



Canadian Junior Olympic Program Charts 2018 – 2019

**Compulsory – JO 1 to 5
Optional – JO 6 to 10**

**To be used in conjunction with
USAG JO Program
GCG JO Manual**

Last update: August 2018

1. Introduction

Gymnastics BC adopted the JO program in July 2014, Gymnastics Canada adopted the JO program developed in the USA for use in the Provinces and Territories in July 2015. The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

The Canadian JO Program (CJO) has some modifications that are not in use in the USA or in other countries who have similarly adopted this program. These modifications are to assist our coaches and athletes in making the transition to JO from the previous national stream and provincial programs that have been in place in Canada. The Canadian changes affect Level 9 (Special Requirements on UB, Bonus on Vault, UB, and BB). Criteria for composition, which is in effect for Level 8 to 10, have also been developed to clarify expectations across Canada.

It is the intent of GCG and GBC to follow the USA JO program rules as closely as possible. USAG posts updates on its Website from time to time. Although clubs will be notified by emails (GCG or GBC) of changes, we recommend that coaches visit the USAG Website to review the rule changes on a regular basis.

<https://usagym.org/pages/women/updates/jo.html>

Questions on the Canadian JO Program?

In BC, questions can be directed to Andrée Montreuil – amontreuil@gymbc.org or to your Zone Judging Chair.

USAG Updates

From time to time, USA Gymnastics will update the program. All updates can be found on their website. These can be found at:

<https://usagym.org/pages/women/updates/jo.html>

Unless explicitly informed by Gymnastics Canada, all changes made by USAG are in effect in Canada at the same time as they come in effect in the USA.

2. GCG 2018-19 JO Manual

The Canadian version of the JO Manual is available on the GCG website (and on the GBC Website via a link). The BC and GCG versions are similar.

The BC Equipment Specs have been adjusted to match the Canadian version. There are a few more details in the BC Warm up Procedures.

For Canadian Championships and Canada Winter Games, the GCG version is in effect.

3. USA Gymnastics Junior Olympic Binder

USA Gymnastics has updated its JO 6-10 program. All of Canada will also adopt the new program. The USAG JO 6-10 manual for optional, the "Orange Binder" replaces the "Red binder".

The new JO 6-10 "Orange Binder" can be purchased from the USAG store. The Orange Binder (paper version) is item 3117 and is priced at \$60. US

<http://usagym.sportgraphics.biz/>

The digital version is also available in the iBook store and is \$49.99

<https://itunes.apple.com/us/book/id1382691933>

4. BC WARM UP PROCEDURES

General Warm up	20 minutes for JO 9-10 / 15 minutes for JO 1-8 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 get on the table, bars or beam for any reason during the general warm-up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
Type	V Group Warm up Continuous time	UB Group Warm up Continuous time	BB Group warm up Block time per athlete	FX Group Warm up Continuous time
Junior Olympic Program	JO 1-2: 30 sec JO 3: 45 sec JO 4-5: 1 min JO 6-10: 2 min	JO 1-2: 30 sec JO 3: 45 sec JO 4-5: 1 min JO 6-8: 90 sec JO 9-10: 2 min	JO 1-2: 30 sec JO 3: 45 sec JO 4-5: 1 min JO 6-8: 90 sec JO 9-10: 2 min (may do 1 min 30 + 30 sec) Max 5 sec between athlete	JO 1-2: 30 sec JO 3: 45 sec JO 4-5: 1 min JO 6-8: 90 sec Max 5 min JO 9-10: Min 8 min, Max 10 min <i>JO 1-3 must warm up on a line, not in diagonal. JO 1-5: all athletes from a given club must use the same music. The coach must inform the music table.</i>
Competition format:	<ul style="list-style-type: none"> - <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus. - <u>On all apparatus</u>, athletes warm up in groups. If a group consists of only one athlete (only athlete competing at a certain height/bar width), she must be given sufficient time to warm up and rest. On UB, the athlete may choose to warm up her LB skills with the group and use reduced time at her own settings. - <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. - When 8 apparatus / bumped rotations are used, the order of the clubs should not change from one apparatus to the next as clubs rotate independently. - At invitational competitions, the warm up and competition order can be modified so athletes compete in the order that is most efficient. - At trials for Westerns, CC, and CWG, the athletes may change the order for warm up, but must compete in the set order. - Safety must prevail: if an athlete needs her coach (spotting or otherwise), she has the right to wait for him/her to be present. 			
Split Warm up	Split warm up if group is: JO 1-5: 13+ athletes/rotation, JO 6-10: 8+ athletes/rotation. When possible, groups will be split to keep all athletes from one club together. At trials for Westerns, CC and CWG, the split will be done 4/4, 5/4 without consideration of clubs.			
UB	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking).			

Warm up time

Number of Gymnasts	JO 1-2 30 sec	JO 3 45 sec	JO 4-5 1 min	JO 6-8 90 sec	JO 9-10 JO 6-7 Vault 2 min
1	30	45	1	1:30	2
2	1	1:30	2	3	4
3	1:30	2:15	3	4:30	6
4	2	3	4	6:00	8
5	2:30	3:45	5	7:30	10
6	3	4:30	6	9:00	12
7	3:30	5:15	7	10:30	14
8	4	6:00	8	12:00	split
9	4:30	6:45	9	split	
10	5	7:30	10		

5. EQUIPMENT

The following are the recommended equipment specs for use in competitions in BC and Canada. The specs in the first columns (JO 10 and JO 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG) and trials. **When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).**

	Equipment	JO 10 (CC, CWG)	JO 9 (CC)	JO 6-10	JO 4-5	JO 1-3
Vault	Height	125 cm		JO 6-7: 115 cm to 125cm JO 8-9: All ages: any height min 100 cm to max 125 cm	Any height allowed by manufacturer	As set out in JO manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. JO 6-7: Stacked mats, total height (including base mat) 80 cm to 152 cm. The top layer must be a 10 cm mat.				
	Yurchenko Collar & Hand mat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 250 cm LB: 170 cm JO 9 Diagonal: 130 to 180 cm JO 10 Diagonal: no maximum width (within equipment manufacturer's safety limitations)		HB: 250 cm LB: 170 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
		Taller gymnasts may raise both bars by 10 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the 20 cm safety mat. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.				
	Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.			A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.	

	Equipment	JO 10* (CC, CWG)	JO 9* (CC)	JO 6-10	JO 4-5	JO 1-3
Beam	Beam	All Ages: 125 cm		2006 and older: 125 cm 2007 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	Springboards	1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.				
		The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Suppl. mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. At CC and CWG supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam (end with shortest landing mat, traditionally to the left of the apparatus chief judge)			Supplementary mats are not mandatory for JO 1-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)	
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				No additional mats permitted
	Safety Mat (20 cm)	Not allowed				

6. JO LEVELS 6-7-8 AND 10 PROGRAM

The JO program as set out in the JO Code of Points 2018-2022 is in effect for JO Level 6, 7, 8 and 10 without any modifications.

7. JO LEVEL 9 PROGRAM

Some modifications are introduced for JO Level 9. All changes to the US version are highlighted. Changes to the USAG version are highlighted.

a. UNEVEN BARS

Special Requirements: Modification of the Special Requirement #1 as follows:

1. SR #1: Two bar changes **OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7**
2. SR #2: One flight element min B
3. SR #3: 2nd different flight min C **OR** Element with LA turn 180°(or more) min B
4. SR #4: Salto dismount, min B

Bonus: Max 0.3

Max **0.2** awarded for Connection value. **Max 0.1 awarded for 1 D.**

Gymnasts must do one D or E in order to start from 10.0.

Composition: Same as USAG except for the following:

- Choice of elements - **0.1**
Failure to perform 1 element (min B) that fulfill **1 out of 2** of the following requirements
 - 1 Element from Gr 3-6-7 min B
 - 1 LA turn through HS min 180° min B
- Choice of elements – 0.2
Failure to perform 1 element (min B) in a different grip.
The element must be completed on the UB; a change of grip to initiate the dismount will not fulfill the requirement (for example: Giant ½ turn to reverse grip to Fwd flyaway – will not meet the requirement)

b. BEAM

Bonus: Max 0.3

Max **0.2** awarded for Connection value. **Max 0.1 awarded for 1 D.**

Gymnasts must do one D or E (**acro or dance**) in order to start from 10.0.

c. FLOOR

Bonus: Max 0.3

Max **0.2** awarded for Connection value. **Max 0.1 awarded for 1 D.**

Gymnasts must do one D or E (**acro or dance**) in order to start from 10.0.

Composition: Add to the Specific Composition Deduction: **Lack of D or E salto: 0.2**

BC - COMPULSORY

JO LEVELS 1-5

1. CLARIFICATIONS (COMPULSORY LEVEL 1-5)

1.1 GENERALITIES

All routines are scored from 10.0. If a required skill is not credited, each judge will take the appropriate deduction from the score he/she submits. The minimum curtesy score is 2.0 points.

Maximum Execution Deduction for each Element

The total execution deductions that can be taken on an element may not exceed the value of the element plus 0.5 (this does not include a fall).

For example, if an element is worth 0.6:

- Maximum execution deduction (legs bent, apart, arms bent, etc.) may not exceed 1.1 (0.6 + 0.5).
- If the athlete falls, the maximum deduction is 1.6 (value of the skill + 0.5 + fall).
- If athlete is also being spotted, the maximum execution deduction would be 1.1 + fall + spotting.

Compulsory charts

The compulsory charts in the next pages include all Major elements in each level. Major Elements must be performed exactly as indicated in the compulsory manual. For each element, the Points of Emphasis are used for coaching and judging purposes. They are an important aspect in the judgement of the routines. They usually refer to the general penalties.

1.2 TEXT ERROR DEDUCTIONS ON BB AND FX

As of 2017-2018 season, text errors will be applied. The maximum deduction that can be taken is 0.4.

