

GA AAU LEVEL 2 VAULT 10.0

Run and accelerating to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing.

Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back. Repulsion from the hands is not required. There are no repulsion deductions.

A tape line must be placed 32" from the front edge of the landing surface. The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone.

Mats: Minimum height 16"; Maximum height 40".

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform one or two vaults with the better score counting. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board To Mat Phase	
Failure to maintain a stretch body position from board to mat:	Up to 1.00
Support Phase	
Failure to place hands in the prescribed landing zone	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 1.00
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30
Post Hand Stand Phase	
Failure to maintain stretched body position (lack of extension)	Up to 1.00
Landing Phase	
Failure to finish in a straight lying position on the back	Up to 1.00
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30
General	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10

As of Aug 12, 2007 (Corrected Feb 19, 2008)

General Deductions Continued

Incorrect Head Alignment – not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	2.00
Aid of coach on landing	0.50
Run-approach without executing the vault (balk), Touching the springboard or mats	VOID
Performing the incorrect vault (dive roll, head spring or layout)	3.00

Definition of Hollow Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

Vault should land in a straight lying position on the back. The hollow position should not be exaggerated so that only the gymnast's torso is in contact with the mat.

A minimum score of 3.00 should be awarded for any vault where the athlete runs down the runway to hit the board in an attempt to reach vertical on the stacked mats.

GA AAU LEVEL 3 VAULT - 10.0

Run and accelerating to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing.

Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. **Forcefully** extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back.

A tape line must be placed 32" from the front edge of the landing surface. The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone.

Mats: Minimum height 24"; Maximum height 40".

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults.

Gymnast may perform one or two vaults with the better score counting. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase	
Failure to maintain a stretch body position from board to mat	Up to 1.00
Support Phase	
Failure to place hands in the prescribed landing zone	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 1.00
Angle of Repulsion:	Up to 1.00
By Vertical	No Deduction
From 1° to 45°	0.05 to 0.50
From 46° to Horizontal	0.55 to 1.00
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Too long in support (holding handstand)	Up to 0.50
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
Second Flight Phase	
Failure to maintain stretched body position (lack of extension)	Up to 1.00
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Landing	
Failure to finish in a straight lying position on the back	Up to 1.00
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30

General Deductions

Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	2.00
Aid of coach on landing	0.50
Run-approach without executing the vault (balk),	
Touching the springboard or mats	VOID
Performing the incorrect vault (dive roll, head spring or layout)	3.00

Definition of Hollow Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

Vault should land in a straight lying position on the back. The hollow position should not be exaggerated so that only the gymnast's torso is in contact with the mat.

A minimum score of 3.00 should be awarded for any vault where the athlete runs down the runway to hit the board in an attempt to reach vertical on the stacked mats.

GA AAU LEVEL 4 VAULT – 10.0

There will be no height requirements for the vault table. Stack mats behind the vault table to the height of the table. There is an option to drape an up to 4” mat over the Table at the discretion of the coach for safety purposes. It is required that an up to 4” mat cover the seam/gap between the end of the Vault Table and the stacked mats. There is to be no distinction if an athlete blocks from the Table or a draped mat for the resulting score if repulsion is achieved as per the specific deductions.

Run and accelerating into the hurdle onto the board. Rebound (punch) off the board and execute handspring over vault table to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults.

Gymnast may perform one or two vaults with the better score counting. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Phase	
Failure to maintain a straight body position:	Up to 1.00
Support Phase	
Failure to place hands on Table (repulsion from stacked mats)	0.50
Failure to show an inverted vertical position from the hands to hips (forward rolling action or failure to show vertical)	Up to 2.00
Incorrect Shoulder Alignment	Up to 0.30
Too long in support (failure to leave mat by vertical)	Up to 0.50
Additional hand placements (taking steps/hops on hands)	UP to 0.30
Angle of repulsion:	Up to 1.00
By vertical	No Deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Arms bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Post Flight Phase	
Failure to maintain stretched body position	Up to 1.00
Insufficient Height	Up to 0.50
Insufficient Distance	Up to 0.30
Landing	
Failure to finish in a straight lying position on the back	Up to 1.00
Feet First Landing	Up to 1.00

