

(2.1) VAULT	(3.1) BARS = 0.2 each	(4.1) BEAM = 0.2 each	(5.1) FLOOR = 0.2 each
2.1 No Age Group Bonus Rule	1. Bar Changes (minimum 2)	1. Acro Series – 2 Flight elements Min. 1 (“C”) Flight, mount OK With or Without Hand support Must stop on the Beam (“A”) Group 7 + (“E”) Acro = OK	1. Acro Pass with two (2) Saltos OR Two(2) Direct Saltos Acro Pass with (“C”) Salto Same or Different Saltos No Aerials
2.2 Vault Numbers will be flashed See Appendix #1	2. Flight Elements (no dismounts) (“C”) and (“C”) different or (“D”) and (“B”)	2. Dance/Dance or Dance/Acro Series Min. of 1 (“C”) Dance Must be completed on the Beam	2. Three Different Saltos within the exercise
2.3 One Vault Three Attempts Touch w/o going over = Attempt Invert with going over = Vault	3. (“C”) element with LA Turn (no mount or dismount)	3. Leap/Jump with 180° Split May be in Dance Series	3. Dance Passage Two (2) different elements from Group 1 (Leaps, Jumps, Hops) Direct or Indirect Connection One (1) 180° Leap (cross or side) Turns allowed between elements
2.4 Deduct 1.0 one hand, no hands 2.5 Deduct 1.0 not to feet 1st (fall) 2.6 Deduct 1.0 spot during vault	4. (“C”) Dismount Same A + A → C = - 0.1 off SV Same B + B → C = - 0.1 off SV	4. Turn – minimum 360° Group 3, no hand support	
2.7 Deduct 0.5 vault w/o signal 2.8 Funnel Shape (Direction → 0.3)	** one (1) element may fulfill more than one (1) Special Requirement.	5. Minimum (“C”) Dismount	4. Min Last Salto (“C”) Acro Pass Isolated or in Acro Connection

2023 – ADDITIONAL EQUIPMENT, UNIFORM RULES and PROCEDURES

VAULT	BARS	BEAM	FLOOR
Injury Assessment (Judges, Coaches, Trainer) may add up to two (2) minutes to assess an injury. If an athlete is able to resume the routine, the 45 second fall time will begin after the injury assessment has concluded.			
Video Review Fails = - 0.1 Team	Video Review Fails = - 0.1 Team	Video Review Fails = - 0.1 Team	Video Review Fails = - 0.1 Team
Out of Order = - 0.1 Team	Out of Order = - 0.1 Team	Out of Order = - 0.1 Team	Out of Order = - 0.1 Team
Verbal Cue by Coach = - 0.2 Ave. to own gymnast, after warning	Verbal Cue by Coach = - 0.2 Ave. to own gymnast, after warning	Verbal Cue by Coach = - 0.2 Ave. to own gymnast, after warning	Verbal Cue by Coach = - 0.2 Ave. to own gymnast, after warning
Out of Uniform = - 0.3 Team/ind.	Out of Uniform = - 0.3 Team/ind.	Out of Uniform = - 0.3 Team/ind.	Out of Uniform = - 0.3 Team/ind.
Vault Runway: Chalk marks <u>not</u> allowed = - 0.2 Ave. Removable tape or Velcro allowed No RO Pad or Sting Mat = - 0.3 Ave.	LB must be adjustable to 165 cm HB must be adjustable to 245 cm Without the bar height adjusters LB/HB same angle (width 192cm)	Chalk may not be applied directly to the beam. = - 0.2 Ave. Small chalk marks on the top surface allowed.	Corner chalk arc line allowed. Tape / chalk may <u>not</u> be placed in the center of the FX mat.
Touch Warm-up: 4:00 minutes per Team	Plywood Board allowed for Mounts Non-skid surface – both sides = - 0.3	Plywood Board allowed for Mounts Non-skid surface – both sides = - 0.3	Coaches must clearly mark (tape) mats to indicate boundary lines.
Maximum Table height = 135 cm	Broken / Torn Grips: gymnast may repeat at the end of team rotation.	Minimum of 15’6” matting on the dismount end of beam.	Failure to mark mats = - 0.1 Ave.
82’+ Runway = No Deduction	Max. Mount (27’6”) = - 0.1 Ave. exceeds manufactured mats	Max. Mount (27’ 6”) = - 0.1 Ave.	Only (1) *Mat per Pass = - 0.3 Ave. *Mat + Sting Mat (2 mats) = OK No more than two (2) mats on floor
Foreign Substance may <u>not</u> be used.	Mount w/Board on 4” + Sting Mat ok	Mount w/Board on 4” + Sting Mat ok	12m x 12m = 39’ 4 ½” x 39’ 4 ½”

