

UNEVEN BARS ~ Chapter 1 ~ Requirements

Special Requirement Clarifications - (Continued)

B. Examples: These are a few examples of elements that do and do NOT fulfill Special Requirement.

EXAMPLES FOR BRONZE BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Jump to front support, cast, back hip circle, cast off to stand dismount	Glide swing to stand, pullover, cast, 3/4 fwd circle to stand dismount (<i>missing circling skill not in mount or dismount</i>)
Run out glide kip, front hip circle, cast, straddle sole circle dismount	Pullover, cast, cast, underswing dismount (<i>missing circling skill not in mount or dismount</i>)
Glide swing to stand, pullover, cast, back hip circle, underswing dismount	

EXAMPLES FOR SILVER BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Pullover, single leg cut, forward stride circle, single leg cut backward, cast to 45° below horizontal, cast to pike sole circle dismount	Glide swing to stand, pullover, cast squat on, tap swing forward with 1/2 turn dismount (<i>missing cast to minimum 45° below horizontal & circling skill not in mount or dismount; needs 5 VP/skills-missing one VP/skill</i>)
Single leg jam kip, stride circle, leg cut backward, cast to 45° below horizontal, cast squat on, tap swing forward with 1/2 turn dismount	Glide kip, cast to 45° below horizontal, back hip circle, cast squat on, tap swing-counter-swing, flyaway dismount (<i>flyaway is unallowable skill -.0.50</i>)
Glide kip, cast to 45° below horizontal, back hip circle, cast to straddle sole circle dismount	

EXAMPLES FOR GOLD BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast to horizontal, clear hip circle, glide kip, cast squat on, long hang pullover, underswing dismount	Glide swing to stand, pullover, cast squat on, tap swing, counter-swing, tap swing forward with 1/2 turn dismount (<i>missing cast to horizontal & circling skill not in mount or dismount; needs 6 VP/skills-missing one VP/skill</i>)
Pullover, cast squat on, long pullover, cast to horizontal, back hip circle, cast to 20° below horizontal to straddle sole circle dismount	Glide kip, cast horizontal, back hip circle, cast 45° below horizontal, straddle sole circle dismount (<i>needs 6 VP/skills - missing one VP/skill, missing high bar dismount SR</i>)
Pullover, front hip circle, cast horizontal, cast squat on, tap-swing, counter-swing, tuck flyaway dismount	

EXAMPLES FOR PLATINUM BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast above horizontal, clear hip, glide kip, cast squat on, long hang kip, cast below horizontal, flyaway dismount	Glide kip, cast squat on, long hang pullover, underswing, counter-swing, tap swing, flyaway dismount - Routine is missing 2 "A" VP and 1 "B" VP; missing cast above horizontal & missing circling skill - Because the long hang pullover from a hang is not an "A" VP for Platinum. The "A" in the Code (#4.102) has to come from a cast. - Underswing is not an 'A' VP by itself. Combines with counter-swing to be one 'A' VP
Glide kip, cast squat on, long hang kip, cast above horizontal, clear hip circle, tap swing-counter swing, flyaway dismount	
Glide kip, cast squat on, long hang kip, cast above horizontal, underswing, counter-swing, uprise, back hip circle, underswing dismount.	Glide kip, cast squat on, long hang kip, cast above horizontal, long hang pullover, underswing, counter-swing flyaway dismount (<i>missing a "B" VP</i>)

EXAMPLES FOR DIAMOND BAR ROUTINES

Fulfills Special Requirements	Does NOT Fulfill Special Requirements
Glide kip, cast 45° from vertical, clear hip, glide kip, cast squat on, long hang kip, cast more than 45° from vertical, clear hip circle, flyaway	Glide kip, cast squat on, long hang kip, cast 20° from vertical, giant, giant, flyaway dismount (<i>needs a different "B" circling skill, or release or pirouette</i>)
Glide kip, cast squat on, tap swing, counter-swing, straddle back over LB, kip, cast squat on, long hang kip, cast 45° from vertical, giant, flyaway dismount	Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on, long hang kip, cast 45° from vertical flyaway full dismount (<i>missing "B" circling skill</i>)
Glide kip, cast handstand 1/2 pirouette, glide kip, cast squat on, long hang kip, cast 20° from vertical, giant, flyaway dismount	

UNEVEN BARS ~ Chapter 2 ~ General Information

Difficulty Restrictions – (continued)

4. PLATINUM DIVISION ~ RESTRICTIONS

- a. Only "A" and "B" VP's are allowed.
 - 1) "C" or higher VP elements are NOT ALLOWED.
 - EXCEPTION: A Clear Hip Handstand is allowed and will receive "B" VP.
 - 2) If an unallowable/restricted skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements
- b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive VP credit.

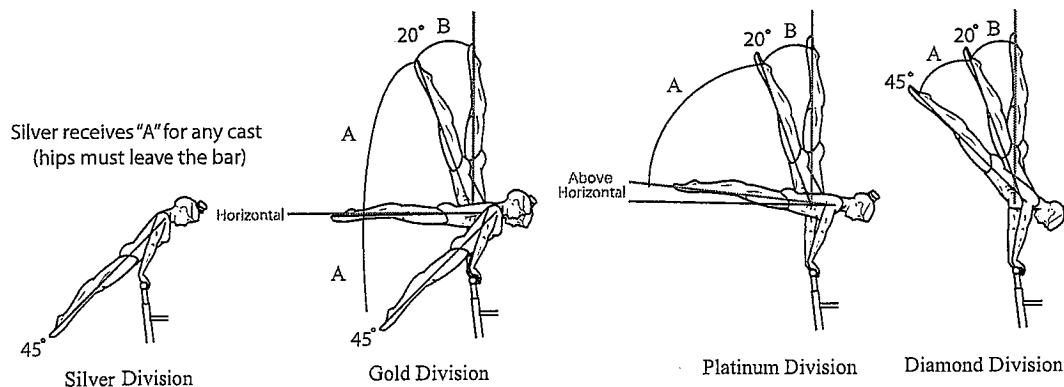
5. DIAMOND DIVISION ~ RESTRICTIONS

- a. Only "A", "B", "C" and one "D" VP elements are allowed. NO BONUS is awarded for a "D" element.
 - 1) "E" VP elements and more than one "D" VP elements are NOT ALLOWED.
 - 2) If an unallowable/restricted skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do Not award VP credit
 - c) The skill CANNOT be used to fulfill Special Requirements

H. Required Technique for the Recognition of VPs

- When evaluating the angle of the body when there is a shoulder angle, look at the line from the shoulders through the mid-point of the lowest body part.
- When there is no shoulder angle (such as the ending of a clear hip circle nearing handstand phase), look at the line from the hands through the mid-point of the lowest body part.
- In the case of casts and back uprisers with straddled legs, the angle of completion is determined when the hips are extended and/or legs are joined.
- If hips are extended, but the legs are not fully together at the peak of the cast or uprise, a deduction for leg separation is applied.

1. Cast(s)



J.O. Cast Angle Deductions will NOT be used in any Division.