General Deductions

Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat on Vault Table	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	2.00
Aid of coach on landing	0.50
Run-approach without executing the vault (balk),	
Touching the springboard or mats	VOID
Performing the incorrect vault (dive roll, head spring or layout)	3.00

Definition of Hollow Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

Vault should land in a straight lying position on the back. The hollow position should not be exaggerated so that only the gymnast’s torso is in contact with the mat.

A minimum score of 3.00 should be awarded for any vault where the athlete runs down the runway to hit the board in an attempt to reach vertical on the apparatus.

GA AAU LEVEL 5 VAULT – 10.0

The AAU Level 5 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manual, Page 83 **with exception only as stated in Supplementary AAU General Deductions and Penalties**

First Flight			
See General Deductions			
Support Phase			
Incorrect Shoulder Alignment		Up to 0.30	
Arms Bent		Up to 0.50	
Completely bent arms causing head to contact vault table		2.00	
Additional hand placements (taking steps/hops on hands)		Up to 0.30	
Too long in support (failure to leave vault table by vertical)		Up to 0.50	
Angle of repulsion:		Up to 1.00	
By vertical		no deduction	
From 1° to 45°		deduct 0.05 - 0.50	
From 46° to horizontal		deduct 0.55 - 1.00	
Alternate repulsion		Up to 0.20	
Touch of only one hand on vault table	Chief Judge	1.00	
No hand support on vault table		VOID	
Second Flight			
Insufficient height		Up to 0.50	
Insufficient distance		Up to 0.30	
Brush, touch, or hit of body on far end of vault table		0.30	
Landing			
Slight hop, small adjustment of feet		Up to 0.10	
Extra arm swing (s)		Up to 0.10	
Additional trunk movements to maintain balance		Up to 0.30	
Taking steps after landing	Each 0.10	Max 0.40	
Very large step or jump		0.20	
Deep squat upon landing		Up to 0.30	
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		0.50	
Failure to land on the feet first on the mat	(Includes Fall)	2.00	
*Finishes in a sitting, lying or standing position on the vault table		0.50 (fall on apparatus) +2.00	

General		
Body position faults		
Arch (each phase)		Up to 0.30
Pike (each phase)		Up to 0.50
Legs separated (each phase)		Up to 0.20
Incorrect head alignment		Up to 0.10
Incorrect Foot Form (each phase)		Up to 0.10
Legs bent (each phase)		Up to 0.30
Deviation from straight direction		Up to 0.30
Lack of dynamics (speed/power)		Up to 0.30
Headspring performed		2.00
Performing incorrect vault		VOID
Aid of coach during vault		2.00
Aid of coach on landing		0.50
Run-approach without executing the vault (balk), touching the springboard or vault table		VOID

A minimum score of 3.00 should be awarded for any vault where the athlete runs down the runway to hit the board in an attempt to reach vertical on the apparatus.

GA AAU LEVEL 2 BARS VALUE 10.00

Mount -- Back Hip Pullover (0.80)	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast and Return to Front Support (0.80) no angle requirement	
Insufficient dynamics of the cast	Up to 0.10
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
Lack of control return to bar	Up to 0.10
Cast (0.60) (no angle requirement – hips free of bar on cast)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended support	
Failure to maintain straight-hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Lack of continuity of circle	Up to 0.10
Cast, Straddle On, Sole Circle Dismount (0.80)	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position in flight	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
Refer to USAG General Faults and Penalties for additional deductions	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 3 BARS VALUE 10.00

* Indicates that element can be reversed.

