



Rules & Policies 2025-2026



USAIGC/IAGC RULES & POLICIES 2025 – 2026

(Changes/updates are underlined in bold italics)

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POLICIES & PROCEDURES

SECTION I: Club Eligibility and Membership Benefits

- 1) Only USAIGC and IAIGC Club Members in “Good Standing” may participate in sanctioned USAIGC and IAIGC Competitions or Events throughout the USA and Internationally.
 - a) “Good Standing” is defined as:
 - i) Club Membership Current
 - ii) 100% Employee designation displayed on our Club Directory Page confirming ALL employees 18 years and older have a current Background Check Verification
 - iii) Without (i.) and (ii.) above, the Club’s entire Staff and all USAIGC/IAIGC gymnasts may not participate in any sanctioned competition or event or host any sanctioned competition and event
- 2) USAIGC/IAIGC Club Membership Benefits include:
 - a) All club employees.
 - b) VOICE with a club vote on recommended competitive Rules & Policies (every 2 years; updates at Worlds if need be).
 - c) Club owner’s insurance with USAIGC Insurance App for immediate quotes.
 - d) 100% Safe Club color PDF decal
 - e) Optional-only international competitive program
 - i) Annual local, state, regional and world championship competitions
 - f) **TUMBLING/FX – Boys & Girls**
 - i) **TBA Fall 2025/26**
 - (1) **Tumbling/Acro**
 - (2) **Additional boys’ events**
 - g) **VAULT PROGRAM for Boys**
 - h) **BARS for Boys**
 - i) **“THE MUSHROOM” (‘Y’ on floor) – in discussion; details TBA**
 - j) **Competition Sanctions**
 - i) **\$100 if ordered by 12/31/25**
 - ii) **\$125 if ordered beginning 1/1/26**
 - k) USAIGC/IAIGC Rules & Policies available for download
 - l) Free annual club owners’ clinic including one coach at no cost for each owner; \$25 each for additional coaches.
 - m) Officials certification program—must attend a clinic every two years (\$25 clinic fee) and pass exam every four years (\$25 testing fee).
 - n) Coaches “Hands-On” Skill Clinics
 - o) Employee insurance benefits provided through Athletics ICC Insurance Services.

SECTION II: Membership & Gymnast Eligibility Rules

- 1) ONLY USAIGC/IAIGC gymnasts with a current IGC athlete number may participate in any sanctioned USAIGC/IAIGC competition or event providing club is a USAIGC/IAIGC Club

- 2) Must be a member in Good Standing with a current Club Membership & 100% Background Check
- 3) ALL Athlete Memberships end July 10th regardless of date of enrollment
- 4) USAIGC/IAIGC Gymnasts are posted on our USAIGC-IAIGC web site for Club Owners, Coaches and Meet Directors to verify the athletes using a password provided by the USAIGC/IAIGC
- 5) *Competitive Level Placement **MUST BE ACCURATE** and is determined by the Coach based on the Gymnast's current competitive skill competency and previous (if any) gymnastic experience
- 6) USAIGC Gymnasts cannot compete USAIGC and USAG simultaneously (in the same season) with the exception of USAG Level 8, 9 & 10 gymnasts who HAVE NOT SCORED a 34.00 in a USAG Competition before March 1st OR if their season has already ended they can compete in USAIGC as long as they fulfill the requirements of three meets and earn qualifying scores prior to states.
- 7) **MEMBERSHIP TERMINATION**
 - a) The USAIGC/IAIGC can prohibit/terminate a Coach/Club Owner/Club from participating in any sanctioned USAIGC/IAIGC competition and event for unethical conduct, unprofessional behavior, inappropriate dress or blatant rudeness.
 - b) **OFFENDER LIST**: Our NGB posts the names and faces of individuals who may not be in the presence of minors. The USAIGC recognizes and enforces NGB's list of undesirables. Any individual whose name appears on the NGB list MAY NOT participate under any circumstances in the USAIGC/IAIGC Program. The USAIGC instructs Club Owners to check the NGB website four times a year for the protection of our gymnasts and their businesses and to be vigilant with their USAIGC-required mandatory background checks on ALL Employees, including club owners throughout the year. The USAIGC/IAIGC has MANDATED a 100% Employee BACKGROUND CHECK for ALL USAIGC/IAIGC Clubs. This includes EVERY club employee, including owners that DO NOT have a current background check. Once a club successfully completes our mandatory background check, a 100% designation is posted on our Club Directory Page. Failure to complete the 100% background check within the prescribed time period will automatically terminate the club and all of its gymnasts. The USAIGC/IAIGC has raised the bar for child safety in our Gymnastic Clubs.
- 8) **GYMNASTS ENTERING THE USAIGC/IAIGC COMPETITIVE PROGRAM**
 - a) The USAIGC follows the Amateur Athlete Act, allowing all interested gymnasts to participate in our Competitive Program. Gymnasts with previous competitive experience MUST be placed in the appropriate competitive level by their coach. The critical factors for placement include: gymnast's current skill level, current competitive level in the previous gymnastic program, their competitive history and competency on the USAIGC/IAIGC rules and skill requirements for the level they are entering. Any coach who has questions pertaining to the level of their gymnast can send an e-mail to Mary@usaigc.com or M143BNY@aol.com

