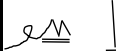
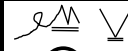
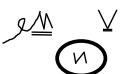
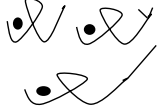


UNEVEN BARS

Deductions

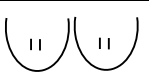
Level 3 Bars													Rev 7/2021:JPF	
Elements	Glide return		back hip pullover		OR Glide Kip		Castt		Back hip circle, Back hip circle		Forward hip circle		Squat on Stretch jump dismount	
Value	2		4		6		2		4 each		4		6	
Symbol														
Deductions	Not both feet	0.1	hands on bar	0.1	Not both feet	0.1	body alignment	↑.2	neutral head	e↑.1	hollow body	↑.1	alternate feet	0.2
	Run glide	0.3	step/hop/jump	e 0.1	Run glide	0.3	control	↑.1	hollow body	e↑.2	No small cast	0.2	insuff swing	0.05
	lg hng swing	↑.1	1 foot take off	0.3	lg hng swing	↑.1			maintain contact	e↑.2	control	↑.1	hollow body	↑.2
	extension	↑.2	chin rests	0.3	extension	↑.2			Lack continuity	e↑.1	front support	0.5	touch HB	0.5
	legs no close	0.1	finish extend	↑.1	leg not close	0.1			Continuity both	↑.2			Not toward HB	0.5
	bend legs	↑.3												

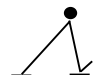
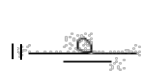
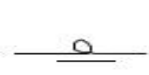
Level 4 Bars													Rev 7/2021:JPF												
Elements	Glide Kip		Cast to Horiz		Cast squat on, pike on OR 360° back sole circle		Long hang kip		Cast to Horizontal		Back hip circle		Underswing 1st counter swing (30°)		Tap swing 2nd counter swing (30°)		Tap Swing ½ Turn DM								
	6		4		2		6		4		4		6		6		6								
Value																									
Symbol																									
Deductions	Not both feet		0.1	amplitude	↑.3	alternate feet		0.2	horiz swing		↑.2	amplitude		↑.3	neutral head		↑.1	body hollow		↑.2	arch		0.1	arch	0.1
	Run glide		0.3	1 to 44 below		.05-.15	hip lift		0.05	1 to 44 below		.05-.15	body hollow		↑.2	neutral head		↑.1	hollow		↑.2	hollow		↑.2	↑.2
	lg hng swing		↑.1	at 45 below		0.2				at 45 below		0.2	thigh contact		↑.2	hips touch		0.2	amplitude		↑.2	turn early		↑.2	↑.2
	extension		↑.2	46 + below		.25-.3				46 + below		.25-.3	continuity		↑.1	30° below		↑.2	30° below		↑.2	incomplete		↑.2	↑.2
	legs no close		0.1	alignment		↑.2				alignment		↑.2				piking		↑.2	piking		↑.2	hand cont		0.3	0.3
				control		↑.1										hips open		0.3	hips open		0.3				

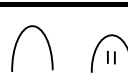
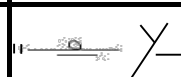
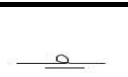
Level 5 Bars													Rev 7/2021:JPF														
Elements	Glide Kip		Cast above Horizontal		Clear hip above horizontal		OR sole circle to clear support		OR back stalder circle to clear support		Glide kip		Cast squat on, pike on OR 360° back sole circle		Long Hang Kip		Cast above Horiz		Long hang Pullover		Underswing 1st counter swing (15° below)		Tap swing 2nd counter swing (15° below)		Flyaway (tuck, pike or stretch)		
Value	6		4		6		6		6		6		2		6		4		6		6		6		6		
Symbol																											
Deductions	Not both feet	0.1	amplitude	↑.3	arch/pike	e↑.2	arch/pike	e↑.2	arch/pike	e↑.2	lg hng swing	↑.1	alternate feet	0.2	horiz swing	↑.2	amplitude	↑.3	no arch	0.1	body hollow	↑.2	arch	0.1	archtap		0.1
	Run glide	0.3	At horizontal	0.05	height	↑.3	amplitude	↑.3	amplitude	↑.3	extension	↑.2	hip lift	0.05			At horizontal	0.05	pike	↑.2	neutral head	↑.1	hollow	↑.2	hollow		↑.2
	lg hng swing	↑.1	1 to 44 below	.1-.15	hips on bar	0.6	46-89 from vert	.05-.15	46-89 from vert	.05-.15	legs no close	0.1					1 to 44 below	.1-.15	hands/bar	0.3	hips touch	↑.2	amplitude	↑.2	height salto		↑.3
	extension	↑.2	at 45 below	0.2	control	↑.1	At horizontal	0.2	At horizontal	0.2							at 45 below	0.2	baby giant	1.0	15° below	↑.2	15° below	↑.2	1 to 44 below	.1-.15	
	legs no close	0.1	46 + below	.25-.3			Below horizontal	.25-.3	Below horizontal	.25-.3							46 + below	.25-.3			piking	↑.2	piking	↑.2	at 45 below		0.2
			alignment	↑.2			weight/feet	0.6	legs in L	0.6							alignment	↑.2			hips open	0.3	hips open	0.3	46 + below	.25-.3	
						legs bent	↑.3	control	↑.1															land close		0.1	
						control	↑.1																	Shape		↑.2	
																								Extension		↑.2	