UB	(3.2) BARS	BB	(4.2) BEAM	FX	(5.2) FLOOR
0.05	Lack of Variety in Choice of Elements or Connections <ul style="list-style-type: none"> • Overuse one group • Overuse one specific element • Overuse same element connections • Highest Difficulty connected to Lowest Difficulty value 	0.1 0.1	Lack of Variety in Choice of Acro <ul style="list-style-type: none"> • Min. (“A”) Backward Acro • Min. (“A”) Forward/Sideward Acro 1-Mounts, 6-Rolls, 7-Walkovers, 8-Saltos Roundoff = Sideward Flic ¼ or ¾ handstand = Backward Arabian walkover/salto = Forward Tic-Toc = Forward or Backward 	0.1 0.1	Lack of Variety in Choice of Acro <ul style="list-style-type: none"> • Min. (“A”) Backward Salto • Min. (“A”) Forward/Sideward Salto NO AERIALS
0.1 (each)	Squat/Stoop on LB to grasp HB <ul style="list-style-type: none"> • with or without sole circle • more than one (1) receives deduction • after a fall, allowed to squat-on without a deduct 			0.1	Lack of Variety in Choice of Dance <ul style="list-style-type: none"> • Lack of Dance Bonus (Groups 1 or 2) CV + 0.1 minimum <u>or</u> D/E Bonus Element
0.05	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thru-out • Most difficult in same section 	0.05	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thru-out • Most difficult in same section 	0.05	Insufficient Distribution of Elements <ul style="list-style-type: none"> • Difficulty not maintained thru-out • Most difficult in same section
0.1 (each)	Uncharacteristic Elements <ul style="list-style-type: none"> • Squat on LB – ½ t. on feet → HB • HB swing forward → LB stand with or without ½ turn, <u>unless followed by circle move.</u> 	0.05 0.05 0.05	Insufficient Use of Entire Beam <ul style="list-style-type: none"> • Spatial – entire length of beam • Direction – forward/back/side (choreo.) • Level Changes throughout high off, standing, semi-low, low, no longer required to touch torso 	0.05	Insufficient Use of Floor Area <ul style="list-style-type: none"> • Spatial – floor pattern
0.1 (each)	Forward ¾ Giant Circle (> 20°) <ul style="list-style-type: none"> • with or without grip change • will break a connection 				
0.1	Choice of Elements (UTL) not up to the competitive level: <u>One (1) of the following:</u> <ul style="list-style-type: none"> • Single Bar (“D”) Release • One (“E”) Release • min. 2 (“D”) Releases • min. 2 (“E”) Level Skills (mounts & dismounts) AND minimum (“D”) Dismount <u>or</u> (“C”) Dismount with CV Bonus.	0.1	Choice of Elements (UTL) not up to the competitive level: <ul style="list-style-type: none"> • Flight Series must end <u>on</u> the Beam (not in dismount series). • Flight Series performed <u>on</u> the beam <u>without Connection Value:</u> <ul style="list-style-type: none"> ✓ Additional (“D”) Acro (mt./dismt.) ✓ <u>or</u> (“E”) Dance (inc. mt.) required. ✓ (“D/E”) Acro → Dismount will <u>not</u> fulfill UTL for Additional D/E ✓ Mounts and Dismounts included 	0.1	Choice of Elements (UTL) not up to the competitive level: <u>All Floor Routines:</u> <ul style="list-style-type: none"> • One (“E”) Acro / Dance (OR) Two different (“D”) elements (1) Acro • Last Salto (“C”) + 0.1 CV <u>or</u> (“D/E”) <u>Two (2) Acro Pass Routine: (any order)</u> <ul style="list-style-type: none"> • One Pass – minimum (“D”) Acro • Other Pass (“D/E”) <u>or</u> + 0.2 CV <u>One Pass Routine = not UTL</u>
UTL	ORANGE Card (- 0.1)	UTL	ORANGE Card (- 0.1)	UTL	ORANGE Card (- 0.1)

