



British Columbia Secondary Schools
Gymnastics Association
bcssga.ca

BCSSGA Policies and Rules

2023-24

Part 3: WAG Specific Rules

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A. Uniforms:

School team gymnastic body suit (long or short sleeve, or unitard). Gymnastics shorts or tights of any length may be worn. Gymnastic shoes and grips are optional.

B. Levels:

- a. There are 5 levels: 1, 2, 3, 4 and 5. Levels 1 and 2 are segregated into Junior (grades 8-9) and Senior (grades 10-12) with each considered as separate levels. Segregation of Level 3 into Junior and Senior is still under consideration with a decision to be made during the season.
- b. A gymnast must compete in one level only (ie. the same level on each event).
- c. A gymnast should be placed in as high a level as possible so they are competitive, safe and can do their routine with style and control. Before final placement, you may wish to consult an experienced coach or judge in your area, or your Zone Representative.
- d. The Level in which a gymnast competes cannot be changed between the Zone and Provincial Championships.
- e. Criteria for Level PLACEMENT:
 - i. Level 1 (J/S)
 - a gymnast with little or no previous experience, including beginner recreational gymnasts and gymnasts in Xcel Bronze
 - a gymnast that competed in Level 1 the previous season and did not place in the top three all-around
 - ii. Level 2 (J/S)
 - a gymnast with previous experience, or training as a recreational athlete in a gymnastics club
 - a gymnast who placed in the top three all-around in the previous Provincial Championships in Level 1
 - a gymnast that competed in Level 2 the previous season and did not place in the top three all-around
 - a club gymnast training or competing in CCP Level 3, or Xcel Silver or Gold
 - iii. Level 3
 - a gymnast with previous experience training beyond a recreational level
 - a gymnast who placed in the top three all-around in the previous Provincial Championships in Level 2
 - a gymnast that competed in Level 3 the previous season and did not place in the top three all-around
 - a club gymnast training or competing in CCP Level 4-6, or Xcel Gold or Platinum
 - iv. Level 4
 - a gymnast who placed in the top three all-around in the previous Provincial Championships in Level 3
 - a gymnast that competed in Level 4 the previous season, regardless of final placement in the Provincial Championships
 - a club gymnast training or competing in CCP Level 7, or Xcel Platinum
 - v. Level 5
 - a gymnast that competed in Level 5 the previous season, regardless of final placement in the Provincial Championships
 - a club gymnast training or competing in CCP Level 8 or higher, or Xcel Diamond
- f. Once a gymnast competes at a Zone or Provincial Championships they can only go to a lower level upon successful appeal to the BCSSGA Chair.
- g. If the Criteria for level placement are not followed and the gymnast competes, they may be disqualified and their scores will not count.
- h. An application form to compete in a lower level than prescribed in the Criteria can be found in the Appendices of this document.

C. Routine Evaluation:

a. General Warm-Up:

Recommended 20-30 minutes. 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 other apparatus for any reason during the general warm-up.

Level	Vault	Uneven Bars	Balance Beam	Floor Exercise
	Group Warm-Up, Continuous Time	Group Warm-Up, Continuous Time 90 sec is granted for each different bar preparation (raising, lowering, chalking) Levels 1 & 2, a “bump” warm-up may be used: 2 athletes warm up, 1st competes, 3rd warms up, etc.	Group Warm-Up, Block Time Per Athlete Max. 5 sec between each athlete Alternatively, a “bump” warm-up may be used: 2 athletes warm up, 1st competes, 3rd warms up, etc.	Group Warm-Up, Continuous Time Alternatively, the first group will be given a block of time, and remaining athletes will use the floor while judges are determining scores.
I-II	1 minute max. of 2 warm-up vaults	1 minute per gymnast	1 minute per gymnast	1 minute per gymnast max. 5 minutes per grouping
III	90 sec up to 3 warm-up vaults	90 sec per gymnast	90 sec per gymnast	90 sec per gymnast max. 5 minutes per grouping
IV	90 sec minimum of 3 warm-up vaults	90 sec per gymnast	90 sec per gymnast	90 sec per gymnast max. 5 minutes per grouping
V	2 minutes - per gymnast minimum of 3 warm-up vaults	2 minutes per gymnast	2 minutes (may do 1 min 30 + 30 sec)	2 minutes per gymnast min. 8 minutes, max. 10 minutes per grouping

- Coaches must determine the most efficient way to warm up prior to the rotation (in relation to equipment specs). They will inform the judge(s) upon arrival at the table. If the coaches cannot agree, the Chief Judge will determine the warm-up process.
- The competition order can be modified so the athletes compete in the order that is most efficient; otherwise, the competition order drops down by 1 or 2 athletes per rotation.
- If a group consists of only one athlete, they must be given sufficient time to warm up and rest.
- It is suggested to split the warm-up if the group has 8+ athletes in a rotation.
- **Safety must prevail:** If an athlete is in need of their coach (spotting or otherwise), they may wait for their coach to be present. If a gymnast is in need of more warm-up time *in order to safely compete*, the coach may request more time from the judge.

D. Event Requirements:

VAULT

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V					
Value Parts	Max Start Value: 10.0									
	1 or 2 Vaults, Best to Count									
VAULTS ALLOWED	Straight jump, kick to handstand, flat back <i>Note: tall athletes may step backwards before kick to handstand, without penalty</i>	7.0	Jump to handstand to back on stacked mats, spring board only	8.5	Handspring/ Yamashita	9.8	Handspring/ Yamashita	9.5	Handspring	9.0
									Handspring - 1/2	9.1
									Handspring - 1/1	9.5
									Handspring - 1 1/2	9.7
	Jump to handstand to back on stacked mats, spring board only	9.0	Tuck/Straddle through, spring board only	8.5	Handspring/ Yamashita - ½ twist off	10.0	Handspring/ Yamashita - ½ twist off	9.8	Handspring - 2/1	10.0
									1/4-1/2 on – repulsion (w/ flight to feet) off	9.0
									1/2 on – 1/2 off	9.2
									1/2 on – 1/1 off	9.4
	Tuck/Straddle through, spring board only	9.0	Tuck/Straddle through, layout position, spring board only	9.0	Tsukahara – repulsion off	9.8	Handspring/ Yamashita – 1/1 twist off	10.0	1/2 on – 1 1/2 off	9.6
									1/2 on – 2/1 off	10.0
	Tuck/Straddle through, layout position, spring board only	10.0	Handspring with mini tramp or “doubled” spring boards	9.5	Yurchenko – repulsion off	9.8	½ on - ½ twist off	9.8	Yurchenko – repulsion (w/ flight to feet) off	9.5
									Yurchenko – repulsion (w/ flight to feet) off	9.1
							½ on - ½ twist off	9.8	Yurchenko – 1/2	9.3
									Yurchenko – 1/1	9.4
	½ twist on – 1/1 twist off	10.0	Yurchenko – 1 1/2	9.6						
Yurchenko – Back tuck			9.8							
Yurchenko – Back pike	10.0	Yurchenko – Back pike	10.0							
		Yurchenko – Back tuck	9.8							
Handspring with mini tramp or “doubled” spring boards	10.0	Handspring with spring board only	10.0	½ on - repulsion (w/ flight to feet) off	9.8	Tsukahara - Tuck	10.0	Tsukahara - Tuck	9.8	
						Yurchenko – Back tuck	10.0	Tsukahara - Pike	10.0	
½ twist on - ½ twist off	10.0	Handspring with spring board only	10.0	½ twist on - ½ twist off	10.0	Handspring Front - Tuck	10.0	Handspring Front - Tuck	10.0	
						Handspring Front - Tuck	10.0	Handspring Front - Tuck	10.0	
EQUIPMENT	Straight jump: 1 or 2 – 20 cm landing mats. Height: Handstand to back: min. 60 cm All other vaults: 115 or 125 cm		Height: Handstand to back: min. 60 cm All other vaults: 115 or 125 cm.		Height 115 or 125 cm		Height 125 cm		Height 125 cm	
	<p>A spotter must be present for all levels. Mandatory min 10 cm matting for landing. Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. An approved Yurchenko collar must be used for all round-off entry vaults. A spring board may be used for the last step before a handspring with mini-tramp vault.</p>									