- a. Bronze Division: no angle requirement No Amplitude Deduction
- b. Silver Division: Minimum 45° below horizontal requirement No Amplitude Deduction
 - No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions.
- c. Gold Division: Horizontal requirement

<ul style="list-style-type: none"> • 0° - 20° from Vertical • 21° - 90° from Vertical • 1° - 45° BELOW horizontal • More than 45° below horizontal • No other casts performed in the routine will have a cast angle requirement and would be subject only to execution deductions. 	<ul style="list-style-type: none"> award "B" VP/SR, no Amplitude deduction award "A" VP/SR, no Amplitude deduction award "A" VP, do NOT award SR; no amplitude deduction do NOT award VP/SR, no Amplitude deduction
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- d. Platinum Division: Above Horizontal requirement

<ul style="list-style-type: none"> • 0° - 20° from Vertical • 21° - 89° from Vertical • Horizontal and below 	<ul style="list-style-type: none"> award "B" VP/SR, no Amplitude deduction award "A" VP/SR, no Amplitude deduction do NOT award VP/SR, no Amplitude deduction
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- e. Diamond Division: 45° from Vertical or Above requirement

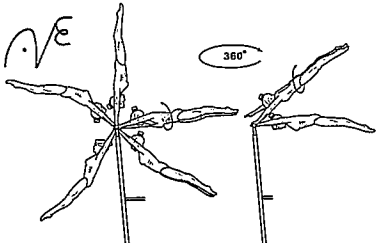
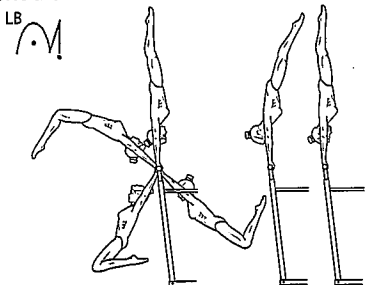
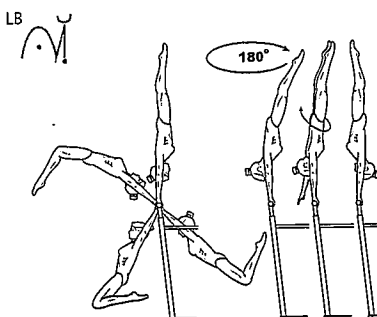
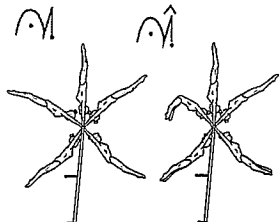
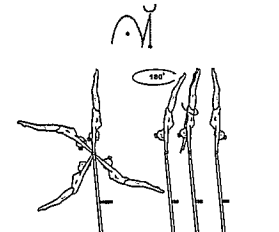

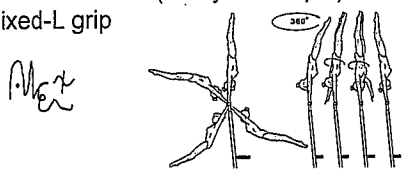
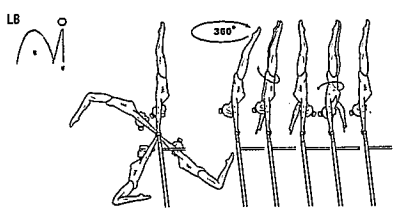
<ul style="list-style-type: none"> • 0° - 20° from Vertical • 21° - 45° from Vertical • more than 45° from Vertical 	<ul style="list-style-type: none"> award "B" VP/SR, no Amplitude deduction award "A" VP/SR, no Amplitude deduction do NOT award VP/SR, no Amplitude deduction
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UNEVEN BARS ~ Skills Chart

Additional "A" Value Part Skills

Bronze Division	Silver Division	Gold Division	Platinum Division	Diamond Division
Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Jump to Front Support Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run) 	Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run out) 	Mounts: <ul style="list-style-type: none"> Pullover (from 1 or 2 ft or run) Glide swing to Stand Run out glide Kip Single leg jam Kip (from glide or run out) 		
Casts: <ul style="list-style-type: none"> Cast (hips must leave bar) 	Casts: <ul style="list-style-type: none"> Cast (hips must leave bar) 	Casts: <ul style="list-style-type: none"> Cast to a minimum of 45° below horizontal 	Casts: <ul style="list-style-type: none"> Cast 89° to 21° from vertical 	Casts: <ul style="list-style-type: none"> Cast 45° to 21° from vertical
Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward 	Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward Long Hang Pull-Over (from long swing) 	Circles: <ul style="list-style-type: none"> Stride Circle Forward Stride Circle Backward Long Hang Pull-Over (from long swing) 		
Dismounts: <ul style="list-style-type: none"> Cast off to Stand ¾ Fwd Circle to Stand From low bar - Underswing to Stand From low bar - Sole Circle to Stand From low bar - Cast Squat on - Jump off forward to Stand 	Dismounts: <ul style="list-style-type: none"> Tap Swing Fwd. with ½ turn From low bar - Underswing to Stand From low bar - Sole Circle to Stand From low bar - Cast Squat on - Jump off forward to Stand 	Dismounts: <ul style="list-style-type: none"> Tap Swing Fwd. with ½ turn 		
Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing (bent knee ok) Single leg swing bwd Single leg cut fwd or bwd Cast Shoot through 	Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing (bent knee ok) Single leg swing bwd Single leg cut fwd or bwd Cast Shoot through Tap swing-counterswing 	Other Allowed Skills: <ul style="list-style-type: none"> Single leg basket swing Single leg cut fwd or bwd Cast Shoot through Tap swing-counterswing 	Other Allowed Skills: <ul style="list-style-type: none"> Tap swing-counterswing - only 1 allowed 	

UNEVEN BARS ~ Skills Chart

Group 5 – Giant swings–Circles forward		
A	B	C
5.101	<p>5.201 (Handstand on HB) Swing down forward between bars, swing backward and 1/1 (360°) turn at height of HB</p> 	5.301
5.102	<p>5.202 From Handstand on LB – Giant circle swing forward in reverse grip with legs tucked at bottom of circle</p>  <p>with 1/2 (180°) turn in handstand phase (start & finish in HS)</p>  <p>All LB Giants performed with extended body/legs will retain same value as corresponding HB element.</p>	<p>5.302 Handstand on HB – giant circle swing forward in reverse grip to handstand, also with legs straddled or hips bent in upswing phase, also with 1/2 (180°) turn in handstand phase</p>   <p>also with hop-grip change to regular grip (overgrip)-not illustrated</p>  <p>also with 1/1 turn (360°) turn on one arm after handstand (Healy technique) to L or mixed-L grip</p>  <p>From Handstand on LB – Giant circle swing forward in reverse grip to handstand with 1/1 (360°) turn in handstand phase legs tucked at bottom of circle</p> 

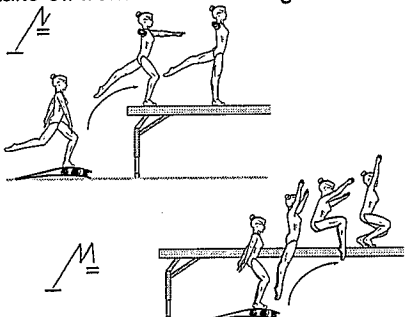
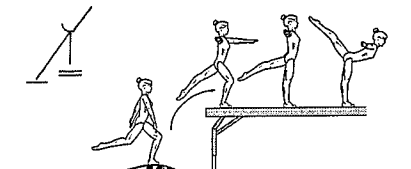
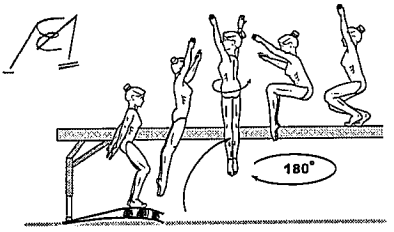
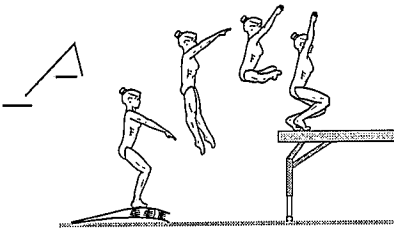
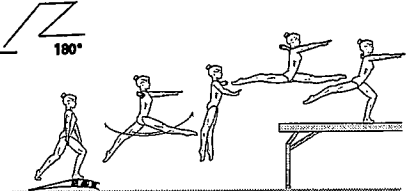

