	Handspring/ Yamashita - ½ twist off	10.0	Handspring/ Yamashita - ½ twist off	9.8	Handspring - 2/1	10.0
									1/4-1/2 on – repulsion (w/ flight to feet) off	9.0
									1/2 on – 1/2 off	9.2
									1/2 on – 1/1 off	9.4
									1/2 on – 1 1/2 off	9.6
									1/2 on – 2/1 off	10.0
	Tuck/Straddle through, layout position, beat board only	10.0	Tuck/Straddle through, layout position, beat board only	9.0	½ on - repulsion (w/ flight to feet) off	9.8	Handspring/ Yamashita – 1/1 twist off	10.0	Yurchenko – repulsion (w/ flight to feet) off	9.0
							½ on - repulsion (w/ flight to feet) off	9.5	Yurchenko – repulsion off	9.1
							Yurchenko – 1/1	9.4	Yurchenko – 1 1/2	9.6
									Yurchenko – Back tuck	9.8
								Yurchenko – Back pike	10.0	
Handspring with mini tramp or “doubled” beat-boards	10.0	Handspring with mini tramp or “doubled” beat-boards	9.5	½ on - ½ turn off	9.8	½ twist on – 1/1 twist off	10.0	Tsukahara - Tuck	9.8	
								Tsukahara - Pike	10.0	
<b>EQUIPMENT</b>	Min. height for all vaults 110cm (Max. height 125 cm)	Min. height for all vaults 110cm (Max. height 125 cm)	Min. height for all vaults 120 cm (Max. height 125 cm)	Height for all vaults - 125 cm	Height for all vaults - 125 cm					
	Mandatory min 10 cm matting for landing. Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. An approved Yurchenko collar must be used for all round-off entry vaults. A beat-board may be used for the last step before a handspring with mini tramp vault.									

## TABLE OF PENALTIES

### Jump to Handstand, Fall to Straight Flat Back Position on Stacked Mats Vault (Level 1 & 2):

<b>General Faults</b>	↑ 0.30 ↑ 0.30	Failure to maintain a straight body position <ul style="list-style-type: none"> <li>• Arch</li> <li>• Pike</li> </ul>
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	↑ 0.30	Deviation from a straight direction
	↑ 0.30	Insufficient dynamics (speed/power)
	VOID	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as “incorrect vault”)
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No Deduction VOID	Run-approach without executing the vault (Balk) <ul style="list-style-type: none"> <li>• Touching the springboard or mat stack</li> </ul>
	<b>Flight Phase</b>	
<b>Handstand Support Phase</b>	↑ 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	↑ 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	↑ 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	↑ 1.00 0.05 – 0.50 0.55 – 1.00	Contacting the mat stack with the hands after vertical <ul style="list-style-type: none"> <li>• Contact from 1° - 45° past vertical</li> <li>• Contact from 46° - 89° past vertical</li> </ul>
	↑ 0.30	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)
<b>Landing Phase</b>	↑ 1.00	Failure to finish in a straight lying position on the back
	<u>1.00</u>	Gymnast lands on her feet, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her back with an arch and bent legs, salutes, and steps off the mat.



	Note: If the gymnast makes any of the above execution errors, then lies back to a straight lying position, <u>no deduction</u> for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the post-handstand phase. The evaluation finishes when the gymnast arrives in a straight lying position.
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**Tuck/Straddle Through and Layout Tuck/Straddle Through Vaults (Level 1 & 2):**