UNEVEN BARS

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Value Parts (VP)	6 Supp. or A's Start Value: 10.0 Supp. & A Elements Only	6 A's Start Value: 10.0 (Maximum 3 supplemental A's)	6 A's Start Value: 10.0 A & B Elements Only (Only CCP skills allowed)	6 A's, 1 B Start Value: 10.0 Allowable C Elements Permitted (Only CCP skills allowed)	4 A's, 4 B's Start Value: 10.0 A, B, & C+ Elements (Only CCP skills allowed)
Restrictions	<ul style="list-style-type: none"> No B+ No Salto Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> No B+ No Salto Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> No C+ Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> Allowable C's credited as B C elements not "allowable" are restricted elements Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> C+ elements credited as B No restrictions on difficulty
Special Requirements (SR)	<ul style="list-style-type: none"> Pullover (feet together or apart) Swing element (beat, long or glide) One cast with hips clearing the bar Minimum of one bar change Dismount 	<ul style="list-style-type: none"> Low bar pullover (feet together or apart) or kip One cast with feet at bar height Squat on (tuck/pike/straddle) initiating transfer to high bar Long hang swing element (long kip, long swing & counter swing, or long swing pullover) Dismount 	<ul style="list-style-type: none"> One cast to a minimum of horizontal Minimum of one bar transfer Two circling elements from Group 3, 6, or 7* (repetition allowed) Dismount - Minimum of A 	<ul style="list-style-type: none"> One cast to a minimum of 45° from vertical One clear circling element, minimum of B Salto Dismount Minimum of A <p><i>Allowable C's:</i></p> <ul style="list-style-type: none"> - Clear hip circle to handstand - Back sole circle to handstand - Back stalder circle to handstand 	<ul style="list-style-type: none"> Minimum of one bar change Two B elements: (If missing 1, credit 0.25) <ul style="list-style-type: none"> i. Two different 360° clear circling B elements or ii. One 360° clear circling B element and one B element with either flight or a minimum of 180° long axis turn (excluding dismount) Salto Dismount - Minimum of A
EQUIPMENT	<p>BAR HEIGHT: Low Bar – 170 cm from floor (150 cm from top of mat). High Bar – minimum 250 cm from floor (230 cm from top of mat) and may be raised for tall gymnasts.</p> <p>Bar width is optional (not required to be at FIG).</p> <p>A board may be used for any mount – to be removed as soon as mount is completed. Otherwise, a 0.3 deduction will be applied.</p> <p>Mandatory 10 cm matting for landing of dismount. Otherwise, any combination of mats, including a 20 cm safety mat, is allowed for dismount.</p> <p>Presence of coach on mats is allowed.</p>				
	<p>* Group 3: Underswings/Clear circling elements - Free hip/clear circle</p> <p>Group 6: Stalders</p> <p>Group 7: Circles/Swings/Hechts - Front and back hip circle, sole circles</p>				

Sample and Supplementary Skills List: Uneven Bars

SUPPLEMENTARY – Value 0.1	A ELEMENTS – Value 0.1	B ELEMENTS – Value 0.3	C ELEMENTS – Value 0.5
<p><u>Mounts</u> Glide swing to immediate 2 foot pullover on LB¹ (Level 1 only) Jump squat/straddle on LB Jump to support on LB 1 or 2 foot pullover to front support on LB</p> <p><u>Elements</u> Beat swing (Level 1 only) Glide swing (Level 1 only) Long swing below horizontal (Level 1 only) Cast with hips clearing the bar (Level 1 only) ½ turn in stride support to catch high bar Single leg cut (fwd or bwd) Stride circle Basket swing Climb to stand on LB to HB² Pullover to HB (feet on starting on LB)</p> <p><u>Dismounts</u> Spin the cat Long swing ½ turn Underswing off LB or HB to stand</p>	<p><u>Mounts</u> Glide kip (straddle or pike) Jump to front/back hip circle on LB Jump ½ turn, kip to support on LB Jump ½ or full turn to hang on HB Jump to brief hang on HB, kip to support</p> <p><u>Elements</u> Cast to horizontal (Level 1, 2, 3) Front/back hip circle Sole circle fwd/bwd (tucked or piked) to stand ¾ sole circle forward Cast to squat on LB (tuck/pike/straddle), jump/reach to HB Long kip (HB) Long swing pullover Long swing to horizontal Cast away to long swing pullover from HB (baby giant) Counterswing to stand on LB Underswing/long swing on HB w/ ½ turn at/above HB height to hang</p> <p><u>Dismounts</u> Underswing from clear front support to stand Cast, toe-on pike/straddle underswing off Flyaway salto (tuck/pike/layout)</p>	<p><u>Mounts</u> Jump full turn, kip to support on LB Jump pike/straddle to handstand on LB Jump ½ turn, kip to support on HB Free tuck/straddle jump over LB to HB Hecht jump w/ hand repulsion over LB to HB</p> <p><u>Elements</u> Clear/free hip Cast to handstand within 20° of vertical (legs together or straddled) Back uprise Underswing (toe-on) w/ ½ turn w/ flight over LB to hang on LB Counterswing backward, straddle/pike back w/ flight over LB to hang on LB Back giant Pike sole circle bwd to clear support</p> <p><u>Dismounts</u> Underswing 1½ twist Flyaway salto w/ ½ or full twist (tuck/pike/layout)</p>	<p><u>Mounts</u> Jump pike/straddle to handstand on LB w/ ½ turn Jump full turn, kip to support on HB Jump to brief clear support on HB (any grip), clear hip circle to handstand</p> <p><u>Elements</u> Front giant or w/ ½ turn Back giant, ½ turn or full turn Cast handstand to ½ turn in handstand Pike sole circle bwd to handstand Clear/free hip circle to handstand Stalder circle bwd to handstand From handstand on HB, underswing (toe-on) w/ ½ turn & flight over LB to hang Counterswing backward, straddle/pike back w/ flight to handstand on LB Underswing (pike sole circle) on LB, release & counter mvt fwd in flight to catch HB</p> <p><u>Dismounts</u> Flyaway 1½ or double twist Double back salto (tuck/pike) Toe-on/clear underswing to front salto</p>

¹ May satisfy both the i) Swing element & ii) Pullover requirements, but is counted as one single skill.

² Climb from LB (Low Bar) to HB will be a 0.3 deduction for Levels 3/4/5 as an uncharacteristic element.

All Levels: one counter swing is allowed for pullover or long pullover; one pump of the legs is allowed before performing a cast which may be used as the transition into another skill such as back hip circle.

Otherwise, extra swing deductions 0.3 (max .5 per occurrence) will still apply.

BALANCE BEAM

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Value Parts (VP)	6 Supp. or A's Start Value: 10.0	6 A's A Elements Only (Max 2 supp.)	5 A's, 1 B A & B Elements Only (Only CCP CoP)	5 A's, 2 B's A & B Elements Only (Only CCP CoP)	4 A's, 4 B's A, B, & C+ Elements (Only CCP CoP)
Restrictions	<ul style="list-style-type: none"> No B+ Acro elements Dance B's or C's credited as A No Salto/aerial dismount Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> No B+ Acro elements Dance B's or C's credited as A No Salto dismount, aerial dismount allowed Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> No C+ Acro elements Dance C's credited as B Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> No D+ Acro elements Dance C's credited as B Restricted elements = no VP credit and 0.50 deduction from SV 	No restrictions on difficulty
Special Requirements (SR) 0.5 each	<ul style="list-style-type: none"> ½ turn on one foot (pirouette en dedans*) Two different Dance elements - If missing one or both, - 0.50 An Acro element (can be supplemental) Dismount <p>* if gymnast is turning on L foot then turn is to the L (or vice versa)</p>	<ul style="list-style-type: none"> ½ turn, pivot turn (connected) OR full turn Two different Dance elements, one being leap/jump with min. 90° split - cross or side One Acro A A-value Dismount 	<ul style="list-style-type: none"> Minimum 360° turn on one foot One leap/jump with minimum 120° split – cross or side 1 B acro element or an acro series (2 + elements of value) Min. A Dismount 	<ul style="list-style-type: none"> Minimum 360° turn on one foot One leap/jump with minimum 180° split – cross or side <i>i.</i> Acro series (2 elements with or without flight; excluding mount & dismount) and <i>ii.</i> Acro B element if not included in the series - If missing one or both, - 0.50 Minimum A Dismount (Aerial or Salto) 	<ul style="list-style-type: none"> Minimum of a 360° turn on one foot One leap or jump with min. 180° split (cross or side) Dance series (min. 2 leaps/jumps) Acro series (2 elements, excluding mount & dismount), with minimum one of the two being flight Minimum A Dismount (Aerial or Salto)
EQUIPMENT	<p>BEAM HEIGHT: 125 cm. TIME: Levels 1 & 2 – Minimum/Maximum = 0:30/1:15; Levels 3, 4, & 5 – Minimum/Maximum = 0:30/1:30 Time begins when the gymnast's feet leave the ground to mount and ends when the gymnast touches the mat upon completion of the exercise. A warning signal will be given 10 seconds before the maximum time limit of the respective exercise. A board may be used for any mount – to be removed as soon as the mount is completed. Otherwise a 0.3 deduction will be applied. Mandatory minimum of 10 cm matting for landing of dismount. Any mat or combination of mats, including a 20 cm safety mat, is allowed for dismount.</p>				