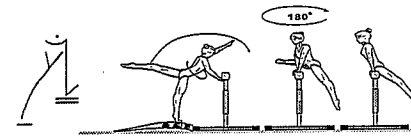
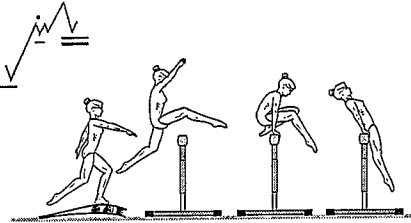
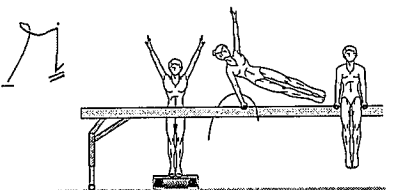
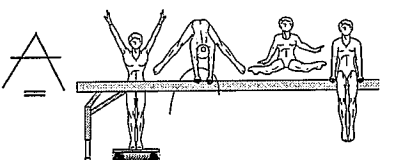
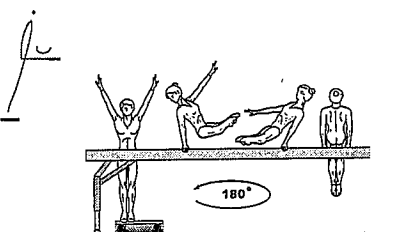
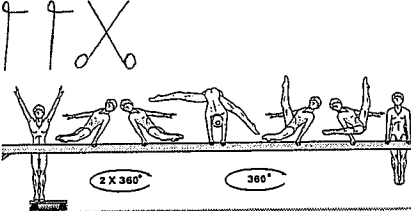
BALANCE BEAM ~ Chapter 2 ~ General Information

Recognition (Counting) of Value Parts (continued)

- B. In the following instance, elements will be considered DIFFERENT for the counting of VP:
1. If they have a different number in the *Xcel Code of Points, Xcel Updates, or are listed separately on the Xcel Skill Charts*.
 2. If they have the same number in the *Xcel Code of Points, Xcel Updates* but meet the following criteria:
 - a. Saltos are performed with different body positions.
 - b. The support is performed on one or both arms.
 - c. There are different degrees of turn (1/2, 1/1, 1½)
 - The addition of a ¼ turn does not make an element different, unless specifically listed in the *Xcel Code of Points, Xcel Updates*.
EXAMPLE: #2.110 Tuck jump and Tuck jump with ¼ turn are considered the same element.
 - d. Mount elements are performed as elements within the exercise.
EXAMPLE: Press handstand performed as a mount and later in the exercise. Both would receive "B" VP.
 - e. The take-off for a leap/jump/hop is from one or both legs.
EXAMPLE: #2.201 Split leap w/ ¼ turn and Split jump w/ ¼ turn will be considered different elements.
 - f. The Acrobatic elements take-off or land on one or both legs.
EXAMPLE: #7.202 Front handspring step-out and front handspring to two feet are considered as different elements and both will receive "B" credit.
 - g. **An Acro element that lands directly in a kneeling position on the first leg (example: Right Back Walkover that lowers down onto Right knee).**
- C. In the following instances, the elements will be considered the SAME:
1. Elements with the same number but performed with different leg positions will be considered the same element.
EXAMPLE: #2.108 Stretched jump with or without arch and stretched jump with change/beat of legs are considered the same "A" element.
 2. The partial handstand and vertical handstand listed on the Bronze, Silver, and Gold Skill Charts are considered the same element.
 3. **The following landings (exits) of an Acro skill are all considered the SAME skill:**
 - a. **Step-out on first foot to stand.**
 - b. **Step-out on first foot to a lunge.**
 - c. **Step-out on the first foot to kneel on the second (back) leg.****Example: A Back Walkover that steps down on the first leg to kneel on the second leg is considered the same skill as a Back Walkover that steps down on one foot after the other to a stand or lunge.**
- D. All acro skills must start and finish on the beam to receive SR credit.
- Acro skills performed as a mount will receive VP credit. However the acro mount CANNOT be used to fulfill the acro SR.
- E. Difficulty Restrictions
1. BRONZE DIVISION RESTRICTIONS
 - a. Only Skills listed on the Bronze Skill Chart and allowable "A" VP's are allowed.
 - 1) No "B" or higher VP elements are allowed
Exception: Cross - Split OR Straddle jump will be awarded "A" VP
 - 2) The following "A" Value-Parts are NOT ALLOWED in the Bronze Division
 - a) Salto or Aerial Dismounts
 - b) Walkovers
 - 3) If an Unallowable/restricted Skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do NOT award Value Part credit
 - c) The skill CANNOT be used to fulfill Special Requirements
 - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.
 2. SILVER DIVISION RESTRICTIONS
 - a. Only Skills listed on the Silver Skill Chart and "A" VP's and "B" Dance VP's are allowed.
 - 1) No "B" Acro VP or "C" or higher VP are allowed
 - 2) If an Unallowable/restricted Skill is performed:
 - a) Deduct 0.50 from SV
 - b) Do NOT award Value-Part credit
 - c) The skill CANNOT be used to fulfill Special Requirements
 - b. All appropriate execution and amplitude deductions would be applied to all elements, whether or not they receive Value-Part credit.

BALANCE BEAM ~ Skills Chart

Group 1 – Mounts

A	B	C
<p>1.101 Free leap or jump to stand on one or both legs at middle, end or diagonal to beam – take-off from one or both legs</p>  <p>Free leap to stand on one or both legs at end or diagonal to beam with lowering to scale-take off from one leg</p> 	<p>1.201 Free jump with 1/2 turn (180°) In flight phase to tuck or straight stand – approach at end or diagonal to beam</p>  <p>also, <i>Straddle jump onto end of beam</i> (180° leg separation)</p> 	<p>1.301 Split leap forward with leg change (180° leg separation) at end of beam</p> 
<p>1.102 Scissors leap to cross sit on L or R thigh diagonal approach to beam</p>  <p>One foot take-off, leg swing with 1/4-1/4 turn (total 180°) to front support – 90° approach to beam</p>  <p>Scissors leg swing with 1/2 turn (180°) to cross straddle sit (Not illustrated)</p>	<p>1.202 Thief vault – take-off from one leg – free leap over beam, one leg after another to rear support - 90° approach to beam</p> 	<p>1.302</p>
<p>1.103 From side stand frontways – flank over or straddle cut forward to rear support</p>  	<p>1.203 From side stand frontways – double leg swing (Kehre-in) with 1/2 turn (180°) to rear support</p> 	<p>1.303 Two flank circles followed by leg “flair” (Baitova)</p> 

FLOOR EXERCISE ~ Chapter 2 ~ General Information

Timing of the Exercise: (continued)

4. The Chief Judge takes the overtime deduction of 0.10 from the average score.
 - a. This deduction must be indicated to the coach either verbally or by visual means.
 - b. No overtime deduction is taken if the time is within a fraction of a second over the time allotment.
Example: Routine is clocked at 1:30.01 to 1:30.99 (less than 1:31).
Do not take the overtime deduction.
5. No time warning is given on Floor Exercise.