9) USAIGC/IAIGC COMPETITIVE LEVELS

- a) A USAIGC/IAIGC Gymnast can start on any competitive level. Placement is the responsibility of the Coach based on Gymnast's age, mastery of basic core skills and skill requirements for the competitive level they wish to enter. **Accurate placement is a MUST!** USAIGC/IAIGC gymnasts do not have to compete on every competitive level in progression. A gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level. The coach makes the decision. **Previous placement at World Championships in 1st, 2nd or 3rd will move the gymnast to the next level.**

SECTION III: Training & Competition

- a) Our Competitive Program revolves around an intelligent training model using long-term skill development throughout the competitive season. An "intelligently planned competitive season" is critical for success.
- b) Our competitive season **should** end on or before the last weekend in May **with the absolute latest day being in early June depending on the date of Worlds;** World Championships late June or early July. A minimum two-week summer break is recommended, followed by an optional "summer training program." Burn-out is the biggest factor in gymnasts leaving our sport.
- i) Gymnasts need:
- (1) Time to learn, time to improve skills/routines
 - (2) Adequate recovery time which is essential for continued skill development
 - (3) Down time (rest) for anything but gymnastics.

SECTION IV: Competition Levels

- a) Levels include: GEMS, Copper 1, Copper 2, Bronze, Diamond, Silver, Gold, Platinum and Premier
- b) Gymnast's competitive level is determined by the coach, not a score, based on mastery of basic core skills, the skill level/requirements for the competitive level, the gymnast's strength, flexibility, and previous (if any) competitive experience. A Gymnast that has mastered the necessary skills to compete safely on any of our competitive levels may move into that competitive level with the coach's approval. Gymnasts do not have to compete on every competitive level in progression. *They may skip a level but not go back a level.*
- b) **It is highly recommended that gymnasts who place at States or Regionals move up to the next competitive level the following year. At the end of the season placements will be reviewed for final decision on placement in the following year. Previous placement at World Championships in 1st, 2nd or 3rd will move the gymnast to the next level.**
- c) Gymnasts from other leagues crossing over into USAIGC must be placed in the appropriate competition level.

- i) Recreational level gymnasts with a minimum age of 4 should compete in GEMS; must achieve 4 ½ years of age by states. **Prefer Copper gymnasts be 8 years old by Worlds.**
- ii) Level 2-4 USAG gymnasts must compete in the Copper 1 and 2 Divisions **or above** (5A's/I's; no B's)
- iii) Level 5 USAG gymnasts must compete in Bronze Division **or above** (6 A's; B's allowed)
- iv) Level 6 USAG gymnasts must compete in the Diamond Division **or above** (5 A's, 1 B; B's allowed)
- v) Level 7 USAG gymnasts must compete in the Silver Division **or above** (5 A's, 2 B's; gymnastics C's allowed)
- vi) Level 8 USAG gymnasts must compete in the Gold Division **or above** (4 A's, 4 B's; C's allowed)
- vii) Level 9 USAG gymnasts must compete in the Platinum Division **or above** (3 A's, 4 B's, 1 C; D's and 1 E allowed)
- viii) Level 10 USAG gymnasts must compete in the Premier Division (3 A's, 3 B's, 2 C's; D's and E's allowed)