Sample and Supplementary Skills List: Balance Beam

SUPPLEMENTARY – Value 0.1	A ELEMENTS – Value 0.1	B ELEMENTS – Value 0.3	C ELEMENTS – Value 0.5
<p><u>Mounts</u> Leg swing with ½ turn to straddle sit Any simple mount not listed under A's</p> <p><u>Dance Elements</u> ½ turn on one leg Splits w/ hand support (cross or side) Knee scale (free leg > horizontal; 2s) V-sit w/ or w/o hand support (2s) Forward scale (free leg > horizontal; 2s) Arabesque > 45° (2s)</p> <p><u>Acro Elements</u> Kick to momentary handstand within 30° Forward shoulder roll to feet w/ hand support (Level 1-2 only) Backward shoulder roll (Level 1-2 only) Forward roll to straddle sit (Level 1-2 only)</p> <p><u>Dismounts</u> Straight/tuck jump with amplitude Knee scale-lift off side Cartwheel off the side Cartwheel to side handstand, ¼ turn</p>	<p><u>Mounts</u> Pullover Free leap/jump to stand, take-off from one or both legs at middle/end/diagonal to beam Scissors leap to cross sit on L or R thigh Scissors leg swing w/ ½ turn to straddle sit Flank over fwd to rear support Jump to side straddle stand/split sit (w/ support) Jump to forward roll Jump w/ hand support to tuck stand/squat through/stoop through to rear support Jump w/ hand support to clear straddle support</p> <p><u>Dance Elements</u> Needle scale w/ hand support (vertical split; 2s) 1/1 turn on one leg Sissone (front leg at min 45°) Leaps: Stag; Cat; Scissors Jumps: Straight (also w/ ½ turn); Straight w/ leg change (beat); Wolf; Tuck</p> <p><u>Acro Elements</u> Forward roll to feet w/ hand support Backward roll to feet w/ hand support Handstand to vertical (level 1 and 2 only) Handstand (2s hold) Cartwheel or cartwheel to side handstand Back walkover Tic-toc (walkover forward, backward)</p> <p><u>Dismounts</u> Cartwheel w/ ¼ or ¾ twist after hand support Roundoff Front handspring Front aerial; & w/ ½ twist Free roundoff; & w/ ½ twist Front salto – tuck/pike; & w/ ½ twist Back salto – tuck/pike/layout</p>	<p><u>Mounts</u> Free jump w/ ½ turn to straight or tuck stand Straddle jump onto end of beam Squat/stoop through to clear pike support (2s) Jump w/ bent hips to side planche (2s) Press handstand Jump to cartwheel/roundoff to stand Handspring/aerial walkover to rear support</p> <p><u>Dance Elements</u> Forward scale in relevé (free leg > horiz; 2s) Y scale (free leg > 140°; 2s) Cat leap ½ turn Split jump; also w/ ¼ turn Stag leap/jump ½ turn Straight jump ¾ turn Tuck or wolf jump ½ turn Pike or straddle jump 1½ turn on one leg 1/1 turn w/ free leg in attitude 1/1 L-turn w/ free leg (bent/straight) > 45° 1/1 wolf turn (tuck stand on one leg)</p> <p><u>Acro Elements</u> Forward roll w/o hand support (free) Handstand forward roll (w/ or w/o support) Back extension roll to handstand Roundoff Front walkover Front or back handspring step-out Back handspring to two feet Gainer back handspring Back handspring swing down (Korbut)</p> <p><u>Dismounts</u> Front salto layout; & w/ ½ twist Back salto – tuck/pike/layout w/ ½ or full twist</p>	<p><u>Mounts</u> Switch leap fwd to land at end of beam Free jump to cross split sit Press handstand 1/1 turn Jump w/ stretched hips to planche (2s) Front tuck to sit</p> <p><u>Dance Elements</u> Straight jump 1/1 turn Tuck or wolf jump ¾ turn Split leap or jump ½ turn Split jump in side position Straddle jump in side position Switch leg split leap Ring or stag-ring leap/jump 1/1 L-turn w/ free leg at/above horiz. 1½ turn in tuck stand (wolf)</p> <p><u>Acro Elements</u> Free shoulder roll w/ straightening to stand Free backward shoulder roll Back handspring w/ ¼ twist (no hold req.) Back tuck or pike</p> <p><u>Dismounts</u> Handspring fwd w/ 1½ twist Front aerial w/ 1½ twist Front salto – tuck/layout 1/1 twist Back salto – tuck/pike/layout w/ 1½ or 2/1 (double) twist</p>

FLOOR EXERCISE

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Value Parts (VP)	6 Supp. or A's Start Value 10.0 Supp. & A Elements Only	6 A's Start Value 10.0 A Elements Only	5 A's, 1 B Start Value 10.0 A & B Elements Only	5 A's, 2 B's Start Value 10.0 A & B Elements Only	4 A's, 4 B's Start Value 10.0 A, B, & C+ Elements
Restrictions	<ul style="list-style-type: none"> • No handsprings/saltos/aerials • Dance B's or C's credited as A • Restricted elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> • No saltos • Side aerials permitted • Dance B's or C's credited as A • Restricted Elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> • No C+ Acro • Dance C's credited as B • Restricted Elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> • Dance C's credited as B • Restricted Elements = no VP credit and 0.50 deduction from SV 	<ul style="list-style-type: none"> • No restrictions on difficulty
Special Requirements (SR)	<ul style="list-style-type: none"> • 360° turn on one foot • Momentary handstand within 10° of vertical (return position optional) • Acro series with 2 elements directly connected • Dance series/passage with a minimum of 2 different elements, directly or indirectly connected • Mixed series of an Acro element directly connected to a non-hold Dance element (or vice versa) 	<ul style="list-style-type: none"> • 360° turn on one foot • Acro series with 3 elements directly connected (one of which includes flight) or 2 directly connected flight elements • Dance series/passage with a minimum of 2 different elements, directly or indirectly connected - one of which is an element with a 120° cross or side split • Mixed series of an acro element directly connected to a non-hold Dance element (or vice versa) 	<ul style="list-style-type: none"> • Minimum of a 360° turn on one foot • Acro series with 3+ Acro flight elements • Acro series of 2+ elements • One salto or aerial • Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a Leap with a 135° cross or side split 	<ul style="list-style-type: none"> • Minimum of a 360° turn on one foot • An acro series with 3 directly connected flight elements • A second acro series with 2 or more directly connected flight elements • One layout with or without twist • Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap requiring a 180° cross or side split 	<ul style="list-style-type: none"> • Minimum of a 360° turn on one foot • Three different saltos (not aerials) within the exercise • Dance passage with a minimum of 2 different elements, directly or indirectly connected - one of which is a leap with 180° cross or side split • Salto/Aerial FWD/SWD and BWD • Dismount min. A salto
Equipment	<p>TIME: Levels 1 & 2 – Minimum/Maximum = 0:30/1:15; Levels 3, 4, & 5 – Minimum/Maximum = 0:30/1:30 Timing begins with the first movement of the gymnast. Up to 10 cm of additional matting allowed for acro lines with salto. The additional mat may be left in place, moved, or removed.</p>				

Sample and Supplementary Skills List: Floor Exercise

SUPPLEMENTARY – Value 0.1

Dance Elements

Candlestick
 Knee scale (2s)
 V-sit (2s)
 Arabesque (45° - 2s)
 Needle scale (2s)
 Y scale (2s)
 Forward or middle splits on floor
 Straight jump
 Hop (from 1 foot, free leg above horizontal)

Acro Elements

Back bend to bridge
 Bridge
 Bridge kick-over
 Handstand to bridge
 Back shoulder roll
 Headstand
 Handstand
 Log roll

A ELEMENTS – Value 0.1

Dance Elements

Cat leap; also w/ ½ turn
 Scissors leap fwd or bwd
 Tuck hop/jump; also w/ ½ turn
 Hop ½ turn (free leg above horizontal)
 Wolf hop/jump
 Straight jump ½ or 1/1 turn
 Sissone (front leg at min 45°)
 Split or stag leap/jump
 1/1 turn on one leg

