

Girls General Faults & Penalties

CHANGES IN PRESCRIBED TEXT

- Changing, reversing or omitting a small part (.10)
- Substituting or omitting a major element (Double the element)
- Adding an extra element (Each time .30)

EXECUTION

Vault

- Failure to maintain a straight body position (Arch - .30) (Pike & tuck .50)
- Each additional jump(s) on the board contact (.30)
- Running on the board and stepping up on the mat
- Lack of height on Stretch Jump (.50)
- Incorrect arm and head alignment
- Failure to land in demi-plie with control and proper body position (.50) (straight jump)
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- Legs Bent (.30)
- Legs Separated (.20)
- Insufficient acceleration during the run (.30)
- Excessive forward lean of the body upon board contact (.30)
- Arms bent (.50)
- Completely bent arms causing head to contact mat (handstand flat back) (2.00)
- Failure to finish in a straight lying position on the back (handstand flat back) (1.0)

Uneven Bars, Beam and Floor

- Leg Separation (.20)
- Bent arms or legs (.30)
- Balance errors (Small .10) (Medium .20) (Large .30)
- Fall on or off the apparatus (.50)

Uneven Bars

- Extra cast or swing (.30)
- Touch/brush on apparatus or mat with foot (feet) (.10)
- Hit on apparatus with foot (feet) (.20)
- Hit on mat with foot (feet) (.30)
- Full weight on mat with foot (feet) (.50)

Balance Beam and Floor Exercise

- Uneven leg separation in leaps/jumps (.10)
- Failure to turn in high releve (.10)
- Failure to land with feet closed/together on 2-foot landing of jumps on FX (.10)
- Performs an inward turn when an outward turn is required (.10)
- Flexed, sickled feet (General deduction for whole exercise) (up to .30)
- Insufficient split (.20)
- Extra kick up to handstand (.30)
- Additional movement to maintain balance on the beam (.30)
- Grasping beam to avoid a fall (.30)

- Stop between elements in an acro (tumbling) series on floor exercise (.30)
- Stop between elements in a jump series (.30)

RHYTHM

Bars, Beam & Floor

- Concentration pause (more than 2 seconds) (.10)
- Lack of continuity (tempo) between elements in a directly connected series (.20)
- Lack of sureness (Balance Beam) (.20)

LANDING OF ELEMENTS & DISMOUNTS

- Slight hop or small adjustment of feet (.10)
- Extra arm swing(s) upon landing (.10)
- Taking steps after landing (each up to .10)
- Very large step or jump (.20)
- Squat upon landing (.30)
- Support on hands or fall onto mat or against apparatus (.50)

NEUTRAL DEDUCTIONS TAKEN BY JUDGE

- Coach assists (touches) during element (.50)
- Coach assists (touches) on landing only (.50)
- Coach/teammate giving assistance with verbal cues (.20)
- Incorrect attire (.20)
- Gymnast begins exercise without signal from judge (.50) – must stop and repeat