

- I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions
- Height Measurement..... = plum line from floor to the bottom of the rail wrong specifications... = 0.3 CJ
 - Skill Cushions..... = max. 9 inches, must remove cushion after release(s).. unauthorized mats..... = 0.3 CJ
 - Mat Measurements..... = 9" = 24 cm, 8" = 20 cm, 4.5" = 12 cm, 4" = 10 cm, ¾ inch = 2 cm
 - Mats for Mounts..... = no plywood allowed under board (**NCAA OK**)..... unauthorized mats..... = 0.3 CJ
 - without board / trainer = 9" landing mats + "up to 8 inch" skill cushion; panel mat OK
 - with board / trainer..... = 9" landing mats + sting or 4 inch throw mat (board / trainer must be removed) = 0.3 CJ
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- II. **ATTIRE REGULATIONS**
- Hip or Heel Pads..... = not allowed, CJ should warn before competition (compete with & deduct)..... = 0.2 CJ
 - Bandages, grips, etc..... = allowed, broken grips = allowed to repeat, unfastened grips no repetition.
- III. **TIMING REGULATIONS**
- Touch Warm-Up:** only one (1) gymnast allowed on Bars.
 - Meet Format determines Warmup Format.**
 - 30 second period..... = does not include bar settings, warning – time exceeded.....(team/event)... = 0.2 CJ
 - Prior to competing .. = may touch board / bar briefly, may not perform an element..... = 0.2 CJ
 - Timing Falls:**
 - Remount..... = 45 second time period.
 - Start..... = contact the floor.
Stop..... = feet leaves the floor.
 - Warnings..... = "20 sec. remaining" and "10 sec. remaining" and "Time"; Fall time exceeded = Terminated
- IV. **BAR FALL REGULATIONS**
- Gymnast may use chalk or adjust grips..... = may not leave competition area.
 - Coach may talk to gymnast..... = without penalty.
 - Fall and does not remount..... = 0.5 Fall, 0.5 Dismount SR, 0.3 No Dismount (off SV), 2.0 if short exercise.
 - Coach may lift gymnast back up to bar..... = without penalty.
Allowed to resume with 2 pump swings..... = 0.3 for extra swings; maximum 0.6 per occurrence
 - Resume judging optional routine..... = with first recognized element performed (L10 allowed only one squat on LB).
 - Remount with glide kip – STOP – crawl up... = 0.1 continuity (stop), 0.1 uncharacteristic (crawl up).
 - Remount with cast squat on (fall back) = to glide kip allowed without fall deduction, take execution.
- V. **SPOTTING REGULATIONS**
- Coach assists or spots with element..... = 0.5 spot, 0.5 if fall after spot..... No VP / SR / Bonus, OK Dismount.
 - Coach spots UPON landing dismount..... = 0.5 spot, 0.5 if fall after spot..... OK VP / SR - No Bonus.
 - Coach touches without assisting..... = 0.5 spot..... OK VP / SR - No Bonus.
 - Coach catches falling gymnast..... = 0.5 fall ONLY.
 - Gymnast inadvertently touches the coach.... = no penalty.
 - Coach must use manufactured device..... = 0.3 CJ (warning) spotting device not removed (may not use chair).
 - Coach may stand between the rails (1 skill).. = 0.1 CJ, if coach remains throughout routine.
 - Coach leans against the bars..... = no penalty, if coach does not touch gymnast.
- VI. **MOUNT AND DISMOUNT REGULATIONS**
- Mounts:**
 - Rules and Policies for mats allowed..... = may stand on 8" mat.
 - Board must be removed after mount..... = 0.3 CJ – mounting apparatus not removed after mount / spotting.
 - Mount Attempts:**
 - Balk (2 allowed)..... = did NOT touch board, bars or run under the bars.
 - Third attempt..... = 0.5 penalty, OK Bonus.
 - Fourth attempt..... = not permitted.
 - No mount..... = 0.5 penalty – touch board, bars or runs under (may walk under - jump HB)
 - Attempt Roundoff only..... = 0.5 penalty – may remount, OK Bonus.
 - Incorrect Bar Settings, fall..... = 0.5 penalty – 45 seconds to adjust bars and remount.
 - One element prior to mount allowed..... = 0.2 penalty – more than one element performed.
 - Dismounts:** (sole = any part of the bottom of the foot)
 - Dismounts (designated bar) = Flyway dismount must be from HB No VP, SR, No Dismount
 - Flyaway Dismounts VP..... = regardless of starting position (from handstand / cast), body position = VP.
 - No Salto (Level 6, 7, 8, 9, 10)..... = 0.5 SR. (sole circle dismount)
 - No Value Part or Restricted Element..... = 0.5 SR, 0.3 No Dismount; 0.5 R.E. (front salto from feet = "0")
 - Fall, early Termination (5 elements)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (fall, does not remount)
 - Fall, no Salto (not to bottom of feet)..... = 0.5 SR, 0.3 No Dismount, 0.5 fall. (flyaway swing to seat)
 - Fall, Salto (not to bottom of feet)..... = 0.5 SR,....., 0.5 fall. (flyaway salto to knees)
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- VII. **RECOGNITION OF VALUE PARTS**
- Any VP may be used 2 times for VP..... = in different connection (preceded or followed by different element).
 - Elements DIFFERENT, if different..... = #, body position, degree of turn, 1 or 2 arms, mount in routine.
= legs together or apart in Saltos or Tkatchevs.
 - Elements SAME, if same # AND..... = finish in different grip, legs together or apart (ex: Saltos or Tkatchevs).
 - Swing to Handstand..... = within 20° of vertical = VP.
 - Cast On with Circle - Jump to HB..... = Two ("A") elements (Squat / Stoop / Straddle) + Sole Circle
 - Release Element with Fall:**
 - Grasp/touch with one/two hands..... = OK – VP / SR / Composition, No Bonus, flight requirement OK with touch.
 - No grasp or touch = NO – VP / SR / Composition / Bonus, may repeat element for credit.
 - Award VP if Simultaneous..... = Hands and Bottoms of Feet at the same time.