Acro Elements

Forward roll (tuck/pike/straddle)
 Dive (hecht) roll (counts as flight skill)
 Handstand forward roll
 Backward roll (tuck/pike/straddle)
 Backward roll to handstand (back extension)
 Handstand ½ or 1/1 pirouette
 Cartwheel (w/ or w/o flight phase)
 Roundoff or free (aerial) roundoff
 Round-off, rebound 1/2 turn step-out
 Front or back walkover
 Front or side aerial
 Front handspring or flyspring
 Back handspring step-out or to two-feet
 Front tuck salto
 Back salto (tuck/pike/layout), also w/ step-out
 Whip salto backward

B ELEMENTS – Value 0.3

Dance Elements

Cat leap 1/1 turn
 Tuck hop/jump 1/1 turn
 Wolf hop/jump ½ turn
 Split leap ¼ or ½ turn
 Switch leg split leg
 Split jump ½ turn
 Jeté en tournant (¼ - ½ turn to split leap)
 Tour jeté
 Straight jump ½ turn
 Ring or stag ring leap/jump
 Switch leg stag ring leap
 Pike jump, straddle, or side split jump
 Sheep jump
 Double stag leap/jump 1/1 turn
 ½ turn on one leg
 1/1 L-turn w/ free leg at or above horizontal
 1/1 illusion turn (w/o hand support on floor)
 1/1 wolf turn (tuck stand on one leg)
 1/1 Y-turn with leg held up close to/at 180° split

Acro Elements

Handstand ½+ pirouette
 Straight jump ½ twist to dive roll
 Back extension roll 1/1 turn in handstand
 Arabian handspring (1/2 twist to front)
 Back handspring 1/1 twist before hand support
 Front tuck ½ twist
 Front pike/layout; also w/ ½ twist
 Arabian salto (tuck/pike/layout)
 Back salto (tuck/pike/layout) ½ or 1/1 twist

C ELEMENTS – Value 0.5

Dance Elements

Cat leap 1½ turn
 Tuck jump ½ turn
 Wolf hop/jump 1/1 turn
 Split jump 1/1 turn
 Switch leap ½ turn
 Tour jeté ½ (landing on one or both legs)
 Tour jeté to ring leap
 Pike jump 1/1 turn
 Straddle or side split jump 1/1 (full) turn
 Switch leap ¼ turn to side split
 Straight jump 2/1 turn
 Schuschunova (jump w/ 1/1 turn to side split, landing to front lying support)
 Ring jump or stag-ring jump w/ 1/1 turn
 Switch leg ring leap
 2/1 turn on one leg
 ½ L-turn/wolf turn/Y-turn

Acro Elements

Front handspring w/ 1/1 twist
 Front salto (tuck/pike/layout) 1/1 twist
 Back salto tuck/layout ½ or 2/1 twist
 Double back salto tuck/pike

An additional ¼ turn in a leap or jump will be awarded the same value part as the root leap or jump unless listed otherwise.

Dance series/passages may only include hop, leap, or jump elements.

Direct Connections: elements performed without a stop/pause, loss of balance, or extra step in between.

Indirect Connections: dance elements performed with running steps, small leaps, hops, chassé, chaîné turns in between.

E. Routine Evaluation:

a. **Start Value (SV):** All SV will be displayed along with the final score and is determined in the following manner.

Vault	The SV's can be found in the Vault Values Chart in this document	
		10.0
Uneven Bars	Subtract for missing Value Parts (VP)	- 0.1 for A's, 0.3 for B's
Balance Beam	Subtract for missing Special Requirements (SR)	- 0.5 each
Floor Exercise	Subtract for Exercise without a Dismount (DMT)	- 0.3
	Subtract for Restricted Elements (RE)	- 0.5 each

- Each line listed in the list of Sample and Supplementary Skills List is considered to be a different skill. A skill will also be considered different if it comes out of, or goes into, a different skill.
- Repeated skills will only receive credit if they are considered “different”.
- All skills should have the same values as they do in the CCP Code. Any skill not listed here will receive its CCP Code Value. In the case of any confusion, the Code of Points currently in use by Gymnastics BC will be considered correct.
- Only the skills listed in the Sample and Supplementary Skills List can be used as a counting VP for their respective levels. Any other skills wishing consideration should be submitted in advance. If this is not possible the coach(es) should submit prior to the end of the warm-up. The Head Judge of the competition will work in conjunction with the Chief Judge of the event to assign a value or prohibit the skill. As with the CCP system, certain dance elements not listed in the CCP Code of Points or on the Supplemental Skills chart may be assigned a temporary VP based on the “root skill” of the element.
- Higher value parts can replace lower value parts, but not the reverse, provided the skills performed are within the difficulty restrictions of the level. The replacement is on a 1 to 1 basis, regardless of the point value. There is no restriction on the difficulty of dance elements performed across all levels on balance beam and floor exercise.
 - e.g. Level 3 FX: 5 A's, 1 B = 6 Value Parts Required. Gymnast performs: 4 A's, 2 B's. 1 “B” replaces missing the “A”.

b. **Short Routines:** If a routine on Bars has 4, or fewer, counting skills, or a routine on Floor/Beam is shorter than 30 seconds, a 2.00 deduction is taken from the final score.

F. WAG Penalties and Technical Directives:

TABLE OF PENALTIES

Jump to Handstand, Fall to Straight Flat Back Position on Stacked Mats Vault (Level 1 & 2):

General Faults	↑ 0.30 ↑ 0.30	Failure to maintain a straight body position ● Arch ● Pike
	Each phase up to 0.30	Legs bent
	Each phase up to 0.20	Legs separated
	Each phase up to 0.10	Incorrect foot form
	Each phase up to 0.10	Incorrect head alignment
	↑ 0.30	Deviation from a straight direction
	↑ 0.30	Insufficient dynamics (<i>speed/power</i>)
	VOID	Assistance of coach after gymnast achieves hand support on the mat stack
	VOID	Gymnast never achieves vertical and returns to the board or lands on the mat stack between the board and hand placement. (Considered as "incorrect vault")
	VOID	Performing incorrect vault (i.e., squat on, etc.)
	VOID	Assistance of coach from board to mat stack (No deduction for coach standing between board & mat stack)
	No Deduction VOID	Run-approach without executing the vault (Balk) Touching the springboard or mat stack
	Flight Phase	
Handstand Support Phase	↑ 0.50	Arms bent
	<u>2.00</u>	Completely bent arms causing head to contact mat
	↑ 0.30	Incorrect shoulder alignment (showing a shoulder angle less than 180°)
	↑ 2.00	Failure to show an inverted vertical position from hands to hips (performing a forward rolling action)
	↑ 1.00 0.05 – 0.50 0.55 – 1.00	Contacting the mat stack with the hands after vertical ● Contact from 1° - 45° past vertical ● Contact from 46° - 89° past vertical
	↑ 0.30	Additional hand placements (taking steps/hops on hands)
	<u>3.00</u>	Failure to contact mat with both hands (performs a front layout or touches with only one hand)
Landing Phase	↑ 1.00	Failure to finish in a straight lying position on the back
	<u>1.00</u>	Gymnast lands on her feet, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her seat with a 90° hip angle, salutes, and steps off the mat.
	<u>0.50</u>	Gymnast lands on her back with an arch and bent legs, salutes, and steps off the mat.
	Note: If the gymnast makes any of the above execution errors, then lies back to a straight lying position, no deduction for failure to finish on the mat in a straight lying position is taken; however, execution deductions may be applied for the post handstand phase. The evaluation finishes when the gymnast arrives in a straight lying position.	