<b>General Faults</b>	Each phase <u>0.05</u>	Flexed feet
	Each phase ↑ 0.10	Knee/leg separation
	Each phase ↑ 0.20	Body position
	Each phase ↑ 0.30	Bent knees (aside from landing)
	↑ 0.30	Insufficient dynamics
	VOID	Spotting assistance during the vault
	VOID	Failure to land on the soles of the feet first
	No Deduction VOID	Run-approach without executing the vault (Balk) <ul style="list-style-type: none"> <li>• Touching the springboard or mat stack</li> </ul>
<b>First-Flight Phase</b>	No Deduction 0.05 – 0.15 0.20 – 0.30	Height of hips – <i>tuck/straddle through</i> : At horizontal (90°) Within 45° from horizontal (45° - 89°) More than 45° from horizontal (0° - 44°)
	No Deduction 0.05 – 0.20 0.30	Height of hips – <i>layout tuck/straddle through</i> : At 45° or more above horizontal Between horizontal and 45° above horizontal (1° - 44°) At horizontal
<b>Support Phase</b>	↑ 0.30	Bent arms (bent 90° or more = max deduction)
	↑ 0.30	Shoulder angle
	<u>0.30</u>	Brush vault without full hand support
	↑ 0.50	Too long in support
	<u>1.00</u>	Touch with only one hand on the table
	VOID	No touch on the table
<b>Post-Flight Phase</b>	<u>0.10</u>	Deviation from a straight direction
	↑ 0.30	Insufficient length
	↑ 0.50	Insufficient height
	↑ 0.30	Insufficient extension of body on landing
<b>Landing</b>	↑ 0.10	Slight hop or adjustment of feet
	<u>0.05</u>	Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)
	<u>0.10</u>	Landing dismount with feet more than hip-width apart (if stuck)
	<u>0.10</u>	Extra steps (per step) – Max 0.40
	<u>0.20</u>	Large steps or hops (more than 1 metre) – Max 0.40
	↑ 0.20	Incorrect body posture on landing
	↑ 0.30	Squat on landing
	<u>0.10</u>	Extra arm swings
↑ 0.20	Additional trunk movements to maintain balance	

	↑ 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	0.50	Support on mat with 1 or 2 hands
	0.50	Fall on mat to knee(s) or hips
	0.50	Fall against apparatus
	VOID	Landing in a sitting, lying, or standing position on table

## TABLE OF PENALTIES

### General Execution & Amplitude Faults for All Other Vaults

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
<b>First Flight Phase</b>				
Incorrect foot form (flexed or sickled)	x			
Incorrect LA (long axis) turn	x	x	x	
Poor Technique				
- Hip angle	x	x		
- Arched body	x	x		
Incorrect leg form				
- Legs crossed	x	x		
- Legs separated	x	x		
- Knees bent	x	x		
<b>Support/Repulsion Phase</b>				
Poor technique				
- Staggered/alternate hand placement on all vaults	x			
- Shoulder angle	x	x		
- Arched body	x	x		
- Alternate repulsion from hands	x	x		
Prescribed LA turn begun too early	x	x	x	
Additional hand placements (taking steps/hops on hands)	x	x	x	
Arms bent (bent 90° or more = max deduction) (small bend of lead arm acceptable for gr. 3 vaults)	x	x	x	↑0.50
Touch with only one hand on the table (Taken by D Panel from FS)				<u>1.00</u>
Head contacting table during support phase (includes 0.50 for arm bend)				<u>2.00</u>
No touch on the table				VOID
Angle of Repulsion				
- leaves table by vertical (no deduction)				
- from 1° - 45°				0.05-0.50
- from 46° to horizontal				0.55-1.00
Too long in support	x	x	x	↑0.50
<b>Second Flight Phase</b>				
Incorrect foot form (flexed, sickled)	x			
Prescribed LA turn begin too late	x	x	x	↑0.50
Incorrect leg form				
- Legs crossed	x			
- Legs separated	x	x		
- Knees bent	x	x	x	
Insufficient exactness of LA turn	x			
Under-rotation of salto vaults	x			
Insufficient exactness of body position				
- Insufficient tuck or pike	x	x	x	
- Tuck = min 90° bend in hips and knees (allow of more open position in twists in tuck position)				
- Pike = min 90° bend in hips, 91°-135° = insufficient pike				
- Insufficient stretched position (ideal = 180°)				
- Arch	x	x	x	
- Hip angle 136°-179° insufficient stretched position	x	x	x	↑0.50
Insufficient height	x	x	x	↑0.50
Insufficient length	x	x	x	