Mount -- Back Hip Pullover (0.80)	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast (0.60) no degree required – hips clear the bar	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended front support	
Failure to maintain straight hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Lack of continuity of circle	Up to 0.10
Cast Single Leg Squat Through * (0.40)	
Leg/foot contacting bar on squat through	Up to 0.20
Failure to show clear stride support at end of squat through	Up to 0.20
Backward Leg Swing (0.40)	
Lack of control in re-grasp	Up to 0.10
More than two hand placement adjustments	Up to 0.20
Leg not clear of bar on cut	Up to 0.20
Failure to finish in an extended front support	Up to 0.10
Leg cut with simultaneous hand placement	0.30
Cast & Return to Front Support (0.80) no angle requirement	
Insufficient dynamics of the cast	Up to 0.10
Incorrect body alignment (straight line from shoulders to feet With chest hollow)	Up to 0.20
Lack of control return to bar	Up to 0.10
Cast, Squat On; Pike Sole Circle Dismount (0.80)	
Placing feet outside of hands	0.20
Alternate foot placement	0.20
Lack of control in squat on	Up to 0.10
Failure to tuck (pike on)	0.20
Failure to maintain straight-hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
Refer to USAG General Faults and Penalties for additional deductions	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 4 BARS VALUE 10.00

* Indicates that element can be reversed

Mount -- Back Hip Pullover (0.80)	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Front Hip Circle (0.60)	
Failure to maintain straight hollow body position into circle	Up to 0.10
Cast 15° below Horizontal & Return to Front Support (0.80)	
Insufficient amplitude of cast (line from shoulders to feet)	Up to 0.30
16° to 45° below horizontal	0.05 - 0.15
More than 46° below horizontal	0.20 - 0.30
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
Lack of control in returning to bar	Up to 0.10
Cast, Squat On (0.40)	
Alternate foot placement	Up to 0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05
Long Hang Pullover (0.80)	
Failure to show slight arched position on bottom of down swing	0.10
Excessive piking of body	Up to 0.20
Failure to maintain overgrip (hands release bar)	0.30
Performing a backward giant circle	1.00
Underswing, First Counterswing (30°) (0.80)	
Underswing	
Failure to maintain straight hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
1st Counterswing	
Hips not a minimum of 30 degrees below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
Failure to show a rounded hip angle with feet below the hips	
<u>Hips extended in line with feet at the height of backswing</u>	<u>0.20</u>
<u>Body arched (with feet flared higher than hips)</u>	<u>0.30</u>
Tap Swing Forward, Second Counterswing (15°) (0.80)	
Tap Swing Forward	
Failure to maintain hollow body position until feet pass the low bar (Early tap)	
Failure to attain straight-hollow body position on upswing	Up to 0.20
Insufficient amplitude (feet not at HB height)	Up to 0.20
2nd Counterswing	
Hips not a minimum of 15° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
Failure to show a rounded hip angle with feet below the hips	
<u>Hips extended in line with feet at height of backswing</u>	<u>0.20</u>
<u>Body arched (with feet flared higher than hips)</u>	<u>0.30</u>

Straight Drop Dismount (0.80)

Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
Failure to maintain straight hollow body position in the air on the drop	Up to 0.20

Refer to General Faults and Penalties for additional deductions as stated by USAG.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 {this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.}

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

See the General Deductions and Penalties Supplement.

GA AAU LEVEL 5 BARS VALUE 10.00

The AAU Level 5 Bar shall be the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manuel, Page 85 **with exception only as stated in Supplementary AAU General Deductions and Penalties**

* Indicates that element can be reversed.