Judges should not equate 1 text error to 0.1 deduction. Many small text errors or a large error may equate to 0.1. See the "Table of faults - page 1" for more information.

1.3 CLARIFICATIONS ON CREDITING THE VALUE OF ELEMENTS

Omitting a required series:

- When both elements in a series of connections are omitted –
 - o For acro series: deduct 0.3 plus twice the value of each skill
 - o For dance series: deduct 0.2 plus twice the value of each skill
- If only one element in a series is omitted, deduct for the omitted element only (twice the value of the skill). Do not deduct for omitted series.

Adding extra elements:

- Additional elements are not allowed. Additional elements are VP from the JO Code of points. A deduction of 0.3 is applied for each additional element.

Incomplete Major Elements

Refers to a gymnast's attempt of a prescribed element, but is unsuccessful in completion.

For example:

- o UB – Kips, pullovers that fail to finish in support
- o UB, FX – Salto not landing feet first (UB dismount)
- o BB, FX – Acro or dance elements with no foot contact or 1 foot contact and fall
- o BB, FX – Leaps that have little to no flight or very weak split (missing more than 45°)
- o FX – Major body error resulting in incorrect finish position (total loss of control)
- Each judge determines what value is awarded depending on the percentage of the element completed. For example, on UB – kip (value = 0.6) – If the kip is not to support, each judge determines the percentage of the kip completed (is she performing only a glide swing, or is she almost in support) and will deduct from 0.0 up to 0.6 accordingly.
- Execution deductions, including applicable falls are also applied.

If the athlete makes a 2nd attempt and successfully completes the element:

- Credit the full value of the element
- Deduct execution errors on 1st attempt up to the point of interruption (fall) and the fall
- Deduct execution errors on the 2nd attempt, beginning at the point of interruption (fall)

1.4 SPOTTING

If the coach assist (touches) the athlete during the element:

- Value of the element: Credit (deduct) 0.0 or up to the value of the skill, considering the amount of assistance provided by the coach
- Spotting: 0.5, the deduction is taken by each judge
- If the athlete is spotted and but still falls, both deductions are applied – Fall 0.5 + Spotting 0.5

If the coach catches a gymnast while she falls:

- Deduct only for the fall (0.5)

If the coach assist (touches) the athlete on landing only:

- Value of the element: credit full value
- Spotting: 0.5, the deduction is taken by each judge

If the coach unintentionally touches the athlete:

- Value of the element: credit full value, as appropriate
- Spotting: no spotting deduction

1.5 IS THE ELEMENT WORTH PUTTING IN THE ROUTINE?

Coaches should do some math to determine if it is better to omit a skill, let the athlete attempt it by herself, or to spot her.

- Omit an element completely = Double the value of the element
- Element attempted but incomplete = Value of the element: deduct according to percentage of element completed (up to the value of the element) + execution (bent legs, etc.) + 0.5 for the fall
- Element spotted = Value of the element: deduct according to the assistance provided by the coach (up to value of the element) + 0.5 for spot + 0.5 for fall (if applicable)

For example, Level 4 – consider Glide Kip on UB (value = 0.6)

- If omitted: deduct 1.2 (double the value of element - 0.6 x 2)
- If attempted but not completed in support: up to value of the element (up to 0.6) + fall (0.5) = up to 1.1 plus any execution deductions (bent legs, arms, etc.)
- If spotted = up to the value of the element (up to 0.6) + spot (0.5) = up to 1.1 plus any execution deductions (bent legs, arms, etc.)

In most cases, it will be mathematically more advantageous for a gymnast to do an incomplete kip or a kip with spot, then to omit it completely.

A glide swing may be considered to be $\frac{1}{3}$ or $\frac{1}{4}$ of the kip and it may be awarded 0.1 or 0.2 out of 0.6

Range of Scores – Allowable span between judges scores

- Range of scores is the allowable difference between the counting judges' scores
- The average score is used to determine the range

If the average score is between:	The 2 counting scores must be within the range of:
9.500 – 10.000	0.20
9.000 – 9.475	0.50
8.000 – 8.975	0.70
Below 8.000	1.00

2. PERFORMANCE SCORES FOR GOLD/SILVER/BRONZE AWARDS (FOR GYMNASTS UNDER 7 YEARS OLD)

In JO Levels 1-5, the Gold/Silver/Bronze award system must be used for athletes 5 and 6 years old years old (born in 2012 or later in the 2017-18 season). Athletes 7 years old and above can be ranked with the usual JO scoring system.

Gold /Silver / Bronze Award System

Scores are flashed to the public as Gold / Silver / Bronze, and each athlete receives a ribbon of the appropriate colour on each apparatus. The secretary will usually have the responsibility to staple to each athlete's certificate the appropriate ribbon but this can also be done in the scoring room.

	Age 5 / 6 years old (born 2013+ in the 2018-19 season)	7 years old and older (born 2012 and before in the 2018-19 season)
JO Levels 1-2	Must use G-S-B	G-S-B or ranked
JO Levels 3-5	Must use G-S-B	Ranked

RANGE OF SCORES FOR THE GOLD / SILVER / BRONZE AWARD SYSTEM

	Apparatus	All Around
Gold	9.00 +	36.00 +
Silver	8.00 – 8.99	32.00 – 35.99
Bronze	Less than 8.00	Less than 32.00
Attempts vault but incomplete = Bronze No attempt at vault = no award		

3. BC JO LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 1)

On UB, BB and FX, routines may be reversed in their entirety; however, no single element may be reversed unless indicated by an asterisk (*).

Elements with an asterisk in the tables on the following pages can be reversed.

As a general rule, the routine are done either Right side or Left side. The leaps, turns, splits cannot be reversed. The acro elements (handstand, cartwheel, walkover) and jumps with turn (jump ½ or 1/1 turn) may be reversed.

Deduct	Change to the prescribed text
Up to 0.4	Incorrect position of head, arms, legs, or feet (text errors) Deduct in general – not each time, according to small, medium or large errors
<u>0.1</u>	Changing, reversing or omitting a small part that does not include a Major Element
<u>0.3</u>	Changing, reversing or omitting a series of connections
<u>0.3</u>	Reversing the order of the two elements in any of the directly connected dance series on BB and FX
Value of the element	Changing a major element (performing a variation of the element prescribed)
Double the value of element	Substituting or omitting a major element (performing a totally different element than the element prescribed)
Half the value of element	Reversing a major element (if not allowed to be reversed) On UB, BB and FX, routines may be reversed in their entirety; however, no single element may be reversed unless indicated by an asterisk (*). Elements with an asterisk in the tables on the following pages can be reversed.
Up to the value of element	Incomplete major element
Each <u>0.3</u>	Adding an extra element
No penalty	Repetition of a missed element (start judging at the point of interruption)
Up to the value of the element	Major element performed with additional turn

Definitions:

Changing: Performing a variation of the element prescribed

Substituting: Performing a totally different element than the element prescribed

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.

BC JO LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 2) - SPECIFIC APPARATUS DEDUCTIONS

<p align="center">Execution Deductions (UB/BB/FX) Deduction by each judge</p>	<p align="center">APPARATUS CHIEF JUDGE DEDUCTION Deduction taken from the average</p>
<p>General</p> <ul style="list-style-type: none"> Bent arms in support – ↑0.3 Bent legs – ↑0.3 Legs separated – ↑0.2 Feet flexed/sickled feet in ME – 0.05 Lack of coordination in connection – ↑0.1 Incorrect body alignment in ME – ↑0.2 Balance error – ↑0.3 <p>Rhythm</p> <ul style="list-style-type: none"> Concentration pause (more 2 sec) – <u>0.1</u> <p>Landing</p> <p>If there is no fall, the maximum deduction for landing is 0.40</p> <ul style="list-style-type: none"> Slight hop or small adjustment of feet – ↑0.1 Extra arm swing on landing – ↑0.1 Small step – 0.1 ea, (max: 0.4) Large step or jump – 0.2 ea, (max: 0.4) <p>There is no deduction for landing with feet a max hip-width apart provided she can join the heels together without lifting the foot/feet.</p> <ul style="list-style-type: none"> Landing with feet no further than hip-width apart, but never joined the feet – <u>0.05</u> Landing with feet further than hip width apart – ↑0.1 <ul style="list-style-type: none"> Trunk mvts to maintain balance (UB/BB dmt, FX) – ↑0.2 Squat upon landing (hips at/lower knees) – ↑0.3 Brush, touch or hit on landing – ↑0.3 Fall – 0.5 Failure to land feet first in dismount or salto (FX) – 0.5 for the fall + up to Value of the elmt <p>Spotting</p> <ul style="list-style-type: none"> Spotting during elmt – 0.5 + up to Value of elmt Spotting on landing – 0.5 for the fall 	<p>General</p> <ul style="list-style-type: none"> Gymnast does not present before or after the routine – 0.1 ea time Coach/Teammate giving assistance with verbal cues – <u>0.2</u> Applied after warning Incorrect attire – <u>0.2</u> Failure to begin exercise within 30 sec after being signaled by the CJ – <u>0.2</u> Failure to observe specified warm up time – <u>0.2</u> Use of unauthorized mats – <u>0.2</u> Springboard or mounting block on unauthorized surface– <u>0.3</u> Failure to remove the board after the mount – <u>0.3</u> Gymnast begins exercise without signal from CJ– <u>0.3</u> (must stop and repeat) Springboard or mounting block on unauthorized surface– <u>0.3</u> <ul style="list-style-type: none"> Exercise is terminated - If after a fall, the gymnast exceeds the allotted fall time Vault: One minute after judgment of 1st vault UB: 45 sec BB: 30 sec Termination of exercise due to injury: If a gymnast performed ½ or less of the exercise and does not continue, give credit for elements performed. Do not score out of 10.0 <p>VAULT</p> <ul style="list-style-type: none"> Performance of a one hand vault, if a least half of the vault judging panel saw only one hand touch the vault – <u>1.0</u> <p>BB</p> <ul style="list-style-type: none"> Overtime – <u>0.1</u> Coach standing next to the beam throughout exercise – <u>0.1</u> <p>FX</p> <ul style="list-style-type: none"> Any part of the body touching outside of the FX area –<u>0.1</u> ea time Floor exercise without music – <u>1.0</u> Coach on the FX mat – No Deduction

