

Flip Book Errata October 2008 (also reflects new USAG Compulsory Pages)

Compulsory General Faults & Penalties

ADD Changes in Prescribed Text

Note: Any step designated as "not in releve" may be performed in releve' without penalty

ADD Execution Balance Beam & Floor Exercise

Consider: Quality of gymnast's movement to reflect the style of the compulsory routine. **UT 0.15**

0.3 Stop between elements in an acro (tumbling) series on Floor Exercise

Heel-snap turns performed on correct foot, but turns in wrong direction (reverses major element) = **deduct half the value of the element**

ADD Deductions taken from average by Chief Judge

0.20 Coach/teammate giving assistance with signals or cheers (Applied after one warning has been given, *except when the coach instructs the gymnast as what to do next, then taken with no warning.*)

0.5 Gymnast begins exercise without signal from Chief Judge (CJ instructs gymnast to stop and start over)

No Deduction Coach on the Floor Exercise mat (*inside border marking*)

Optional General Faults & Penalties

CHANGE Allowable Range of Scores to:

9.500 - 10.00 = 0.20

9.000 - 9.475 = 0.50

8.000 - 8.975 = 0.70

Below 8.000 = 1.00

Level 1 Vault

ADD The number of running steps is a guideline only; there is no deduction for taking more or less than 7-9 steps.

ADD Landing Deductions:

UT 0.1 Slight hop or small adjustment of feet

UT 0.1 Extra arm swing(s)

UT 0.3 Additional trunk movements to maintain balance

UT 0.2 Incorrect body posture on landing

Ea 0.1 (Max 0.4) Taking steps after landing

0.2 Very large step or jump

UT 0.3 Deep squat upon landing

Contacting the mat with one or both hands or with the body after landing

UT 0.3 Brush, touch, or hit

0.5 Support on hand(s) or fall onto mat

Level 2 Vault

ADD The number of running steps is a guideline only; there is no deduction for taking more or less than 1-3 steps. The gymnast may step onto the board without penalty.

ADD Approach:

UT 1.00 Lack of continuity between arm circle & block off board

1.00 Stop in handstand position on board

ADD Flight from board to mat:

UT 0.5 Insufficient flight on block

Level 3 Vault

ADD Mat stack should be at waist-height of the gymnast, plus or minus UT 8" of skill cushion. The number of running steps is a guideline only; there is no deduction for taking more or less than 7-9 steps.

ADD Hand contact & Roll phase

UT 0.5 Front or top of head contacts mat during the roll phase

UT 2.00 Insufficient tuck

Max deduction = Roll with extended body/legs to land on flat back lying position

0.5 Pushing with hands on mat to arrive in a squat position

1.00 Roll to a kneeling position without passing through a tuck stand

ADD General:

UT 0.5 Lack of continuity during roll

Level 4 Vault

ADD General Deductions:

A fall on the run-approach is considered a Balk - no ded

ADD Support Phase:

0.2 Staggered hand placement: one inside zone, one over line

Level 5/6 Vault

ADD General Deductions:

No Deduction Coach standing between board & table

0.5 from Avg of next vault Performing vault without signal from Chief Judge

ADD Second Flight

UT 0.3 Insufficient Distance (*consider size of gymnast, overall trajectory - where hands contact table & where feet land*)

Level 1 Bars

ADD Mount : Back Hip Pullover (0.8)

0.3 Supplementary support (resting chin on top of bar prior to lifting legs over LB)

Level 2 Bars

ADD Mount : Back Hip Pullover (0.8)

0.3 Supplementary support (resting chin on top of bar prior to lifting legs over LB)

ADD Dismount: Cast, Straddle On, Sole Circle (0.80)

Examples of unusual circumstances regarding dismount:

A. Gymnast casts & pushes away to jump to the mat (performs Level 1 dismount) and does not repeat.

Take 1.60 (0.80 x 2 for substitution)

B. Gymnast casts, straddles her legs but never makes contact with her feet on the bar, but continues with the underswing to land the dismount

Take 0.40 (incomplete element)

C. Gymnast casts back & jumps to the mat with no attempt to straddle. Coach lists the gymnast to the bar, assisting her in establishing a straddle stand; gymnast then completes the straddle sole circle dismount.

Take 0.5 for the fall + 0.40 for incomplete element (no cast to straddle on) Do NOT deduct for the coach lifting the gymnast to the bar.

Level 3 Bars

ADD Mount : Back Hip Pullover (0.8)

0.3 Supplementary support (resting chin on top of bar prior to lifting legs over LB)

ADD Forward Stride Circle (0.80)

0.2 Failure to simultaneously change both hands to reverse grip

0.3 Failure to maintain reverse grip (hands completely release bar instead of shifting wrists)

ADD Single Leg Cut Backward (0.40)

0.40 x 2 = 0.80 Failure to perform a “cutting” action (considered substitution)

Level 4 Bars

ADD Glide & Return, Back Hip Pullover (0.40 each)

ADD Mount : Back Hip Pullover (0.4)

0.2 Failure to contact mat with feet following glide backswing

ADD Front Hip Circle, Small Cast (0.60)

0.6 Release of hands to grab legs during circle (changing element)

ADD Forward Stride Circle (0.60)

0.2 Failure to simultaneously change both hands to reverse grip

0.3 Failure to maintain reverse grip (hands completely release bar instead of shifting wrists)

0.5 Hooking knee on the bar on the *upswing* to complete circle

ADD Single Leg Cut Backward (0.40)

0.40 x 2 = 0.80 Failure to perform a “cutting” action (considered substitution)

Level 5 Bars

ADD Front Hip Circle (0.60)

0.6 Release of hands to grab legs during circle (changing element)

ADD Cast, Squat/Pike On (0.40)

0.3 Performs a sole circle after the squat or pike on (adds an element)

0.2 Performs a straddle on instead of squat or pike on

ADD First & Second Counterswing Elements (0.80 each)

UT 0.2 Failure to maintain hollow body position until feet pass the LB in the downward-forward swing of the tap swing

Level 6 Bars

ADD Cast, Squat/Pike On or Back Sole Circle (0.40)

0.3 Performing more than one sole circle (adds an element)

0.2 Performs a straddle on

ADD First & Second Counterswing Elements (0.80 each)

UT 0.2 Failure to maintain hollow body position until feet pass the LB in the downward-forward swing of the tap swing

Level 3 Beam

ADD Cartwheel to side Handstand Dismount (0.60)

Level 4 Beam

ADD Cartwheel to side Handstand, ¼ turn Dismount (0.60)

Failure to complete dismount

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)

Level 5 Beam

ADD Cartwheel to side Handstand, ¼ turn Dismount (0.60)

Failure to complete dismount

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)

Level 6 Beam

ADD Cross Handstand, ¼ turn to Side Handstand, ¼ turn Dismount (0.60)

Failure to complete dismount

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot, plus the value of the element (0.60)

Level 10 Beam

ADD Acro Series (min of 2 Flight Elements, 1 Min “C” VP)

Level 2 Floor Exercise

ADD Headstand to Kneel (0.40); Hinge (0.40)

UT 0.2 Failure to keep hips *and* torso extended on hinge