Mount -- Straddle or Pike Glide Kip (0.80)	
Failure to take off from both feet simultaneously	0.10
Performs run-out glide	0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)	Up to 0.10
Insufficient extension at end of glide	Up to 0.20
Failure to close legs at end of straddle glide	0.10
Front Hip Circle (0.60)	
Failure to show a straight-hollow body position into circle	Up to 0.10
Cast to Horizontal & Return to Front Support (0.80)	
Insufficient amplitude of cast (line from shoulders to feet) (Line from shoulders to mid-point to lowest body part)	Up to 0.30
-1° to 45° below horizontal	0.05 – 0.15
-46° or more below horizontal	0.20 – 0.30
Incorrect body alignment (straight line from shoulders to feet with chest hollow)	Up to 0.20
Lack of control in returning to bar	Up to 0.10
Cast, Squat On/Pike On (0.40)	
Alternate foot placement	0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05
Jump to Long Hang Kip (0.80)	
Failure to swing to near horizontal	Up to 0.20
Cast to Horizontal (0.80)	
See above deductions on Cast to Horizontal	
Back Hip Circle (0.60)	
Failure to maintain a straight-hollow body position throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Underswing, First Counterswing (30°) (0.80)	
Underswing	
Failure to maintain straight hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
1st Counterswing	
Hips not a minimum of 30° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
Failure to show a rounded hip angle with feet below the hips	
Hips extended in line with the feet at height of backswing	0.20
Body arched (with feet flared higher than hips)	0.30
Tap Swing Forward, Second Counterswing (15°) (0.80)	
Tap Swing Forward	
Failure to maintain hollow body position until feet pass low bar (Early tap)	
Failure to attain straight-hollow body position on upswing	Up to 0.20

As of Aug 12, 2007 (Corrected Feb 19, 2008)

Insufficient amplitude (feet not at HB height)	Up to 0.20
2nd Counterswing	
Hips not a minimum of 15° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position	Up to 0.20
Failure to show a rounded hip angle with feet below the hips	
Hips extended in line with feet at height of backswing	0.20
Body arched (with feet flared higher than hips)	0.30
Tap Swing Forward with 1/2 (180°) Turn Dismount * (0.80)	
Failure to maintain hollow body position until feet pass the low bar (Early tap)	
Failure to attain straight hollow position on upswing	Up to 0.20
Beginning turn prior to 45° below height of high bar	Up to 0.20
Failure to complete 1/2 (180°) turn prior to regrasp	Up to 0.20
Failure to re-contact the bar with the free hand as the 1/2 turn is completed	0.30

Refer to General Faults and Penalties for additional deductions as stated by USAG.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission - Deduct Double the Value of the Element.

Skills Performed Out of Order - Flat 0.30 – See Explanation on Level 4.

Deductions Taken From Average by Chief Judge

See General Deductions and Penalties Supplement.

GA AAU LEVEL 2 BEAM VALUE 10.00

* Indicates that element can be reversed. Routine can be reversed in its entirety.

Time Limit: 30 Seconds

Warning: 20 Seconds

Mount -- Jump to Front Support * (0.20)		
Failure to extend body in front support		Up to 0.10
Lack of continuity in 1/4 (90°) turn to straddle sit		Up to 0.10
V-Sit to Stand (0.20)		
Lack of amplitude of legs		Up to 0.10
Poor body position		Up to 0.20
Hands returning to beam after beginning tuck stand		0.30
Lever - To Weight Transfer (0.80)		
Failure to maintain straight body line into and out of lever (each)		Up to 0.10
Failure to show straight body line as hand touch beam		Up to 0.20
Failure of hands to touch beam		0.30
Failure to show rocking action through use of plie after lunge		Up to 0.10
Arabesque (30 Degrees) (0.40)		
Failure to lift free leg a minimum of 30 degrees		Up to 0.20
Failure to hold 1 second		Up to 0.10
Leg Swings (0.40 each)		
Failure to swing leg to horizontal	Each	Up to 0.10
Failure to maintain straight body alignment	Each	Up to 0.20
Failure to maintain squared hips during swings	Each	Up to 0.20
Relevé Balance (0.20)		
Failure to hold two seconds		Up to 0.20
Stretch Jump (0.40)		
Failure to maintain straight body alignment		Up to 0.10
Failure to maintain squared hips		Up to 0.10
Failure to land on both feet simultaneously		Up to 0.10
1/4 (90°) Turn to Tuck Jump Dismount (0.60)		
Insufficient height		Up to 0.20
Insufficient hip/knee closure (min of 90 degree bend)		
Each angle		Up to 0.10
Failure to maintain vertical alignment with upper body		Up to 0.20
Insufficient extension (open) of tuck before landing		Up to 0.10