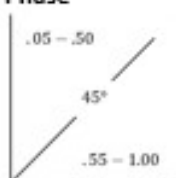


TABLE OF PENALTIES

Tuck/Straddle Through and Layout Tuck/Straddle Through Vaults (Level 1 & 2):

General Faults	Each phase 0.05	Flexed feet
	Each phase ↑ 0.10	Knee/leg separation
	Each phase ↑ 0.20	Body position
	Each phase ↑ 0.30	Bent knees (aside from landing)
	↑ 0.30	Insufficient dynamics
	VOID	Spotting assistance during the vault
	VOID	Failure to land on the soles of the feet first
	No Deduction VOID	Run-approach without executing the vault (Balk) Touching the springboard or mat stack
Pre-Flight Phase	No Deduction 0.05 – 0.15 0.20 – 0.30	Height of hips – <i>tuck/straddle through</i> : At horizontal (90°) Within 45° from horizontal (45° - 89°) More than 45° from horizontal (0° - 44°)
	No Deduction 0.05 – 0.20 <u>0.30</u>	Height of hips – <i>layout tuck/straddle through</i> : At 45° or more above horizontal Between horizontal and 45° above horizontal (1° - 44°) At horizontal
Support Phase	↑ 0.30	Bent arms (bent 90° or more = max deduction)
	↑ 0.30	Shoulder angle
	<u>0.30</u>	Brush vault without full hand support
	↑ 0.50	Too long in support
	<u>1.00</u>	Touch with only one hand on the table
	VOID	No touch on the table
Post-Flight Phase	<u>0.10</u>	Deviation from a straight direction
	↑ 0.30	Insufficient length
	↑ 0.50	Insufficient height
	↑ 0.30	Insufficient extension of body on landing
Landing Phase	↑ 0.10	Slight hop or adjustment of feet
	<u>0.05</u>	Landing dismount with feet hip-width apart or closer but never DPins feet (if stuck)
	<u>0.10</u>	Landing dismount with feet more than hip-width apart (if stuck)
	<u>0.10</u>	Extra steps (per step) – Max 0.40
	<u>0.20</u>	Large steps or hops (more than 1 metre) – Max 0.40
	↑ 0.20	Incorrect body posture on landing
	↑ 0.30	Squat on landing
	<u>0.10</u>	Extra arm swings
	↑ 0.20	Additional trunk movements to maintain balance
	↑ 0.30	Slight brush/touch of 1 or 2 hands on mat (no support)
	<u>0.50</u>	Support on mat with 1 or 2 hands
	<u>0.50</u>	Fall on mat to knee(s) or hips
	<u>0.50</u>	Fall against apparatus
VOID	Landing in a sitting, lying, or standing position on table	

TABLE OF PENALTIES

General Execution & Amplitude Faults for All Other Vaults:

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
First Flight Phase				
Incorrect foot form (flexed or sickled)	x			
Incorrect LA (long axis) turn	x	x	x	
Poor Technique				
- Hip angle	x	x		
- Arched body	x	x		
Incorrect leg form				
- Legs crossed	x	x		
- Legs separated	x	x		
- Knees bent	x	x		
Support/Repulsion Phase				
Poor technique				
- Staggered/alternate hand placement on all vaults	x			
- Shoulder angle	x	x		
- Arched body	x	x		
- Alternate repulsion from hands	x	x		
Prescribed LA turn begun too early	x	x	x	
Additional hand placements (taking steps/hops on hands)	x	x	x	
Arms bent (bent 90° or more = max deduction) (small bend of lead arm acceptable for gr. 3 vaults)	x	x	x	↑0.50
Touch with only one hand on the table (Taken by D Panel from FS)				<u>1.00</u>
Head contacting table during support phase (includes 0.50 for arm bend)				<u>2.00</u>
No touch on the table				VOID
Angle of Repulsion				
- leaves table by vertical (no deduction)				
- from 1° - 45°				0.05-0.50
- from 46° to horizontal				0.55-1.00
Too long in support	x	x	x	↑0.50
Second Flight Phase				
Incorrect foot form (flexed, sickled)	x			
Prescribed LA turn begin too late	x	x	x	↑0.50
Incorrect leg form				
- Legs crossed	x			
- Legs separated	x	x		
- Knees bent	x	x	x	
Insufficient exactness of LA turn	x			
Under-rotation of salto vaults	x			
Insufficient exactness of body position				
- Insufficient tuck or pike	x	x	x	
- Tuck = min 90° bend in hips and knees (allow of more open position in twists in tuck position)				
- Pike = min 90° bend in hips, 91°-135° = insufficient pike				
- Insufficient stretched position (ideal = 180°)				
- Arch	x	x	x	
- Hip angle 136°-179° insufficient stretched position	x	x	x	↑0.50
Insufficient height	x	x	x	↑0.50
Insufficient length	x	x	x	
Insufficient extension (open) of body before landing				
- Insufficient and/or late extension (tuck/pike vaults)	x	↑0.25		
- Total absence of extension (tuck/pike vaults)			<u>0.30</u>	
Failure to maintain stretched body (pike down of stretched vaults)	x	x	x	
Late completion of the twist	x	x	x	
Brush or hit of body/head on table during post flight	x	x		

TABLE OF PENALTIES

General Execution & Amplitude Faults for All Other Vaults:

Faults deducted by D & E Panel	↑0.10	↑0.20	↑0.30	MORE
Landing				
Slight hop or small adjustment of feet	x			
Extra arm swings	x			
Additional trunk movements to maintain balance	x	x		
Incorrect body posture on landing	x	x		
Extra steps (per step)	<u>0.10</u>			Max 0.40
Very large step or jump (approximately 1 metre or more)		<u>0.20</u>		Max 0.40
Squat on landing (hips even with or lower than knees)	x	x	x	
Slight brush/touch of 1 or 2 hands on mat (no support)	x	x	x	
Support on mat with 1 or 2 hands				<u>0.50</u>
Fall on mat to knee(s) or hips				<u>0.50</u>
Fall against apparatus				<u>0.50</u>
Prescribed LA turn incomplete - 1° - 30° missing - 31° - 60° missing - 61° - 89° missing - 90° or more missing	x	x	x	Lower value
Deviation from a straight direction (determined by initial contact with mat)	x	x	x	
Insufficient dynamics	x	x	x	
Support on mat with 1 or 2 hands				<u>0.50</u>
Fall on mat to knee(s) or hips				<u>0.50</u>
Landing in a sitting, lying, or standing position on top of table				VOID
Fall against apparatus				<u>0.50</u>
Other Deductions				
Use of chalk as markers on vault runway (D1, in consultation with CHJ, from FS)		<u>0.20</u>		
Coach standing between board and table (not applied for round-off entry vaults)				<u>0.50</u>
Spotting assistance upon landing				<u>0.50</u>
Vault w/o signal from D1 (taken by D Panel from FS)				<u>0.50</u>
Failure to land on the sole of the feet first				VOID
Spotting assistance during the vault				VOID
Run approach w/o execution of the vault (balk) & touching springboard or table				VOID
Failure to use safety collar mat for round-off entry vaults				VOID

TABLE OF PENALTIES

General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise₁

Faults deducted by D & E Panel		↑0.10	↑0.20	↑0.30	MORE
Bent arms in support or legs - 90° bend or greater = 0.30 deduction - Max of 0.30 for arms & 0.30 for legs on any one element	each	x	x	x	
Leg and knee separation	each	x	x		
Flexed, sickled feet on/during Value Part elements	each	<u>0.05</u>			
Legs crossed during Value Part dismounts with twist	each	x			
Insufficient exactness of Body Position - Insufficient tuck/pike position - Insufficient exactness of stretched position - Arch - Hip Angle (136°-179°)	each	x x x	x x x		
Failure to maintain stretched body position (pike down)	each	x	x		
Hesitation during jump to HB or swing to handstand (UB) Hesitation during jump, press, or swing to handstand (BB)	each	x			
Poor rhythm in elements/connections (lack of continuous tempo)	each	x	x		
Insufficient extension in kips	each	x			
Intermediate swing/cast (max 0.60 per element)	each			<u>0.30</u>	
Performing a squat/stoop/straddle on without a backward swing of the legs before placing the feet on the bar (merely lifting the hips up)	each	<u>0.05</u>			
Incorrect body posture/alignment during dance Value Parts	each	x			
Insufficient height on leaps, jumps, and hops	each	x	x		
Insufficient split position (dance/non acro flight) – deviation from 180° - 1° - 20° missing = 0.05 – 0.10 - 21° - 45° missing = 0.15 – 0.20 - 46° or more missing = lesser VP	each	x	x		
Legs not parallel to beam/floor in split or straddle pike leaps/jumps	each	x	x		
Insufficient height of saltos, aerials, and acro flight elements with hand support (BB/FX)	each	x	x		
Insufficient height (amplitude) of dismounts (UB/BB)	each	x	x	x	
Dance- Incomplete turn (Gr. 2 & 3 elements with 360° or more rotation) - 1° - 44° missing = 0.05 – 0.10 - 45° - 89° missing = 0.15 – 0.20 - 90° or more missing = lesser VP	each	x	x		
Insufficient extension (open) of body prior to landing - UB/BB dismounts & BB/FX acro	each	x	x	x	
Concentration pause (more than 2 seconds)	each	<u>0.10</u>			
Additional movement(s) to maintain balance	each	x	x	x	
Grasp on apparatus (UB/BB) to avoid a fall	each			<u>0.30</u>	
Lack of sureness (BB) of performance throughout exercise		x	x		
Relaxed/incorrect footwork in non-value parts throughout the exercise		x	x		
Relaxed/incorrect leg position/body posture/insufficient flexibility during non-value parts throughout exercise (BB/FX)		x	x	x	
Poor relationship between movement and music (e.g. not performing in time with music)		x	x		
Missing synchronization of movement and musical beat - Each time 0.05 (max 0.30 throughout exercise) - Exercise not ended with music		<u>0.05</u> <u>0.10</u>			
Insufficient artistry throughout the exercise (max 0.10 for each) - Originality/creativity of choreography in elements and connections - Quality of gymnasts' movements to reflect their personal style - Quality of expression (i.e., projection, emotion, focus)		x x x			
Insufficient dynamics - Energy not maintained throughout the exercise - Gymnast fails to make the difficult look effortless - Insufficient swingful execution throughout (UB)		x	x		

