

GENERAL DEDUCTIONS 2023-2026

I. CHANGES IN PRESCRIBED TEXT DEDUCTION

1. Changing, reversing, or omitting a small part	0.1
2. Changing, reversing, or omitting a series of connections or major element	0.3
3. Changing or omitting an ELEMENT (.4 or greater) Value of the element plus	1.0
4. Failure to complete a MAJOR ELEMENT Up to Element Value	element value
5. Incorrect position of arms, head, or feet. (Deduct in general, not each time, according to small, medium or large errors.)	0.3
6. Adding an extra element (each)	0.3
**Changing - performing a totally different element than the element prescribed.	
**Omitting - leaving the element out completely.	

II. EXECUTION

1. Bent arms or legs	^0.4
2. Leg separation	^0.2
3. Balance errors - small, medium, large	^0.4
4. Fall	0.5
5. Repetition of a missed element (Deduct only for fall, extra swing, or extra kick up to handstand, plus all execution/amplitude errors on 1st attempt. On 2nd attempt, judging begins from the point of fall or interruption.)	No penalty
6. Incorrect body alignment, position or posture	^0.3
7. Lack of coordination on connections	0.1

UNEVEN BARS

1. Feet contacting the floor (Slight 0.1, Moderate 0.2, Full Weight 0.5)	^0.5
2. Alternate hand grasp or regaining hand grasp without supplementary support	0.3
3. Using supplementary support to regain position	0.3

- (foot against uprights, knee swing up, etc.)
4. Extra swing or cast 0.3

BALANCE BEAM & FLOOR EXERCISE

1. Incorrect leg position on any Element ^0.2
2. Failure to contract or extend (each) 0.1
3. Incorrect hand placement during acrobatic elements ^0.2
4. Lack of coordination on supple body movements (contractions) or waves 0.1
5. Grasping the beam to avoid a fall 0.3
6. Steps not on balls of feet where indicated ^0.2
7. Pivots and Toe Turns not on balls of feet ^0.2

III. AMPLITUDE

UNEVEN BARS

1. Insufficient stretch during extended positions ^0.2
2. Insufficient height during swinging & circling movements ^0.2
3. Insufficient height on dismounts ^0.3

BALANCE BEAM & FLOOR EXERCISE

1. Insufficient amplitude on connections 0.1
2. Insufficient height on leaps and jumps ^0.2
3. Insufficient repulsion on flight elements ^0.3
4. Insufficient height on beam dismounts ^0.3

IV. RHYTHM

1. Lack of continuity in connections 0.1
2. Improper rhythm during a major element ^0.2
3. Overall rhythm during the exercise - (Deduct in general for small or medium errors) ^0.4
4. Lack of continuity between elements
STOP (2 seconds or more) between elements .30, PAUSE
(less than 2 seconds) between elements ^0.20 ^0.3

BALANCE BEAM & FLOOR EXERCISE

1. Concentration pause before or after single elements 0.1

**V. DIRECTION AND
PLACEMENT OF ELEMENTS**

BALANCE BEAM & FLOOR EXERCISE

1. Error in line of direction or spacing of a single element	0.1
2. Error in line of direction of acro/gym series	0.2
3. Error in line of direction or placement of whole section of floor pattern	0.3

VI. LANDING

1. Landing heavy or uncertain (any body movement)	^0.2
2. Taking one full step or slight hop after landing (up to 3 steps) (each)	0.1
3. Excessive pike or squat upon landing	^0.4
4. TOUCHING the apparatus or floor	0.3
5. SUPPORT of one or both hands against the apparatus or floor	0.5
6. FALL against the apparatus or floor (including hips and knees)	0.5

**VII. DEDUCTIONS TAKEN
FROM THE AVERAGE BY THE
SUPERIOR JUDGE**

1. Overtime (judging continues from when time is called)	0.1
2. Any part of body touching outside the Floor Exercise area (each time)	0.1
3. Use of unauthorized mats	1.0
4. Springboard on an unauthorized surface	1.0
5. Performing on wrong apparatus specifications for age division	0.5
6. Assistance or Spotting from coach	0.5
Coach spots without touching gymnast	No penalty
Coach facilitates element	Element value + .5
Coach assists element without facilitation	0.5
Coach spot on floor during CARA Compulsory routine	0.5
7. Coach touching the apparatus or blocking the view of judges (each)	0.2
8. Incorrect attire (after deduction is taken, let the coach know)	0.1

9. Lack of presentation before and after exercise (each)	0.1
10. Failure to observe specified warm up area	0.5

VIII. TIMING PROCEDURES:

UNEVEN BARS

When a gymnast falls from the bars she has 45 seconds to remount and resume her routine. A 5 second remaining warning will be given. The timing of the fall watch stops when the gymnast has resumed the exercise with a value part. The exercise is terminated if the gymnast fails to resume the exercise within 45 seconds.