III. Spotting Regulations

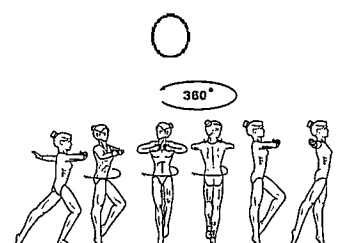
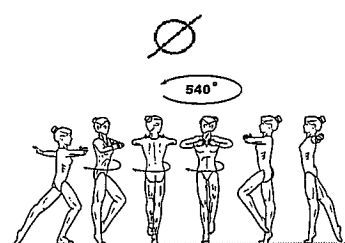
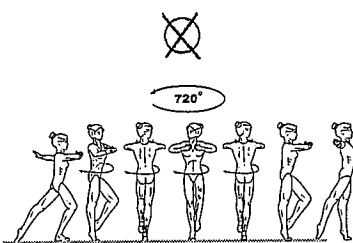
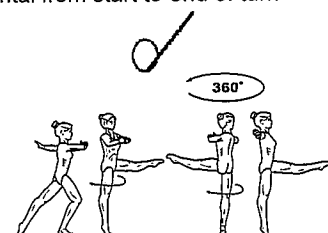
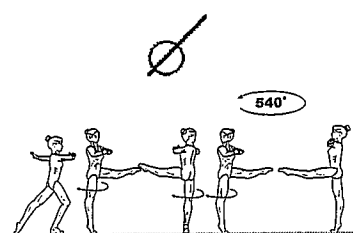
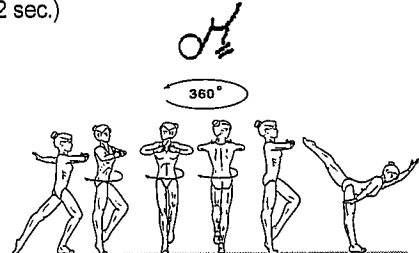
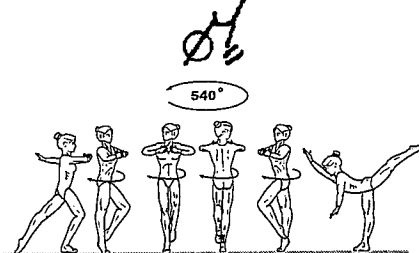
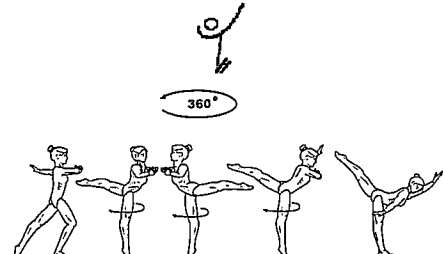
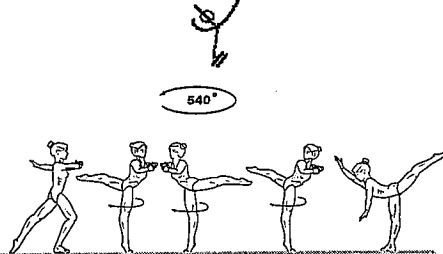
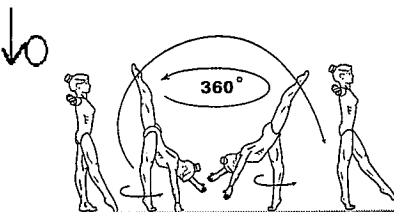
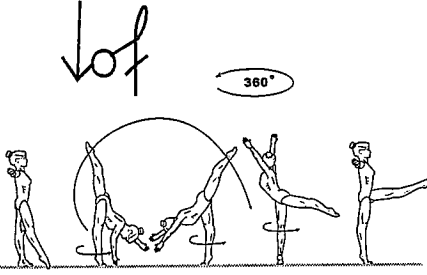
- A. In all Xcel Divisions a coach is allowed on the floor exercise mat without a deduction.
- B. If the coach assists/spots the gymnast during an element:
 1. Each judge deducts 0.50 for the "spot"
 2. If the gymnast falls after the "spot", an additional 0.50 deduction is taken for the fall.
 3. VP credit as well as SR is NOT awarded.
- C. If the coach spots the gymnast upon landing of an element:
 1. Each judge deducts 0.50 for the "spot".
 2. If the gymnast falls after the spot, deduct only 0.50. Do not deduct for both the "spot" and the fall.
 3. Award VP and SR credit.
- D. If the coach touches (or pushes) the gymnast when, or after, she lands an element to stop her momentum, then only one 0.50 deduction would be applied:
 1. In the event that the gymnast falls, do not deduct an additional 0.50 for the fall.
 2. If the gymnast steps over the boundary line, the Chief Judge deducts 0.10 from the average score.
- E. If the coach catches a falling gymnast, DO NOT deduct for the spot; deduct 0.50 for the fall ONLY.
- F. There is no penalty if the gymnast inadvertently touches the coach.
- G. Gymnasts and coaches are permitted to stand around the Floor Exercise area (and cheer), provided that they do not obstruct the view of the judges and /or spectators.
 - The Chief Judge would first warn the teammates/coaches if there is obstruction.
 - If it continues, then apply the deduction of 0.20 for "unsportsmanlike conduct" to either the All- Around score of the individual gymnast who is creating the obstruction or to the team score of the team in violation.

IV. Music Regulations

- A. The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/ voice). Human sounds are allowed, provided there are no words spoken or sung.
 1. Absence of music or music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge.
 2. Music with whistles/animal sounds will NOT receive a deduction.
 3. *If a coach has any question of the music containing words, the music should be sent to the Regional Technical Committee Chairman from their region. The RTCC will forward the music to the National Technical Committee Chairman, JO Program Director and JO Technical Director. The NJOPD will send the final decision on the official Music Approval Form to the coach (with a copy to the RTCC, NTCC and NJOTD).*
 - *The coach should carry the approval form to competitions as a form of verification that the music has been approved and should not receive a deduction.*
- B. Procedures for music failure during the routine due to technical failure:
 1. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to repeat the routine or accept the score that is given. The judges will post no score until that decision is made. No deduction would be taken for the absence of music.
 2. The gymnast may stop her performance immediately and request permission from the Chief Judge to repeat her routine or to continue from the point of interruption. Once permission is given, the gymnast would perform again (either from the point of interruption or the entire exercise) after a reasonable amount of rest time. No score would be given for the partial routine.
 3. Floor Exercise music must be recorded digitally. Meet Directors of all sanctioned events must provide options to play only digital copies of music (MP3 players, computers, tablets, etc.) and are no longer required to provide compact disc players.