Insufficient extension (open) of body before landing - Insufficient and/or late extension (tuck/pike vaults) - Total absence of extension (tuck/pike vaults)	x	↑0.25	<u>0.30</u>	
Failure to maintain stretched body (pike down of stretched vaults)	x	x	x	
Late completion of the twist	x	x	x	
Brush or hit of body/head on table during post flight	x	x		
Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
<b>Landing</b>				
Slight hop or small adjustment of feet	x			
Landing dismount with feet hip-width apart or closer but never joins feet (if stuck)	0.05			
Landing dismount with feet more than hip-width apart (if stuck)	0.10			
Extra arm swings	x			
Additional trunk movements to maintain balance	x	x		
Incorrect body posture on landing	x	x		
Extra steps (per step)	0.10			Max 0.40
Very large step or jump (approximately 1 metre or more)		0.20		Max 0.40
Squat on landing (hips even with or lower than knees)	x	x	x	
Slight brush/touch of 1 or 2 hands on mat (no support)	x	x	x	
Support on mat with 1 or 2 hands				0.50
Fall on mat to knee(s) or hips				0.50
Fall against apparatus				0.50
Prescribed LA turn incomplete - 1° - 30° missing - 31° - 60° missing - 61° - 89° missing - 90° or more missing	x	x	x	Lower value
Deviation from a straight direction (determined by initial contact with mat)	x	x	x	
Insufficient dynamics	x	x	x	
Support on mat with 1 or 2 hands				0.50
Fall on mat to knee(s) or hips				0.50
Landing in a sitting, lying, or standing position on top of table				VOID
Fall against apparatus				0.50
<b>Other Deductions</b>				
Use of chalk as markers on vault runway (D1, in consultation with CHJ, from FS)		0.20		
Coach standing between board and table (not applied for round-off entry vaults)				0.50
Spotting assistance upon landing				0.50
Vault w/o signal from D1 (taken by D Panel from FS)				0.50
Failure to land on the soles of the feet first				VOID
Spotting assistance during the vault				VOID
Run approach w/o execution of the vault (balk) & touching springboard or table				VOID
Failure to use safety collar mat for round-off entry vaults				VOID