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 3 BEAM VALUE 10.00

The AAU Level 3 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with **exception only as stated in Supplementary AAU**

General Deductions and Penalties

* Indicates that element can be reversed. Routine can be reversed in its entirety

Time Limit: 30 Seconds

Warning: 20 Seconds

Mount -- Jump to Front Support * (0.20)	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90°) turn to straddle sit	Up to 0.10
V-Sit (0.02), Swing to Push-Up Position (0.60)	
Lack of amplitude of legs on swing	Up to 0.10
Poor body position	Up to 0.20
Failure to show push-up position	0.20
Arabesque (30°) (0.40)	
Failure to lift free leg a minimum of 30°	Up to 0.20
Failure to hold 1 second	Up to 0.10
Partial Cross Handstand* (0.80)	
Incorrect (staggered) hand placement	0.10
Failure to close (join) legs on kick-up	0.10
Running Steps (0.40)	
See General Faults and penalties	
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 30°)	Up to 0.20
Failure to land with feet/legs close	Up to 0.10
Cartwheel to Side Handstand Dismount * (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to maintain straight body position throughout dismount	Up to 0.20

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 4 BEAM VALUE 10.00

* Indicates that element can be reversed. Routine can be reversed in its entirety.

Time Limit: 1:05

Warning: 0:55

Mount: Leg Swing with ½ (180°) Turn* (0.20)			
Lack of continuity in ½ (180°) turn to straddle sit			Up to 0.10
V-Sit (0.20), Swing To Tuckstand (0.40)			
Early bending of legs into tuck stand (below beam level)			Up to 0.20
Coupé Walk, ½ (180°) Turn in Forward Coupé (Heel-Snap) (0.40)			
Failure to lower heel at completion of turn			0.05
Straight Leg Leap (60°) (0.60)\			
Bending lead (front) leg on take-off		Up to 0.10	
Insufficient leg separation (less than 60°)		Up to 0.20	
Failure to pause in low arabesque position on landing			0.05
¾ Cross Handstand* (0.60)			
Incorrect (staggered) hand placement			0.10
Failure to achieve ¾ handstand position		Up to 0.30	
Failure to close (join) legs			0.10
½ (180°) Turn in Forward Coupe (0.40)			
See General Faults and penalties			
Cartwheel ¼ (90°) Turn Inward* (0.60)			
Incorrect (simultaneous) hand placement			0.10
Failure to pass through vertical			Up to 0.30
Stretch Jump (0.40); Tuck Jump (0.40)			
Stretch Jump – See General Faults and Penalties			
Tuck jump:			
Insufficient hip/knee closure (minimum of 90° bend)	Each Angle		Up to 0.10
Insufficient extension (open) before landing			Up to 0.10
Arabesque (45°) Scale (At Horizontal) (0.40)			
Failure to lift free leg a minimum of 45° in arabesque			Up to 0.20
Failure to hold arabesque 1 second			Up to 0.10
Failure to lift free leg to horizontal or above in scale			Up to 0.20
Failure to hold scale 2 seconds			Up to 0.20
180° Pivot Turn (0.20)			
Lack of sharpness in pivot turn			Up to 0.10
Cartwheel to Side Handstand, 14 (90°) Turn Dismount* (0.60)			
Incorrect (simultaneous) hand placement			0.10
Failure to attain vertical		Up to 0.30	
Failure to hold 1 second			Up to 0.10
¼ (90°) turn incomplete or overturned			Up to 0.10
Failure to maintain straight body position throughout dismount			Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed. Example: attempts dismount, does not attain vertical, then falls -- take up to 0.30 (lack of vertical) + 0.10 (lack of

hold) + 0.10 (incomplete 90° turn) = 0.50 for incomplete element + 0.50 (fall) for a total of 1.00.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission Deduct Double the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 5 BEAM VALUE 10.00

The AAU Level 5 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with **exception only as stated in Supplementary AAU**

General Deductions and Penalties.

