

GENERAL FAULTS & PENALTIES

-COMPULSORY UNEVEN BARS, BALANCE BEAM AND FLOOR

It is intended that all elements and connections be performed with maximum amplitude and execution in the order as written in the text. Any departures from the correct technique or performance are to be penalized according to the following Table for General Faults and Penalties.

Deductions for FALLS, EXTRA SWINGS, or lack of continuity in required series due to a fall are in addition to the execution and/or amplitude deductions. General deductions apply in addition to or in the absence of specific deductions.

Deduct all execution and/or amplitude errors leading to a fall; however, do NOT deduct for BALANCE errors leading to a fall. The total execution and/or amplitude deductions taken on a major element MAY NOT exceed the value of the element plus 0.50.

If more than half of the major elements in an exercise are performed with the assistance of the coach, then the score is determined by giving the Value Part credit for those elements performed unassisted. All applicable deductions for execution and amplitude are to be taken on all elements.

ALL ROUTINES MAY BE REVERSED IN THEIR ENTIRETY;

HOWEVER, NO SINGLE ELEMENT MAY BE REVERSED UNLESS OTHERWISE STATED.

CHANGES IN PRESCRIBED TEXT

*Changing, reversing or omitting a small part	<u>0.1</u>
*Changing, reversing or omitting a series of connections	<u>0.3</u>
*Changing a major element	Up to the value of the element
*Substituting or omitting a major element	Double the value of the element
Reversing a major element (if not allowed to be reversed)	Half the value of the element
Incomplete major element	Up to the value of the element
Incorrect position of arms, head, feet or legs (text errors) (Deduct in general - not each time- according to small, medium & large errors)	Up to 0.40
Adding an extra element	each <u>0.30</u>
Taking additional running steps into tumbling passes (Floor Exercise) (Max. 0.30 per tumbling pass)	each <u>0.10</u>
Repetition of a missed element (start judging at the point of interruption)	No penalty
Major element performed with additional twist, turn or with major change in flight	Up to the value of the element
* <i>Changing</i> = performing a variation of the element prescribed.	
* <i>Substituting</i> = performing a totally different element than the element prescribed.	
* <i>Omitting</i> = leaving the element out completely. Omitted elements may	

not be performed later in the exercise (out of order) or after the last element in the exercise

II. EXECUTION

A. UNEVEN BARS, BEAM, AND FLOOR

1. Incorrect foot form (flexed, sickled) on major elements	Each time <u>0.05</u>
2. lack of coordination on connections	Up to 0.10
3. leg separation	Up to 0.20
4. Incorrect body alignment, position or posture on major elements	Up to 0.20
5. Movement lacking dynamics (General deduction for whole exercise)	Up to 0.20
6. Incorrect foot form (flexed, sickled) during connections (General deduction for whole exercise)	Up to 0.30
7. Bent arms or legs	Up to 0.30
8. Balance errors - small, medium, large	Up to 0.30
9. Incorrect body alignment, position or posture during connections (General deduction for whole exercise)	Up to 0.30
10. Fall on or off the apparatus	0.5

B. UNEVEN BARS

1. Repositioning/adjustment of hands in front support or feet in squat/stoop on	<u>0.1</u>
2. Alternate hand grasp or regaining hand grasp without supplementary support	<u>0.2</u>
3. Brush, touch or hit on apparatus or mat with foot (feet)	Up to 0.30
4. Extra cast or swing	<u>0.3</u>
5. Using supplementary support to regain position	<u>0.3</u>
6. Full weight on mat with foot (feet)	<u>0.5</u>

C. BALANCE BEAM AND FLOOR EXERCISE

1. Failure to drop heel at completion of "heel-snap" turns	Each 0.05
2. Incorrect leg alignment in arabesque position when indicated	Up to 0.10
3. Failure to contract or extend when indicated	Up to 0.10
4. lack of coordination on supple body movements	Up to 0.10
5. Failure to kick leg horizontal or above when required	Up to 0.10
6. Uneven leg separation in leaps/jumps	Up to 0.10
7. Failure to perform 180' and 360' turns on one foot in high releve	each Up to 0.10
8. Failure to use levering action in or out of elements when required (straight line - fingers to toes)	each Up to 0.10
9. Insufficient split	Up to 0.20
10. Degree of turn not exact (over-turned)	Up to 0.20

11. Incorrect leg position on turns	Up to 0.20
12. Movement lacking artistry of presentation (General deduction for whole exercise) Consider: Quality of gymnast's movement to reflect her personal style Quality of expression (i.e. projection, emotion, focus)	Up to 0.30
13. Extra kick up to handstand	<u>0.3</u>
14. Grasping beam to avoid a fall	<u>0.3</u>
15. Use of heel-snap turn technique when performing turns requiring a weight transfer	<u>0.3</u>
16. Failure to perform steps, lock positions, and pivot turns in high releve position (General deduction for whole exercise)	Up to 0.50
17. Incomplete turns (apply deduction for incomplete element)	Up to the value of the element

III. AMPLITUDE

A. UNEVEN BARS

1. Insufficient internal body amplitude (stretch/tightness) during extended positions	Up to 0.20
2. Insufficient external amplitude away from bar during swinging/circling movements	Up to 0.20