(3.3) BARS	UB	(4.3) BEAM	BB	(5.3) FLOOR	FX
2.301 Cast Handstand + 1/1t. Healy	= D	2.202 Straddle 1/4t. (cross – side; side – cross)	= C	1.305 Switch Side ½ t.	= D
2.303 Uprise Handstand + 1/1t. Healy	= D	2.307 Ring (leap/jump) / Stag Ring (leap/jump)	= D		
2.303 Uprise Handstand + ½ t.	= D	2.404 Tourjete ¼ t.	= E		
2.401 Cast Handstand 1½ t. IN (Miller)	= E	2.405 Switch Side Leap ¼ t.	= E	1.310 Stag-Ring Jump 1/1t.	= D
2.403 Uprise Handstand 1½ t. IN (Reeder)	= E				
4.403 Back Giant Hst. 1½ t. IN (Dawes)	= E	3.401 Double Turn (on 1 foot)	= E	6.201 Front Pike Salto	= A
3.305 Clear Hip Handstand + 1/1t. Healy	= D	3.406 Double Tuck stand (Wolf) Turn + 2-1/2t.	= E		
4.303 Back Giant Circle + 1/1t. Healy	= D				
5.302 Front Giant Circle + 1/1t. Healy	= D	8.301 Front Salto – One Leg to Sit	= D		
6.301 Front Stalder Circle + 1/1t. Healy	= D	8.304 Back Salto – Layout step-out	= D		
6.301 Front Stalder Circle with or w/o ½ t.	= D	8.304 Back Salto – Layout 2 ft. w/ Pike Down	= D		
6.401 Front Stalder Circle + 1/1t. IN	= E				
6.304 Back Stalder Circle + 1/1t. Healy	= D	9.202 Gainer Front Stretched 1/1t. (side/end)	= C		
6.304 Back Stalder Circle with or w/o ½ t.	= D	Gainer Front Tucked 1/1t. (side/end)	= B		
7.308 Front Sole Circle (Hst.) + 1/1t. Healy	= D				
7.309 Back Sole Circle (Hst.) + 1/1t. Healy	= D	9.304 Front Salto Tuck/Stretch 1½ t. (off 2 ft.)	= D		
8.301 HB – Toe on Front Pike ½ t.	= D	9.404 Front Salto Stretch 2/1t.	= E		
8.301 HB – Back Stalder Front T/P ½ t.	= D				
8.301 HB – Clear Support Front T/P ½t.	= D	9.306 Back Salto 2/1t. (Double Full Twist)	= D		
8.303 Back Layout Flyaway 2/1t.	= D				
8.307 Front Layout Flyaway 1-1/2t.	= D	9.308 Gainer Back Salto T/S 1½ t. (side)	= D		
8.307 Front Layout Flyaway 2/1t.	= E	9.309 Gainer Back Salto Tuck – 1/1t. off END	= D		
8.404 Flyaway – Double Tuck ½ t.	= E	9.408 Gainer Back Salto 2/1t. – 2½ t. (side)	= E		

NCAA 2023 – RANGE of SCORES and CONNECTION VALUES

(3.4) BARS	CV	(4.4) BEAM	CV	(5.4) FLOOR	CV
Same Bar “D” Release	+ 0.1	B - Dismounts (No Connection Value)	0.0	Turn / Jump	
Any “E” Release	+ 0.1	B + C (C-Salto) (No Connection Value)	0.0	C + C	+ 0.1
		B + D (*Any Flic + Layout or Front Aerial)	0.0	C + D	+ 0.2
		* Flic., Gainer or Swing Down (any order)			
		* Back Layout or Front Aerial (“C”) for CV		F. Layout + F. Layout	
		B + D (Flic, Layout 2ft. w/ Pike Down)	+ 0.1	B + B	0.0
(6.5) RANGE of SCORES		B + B + D (Flic, Flic, Layout or Front Aerial)	+ 0.1		
Range between two (2) counting scores		B + D (Roundoff + Layout Step-out)	+ 0.2	Acro Direct	
9.5 – 10.00 = 0.2		B + D (Dance + Layout Step-out)	+ 0.2	C + C	+ 0.3
9.0 – 9.475 = 0.3		B + B + C (no dismounts) = Additional Bonus	+ 0.1		
8.0 – 8.975 = 0.5		B-Acro → C-Dismount	+ 0.1	Last Salto = Double Salto	+ 0.1
Below 8.00 = 1.0		C-Dance → C-Dismount	+ 0.1	Last Salto = Any (E) Acro	+ 0.1