H. REQUIRED TECHNIQUE FOR VP RECOGNITION: 20° of Vertical = VP

1. Cast to Handstand (Lv 7-10) ... = Exc: Cast Squat On (w/wo sole) → HB; Lv. 7/8 Cast → Underswing 1/2t., Peach Drop).
2. Uprise Handstand = 20° of Handstand (VP), closed shoulder angle over the bar.
3. Flight to LB Non-Hst = 21° or more (VP), → 0.2 amplitude, both hands contact = completed.
4. Flight to LB Handstand = 20° of Handstand (VP)
5. Clear Circle to Handstand = 20° of Handstand (VP) Clear Hip Circle = → 0.4 (45° = 0.0; Horizontal = - 0.3)
6. Giants & L-Grip Handstand = 20° of Handstand (VP)
7. Upswing ½ t. = 20° of Handstand (VP) PRIOR to Turn, (Cast 21°+ ½ t. = "A", Clear Hip ½ t. prior = "A")
8. Hop Grip Change = 20° Simultaneous, different grip, on upswing, flight, hips extended (others = root skill)
9. Twisting Salto Dismount = 90°+ missing (Lower VP) Twist is complete when feet land

(Degree from Vertical)

Cast Handstand (LEVEL 7-10)

| | | |
|-----------|--------------|--------------|
| 0° – 10° | = 0.0 | = "B" credit |
| 11° – 20° | = 0.05 | = "B" credit |
| 21° – 30° | = 0.1 | = "O" credit |
| 31° – 45° | = 0.15 – 0.2 | = "O" credit |
| 46° + | = 0.25 – 0.3 | = "O" credit |

Cast to 45° – LEVEL 6 – REQUIREMENT

| | | |
|------------------|---------|-------------|
| 0° – 45° | = 0.0 | = SR credit |
| 46° – Horizontal | = → 0.3 | = SR credit |
| Below Horizontal | = 0.3 | = NO SR |