## Uneven Bars

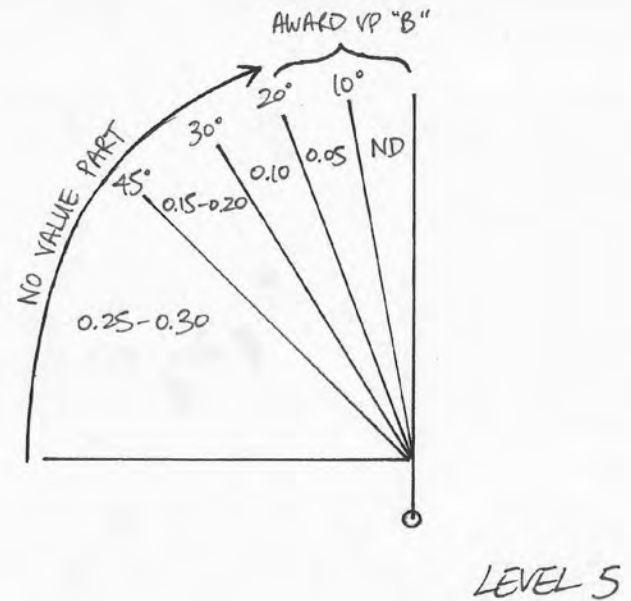
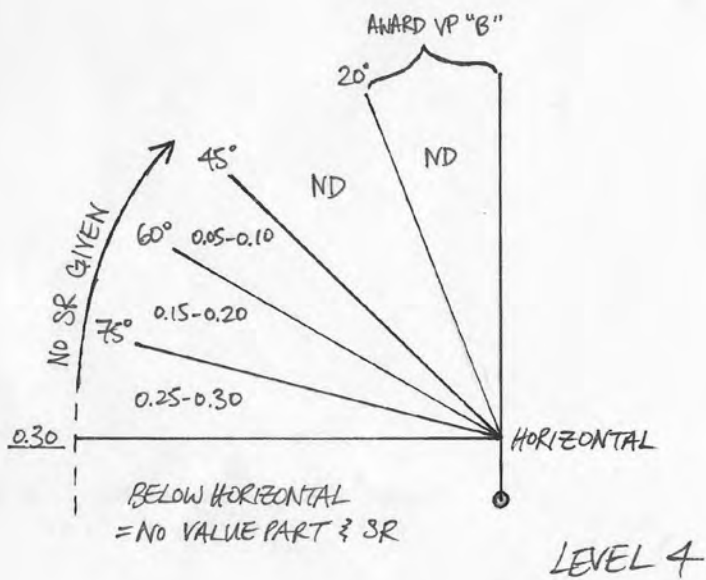
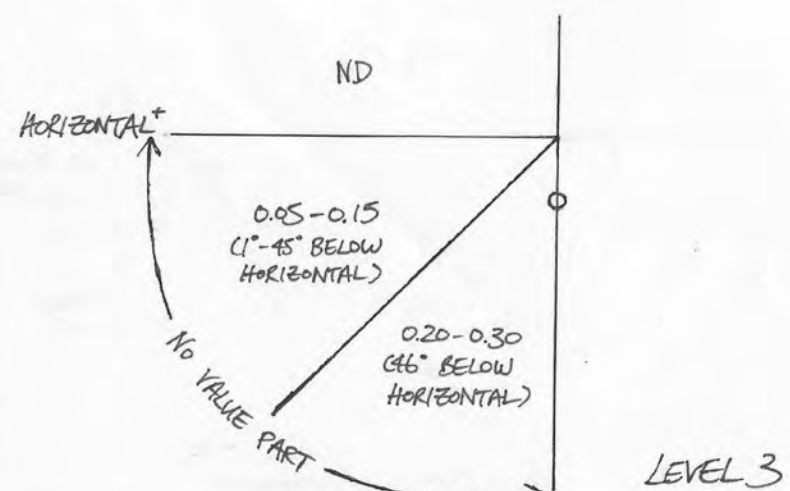
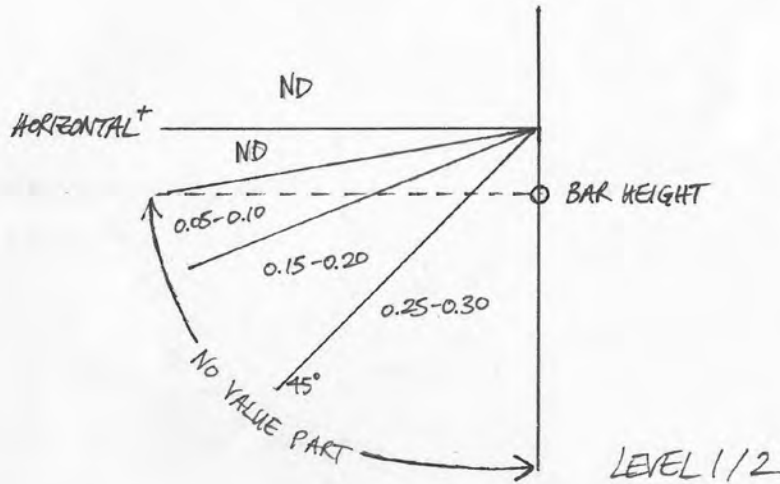
	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Value Parts (VP)</b>	6 Supp. or A's Start Value: 10.0 Supp. & A Elements Only	6 A's Start Value: 10.0 (Maximum 3 supplemental A's)	6 A's Start Value: 10.0 A & B Elements Only (Only JO skills allowed)	6 A's, 1 B Start Value: 10.0 Allowable C Elements Permitted Only JO skills allowed)	4 A's, 4 B's Start Value: 10.0 A, B, & C+ Elements (Only JO skills allowed)
<b>Restrictions</b>	No B+ No Salto Restricted elements = no Value Part credit and 0.50 deduction from SV	No B+ No Salto Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ Restricted elements = no Value Part credit and 0.50 deduction from SV	Allowable C's credited as B C elements not "allowable" - considered restricted elements Restricted elements = no Value Part credit and 0.50 deduction from SV	C+ elements credited as B No restrictions on difficulty
<b>Special Requirements (SR)</b>	<ul style="list-style-type: none"> <li>• Pullover (feet together or apart)</li> <li>• Swing element (beat, long, or glide)</li> <li>• One cast to feet at bar height</li> <li>• Minimum of one bar change</li> <li>• Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• Low bar pullover (feet together or apart) or kip</li> <li>• One cast to feet at bar height</li> <li>• Squat on (tuck/pike/straddle) to catch high bar</li> <li>• Long hang swing element (long kip, long swing &amp; counter swing, or long swing pullover)</li> <li>• Dismount</li> </ul>	<ul style="list-style-type: none"> <li>• One cast to a minimum of horizontal</li> <li>• Minimum of one bar change LB to HB</li> <li>• Two different circling elements from Group 3, 6, or 7</li> <li>• Dismount Minimum of 'A'</li> </ul>	<ul style="list-style-type: none"> <li>• One cast to a minimum of 45° from vertical</li> <li>• One clear circling element, minimum of 'B'</li> <li>• Salto Dismount Minimum of 'A'</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum of one bar change</li> <li>• Two "B" elements:                             <ul style="list-style-type: none"> <li><i>i.</i> Two different 360° clear circling "B" elements</li> <li style="text-align: center;"><i>or</i></li> <li><i>ii.</i> One 360° clear circling "B" element from and one "B" element with either flight or a minimum of 180° long axis turn (excluding dismount)</li> </ul> </li> <li>• Salto Dismount Minimum of 'A'</li> </ul>
<b>Equipment</b>	<p><b>BAR HEIGHT:</b> Low Bar – 170 cm from floor (150 cm from top of mat). High Bar – 250 cm from floor (230 cm from top of mat).</p> <p><b>NOTE:</b> A beat board may be used for any mount – to be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied.</p> <p style="text-align: center;">Mandatory 10 cm matting for landing of dismount.</p> <p>Otherwise, any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p> <p style="text-align: center;">Presence of coach on mats is allowed.</p>				