FLOOR EXERCISE ~ Skills Chart

Group 2 - Turns

A	B	C
2.101 1/1 turn (360°) on one leg (free leg optional) 	2.201 1½ turn (540°) on one leg (free leg optional) 	2.301 2/1 turn (720°) on one leg (free leg optional) 
2.102	2.202 1/1 turn (360°) with free leg at or above horizontal from start to end of turn 	2.302 1½ turn (540°) with free leg at or above horizontal from start to end of turn 
2.103	2.203 1/1 turn (360°) on one leg to scale forward (2 sec.) 	2.303 1½ turn (540°) on one leg to scale forward (2 sec.) 
2.104	2.204 1/1 turn (360°) in scale forward with free leg above horizontal from start to end of the turn 	2.304 1½ turn (540°) in scale forward with free leg above horizontal from start to end of the turn 
2.105 1/1 illusion turn (360°) through standing split without touching floor with free leg (brief touching of floor with one hand permitted) 	2.205 1/1 illusion turn (360°) through standing split without touching floor with free leg or hand 	2.305

I. Skills and Value Parts

- A. In the Bronze, Silver, and Gold Divisions the exercises are composed of "Skills" and "Value Parts" (VP). Skills that are listed on the Bronze/Silver/Gold Skill Charts are eligible to receive credit and fulfill Special Requirements at the corresponding level. Any skill that is listed in the Xcel Code of Points is given the value that is listed even if it is different than the value listed in the JO Code of Points.
- In addition, elements listed in the *Xcel Code of Points* that are allowable in that Division are eligible to receive VP credit and fulfill Special Requirements.
- B. In the Platinum and Diamond Divisions, the exercises are composed of elements that possess different difficulty values. Elements are given their values in the *Xcel Code of Points* or *Xcel Updates* as follows:
1. A – Part = part with easy difficulty 0.10 pt.
 2. B – Part = part with medium difficulty 0.30 pt.
 3. C – Part = part with high difficulty 0.50 pt.
 4. D – Part = part with higher difficulty (only as an additional element or to replace a lower VP; NO BONUS is awarded.) ***Applies to Diamond division only.***
- C. Higher value parts can replace lower value parts, but not the reverse.
The replacement is on a 1 to 1 basis, regardless of the point value.
- D. Any element listed in the *Bronze/Silver/Gold Skill Charts*, *Xcel Code of Points* or *Xcel Updates*, can be recognized as a Value Part two (2) times in an exercise, provided the element occurs in a different connection (i.e., preceded or followed by a different element).
1. If the same element is performed a third time, or is performed a second time in the exact same connection:
 - a. The Value Part credit is NOT awarded.
Example on Beam:
Back walkover (A), then FALLS; Back walkover (A), Back walkover (0) series completed. No Value Part credit awarded for the third Back walkover and no credit is awarded for the Acro Series since one element had no value.
 - b. It CANNOT be used to fulfill Special Requirements
 - c. Applicable execution and amplitude deductions are applied.
 - Exception: Value Part credit can be awarded for an element that is performed for the third time if it was not previously awarded Value Part credit because, the element lacked completion the first or second time it was performed, or
 - The element was used in the exact same connection the second time it was performed,
 - The exact same single element was performed a second time with the same entrance and exit.
Example on Beam:
Back walkover (A) STOP Back Walkover (0), then later performs Back walkover (A), Flic-flac step-out (B), in this example, the third Back walkover receives Value Part credit and therefore can fulfill the Acro Special Requirement.
 2. When several elements or variations of a single element are listed under the same number in the *Xcel Code of Points* or *Xcel Updates*, they may be recognized as different elements provided that they meet specific criteria. See the specific apparatus chapters for further clarifications.

Example on Beam: Back Walkover (A) and lying push up to bridge, kick over (A) are variations of the same element. Both will receive VP credit.
- E. Any new element not listed in the XCEL Bronze, Silver, or Gold Skill Chart or in the *Xcel Code of Points*, *Xcel Updates*, must be evaluated by the Regional Technical Chair, the National XCEL Chair and Appointed National Technical Committee Personnel.
Element Evaluation forms can be found on the www.usagym.org website in the Forms section under Women.
1. A copy of this evaluation must be presented to the Meet Referee or Chief Judge prior to the competition in order to insure proper awarding of difficulty.
 2. Evaluations will be valid for one quadrennium (beginning Aug. 1 of the year following the Olympics) and will be posted on Regional websites.
 3. "A" Dance elements on Beam and Floor Exercise: If a variation of an "A" Dance element is NOT listed in the *Xcel Code of Points*, *Xcel Updates*, the judge may award "A" value if it is comparable to the "root" element.

I. Determining the Average Score

A. With a four (4) judge panel:

1. Establish the final average score in the following manner:

- a. The highest and lowest scores are eliminated.
- b. The two middle scores are averaged by:
 - 1) Adding them together, then
 - 2) Dividing them by two

EXAMPLE:

Chief	Judge 1:	9.40	High eliminated
	Judge 2:	9.00	Low eliminated
	Judge 3:	9.20	
	Judge 4:	9.30	

$9.20 + 9.30 = 18.50$ divided by $2 = 9.25$, the Average Score

2. The average score determines the allowable range between the two counting scores.
3. If the two counting scores are out of range, the Chief Judge calls a conference.

B. With a two (2) judge panel:

1. Establish the final average score in the following manner:

- a. The two scores are added together, then
- b. Divided by two

EXAMPLE:

Chief	Judge 1:	7.80
	Judge 2:	7.50

$7.80 + 7.50 = 15.30$ divided by $2 = 7.65$, the Average Score

2. The average score determines the allowable range between the two scores.
3. If the two scores are out of range, the Chief Judge calls a conference.

II. Range of Scores

- A. The Range of Scores is the allowable difference between the counting judges' scores.

- B. The Average Score, not the Chief Judge's score, determines the Range.

- C. In USA Gymnastics XCEL competitions, the Allowable Range of Scores between the two middle scores (or the 2 scores, when only two judges are used) is:

<u>Average Score is between:</u>	<u>Range of Two Counting Scores</u>
9.50 – 10.00	0.20 pt.
9.00 – 9.475	0.50 pt.
8.00 – 8.975	0.70 pt.
Below 8.00	1.00 pt.

- D. If there is too great a difference between the two scores, a conference of the judges is called. In this conference, the discrepancy is resolved by one of the following procedures:

1. The Start Value is discussed.
2. Mathematical procedures are checked for accuracy.
3. Adjustments are made in the scores to conform to the allowable range.
4. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range.
5. If judges are unable to compromise, the Chief Judge may mandate that the scores be brought into allowable range.

- E. Judges may evaluate in 0.05 increments at all XCEL competitions.

- F. A Final Courtesy Score of 4.00 will be awarded for any Xcel exercise that results in a score equal to or less than four (4.00) points.

- G. Open Scoring is NOT ALLOWED at Xcel competitions below State Championships.

1. *The State Administrative Committee determines if Open Scoring is allowed at the Xcel State Championships.*
2. *The Regional Administrative Committee determines if Open Scoring is allowed at the Xcel Regional Championships.*

Inquiries (continued)

- F. The Chief Judge and the panel judge(s) will respond, providing only the information requested. After the Chief Judge has completed the response to the inquiry, the Meet Referee or Meet Director will return the form to the coach, either by hand or by a pre-defined inquiry return procedure.
- The coach may not approach the judge regarding the inquiry, during the competition.
- G. No Video Review is allowed at any XCEL competition during the processing of an inquiry unless ***the following criteria is met:***
- At State meets and above, a coach can request a video review by the Meet Referee and the highest rated non-affiliated judge (if video is available) in the event that the inquiry involves the possibility that the judges missed an element that would affect the Start Value. The video review process may NOT be used to appeal a judgment of degree assessment, i.e., degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps as well as other like skills.***
1. ***If the Meet Referee or highest rated judge is affiliated with the athlete in question, the video review will be conducted by the two highest rated unaffiliated judges, OR the highest rated unaffiliated judge and a USA Gymnastics officer.***
 2. ***The Meet Referee must inform the judging panel that a video review will be initiated, as well as the final decision.***
- H. ***If the administrative procedures stated above in F. are not properly followed on a submitted inquiry,*** the coach may petition the Jury of Appeals for a review within five (5) minutes of the end of the rotation/competition or the return of the inquiry form, whichever occurs later.
- A video review, if available, may be considered by the Jury of Appeals.
 - Jury decision should occur within 15 minutes after the conclusion of the meet and before the awards are presented.