BALANCE BEAM

Deductions

Level 3 Balance Beam				Warning :45 Time :55				Rev 7/2021:JPF										
Element	Front Support Fish Pose Mount		*Cross handstand		*Heel snap (1/2) turn		Stretch jump/stretch jump		Arabesque 45*		Straight Leg Leap (90*)		2 pivot turns		*HS ¼ turn Dismount			
Value	2		6		4		4 ea		4		6		2 ea		6			
Symbol																		
Deduct	extend body	↑.1	fail to join	0.1	incorrect position	0.1	land together	e 0.1	45* arabesque	↑.2	bend leg	↑.1	sharpness	e↑.1	incorrect hand	0.1		
	continuity	↑.1	stagger hand	0.1	fail to lower heel	0.1	No land closed	e↑.1	fail to hold	↑.1	uneven	↑.2			vertical	↑.3		
	knee scale	0.3	vertical	↑.3	incorrect tech	0.3	lack continuity	0			arabesque land	0.1			no 1/4 turn	0.2		
								GENERAL							turn inc/over	↑.1		
								broke connect	0.1						contact	↑.1		
																	fail to complete	↑.6

Level 4 Balance Beam			Warning :55 Time 1:05										Rev7/2021:JPF					
Element	Front Support Fish Pose Mount		*Cartwheel		*1/2 turn in forward passe		Stretch jump		Split jump (120*)		*Cross handstand		Scale (horizontal)		Straight Leg Leap (120*)		*HS ¼ turn Dismount	
Value	2		6		4		2		4		6		4		6		6	
Symbol																		
Deduct	extend body	↑.1	simul hand	0.1	incor position	0.1	land together	0.1	uneven	↑.2	fail to join	0.1	min. horiz	↑.2	bend leg	↑.1	incorrect hand	0.1
	continuity	↑.1	No vertical	↑.3	use heel snap	0.3	No land closed	↑.1	land together	0.1	stagger hand	0.1	no hold 1 sec	↑.1	uneven	↑.2	vertical	↑.3
	knee scale	0.3							land closed	↑.1	vertical	↑.3			arabesq. land	0.1	Fail/hold 1 sec	↑.1
											no hold 1 sec	↑.1					no 1/4 turn	0.2
																	turn inc/over	↑.1
																	contact	↑.1
																	fail to complete	↑.6