BC JO LEVELS 1 TO 5 (COMPULSORY) – TABLE OF FAULTS (page 2) - SPECIFIC APPARATUS DEDUCTIONS

UNEVEN BARS	BEAM	FLOOR
<p>The total execution deductions that can be taken on an element may not exceed the value of the element plus 0.5 (plus fall, if applicable)</p>		
<p>Specific Deductions</p> <ul style="list-style-type: none"> • Repositioning / adjustments of hands in front support of feet in squat on – 0.1 • Alternate hand grasp – 0.2 • Extra swing – 0.3 (max 0.6 per occurrence) • Using supplementary support to regain position – 0.3 • Touch/brush apparatus/mat with feet – <u>↑0.1</u> • Hit apparatus with foot/feet – <u>0.2</u> • Hit mat with foot/feet – <u>0.3</u> • Full weight on mat with foot/feet – <u>0.5</u> • Insufficient internal body amplitude (stretch/tightness) during extended position – <u>↑0.2</u> • Insufficient external amplitude (away from bar – swinging/circling mvts) – <u>↑0.2</u> • Incorrect body alignment, position or posture on major element – <u>↑0.2</u> 	<p>Specific Deductions</p> <p>Dance</p> <ul style="list-style-type: none"> • Failure to mark passé position in relevé at completion of turns – 0.05 • Incorrect leg alignment in arabesque position (when indicated) – <u>↑0.1</u> • Failure to kick/swing leg to horiz or above (when required in ME) – <u>↑0.1</u> • Uneven leg separation in jumps/leaps – <u>↑0.1</u> • Turn 180° or 360° in high relevé – <u>↑0.1</u> • Insufficient split – <u>↑0.2</u> • Incomplete turn – up to Value of elmt • Height (hip raise) in leaps/jumps – <u>↑0.2</u> • Failure to contract or extend when indicated – <u>↑0.1</u> • Perform inward turn instead of outward (changing a small part) – 0.1 • Failure to use designated turn technique (heel snap vs weight transfer) - <u>0.3</u> <p>Clarifications:</p> <ul style="list-style-type: none"> • If the gymnast falls between 2 jumps that are supposed to be connected, the deduction for lack of continuity between the jumps (<u>↑0.2</u>) is applied, in addition to the fall, unless, after the fall, she repeats and connects the 2 skills. <p>Acro</p> <ul style="list-style-type: none"> • Levering action in/out elmts (when required) – <u>↑0.1</u> • Extra kick up to HS – <u>0.3</u> • Height (hip raise) in salto – <u>↑0.3</u> • Quickness off hands in flt elmts with hand support – <u>↑0.2</u> • Continuity/tempo in direct connection – <u>↑0.2</u> 	<p>Specific Deductions</p> <p>Dance</p> <ul style="list-style-type: none"> • Failure to mark passé position in relevé at completion of turns – 0.05 • Incorrect leg alignment in arabesque position (when indicated) – <u>↑0.1</u> • Failure to kick/swing leg to horiz or above (when required in ME) – <u>↑0.1</u> • Uneven leg separation in jumps/leaps – <u>↑0.1</u> • Turn 180° or 360° in high relevé – <u>↑0.1</u> • Insufficient split – <u>↑0.2</u> • Incomplete turn – up to Value of elmt • Height (hip raise) in leaps/jumps – <u>↑0.2</u> • Failure to contract or extend when indicated – <u>↑0.1</u> • Perform inward turn instead of outward (changing a small part) – 0.1 • Failure to use designated turn technique (heel snap vs weight transfer) - <u>0.3</u> <p>Acro</p> <ul style="list-style-type: none"> • Levering action in/out elmts (when required) – <u>↑0.1</u> • Extra kick up to HS – <u>0.3</u> • Height (hip raise) in salto – <u>↑0.3</u> • Quickness off hands in flt elmts with hand support – <u>↑0.2</u> • Continuity/tempo in direct connection – <u>↑0.2</u> • Stop between elmts in acro line – <u>0.3</u> <p>Clarifications:</p> <ul style="list-style-type: none"> • If the gymnast does not connect tumbling elements as designated, the deduction for stop between elements (0.3) is taken. Do not apply the deduction for lack of acceleration (<u>↑0.2</u>) if the 0.3 deduction for stop is applied.

UNEVEN BARS	BEAM	FLOOR
UB specific <ul style="list-style-type: none"> Failure to remove the board after MT– 0.3 	BB specific <ul style="list-style-type: none"> Additional mvt to maintain balance – †0.3 Grasping beam to avoid a fall – <u>0.3</u> Overtime (by CJ) – 0.1 Failure to remove the board after MT– 0.3 	FX specific <ul style="list-style-type: none"> Failure to land with feet together on 1 foot-landing on FX – †0.1 Not Finish with the music – †0.1 Not performing in time with the music – †0.2 Out of bound (by CJ) – 0.1
Throughout <ul style="list-style-type: none"> Movement lacking dynamics – †0.2 Incorrect body alignment during connections – †0.3 	Throughout <ul style="list-style-type: none"> Movement lacking dynamics – †0.2 Incorrect footwork/form (flexed, sickled, toe-ball-heel, turn out) during connections – †0.3 Failure to perform steps (when indicated) or pivot turn in high relevé – 0.2 Amplitude in non VP/chore&dance – †0.1 Sureness of performance – †0.2 	Throughout <ul style="list-style-type: none"> Movement lacking dynamics – †0.2 Incorrect footwork/form (flexed, sickled, toe-ball-heel, turn out) during connections – †0.3 Failure to perform steps (when indicated) or pivot turn in high relevé – 0.2 Amplitude in non VP/chore&dance – †0.1 Not performing in time with music – †0.2
	Artistry: <ul style="list-style-type: none"> Quality of gymnast’s mvt to reflects the style of the choreography – †0.15 Quality of expression (projection, emotion, focus) – †0.15 	Artistry: <ul style="list-style-type: none"> Quality of gymnast’s mvt to reflects the style/musicality of the choreography – †0.15 Quality of expression (projection, emotion, focus) – †0.15
		<ul style="list-style-type: none"> Error in line direction or spacing of a single element – †0.1 Error in line direction of acro/dance series – †0.2 Error in line direction or placement of whole section/section of floor pattern – †0.3

VAULT – JO 1

1 – Stretch jump onto a mat (value 0.5)

2 – Handstand fall to straight lying position (value 0.5)

1 – Stretch jump onto a mat (value 0.5)

Approach	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain horizontal running speed to the board	X	X	X	
Excessive forward lean of the body upon the board contact	X	X	X	
Additional jumps on the board (double bouncing)			0.30 ea	
Running on the board and stepping up on the mat				5.00
Stretch jump	↑0.10	↑0.20	↑0.30	MORE
- Lack of height on stretch jump	X	X	X	↑0.50
Failure to maintain straight body position during jump				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Tuck	X	X	X	↑0.50
- Legs separated	X	X		
- Incorrect foot form	X			
- Incorrect arm and head alignment	X	X	X	
- Failure to land in demi-plié with control and proper body position	X	X	X	↑0.50
- Landing with feet hip width apart or closer but never joining feet	0.05			
- Landing with feet further than hip width apart	0.1			
- Landing with feet staggered	X			
General	↑0.10	↑0.20	↑0.30	MORE
- Incorrect direction	X	X	X	
Other Deductions	↑0.10	↑0.20	↑0.30	MORE
- Run approach w/o execution of the vault (Balk)				No deduction
- 2 nd or 3 rd balk				VOID

2 – Handstand fall to straight lying position (value 0.5)

Approach	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain arms next to ears while reaching for the mat	X	X		
Failure to use levering action into the handstand	X			
Extra kick to handstand				0.50
Handstand	↑0.10	↑0.20	↑0.30	MORE
- Arms bent	X	X	X	↑0.50
- Bent legs	X	X	X	
- Legs separated	X	X		
Incorrect alignment in handstand				
- Shoulder alignment (angle less than 180°)	X	X	X	
- Pike	X	X	X	↑0.50
- Arch	X	X	X	
- Additional hand placement	0.10 ea			
- Incorrect foot form	X			
Post Handstand Landing	↑0.10	↑0.20	↑0.30	MORE
- Failure to finish in a straight lying position on the back	X	X	X	↑1.00

VAULT – JO 2 AND 3

Jump to handstand on raised mat surface, fall to straight lying position on the back

Run and Board Contact	↑0.10	↑0.20	↑0.30	MORE
Insufficient acceleration during the run	X	X	X	
Failure to maintain horizontal running speed to the board	X	X	X	
Excessive forward lean of the body upon the board contact	X	X	X	
First Flight Phase	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
Support/Repulsion Phase	↑0.10	↑0.20	↑0.30	MORE
- Shoulder alignment (angle less than 180°)	X	X	X	
- Arms bent	X	X	X	↑0.50
- Completely bent arms causing head to contact vault table (includes the bent arm deduction)				<u>2.00</u>
- Failure to show an inverted vertical position from hands to hips (performing forward rolling action)	X	X		<u>2.00</u> if fwd roll action
- Contacting the mat with hands after vertical				
▪ Contact 1° to 45° past vertical				0.05-0.50
▪ Contact 46° to 89° past vertical				0.55-1.00
- Failure to place hands in the prescribed landing zone				
▪ Both hands land beyond the tape line				<u>0.5</u>
▪ Staggered hand placement, one hand inside, one outside		0.2		
- Additional hand placements (walking or hopping on table)	<u>0.1 ea</u>			
- Failure to contact the mat with both hands (front layout) or contact with only one hand				<u>3.00</u>
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
Post Handstand Phase	↑0.10	↑0.20	↑0.30	MORE
- Failure to finish in a straight lying position on the back	X	X	X	↑1.00
▪ Gymnast lands on her feet, salutes and steps off the mat				<u>1.00</u>
▪ Gymnast lands on her seat, salutes and steps off the mat				<u>0.50</u>
▪ Gymnast lands on her back with arch and bent legs, salutes and steps off the mat				<u>0.50</u>
If the gymnast makes the above execution errors, then lies back to straight lying position, NO DEDUCTION for failure to finish on the mat in a straight lying position is taken. However, execution deductions may be taken while the gymnast is falling to her back (post handstand phase). The evaluation finishes when the gymnast arrives in a straight lying position				
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
- Deviation from straight direction	X	X	X	

