

I. **APPARATUS SPECIFICATIONS** – See Rules and Policies for dimensions

- A. Skill Cushions..... = 9 inches (cushion + top/under sting), 2 allowed, must mark covered corners.. = 0.1 CJ each
- B. Unauthorized Mats..... = Additional mats, one mat per pass allowed (not required to remove mats) .... = 0.3 CJ
- C. Panel mats on Corners.. = recommended on outside corners on concrete floors (AAI required).
- D. Conversion ..... = 9" = 24 cm, 8" = 20cm, 4.5" = 12 cm, 4" = 10cm, ¾" = 2 cm

II. **TIMING REGULATIONS**

- A. **Touch Warm-Up:**
  - 1. 30 sec./ gymnast.... = size of squad determines time, split warm-up for 9+, no block time for teams
  - 2. Warning ..... = warning given for exceeding the time limit
  - 3. Deduction..... = after warning, take deduction..... (team / event) = 0.2 CJ
  - 4. Allowable..... = jump within boundaries on FX mat to warmup prior to signal from judge.
- B. **Timing Exercise:**
  - 1. Level 7, 8, 9, 10..... = 1:30
  - Level 6..... = 1:15
  - 2. Start..... = first movement of the gymnast.
  - Stop..... = final movement of the gymnast.
  - 3. Evaluate..... = entire routine, regardless of overtime.
  - 4. Overtime..... = notify coach of deduction, no deduction for < 1:31 ..... = 0.1 CJ
  - 5. No Warning..... = is given on floor.
- C. **Short Exercise:**..... = less than 30 seconds, deduct missing VP, SR ..... = 2.0 CJ
- Minimum Score..... = Equal or less than 1.0 Score..... = 1.0 PJ

III. **MUSIC REGULATIONS**

- A. **Absence of Music:**..... = recorded, without WORDS (repeated single word OK) ..... = 1.0 CJ  
= music with whistles / animal sounds will NOT receive a deduction.
- B. **Music Failure:**
  - 1. **Continue and Complete:**
    - Decide whether to repeat or accept score given.
    - Score will not be posted until decision.
    - No deduction for absence of music.
  - 2. **Stop and Repeat:**
    - Repeat whole routine or to continue from the point of interruption.
    - No score will be given for the partial routine.
- C. Music must be downloaded onto a mobile device. Internet access of music not allowed.

IV. **LINE VIOLATIONS (OUT OF BOUNDS)** Level 6-10 only

- A. Out of Bounds..... = touch outside the prescribed area, may tape corners with same color..... = 0.1 each CJ
- In Bounds..... = step ON the line (but not over), no deduction.
- B. Neutral Deduction..... = deduction taken from average score by CJ.
- C. Fall Out of Bounds..... = 0.5 fall and OB deduction ..... spot a fall = 0.5
- D. Elements OB..... = elements completed out of bounds are recognized; takeoff OB = No Credit.
- E. Line Judges..... = 2 judges seated at opposite corners to view two lines each.
- F. No Line Judges..... = judges will watch the lines and indicate OB by raising hand
- G. Line Violations..... = indicated in writing and submitted to CJ, coach will be notified.

V. **SPOTTING / MAT REGULATIONS** (Coach inside the boundary markings)

- A. Coach on the floor – place or remove mat... = no penalty.
- B. Coach on the floor – without spotting..... = 0.5 CJ (apply one time only).
- C. Coach on the floor – with Spot..... = 0.5 CJ, 0.5 spot, 0.5 if fall, No VP / No SR / No Bonus
- D. Coach on the floor – spot UPON landing..... = 0.5 CJ, 0.5 spot, 0.5 if fall, Ok VP / Ok SR / No Bonus (fall after spot).
- E. Coach Spotting (falling out of bounds)..... = ..... 0.5 spot, 0.0 if fall, Ok VP / Ok SR / No Bonus, if OB = 0.1
- Coach inadvertently touches gymnast..... = ..... 0.5 spot, ..... Ok VP / Ok SR / No Bonus, if OB = 0.1
- Gymnast inadvertently touches coach..... = no deduction.
- F. Coach / Gymnasts – stand around FX..... = 0.2 CJ (warning) unsportsmanlike conduct, AA / Team