Level 5 Balance Beam				Warning 1:00 Time 1:10								Rev 7/2021:JPF											
Element	Front Support Fish Pose Mount		Back Walkover		OR back roll to 3/4 handstand		OR Back handspring		OR Front Walkover		1/1 turn in forward passe		Split jump (150*)/sissonne		Scale (above horizontal)		Straight Leg Leap (150*)Stretch Jump		*Cartwheel		Back Salto Tucked		
Value	2		6		6		6		6		4		4/2		4		6/2		6/2		6		
Symbol																							
Deduct	extend body	↑.1	continue leg	↑.1	min 3/4 hndstnd	↑.2	SEE GENERAL		stagger hand	0.1	incor position	0.1	uneven	↑.2	above horiz	↑.2	bend leg	↑.1	simul hand	0.1	height	↑.3	
	continuity	↑.1	hand	0.1	back roll	0.6			< 150 split	↑.2	use heel snap	0.3	land together	0.1	no hold 1 sec	↑.1	uneven	↑.2	No vertical	↑.3	Shape	↑.2	
	knee scale	0.3	< 150 split	↑.2									land closed	↑.1	General		lack continuity	0	landing- foot	0.2	land/post	↑.2	
													land closed	↑.1					broke connect	0.1	lack continuity	0	
													land closed	↑.1					broke connect	0.1	lack continuity	0	
													land closed	↑.1			land together	0.1	broke connect	0.1	land together	0.1	
												land closed	↑.1			No land closed	↑.1	No land close	↑.1				
												land closed	↑.1										
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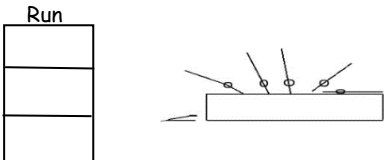
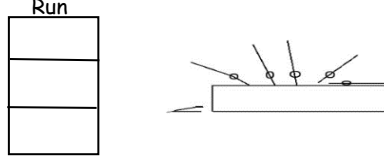
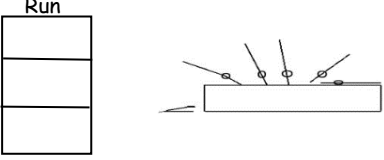
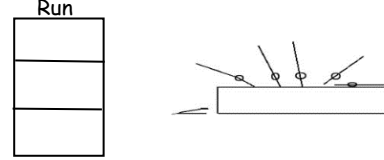
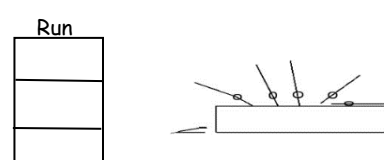
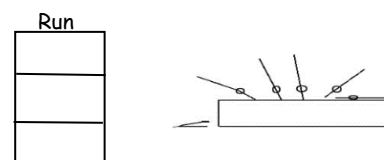
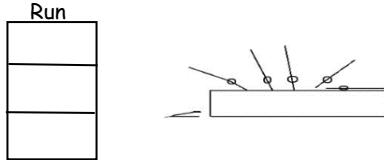
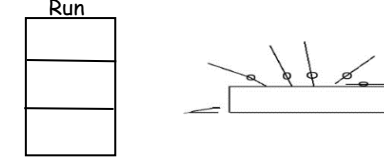
Deductions

Level 5 Floor Exercise															Rev 7/2021:JPF														
Element	Front Salto Tucked		OR *Free (Aerial) Cartwheel OR Free walkover		*Front Handspring stepout, Front Handspring stepout		*Cartwheel		Back roll to Handstand (straight arms)		*Stretch jump full turn		Straight Leg Leap (150*)		OR switch leg leap (150*)		Straddle jump (150*)		forward split		1/1 turn in forward passe		Round off		Flic Flac (2 feet)		Back salto tucked		
	6		6		6ea		4		4		4		6		6		4		2		4		4		4		6		
Symbol																													
Deduct	no tuck	0.6	vertical	↑.3	stag hands	↑.1	hand place	0.1	touch floor	0.3	legs joined	↑.1	bend leg	↑.1	bend leg	↑.1	uneven	↑.2	uneven	↑.2	leg pos	0.1	accel	0.2	squat	↑.2	no tuck	0.6	
	bend hips	↑.2	See General		join legs	0.1	vertical	↑.3	fingers	0.1	land togeth	0.1	uneven	↑.2	45° leg	0.1	land togeth	0.1			heel snap	0.3	vertical	↑.3	2 feet	0.1	extend	↑.2	
	& legs				dive	↑.2	head align	↑.1	> shoulder	0.1	land closed	↑.1			uneven	↑.2	land closed	↑.1					2 feet	0.1			stick	0.05	
					no step out	0.2			vertical	↑.3																			
					acceleration	↑.2			Back roll	0.4																			
					fast WO	0																							
															change element														
																						lack acceleration		↑.2					
Not taken if .3 for stop is applied																													