- Dynamics	X	X	X	
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Other Deductions	↑0.10	↑0.20	↑0.30	MORE
- Spotting after the gymnast achieves hand support on the mat				<u>2.00</u>
- Gymnast never achieves vertical and returns to the board or lands on the mat between the board and hand placement				VOID
- Spotting assistance between board and mat (Coach can stand between board and mat)				VOID
- Run approach w/o execution of the vault (Balk)				No deduction
- 2 nd or 3 rd balk				VOID

VAULT – JO 4 AND 5

Front handspring

First Flight Phase	↑0.10	↑0.20	↑0.30	MORE
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
Support/Repulsion Phase	↑0.10	↑0.20	↑0.30	MORE
- Shoulder alignment (angle less than 180°)	X	X	X	
- Arms bent	X	X	X	↑0.50
- Completely bent arms causing head to contact vault table (includes the bent arm deduction)				<u>2.00</u>
- Too long in support	X	X	X	↑0.50
- Angle of Repulsion (Failure to leave the table by vertical) Line: hands to the body part furthest past vertical				
▪ leaves table by vertical (no deduction)				No deduc.
▪ from 1° - 45°				0.05-0.50
▪ from 46° to horizontal				0.55-1.00
- Alternate repulsion	X	X		
- Additional hand placements (walking or hopping on table)	0.1 ea Up to 0.3			
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
- Touch with only one hand on table (Taken by CJ from FS)				1.00
- No touch on the table				VOID
Second Flight Phase	↑0.10	↑0.20	↑0.30	MORE
- Insufficient height	X	X	X	↑0.50
- Insufficient length	X	X	X	
- Brush, touch or hit of body on far end of vault table			<u>0.3</u>	
Failure to maintain straight body position				
- Arch	X	X	X	
- Pike	X	X	X	↑0.50
- Incorrect leg form				
▪ Legs separated	X	X		
▪ Knees bent	X	X	X	
- Incorrect foot form	X			
- Incorrect head alignment	X			
Landing	↑0.10	↑0.20	↑0.30	MORE
- Slight hop or small adjustment of feet	X			
- Extra arms swings	X			
- Additional trunk movements to maintain balance	X	X		
- Incorrect body posture on landing	X	X		
- Extra steps (per step)	each <u>0.10</u>			Max 0.40
- Very large step or jump		<u>0.20</u>		Max 0.40
- Landing with feet hip width apart or closer but never joining feet	0.05			
- Landing with feet further than hip width apart	<u>0.1</u>			
- Landing with feet staggered	X			
- Squat on landing	X	X	X	
- Fall, support of hands or fall against the vault table				<u>0.50</u>
- Deviation from a straight direction	X	X	X	
- Insufficient dynamics (speed/power)	X	X	X	

- Landing in a sitting, lying or standing position on top of table				2.5
Other Deductions	↑0.10	↑0.20	↑0.30	MORE
- Spotting during any phase of the vault				JO 4: <u>2.00</u> JO 5: Void
- Spotting assistance upon landing				<u>0.50</u>
- Failure to land on the sole of the feet first				2.0
- Spotting assistance during the vault				VOID
- Run approach w/o execution of the vault (Balk)				No deduction
- 2 nd or 3 rd balk				VOID

UNEVEN BARS – LEVEL 1

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Mount: Hip pull over - 2 leg lift	0.6	<ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms 	<ul style="list-style-type: none"> • <u>0.3</u> – Alternate leg lift • <u>0.3</u> – Supplemental support (chin on bar) • ↑0.1 – Body not extended in front support
Cast	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment: not straight-hollow throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
Dismount: Cast – Straddle on Or Underswing	0.6	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs <ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • <u>0.2</u> – Placing feet between hands • <u>0.2</u> – Alternate foot placement • ↑0.2 – Lack of control in straddle on • ↑0.2 – Failure to maintain straight-hollow body position • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.1 – Insufficient distance • ↑0.2 – Insufficient amplitude of flight <ul style="list-style-type: none"> • ↑0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.1 – Insufficient distance • ↑0.2 – Insufficient amplitude of flight

UNEVEN BARS – LEVEL 2

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Mount: Hip pull over - 2 leg lift	0.6	<ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms 	<ul style="list-style-type: none"> • <u>0.3</u> – Alternate leg lift • <u>0.3</u> – Supplemental support (chin on bar) • ↑0.1 – Body not extended in front support
Cast	0.4	<ul style="list-style-type: none"> • Straight- hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment • ↑0.1 – Lack of control returning to the bar
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment: not straight-hollow throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
* Single leg cut forward	0.2	<ul style="list-style-type: none"> • Straight arms • Straight legs • Legs free of the bar during leg cut action 	<ul style="list-style-type: none"> • ↑0.2 – Leg / foot contacting the bar during leg cut • ↑0.1 – Lack of control in regrasp
* Forward stride circle Or * Single leg basket swing	0.6	<ul style="list-style-type: none"> • Straight arms • Straight legs • Leg free off bar at start and completion • Straight arms • Straight legs • Leg lifted free off bar at completion 	<ul style="list-style-type: none"> • ↑0.2 – Failure to show clear stride at start of circle • ↑0.2 – Failure to show clear stride at end of circle • ↑0.2 – Failure to show clear stride at start of bwd swing • ↑0.2 – Failure to show clear stride at completion of fwd swing (leg allowed to touch the bar before clear support) <p>For both: leg allowed to touch the bar before clear support</p>
* Single leg swing backward	0.2	<ul style="list-style-type: none"> • Straight arms • Straight legs • Legs free of the bar during swing bwd 	<ul style="list-style-type: none"> • ↑0.2 – Leg / foot contacting the bar on swing • ↑0.2 – Failure to finish in control
Dismount: Cast – Squat on – Pike sole circle dismount Or Cast Underswing	0.6	<ul style="list-style-type: none"> • Straight arms • Stretched body position • Controlled landing • Straight arms • Stretched body position • Controlled landing 	<ul style="list-style-type: none"> • <u>0.2</u> – Placing feet outside of hands • <u>0.2</u> – Alternate foot placement • ↑0.2 – Lack of control in squat on • ↑0.1 – Failure to tuck • ↑0.2 – Failure to maintain straight-hollow body position • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.1 – Insufficient distance • ↑0.2 – Insufficient amplitude of flight • ↑0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.1 – Insufficient distance • ↑0.2 – Insufficient amplitude of flight

UNEVEN BARS – LEVEL 3

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide swing return to stand Hip pull over - 2 legs lift Or Glide kip	Glide: 0.2 Pull over 0.4 Kip: 0.6	Glide <ul style="list-style-type: none"> • Straight arms and legs • Good body position in glide Hip Pull Over <ul style="list-style-type: none"> • Simultaneous lift of both legs • Straight legs • Finish with straight arms Glide kip <ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	Glide <ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing • ↑0.3 – Bending legs on back swing prior to contacting the floor Hip Pull Over <ul style="list-style-type: none"> • <u>0.1</u> – Failure to maintain hand contact on bar between glide and pull over • <u>0.1</u> each – Step, hop, extra jump before hip pull over • <u>0.3</u> – Lift legs one after the other • <u>0.3</u> – Supplemental support (chin on bar, for example) • ↑0.1 – Body not extended in front support Glide kip <ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • ↑0.1 – Failure to lead with feet in fwd glide (perform long hang swing) • ↑0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Front hip circle, small cast to front support	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • ↑0.1 – Failure to show straight / hollow body position into front circle • <u>0.2</u> – No cast after the front hip circle • ↑0.1 – Lack of control returning to the bar • <u>0.5</u> – Failure to return to front support (immediate squat through)
Cast, * Single leg squat through	0.2	<ul style="list-style-type: none"> • Straight arms • Straight legs • Finish in clear front support 	<ul style="list-style-type: none"> • ↑0.2 – Leg / foot contacting the bar during leg cut • ↑0.2 – Failure to show clear stride at end of squat through
* Forward stride circle Or * Single leg basket swing	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Free leg lifted off bar at completion <ul style="list-style-type: none"> • Straight arms • Straight legs • Free leg lifted off bar at completion 	<ul style="list-style-type: none"> • ↑0.2 – Failure to show clear stride at start of circle • ↑0.2 – Failure to show clear stride at end of circle (leg allowed to touch the bar before clear support) • <u>0.5</u> – Hooking knee to complete the stride (90° bend) <ul style="list-style-type: none"> • ↑0.2 – Failure to show clear stride at start of bwd swing • ↑0.2 – Failure to show clear stride at completion of fwd swing (leg allowed to touch the bar before clear support) • <u>0.5</u> – Hooking knee to complete the stride (90° bend)
* Single leg cut backward	0.2	<ul style="list-style-type: none"> • Straight arms • Straight legs 	<ul style="list-style-type: none"> • <u>0.2</u> – Leg swing instead of leg cut • <u>0.1</u> – Failure to change hand grip prior to leg cut
Cast	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • ↑0.2 – Body alignment (not straight / hollow) throughout • ↑0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • ↑0.1 – Lack of continuity of circle
Dismount: Underswing	0.6	<ul style="list-style-type: none"> • Straight arms • Stretched body position • Controlled landing 	<ul style="list-style-type: none"> • ↑0.2 – Failure to maintain hollow / straight body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) • ↑0.1 – Failure to maintain head in neutral position • ↑0.2 – Lack of extension of body in flight • ↑0.1 – Insufficient distance • ↑0.2 – Insufficient amplitude of flight