IV. Judge Inadvertently Misses the Exercise

The following procedures are to be used in the rare occurrence that one judge misses the exercise:

- A. **With a 2-judge panel:** The gymnast has two options after the coach is advised of the score of the judge who evaluated the whole routine:
3. Accept that score, OR
 4. Repeat the exercise after a reasonable period of rest. If the gymnast elects to repeat, the score of the second routine will count.
- B. **With a 4-judge panel:** The final score is determined by entering a score for the judge who missed the routine that is equal to the highest score given by the three other judges and then averaging the two middle scores, as usual.
- This method gives the gymnast the benefit of having the highest possible score and there is no need for the option to repeat the exercise.
- C. In either case, the Chief Judge should consult with the Meet Referee, who will then notify the coach of the gymnast's options.

V. Procedures for Falls/Injuries Resulting in Bleeding

- A. Take steps to stop the bleeding immediately and cover the wound as soon as possible.
- B. A bleeding wound (or any other injury due to a fall) does NOT give the athlete the right to repeat her exercise or resume from where she left off.
- C. If the 30-second (Beam) or 45-second (Bars) fall time is exceeded before the wound can be covered, then the exercise is terminated.
- D. If there is blood on any equipment or mats after the gymnast finishes her routine, the blood must be removed prior to beginning the next gymnast's routine.
- E. The coach and the athlete have the right to determine if the athlete can continue the routine after the fall (within the fall time limitations).

Judges ~ Chapter 4 ~ Rights & Duties

I. DUTIES AND RESPONSIBILITIES OF THE XCEL MEET OFFICIALS

A. GENERAL DUTIES OF ALL OFFICIALS

1. Individual judges shall perform their function as a judge of the Meet according to the USA Gymnastics Rules and Policies, membership policies and the USA Gymnastics Code of Ethics.
2. Individual judges shall be limited to judging, evaluating and scoring the competition.
 - Shall not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.
3. Individual judges will be bound by the terms of the individual contract agreed upon for that particular meet.
4. Judges are responsible, according to all appropriate laws and jurisdiction, for all financial reporting and identification of payment/reimbursements received to the appropriate agencies (i.e. IRS).
5. Each individual judge shall sign and return the contract to the Meet Director and the contracting official.
6. Judges are not allowed to accept gifts in addition to the USA Gymnastics Judges' Compensation Package fees/expenses unless the gift does not exceed a retail value of \$20.00.
7. Judges are not allowed to act in a dual capacity (i.e., Coach/judge, parent/judge, Meet Director/judge).
8. Must act in a professional manner.
 - a. Must not leave their seat during competition without permission of Meet Referee or Chief Judge.
 - b. Must remain at his/her event station until the entire competition has been completed.
 - c. Must avoid conversations with coaches regarding the evaluation of the exercises.
 - d. Must be willing to compromise when the two counting scores are out of range.
9. Must wear the correct uniform (navy blue pants/skirt and white blouse/shirt), or as designated in the contract.
10. Chief and panel judges are responsible for flashing their own Start Value at all Xcel meets (or write it on the competitor's score card).
 - Must provide her/his own SV flashing unit, unless provided by the host club.

B. XCEL MEET REFEREE (who may also act as a Chief Judge)

1. A Meet Referee, or acting Meet Referee, must be designated at all Xcel sanctioned competitions.
2. If an acting judge also serves as the Meet Referee (for State Championships and above), she/he will receive a Chief Judge's fee or a Meet Referee's fee, but not both. No dual compensation is allowed.
3. Meet Referee Duties and Responsibilities
 - a. If requested, assists in conducting the draw prior to or at the coaches' meeting (depending on the organization of the meet) at State or Regional competitions, in conjunction with:
 - 1) Appropriate USA Gymnastics Officer, and/or
 - 2) Meet Director
 - b. Serves as liaison between coaches and judges. Must attend the coaches meeting (or designate a proxy) at State, and Regional competitions.
 - c. Conducts the judges' meeting prior to the competition.
 - 1) Presents a Base Score DVD (if available) for analysis at State and above meets.
 - 2) Reviews the following procedures with the judges:
 - a) Logistics of the meet/scoring system, meet mechanics, etc.
 - b) Rule changes
 - c) Equipment issues
 - d) Information from the Meet Director
 - e) Professional protocol reminders

Judges ~ Chapter 4 ~ Rights & Duties

- d. *Assigns the Chief and Panel Judges to their respective events, as requested by the State or Regional Administrative Committee for State and Regional meets. It is strongly recommended that the State or Regional Administrative Committee assign the duty of event assignments to the designated Meet Referee.*
 - 1) *Criteria for assignment must be followed.*
 - 2) *If the Meet Referee is also a Chief Judge, the assigning official may make the event assignments.*
 - 3) *At local, pre-sectional and sectional meets, the assigning official may make the event assignments.*
- e. *May observe and/or give opinion during conferences.*
- f. *Is available for counsel, upon request of the Chief Judge.*
- g. *May counsel the Chief Judge when, in her/his opinion, the average score and/or the score of the Chief Judge seems out of line with the scoring in the competition.*
- h. *May recommend, but never force, a change of any score.*
- i. *Corrects and signs the official score sheets after any change of score.*
- j. *Gives any technical or judging information pertinent to the competition to the Meet Director or Organizing Committee for distribution.*
- k. *Acts as the final authority in all technical matters involving judges, timers, line judges, flashers, individual event and AA tabulators, as well as equipment.*
- l. *Notates a warning given by the Chief Judge concerning incorrect attire or signaling. She/he will then notify the Chief Judges on the other events that a warning has been given so that appropriate deductions may be applied.*
- m. *Upon notification from the Chief Judge, issues a warning to the coach for unsportsmanlike conduct. Follow USA Gymnastics' Coaches Behavior Policy in the Rules and Policies. This would also be applied for excessive cheers and/or behavior of teammates, or the coach who is disruptive to the competition.*
- n. *Will be available for a minimum of 5 minutes following the last competitors' exercises to deal with questions or concerns with the technical decisions and/or judges' scores.*
- o. *Serves as President of the Jury of Appeal.*
- p. *May be an affiliated judge.*
- q. *Indicates any violations of Rules and Policies on the sanction report form or notifies USA Gymnastics Member Services directly in writing by mail, FAX or e-mail.*
- r. *Is responsible for compiling and checking the information regarding judges' fees and expenses for the Meet Director.*
- s. *Checks with the scoring personnel to verify that the scores for all gymnasts are entered and all inquiries have been resolved.*
- t. *Issues a warning to the coach and notifies the Meet Director if she/he observes more than one gymnast on the uneven bars at the same time during any warm-up (timed or 30-second touch).*
- u. *Monitors the judging panels to ensure the appropriate use of electronic tablets for judging and reference purposes.*