* Indicates that element can be reversed. Routine can be reversed in its entirety

Time Limit: 1:10

Warning: 1:00

Mount: Leg Swing with ½ (180°)* (0.20) Lack of continuity in ½ (180°) turn to straddle sit	Up to 0.10
½ (180°) Turn in Forward Coupe (Heel-Snap) (0.40) Failure to lower heel at completion of turn	0.05
Straight Leg Leap (90°) (0.60) Bending lead (front) leg on take off	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to pause in low arabesque position on landing	0.05
Weight Transfer (0.20) Failure to show "rocking" action through use of plie (each time)	Up to 0.10
Cross Handstand* (0.60) Incorrect (staggered) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold 1 second	Up to 0.10
½ (180°) Pivot Turns (L & R) (0.40) Lack of sharpness in pivot turns	Each Up to 0.10
½ (180°) Turn In Forward Coupe (0.40) See General Faults and penalties	
Cartwheel 1/4 (90°) Turn Inward * (0.60) Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Stretch Jump (0.40); Split Jump (90°) (0.40) Stretch Jump: See general faults and penalties Split Jump:	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet closed	Up to 0.10
Arabesque (>45°) – Scale (above horizontal) (0.40) ½ (180°) Pivot Failure to lift free leg above 45° in arabesque	Up to 0.20
Failure to hold arabesque 1 second	Up to 0.10
Failure to lift free leg above horizontal in scale	Up to 0.20
Failure to hold scale 2 seconds	Up to 0.20
Cartwheel to Side Handstand, 1/4 (90°) Turn Dismount * (0.60) Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to hold 2 seconds	Up to 0.20
1/4 (90°) turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout	Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed. Example: attempts dismount, does not attain vertical, then falls -- take up to 0.30 (lack of vertical) + 0.20 (lack of hold) + 0.10 (incomplete 90° turn) = 0.60 for incomplete element + 0.50 (fall) for a total of 1.10.

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast mounted the equipment in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission- Deduct Double the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 2 FLOOR VALUE 10.00

* Indicates that element can be reversed. Routine can be reversed in its entirety

Forward Roll to Sit (0.40)	
Failure to tuck chin to the chest and keep back rounded	Up to 0.10
Failure to tuck legs during roll	Up to 0.10
Arriving in sitting position with hand support on floor	Up to 0.10
Failure to pull heels in close to buttocks in sitting position	Up to 0.10
Candlestick (0.40)	
Failure to show tuck position rolling back into candlestick position	Up to 0.20
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Bridge, Kick-over to Lunge to Immediate Weight Transfer (0.60)	
Failure to hold bridge position for 1 second	Up to 0.10
Failure to push shoulders behind hands in bridge	Up to 0.20
Uneven leg separation in kick-over (no degree of angle required)	Up to 0.10
Extra kicks to establish inverted vertical position on kick-over	Each 0.30
Failure to weight transfer (rocking action) to front leg after lunge	Up to 0.10
Kick (forward entry) Cartwheel, ¼ (90°) Turn Inward* (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Backward Roll to Pike Stand (0.40)	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
Handstand* (0.60)	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Lack of hold	Up to 0.10
Front Leg Balance (0.20)	
Failure to hold balance 1 second	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 30°)	Up to 0.20
Failure to land with legs/feet closed	Up to 0.10
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Forward Chasse (0.40)	
Failure to pass through 4 th position demi-plie into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast takes the floor in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct Double the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

No deduction for coach stepping onto Floor

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 3 FLOOR VALUE 10.00

* Indicates that element can be reversed. Routine can be reversed in its entirety