UNEVEN BARS – LEVEL 4

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide kip	0.6	Glide kip <ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	Glide kip <ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • \uparrow0.1 – Failure to lead with feet in fwd glide (perform long hang swing) • \uparrow0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast to horizontal, Return to front support	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast • 0.05 – 0.15 – 1 to 45° below horizontal • 0.2 – 0.3 – 46° or more below horizontal • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow) • \uparrow0.1 – Lack of control returning to the bar
Cast, Squat on / Pike on	0.2	<ul style="list-style-type: none"> • Straight arms • Good control • Rounded body position 	<ul style="list-style-type: none"> • <u>0.2</u> – Alternate foot placement • <u>0.05</u> – Insufficient bwd swing of legs into cast (hip lift only)
Jump to long hang kip	0.6	<ul style="list-style-type: none"> • Complete extension of swing • Straight arms and legs 	<ul style="list-style-type: none"> • \uparrow0.2 – Failure to swing near horizontal
Cast to horizontal	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast • 0.05 – 0.15 – 1 to 45° below horizontal • 0.2 – 0.3 – 46° or more below horizontal • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)
Back hip circle	0.4	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs 	<ul style="list-style-type: none"> • \uparrow0.2 – Failure to maintain straight- hollow body position throughout • \uparrow0.2 – Failure to maintain hip or upper thigh contact with the bar throughout • \uparrow0.1 – Lack of continuity of circle
Underswing First Counterswing (swing bwd) - Hips raising to 30° below horizontal	0.6	<ul style="list-style-type: none"> • Straight-hollow body position • Straight arms • Straight legs • Chest hollow with a rounded hip angle body position 	Underswing <ul style="list-style-type: none"> • \uparrow0.2 – Failure to maintain straight-hollow body position throughout • \uparrow0.1 – Failure to maintain head neutral position • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) Counterswing <ul style="list-style-type: none"> • \uparrow0.2 – Hips not at min 30° below horizontal • \uparrow0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward • <u>0.3</u> – Body arched and/or hips opened with feet over LB
Tap swing fwd - Feet at bar height 2nd Counterswing (swing bwd) - Hips raising to 30° below horizontal	0.6	<ul style="list-style-type: none"> • Show arched at bottom of swing • Good body position on fwd swing • Chest hollow with a rounded hip angle body position 	Tap swing fwd <ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • \uparrow0.2 – Failure to attain straight-hollow body position on upswing • \uparrow0.2 – Feet below HB height at end of swing Counterswing <ul style="list-style-type: none"> • \uparrow0.2 – Hips not at min 30° below horizontal • \uparrow0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward • <u>0.3</u> – Body arched and/or hips opened with feet over LB
Tap swing fwd - 45° below horizontal * ½ turn Dismount	0.6	<ul style="list-style-type: none"> • Show arched at bottom of swing • Good body position on fwd swing 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • \uparrow0.2 – Failure to attain straight-hollow body position on upswing • \uparrow0.2 – Beginning turn prior to 45° below height of HB • \uparrow0.2 – Failure to complete ½ turn prior to re-contact • <u>0.3</u> – Failure to re-contact the bar with free hand after ½ turn

UNEVEN BARS – LEVEL 5

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Mount: Glide kip	0.6	Glide kip <ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	Glide kip <ul style="list-style-type: none"> • <u>0.1</u> – Failure to take-off from 2 feet simultaneously • <u>0.3</u> – Glide from run • \uparrow0.1 – Failure to lead with feet in fwd glide (perform long hang swing) • \uparrow0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast above horizontal	0.4	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position in cast 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast • 0.05 – 0.2 – Horiz to 45° below horizontal • 0.25 – 0.3 – 46° or more below horizontal • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)
Clear hip circle above horizontal Or Sole circle to clear front support Or Stalder bwd to clear front support	0.6	<ul style="list-style-type: none"> • Straight arms • Straight legs • Good body position <p>Sole circle or Stalder: see manual for deductions</p>	<ul style="list-style-type: none"> • \uparrow0.2 each – Excessive pike or stretched on the downswing or upswing • \uparrow0.3 – Amplitude on the upswing • 0.05 – 0.2 – Horiz to 45° below horizontal • 0.25 – 0.3 – 46° or more below horizontal • <u>0.6</u> – Hips touching the bar as upswing finishes (back hip circle). No deduction for thighs brushing bar on the upswing • \uparrow0.1 – Lack of control in the glide
Glide kip	0.6	<ul style="list-style-type: none"> • Complete extension of glide • Straight arms • Straight legs 	<ul style="list-style-type: none"> • \uparrow0.1 – Failure to lead with feet in fwd glide (perform long hang swing) • \uparrow0.2 – Insufficient extension at end of glide • <u>0.1</u> – Failure to close legs of straddle glide swing
Cast, Squat on / Pike on Or Cast, 360° sole circle	0.2	<ul style="list-style-type: none"> • Straight arms • Good control • Rounded body position 	<ul style="list-style-type: none"> • <u>0.1</u> – Alternate foot placement • <u>0.05</u> – Insufficient bwd swing of legs into cast (hip lift only)
Jump to long hang kip	0.6	<ul style="list-style-type: none"> • Complete extension of swing • Straight arms and legs 	<ul style="list-style-type: none"> • \uparrow0.2 – Failure to swing near horizontal
Cast to above horizontal	0.4	<ul style="list-style-type: none"> • Straight arms and legs • Good hollow body position 	<ul style="list-style-type: none"> • \uparrow0.3 – Amplitude of cast • 0.05 – 0.2 – Horiz to 45° below horiz • 0.25 – 0.3 – 46° or more below horiz • \uparrow0.2 – Incorrect body alignment (straight line shoulder to feet, with chest hollow)
Long hang pull over	0.6	<ul style="list-style-type: none"> • Show arch at bottom of swing • Straight arms while passing through a controlled front support 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position on bottom of downswing • \uparrow0.2 – Excessive piking of body • <u>0.3</u> – Failure to maintain overgrip (hands completely release the bar) • <u>1.0</u> – Performing a giant circle prior to the pull over
Underswing - Emphasis on body position rather than height First counterswing - Hips raising to 15° below min horiz	0.6	<ul style="list-style-type: none"> • Straight / hollow body position • Straight arms • Straight legs <p>Counterswing</p> <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	<p>Underswing</p> <ul style="list-style-type: none"> • \uparrow0.2 – Failure to contact bar with the mid to lower thighs at end of pull over and initiation of underswing • \uparrow0.2 – Failure to maintain straight-hollow body position throughout • <u>0.2</u> – Hips contacting the bar (no deduction for thighs on bar) <p>Counterswing</p> <ul style="list-style-type: none"> • \uparrow0.2 – Hips not at min 15° below horizontal • \uparrow0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward (excessive piking) • 0.3 – Body arched and/or hips opened with feet over LB

<p>Tap swing fwd - Feet at HB height</p> <p>2nd Counterswing (swing bwd) - Hips raising to 15° below min horiz</p>	0.6	<ul style="list-style-type: none"> • Show arched at bottom of swing • Good body position on fwd swing <p>Counterswing</p> <ul style="list-style-type: none"> • Chest hollow with a rounded hip angle body position 	<p>Tap swing fwd</p> <ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • ↑0.2 – Failure to attain straight-hollow body position on upswing • ↑0.2 – Feet below HB height at end of swing <p>Counterswing</p> <ul style="list-style-type: none"> • ↑0.2 – Hips not at min 315° below horizontal • ↑0.2 – Failure to show straight line from hands to hips, rounded chest, feet pointed downward • <u>0.3</u> – Body arched and/or hips opened with feet over LB
<p>Tap swing fwd To Flyaway tuck, pike or stretched</p>	0.6	<ul style="list-style-type: none"> • Show arched at bottom of swing • Good height on flyaway 	<ul style="list-style-type: none"> • <u>0.1</u> – Failure to show slight arched position at bottom of swing • ↑0.2 – Failure to attain straight-hollow body position on upswing • ↑0.3 – Insufficient rise of the salto • No deduction – At HB height or above • ↑0.2 – 1 to 45° below HB height • 0.25 – 0.3 – 46° or more below horiz • ↑0.2 – Insufficient body position (tuck, pike or stretched)

BEAM – LEVEL 1 (time 30 sec; warning 20 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Jump to support	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support and sit 	<ul style="list-style-type: none"> • ↑0.1 – Body not extended in front support • ↑0.1 – Lack of continuity in ¼ turn to straddle sit
Pike lying position - 90° pike - Hold 1 sec Relevé Balance - Hold 2 sec	0.4 0.2	<ul style="list-style-type: none"> • Posture • Straight legs in pike position and relevé 	<ul style="list-style-type: none"> • ↑0.2 – Pike position not at 90° angle • ↑0.2 – Failure to hold relevé for 2 sec • ↑0.1 – Not in high relevé
Arabesque - 30° above the beam - Pause	0.4	<ul style="list-style-type: none"> • Posture • Straight legs 	Arabesque: <ul style="list-style-type: none"> • ↑0.1 – Leg not 30° above beam • 0.05 – Arabesque without pause
2x Forward leg swings - Min horizontal or above	0.2 (each)		<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal
* Lever to beam - Lever in / out - Hold 1 sec in lever - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Alignment • Control in / out • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 ea – Lever in / out • ↑0.2 – Failure to attain horizontal • ↑0.1 – Not held 1 sec.
Leg balance in passé	0.2	<ul style="list-style-type: none"> • Posture • Leg position • Straight base 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg position incorrect (not in fwd passé)
Stretch jump	0.4	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous
* Cartwheel Dismount - Lever in - ¾ handstand	0.6	<ul style="list-style-type: none"> • Posture to controlled finish 	<ul style="list-style-type: none"> • ↑0.1 – Lever in • <u>0.1</u> – Simultaneous hand placement • <u>0.1</u> – Not maintain hand contact with BB upon landing