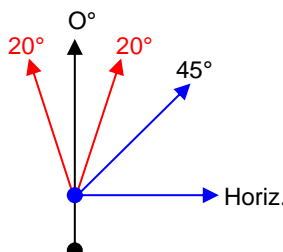
(Degree from Vertical)

1/1t. (Healy) or 1-1/2t.

| | |
|-----------|---------------|
| 1° – 30° | = 0.0 |
| 31° – 45° | = 0.05 – 0.15 |
| 46° + | = 0.20 – 0.30 |

Dismount Saltos with Twists

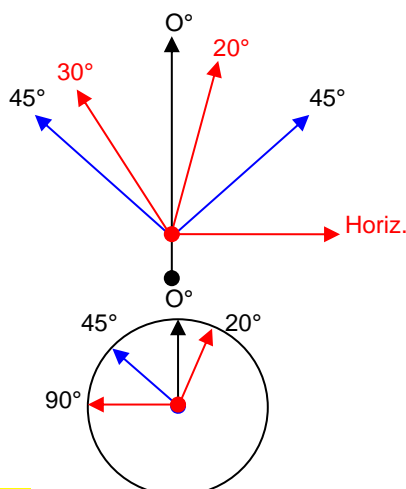
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|-----------|---------------|
| 1° – 44° | = 0.05 – 0.10 |
| 45° – 89° | = 0.15 – 0.20 |
| 90° + | = Lower VP |



(Degree from Vertical)

1/2t. or 1/1t. (Non-Healy)

| | |
|-----------|--------------|
| 0° – 20° | = 0.0 |
| 21° – 30° | = 0.05 – 0.1 |
| 31° – 45° | = 0.15 – 0.2 |
| 46° + | = 0.25 – 0.3 |



(Degree from Vertical)

Circle to Handstand / Uprise

| | |
|-----------|------------------------|
| 0° – 10° | = 0.0 |
| 11° – 20° | = 0.05 |
| 21° – 45° | = 0.00 Lower VP |
| 46° – 90° | = 0.05 – 0.20 Lower VP |

Clear Hip Circle ("B") = → 0.4

| | |
|------------|-------|
| 45° above | = 0.0 |
| Horizontal | = 0.3 |

Flight to LB Handstand

| | |
|-----------|------------|
| 0° – 10° | = 0.0 |
| 11° – 20° | = 0.05 |
| 21° + | = Lower VP |

I. SELECTED ELEMENT REQUIREMENTS:

1. # 1.414 (D) = Jump Extended 1/2t. LB... = Stretched with legs together (not straddled)
2. # 4.202 (B) = Back Giants..... = Accelerated Giant allowed, no vertical stretch required, split legs = OK
3. # 4.102 (A) = LB Giants..... = Legs must quickly straighten by vertical, same VP as HB
4. # 5.405 (D) = Large Release Elements... = Height above HB, at HB = .05, below HB = 0.1 - 0.2, under rotate = 0.1
5. # 3.301 (C) = LB to HB Release..... = Under rotation, rotate to full stretch = 0.1
6. # 2.205 (B) = Straddle Back..... = Flight before hands, feet may be placed after hands, touch floor = OK VP
7. # 3.203 (B) = Underswing ½ t..... = Contact LB completed at or above horizontal.
8. # 3.207 (B) = Weiler Kip..... = Forward Clear Hip to Handstand
9. # 4.406 (D) = Pak Salto..... = To Clear Support on LB, (Fall = full support on feet between LB - HB)
10. # 6.204 (B) = Back Stalder Circle..... = Shoulders to hip angle, Clear Straddle Circle to "L" support = A
11. # 8.505 (E) = Double Layout Flyaway..... = Stretch through majority of Salto
12. # 8.103 (A) = Flyaway Dismounts..... = From HB for Value Part Credit
13. # 3.401 (D) = Shaposhnikova = → 0.1 backward swing does not achieve horizontal

