

COMMON DEDUCTIONS

STEPS	<i>All events</i>	VAULT
<u>0.05</u>	Lands with feet hip-width apart or closer but never joins feet (<i>heels</i>) together	same
<u>0.1</u>	Lands with feet more than hip-width apart	
↑ <u>0.10</u>	Slight hop, small adjustment of feet or lands feet staggered* <i>* On FX it is OK to take a controlled step to end in a lunge</i>	
<u>0.1</u>	Steps (<i>each step</i>) Max = 0.40	
<u>0.2</u>	Large Step or Jump (<i>Approx. 3 feet or more</i>) Max = 0.40	

LANDING	<i>All events</i>	VAULT
<u>0.1</u>	Landing Too Close to apparatus on dismount UB/BB	↑ 0.30
↑ <u>0.10</u>	Deviation from straight direction on landing <i>(BB Off-the-End Gainers ↑0.3)</i>	↑ 0.30
↑ <u>0.10</u>	Arm Swings to maintain balance	same
↑ <u>0.20</u>	Additional Trunk Movements to maintain balance (<i>to avoid steps</i>)	
↑ <u>0.20</u>	Incorrect Body Posture upon landing	
↑ <u>0.30</u>	Squat on landing (<i>hips even with or lower than knees</i>)	
↑ <u>0.30</u>	Brush / Touch landing surface with 1 or 2 Hands	

FALLS / SPOTS	<i>All events</i>	VAULT
<u>0.50</u>	Support on mat with 1 or 2 hands	same
<u>0.50</u>	Fall onto mat or apparatus	
<u>0.50</u>	Fall/Failure to land on Bottom of Feet first on aerials/saltos/dmt <i>No VP / No SR / No Bonus / No Composition credit</i>	
<u>0.50</u>	Spotting assistance Upon Landing of dismount element <i>Award VP & SR / No Bonus / if falls deduct an additional 0.50</i>	
<u>0.50</u>	Spotting assistance During an element <i>No VP / No SR / No Bonus / No Composition credit / if falls deduct an additional 0.50</i>	

DISMOUNTS UB/BB and FX SALTOS	<i>All events</i>	VAULT
↑ <u>0.20</u>	Insufficient exactness of Body Positions <ul style="list-style-type: none"> • Insufficient Tuck (<i>min 90° in both hips and knees</i>) • Insufficient Pike (<i>min 90° in the hips, 91° – 135° = insufficient</i>) • Insufficient Stretched position (<i>Arch or Hip Angle 179° – 136° insufficient</i>) 	2nd Flight ↑ 0.30
	↑ <u>0.20</u>	Failure to maintain Stretched body position (<i>Pikes Down dismount</i>)
	↑ <u>0.20</u>	Incomplete Twists (Saltos) , missing: <i>*same as for dance turns</i> <ul style="list-style-type: none"> • 1° – 44° = 0.05 - 0.10 • 45° – 89° = 0.15 - 0.20
↑ <u>0.30</u>	Insufficient Height of Salto Dismount UB/BB , or Saltos on FX (<i>*See FX specifics</i>)	↑ 0.50
↑ <u>0.30</u>	Insufficient Extension (Open) of body prior to landing	↑ 0.25 / 0.30

HEIGHT / AMPLITUDE	<i>(not Dismount)</i>	VAULT
↑ <u>0.20</u>	Insufficient Height of Saltos performed ON Balance Beam BB	
↑ <u>0.20</u>	Insufficient Height of Aerials or Acro with hand support BB/FX	
↑ <u>0.20</u>	Insufficient Amplitude of Bar Elements (<i>including releases</i>) UB <ul style="list-style-type: none"> • Except Clear Hip: ↑0.40 	

COMMON DEDUCTIONS

LEGS	<i>All events</i>	VAULT
<u>0.05</u>	Flexed / Sickled feet during Value Part elements (each time)	↑ 0.10
↑ 0.10	Legs Crossed during Value Part elements with twist	same <i>*Bent arms ↑0.5</i>
↑ 0.20	Leg or Knee Separations	
↑ 0.30	Bent Legs (<i>also *Bent Arms</i>) (<i>90° bend or greater = max 0.30</i>)	

DANCE ↑ 0.10 BB/FX	
↑ 0.10	Failure to perform Turn elements in High Relevé
↑ 0.10	Lack of Precision in Dance Value Parts <ul style="list-style-type: none"> • Lack of definite Arm or Leg position • Degree of turn, not exact
↑ 0.10	Incorrect Body Posture/Alignment during Dance Value Parts
↑ 0.10	Failure to land with Feet/Legs Together on Jumps/Leaps that land on 2 feet <i>(on BB, only in side position)</i>

DANCE ↑ 0.20 BB/FX	
↑ 0.20	Insufficient Exactness of Tuck or Pike positions in VP elements
↑ 0.20	Insufficient Height on Leaps / Jumps / Hops
↑ 0.20	Legs Not Parallel (<i>to beam or floor</i>) in Split or Straddle Leaps/Jumps
↑ 0.20	Insufficient Split (<i>deviation from 180°</i>), missing: <ul style="list-style-type: none"> • 1° – 20° = 0.05 - 0.10 • 21° – 45° = 0.15 - 0.20 • ≥46° = ↓VP
↑ 0.20	Incomplete Turns (<i>Dance</i>), missing: <i>*same as for salto twists</i> <ul style="list-style-type: none"> • 1° – 44° = 0.05 - 0.10 • 45° – 89° = 0.15 - 0.20