BEAM – LEVEL 2 (time 35 sec; warning 25 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Jump to support	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support and sit 	<ul style="list-style-type: none"> • ↑0.1 – Body not extended in front support • ↑0.1 – Lack of continuity in ¼ turn to straddle sit
Whip swing to push-up position Jump to tuck stand - Stand up to relevé	0.6	<ul style="list-style-type: none"> • Posture / alignment with straight arms and legs in the whip swing 	<ul style="list-style-type: none"> • ↑0.1 ea – Amplitude of leg swing • <u>0.2</u> – Failure to show push-up position • ↑0.1 – Failure to land on ball of feet in push-up and tuck stand
Arabesque - 30° above the beam - Hold 1 sec	0.4	<ul style="list-style-type: none"> • Posture • Straight legs 	Arabesque: <ul style="list-style-type: none"> • ↑0.1 – Leg not 30° above beam • ↑0.1 – Arabesque not held 1 sec
Forward leg swing - Swing min horizontal Backward leg swing - 45° above beam min Demi-plié Relevé	0.2 each leg swing 0.2 Relevé -	<ul style="list-style-type: none"> • Posture • Straight legs during the leg swings • Full relevé in “lock” stand 	<ul style="list-style-type: none"> • ↑0.1 – kick to horizontal • ↑0.1 – Back leg swing below 45° above beam • ↑0.1 – Not in high relevé
* Lever to beam - Kick to min horizontal - Lever in / out - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Alignment • Control in / out • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 ea – Lever in / out • ↑0.1 – Kick to horizontal • <u>0.1</u> – Failure to touch beam with fingertips
Leg balance in passé - Hold 2 sec	0.2	<ul style="list-style-type: none"> • Posture • Leg position • Straight base 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg position not in fwd passé • ↑0.2 – Failure to hold 2 sec
Pivot turn - High relevé	0.2	<ul style="list-style-type: none"> • Posture • High relevé maintained 	<ul style="list-style-type: none"> • ↑0.1 – Lack of sharpness in pivot turns • ↑0.1 – Not in high relevé •
Stretch jump	0.4	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous
* Cartwheel Dismount - Kick to min horizontal - Lever in	0.6	<ul style="list-style-type: none"> • Posture • Vertical handstand to a controlled finish 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 – Lever in • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • <u>0.1</u> – Not maintain hand contact with bb until body passes horiz plane

BEAM – LEVEL 3 (time 55 sec; warning 45 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Leg swing Mount	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support • Quick rhythm to stand 	<ul style="list-style-type: none"> • \uparrow0.1 – Lack of continuity in $\frac{1}{2}$ turn to straddle sit
* Handstand - Kick to min horizontal - Lever in / out - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Stretch body alignment thru vertical • Head alignment with focus on hands • Levering in/out 	<ul style="list-style-type: none"> • \uparrow0.1 ea – Lever in / out • \uparrow0.1 – Kick to horizontal • <u>0.1</u> – Staggered hand placement • \uparrow0.3 - No vertical
Rond de jambe Arabesque - 45° above the beam - Hold 1 sec	0.4 arabesque	<ul style="list-style-type: none"> • Erect torso in arabesque • Posture maintained throughout 	<p>RdJ</p> <ul style="list-style-type: none"> • <u>0.1</u> – Leg height inconsistent <p>Arabesque:</p> <ul style="list-style-type: none"> • \uparrow0.2 – Leg not 45° above beam • \uparrow0.1 – Arabesque not held 1 sec
Split leap - Straight leg in - 90° split min - Pause in low arabesque on landing	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation 	<ul style="list-style-type: none"> • \uparrow0.1 – Front leg bent • <u>0.05</u> – No pause in low arabesque
Stretch jump, Stretch jump	0.4 (each)	<ul style="list-style-type: none"> • Posture • Height • Pointed feet 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • \uparrow0.2 – Continuity between jumps if fall, deduct <u>0.2</u> for continuity + <u>0.5</u> for fall. If series is successfully repeated, deduct only for fall
2 x $\frac{1}{2}$ pivot turns	0.2 (each)	<ul style="list-style-type: none"> • Hip squared • High relevé maintained • Complete 180° turn 	<ul style="list-style-type: none"> • \uparrow0.1 – Lack of sharpness in pivot turns • \uparrow0.1 – Not in high relevé
$\frac{1}{2}$ Turn in passé, starting in passé (heel-snap turn) - Mark position in passé, flat foot at completion of turn	0.4	<ul style="list-style-type: none"> • Posture • Correct leg position 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg not in fwd passé • <u>0.05</u> – Failure to lower heel at completion of turn
* Cartwheel Dmt - Kick to min horizontal - Lever in	0.6	<ul style="list-style-type: none"> • Body and head alignment <p>If gymnast does not attain vertical and does not repeat:</p> <ul style="list-style-type: none"> • 0.3 – No vertical • <u>0.2</u> – No $\frac{1}{4}$ turn • <u>0.5</u> – Fall 	<ul style="list-style-type: none"> • \uparrow0.1 – Kick to horizontal • \uparrow0.1 – Lever in • <u>0.1</u> – Simultaneous hand placement • \uparrow0.3 – No vertical • \uparrow0.1 – Not held 1 sec • \uparrow0.1 – $\frac{1}{4}$ turn under / over turn • <u>0.2</u> – No $\frac{1}{4}$ turn • \uparrow0.1 – Not maintain hand contact with bb until body passes horiz plane

BEAM – LEVEL 4 (time 65 sec; warning 55 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Leg swing Mount	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support • Quick rhythm to stand 	<ul style="list-style-type: none"> • ↑0.1 – Lack of continuity in ½ turn to straddle sit
* Cartwheel - Kick to min horizontal - Lever in / out - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Body alignment • Head alignment • Levering in • Levering out 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 ea - Lever in / out • <u>0.1</u> - Simultaneous hand placement • ↑0.3 – Not through vertical
Rond de jambe Arabesque - 45° below horizontal Scale - Horizontal - Hold 1 sec	0.4 Scale	<ul style="list-style-type: none"> • Erect torso in arabesque • Posture maintained throughout 	<p>RdJ / Arabesque:</p> <ul style="list-style-type: none"> • ↑0.1 ea – leg below 45° • <u>0.1</u> – Leg height inconsistent • <u>0.05</u> – No pause in arabesque <p>Scale:</p> <ul style="list-style-type: none"> • ↑0.2 – Leg not min horizontal • ↑0.1 – Scale not held 1 sec
Split leap - Straight leg in - 120° split min - Pause in low arabesque	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation 	<ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique) • <u>0.05</u> – No pause in arabesque
* Handstand - Kick to min horizontal - Lever in / out - Hold 1 sec. - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Stretch body alignment thru vertical • Head alignment with focus on hands • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 ea – Lever in / out • <u>0.1</u> – Staggered hand placement • ↑0.3 - No vertical • <u>0.1</u> – Legs not together • ↑0.1 – No held 1 sec
Split jump - 120° split min Stretch jump	0.4 + 0.4	<p>Split jump</p> <ul style="list-style-type: none"> • Posture • Amplitude • Leg alignment • Even leg separation <p>Stretch jump</p> <ul style="list-style-type: none"> • Posture • Amplitude • Pointed feet 	<p>Split jump</p> <ul style="list-style-type: none"> • ↑0.1 – Landing feet apart • <u>0.1</u> – Landing with feet not simultaneous <p>• ↑0.2 – Continuity between jumps if fall, deduct <u>0.2</u> for continuity + <u>0.5</u> for fall. If series is successfully repeated, deduct only for fall</p> <p>Stretch jump</p> <ul style="list-style-type: none"> • <u>0.1</u> - Landing with feet not simultaneous
½ turn in passé - Mark the position in relevé at the completion of the turn	0.4	<ul style="list-style-type: none"> • Immediate placement of free leg in passé • High relevé • Complete 180° turn • Control/balance at completion of turn 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg in incorrect position • ↑0.1 – Not in high relevé • <u>0.3</u> – Use of heel snap technique
* Cartwheel Dmt - Kick to min horizontal - Lever in - Hold 1 sec	0.6	<ul style="list-style-type: none"> • Body and head alignment • Hold at vertical <p>If gymnast does not attain vertical and does not repeat:</p> <ul style="list-style-type: none"> • 0.3 – No vertical • <u>0.2</u> – Not held 1 sec • <u>0.2</u> – No ¼ turn • <u>0.5</u> – Fall 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 – Lever in • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • ↑0.1 – Not held 1 sec • ↑0.1 – ¼ turn under / over turn • <u>0.2</u> – No ¼ turn • ↑0.1 – Not maintain hand contact with bb until body passes horiz plane

BEAM – LEVEL 5 (time 70 sec; warning 60 sec)