BALANCE BEAM TIMING

- a. When the gymnast falls to the floor, the 45 second fall time begins.
- b. When the gymnast remounts the beam (leaves the floor), the 45 second fall time stops.
- c. If the 30 second fall time is exceeded, the exercise is terminated.
- d. The timer will give a verbal notification of 5 seconds remaining for remounting after a fall.

IX. MISCELLANEOUS INFORMATION

1. Allowable Range of Scores:	0.2
9.50 - 10.0	.20
8.50 - 9.45	.30
6.00 - 8.45	.50
Below 6.00	1.0

**Courtesy score 3.0

2. Termination of exercise due to injury. If gymnast performs most of exercise and does not continue, give credit for elements performed.

Compulsory 2 Vault

HANDSTAND FLATBACK onto MAT STACK w/SPRING BOARD 8.6 **w/ MINI TRAMPOLINE or T Trainer** 8.1

Compulsory 2 competitive gymnasts get one vault attempt, unless the first vault is void. Two running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A third approach is not permitted.

BOARD MECHANICS 1.0 MAX

Underarm Lift	^0.3
Chest Position (Lean)	^0.5
Execution	^0.2

PRE-FLIGHT PHASE 2.0 MAX

Hip Angle	^0.5
Arched Body	^0.5
Head Position	^0.3
Legs Separated	^0.3
Knees Bent	^0.3
Execution	^0.2
Legs Crossed	^1.0
Incorrect foot form (flexed, sickled)	^1.0

SUPPORT PHASE 2.6 MAX

Contact angle	^0.5
Hip angle	^0.5
Arched body	^0.5
Head Position	^0.3
Legs Separated	^0.3
Knees Bent	^0.3
Bent arms (bent 90° or more = maximum deduction)	^1.50
Additional hand placements (taking steps/hops on hands) each	0.10 ^1.30
No Handstand (performs a roll)	^2.0
Staggered/alternate hand placement	^1.10
Alternate repulsion from hands	^1.20
Too long in support	^1.50
Touch with only one hand on the mat stack (CJ)	^1.0

No hand contact on the mat stack	Void
Head contacting mat stack during support phase (includes .5 deduction for extreme arm bend)	2.0

LANDING POSITION **1.0 MAX**

Incorrect body posture on landing (body parts contact mat at different times / rolling out)	0.5
Additional trunk movements to maintain balance	^0.20
Deviation from a straight direction (determined by initial contact with mat)	^0.30
Landing in a sitting or standing position on top of the mat stack	^0.5

NEUTRAL DEDUCTIONS **1.0 MAX**

Dynamics	^0.3
Incomplete attempt that comes to a rest (landing in a sitting, lying or standing position) or support on top of the mat stack. a BALK.	Void
Note: A balk is an incomplete attempt that results in a fall during the run, stops mid-run, runs off the runway, board, or vault table without coming to a rest or support on the top of the vault table. One balk is allowed and counts as one of the three attempts without penalty. A second or third balk counts as a void vault and receives a score of zero. A fourth attempt is not permitted.	
Second or third balk	Void
Spotting assistance	0.5
Coach facilitates the vault in first flight phase	1.0
Coach facilitates the vault in second flight phase	1.0

Compulsory 2 Uneven Bars

All skills in the routine should be continuous. Refer to the rhythm section under general deductions for stops and pauses.

Element (Value)	Fault	Deduction
Glide Swing (0.8)		
	Failure to show a hollow body position upon contact of the bar	0.2
	Failure to maintain hollow through glide	0.2
	Insufficient extension at end of glide	^0.2
	Feet touch the ground between connected glides	0.5
Glide Swing (0.8)		
	Failure to show a hollow body position upon contact of the bar	0.2
	Failure to maintain hollow through glide	0.2
	Insufficient extension at end of glide	^0.2
Pullover (0.6)		
	Failure to join legs in pike position	0.4
	Failure to finish in an extended front support	0.2
Cast 45° (0.2)		
	Insufficient Amplitude of Cast	0.2
Back Hip Circle (0.6)		
	Performing in a tuck position	0.3
	Hands leaving bar during skill	0.3
Pike Press Hold (0.8)		
	Insufficient shoulder lean over bar	^0.3
	Shoulders not engaged (shoulders near ears)	^0.3
	Bent arms	0.1
	Insufficient height on press (should be to top of knee caps)	0.1
	Insufficient hold (less than 2 seconds)	0.1
*Undershoot (0.8)		
	Failure to pass 45° inverted position with hips/thighs on bar	^0.3