J. HAND GRIP DESCRIPTIONS:

- | | |
|---|---------------------------------------|
| 1. Overgrip... or Regular Grip..... = Palms Down – Knuckles Up..... | - Backward Circles |
| 2. Undergrip. or Reverse Grip..... = Palms Up – Knuckles Down..... | - Forward Circles |
| 3. Mixed Grip..... = One Regular – One Reverse..... | - ½ t. Re-grasps |
| 4. L-Grip..... = 360° Reverse Grip | - Forward Invert Giants (Thumbs away) |
| 5. Mixed L-Grip..... = One L-Grip – One Undergrip..... | - ½ t. Re-grasps |
| 6. Slip Grip..... = Regular Grip – Slide/Slip Grip..... | - Front Giant # 5.402 |
| 7. Cross Hand Grip..... = Regular Grip over Reverse Grip... | - Backward Circle ½ t. Forward Circle |

K. TURNS IN OR AFTER HANDSTAND:

- | | |
|---|---------------------------------------|
| 1. Blind Change..... ½ t..... = Turn – Chest Leading..... | - Backward Giant ½ t. Forward Giant |
| 2. Pirouette..... ½ t., 1/1 t, 1 ½ t.. = Turn – Back Leading..... | - Two Hand Changes |
| 3. Higgins Roll..... ½ t. after..... = Turn – Back Leading..... | - To Mixed Grip (No Handstand ½ t. A) |
| 4. Healy 1/1t. after..... = Turn – Back Leading..... | - Front Giant to 1-arm 1/1t. |

- I. **CONTENT:** Mounts, Kips, Casts, Counterswing, Underswing, Clear Hip, B./F. Giants, Stalder, Circles, Hechts, Dismounts
- II. **SPECIAL REQUIREMENTS** (0.5 each, off SV), One (1) element may fulfill more than one SR.

| SR | Level 6 | Level 7 | Level 8 | Level 9 | Level 10 | NCAA = 0.2 each |
|-------|---------------------------------------|----------------------------------|---------------------------------|---|-----------------|--|
| 1.... | One Cast..... Above Horizontal | One Cast..... 45° to Vertical | Bar Change..... (1-LB, 1-HB) | 1 st Bar Change..... 2 nd Bar Change | C – Flight..... | 1 st Bar Change 2 nd Bar Change |
| 2.... | Bar Change..... | B – Clear Circle..... | B – Flight / Turn..... | B – Flight..... | B – Flight..... | C – Turn |
| 3.... | Gr. 3, 6, 7..... Clear 360° Circle | A/B – Gr. 3, 6, 7..... | B – Gr. 3, 6, 7..... | C – Flight OR..... B – Turn | C – Turn..... | C or B – Flight C or D – Flight |
| 4.... | A – Salto..... | A – Salto..... | A – Salto..... | B – Salto..... | C – Salto..... | C – Salto B+B+C = - 0.1 |

III. **SPECIFIC COMPOSITIONAL DEDUCTIONS** (Lv. 8, 9, 10)

| | |
|---|------------------|
| Lack of Handstands or Pass thru Hst. (Lv 8) | → 0.2 |
| Uncharacteristic Elements | each 0.1 |
| 3/4 Forward Giant w/wo grip change | each 0.1 |
| Dismount – Not up to Comp Level | → 0.1 |
| Facing Same Direction throughout (L9,10) | 0.1 |
| Choice of Elements: Requirements (L9,10) | No Dismt. |
| 1. Forward Element (Circle or Release) | 0 / 3 = 0.2 |
| 2. Element from Groups 3 / 6 / 7) | 1 / 3 = 0.1 |
| 3. C-Turn with or without Flight | 2 / 3 = 0.0 |
| Squat-on LB w/wo sole, more than 1 (L10) | each 0.1 |
| Releases – Not up to Comp. Level (L10) | → 0.2 |
| Lack of 2 Bar Changes (L10) | 0.2 |