# Technical Directives

## Uneven Bars

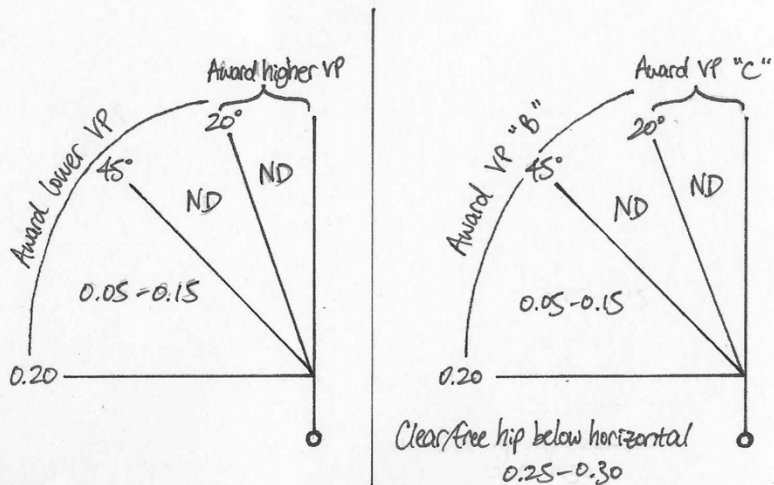
### EVALUATION OF AMPLITUDE OF CASTS

ND = No Deduction VP = Value Part





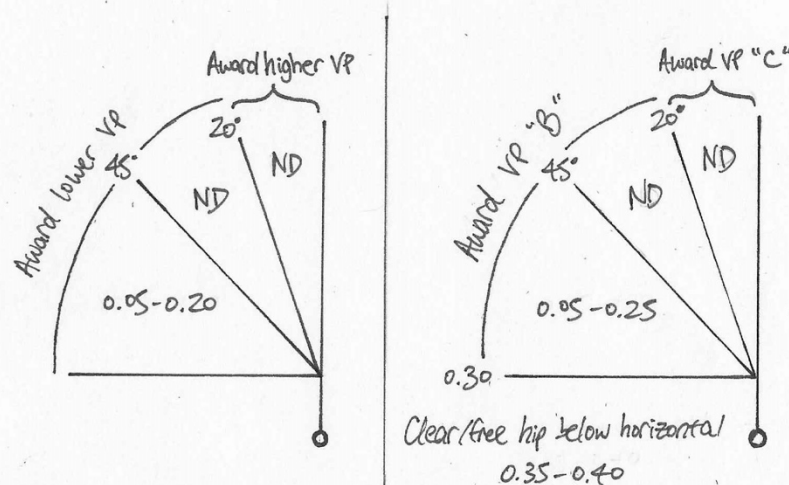
### AMPLITUDE OF CIRCLING ELEMENTS (LEVEL 4)



All other circling elements

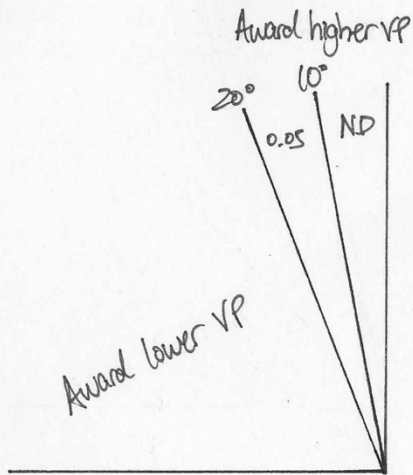
Clear/free hip only

### AMPLITUDE OF CIRCLING ELEMENTS (LEVEL 5)

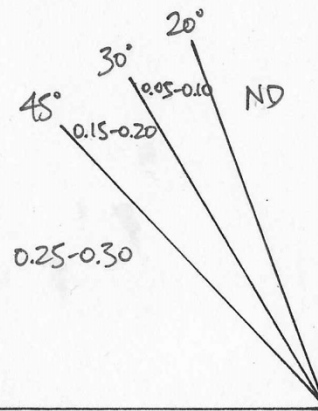


Clear/free hip below horizontal  
0.35-0.40

### AMPLITUDE OF FLIGHTS TO HANDSTAND ON LOW BAR



### AMPLITUDE OF BODY AT TURN COMPLETION



For TURNS IN HANDSTAND

- 180° pirouettes - all techniques
- 360° or more pirouettes turning on both arms in handstand phase