Insufficient rise
Excessive pike

$\wedge 0.2$
 $\wedge 0.2$

Compulsory 2 BEAM

Element (Value)	Fault	Deduction
Mount: Swing Leg, Straddle Sit, Press to Squat (0.6)		
Swing Leg (0.2)	Failure to show described position	^0.2
Straddle Sit (0.2)	Failure to show described position	^0.2
Press to Squat (0.2)	Failure to show described position	^0.2
	Leg swing one time to achieve squat	no deduc.
High Relevé (0.1)		
	Failure to show described position	^0.1
High Kick (0.2)		
	Leg below horizontal	^0.2
See-Saw (0.8)		
	Failure to pass through lever	0.1
	Failure to maintain split	0.1
	Failure to transfer weight w/torso at a minimum of 60°	^0.4
Pivot - Step High Relevé - Pivot (0.6)		
	Ankles not hitting high relevé	0.1
	Incomplete rotation (each pivot)	0.1
Tuck Jump (0.6)		
	Knees below horizontal	^0.3
	Insufficient height on jump	^0.2
Straight Jump (0.2)		
	Insufficient height on jump	^0.2
	Inability to maintain stretch body position	^0.2
Arm Cross Pose (0.1)		
	Failure to show described position	^0.1
4-Count 1/2 (180°) Turn (0.4)		
	Failure to show described positions	(each) ^0.1
	Incomplete or over rotation	^0.2

High Kick (0.2)

Leg below horizontal ^0.2

Dismount: Side Handstand (0.8)

Failure to pass through lever 0.1

Legs coming together late 0.1

Failure to hold for 1 second 0.1

Failure to align hips with beam (show vertical in torso) ^0.3

Failure to show control to landing ^0.2

Compulsory 2 FLOOR

Element (Value)	Fault	Deduction
Bent Knee Pose (0.1)	Failure to show described position	0.1
High Relevé (0.1)	Failure to show described position	0.1
Candlestick (0.2)	Failure to show flat hips (piked position)	0.1
	Failure to hold for 1 second	0.1
Tuck Jump (0.4)	Failure to lift knees to chest with chest lifted	^0.2
	Insufficient Height on jump	^0.2
Side Arm Pose (0.1)	Failure to show described position	0.1
High Kick (0.2)		
	Leg below horizontal	^0.2
Cartwheel to Lock (0.8)		
	Lack of stretch through vertical	^0.2
	Failure to pass through lever	0.1
	Failure to finish in 5th Position High Relevé	0.2
Back Roll to Plank (0.8)		
	Landing on anything other than feet (knee touch)	^0.4
	Bent arms in the plank position	^0.2
	Failure to hold plank	^0.2
Pose (0.1)	Failure to show described position	0.1
Pivot (0.1)	Failure to lift heels off floor	0.1
Chassé (0.2)	Amplitude	0.1
	Toe Point	0.1
Chassé (0.2)	Amplitude	0.1

Split Leap 90° (0.6)	Toe Point	0.1
	Failure to reach minimum 90° Split	^0.2
	Bending lead leg to a stag	0.2
	Amplitude	^0.2
High Kick (0.2)	Failure to kick to horizontal or above	^0.2
1/2 Turn (0.6)	Incomplete turn	^0.3
	Incorrect leg or foot position	^0.2
	Over rotation of turn	^0.1
Pose (0.1)	Failure to show described position	0.1
High Kick (0.2)	Failure to kick to horizontal or above	^0.2
Handstand Forward Roll (0.8)		
	Failure to hold handstand for 1 second	0.2
	Heavy landing on roll	^0.2
Pike Sit Pose (0.1)		
	Failure to show described position	0.1
Bridge with Leg Extension 45° above horizontal (0.6)		
	Failure to straighten arms	^0.2
	Failure to align shoulders over hands	^0.2
	Failure to meet the minimum leg height	^0.2
	Failure to hold for 1 sec	^0.2
	Gymnast kicks over to stand up and salute	no deduc.