THROUGHOUT BB/FX		VAULT
↑ 0.30	ARTISTRY Insufficient artistry throughout the exercise (<i>Each ↑0.1</i>) <ul style="list-style-type: none"> • Originality/creativity of Choreography in elements & connections • Quality of gymnast's movement to reflect her personal Style • Quality of Expression 	↑ 0.30
↑ 0.20	Insufficient Dynamics UB/BB/FX	
↑ 0.20	Insufficient variation in Rhythm & Tempo throughout	
↑ 0.20	Relaxed/incorrect Footwork on non-value parts throughout	
↑ 0.30	Relaxed/incorrect Leg Position / Body Posture & insufficient Flexibility in non-value parts throughout	

↑ 0.10	Precision of Handstand positions throughout UB
↑ 0.20	Insufficient Sureness of performance throughout BB
↑ 0.20	Poor relationship of Music and Movement throughout FX
↑ 0.30	Missing Synchronization of movement with musical beat FX <ul style="list-style-type: none"> • Each time: <u>0.05</u> • At the end: <u>0.10</u>

SPECIFIC BB/FX DEDUCTIONS

BALANCE BEAM

BB PAUSES

<u>0.10</u>	Concentration Pauses <i>2 seconds</i>
<u>0.20</u>	Concentration Pauses <i>3 seconds or more</i>

BB RHYTHM

↑ 0.10	Hesitation during jump, press or swing to Handstand
↑ 0.20	Lack of Tempo/ Poor Rhythm between elements in a Dance, Mixed or Acro Series <i>No deduction for continuous but slow / Arms finish to take-off immediately / Legs pli é , not pumping</i> 0.05 - 0.10 • Body moving but arms swing between elements / Legs pumping, but not straighten 0.15 - 0.20 • Body position alters / Arms swing between elements <i>Tempo deductions DO NOT apply to backward Acro Series with 1 or more Flight elements</i>

BB BALANCE/LANDING

↑ 0.30	Additional movements to maintain Balance on the Beam
↑ 0.30	Squat on Landing (<i>Hips even with or lower than knees</i>) <i>* If lands Acro element in a squat and then falls take both ↑ 0.3 and 0.5 for the fall</i>
↑ 0.30	Directional Error on Gainer Salto Dismounts Off-the-End of Beam

BB SUPPORT

<u>0.20</u>	Support of one Leg against side surface of the beam to maintain balance
<u>0.30</u>	Grasp of the Beam to avoid a fall
<u>0.30</u>	Use of Supplemental Support <ul style="list-style-type: none"> • Foot/Feet remain on Mat/Board as Mount is completed • Foot/Feet contact Mat in Cross Straddle Sit during exercise • Foot/Feet/Leg using Base of the Beam for support on Mount/on Beam

FLOOR EXERCISE

FX RHYTHM

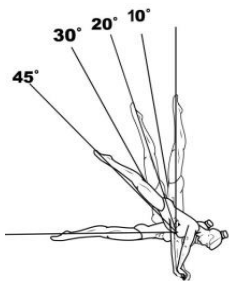
<u>0.10</u>	Concentration Pauses <i>2 second pause prior to difficult elements or Acro series</i>
↑ 0.10	Incorrect Rhythm during execution of direct connections

FX SALTOS

↑ 0.30	Insufficient Height of Salto elements <i>*Does NOT apply to accelerating elements in directly connected Fwd Acro series</i>
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SPECIFIC UB DEDUCTIONS

UB AMPLITUDE / ANGLE DEDUCTIONS



	ANGLE from VERTICAL					
	↑10°	11-20°	21-30°	31-45°	46-90°	More than 90°
Casts	0.0	0.05	0.10	0.15 - 0.20	0.25 - 0.30	0.30
Turns IN Handstand 180° & 360°	0.0	0.0	0.05 - 0.10	0.15 - 0.20	0.25 - 0.30	0.30
Turns AFTER Handstand 540° & 360° Healy	0.0	0.0	0.0	0.05 - 0.15	0.20 - 0.30	0.30
Circle Completion	0.0	0.05	0.0	0.0	0.05 - 0.20	0.20
Clear Hip Completion	0.0	0.05	0.0	0.0	0.05 - 0.30	0.35 - 0.40
	Higher VP			Lower VP		

UB RHYTHM / EXTENSION

↑ 0.10	Hesitation during jump to HB or swing to Handstand
↑ 0.10	Poor rhythm in elements/connections
↑ 0.10	Insufficient extension of glides/swings into kips
↑ 0.10	Swing Forward or backward, under horizontal (<i>each</i>)
↑ 0.10	Under-rotation of release/flight elements

UB BRUSH / HIT *etc.*

↑ 0.10	Touch/Brush on Apparatus or Mat with foot/feet
0.20	Hit on Appartaus with foot/feet
0.30	Hit on Mat with foot/feet
0.30	Grasp of the Bar Apparatus to avoid a fall
0.30	Intermediate Extra Swing / Cast (max 0.6)
0.50	Full Support on foot/feet on mat during exercise