B. BALANCE BEAM AND FLOOR EXERCISE

1. Insufficient amplitude on connections	Up to 0.10
2. Insufficient height (hip rise) on leaps and jumps	Up to 0.20
3. Insufficient quickness off hands in flight elements with hand support	Up to 0.20
4. Insufficient height (hip rise) on salto elements	Up to 0.30

IV. RHYTHM

Bars, Beam & Floor

1. Lack of continuity between connections and elements	Up to 0.10
2. Lack of continuity (tempo) between elements in a directly connected series	Up to 0.10
3. Incorrect rhythm of connections/elements when specifically noted in text	Up to 0.10
4. Concentration pause (more than 2 seconds)	0.1
5. Lack of overall rhythm during exercise	Up to 0.40

V. DIRECTION AND PLACEMENT OF ELEMENTS

Balance Beam and Floor Exercise

1. Error in line of direction or spacing of a single element	Up to 0.10
2. Error in line of direction .of acrobatic, dance or dance/acro series	Up to 0.20
3. Error in line of direction or placement of whole section of floor pattern	Up to 0.30

VI. LANDING OF ELEMENTS & DISMOUNTS

1. Slight hop or small adjustment of feet	Up to 0.10
2. Extra arm swing(s) upon landing	Up to 0.10
3. Taking steps after landing	Each <u>0.10</u> (Max. 0.40)
4. Very large step or jump	<u>0.2</u>
5. Additional trunk movements to maintain balance (for UB, BB & FX)	Up to 0.30
6. Deep squat upon landing	Up to 0.30
7. Contacting the mat or apparatus with one or both hands or with body after landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	<u>0.5</u>
8. Failure to land on the feet first for UB, BB and FX saltos &/or dismounts = failure to complete a major element	Up to the value of the element + 0.50 for the fall

VII. NEUTRAL DEDUCTIONS TAKEN BY EACH JUDGE

Assistance (spotting) from coach:

Coach assists (touches) during element	Value of the Element + <u>0.50</u>
Coach assists (touches) on landing only	0.5

VIII. DEDUCTIONS TAKEN FROM THE AVERAGE BY CHIEF JUDGE

The following penalties must be indicated to the coach by verbal or visual means:

1. Overtime (Judging continues after time is called)	0.1
2. Any part of body touching outside the FX area	Each time <u>0.10</u>
3. Lack of presentation by gymnast before and/or after exercise	Each time <u>0.10</u>
4. Coach standing next to the beam throughout exercise	0.1
5. Coach/teammate giving assistance with signals or cheers (Applied after one warning has been given)	0.2
6. Incorrect attire (warning must be given- Chief Judge notifies Meet Referee)	0.2
7. Failure to begin exercise within 30 sec. after being signaled by Chief Judge	0.2
8. Failure to observe specified warm-up time	0.2
9. Use of unauthorized mats	0.3
10. Springboard on unauthorized surface or failure to remove springboard after mount	0.3
11. Gymnast begins exercise without signal from CJ (must stop & repeat)	0.5
12. Floor Exercise routine performed without music	1.0
13. Performance of a one-arm vault, if at least half of the vault panel saw that only one hand touched the vault table	1.0
14. Coach on the Floor Exercise mat	No deduction

IX. MISCELLANEOUS JUDGING INFORMATION

Allowable range of Scores for Jr. Olympic Program

0.20 for scores between 9.500 - 10.000

0.30 for scores between 9.000 - 9.475

0.50 for scores between 8.000 - 8.975

1 .00 for all other cases

Termination of an exercise due to injury:

If a gymnast performs 1/2 or less of the exercise and does not continue, give credit for elements performed. Do not score from 10.00.

X. TIMING PROCEDURES

A. Uneven Bars:

1. When a gymnast falls from the bars, the 30-second fall time begins.
2. The gymnast has 30 seconds to remount and resume her exercise.
3. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
4. When the gymnast remounts the bars (leaves the floor), the 30-second fall time stops.
5. A reasonable short period of time is allowed to resume swing
6. If the 30-second fall time is exceeded, the exercise is terminated.

B. Balance Beam:

Timing the exercise

1. The official time starts when the gymnast's feet leave the board or mat.
2. The official time stops when the gymnast dismounts and arrives on the mat.
3. The warning is called or signaled 10 seconds before the maximum time limit.
4. Time is called or signaled at the maximum time limit.
5. If the gymnast lands at the sound of the second signal, there is no deduction.
If the gymnast lands after the sound of the second signal, the CJ deducts 0.10 from average for overtime.
6. Regardless of overtime, the entire exercise is evaluated by all judges and value part credit is awarded for the entire exercise.

Timing of Falls:

1. When the gymnast falls to the floor, the 30-second fall time begins and the official beam time stops.
2. The timer will give a verbal notification of 20 seconds and 10 seconds remaining for remounting after a fall.
3. When the gymnast remounts the beam (leaves the floor), the 30-second fall time stops.
4. The official beam time resumes with the first movement to continue the exercise.
5. If a second fall occurs before the official time begins, the deduction is 0.50.
6. If the 30-second fall time is exceeded, the exercise is terminated.
7. The official beam time does not stop when the gymnast falls on (but not off) the beam.