SECTION V: Qualification to States, Regionals & World Championships

- 1) Must have at least one additional Member Club for the competition to count toward qualification to State Championships. Sanctioned in-house competitions without a second team are acceptable for the GEMS level.
- 2) **Required Number of Sanctioned Competitions** – GEMS must compete in a MINIMUM of two sanctioned competitions before states. Copper thru Premier gymnasts must compete in a MINIMUM of 3 sanctioned competitions before states and regionals. **Requirements may vary for international clubs—trial for 2025-26; info TBA.**
- 3) Qualifying scores need to be obtained once in a sanctioned USAIGC/IAIGC Competition. **Requirements may vary for international clubs—trial for 2025-26; info TBA.**
- 4) World Championship qualification score needs to be attained at a **State**/Regional Championship or an International IAIGC Competition.
 - a) Our USAIGC High School Club Invitational, Team Cup & Individual Event Invitational may count as one of the 3 required competitions but cannot serve as qualifiers to Worlds.
 - b) If a gymnast does not compete in a USAIGC/IAIGC sanctioned competition during the current competitive year they CANNOT attend a State/Regional Championship or qualify to the World Championship. Petitions will be addressed on an individual basis.
- 5) Qualification progressions to championships
 - a) **All gymnasts must compete in a state meet in either their home state or another state.**

- b) The preferred, BUT NOT MANDATORY, qualification progression is from Local to States, from States to Regionals, from Regionals to Worlds. (Allowances can be made for logistical and/or financial hardships.)
 - i) See qualification exceptions under Platinum and Premier in All-Around Qualification chart below.
 - ii) Petitions from invitationals or states will be reviewed on an individual basis.
- c) Preferred progressions
 - i) To State Championships: From ANY Sanctioned USAIGC/IAIGC Competition.
 - ii) To Regional Championships: From State Championships.
 - iii) To World Championships from State/Regional Championships or International Competition.

6) **ALL-AROUND QUALIFICATION**

- a) All-Around gymnasts **NOT** qualifying to their All-Around State Championships may enter the State Championships as Individual Event Specialists on a maximum of two events if they have scored the individual event qualification score once in a USAIGC Sanctioned Qualification Meet.

b) **All-Around Qualification Scores to Championships**

- i) GEMS No qualifying score for any invitational, states, regionals or Worlds. All are invited to participate.
- ii) Copper One: 29.00 AA from Local to States
 30.00 AA from States to Regionals
 31.00 AA from States/Regionals to Worlds
- iii) Copper Two: 31.00 AA from Local to States
 32.00AA from States to Regionals
 33.00 AA from States/Regionals to Worlds
- iv) Bronze: 32.00AA from Local to States
 33.00AA from States to Regionals
 34.00 AA from States/Regionals to Worlds
- v) Diamond: 32.50 AA from Local to States
 33.00 AA from States to Regionals
 33.50 AA from States/Regionals to Worlds

- vi) Silver: 31.50 AA from Local to States
32.50AA from States to Regionals
33.50 AA from States/Regionals to World
- vii) Gold: 31.00 AA from Local to States
32.00 AA from States to Regionals
33.00 AA from States/Regionals to Worlds
- viii) Platinum: 31.00 AA from Local to States/Regionals
33.00 AA from States/Regionals to Worlds
- ix) Premier: 32.00 AA from Local to States/Regionals
33.00 AA from States/Regionals to Worlds

7) **INDIVIDUAL EVENT SPECIALIST QUALIFICATION**

- a) World Championship Qualification is from a State or Regional Championship in the USA or a meet deemed a World Championship qualifier held in another country
- b) IES Qualification Scores to Championships
 - i) All Levels
 - (1) From Local to States -- 8.0 per event
 - (2) From States to Regionals -- 8.0 per event
 - (a) A gymnast scoring 8.5 per event at States can qualify directly to Worlds
 - (3) From Regionals to Worlds – 8.5 per event

SECTION VI: Competition details

- 1) Age Determination – *two choices*
 - a) The gymnast's age is determined by the date of birth.
 - i) A gymnast may compete in their current age division until their next birthday and then move into their new age division **OR**
 - ii) May compete in the age division that they will be (older) through the State, Regional or World Championship.