VI. **RECOGNITION OF VALUE PARTS** – Root Skill variation = Value Part Credit

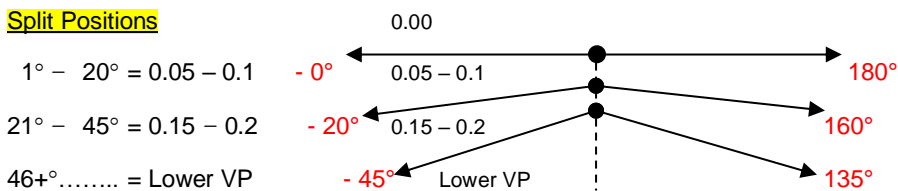
- A. Any VP may be used 2 times for VP ..... = in different connection (preceded or followed by different element)
  - 1. Leap / Jump / Hop not listed ..... = Root element, Variations, New Element evaluation process.
  - 2. ("D/E") in Different connection..... = OK VP, OK Bonus
  - 3. 3<sup>rd</sup> Time or Same connection ..... = No VP, No SR, No CV
  - 4. Saltos / Aerials Landings..... = Fail to land on Bottom of Feet first = No VP, Simultaneously VP awarded.

**DISMOUNTS / LAST SALTO (SR):**

- Dismount with No Value ..... = No VP, 0.5 SR, 0.3 No Dismount..... (repetition, restricted, spot)
- Fall, early termination..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (Fall, does not continue)
- Salto NEVER initiated..... = No VP, 0.5 SR, 0.3 No Dismount, ..... (roundoff → no salto, no fall)
- Salto, Fall (not to feet first)..... = No VP, 0.5 SR, 0.3 No Dismount, 0.5 Fall. (roundoff → salto to knees)
- B. Elem./Series DIFFERENT, if different... = #, body position, degree of turn, leap/jump takeoff 1 or 2, +/- aerials/saltos.
- C. Elem./Series SAME, if same # AND..... = Salto to 1 or 2 feet, +/- "A" acro hand support.
- D. Salto Fail to land Bottom of Feet first = Fall 0.5, No VP, No SR, No Bonus, deduct Execution and Amplitude.

E. **REQUIRED TECHNIQUE FOR VP RECOGNITION**

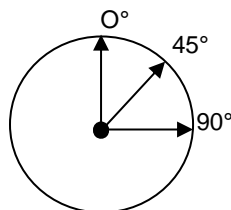
1. Split Leaps and Jumps..... = require 180° split

**Split Positions**

2. Twisting Saltos..... = incomplete twist deductions
3. Turns & Leaps/Jump/Hops 1/1t. + = incomplete turn deductions
4. Leaps/Jump/Hops with ½ t..... = minimum half way for credit

**Dance Turns – Saltos with Twists**

- 1° – 44° = 0.05 – 0.1  
45° – 89° = 0.15 – 0.2  
90° + ..... = Lesser VP



- Turn is complete when heel drops.
- Twist is complete when feet land.
- Turns w/ less than 360° = 1° past ½ way

F. **SPECIFIC ELEMENT TECHNIQUE CLARIFICATION:**

1. # 1.101 (A) – Split Jump vs. # 1.110 Sissone..... = 2 ft. takeoff; 2 ft. vs. 1 or 2 ft. landing, 180°; parallel vs. diagonal
2. # 1.204 (B) – Switch Leg Leap..... = Deduct → 0.1 < 45°, stag lead leg or <135° = (“A”) Leap.
3. # 1.208 (B) – Schushunova..... = 180° split, stretch to horizontal.
4. # 1.210 (B) – Ring / Stag Ring ..... = Head release, Arch, Front Leg 45°
5. # 1.305 (C) – Switch Side Leap..... = Deduct → 0.1 < 45°, stag leg = B side leap, <135° = (“A”) Leap.  
= Lack of Precision → 0.1 (early 1/4t.)
6. # 1.309 (C) – Tour Jeté 1/2t. / Switch 1/1 t. .... = Tour Jeté turns away and Switch Leg turns toward the turn
7. # 1.307 (C) – Popa, Straddle Jump 1/1t..... = straddle 1/1t. or split 1/1t., legs at or above horizontal.
8. # 1.308 (C) – Schushunova 1/1t..... = 1/1t. split to prone, ½ t. split ½ t. prone.
9. # 1.311 (C) – Switch Leg Ring Leap..... = Deduct → 0.1 < 45°  
= head release past vertical, rear leg near top of head.
10. # 2.202 (B) – Full Turn with Leg Horizontal..... = 45° to lift leg and maintained at horizontal, no hand support.
11. # 2.208 (B) – Full Turn with Leg Hold 180°..... = Deduct → 0.2 Split 135° - 179°, Less than 135° = (“A”) Turn
12. (Group 6) ....Front Saltos (accelerating)..... = No amplitude deduction, Last Salto with greater amplitude.