## Balance Beam

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Value Parts (VP)</b>	<b>6 Supp. or A's Start Value 10.0</b>	<b>6 A's A Elements Only (Max. 2 supp.)</b>	<b>5 A's, 1 B A &amp; B Elements Only (Only JO COP)</b>	<b>5 A's, 2 B's A &amp; B Elements Only (Only JO COP)</b>	<b>4 A's, 4 B's A, B, &amp; C+ Elements (Only JO COP)</b>
<b>Restrictions</b>	No B+ Acro elements Dance B's or C's credited as A No Salto/aerial DMT Restricted elements = no Value Part credit and 0.50 deduction from SV	No Handspring, saltos or aerials Dance B's or C's credited as A Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ Acro Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	No D+ Acro Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	No restrictions on difficulty  C+ elements credited as B D+ Acro/Dance Elements credited as C
<b>Special Requirements (SR)</b>	<ul style="list-style-type: none"> <li>• ½ turn on one foot (<i>pirouette en dedans</i>*)</li> <li>• Two different dance elements – if missing <b>one or both</b> -0,50</li> <li>• Acro A element (can be supplemental)</li> <li>• DMT</li> </ul> <p><i>* if gymnast is turning on L foot then turn is to the L (or vise versa)</i></p>	<ul style="list-style-type: none"> <li>• Minimum 360° turn on one foot</li> <li>• Two different dance elements – one being leap/jump with min. 90° split – cross or side.**</li> <li>• One Acro A</li> <li>• Minimum A value DMT</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum 360° turn on one foot.</li> <li>• One leap/jump with minimum 120° split – cross or side.**</li> <li>• Acro series of 2+ A elements.</li> <li>• Min A+ DMT</li> </ul>	<ul style="list-style-type: none"> <li>• Minimum 360° turn on one foot.</li> <li>• One leap/jump with minimum 180° split – cross or side</li> <li>• <i>i.</i> Acro series (2 elements with or without flight; excluding mount &amp; dismount) <b>and</b> <i>ii.</i> An acro flight element if not included in the series if missing one or both – 0,50</li> <li>• Minimum 'A' Dismount (Aerial or Salto)</li> </ul>	<ul style="list-style-type: none"> <li>• One leap or jump with a 180° split (cross or side)</li> <li>• Acro series (2 elements, excluding mount &amp; dismount), with minimum one of the two being flight</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Minimum 'A' Dismount (Aerial or Salto)</li> </ul>
<b>Equipment</b>	<p style="text-align: center;"><b>BEAM HEIGHT:</b> 125 cm. <b>TIME:</b> Levels 1 &amp; 2 - Minimum 30 seconds, 1:15 max; Levels 3, 4, &amp; 5 – Minimum 30 seconds, 1:30 max. Time begins when the gymnast's feet leave the ground to mount and ends when the gymnast touches the mat upon completion of the exercise. A warning signal will be given 10 seconds before the maximum time limit of the respective exercise.</p> <p style="text-align: center;"><b>NOTE:</b> A beat board may be used for any mount – to be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied. Mandatory 10 cm matting for landing of dismount. Otherwise, any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p>				