2) Rules and Skill Identification

a) GEMS, Copper 1 and Copper 2 Levels

i) USAIGC Rules; Value Parts and elements rated “I” and “A”

b) Bronze, Diamond, Silver & Gold Levels

i) USAIGC Rules; Value Parts and Elements rated “A” thru “C”; **“D’s” are restricted elements and are not listed**

c) Platinum Level

i) USAIGC Rules; Value Parts and Elements rated “A” thru “E”

d) Premier Level

i) USAIGC Rules which include NCAA Rules with modifications from USAG Level 10 (see modifications at NCAA.org); Value Parts and Elements rated “A” thru “E”.

3) Petitions: States, Regionals & World Championship – Send email to Mary@usaigc.com or M143BNY@aol.com

a) A USAIGC/IAIGC athlete who has not participated in any USAIGC sanctioned competition during the season WILL NOT be allowed to petition to the State, Regional or World Championship unless the gymnast participated at the previous year’s World Championship and has a doctor’s note for no gymnastic competition since that time.

4) Drop Back: A coach may petition the USAIGC to drop a gymnast back one level prior to the start of their second competition by sending an email to office@usaigc.com or M143BNY@aol.com. Gymnasts who successfully competed in the previous year’s World Championship may not drop back a level.

5) Mobility Rules -- *The coach decides when to move the gymnast up to the next level OR upward to any competitive level in which the gymnast is prepared to successfully compete. **However, placement at Regionals or Worlds in 1st, 2nd, or 3rd will automatically move the gymnast to the next level.***

SECTION VII: Competing On Two Consecutive Competition Levels

1) Individual Event Specialist (IES): The USAIGC/IAIGC promotes and encourages Individual Event Competition at all competitive levels with the same qualification procedures as our All-Around gymnasts. Collegiate gymnastics is built upon the IES.

a) Individual Event Specialists may compete on two different consecutive competitive levels for a maximum of 4 events. FYI: IF an Individual Event Specialist competes on four different events on the same competitive level during the competitive season, on their next consecutive level up and attains the State Qualifying Score on the higher competitive level, that gymnast must move up to the higher competitive level (as long as that level up has different requirements/rules)

- 2) All-Around Gymnasts may compete on one level as an All-Around Gymnast and their next competitive level up as an Individual Event Specialist on no more than two events for a maximum total of six events.
- a) Coaches MUST UNDERSTAND that IF this gymnast during the current competitive season attains scores on Four Competitive Events on their higher competitive level that equals the State qualifying score on the higher competitive level, that gymnast must compete as an All-Around Gymnast on the higher competitive level.

3) **SECTION VIII: Sanctioning Policies & Procedures**

- a) SANCTIONS for ALL USAIGC/IAIGC CLUB MEMBERS in “good standing” which is defined as the Sanctioning Club is a current Club Member and has the 100% designation next to their Club Name posted on our Club Directory Page.

- i) NO USAIGC Club Member, nor Member Athletes should attend a Sanctioned USAIGC Competition if these two basic requirements are not fulfilled.

- ii) Destination meet and large invitationals

- (1) In order to enable USAIGC gymnasts to participate in these types of competitions, gym clubs who do not have USAIGC teams may host USAIGC sessions as long as they comply with the following requirements

- (a) Become a USAIGC member club by paying a \$375 membership fee

- (b) **Pay sanction fee--\$100 if requested by 12/31/25; \$125 if requested 1/1/26 or later.**

- (c) Pay appropriate education fees. **Local or invitational \$5 per gymnast; states or regionals as per bid.**

- (d) Follow all USAIGC protocols

b) Online Sanctions are found on our Competition Page at usaigc.com.

- i) Sanctions are automatically posted to our website’s Calendar Page with a sanction number.

- (1) Click on the Competition Name and a drop down box opens providing all of the basic competition information.

- (2) Expand the drop down box to view a GPS directional Map to the competition site.

- (3) Scores are also posted to this page.