C. XCEL CHIEF JUDGE

- 1. *Prepares the judges for the correct evaluation of the exercises at the judges' meeting prior to the competition.*
- 2. *Checks that the apparatus and mats correspond to the USA Gymnastics regulations and that all materials necessary are available and functioning properly. This could include:*
 - a. *Light or time signals*
 - b. *Stopwatches*
- 3. *Instructs judging assistants to assure their knowledge of the:*
 - a. *Correct use of the signal to indicate line violations.*
 - b. *Correct use of the stopwatch and timing device to indicate time limitations.*
 - c. *Proper reporting procedures for the following violations:*
 - 1) *Exceeding the time allowed*
 - 2) *Stepping out of the floor exercise area*
 - d. *Correct method of scoring.*
 - e. *Correct procedures for flashing of the start values, individual score and/or the average score.*

Judges ~ Chapter 4 ~ Rights & Duties

Xcel Chief Judge (continued)

4. *Is responsible for the correct work of her/his panel and assistant judges.*
5. *Uses a green flag or hand signal to acknowledge the presentation of the gymnast.*
6. *Must evaluate the exercises accurately without bias and must first write (or enter into the electronic scoring system) her/his own score before reviewing scores from other judges.*
7. *Must determine and record the score and Start Value, as well as record deductions for execution/ amplitude, artistry, compositional errors and neutral deductions.*
8. *Verifies that the scores fall within the proper range.*
9. *Verifies that the score of the Chief Judge, panel judge(s), average score and time/line deductions are properly recorded during the competition.*
 - *It is not necessary to sign the official score sheet.*
10. *Confirms when a gymnast may repeat an exercise (or portion of the exercise) due to technical failure and determines when the repetition (or continuation) will occur.*
 - a. *A flash from a camera is not a valid reason to allow a gymnast to repeat the exercise.*
 - b. *These decisions must be made in consultation with the Meet Referee prior to the score being flashed.*
11. *Is responsible for calling a conference if an impossible Start Value has been awarded and/ or for other reasons to assist the judges in arriving at a common basis for scoring during competition. During the conference:*
 - a. *The Start Value differences will be clarified.*
 - b. *The Meet Referee may be notified of and/or be included in the discussion.*
 - c. *The judges may change their scores, but are not obliged to do so; however, if the scores are out of the allowable range, adjustments must be made. It is the professional responsibility of the judges to come to an agreement if their scores are initially out of range.*
 - d. *If the judges are unable to compromise, the Chief Judge may mandate that the scores be brought into the allowable range.*

N. Takes the deduction from the average score for the following infractions.

The deduction must be indicated to the coach either verbally or by visual means at the conclusion of the exercise.

<u>0.10</u>	Overtime
No deduction	Coach standing between the bars or next to beam throughout the entire exercise
each time <u>0.10</u>	Any part of the body touching outside of the Floor exercise border marking
each time <u>0.10</u>	Failure to present to the Chief Judge before; to any judge after exercise
<u>0.10</u>	Failure to mark the boundary line on additional matting which covers the boundary line (FX)
<u>0.20</u>	Gymnast failing to begin exercise within 30 sec. after the Chief Judge signals to begin
<u>0.20</u>	Unsportsmanlike conduct of the gymnast (after warning)
<u>0.20</u>	Incorrect padding (Gymnast wearing heel/hip pads on bars) <ul style="list-style-type: none"> • *If the Chief Judge notices the heel/hip pads prior to the gymnast's mount, a warning must be given. • However, if the gymnast wears the heel/hip pads during her exercise (whether or not the Chief Judge warned her previously), the deduction must be taken.
<u>0.20</u>	Technical verbal cues by coach or teammate(s) to own gymnast (applied after a verbal warning has been given) <ol style="list-style-type: none"> a. <u>Examples of technical cues</u>: "hollow", "pull", "breathe", etc. b. <u>Exception</u>: If the gymnast is competing on an apparatus and the coach instructs her by giving specific information on what to do during the routine (for example – what to do next or to repeat a missed requirement), a deduction is taken without the warning being given. c. This deduction is taken only once, regardless of the number of cues given.

Judges ~ Chapter 4 ~ Rights & Duties

Xcel Chief Judge - Takes the deduction from the average score for the following infractions (continued)

0.20	<p><u>Incorrect attire</u> (includes jewelry) (after a warning)</p> <p><i>*Jewelry is not allowed to be worn during warm-ups or competition.</i></p> <ul style="list-style-type: none"> • Once the warning has been issued by the Meet Referee or Chief Judges, the deduction will be applied to the first event competed after the warning. • Once the deduction has been applied, the MR must inform the CJ at any subsequent events so that no further penalty will be taken. • The deduction is taken one time only. <p>a. Acceptable attire is a one-piece leotard with or without sleeves and no bare midriff. Unitards with long legs, with or without sleeves are acceptable.</p> <ul style="list-style-type: none"> • Exception: For medical or religious reasons, reasonable accommodating exceptions to proper attire can be reviewed by the RTCC and RXCC. See R&P for specific procedures for approval. <p>b. The leg cut of the leotard must be below the pelvis/hip bone.</p> <p>c. Backless leotards are not acceptable.</p> <p>d. <u>Underwear</u> (including sports bras) should not be visible. If underwear is visible due to the cut of the leotard, warn the athlete's coach. If the gymnast does not correct it, take a deduction on her subsequent event. Underwear, including sports bras, should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take a deduction. Common sense should prevail.</p> <p>e. <u>One pair of stud earrings</u> are allowed; one earring per ear in any part of the ear. All other piercings must be removed and not just covered with tape or a bandage.</p> <p>f. <u>Necklaces and bracelets</u> are not allowed. Exception: Medical bracelets.</p> <p>g. <u>Spaghetti straps</u> are considered inappropriate attire [minimum of 2cm (7/8") wide].</p> <p>h. <u>Elastic waistbands</u> traditionally worn as training aids are incorrect attire. (This does not include medically necessary bandages).</p> <p>i. <u>Failure to wear a competitor</u> number when required.</p> <p>j. <u>Hair should be secured</u> away from the face so as not to obscure her vision of the apparatus.</p>
0.20	<p><u>Excessive use of magnesia (chalk) or incorrect use of tape</u></p> <p>a. Small chalk markings may be placed on the beam (tape markings are not allowed)</p> <p>b. Spreading of magnesia on the FX mat is not allowed; only small marks are allowed.</p> <ol style="list-style-type: none"> 1. A single-line arc drawn in the corner of the floor is acceptable. 2. No velcro or tape markings are allowed within the Floor ex. area. <p>c. Tape markings are allowed at the corners of the floor exercise mat to indicate the boundary line in the case of a floor carpet that uses two colors rather than a boundary line.</p> <p>d. Use of tape or excessive chalk is not permitted on the vault table.</p> <p>e. Athletic tape, Velcro strips or small chalk marks may be used on the Vault runway; however, such markings should be no more than 2 inches wide and must be removed by the end of the rotation. The judge must issue a warning before taking a deduction if the measurement is exceeded or if the markings are not removed.</p>
0.30	<u>Use of additional mats, springboard on unauthorized surface</u> , or the use of the hand placement mat for traditional approach vaults
0.30	<u>Failure to remove the board</u> after the mount
0.30	<u>Failure to remove board or authorized spotting device</u> after a release element
0.30	<u>Using incorrect apparatus specifications</u>
0.50	<p><u>Starting the exercise before the signal is given</u></p> <ul style="list-style-type: none"> • Deduct from the score of the repeated performance • If the gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately. • See Vault Chapter for specifics on vault.
No Deduction	<u>Coach on the floor exercise mat</u> inside the border marking
1.00	<u>Absence of music</u> or <u>music with words</u> or song/speech
1.00	<u>The performance of a one-arm vault</u> : if at least half of the vault panel saw that only one hand touched the vault table