**Tuck Jump**

- Insufficient tuck position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Wolf Jump**

- Leg below horizontal..... → 0.1 each
- Hips greater than 135°..... Straight Jump

**Side Split or Straddle Jump**

- Insufficient Split..... → 0.2
- Legs not parallel to beam/floor.... → 0.2
- Straddle: Legs not at horizontal... → 0.1 each
- Less than 135°..... Different Element

**Switch-Leg Leap**

- Insufficient Split after leg change → 0.2
- Lead Leg less than 45°..... Split Leap
- Less than 135°split ..... Different Element

**Sheep Jump**

- Feet at shoulder / upper back.... → 0.1
- Insufficient Arch..... → 0.1
- No head release..... “A” Jump

**Pike Jump**

- Insufficient pike position..... → 0.2
- Hips greater than 135°..... Straight Jump

**Cat Leap**

- Failure to reach horizontal..... → 0.1 ea. leg
- Incorrect leg position (knee bend)..... → 0.2
- Lack of alternate leg lift..... Tuck Jump

**Sissone / Split Jump**

- Insufficient split position..... → 0.2
- Legs not parallel to floor (split jump)... → 0.2
- Less than 135° split ..... Different Element
- Sissone - front leg less than 45°.... → 0.1

**Ring Leap / Jump**

- Rear foot at shoulder height..... → 0.1
- Rear foot at hip height..... Split Leap / Jump
- Front leg less than 45°..... → 0.1
- No Head Release..... Different Element
- Insufficient Arch..... → 0.1

- I. **CONTENT:** Acrobatic with/without flight F/ S / B; turns, leaps, jumps, hops, body waves; dynamic change in rhythm & levels.
- II. **SPECIAL REQUIREMENTS (SR)** (0.5 each, off start value), one element may fulfill more than one SR.

SR	Level 6	Level 7	Level 8	Level 9	Level 10	NCAA
1.....	Acro Flight Series... (3) Direct (2) Flight Group 5,6,7,8	Acro Flight Series... (1) Back Layout 2 ft.	Series (2) Saltos	Series (2) Saltos	Series (2) Saltos	Series (2) Saltos or 2 Saltos Direct
2.....	(1) Salto/Aerial Solo / 2 <sup>nd</sup> Series	(2) Acro Flight Forward / Direct with (1) Forward Salto / Aerial	(3) Different Saltos	(3) Different Saltos	(3) Different Saltos	(3) Different Saltos
3.....	Dance Pass	Dance Pass	Dance Pass	Dance Pass	Dance Pass	Dance Pass 2 Diff. Elements Group 1 Direct or Indirect One – 180° Leap
4.....	Full Turn	Full Turn	A – Last Salto	B – Last Salto	C – Last Salto	C – Last Salto

- III. **CLARIFICATIONS REGARDING SERIES** – Balk = No SR (no last salto requirement)

- A. **Dance in Acro Series** = will break connection, No SR, No CV
- B. **Acro in Dance Series** = will break direct connections, No SR, No CV

- IV. **SPECIFIC COMPOSITIONAL DEDUCTIONS (L 8 / 9 / 10)**

Insufficient Use of Space (floor pattern)	→ 0.1
More than 2 Wolf / Tuck Shapes	0.1
More than 2 Straddle Jump Shapes	0.1
Lack of ("B") Turn on One Foot	0.2
Dance – Not up to Competitive Level	→ 0.2
Acro Saltos – Not up to Competitive Level	→ 0.2
Last Salto – Not up to Competitive Level	→ 0.1
Lack Forward / Side & Back Salto / Aerial	0.1
Lack of Minimum 3 ("A") Saltos (L 8)	0.3
Lack of ("B") Salto – not Last Salto (L 9)	0.3
Lack of ("C") Salto – not Last Salto (L 10)	0.3

Artistry - Original Creative Choreography	→ 0.1
Artistry - Movement Reflects Personal Style	→ 0.1
Artistry - Quality of Expression	→ 0.1
Dance - Lack of Precision in Dance Elements	→ 0.1
Dance - Incorrect Body Position in Dance VP	→ 0.1
Dance - Failure to Land 2 feet together	→ 0.1
Dance - Legs Not Parallel - Split / Straddle	→ 0.2
Concentration Pause (2 sec. or more)	each 0.1
Rhythm During Exec. of Direct Connections	→ 0.1
Rhythm / Tempo - Insufficient Variations (thru)	→ 0.2
Relaxed / Incorrect Footwork (non-VP thru)	→ 0.2
Relaxed / Incorrect Leg/Pos/Flex (non-VP thru)	→ 0.3
Turns - Fail to perform VP on High Relevé	→ 0.1
Insufficient Split on Value Parts	→ 0.2
Insufficient Height of Leaps - Jumps - Hops	→ 0.2
Insufficient Height of Acro Flights - Aerials	→ 0.2
Insufficient Height of Saltos (*not 1 <sup>st</sup> Fr layout)	→ 0.3
Trunk Movement to Control Acro Landings	→ 0.2
Body Posture on Landing	→ 0.2
Insufficient Ext (Open) prior to Landing Acro	→ 0.3
Lands acro in foam pit (No VP, SR,- 0.1 OB)	0.3