VAULT

Level 3

General Faults		Support Phase		Jump to handstand on a raised mat surface, a minimum of 32 ", fall to a straight lying position on the back	
Body Arch	↑.30	Arms bent	↑.50		
Body Pike	↑.50	head on mat	2.00		
Legs bent	ea phase ↑.30	Incorrect shoulder align.	↑.30	Run and Board Contact	
Legs separated	ea phase ↑.2	No Invert/vertical	↑ 2.00	Accelerate	↑.3
Incorrect foot form	ea phase ↑.1	hands after vertical	↑1.00	speed	↑.3
Incorrect head	ea phase ↑.1	Contact 1-45 past	.05-.5	lean	↑.3
direction	↑.30	Contact 46-89 past	.55-1.0	Landing Phase	
dynamics	↑.30	hands out of zone		Not on back	↑1.00
Spot after handstand	2.00	both	<u>0.5</u>	on feet, salutes	1.00
incorrect vault	Void	staggered	<u>0.2</u>	seat in 90' angle, salutes	0.5
Spot board to mats	Void	Steps on hands	each .1	arched/bent legs, salutes	0.5
Balk w/ touch	Void	No Hands	3.00		REV:8/17JPF

Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____	Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____
Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____	Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____
Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____	Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____
Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____	Gymnast _____ 		Direction Dynamics Aver. Landing	Score _____ _____ _____

VAULT

Level 4/5

GENERAL FAULTS		SUPPORT PHASE		2nd FLIGHT		Landing	
Pike	Each ↑.50	Inc. Shoulder align	↑.30	Height	↑.50	Slight hop	↑.10
Arch	Each ↑.30	Arms bent	↑.50	Distance	↑.30	Arm Swings	↑.10
Legs bent	Each ↑.30	Arms completely bent	2.00	Brush, touch or hit body on far end of vault table	0.3	Trunk Movement	↑.20
Legs Separate	Each ↑.20	Too long in support	↑.50			Incorrect Post.	↑.20
Foot Form	Each ↑.10	Staggered hands	↑.10			Steps	.10-.40(max)
Head align	Each ↑.10	Alternate Repulsion	↑.20			Large Step/Hop	0.2 (max .4)
Direction	↑.30	Not leaving@vertical	↑1.00			Squat	↑.30
Dynamics	↑.30	1-45 past vertical	.05-.5	Contact:			
Aid of Coach	L 4 	46-89 past vertical	.55-1.0	Brush, touch, hit		0.30	
1 st , support, 2nd	L-4 – 2.00	Add Hand Placement	Each 0.1	Support		0.50	
	L-5 - VOID	1 hand	CJ 1.00	No Feet 1st		2.00- Include Fall	
Aid on Landing	0.5	No hands	VOID	Rev 8/17:JPF		Sit/Lay on Table	2.00 +.50 Fall=2.5
Incorrect Vault	VOID						
Balk w/touch	VOID						

Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.	Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.
Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.	Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.
Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.	Gymnast _____ body legs feet head body legs feet Direction Vertical Arms Height Distance Too Score Aver.

UNEVEN BARS

Level 3

Glide return	back hip pullover	OR Glide Kip	Cast	Back hip circle, Back hip circle	Forward hip circle	Squat on Stretch jump dismount
2	4	6	2	4 each	4	6
						
#	Score				AVG	
#	Score				AVG	
#	Score				AVG	
#	Score				AVG	
#	Score				AVG	

UNEVEN BARS

Level 4

Glide Kip	Cast to Horizontal	Cast squat on, pike on OR 360* back sole	Long hang kip	Cast to Horizontal	Back hip circle	Underswing 1st counter swing (30*)	Tap swing 2nd counter swing (30*)	Tap Swing ½ Turn DM
6	4	2	6	4	4	6	6	6
		  				 	 	
#	Score				AVG			
#	Score				AVG			
#	Score				AVG			
#	Score				AVG			
#	Score				AVG			

UNEVEN BARS

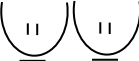
Level 5

Glide Kip	Cast above Horizontal	Clear hip above horizontal	OR sole circle to clear support	OR back stalder circle to clear support	Glide Kip	Cast squat on, pike on OR 360* back sole circle	Long Hang Kip	Clear hip above horizontal	Long hang Pullover	Underswing 1st counter swing (15* below)	Tap swing 2nd counter swing (15* below)	Flyaway (tuck, pike or stretched)
6	4	6			6	2	6	4	6	6	6	6
												