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Leg swing Mount	0.2	<ul style="list-style-type: none"> • Posture • Straight arms in support • Quick rhythm to stand 	<ul style="list-style-type: none"> • \uparrow0.1 – Lack of continuity in ½ turn to straddle sit
* Back walkover - 150° split Or * Back extension Or * Back handspring (step out) - Finish in lunge or with 2 straight legs, feet flat	0.6	<ul style="list-style-type: none"> • Stretched body alignment through vertical • Straight legs • Straight alignment of body (wrist to hips) • Continuity, rhythm • Straight arms and legs • Posture / stretched inverted position 	<ul style="list-style-type: none"> • \uparrow0.1 – Failure to show continuous leg lift • <u>0.1</u> – Incorrect hand placement • \uparrow0.2 – Lack of split (150°) • \uparrow0.2 – Failure to attain min ¾ of handstand • <u>0.6</u> – Backward roll • <u>0.2</u> – Failure to step out
Rond de jambe Arabesque - 45° below horizontal Scale - Above horizontal - Hold 1 sec	0.4 scale	<ul style="list-style-type: none"> • Erect torso in arabesque • Posture maintained throughout 	RdJ / Arabesque: <ul style="list-style-type: none"> • \uparrow0.1 ea – leg below 45° • <u>0.1</u> – Leg height inconsistent • <u>0.05</u> – No pause in arabesque Scale: <ul style="list-style-type: none"> • \uparrow0.2 – Leg below horizontal • \uparrow0.1 – Scale not held 1 sec
Split leap - Straight leg in - 150° split min Stretch jump	0.6 + 0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation Stretch jump <ul style="list-style-type: none"> • Posture • Amplitude • Pointed feet 	<ul style="list-style-type: none"> • \uparrow0.1 – Front leg bent • \uparrow0.2 – Continuity between jumps if fall, deduct <u>0.2</u> for continuity + <u>0.5</u> for fall. If series is successfully repeated, deduct only for fall Stretch jump <ul style="list-style-type: none"> • <u>0.1</u> - Landing with feet not simultaneous
* Handstand - Kick to min horizontal in relevé - Lever in / out - Hold 2 sec	0.6	<ul style="list-style-type: none"> • Stretch body alignment thru vertical • Head alignment with focus on hands • Levering in/out 	<ul style="list-style-type: none"> • \uparrow0.1 ea - Lever in / out • <u>0.1</u> – Staggered hand placement • \uparrow0.3 - No vertical • <u>0.1</u> – Legs not together • \uparrow0.2 – Not held 2 sec
Split jump - 150° split min Sissonne - Front leg min 45° - Back leg min horizontal - Pause in low arabesque on landing	0.4 + 0.2	Split jump <ul style="list-style-type: none"> • Posture • Amplitude • Leg alignment • Even leg separation Sissonne <ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment 	Split jump <ul style="list-style-type: none"> • \uparrow0.1 – Landing feet apart • <u>0.1</u> - Landing with feet not simultaneous • \uparrow0.2 – Continuity between jumps if fall, deduct <u>0.2</u> for continuity + <u>0.5</u> for fall. If series is successfully repeated, deduct only for fall Sissonne <ul style="list-style-type: none"> • \uparrow0.1 – Front leg below 45° • \uparrow0.1 – Back leg below horizontal • <u>0.05</u> – Failure to pause in low arabesque on landing
1/1 turn in passé - Mark the position in relevé at the completion of the turn	0.4	<ul style="list-style-type: none"> • Immediate placement of free leg in passé • High relevé • Complete 360° turn • Control/balance at completion of turn • Arms in crown position 	<ul style="list-style-type: none"> • <u>0.1</u> – Leg in incorrect position • \uparrow0.1 – Not in high relevé • <u>0.3</u> – Use of heel snap technique
* Cartwheel Dmt - Kick to min horizontal in relevé - Lever in - Hold 2 sec	0.6	<ul style="list-style-type: none"> • Body and head alignment • Hold at vertical If gymnast does not attain vertical and does not repeat: <ul style="list-style-type: none"> • <u>0.3</u> – No vertical • <u>0.2</u> – Not held 2 sec • <u>0.2</u> – No ¼ turn • <u>0.5</u> – Fall 	<ul style="list-style-type: none"> • \uparrow0.1 – Kick to horizontal • \uparrow0.1 – Lever in • <u>0.1</u> – Simultaneous hand placement • \uparrow0.3 – No vertical • \uparrow0.1 – Not held 2 sec • \uparrow0.1 – ¼ turn under / over turn • <u>0.2</u> – No ¼ turn • \uparrow0.1 – Not maintain hand contact with bb until body passes horiz plane

FLOOR – LEVEL 1

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* ¾ Handstand - Kick to min horizontal - Lever in / out	0.4	<ul style="list-style-type: none"> • Stretch body alignment • Head alignment with focus on hands • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 ea – Levering in / out • ↑0.1 – kick to horizontal
* Cartwheel - Kick to min horizontal - Lever in / out	0.6	<ul style="list-style-type: none"> • Body and head alignment • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 – Lever in / out • <u>0.1</u> – Simultaneous hand placement • ↑0.3 – No vertical • ↑0.1 – Head not in alignment
Backward Roll	0.6	<ul style="list-style-type: none"> • Rounded tuck shape throughout 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Candlestick	0.2	<ul style="list-style-type: none"> • Body position with open hip angle • Continuous rolling action from tuck sit 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Forward roll tucked	0.4	<ul style="list-style-type: none"> • Rounded tuck shape • Stand without pushing off the floor with hands 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position during forward roll • <u>0.3</u> – Pushing off the floor with hands to arrive in tuck stand
Forward passé balance - Marked position	0.4	<ul style="list-style-type: none"> • Posture • Straight base / support leg • High relevé • Correct leg position 	<ul style="list-style-type: none"> • ↑0.1 – Not in high relevé • <u>0.1</u> – Leg not in forward passé
Forward chassé Step to leg swing - Leg swing min horizontal	0.2	<ul style="list-style-type: none"> • Posture • Turn out • Step through demi-plié using toe, ball, heel • Close legs in the air 	<ul style="list-style-type: none"> • <u>0.05</u> – Failure to pass through demi-plié in and out of forward chassé • ↑0.1 – Failure to close legs together in the air • <u>0.05</u> – Failure to show squared hips on leg swing
Split jump; - 30° split min Relevé balance - Hold relevé balance for 1 sec	0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation 	<ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • ↑0.1 – Failure to land with feet closed • ↑0.1 – Not in high relevé • ↑0.1 – Failure to hold relevé balance for 1 sec

FLOOR – LEVEL 2

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
* Handstand - Kick to min horizontal - Lever in / out - Hold 1 sec	0.4	<ul style="list-style-type: none"> • Stretch body alignment • Head alignment with focus on hands • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 ea – Lever in / out • ↑0.1 – Kick to horizontal • ↑0.3 – No vertical • 0.1 – Failure to close legs at vertical • ↑0.1 – Failure to hold handstand for 1 sec
* Roundoff + 2-4 steps bwd - Any number of steps to hurdle - Lever in / out	0.6	<ul style="list-style-type: none"> • Body position • Arms by the ears throughout • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 ea – Lever in / out • ↑0.3 – No vertical • 0.1 – Failure to land with both feet simultaneously
Backward Roll to pike stand	0.4	<ul style="list-style-type: none"> • Rounded tuck shape • Finish with straight legs 	<ul style="list-style-type: none"> • 0.3 – Hand placed on floor during squat phase prior to the roll • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Candlestick	0.2	<ul style="list-style-type: none"> • Body position with open hip angle • Continuous rolling action from tuck sit 	<ul style="list-style-type: none"> • ↑0.2 – Not maintaining tuck position as bottom touches the floor
Bridge – * Back kick over - Lever out	0.4	<ul style="list-style-type: none"> • Push shoulder over hands in bridge • Straight legs during the kick over 	<ul style="list-style-type: none"> • ↑0.2 – Shoulder not over hands in bridge position • ↑0.1 – Lever out • 0.3 – Extra kick to establish inverted position
Split leap – straight leg in - 60° split min - Passing through low arabesque on landing Step to leg swing - Leg swing min horizontal	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	Split Leap <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique)
¼ - ¼ turns in Forward passé (heel snap)	0.4	<ul style="list-style-type: none"> • Posture • Straight base / support leg • Correct leg position 	<ul style="list-style-type: none"> • 0.05 – Failure to lower heel at completion of each turn • ↑0.1 – Not in high relevé • 0.1 – Leg not in forward passé
Split jump; - 60° split min 4Press to relevé stand	0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment • Even leg separation 	<ul style="list-style-type: none"> • 0.1 – Landing with feet not simultaneous • ↑0.1 – Failure to land with feet closed