- (4) Sanction forms can be requested from the USAIGC/Office by e-mailing Mary@usaigc.com or M143BNY@aol.com

(a) **Sanction Fee** (\$100 if requested by 12/31/25; \$125 if requested 1/1/26 or later) is due at the time sanction is requested

(5) Meet Directors **MUST** secure judges from our approved judges list on our website and after the competition return the completed judges' verification form **within 72 hours** to the Technical Director Mary Bakke via email to Mary@usaigc.com or M143BNY@aol.com or by mail to P.O. Box 20937, Floral Park, NY 11001. They must also send scoresheets as Excel documents to Pruflips84@gmail.com.

4) **SECTION IX: Responsibilities of Host Club & Competition Director**

- a) USAIGC/IAIGC Competitions and Events must be positive experiences for our gymnasts, parents, coaches & officials. This is the responsibility of the Host Club & Meet Director. Meet Directors MUST post the meets which they are hosting onto the calendar in order to receive a sanction. Strong organizational planning and execution create successful competitions and events. Life is not perfect and things do happen but the Host Club & Meet Director are responsible to handle all problems in a professional manner. "There are no real problems, only solutions". Our USAIGC Members, Gymnasts, Parents, Officials and Spectators must be treated with respect and show respect. Email any problems, concerns or questions to Mary@usaigc.com or M143BNY@aol.com
 - i) Check that EACH CLUB is a Member in good standing and the Club Member has the 100% designation listed next to their Club name.
 - ii) Check the Club's athlete list to confirm athletes' club membership from our home page via log-in instructions to view & download the athletes' competition information into their score systems.
 - iii) **If a gymnast cannot be verified or a club expiration date is not current, the gymnast and/or club may not compete in the sanctioned competition. Contact the club immediately
 - iv) **Entry Forms** -- Must include
 - (1) Host Club's name, address and contact information
 - (2) Name & Address of competition site (if not held in Host Club's Facility)
 - (3) Entry Fee
 - (4) Refund Policy
 - (5) Equipment
 - (6) Competition Format
 - (7) Admission Fees
 - (8) Awards
 - (9) Levels
 - (10) Age Divisions
 - (11) Anything else that is relevant to the competition

v) ***Attending clubs must provide***

- (1) Club's Name
- (2) IGC #
- (3) Address
- (4) Phone/Fax, E-Mail information
- (5) Coaches Attending
- (6) Gymnasts' Information
 - (a) Full Name
 - (b) DOB
 - (c) IGC #
 - (d) Competition Level
 - (e) All Around and/or Individual Event(s)

vi) ***State/Regional Entry Forms*** -- must include

- (1) All of the information above
- (2) A place to list the three{3} USAIGC or IAIGC competitions in which the club competed
- (3) The qualification score(s) posted once for each gymnast.

vii) ***World Championships Entries***

- (1) Will begin accepting entries for Worlds **as per website postings**
- (2) See each level's qualification scores to Worlds on Page 7

viii) ***Entry Fees***

- (1) Athlete Entry Fees
 - (a) No cap on entry fees for invitationals.
 - (b) Late Entries: May be charged up to \$25.00. Entry Fees not received after the deadline date are considered scratched. Faxed OR E-Mail Entry Form Fees must be received by the Host Clubs within **72 hours** after the entry is received.
 - (c) Team Fees: are charged IF Team Awards are given. This should be stipulated on the entry form.
 - (d) No State/Regional Championship may have an entry fee higher than \$160.00 for outside facilities. (If extenuating circumstances require a higher cost, a petition must be filed to Mary@usaigc.com or M143BNY@aol.com and petitions will be addressed on an individual basis.)
 - (e) Every competition is financially different.
 - (f) The USAIGC realizes people count income but forget about expenses.