TABLE OF PENALTIES

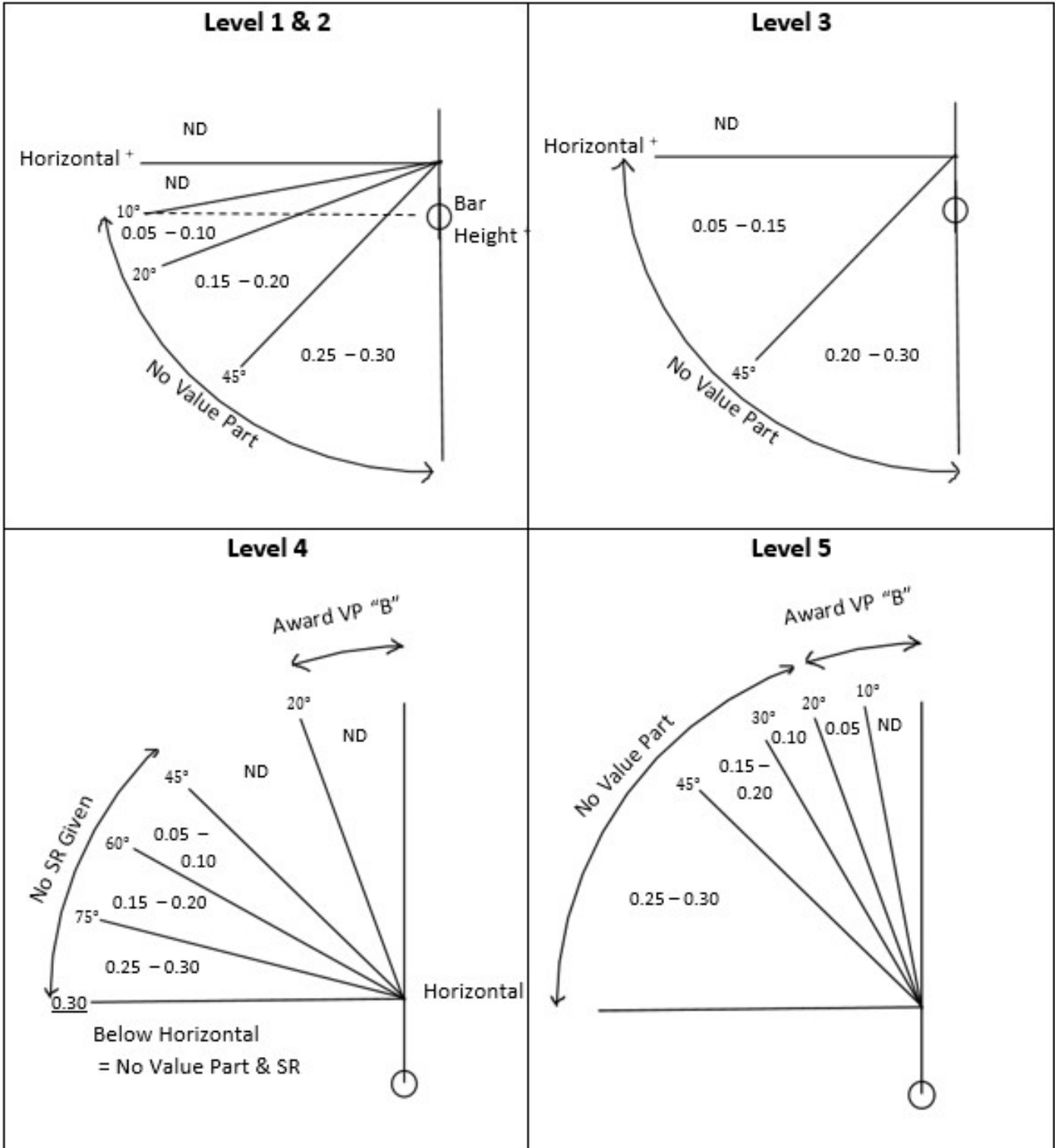
General Execution & Amplitude Faults: Uneven Bars, Balance Beam, and Floor Exercise₂

Landing Faults		↑0.10	↑0.20	↑0.30	MORE
Landing too close to apparatus on dismount (UB/BB)		<u>0.10</u>			
Slight hop or small adjustment of feet on landing of elements or dismount	each	x			
-Staggered feet on landing of dismount	each	x			
-FX acro elements (with flight): a small step after landing to finish in a <i>controlled</i> lunge is allowed with no deduction.					
Lands dismount with feet hip-width apart or closer but never DPins feet (if stuck)		<u>0.05</u>			
Extra steps on landing	each	<u>0.10</u>			
Large step or jump on landing (approximately 1 metre or more) – max 0.40	each		<u>0.20</u>		
Squat on landing (hips even with or lower than knees)		x	x	x	
Extra arm swings on landing		x			
Additional movements to maintain balance/control of UB/BB dismounts and FX acro elements (applies to “stuck” landings but uses trunk movements to avoid steps)		x	x		
Deviation from straight direction on landing		x			
Touch/brush on apparatus or mat with foot/feet (also in routine)		x	x		
Touch/brush the landing surface with one or both hands (no support)		x	x	x	
Support on mat with 1 or 2 hands					<u>0.50</u>
Fall on mat to knee(s) or hips / Fall on or against apparatus					<u>0.50</u>
Spotting assistance during an element					No VP or CR; <u>0.50</u>
Spotting assistance upon landing					<u>0.50</u>
Fall/Failure to land on the bottom of the feet first on dismount, aerials, saltos <i>Note: if the gymnast lands on the bottom of feet, hands, and knees simultaneously, award VP & SR as appropriate and deduct for fall only</i>					No VP or CR; <u>0.50</u>
Faults Deducted by D Panel from Final Score					
Overtime		<u>0.10</u>			
Unsportsmanlike conduct of gymnast (after warning)			<u>0.20</u>		
Failure to mark the boundary line on additional matting which covers the boundary line		<u>0.10</u>			
Any body part touching outside of the Floor Exercise border marking (each time)		<u>0.10</u>			
Absence of music not due to technical issues or music with words/speech (FX)					<u>1.00</u>
Failure to remove springboard after a mount (UB/BB)				<u>0.30</u>	
Coach/teammate giving assistance with verbal cues (Applied after one warning has been given) <i>If the coach instructs the gymnast by giving specific information on what to do during the routine (for example – what comes next in the routine or to repeat a missed requirement), the deduction of 0.20 is taken from the average without warning.</i>	one time		<u>0.20</u>		
Incorrect attire as listed on front page (warning must be given)	from 1 st event		<u>0.20</u>		
Coach standing next to the beam throughout the entire exercise		<u>0.10</u>			
Failure to present to D panel before and/or after exercise (each time)		<u>0.10</u>			
Failure to begin exercise within 30 sec. after being signaled by Chief Judge			<u>0.20</u>		
Gymnast begins exercise without signal from Chief Judge (must stop & repeat)					<u>0.50</u>
Coach on the floor exercise mat inside the border marking					<u>0.50</u>
Short Exercise: Uneven Bars routine with less than 5 elements					<u>2.00</u>
Short Exercise: Balance Beam/Floor Exercise routine less than 30 seconds					<u>2.00</u>
Exercise without a dismount (from SV)				<u>0.30</u>	
Performance of a restricted element (from SV)	each				<u>0.50</u>