- I. **SPECIFIC EXECUTION DEDUCTIONS**

Music & Moves Poor Relationship (thru)	→ 0.2
Music & Moves non-synchronization (thru)	→ 0.3
• Music & Moves Not in Harmony	each 0.05
• Music & Moves Not Ended with Music	at end 0.1
Music with Words / No Music	(CJ) 1.0
Insufficient Dynamics (throughout)	→ 0.2

- I. **CONNECTION VALUE:** Acrobatic Saltos / Aerials / Acro Flight / Dance elements.

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

**INDIRECT – SALTOS / AERIALS** – Connections with "A" Acro Flight elements with hand support (Group 5).

$$\begin{aligned}
 A + D &= 0.1 \\
 B + D &= 0.1 \\
 A/B + A/B + C/D &= 0.1 \\
 C + C &= 0.1 \dots\dots\dots C + D = 0.2
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA (C} \rightarrow \text{C)} &= 0.2 \\
 \text{NCAA (C + C)} &= 0.3
 \end{aligned}$$

**DIRECT – SALTOS / AERIALS**

$$\begin{aligned}
 B + B &= 0.1 \dots\dots\dots B + C = 0.2 \dots\dots\dots C + C = 0.2 \\
 A + C &= 0.1 \dots\dots\dots A + D = 0.2 \dots\dots\dots B + D = 0.2 \\
 A + A + C &= 0.1 \dots\dots\dots A + A + D = 0.2
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA (F. Lay + F. Lay)} &= 0.0 \\
 \text{NCAA (Last Pass)} &= 0.1 \\
 \text{Double Salto or E Acro} &= 0.1
 \end{aligned}$$

**DIRECT – DANCE or MIXED** – Acro Saltos and/or Flight elements w/wo hand support – No CV (Turns + Jumps)

$$\begin{aligned}
 B + D &= 0.1 \\
 \text{(Same or Different)} \quad C + C &= 0.1 \dots\dots\dots C + D = 0.2 \\
 \text{(Salto First + Jump)} \quad D + A &= 0.1
 \end{aligned}$$

$$\begin{aligned}
 \text{NCAA OK (Turns + Jumps)} & \\
 \text{NCAA (C-Salto + A-Dance + A-Salto)} & \\
 \text{May fulfill Dismount SR} &
 \end{aligned}$$

- 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, Repeated, Same Connection, Level 9 (CV) only, Level 6/7/8 no Bonus.

	<b>(“C”) Value Part</b>	<b>(“D/E”) Value Part</b>
<b>LEVEL 10</b>	No Restrictions	No Restrictions
<b>LEVEL 9</b>	No Restrictions	<ul style="list-style-type: none"> <li>Any (“D/E”) Dance Elements</li> <li>One Acro (“D/E”) element</li> <li>Count as (“C”) Value Parts</li> </ul>
<b>LEVEL 8</b>	<ul style="list-style-type: none"> <li>Any (“C”) Dance Elements</li> <li>One Acro (“C”) Element</li> <li>Count as (“B”) Value Parts</li> </ul>	Restricted Elements
<b>LEVEL 7</b>	<ul style="list-style-type: none"> <li>One (“C”) Dance Element</li> <li>Count as (“B”) Value Part</li> </ul>	Restricted Elements
<b>LEVEL 6</b>	Restricted Elements	Restricted Elements

**Guidelines for Restrictions:**

- a. Allowable elements:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded
  - 3) LEVEL 9 only: (“C”) element in (CV) Bonus.
  - 4) No (D/E) Bonus is possible.
- b. Only the first Restricted element may be used:
  - 1) Value Part credit awarded.
  - 2) Special Requirements awarded.
  - 3) Connection Value Bonus awarded.
- c. Any Other Restricted element that is performed or attempted
  - 1) No Value-Part credit.
  - 2) No Special Requirements credit.
  - 3) Deduct 0.50 from SV, for Restricted element.
- d. All appropriate Execution and Amplitude deductions applied to all elements performed, whether Value-Part credit is awarded or not.