Compulsory 3 Vault

HANDSPRING OVER MAT STACK w/SPRING BOARD 8.6

w/ MINI TRAMPOLINE or T Trainer 8.1

Compulsory 3 competitive gymnasts get one vault attempt, unless the first vault is void. Two running approaches are permitted if the gymnast has not touched the springboard and/or the mat stack. A third approach is not permitted.

FIRST FLIGHT PHASE 2.0 MAX

Hip Angle	∧.20
Legs Separated	∧.20
Bent Knees	∧.30
Arched Body	∧.20
Legs Crossed	∧.10
Incorrect foot form (flexed, sickled)	∧.10

SUPPORT/REPULSION PHASE 3.0 MAX

Contact angle	∧.20
Arched body	∧.20
Staggered/alternate hand placement	∧.10
Alternate repulsion from hands	∧.20
Too long in support	∧.50
Bent arms (bent 90° or more = maximum deduction)	∧.50
Touch with only one hand on the mat stack (CJ)	∧1.0
No hand contact on the mat stack	Void
Additional hand placements (taking steps/hops on hands) each 0.10	∧.30
Head contacting mat stack during support phase (includes .5 deduction for extreme arm bend)	2.0

SECOND FLIGHT PHASE 1.0 MAX

Legs crossed	∧.10
Legs separated	∧.20
Bent knees	∧.30
Incorrect foot form (flexed, sickled)	∧.10
Insufficient height	∧.50
Insufficient length	∧.30

Note: When evaluating length, consider height of the gymnast, where the hands contacted the mat stack, where the feet land, and the overall trajectory (amplitude) of the second flight phase; not just the distance from where the gymnast lands in relation to the end of the mat stack.

Failure to maintain stretched body (pike down to facilitate landing) ^ .30
 Brush or hit body/head on the mat stack table during second flight ^ .20

LANDING 3.0 MAX

Slight hop or adjustment of feet or feet staggered ^ .10
 Extra arm swings ^ .10
 Additional trunk movements to maintain balance ^ .20
 Incorrect body posture on landing ^ .20
 Extra steps on landing (maximum of 4) each 0.10
 Large step or jump on landing (approx. 3 feet; maximum of 2) each 0.20
 Squat on landing (hips even with or lower than knees) ^ .30
 Brush/touch of one or both hands on mat (no support) ^ .30
 Support on mat with 1 or 2 hands 0.5
 Deviation from a straight direction (determined by initial contact with mat) ^ .30
 Fall against mat stack 0.5
 Fall on mat to knees or hips (includes steps before fall) 0.5
 Insufficient dynamics ^ .30
 Landing in a sitting, lying or standing position on top of the mat stack Void
 Failure to land on any part of the bottom of the feet first Void

NEUTRAL DEDUCTIONS 1.6 MAX

Dynamics ^0.3
 Incomplete attempt that comes to a rest (landing in a sitting, lying or standing position) or support on top of the mat stack. a BALK. Void
Note: A balk is an incomplete attempt that results in a fall during the run, stops mid-run, runs off the runway, board, or vault table without coming to a rest or support on the top of the vault table. One balk is allowed and counts as one of the three attempts without penalty. A second or third balk counts as a void vault and receives a score of zero. A fourth attempt is not permitted.
 Second or third balk Void
 Spotting assistance 0.5
 Coach facilitates the vault in first flight phase 1.0
 Coach facilitates the vault in second flight phase 1.0

Notes:

1. Vault is scored if the gymnast falls, landing on hands and bottoms of feet simultaneously.
2. If a gymnast falls and is spotted simultaneously, the gymnast is not penalized for the spot; however, a .50 deduction is taken under Execution for the fall.

Compulsory 3 Uneven Bars

All skills in the routine should be continuous. Refer to the rhythm section under general deductions for stops and pauses.

Element (Value)	Fault	Deduction
1-2-3 Glide (0.8)	Failure to show a hollow body position upon contact of the bar	0.2
	Failure to maintain hollow through glide	0.2
	Failure to close legs at end of position 2	0.2
	Failure to bring toes to bar	0.2
	Failure to return feet at or before LB	0.2
Pullover (0.8)	Failure to join legs in pike position	^0.4
	Failure to finish in an extended front support	^0.2
Front Hip Circle (0.8)	Failure to stretch body before circle	0.1
	Performing in a tuck position	0.3
	Hands leaving bar during skill	0.3
	Failure to finish in an extended position	^0.2
Cast 45° (0.2)	Insufficient Amplitude of Cast	^0.2
Back Hip Circle (0.6)	Performing in a tuck position	0.3
	Hands leaving bar during skill	0.3
	Failure to finish in an extended position	^0.2
Cast 45° (0.2)	Insufficient Amplitude of Cast	^0.2
Squat On (0.8)	Lack of control	^0.2
	Only one foot on Bar	^0.2
	Feet (or foot) outside of hands	^0.2