V. **SPECIFIC EXECUTION DEDUCTIONS**

| | |
|--|-------|
| Angle of Flight to LB Handstand (11°-20°) | 0.05 |
| Angle of Circle to Handstand | → 0.2 |
| Angle of Cast to Handstand | → 0.3 |
| Angle of Circle Hip Circle Elements | → 0.4 |
| Angle of Turn Deviation (1/2t. – 1/1t.) | → 0.3 |
| Angle of Turn Deviation (Healy + 1-1/2t.) | → 0.3 |
| Hesitation in Jump, Swing to Handstand | → 0.1 |
| Precision of Handstand Positions thruout | → 0.1 |
| Insufficient Extension of Glide/Swing to Kip | → 0.1 |
| Incorrect Posture on Landing | → 0.2 |
| Insufficient Amplitude of Elements | → 0.2 |
| Insufficient Stretch (Arch / Pike) | → 0.2 |
| Insufficient Ext (Open) prior to Landing | → 0.3 |
| Insufficient Height of Salto Dismounts | → 0.3 |
| Swing Forward Under Horizontal | → 0.1 |
| Swing Backward Under Horizontal | → 0.1 |
| Under-Rotation of Release Elements | → 0.1 |
| Landing Too Close to Bars Dismount | 0.1 |
| Touch / Brush Foot on Apparatus or Mat | → 0.1 |
| Hit Foot on Apparatus | 0.2 |
| Trunk Movement to Control Landings | → 0.2 |
| Hit Foot on Mat | 0.3 |
| Grasp Apparatus to Avoid a Fall | 0.3 |
| Land in foam pit (No VP, SR, Bonus) | 0.3 |

IV. **SPECIFIC EXECUTION DEDUCTIONS**

| | |
|---|----------|
| Failure to Remove Board / Spotting Block | (CJ) 0.3 |
| 3 rd Run to approach mount (each judge) | 0.5 |
| Insufficient Dynamics | → 0.2 |
| * Insufficient Swingful Execution thruout | |
| * Energy Not Maintained thruout | |
| * Failure to Make Difficult Look Effortless | |
| Poor Rhythm in Elements | → 0.1 |
| Intermediate (Extra) Swing/Cast (max. 0.5) | 0.3 |

- I. **CONNECTION VALUE** – without Fall, Spot or Extra swing between elements, CV Rules.

II. **CONNECTION VALUE (CV) PRINCIPLES**

NCAA: +0.1 CV = Same Bar “D” or Any “E” Release

A. **Flight Criteria:**

- LB → HB or HB → LB
- Counter flight, Vault or Salto → same or other bar
- Release Hop → Change Grip, completed within 20° of handstand
- Flight Exceptions: straddle cut # 1.204, giant hop 1/1t. # 4.402, swing 1/1t. # 2.204, cast 1/1t. # 2.304.

Level 10 “C” elements must have Flight or Turn, all “C, D, E” mounts and dismounts may be used for CV
 C + C = 0.1..... Both elements..... WITH **..... Turn or Flight, ** Gr. 3,6,7 different elements – Turn / Flight not required
 C + D = 0.1..... “C” elements..... WITHOUT.... Turn or Flight, when connected to “D/E” elements.
 D + D = 0.2..... “D/E” elements..... Turn or Flight, not required.

B. **Level 9** “D/E” element will be considered as “C” elements for CV – Maximum of ONE Restricted “D/E” allowed.

C + C = 0.1..... ONE element..... WITHOUT.... Turn or Flight.
 C + C = 0.1..... Both elements..... WITHOUT.... Turn or Flight, “C” elements must be different.
 C + C = 0.2..... Both elements..... WITH..... Turn or Flight.

C. **Direct Connections:** Swing between elements...

- ¾ Forward Giant..... – hop change grip = “O” VP, NO CV, - 0.1 composition, - 0.1 if below horizontal
- Forward Giant to 20° of vertical... – hop change grip = “C” VP, OK CV, No composition deduction.