- (g) USAIGC/IAIGC competitions provide competitive opportunities for our gymnasts and bring in income for the Host Club/Parents Group. This being said, the USAIGC/IAIGC requests Meet Directors to be sensitive to entry and admission fees.
- (h) We greatly appreciate Competition Directors/Host Clubs that make the competition experience positive for our gymnasts and create a competition friendly atmosphere for our parents.
- (i) ***We understand meets held in outside facilities may charge a higher fee than those held in gymnastic clubs.***

(2) Spectator Admission Fees

- (a) The USAIGC/IAIGC does not set admission fees
- (b) We encourage specially priced passes, discounts for children and family pricing.
- (c) ***All gymnasts participating in your meets may enter all other sessions as spectators without being charged.***

ix) ***Refunds***

- (1) No refunds will be given after the scratch date posted; ***therefore educational fees are submitted and should include scratched and “no-show” gymnasts in addition to those who competed.***

x) ***Number of Athletes Per Session***

- (1) **This is a guide and not set in stone**; often depends on the efficiency of the meet director and judging panels.
 - (a) GEMS, Copper 1 and Copper 2 – up to 80 gymnasts
 - (b) Bronze, Diamond and Silver – up to 65 gymnasts
 - (c) Gold – up to 60 gymnasts
 - (d) Platinum and Premier – up to 50 gymnasts

xi) ***Competition Equipment Specs***

- (1) See EQUIPMENT SPECS beginning on Page 21

xii) ***Warm-up, Compete***

- (1) A warm up is not a training session.
- (2) The floor exercise mat is for STRETCHING ONLY prior to the start of the official event warm-up. **Refrain from tumbling during stretch—cartwheels and walk overs are allowed.**

- (3) Teams that have a stretching routine may do their routines off the competitive floor exercise mat.

xiii) ***Session Length***

- (1) Maximum 3 hours from scheduled march-in to last competitor's calculated score and if inquiries are needed to be handled. This is barring any injury or unforeseen circumstances.

(a) If session exceeds 3 hours, judges' overtime compensation applies.

- (2) Competition Directors must use the best competition format based on level and number of competitors in their competition. The number of gymnasts per session is not as important as the length of time of the competition session.

xiv) ***Hiring of Officials***

- (1) See complete details of Officials Hiring Procedures beginning on Page 19 in the Technical Section of this R&P. **Refer to judging pool on website.**

xv) ***Results and Conclusion of Sanctioned Competition***

- (1) Scores must be sent to prufliips84@gmail.com as an Xcel document for posting to calendar page
- (2) Mail Education Fees* & the signed judges' verification list to the USAIGC/IAIGC office at P.O. Box 20937, Floral Park, NY 11001 ***within 72 hours*** after the completion of the competition.

(a) *EDUCATION FEES

- (i) **All competitions whether held at inside OR outside facilities -- \$5.00 per gymnast**
 - (ii) State and Regional Championships – as per bids
 - (iii) Invitationals -- as per numbers
 - (iv) **If scratches are not made before the deadline, all education fees apply; (if refunds are made, then education fees would not apply).**
- (3) Note the date and name of the competition on the bottom of the fee check.
- (4) If an accident occurred, include completed USAIGC Accident Form (posted on our PDF File Page).

xvi) ***Awards***

- (1) Every GEMS, Copper 1 and Copper 2 competitor in a meet must receive a participation award.
- (2) All awards should go out 50%

(3) *Age groups—may vary depending on the composition of the entries and may be separated by birthdate.*

- (a) *5 & 6 year olds*
- (b) *7 & 8 year olds*
- (c) *9 through 11 year olds*
- (d) *12 through 14 year olds*
- (e) *15 years old & up*

(4) GRADUATING SENIOR PLAQUES

- (a) State/Regional Meet Directors must provide the same “Graduating Senior Plaque” for gymnasts not attending the World Championships.
- (b) The USAIGC recognizes its High School Graduating Seniors from ALL competitive levels on their first day of competition. The World Championship Entry Form has a designation for Graduating Seniors.
- (c) It is the Coach’s responsibility to forward the graduating senior gymnasts’ information to the USAIGC Office.
- (d) Graduating Seniors not attending the World Championship will receive their Plaque at their State/Regional Championship. All plaques MUST be ordered from A1 Awards to assure consistency in plaque size and wording.

(5) PLAQUES – Prefer that all plaques are ordered from A-1 Awards so the size, design and wording are identical.