Technical Directives

Uneven Bars

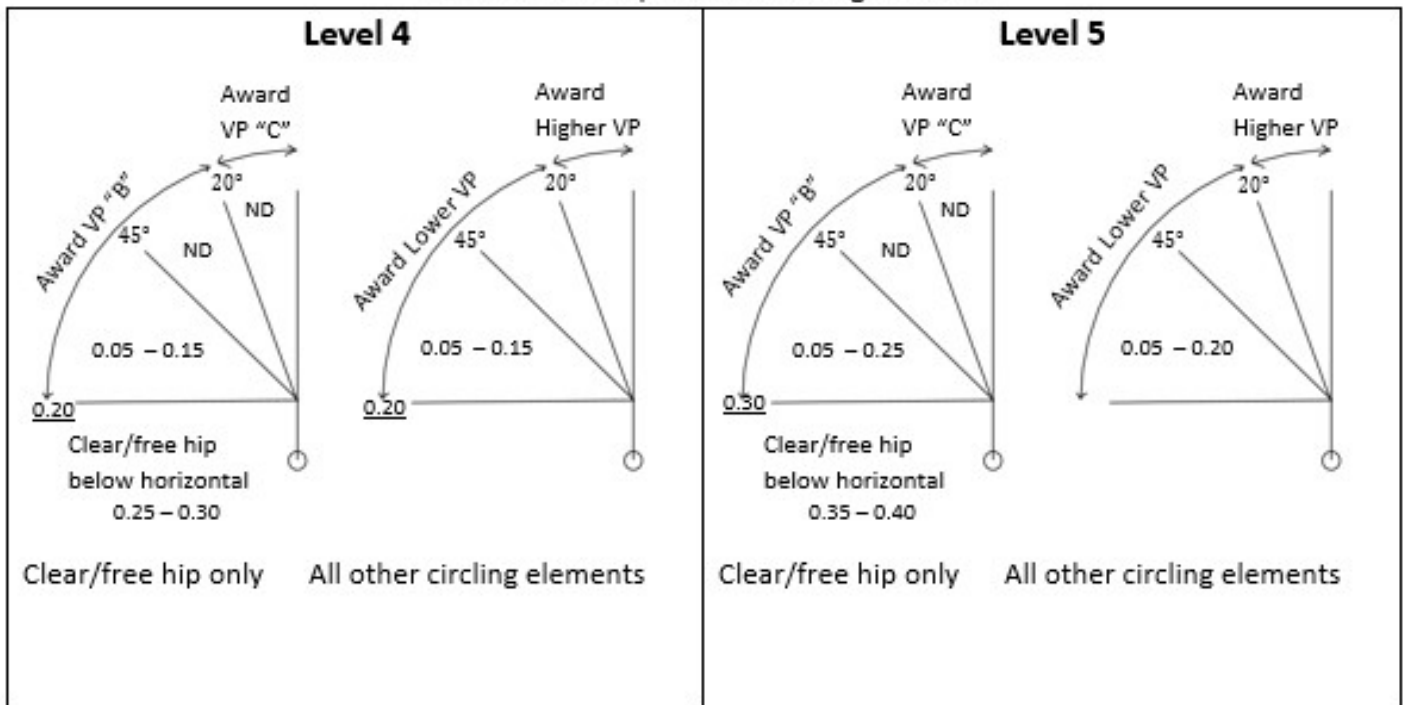
Evaluation of Amplitude of Casts
 ND = No Deduction VP = Value Part



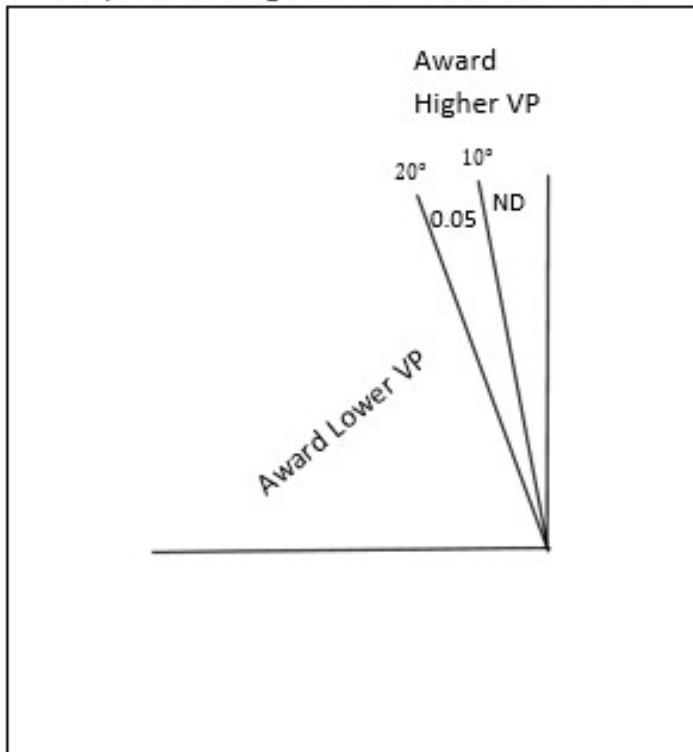
Technical Directives

Uneven Bars

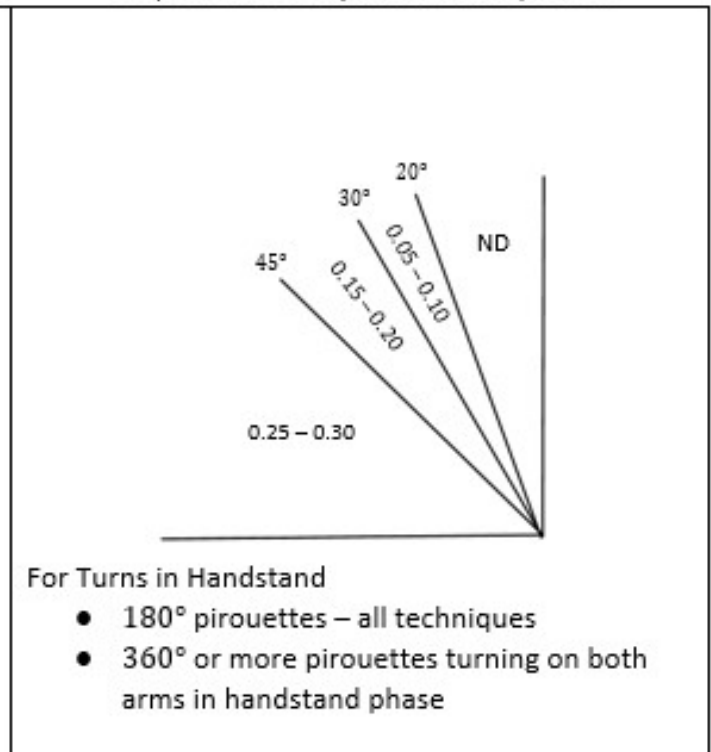
Evaluation of Amplitude of Circling Elements



Amplitude of Flights to Handstand on Low Bar



Amplitude of Body at Turn Completion

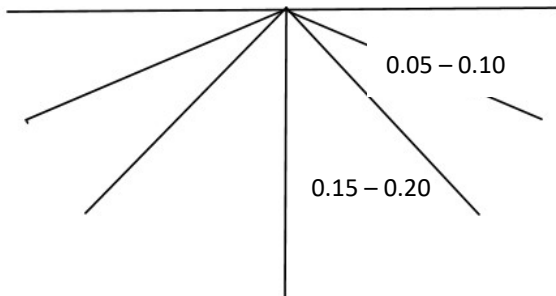


Technical Directives

Balance Beam

Insufficient Split

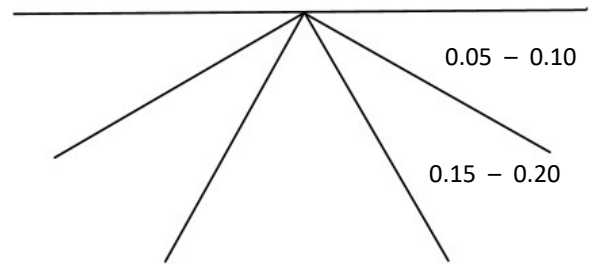
Level 1/2



1° – 45° missing, deduct 0.05 – 0.10
 46° – 90° missing, deduct 0.15 – 0.20
 91° or more missing, award Lower VP or recognize as different element

Insufficient Split

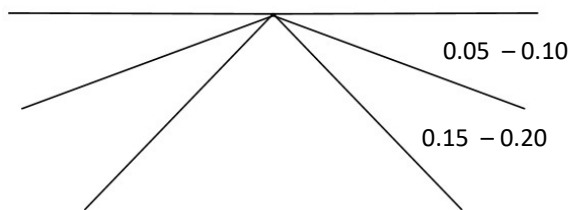
Level 3



1° – 30° missing, deduct 0.05 – 0.10
 31° – 60° missing, deduct 0.15 – 0.20
 61° or more missing, award Lower VP or recognize as different element