Handstand Forward Roll * (0.60)			
Failure to attain vertical		Up to 0.30	
Failure to close (join) legs		0.10	
Failure to hold for 1 second		Up to 0.10	
Use of hands to push off floor to come to standing position		0.30	
Round-Off * (0.60)			
Failure to pass through vertical		Up to 0.30	
Failure to land on feet simultaneously		0.10	
	OR		
Round-Off rebound Stick			
Failure to pass through vertical		Up to 0.30	
Failure to land on feet simultaneously		0.10	
Failure to rebound immediately		0.10	
Failure to stick landing		0.05	
Backward Roll with Straight Arms to Pike Stand (0.40)			
Hands placed on floor during squat phase prior to rolling backward		0.30	
Backbend Kick-Over (0.60)			
Failure to maintain arms next to ears and focus on hands		Up to 0.10	
Lack of control into backbend		Up to 0.10	
Failure to push shoulders behind hands in bridging phase		Up to 0.20	
Extra kicks to establish inverted vertical position on kick-over	Each	0.30	
	Or		
Back Walkover (0.60)			
Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)		Up to 0.10	
Incorrect staggered or alternate hand placement		0.10	
Front Leg Balance (0.20)			
Failure to hold balance 2 seconds		Up to 0.20	
Forward Chasse ((0.40)			
Failure to pass through 4 th position demi-plie into chasse		Up to 0.10	
Failure to join legs together in the air		Up to 0.20	
Failure to maintain good body alignment		Up to 0.20	
Straight Leg Leap (60°) (0.60)			
Bending the lead (front) leg on take-off		Up to 0.10	
Insufficient leg separation (less than (60°)		Up to 0.20	
½ Turn In Forward Coupe (Heel-Snap) (0.20)			
See General Faults and Penalties			
Stretch Jump (0.40); Tuck Jump (0.40)			
Stretch jump: See General Faults and Penalties			
Tuck jump:			
Insufficient hip/knee closure (minimum of 90°)	Each angle	Up to 0.10	
Insufficient extension (open) before landing		Up to 0.10	

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast takes the floor in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element).

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

See Supplementary General Deductions and Penalties

GA AAU LEVEL 4 FLOOR VALUE 10.00

* Indicates that element can be reversed. Routine can be reversed in its entirety.

Stretch Jump (0.40), Split Jump (90°) (0.40)	
Stretch jump: See General Faults and Penalties	
Split jump:	
Failure to land with legs/feet closed	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Handstand Forward Roll with Straight Arms* (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold handstand for 1 second	Up to 0.10
Pushing off floor with hands to arrive in tuck stand	0.30
Handstand to Bridge Stand (Front Limber) – to Immediate Stretch Jump*(0.60)	
Or	
Front Walkover (Pull Free Leg In) To Immediate Stretch Jump (0.60)	
Handstand to Bridge – To Immediate Stretch Jump	
Failure to maintain arms next to ears and focus on hands	Up to 0.10
Failure to close (join) legs	0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Alternate hand push	Up to 0.10
Failure to land with feet simultaneously	0.10
Showing repulsion (flight) instead of flexibility	Up to 0.60
Failure to execute straight jump	0.20
Front Walkover (Pull Free Leg In) To Immediate Stretch Jump	
Failure to maintain arms next to ears and focus on hands	Up to 0.10
Uneven leg separation during walkover (no angle required)	Up to 0.20
Alternate hand push	0.10
Showing repulsion (flight) instead of flexibility	Up to 0.60
Failure to pull free leg next to support leg after achieving standing position	Up to 0.10
Failure to execute straight jump	0.20
Straight Leg Leap (90°) (0.60); Leg Swing with Hop (0.20)	
Straight Leg Leap:	
Bending the lead (front leg on take-off)	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Leg Swing with Hop:	
Failure to swing leg forward to a minimum of horizontal	Up to 0.10
Forward Split (0.20)	
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
Weight Transfer (0.20)	
Failure to show "rocking" action through use of plie	Up to 0.10
Backward Roll to Push-Up Position (0.60)	
Hands placed on floor during squat phase prior to rolling backward	0.30
Failure to show push-up position	0.20
Lack of control into hollow body push-up position	Up to 0.20
Failure to maintain hollow body position	Up to 0.20
1/2 (180°) Turn in Forward Coupe (0.40) See General Faults and Penalties	

Round-Off (0.40) Flic-Flac to Two Feet, Rebound (0.60)	
Lack of acceleration in the series	Up to 0.20
Round-off:	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Flic-flac to two feet, rebound:	
Deep squat into flic-flac	Up to 0.20
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to pause in controlled "stick"	0.05

Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the Georgia AAU Program with the exceptions that are published by GA AAU.