(6) INDIVIDUAL EVENT MEDALS – *At States, Regionals and Worlds, USAIGC Medals MUST be ordered from A-1 Awards.*

- (a) A-1 receives a list of all State/Regional Competitions.
- (b) The USAIGC does not receive a rebate from ANY sponsor including A-1.
- (c) A-1 has a 10-day minimum ordering period.
- (d) Payment is by credit card at the time of the order. E-mail orders to: jami@a-1awards.com
OR call A-1 Awards at: 800-444-9569, and ask for Jami. Please tell Jami that you are placing a USAIGC Medal Order. You may choose to have a different AA Award for the State & Regional Championships.

xvii) *Bidding to host State or Regional Championships*

(1) *Bid forms for hosting State or Regional Championships will be mailed from the USAIGC office upon request.*

5) **SECTION X: Multi-Organization Gymnastics Competition Ruling**

- a) ANY sanctioned gymnastic competition with competitors from different Associations/ Organizations MAY NOT be grouped together in the same competitive session.

- i) One group must finish their competition before another group can begin.
- ii) NO mixing of Associations (gymnasts) within a session.
- iii) Associations must compete in consecutive sessions.
- iv) Competitions with two or more equipment setups in the same space but in different areas must keep the Associations separate.

6) **SECTION XI: Responsibilities of Coaches**

- a) Coaches must pay a \$25 annual fee for photo credentials which should be carried with them at all meets and must be on display at all States, Regionals and Worlds competitions.
- b) **Please mail a passport-size photo on a white background to the USAIGC Office (P.O. Box 20937, Floral Park, NY 11001) or email it to fginther@gmail.com by 1/1/26.**
- c) EVERY Coach and Gymnast MUST present to the official's table prior to the event warm-up and remain at the official's table UNTIL the officials finish the explanation of the warm-up and compete format and the competition order has been decided upon and understood by all.
- d) Coaches are responsible for their gymnasts' personal conduct on and off the competitive floor
- e) **NO CELL PHONES** or any communication devices on the competitive floor. **After one warning** the use of a cell phone by a gymnast during the competition will void the gymnast's score received at the event of the infraction. Coaches must set the example.
- f) Coaches must understand the "warm-up and compete format" explained by the Meet Director/Event Official. **Each Meet Director sets up the warm-up procedure and presents it at the coaches' meeting prior to each session.**
- g) **No gymnasts from other sessions are permitted on the competition floor.**
- h) Coaches must keep their team's gymnasts together when not competing and make sure they move as a competitive squad with the rest of the gymnasts in the squad per coaches' meeting instructions.
 - i) Squads should all rotate at the same time; **squads may split in half with two coaches.**
- i) **Coaches are required to wear tee shirts or colored tennis-type shirts. No tank tops or visible midriffs while on the floor. At States, Regionals and Worlds the gym logo or name should be displayed on the shirt.**

7) **SECTION XII: World Championship Competition**

a) **All Around Championship & Individual Event Qualification**

- i) Competition Sessions: set-up by Team
- ii) All-Around sessions include Individual Event Specialists for the same competitive level and age group.
- iii) Copper gymnasts will receive participation awards. All other awards will go out 50%.

b) **Individual Event Finals**

- i) Individual Event Specialist Finals Competition will be held the afternoon following the initial day of the All-Around competition.
- ii) Ties for the last place qualify into Individual Event Finals.
- iii) No scores carry over from day one competition.
- iv) No gymnast may be up FIRST on more than one event in Finals. The Top Ten Gymnasts for age groups with 40+ gymnasts and the top 25% of gymnasts with age divisions of 39 or less gymnasts qualify to Individual Event Finals.
- v) Coaches with gymnasts in more than one squad for Individual Event Finals may have their gymnast drop down the competition order and wait for their coach. The coach must alert the officials to this situation so the gymnast warms-up in the proper order.

c) **World Team Championship Awards**

- i) Team Designations: “Small,” “**Medium**” or “Large Team” based on the number of gymnasts per competitive level.

(1) The following numbers are not set in stone; will be based on numbers for each team registered so these numbers could vary. No team wants to compete solo.

(a) Small = 5 gymnasts or fewer

(b) Medium = 6 to 10 gymnasts

(c) Large = 11 or more gymnasts

- (2) The number of scores counting will be listed on the World Championship information page prior to the World Championship.
- ii) The Top 4 Teams will be recognized from both divisions on every Competitive Level. ALL Competing teams with three gymnasts or more will receive a World Championship banner. There is a Team Banner Fee for each Competitive Level and Team unless you choose NOT to have one.
- iii) **Paul J. Spadaro Award (the Gymnast of the year Award is renamed in honor of our long-time Owner and President):** Gymnasts will provide a written biography about themselves stating why they believe they are worthy of this award which will be presented at the World Championships if the winner is present.