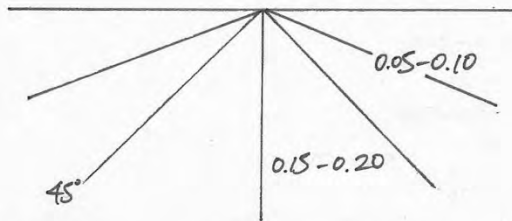
## Floor Exercise

	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>Value Parts (VP)</b>	<b>6 Supp. or A's Start Value 10.0 Supp. &amp; A Elements Only</b>	<b>6 A's Start Value 10.0 A Elements Only</b>	<b>5 A's, 1 B Start Value 10.0 A &amp; B Elements Only</b>	<b>5 A's, 2 B's Start Value 10.0 A &amp; B Elements Only</b>	<b>4 A's, 4 B's Start Value 10.0 A, B, &amp; C+ Elements</b>
<b>Restrictions</b>	No handsprings/saltos/aerials Dance B's or C's credited as A Restricted elements = no Value Part credit and 0.50 deduction from SV	No saltos or aerials Dance B's or C's credited as A Restricted elements = no Value Part credit and 0.50 deduction from SV	No C+ Acro Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	Dance C's credited as B Restricted elements = no Value Part credit and 0.50 deduction from SV	C+ elements credited as B No restrictions on difficulty
<b>Special Requirements (SR)</b>	<ul style="list-style-type: none"> <li>• Acro series with 2 elements directly connected</li> <li>• Momentary handstand within 10° of vertical (return position optional)</li> <li>• 360° turn on one foot</li> <li>• Dance series/passage with a minimum of 2 different elements, directly or indirectly connected</li> <li>• Mixed series of an acro element directly connected to a non-hold dance element (or vice versa)</li> </ul>	<ul style="list-style-type: none"> <li>• Acro series with 3 elements directly connected (one of which includes flight) <i>or</i> 2 directly connected flight elements</li> <li>• Handstand (marked position) to forward roll with straight arms <i>or</i> Straight arm backward roll</li> <li>• 360° turn on one foot</li> <li>• Dance series/passage with a minimum of 2 different elements, directly or indirectly connected - one of which is an element with a 120° cross or side split</li> <li>• Mixed series of an acro element directly connected to a non-hold dance element (or vice versa)</li> </ul>	<ul style="list-style-type: none"> <li>• Acro series of 2+ acro flight elements, two being BWD elements directly connected</li> <li>• Acro series of 2+ acro flight elements, two being FWD elements directly connected (different from above SR)</li> <li>• One salto or aerial in one of the above acro series</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap with a 180° cross or side split</li> </ul>	<ul style="list-style-type: none"> <li>• An acro series with 3 directly connected flight elements, one of which is a back layout salto</li> <li>• An acro series with 2 or more directly connected forward acro elements with flight, one being a salto or aerial</li> <li>• Minimum of a 360° turn on one foot</li> <li>• Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap requiring a 180° cross or side split</li> <li>• Salto/Aerial FWD/SWD and BWD</li> </ul>	<ul style="list-style-type: none"> <li>• An acro series with 2 saltos <i>or</i> 2 directly connected saltos (same or different)</li> <li>• Three different saltos (not aerials) within the exercise</li> <li>• Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap with 180° cross or side split</li> <li>• Salto/Aerial FWD/SWD and BWD</li> <li>• Dismount Minimum 'A' salto</li> </ul>
<b>Equipment</b>	<p style="text-align: center;">Up to 10 cm of additional matting allowed for acro lines with salto. The additional mat may be left in place, moved, or removed.  <b>TIME:</b> Levels 1 &amp; 2 - Minimum 30 seconds, 1:15 max; Levels 3, 4, &amp; 5 – Minimum 30 seconds, 1:30 max.                      Timing begins with the first movement of the gymnast.</p>				

## Technical Directives

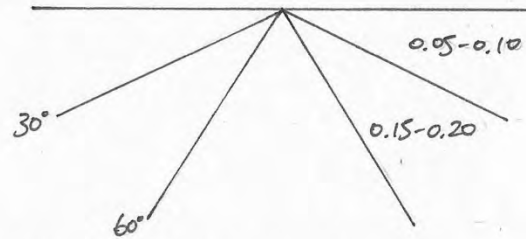
### Balance Beam / Floor Exercise

INSUFFICIENT SPLIT  
(LEVEL 1/2 BB, LEVEL 1 FX)



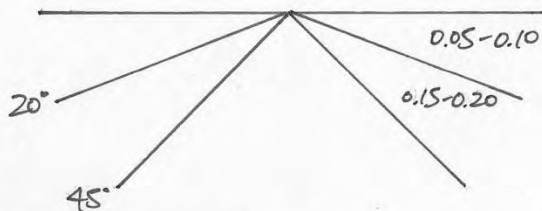
1° - 45° missing	deduct 0.05-0.10
46° - 90° missing	deduct 0.15-0.20
91° or more missing	award lesser Value Part or recognize as different element

INSUFFICIENT SPLIT  
(LEVEL 3 BB, LEVEL 2 FX)