III. **D/E BONUS (Level 10 only):** may replace VP, no fall/spot, maximum +0.4, same (“D”) or (“E”) one (D/E) Bonus.

IV. **ADDITIONAL BONUS +0.1 (Level 10 only):** Total Bonus = + 0.6 or more and minimum one (“E”) element.

V. **BONUS RESTRICTIONS:** Fall / Spot, Extra swing, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

LEVEL 10 Difficulty Restrictions - no Difficulty Restrictions**LEVEL 9 Difficulty Restrictions**

- a. Only ("A") / ("B") / ("C") elements and any ("B") or ("C") with a Full Pirouette ("D's")
- b. Maximum of One (1) Restricted ("D") / ("E").
- c. All allowable ("D") / ("E") elements:
("C") VP, SR awarded, ("C") in (CV), No ("D/E").
- d. Only first Restricted ("D") / ("E") element may be used.
- e. Any Other Restricted ("D") or ("E") element performed or attempted:
No VP, No SR, Deduct 0.50 from SV
- f. Execution and Amplitude deductions applied.

LEVEL 8 Difficulty Restrictions

- a. Only ("A") and ("B") elements and any number of selected ("C") elements are allowed:
 - 1) #2.301 ("C") Cast to Handstand ½ (180°) Turn
 - 2) #3.304 ("C") Clear Hip Circle to Handstand
 - 3) #3.305 ("C") Clear Hip Circle to Handstand ½ (180°) Turn
 - 4) #6.304 ("C") Back Stalder Circle to Handstand
 - 5) #6.304 ("C") Back Stalder Circle to Handstand ½ (180°) Turn
 - 6) #7.309 ("C") Sole Circle Backward to Handstand
 - 7) #7.309 ("C") Sole Circle Backward to Handstand ½ (180°) Turn

NOTE: #4.204 ("B") Underswing ½ t., from HB Handstand, = Restricted ("C") (#4.304).
#2.205 ("B") Counterswing, Straddle Back to LB Handstand = Restricted ("C") (#2.305).
- b. Maximum of One (1) Restricted ("C") element.
- c. All allowable ("C") elements:
("B") VP awarded, SR awarded.
- d. Only the first Restricted ("C") element in the exercise may be used:
("B") VP, SR awarded
- e. Any Other Restricted ("C") or any ("D") / ("E") performed or attempted
No VP, No SR, Deduct 0.50 from SV.
- f. Execution and Amplitude deductions.

LEVEL 7 Difficulty Restrictions

- a. Only ("A") and ("B") elements, and any number selected ("C") elements are allowed:
 - 1) #2.301 ("C") Cast to Handstand with ½ (180°) Turn
 - 2) #3.304 ("C") Clear Hip Circle to Handstand
 - 3) #3.305 ("C") Clear Hip Circle to Handstand ½ (180°) Turn
 - 4) #6.304 ("C") Back Stalder Circle to Handstand
 - 5) #6.304 ("C") Back Stalder Circle to Handstand ½ (180°) Turn
 - 6) #7.309 ("C") Sole Circle Backward to Handstand
 - 7) #7.309 ("C") Sole Circle Backward to Handstand ½ (180°) Turn
- b. All allowable ("C") elements:
("B") VP awarded, SR awarded.
- c. Any other Restricted ("C") or any ("D") / ("E") element performed or attempted
No VP, No SR, Deduct 0.50 from SV.
- d. Execution and Amplitude deductions would be applied

LEVEL 6 Difficulty Restrictions

- a. Only ("A") and ("B") elements and
ONE (1) of the following selected ("C") elements are allowed:
 - 1) #3.304 ("C") Clear Hip Circle to Handstand
 - 2) #6.304 ("C") Back Stalder Circle to Handstand
 - 3) #7.309 ("C") Pike Sole Circle Backward to Handstand
- b. All allowable ("C") elements:
("B") VP awarded, SR awarded.
- c. Any other ("C") / ("D") / ("E") element that is performed or attempted
No VP, No SR, Deduct 0.50 from SV.
- d. Flight / Release elements that transfer from HB → LB or LB → HB are not allowed, regardless of value.
- e. Execution and Amplitude deductions would be applied