Insufficient Split

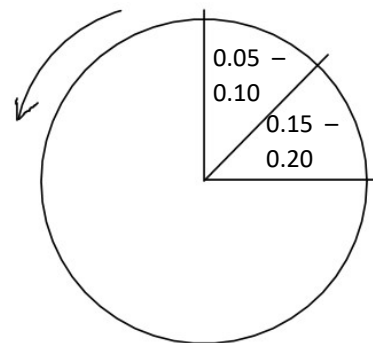
Level 4/5



1° – 20° missing, deduct 0.05 – 0.10
 21° – 45° missing, deduct 0.15 – 0.20
 46° or more missing, award Lower VP or recognize as different element

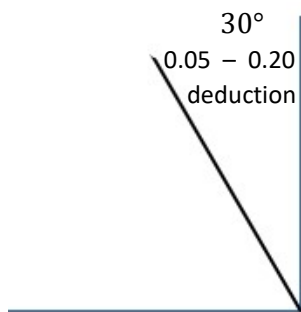
Incomplete Turns

Required end position of turn/twist



Evaluation of Amplitude of Handstand Angles

Level 1



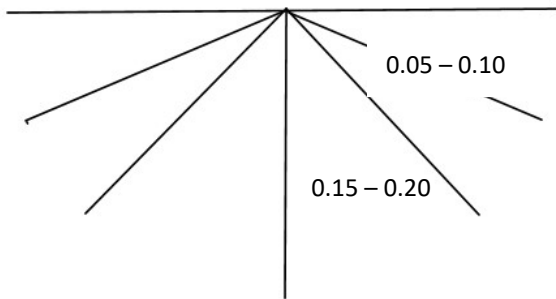
Feet must come together at or above 30° from vertical to be awarded.
 If awarded, deduct 0.05-0.20 if below vertical

Technical Directives

Floor Exercise

Insufficient Split

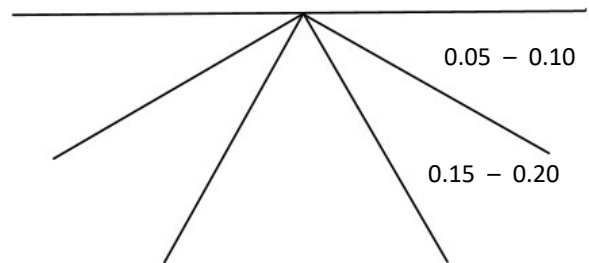
Level 1



1° – 45° missing, deduct 0.05 – 0.10
 46° – 90° missing, deduct 0.15 – 0.20
 91° or more missing, award Lower VP or recognize as different element

Insufficient Split

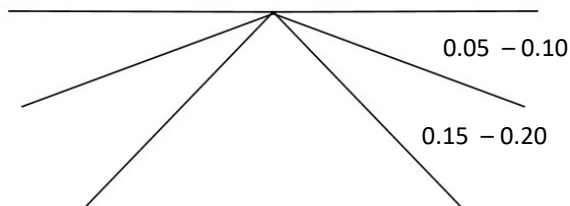
Level 2



1° – 30° missing, deduct 0.05 – 0.10
 31° – 60° missing, deduct 0.15 – 0.20
 61° or more missing, award Lower VP or recognize as different element

Insufficient Split

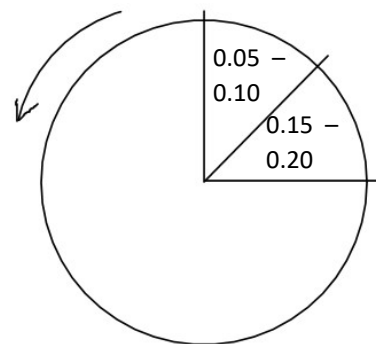
Level 3⁺



1° – 20° missing, deduct 0.05 – 0.10
 21° – 45° missing, deduct 0.15 – 0.20
 46° or more missing, award Lower VP or recognize as different element

Incomplete Turns

Required end position of turn/twist



Technical Directives

Chief Judges Deductions

Takes the deduction from the Average Score for the following infractions. The deduction must be indicated to the Coach either verbally or by visual means at the conclusion of the exercise. (This is an abbreviated list)

Overtime	<u>0.10</u>
Coach standing between the Bars or next to Beam throughout the entire exercise	<u>0.10</u>
Any part of the body touching outside of the Floor Exercise border marking.	<u>0.10</u> each time
Failure to present before and after exercise. It is required to present to the Chief Judge before the exercise. Presentation to a judge is not required at the end of the exercise.	<u>0.10</u> each time
Failure to mark the boundary line on additional mats , which covers the boundary line.	<u>0.10</u>
Gymnast fails to begin exercise within 30 sec. after the Chief Judge signals to begin	<u>0.20</u>
Unsportsmanlike conduct of Gymnast (after warning)	<u>0.20</u>
Incorrect padding (Gymnast wearing heel / hip pads on bars). <ul style="list-style-type: none"> If the Chief Judge notices the heel pads prior to the Gymnast's mount, a warning must be given. If the Gymnast wears the heel pads during her exercise (whether warned previously or not), the deduction must be taken. 	<u>0.20</u>
Failure to observe specified warm-up time (after a warning). <ul style="list-style-type: none"> Deduction is taken from the Event score This deduction applies only to the practice of an element(s). <ul style="list-style-type: none"> If a Gymnast is preparing for a skill or dismount when time is called, she may continue to finish the skill(s) and / or dismount without penalty. There is no deduction for jumping on the board and / or briefly touching the apparatus immediately prior to competition on UB or BB. If the Gymnast fails to leave the apparatus after "Time" has been called, the Timer must warn the Gymnast by announcing "Time Exceeded". If the Gymnast remains on the apparatus, the Timer reports the infraction to the Chief Judge, who then deducts 0.20 from the Average score. 	<u>0.20</u>
Technical Verbal Cues by Coach or Teammate(s) to own Gymnast (after a warning). <ul style="list-style-type: none"> The judge(s) must hear the words. EXAMPLES of technical cues: "hollow", "pull" etc. EXCEPTION: If the Gymnast is competing and the Coach instructs her by giving specific information on what to do during the routine, a deduction of 0.20 is taken from the Average without a warning. 	<u>0.20</u>
Incorrect attire – includes unacceptable jewelry (after a warning) <ul style="list-style-type: none"> Unacceptable jewelry is not allowed during warm-ups or competition. Deduction applied to the first event competed after a warning. Meet Referee must inform the Chief Judge at any subsequent events, so no further penalty will be taken. Deduction is taken one time only. 	<u>0.20</u>
Excessive use of magnesia (Chalk) or Incorrect use of Tape <ul style="list-style-type: none"> Small chalk markings may be placed on the Beam (tape markings are not allowed). Spreading of magnesia on the Floor Exercise area is not allowed; only small marks are allowed. No Velcro or tape markings are allowed within the Floor Exercise area. Use of tape or excessive magnesia (chalk) is not permitted on the Vault Table. Athletic tape or Velcro strips (NO CHALK) may be placed on the Vault runway, provided that such markings are removed no later than the end of the rotation. 	<u>0.20</u>
Use of unauthorized or Additional Mats, Springboard on unauthorized surface, or use of Hand Placement Mat for traditional approach Vaults	<u>0.30</u>
Failure to remove the board after the mount	<u>0.30</u>
Failure to remove board or authorized spotting device after a release element	<u>0.30</u>

Starting the exercise before the signal is given (deduct from repeated performance). <ul style="list-style-type: none"> ● If the Gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately. 	<u>0.50</u>
Coach on the Floor Exercise area inside the border marking <ul style="list-style-type: none"> ● No deduction if Coach is in the Floor Exercise area to remove an object fallen from Gymnast (i.e., metal hair clip, eyeglasses, etc.). ● No deduction to adjust the placement or to remove a skill cushion. 	<u>0.50</u>
Absence of music or music with words or song / speech	<u>1.00</u>
Performance of a One-arm Vault: <ul style="list-style-type: none"> ● At least half of the vault panel must see that only one hand touched the Vault Table. 	<u>1.00</u>
Short Exercises (applies to complete or incomplete routines) <ul style="list-style-type: none"> ● Uneven Bar routine with less than 5 Value Parts ● Balance Beam and Floor Exercise routines – less than 30 seconds 	<u>2.00</u>