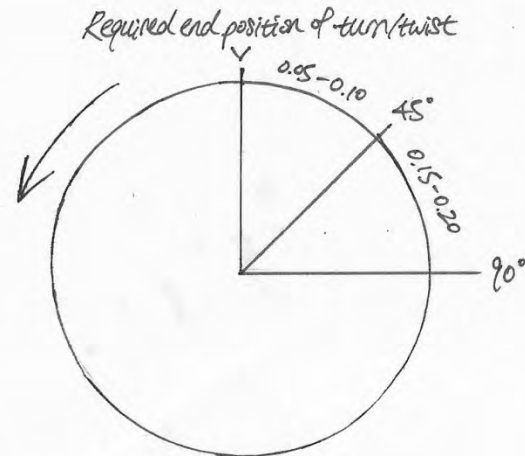
1° - 30° missing	deduct 0.05-0.10
31° - 60° missing	deduct 0.15-0.20
61° or more missing	award lesser Value Part or recognize as different element

INSUFFICIENT SPLIT  
(LEVEL 4/5 BB, LEVEL 3+ FX)



1° - 20° missing	deduct 0.05-0.10
21° - 45° missing	deduct 0.15-0.20
46° or more missing	award lesser Value Part or recognize as different element

INCOMPLETE TURNS



## Supplemental Skills List\*

### Supplement Skills

(please refer to level/event to see maximum number allowed per exercise)

<b>Balance Beam</b>	<b>Uneven Bars</b>	<b>Floor Exercise</b>
<p><b><u>Mounts</u></b>            Leg swing with ½ turn to straddle sit            Any simple mount not listed under A's</p> <p><b><u>Dance Elements</u></b>            ½ turn on one leg (<i>not pivot turn</i>)            Splits w/ hand support (cross or side)            Knee scale (free leg &gt; horizontal; 2s)            V-sit w/ or w/o hand support (2s)            Forward scale (free leg &gt; horizontal; 2s)            Arabesque &gt; 45° (2s)</p> <p><b><u>Acro Elements</u></b>            Kick to momentary handstand within 30°</p> <p><b><u>Dismounts</u></b>            Straight/tuck jump with amplitude            Knee scale-lift off side            Cartwheel off the side            Cartwheel to side handstand, ¼ turn</p>	<p><b><u>Mounts</u></b>            Glide swing to immediate 2 foot pullover LB<sub>1</sub>            (Level 1 only)            Jump to support on LB            1 or 2 foot pullover to front support on LB              Jump to front/back hip circle LB</p> <p><b><u>Elements</u></b>            Beat swing (Level 1 only)            Glide swing (Level 1 only)            Cast to horizontal (L1/2 only)            Long/tap swing (hips min. 30° below horizontal) (L1 only)            Counterswing (hips min. 30° below horizontal) (L 1 only)            Cast feet to bar height            Russian turn            ½ turn in stride support to catch high bar            Single leg cut (fwd or bwd)            Stride circle            Basket swing            Climb to stand on LB to HB (L1 only)            Pullover to HB (feet on starting on LB)            ¾ sole circle fwd            Stride circle catch HB            Counter-swing to stand on LB</p> <p><b><u>Dismounts</u></b>            Any simple dismount with flight            Long swing ½ turn            Underswing off LB</p>	<p><b><u>Dance Elements</u></b>            Knee scale (2s)            V-sit (2s)            Arabesque (45° - 2s)            Needle scale (2s)            Y scale (2s)            Forward or middle splits on floor            Straight jump            Hop (from 1 foot, free leg above horizontal)</p> <p><b><u>Acro Elements</u></b>            Back bend to bridge            Bridge kick-over            Handstand to bridge            Back shoulder roll            Headstand            Handstand</p>

## Uneven Bars

All casts within a routine must reach the amplitude required for the respective level to receive no amplitude deduction. (e.g. Level 1/2, all casts must be to bar height without penalty)

Group 3, 6, 7 skills include: Clear Hip Circles, Stalder Circles, Circle Swings, respectively. Some examples include: back hip circle, front hip circle, sole circle fwd/bwd (also to toe off), free/clear hip circle to any height. Note for Level 4/5: back and front hip circles do not fulfill the “clear circling element” requirements.

<sup>1</sup> May satisfy both the i) Swing element & ii) Pullover requirements, but is counted as one single skill.

<sup>2</sup> Climb from LB (Low Bar) to HB (High Bar) will be a 0.3 deduction for Levels 3/4/5 as an uncharacteristic element.

## Floor Exercise

Note: Level 2 - If the handstand is not marked in vertical before the forward roll, the requirement will not be credited.

An additional  $\frac{1}{4}$  turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed otherwise.

Dance series/passages may only include hop, leap, or jump elements. Direct Connections: elements performed without a stop/pause, loss of balance, or extra step in between. Indirect Connections: dance elements performed with running steps, small leaps, hops, chassé, chaîné turns in between.