#gymnast								Score			AVG	
#gymnast								Score			AVG	
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#gymnast								Score			AVG	

BALANCE BEAM

Level 3

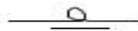
Time: 55 seconds Warning: 45 seconds

Front Support Fish Pose Mount	*Cross handstand	*Heel snap (1/2) turn	Stretch jump/stretch jump	Arabesque 45*	Straight Leg Leap (90*)	2 pivot turns	*HS ¼ turn Dismount
2	6	4	4 ea	4		2 ea	6
							
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	
#			Score			AVG	

BALANCE BEAM

Level 4

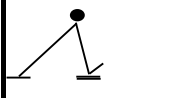
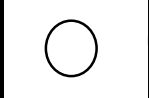
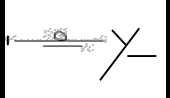
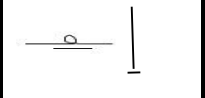
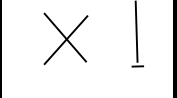
Time: 1 minute 5 seconds Warning: 55 seconds

Front Support Fish Pose Mount	Cartwheel	*1/2 turn in forward passe	Stretch jump	Split jump (120*)	*Cross handstand	Scale (horizontal)	Straight Leg Leap (120*)	*HS ¼ turn Dismount
2	6	4	2	4	6	4	4	6
								
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		
#gymnast			Score			AVG		

BALANCE BEAM

Level 5

Time: 1 minute 10 seconds Warning: 1 minute

Front Support Fish Pose Mount	Back Walkover	OR back roll to 3/4 handstand	OR Back handspring	OR Front Walkover	1/1 turn in forward passe	Split jump (150*)/sissonne	Scale (above horizontal)	Straight Leg Leap (150*) Stretch Jump	*Cartwheel Stretch Jump	Back Salto Tucked
2	6	6			4	4/2	4	6/2	6/2	6
										
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG
#gymnast							Score			AVG

FLOOR EXERCISE

Level 3

Handstand forward roll (straight arms)	Straight Leg Leap (90)	Stretch Jump	Split Jump (90*)	*Handstand/Bridge kick over	forward split	*1/2 turn in forward passe	Back roll to 45* above horizontal lower to push up	*Round off	Flic Flac (2 feet) - Rebound
6	6	2	4	6	2	4		4	6
									
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			
#gymnast			Score			AVG			

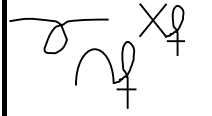
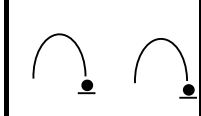
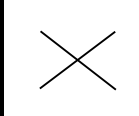
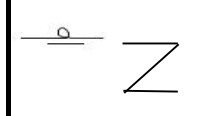
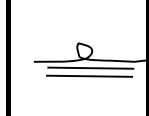
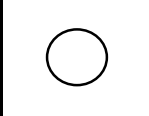
FLOOR EXERCISE

Level 4

Back walkover (150)	*Front handspring Stepout	*Cartwheel	Back roll to Handstand (straight arms)	*Stretch jump 1/2 turn	Straight Leg Leap (120*)	Straddle jump (120*)	forward split	*1/1 turn in forward passe	Round off	Flic Flac, Flic Flac (2 feet)
4	6	4	2	4	6	4			4	6 ea
										
#gymnast					Score			AVG		
#gymnast					Score			AVG		
#gymnast					Score			AVG		
#gymnast					Score			AVG		
#gymnast					Score			AVG		

FLOOR EXERCISE

Level 5

Front Salto Tucked OR *Free (Aerial) Cartwheel OR *Free walkover	*Front Handspring stepout Front Handspring stepout	*Cartwheel	back extension to Handstand (straight arms)	*Stretch jump full turn	Straight leg leap (150*) OR switch leg leap (150*)	Straddle jump (150*)	forward split	1/1 turn in forward passe	Round off	Flic Flac (2 feet)	Back salto tucked
6	6ea	4	4	2	6	6	2	4	4	4	6
											
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			
#gymnast					Score			AVG			