The minimum score to be awarded for an attempted routine is 3.00 (this assumes the gymnast takes the floor in an attempt to perform at least 1 skill.)

Spotting Deductions Levels, 2, 3, 4, 5, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element)

*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element.

Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element).

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission

Deduct Double the Value of the Element.

Skills Performed Out of Order

(See General Deductions and Penalties Supplement).

Deductions Taken From Average by Chief Judge

No deduction for coach stepping onto Floor.

Coach/teammates giving assistance with signals or cheers (No warning given) - 0.20

Failure to begin exercise within 30 seconds after being signaled by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10

GA AAU LEVEL 5 FLOOR VALUE 10.00

The AAU Level 5 Floor shall be the same as described by the USAG Program 2005-2013 in its entirety **with exception only as stated in Supplementary AAU**

General Deductions and Penalties.

* Indicates that element can be reversed. Routine can be reversed in its entirety.

Straddle Jump (120°) (0.40)		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with feet together		0.10
Dive Forward Roll (0.60)		
Failure to maintain straight-hollow position throughout		Up to 0.20
Failure to show flight (dive) prior to hand contact		Up to 0.20
Pushing off floor with hands to arrive in tuck stand		0.30
Front Handspring To Two Feet, Rebound* (0.60)		
Failure to maintain arms next to ears & focus on hands throughout		Up to 0.10
Flight prior to hand contact (dive)		Up to 0.20
Incorrect (alternate) hand placement		0.10
Insufficient repulsion (quickness off hands)		Up to 0.20
Total lack of repulsion (Front Limber-change of element)		0.60
Failure to land with feet simultaneously		0.10
Failure to rebound immediately		0.10
Straight Leg Leap (120°) (0.60; Leg Swing with Hop ¼ Turn (0.20)		
Straight leg leap:		
Bending the lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Leg swing with hop ¼ (90°) turn:		
Failure to swing leg forward to a minimum of horizontal		Up to 0.10
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
Weight Transfer (0.20)		
Failure to show "rocking" action through use of plie	Each	Up to 0.10
Backward Roll to Handstand with Straight Arms* (0.60)		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step-out (change of element)		0.60
1/1 (360°) Turn in Forward Coupe (0.40)		
See General Faults and Penalties		
Hitchkick (0.40)		
Insufficient height of each leg kick (as specified in text)	Each	Up to 0.10
Back Walkover* (150°) (0.60)		
Failure to show continuous leg lift into walkover (leg drops or lifts after Arching backwards has begun)		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20
Round-Off (0.40, Flic-Flic, Flic-Flac Rebound* (0.60 Each)		
Lack of acceleration in the series		Up to 0.20

Round-off:

Failure to pass through vertical		Up to 0.30
Failure to land with feet simultaneously		0.10
Flic-flac, Flic-flac, rebound:		
Deep Squat into flic-flac	Each	Up to 0.20
Failure to land with feet simultaneously	Each	0.10
Failure to immediately rebound		0.10
Failure to pause in "controlled stick"		0.05

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Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element)

*In the event a gymnast falls, she will not automatically lose the full value of the element. This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

Deliberate Omission -Deduct Double The Value of the Element

Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.30 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

Deductions Taken From Average by Chief Judge

No deduction for coach stepping onto Floor.

Coach/teammates giving assistance with signals or cheers (No warning) - 0.20

Failure to begin exercise within 30 seconds of signal by Chief Judge - 0.20

Failure to observe specified warm-up time - 0.20

Lack of presentation by gymnast before and/or after exercise Each Time - 0.10