2023 – UNIFORM POLICIES (6.2)

	ALL EVENTS
1.	Team = identical leotards
	Leotards = one piece and any undergarment.
	Undergarment = same color or skin tone
2.	Out of Uniform = - 0.3 Team / Ind. competition

2023 – NCAA JEWELRY POLICY (6.3)

	ALL EVENTS
<u>0.2</u>	Deduction after Warning, off event score.
	Only stud piercings allowed (no limit).
<u>0.2</u>	No other jewelry is permitted

2023 – UNSPORTSMANLIKE CONDUCT (6.4)

	ALL EVENTS
<u>0.1</u>	Gymnast misconduct = Yellow Card warning Second time = deduct off Individual Event score.
<u>0.1</u>	Coach misconduct = Yellow Card Warning, Second time = deduct off Team score.

2023 – WARM-UP POLICY Appendix IV

	ALL EVENTS
	4:00 minute touch warm up on each event.
	2:00 minute transition between each event beginning after each rotation when the final competitor's initial score is flashed.

2023 – SCORING (6.5)

	ALL EVENTS
a.	OPEN SCORING during Regular Season, Regional and National Championships.
b.	Judges are to sit apart.
c.	Judges score flashed and rotated. Average score raised and rotated.
d.	Flash Scores and Start Value – Simultaneously.
e.	Score verification NCAA Championship meets.
f.	RANGE OF SCORES:
	• 9.5 – 10.00 = 0.2
	• 9.0 = 9.475 = 0.3
	• 8.0 – 8.975 = 0.5
	• Below 8.00 = 1.0
	CONFERENCES – should occur if ...
	• Two counting scores out of range.
	• Impossible Start Value impacts the Ave.
	• Impossible UTL impacts the Ave.
	• Inquiry Submitted
g.	SUBSTITUTIONS – may <u>not</u> substitute without penalty, after gymnast signals CJ
h.	INQUIRIES allowed at Regular and Post Seasons
	• Start Value
	• UTL
	• Specific (flat) Composition
	• Neutral Deductions
	• Unusual Performance / Occurrence
	• Falls
	UB / BB / FX = 9.4 Start Value + 0.6 Bonus

7.1 Regular, Conference and Regional competition: in the event an inquiry response is unsatisfactory to the Coach , a video tape may be used for the purpose of review under the following conditions:
a. Each Team is allowed ONE review per meet.
b. When an equipment failure may have occurred, the Meet Referee may use video (both real time or slow motion) to determine if and when the failure occurred and how to proceed.
c. The institutional Team video or TV production footage must be used for the review. The video may be taken from any vantage point.
d. All reviews must be specific to the performance or nonperformance of a particular Value Part combination of skills or Neutral Deductions (i.e., out of bounds).
e. Reviews may not be used to evaluate a question of execution, composition or up to the level (UTL) deductions. These requests will result in a 0.1 deduction .
f. Reviews should be viewed in the speed that is to the advantage of the student-athlete. If necessary, video should be viewed in multiple speeds. Judges may use the zoom function if needed to see the video presented for review.
g. The review must be submitted to the Meet Director or host institution designee within 5 minutes following the conclusion of the meet, as determined by the final score posted or the return of the final inquiry , whichever is later. During this time, the scores are being verified by the Judging Panel and the Head Scorer's table.
h. The Coach requesting the review must provide a signed Video Review Request Form (VRF), queued video and team camera to the Meet Director (or host institution designee), who will be responsible for delivering this information to the Meet Referee and Event Panel (the judges who judged the particular event) for their review on the competition floor . The Coaches may not be present during the review.
i. Reviews must be conducted in the presence of the Meet Referee and the Event Panel ONLY . If the Meet Referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review is successful, the INDIVIDUAL'S score will be adjusted accordingly and the TEAM score if it is a counting score.
j. The results of the review will be noted on the VRF by the Meet Referee and returned to the Meet Director (or host institution designee), who will take the VRF to the score table. The official score will be adjusted (up or down). Then the Judges will sign the Official Score Sheet and the Meet Director will deliver the VRF to the coach.
k. If a score is changed during an INQUIRY or VIDEO REVIEW, the skill or connection under review is subject to additional deductions for incompleteness or rhythm.
l. Decisions rendered by the Judges' Review Panel are final and cannot be overturned.