Failure to put at least one foot on bar	VOID
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**Stretch Jump
Dismount (0.8)**

Failure to Stand on the bar	^0.2
Lack of Control	^0.2
Not showing extension through hips before landing	^0.2
Failure to bring arms to ears during jump	^0.2

Compulsory 3 BEAM

Element (Value)	Fault	Deduction
Mount: Swing Leg, Straddle Sit, Press to Squat (0.6)		
Swing Leg (0.2)	Failure to show described position	^0.2
Straddle Sit (0.2)	Failure to show described position	^0.2
Press to Squat (0.2)	Failure to show described position	^0.2
Conga Roll Dance (0.1)		
	Failure to show described position	^0.1
High Relevé (0.1)		
	Failure to show described position	^0.1
Split Leap 90° (0.6)		
	Failure to reach minimum 90° Split	^0.4
	Insufficient height on leap	^0.2
3-Part Sissone Drill (0.6)		
	Failure to show each of 3 described positions	(each) ^0.2
High Kick (0.2)		
	Leg below horizontal	^0.2
Forward Handstand 60° (0.8)		
	Failure to pass through lever	0.1
	Failure to reach 60° or higher	^0.3
	Failure to show control throughout	^0.2
	Failure to touch toes	0.2
Side Lunge Pose (0.1)		
	Failure to show described position	^0.1
4-Count 1/2 Turn (0.4)		
	Failure to show described positions	(each) ^0.1
	Incomplete or over rotation	^0.2
Pivot Turn (0.2)		

	Ankles not hitting high relevé	0.1
	Incomplete rotation	0.1
Passé Pose (0.1)		
	Failure to show described position	^0.1
High Kick (0.2)		
	Leg below horizontal	^0.2
Cartwheel (0.6)		
	Failure to pass through vertical	^0.3
	Fail to attempt (Omitting) Element + 1.0	1.6
	Neither feet touch beam (Element + Fall)	1.1
	Coach facilitated (element + Spot)	1.1
	One foot touches beam (½ element + fall)	0.8
	Both feet touch beam (fall)	0.5
	Coach spots landing only (spot)	0.5
Crossbody Pose (0.1)		
	Failure to show described position	^0.1
Tuck Jump (0.6)		
	Knees below horizontal	^0.3
	Insufficient height on jump	^0.2
Straight Jump 1/4 Turn (0.4)		
	Incomplete or over rotation	^0.2
	Insufficient height on jump	^0.2
	Inability to maintain stretch body position	^0.2
1/4 Pivot (0.1)		
	Failure to show described position	^0.1
Round-off Dismount (0.8)		
*hurdle allowed, not required		
	Failure to pass through vertical	^0.3
	Legs coming together late	0.1

Compulsory 3 FLOOR

Element (Value)	Fault	Deduction
Split Jump 120° (0.6)	Failure to reach minimum 120° Split	^0.2
	Bent Legs	^0.2
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Handstand 1/2 Pirouette (0.6)	Failure to show forward handstand prior to hand movement	0.1
	Failure to pass through vertical	^0.2
	Incomplete or over rotation	^0.2
	Failure to control handstand before stepping down	0.1
Chassé (0.2)	Amplitude	0.1
	Toe point	0.1
Split Leap 120° (0.6)	Failure to reach minimum 120° Split	^0.2
	Bending lead leg to a stag	0.2
	Lack of amplitude	^0.2
Tuck Jump (0.4)	Knees not to chest	^0.2
	Insufficient Height on jump	^0.2
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Handstand Straight Arm Roll (0.8)	Failure to hold handstand for 1 second	0.2
	Heavy landing on roll	^0.2
	Failure to show straight arms	^0.2
Power Hurdle (0.2)	Failure to take off from 2 feet	0.2
Round-off (0.4)	Failure to pass through vertical	^0.3
	Legs coming together late	0.1
	Excessive squat	^0.2
Straight Arm Back Roll to Plank (0.8)		