Judges ~ Chapter 4 ~ Rights & Duties

Xcel Chief Judge (continued)

- O. Terminates an exercise if after a fall, the gymnast exceeds the allotted fall time:
 - 1. Uneven Bars – 45 seconds
 - 2. Balance Beam – 30 seconds
 - 3. A bleeding wound (or any other injury due to a fall) does not give the athlete the right to repeat her exercise or resume from where she left off. If the 30 or 45 second fall time (BB or UB respectively) is exceeded before the wound can be covered, then the routine is terminated.
- P. Reports to the Meet Referee or Jury if:
 - 1. The gymnast's attire is incorrect.
 - 2. There is unsportsmanlike conduct of the coach (after warning).
 - 3. There are excessive cheers or behavior disruptive to competition by teammates or coaches.
Example: Gymnasts standing around the FX area, blocking the view of the judges and/or spectators.
 - 4. Failure to observe specified warm-up time by the team (after a warning). The deduction would be applied to the team event score where infraction occurred.
 - 5. Coach or teammates were warned about technical verbal cues.
- Q. Is responsible for responding, in conjunction with the panel judge(s), to an inquiry in a professional manner.
- R. Must wear the correct uniform for the competition, as designated in the contract.
- S. May not be affiliated at any sanctioned qualifying meets.
Exceptions:
 - 1. The State Administrative Committee determines if any additional criteria or change in criteria will be used for state organized competitions.
 - 2. An affiliated judge can be used for a one-judge panel for Bronze, Silver, and Gold Divisions.
 - 3. In extenuating circumstances, a meet director may request permission from the SAC to allow an affiliated one-judge panel for Platinum and Diamond Divisions.
- T. Does not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.

III. Xcel Panel Judges

- A. Must evaluate the exercises quickly and accurately, without bias.
- B. Must record the number of skills, "A", "B", "C" and "D" VP, Special Requirements and Start Value, as well as record deductions for execution/amplitude and artistry.
- C. Must include on score slip sent to Chief Judge (if electronic score input is not available for each judge):
 - 1. Signature and assigned number
 - 2. Start Value
 - 3. Special Requirement deductions
 - 4. Skills, "A", "B", and "C" VP missing
 - 5. Notification that a deduction was taken for the coach spotting the gymnast
 - 6. Notification that the gymnast exceeded the border marking on Floor Exercise, if no Line Judges are present. Also attempt to signal any such violation by raising a hand.
 - 7. Must write the European 7
- D. Is responsible for flashing his/her own Score and Start Value.
 - Must provide her/his own SV flashing unit, unless provided by the host club.
- E. When changing a score, the judge must cross out the first score, initial the change, and write in the new score. Do not erase.
- F. Must act in a professional manner.
 - 1. Must not leave their seat during competition without permission of Chief Judge.
 - 2. Must remain at his/her event station until the entire competition has been completed.
 - 3. Must avoid conversations with coaches regarding the evaluation of the exercises.
 - 4. Must be willing to compromise when the two counting scores are out of range.
- G. Must wear the correct uniform for the competition, as designated in the contract.
- H. May be affiliated; however, there may not be more than one judge per panel with the same affiliation.
- I. Does not involve herself/himself with the conduct of the gymnast during the warm-ups or training. Comments to the athlete should be made only if requested from the coach or athlete.

Apparatus Specifications

I. VAULT APPARATUS SPECIFICATIONS and RULINGS

Refer to the current *USA Gymnastics Women's Rules and Policies* book.

Requirements are subject to change every competitive year, beginning August 1.

- A. The Meet Director is required to include the thickness of the Vault Runway in the pre-meet information.
- B. The Vault Table may be used at any manufactured setting up to the maximum height specified in the current *USA Gymnastics Women's Rules and Policies* book.
- C. The Alternative Springboard apparatus or manufactured "Junior" vaulting board may be used at the Bronze, Silver, and Gold Divisions.
- D. ***A Tape Measure must be supplied by the Meet Director and securely fastened to the floor next to the runway. It is the coach's responsibility to check the placement and security of the tape measure to insure that the gymnast starts her run from the correct distance and the board is set correctly.***
- E. Use of Tape or Excessive Chalk is not permitted on the Vault Table.
- F. A Hand Placement Mat may be placed on the runway (but not on the vaulting board) ONLY for round-off entry vaults at the Diamond Division. The mat must be manufactured by a gymnastics equipment company and placed on the runway according to manufacturer's directions (Velcro-side down). It must not exceed two inches in height.
 - 1. A sting mat (or any other type of matting) is not allowed on the runway.
 - 2. The Hand Placement Mat may NOT be placed on the runway as a visual aid for forward entry vaults in any division.
- G. If the Hand Placement Mat slips on the runway, it is NOT considered apparatus or personal equipment failure. This is not a reason to repeat the vault without penalty.
 - It is the coach's responsibility to ensure that the mat is placed properly with the Velcro secure.
- H. The use of the Round-off "Safety Zone" Mat is **REQUIRED** whenever Round-off Entry Vaults are performed at XCEL competitions (Diamond Division). The Safety Zone Mat may also be used (but not required) for ANY other vault in the XCEL Program.
 - 1. Failure to use the safety zone mat when performing a round-off entry vault would result in a "0" (VOID) score for the vault.
 - 2. For round-off entry vaults, the safety zone mat must be placed in the proper direction (around the board) or the vault is invalid – "0" (VOID). The safety zone mat is designed to protect the area between the board and the vault apparatus, as well as on the sides of the board. It must fit snugly against the board so there is no space between the board and the safety zone mat.
 - 3. For vaults from Groups 1, 2 and 3 (forward entry with or without turns in pre-flight), the safety zone mat may be placed in either direction behind the board. It is also acceptable to have space between the board and the safety zone mat in this situation.
- I. Any combination of *Skill Cushions (maximum of 9 inches) using sting mats, 4-inch throw mats and/or 8-inch skill cushions, may be placed on top of the allowable competition landing mats (9 inches). If an 8-inch thick skill cushion is used, it must be a minimum of 5' x 10'.
 - 1. The use of any other unauthorized type of matting will receive a deduction of 0.30 from the average score by the Chief Judge.
 - 2. *Types of Skill cushions: Sting mat, 4" throw mat, 8" skill cushion
- J. ***The Vault runway must be securely fastened to the floor with tape or Velcro. Athletic Tape, Velcro Strips or Small Chalk marks*** may be placed across the width of the vault runway; however, the tape/strips may not exceed 2 inches in width.
 - The markings should be removed no later than at the end of the rotation.
- K. Conversions for inches to centimeters:

Approx ¾ inch	=	2 cm.
4 inches	=	10 cm.
4 ½ inches	=	12 cm.
8 inches	=	20 cm.
9 inches	=	24 cm.