FLOOR – LEVEL 3

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Split jump; - 90° split min Stretch jump - Press to relevé at end	0.4 0.2	Split Jump <ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment • Even leg separation Stretch jump <ul style="list-style-type: none"> • Posture • Amplitude • Leg closed • Feet pointed 	Split Jump <ul style="list-style-type: none"> • <u>0.1</u> – Landing with feet not simultaneous • ↑0.1 – Failure to land with feet closed Stretch jump <ul style="list-style-type: none"> • ↑0.1 – Failure to keep legs together in the air • ↑0.1 – Failure to land with feet closed
* Handstand to bridge, * Back kick over - Kick to min horizontal - Lever into HS - 120° split in back kick over	0.6	<ul style="list-style-type: none"> • Levering into HS • Show HS position • Straight arms • Controlled back bend 	<ul style="list-style-type: none"> • ↑0.1 – Kick to horizontal • ↑0.1 ea – Lever in / out • ↑0.1 – Failure to maintain arms next to ears and focus on hands throughout • <u>0.1</u> – Failure to close legs at vertical • ↑0.2 – Shoulder not over hands in bridge position • <u>0.1</u> – Failure to land feet simultaneously in bridge • <u>0.3</u> (each) – Extra kick to establish inverted position • <u>0.3</u> – Tic toc (legs separated throughout the skill)
* Handstand, forward roll with straight arms - Kick to min horizontal - Lever in - Hold 1 sec	0.6	<ul style="list-style-type: none"> • Stretch body alignment • Levering in • Hold in handstand • Straight arms roll 	<ul style="list-style-type: none"> • ↑0.1 ea – Lever in / out • ↑0.1 – Kick to horizontal • ↑0.3 – No vertical • <u>0.1</u> – Failure to close legs at vertical • ↑0.1 – Failure to hold handstand for 1 sec • <u>0.3</u> – Pushing off the floor with hands to arrive in tuck stand • <u>0.1</u> – Failure to step out on roll
Fwd chassé, Split leap straight leg in, - 90° split min - Passing through low arabesque on landing Leg swing in relevé - Leg swing min horizontal	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	Split leap <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take off (developpé technique) <ul style="list-style-type: none"> • ↑0.1 – Not in high relevé
Backward Roll to push up position - Arms straight - Hands turned inward	0.4	<ul style="list-style-type: none"> • Straight arms • Hollow body in push-up 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • ↑0.1 – Hands further than shoulder width apart • <u>0.2</u> – Failure to show push-up position
Forward split	0.2	<ul style="list-style-type: none"> • Posture • Straight legs • Legs flat on floor 	<ul style="list-style-type: none"> • ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
½ turn in Forward passé - Marked position in relevé at completion of turn	0.2	<ul style="list-style-type: none"> • Posture • Straight base / support leg • Correct leg position 	<ul style="list-style-type: none"> • <u>0.05</u> – Failure to lower heel at completion of each turn • ↑0.1 – Not in high relevé • <u>0.1</u> – Leg not in forward passé
* Roundoff - Lever in / out Flic-Flac (2 feet) rebound - Pause in controlled stick position	0.4 0.6	<ul style="list-style-type: none"> • Body position • Arms by the ears throughout • Levering in/out <ul style="list-style-type: none"> • Acceleration and power • Straight legs throughout • Levering in/out 	<ul style="list-style-type: none"> • ↑0.1 – Lever in / out • ↑0.3 – No vertical • <u>0.1</u> – Failure to land with both feet simultaneously • <u>0.3</u> – Acro line not connected <ul style="list-style-type: none"> • ↑0.2 – Squat in flic-flac • <u>0.1</u> – Failure to land with both feet simultaneously • <u>0.1</u> – Failure to rebound immediately • <u>0.05</u> – Failure to pause in controlled stick • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken) • Stop between elmts in acro line – 0.3

FLOOR – LEVEL 4

*Indicates a reversal is allowed.

Element	Value	Points of emphasis	Specific Deductions
Straddle jump - 120° split min * Stretched jump ½ turn	0.4 0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Proper alignment 	Straddle jump <ul style="list-style-type: none"> • ↑0.1 – Failure to land with feet closed Stretched jump <ul style="list-style-type: none"> • ↑0.1 – Failure to keep legs together in the air • ↑0.1 – Failure to land with feet closed
* Front handspring to 2 feet; Rebound - Lever in	0.6	<ul style="list-style-type: none"> • Repulsion off hands • Body position tight and stretched • Immediate controlled rebound 	<ul style="list-style-type: none"> • ↑0.1 – Lever in • ↑0.1 – Failure to maintain arms next to ears and focus on hands throughout • ↑0.2 – Flight prior to hand contact (dive) • <u>0.1</u> – Incorrect hand placement • <u>0.6</u> – Total lack of repulsion (front limber – change element) • <u>0.1</u> – Failure to land feet simultaneously • <u>0.1</u> – Failure to rebound immediately
Backward Roll to Handstand - Straight arms - Lever out	0.4	<ul style="list-style-type: none"> • Straight arms • Stretched body in vertical • Levering action into lunge 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • ↑0.1 – Hands further than shoulder width apart • ↑0.3 – No vertical • ↑0.1 – Lever out • <u>0.4</u> – Backward roll step-out (change element)
Forward split	0.2	<ul style="list-style-type: none"> • Posture • Straight legs • Legs flat on floor 	<ul style="list-style-type: none"> • ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
Sissonne - 120° split min Split leap straight leg in - 120° split min - Pass through low arabesque position Leg swing hop - Leg swing min horizontal - Finish in relevé	No value 0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	Split Leap <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique)
1/1 turn in Forward passé - High relevé - Mark the position in relevé at completion of turn	0.4	<ul style="list-style-type: none"> • Posture • Straight base / support leg • Correct leg position 	<ul style="list-style-type: none"> • ↑0.1 – Not in high relevé • <u>0.1</u> – Leg not in forward passé • <u>0.3</u> – Use of heel-snap technique
* Back walkover - 150° split min - Level out	0.4	<ul style="list-style-type: none"> • Stretched body • Leg alignment through vertical • Straight legs 	<ul style="list-style-type: none"> • ↑0.1 – Failure to show continuous leg lift into walkover • <u>0.1</u> – Incorrect hand placement • ↑0.1 – Lever out
* Roundoff - Lever in / out Flic-Flac; Flic-flac, rebound - Pause in controlled stick position	0.4 0.6 0.6	<ul style="list-style-type: none"> • Body position • Arms by the ears throughout • Levering in/out <ul style="list-style-type: none"> • Acceleration and power • Straight legs throughout 	<ul style="list-style-type: none"> • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken) • ↑0.1 – Lever in / out • ↑0.3 – No vertical • <u>0.1</u> – Failure to land with both feet simultaneously <ul style="list-style-type: none"> • ↑0.2 – Squat in flic-flac • <u>0.1</u> – Failure to land with both feet simultaneously • <u>0.1</u> – Failure to rebound immediately • <u>0.05</u> – Failure to pause in controlled stick

FLOOR – LEVEL 5 *Indicates a reversal is allowed

Element	Value	Points of emphasis	Specific Deductions
Straddle jump - 150° split min	0.4	<ul style="list-style-type: none"> • Posture • Amplitude • Proper leg alignment 	Straddle Jump <ul style="list-style-type: none"> • ↑0.1 – Failure to land with feet closed
* Stretched jump 1/1 turn	0.4		Stretched jump 1/1 turn <ul style="list-style-type: none"> • ↑0.1 – Failure to keep legs together in the air • ↑0.1 – Failure to land with feet closed
Front handspring step out Front handspring to 2 feet; Rebound; step fwd - Lever in	0.6 0.6	<ul style="list-style-type: none"> • Repulsion off hands • Body position tight and stretched • Acceleration • Rebound 	<ul style="list-style-type: none"> • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken) • ↑0.1 – Lever in • ↑0.1 – Failure to maintain arms next to ears and focus on hands throughout • ↑0.2 – Flight prior to hand contact (dive) • <u>0.1</u> – Incorrect hand placement • <u>0.6</u> – Total lack of repulsion (front limber – change element) Front Handspring step out: <ul style="list-style-type: none"> • <u>0.1</u> – Joining legs prior to step out • <u>0.2</u> – Failure to step out (legs together throughout) Front Handspring to 2 feet, rebound: <ul style="list-style-type: none"> • <u>0.1</u> – Failure to land with both feet simultaneously • <u>0.1</u> – Failure to rebound immediately
Forward salto tucked	0.6	<ul style="list-style-type: none"> • Amplitude • Tight tuck • Extension to stuck landing 	<ul style="list-style-type: none"> • ↑0.6 – Failure to perform salto in tucked position • ↑0.2 – Insufficient bend of hips (min 135°, ideal 90°) • ↑0.2 – Insufficient bend of legs (min 135°, ideal 90°)
Backward Roll to Handstand, kneel pose - Straight arms	0.4	<ul style="list-style-type: none"> • Straight arms • Stretched body in vertical 	<ul style="list-style-type: none"> • <u>0.3</u> – Hand placed on floor during squat phase prior to the roll • ↑0.1 – Hands further than shoulder width apart • ↑0.3 – No vertical • <u>0.4</u> – Performs a piked bwd roll (change element)
Forward split	0.2	<ul style="list-style-type: none"> • Posture • Straight legs • Legs flat on floor 	<ul style="list-style-type: none"> • ↑0.2 – Failure to achieve 180° split position (legs flat on the floor)
Sissonne (no value) - 135° split min - Pass through low arabesque on landing Split leap straight leg in or Switch split leap - Straight leg in - 150° split min - Pass through low arabesque on landing Leg swing hop - Leg swing min horizontal - Finish in relevé	0.6	<ul style="list-style-type: none"> • Posture • Amplitude • Even leg separation • Coordination of arms with leap 	The Sissonne is not evaluated/judged. Split leap <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off (développé technique) Switch split leap <ul style="list-style-type: none"> • ↑0.1 – Front leg bent on take-off • <u>0.1</u> – Failure to swing front leg to 45° min prior to swing backward
1/1 turn in Forward passé - High relevé - Mark the position in relevé at completion of turn	0.4	<ul style="list-style-type: none"> • Immediate placement of free leg in fwd passé • Complete 1/1 turn in relevé • Control at completion 	<ul style="list-style-type: none"> • ↑0.1 – Not in high relevé • <u>0.1</u> – Leg not in forward passé • <u>0.3</u> – Use of heel-snap technique
* Roundoff Flic-Flac Backward Salto tucked - Pause in controlled stick position	0.4 0.4 0.6	<ul style="list-style-type: none"> • Body position • Arms by the ears throughout <ul style="list-style-type: none"> • Acceleration and power • Stretched body shape <ul style="list-style-type: none"> • Vertical take-off • Tuck position: min 90° • Amplitude of salto • Extension/opening before landing • Controlled stuck landing 	<ul style="list-style-type: none"> • ↑0.2 – Lack of acceleration (not applied if 0.3 deduct for stop between elements is taken) • ↑0.3 – No vertical • <u>0.1</u> – Failure to land with both feet simultaneously <ul style="list-style-type: none"> • ↑0.2 – Squat in flic-flac • <u>0.1</u> – Failure to land with both feet simultaneously <ul style="list-style-type: none"> • ↑0.6 – Failure to perform salto in tucked position • ↑0.2 – No extension / opening before landing • <u>0.05</u> – Failure to pause in controlled stick