	Hands not facing inward	^0.2
	Landing on anything other than feet (knee touch)	^0.4
	Uses head to push off floor	^0.2
	Failure to hold plank	^0.2
Conga Roll (0.1)	Failure to show described dance	0.1
Wolf Jump (0.4)	Lead leg not to horizontal	^0.2
	Insufficient Height on jump	^0.2
	Lower leg poor tuck position	^0.2
Straight Jump Full (360°) Turn (0.4)	Incomplete or over rotation	^0.2
	Insufficient height on jump	^0.2
	Inability to maintain stretch body position	^0.2
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Full (360°) Turn on Toe (0.6)	Incomplete turn	^0.3
	Incorrect leg or foot position	^0.2
	Over rotation of turn	^0.1
Pivot Turn (0.1)	Failure to lift heels off floor	0.1
Back Walkover to Lock in Relevé (0.6)	Lack of stretch through vertical	^0.2
	Insufficient Split (less than 150°)	^0.2
	Failure to pass through lever	0.1
	Performing back bend kick over	0.3
	Failure to finish in 5th Position High Relevé	0.2
Dance Arms (0.1)	Failure to show described dance	0.1
Front Handspring Step-out (0.6)		
	No hurdle	0.2
	Failure to step-out	0.2
	Landing in squat	^0.2

Compulsory 4 Vault

HANDSPRING OVER TABLE w/SPRING BOARD

8.6

Compulsory 4 competitive gymnasts get two vault attempts. Three running approaches are permitted if the gymnast has not touched the springboard and/or the table. A fourth approach is not permitted.

FIRST FLIGHT PHASE

2.0 MAX

Hip Angle	∧.20
Legs Separated	∧.20
Bent Knees	∧.30
Arched Body	∧.20
Legs Crossed	∧.10
Incorrect foot form (flexed, sickled)	∧.10

SUPPORT/REPULSION PHASE

3.0 MAX

Shoulder angle	∧.20
Arched body	∧.20
Staggered/alternate hand placement	∧.10
Alternate repulsion from hands	∧.20
Too long in support	∧.50
Bent arms (bent 90° or more = maximum deduction)	∧.50
Touch with only one hand on the vault (CJ)	∧1.0
No hand contact on the vault	Void
Additional hand placements (taking steps/hops on hands) each	0.10
Head contacting table during support phase (includes .5 deduction for extreme arm bend)	2.0

SECOND FLIGHT PHASE

1.0 MAX

Legs crossed	∧.10
Legs separated	∧.20
Bent knees	∧.30
Incorrect foot form (flexed, sickled)	∧.10
Insufficient height	∧.50
Insufficient length	∧.30

Note: When evaluating length, consider height of the gymnast, where the hands contacted the table, where the feet land, and the overall trajectory (amplitude) of the second flight phase; not just the distance from where the gymnast lands in relation to the end of the vault table.

Failure to maintain stretched body (pike down to facilitate landing)	∧.30
Brush or hit body/head on vault table during second flight	∧.20

LANDING **3.0 MAX**

Slight hop or adjustment of feet or feet staggered	∧.10
Extra arm swings	∧.10
Additional trunk movements to maintain balance	∧.20
Incorrect body posture on landing	∧.20
Extra steps on landing (maximum of 4)	each 0.10
Large step or jump on landing (approx. 3 feet; maximum of 2)	each 0.20
Squat on landing (hips even with or lower than knees)	∧.30
Brush/touch of one or both hands on mat (no support)	∧.30
Support on mat with 1 or 2 hands	0.5
Deviation from a straight direction (determined by initial contact with mat)	∧.30
Fall against apparatus	0.5
Fall on mat to knees or hips (includes steps before fall)	0.5
Insufficient dynamics	∧.30
Landing in a sitting, lying or standing position on top of the vault	Void
Failure to land on any part of the bottom of the feet first	Void

NEUTRAL DEDUCTIONS **1.6 MAX**

Dynamics	∧0.3
Incomplete attempt that comes to a rest (landing in a sitting, lying or standing position) or support on top of the table. a BALK.	Void
Note: A balk is an incomplete attempt that results in a fall during the run, stops mid-run, runs off the runway, board, or vault table without coming to a rest or support on the top of the vault table. One balk is allowed and counts as one of the three attempts without penalty. A second or third balk counts as a void vault and receives a score of zero. A fourth attempt is not permitted.	
Second or third balk	Void
Spotting assistance	0.5
Coach facilitates the vault in first flight phase	1.0
Coach facilitates the vault in second flight phase	1.0

Notes:

1. Vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously.
2. If a gymnast falls and is spotted simultaneously, the gymnast is not penalized for the spot; however, a .50 deduction is taken under Execution for the fall.

Compulsory 4 Uneven Bars

All skills in the routine should be continuous. Refer to the rhythm section under general deductions for stops and pauses.

Element (Value)	Fault	Deduction
Glide Kip (0.8)	Run into Glide	0.3
	Legs coming together late	0.1
	Insufficient extension at end of glide	^0.2
	Poor timing of kip	^0.2
Front Hip Circle (0.6)	Failure to stretch body before circle	0.1
	Performing in a tuck position	0.3
	Hands leaving bar during skill	0.3
Horizontal Cast (0.4)	Insufficient Amplitude of Cast	^0.3
Back Hip Circle (0.6)	Performing in a tuck position	0.3
	Hands leaving bar during skill	0.3
	Failure to finish in an extended position	^0.2
Squat On (0.8)	Insufficient Amplitude of Cast	^0.2
	Lack of control in transition to HB	^0.2
	Only one foot on bar	^0.2
	Feet (or foot) outside of hands	^0.2
	Lifting one hand at a time	^0.2
	Failure to put at least one foot on the bar	VOID
Long Hang Pullover (0.8)	Insufficient extension	^0.2
	Chest drop / failure to lift chest	^0.2
	Bent Arms (chin-up style pullover)	^0.2
Cast Push Away (0.4)		

Insufficient extension through shoulders	^0.2
Insufficient amplitude	^0.2

Long Hang Pullover (0.8)

Insufficient extension	^0.2
Chest drop / failure to lift chest	^0.2
Bent Arms (chin-up style pullover)	^0.2

Cast (0.2)

Insufficient Amplitude of Cast	^0.2
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Back Hip Circle (0.6)

Failure to finish in an extended position	^0.2
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Undershoot Counter Swing (0.8)

Failure to pass 45° inverted position with hips/thighs on bar	^0.3
Insufficient rise	^0.2
Excessive pike	^0.2
Body shape throughout	^0.2
Failure to show 60° or more of lift on counter swing	^0.2

Forward *Swing 1/2 Turn Dismount (0.8)

*tap during swing NOT required

Failure to touch hand on bar after turn	0.1
Body shape throughout	^0.2
Amplitude (below 60°)	^0.3
Leg Separation	

^0.4

Compulsory 4 BEAM

Element (Value)	Fault	Deduction
Mount: Switch leg, Swing, Straddle Sit, Swing to Squat (0.6)		
Switch Leg	Failure to show described position	^0.2
Straddle Sit	Failure to show described position	^0.2
Swing to Squat	Failure to show described position	^0.2
Elbow Shimmy (0.1)	Failure to perform described movement	0.1
High Relevé (0.1)	Failure to show described position	^0.1
Split Leap 120° (0.6)		
	Failure to reach minimum 120° Split	^0.4
	Insufficient height on leap	^0.2
Sissone 120° (0.6)		
	Failure to reach minimum 120° Split	^0.4
	Insufficient height on leap	^0.2
High Kick (0.2)	Leg below horizontal	^0.2
Full (360°) Turn on Toe (0.6)	Incomplete rotation	^0.4
	Not in passé position	^0.2
	Over rotation	0.1
High Relevé (0.1)	Failure to show described position	^0.1
Pivot Turn (0.2)	Ankles not hitting high relevé	0.1
	Incomplete rotation	0.1
Demi Plié Pose (0.1)	Failure to show described position	^0.1

High Kick (0.2)	Leg below horizontal	^0.2
Cartwheel (0.6)	Failure to pass through vertical	^0.3
	Fail to attempt (Omitting) Element + 1.0	1.6
	Neither feet touch beam (Element + Fall)	1.1
	Coach facilitated (element + Spot)	1.1
	One foot touches beam (½ element + fall)	0.8
	Both feet touch beam (fall)	0.5
	Coach spots landing only (spot)	0.5
Twist Pose (0.1)	Failure to show described position	^0.1
Tuck Jump (0.6)	Knees below horizontal	^0.3
	Insufficient height on jump	^0.2
Straight Jump 3/4 Turn (0.6)	Incomplete or over rotation	^0.2
	Insufficient height on jump	^0.2
	Inability to maintain stretch body position	^0.2
Slide Pose (0.1)	Failure to show described position	^0.1
High Kick (0.2)	Leg below horizontal	^0.2
Forward Handstand 90° (0.8)	Failure to pass through lever	0.1
	Failure to reach 90°	^0.3
	Failure to show control throughout	^0.2
	Failure to touch toes	0.2
Wolf Jump (0.6)	Lead leg not to horizontal	^0.2
	Insufficient Height on jump	^0.2
	Lower leg poor tuck position	^0.2
120° Split Jump (0.6)	Failure to reach minimum 120° Split	^0.4
	Insufficient height on jump	^0.2

Squat Turn (0.2)	Hips above knees in squat	0.1
	Incomplete turn	0.1
Hurdle (0.2)		
	Failure to hurdle into front handspring	0.2
Front Handspring Dismount (0.8)		
	Legs coming together after vertical	^0.2
	Lack of repulsion off the beam	^0.2

Compulsory 4 FLOOR

Element (Value)	Fault	Deduction
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Handstand Full Pirouette (0.6)	Failure to show square hand position prior to hand movement	0.1
	Failure to pass through vertical	^0.2
	Incomplete or over rotation	^0.2
	Failure to control handstand before stepping down	0.1
	Failure to show split in vertical before stepping out	^0.2
High Relevé Walk (3-steps) (0.1)	Failure to show described dance	0.1
Pivot Turn Pose (0.1)	Failure to show described dance	0.1
Front Handspring Step-out (0.6)		
	No hurdle	0.2
	Failure to step-out	0.2
	Landing in squat	^0.2
	Performs a front walkover	0.6
	Lack of repulsion	^0.4
Front Handspring Rebound (0.6)		
	Performs a front walkover	0.6
	Lack of repulsion	^0.4
	Failure to land on two feet simultaneously	0.1
	Landing in squat	^0.2
	Inability to maintain stretch body position or No Rebound	0.1
Side Dance Poses (0.1)	Failure to show described dance	0.1
Straddle Jump 90° (0.4)		
	Insufficient straddle position (less than 90° split)	^0.2
	Legs not horizontal	^0.2

Tuck Jump Full (360°) Turn (0.4)	Incomplete or over rotation	^0.2
	Insufficient height on jump	^0.2
	Failure to reach horizontal with knees	^0.2
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Full (360°) Turn on Toe (0.6)	Incomplete turn	^0.3
	Incorrect leg or foot position	^0.2
	Over rotation of turn	^0.1
Dance (0.1)	Failure to show described dance	0.1

Round-off (0.4)		
	Failure to pass through vertical	^0.3
	Legs coming together late	0.1
	Excessive squat	^0.2
Back Handspring Rebound (0.6)		
	Head touches floor	0.2
	Failure to land 2 feet	0.1
	Lack of flight	^0.2
	Lack of repulsion off hands	^0.2
	Failure to show rebound	0.1
Chassé (0.2)	Amplitude	0.1
	Toe point	0.1
Split Leap 150° (0.6)	Failure to reach minimum 150° Split	^0.2
	Bending lead leg to a stag	0.2
	Lack of amplitude	^0.2
Wolf Jump (0.4)	Lead leg not to horizontal	^0.2
	Insufficient Height on jump	^0.2
	Lower leg poor tuck position	^0.2
Dance (0.1)	Failure to show described dance	0.1
High Kick (0.2)	Failure to kick ABOVE horizontal	^0.2
Handstand Straight Arm Roll (0.6)		
	Failure to hold handstand for 1 second	0.2
	Heavy landing on roll	^0.2

	Failure to show straight arms	^0.2
Straddle-up to Handstand (0.4)		
	Failure to align hips over hands prior to straddle	0.1
	Failure to show straddle	0.1
	Failure to lift feet from floor simultaneously	0.1
Handstand 1/2 Pirouette (0.4)		
	Failure to show forward handstand prior to hand movement	0.1
	Failure to pass through vertical	^0.2
	Incomplete or over rotation	^0.2
	Failure to control handstand before stepping down	0.1

Pose (0.1) Failure to show described position 0.1

Back Walkover to Lock in Relevé (0.6)		
	Lack of stretch through vertical	^0.2
	Insufficient Split (less than 150°)	^0.2
	Failure to pass through lever	0.1
	Performing back bend kick over	0.3
	Failure to finish in 5th Position High Relevé	0.2
Straight Arm Extension Roll 45° to Plank (0.6)		
	Failure to hit 45° or higher	^0.2
	Hands not facing inward	^0.2
	Performs a step-out (lands one foot at a time)	0.1
	Uses head to push off floor	^0.2
	Failure to show plank	0.1

Pose (0.1) Failure to show described position 0.1