8) SECTION XIII: Liaisons

- a) The following individuals are available to act as liaisons to share information and discuss questions in their areas of expertise.
- b) In 2025-2026, they will be even more involved and all are encouraged to reach out to them in the interest of knowledge and consistency. We thank them for their dedication to USAIGC and our sport of gymnastics. **They may be utilized in setting up coaching clinics in facilities.**

i) NEW YORK

- (1) Bonnie Tellez (Gym Nation) – bonniemarie1015@yahoo.com
- (2) Keishia Powell (Northeast) – kalpowell16@gmail.com
- (3) Mary Bakke – Mary@usaigc.com ; m143bny@aol.com

ii) PENNSYLVANIA

- (1) Judith Kennedy (JK) – judy@jkgymnastics.com
- (2) Katie Rivera – Katie@flipoutproductions.com
- (3) Tia Tedder – tmjtia@yahoo.com

iii) NEW JERSEY

- (1) Maryanne Salvatore (Rainbow) – usaigcrainbowgym@gmail.com
- (2) Pru McLaughlin (Freehold) – pruflips84@gmail.com
- (3) Kelly Gaston – karaokekelly704@gmail.com

iv) DELAWARE

- (1) Hope Kramedas (Galaxy) – tumble927@verizon.net

v) CALIFORNIA

- (1) Soda Persi (Paykes Shooting Stars) – paykegym@gmail.com
- (2) Anush Karibyan (Glendale YMCA) – akaribyan@glenymca.org
- (3) Tobe Stacey – tobe.stacey@gmail.com

vi) COLORADO/WYOMING

- (1) Stephanie Martin (Gymstarz Elite) – Gymstarzelite@yahoo.com
- (2) Jennifer Barbier (Mountain Gymnastics) – jenjoycebarbier@gmail.com

vii) UNITED KINGDOM

- (1) Brian Duley (Chiltern Gymnastics) – brianduley@hotmail.com
- (2) Stacey Oliver (Startastic) – Stacey@startastic@gymnastics.com
- (3) Fiona Begby (Flic Flac) – flicflac2010@hotmail.com

viii) INDIA

- (1) Ebby Vidyasagar (R&R Fit) – Ebby@ebbynv.com

ix) SOUTH AFRICA

- (1) Elizabeth Hauptfleisch – Excelgymclub@gmail.com
- (2) Liedjie Bakker (Centurion Gymnastics) – Liedjie@cgclub.co.za
- (3) Gerhard Ferreira – gerhardt@cgclub.co.za

TECHNICAL HANDBOOK/RULES

SECTION I: GENERAL INFORMATION

CHAPTER 1: OFFICIALS

Judging Requirements

1. The USAIGC has no Professional Judging Membership.
 - a. The USAIGC recognizes the NAWGJ as an Officials Organization.
 - b. USAIGC/IAIGC Meet Directors ARE NOT REQUIRED to use any association to hire officials.
 - i. NAWGJ systems may be used
2. The USAIGC/IAIGC has its own Judging Contract for sanctioned USAIGC/IAIGC competitions.
3. Ratings

Officials must be optionally rated with a minimum of a current OPTIONAL rating appropriate for the USAIGC/IAIGC competitive level they are judging.

 - i. Minimum Ratings:
 1. Level 8 Optional rating for GEMS thru Gold.
 2. Level 10 Optional rating for Platinum & Premier
5. Certification
 - a. Officials MUST ATTEND a USAIGC/IAIGC Rules Clinic every 2 years (current cost \$25), conducted by our Technical Director Mary Bakke, and only these clinics will fulfill certification. (No other means of information disseminated, i.e, video, audio, media etc. may be used as certification.) Clinics may NOT be videotaped.
 - b. Officials must pass a written test every 4 years (current cost \$25). Zoom/virtual TBA
 - c. Upon successful completion of requirements, judges will be issued an ID number which will be used when completing competition contracts.
 - d. Judging Pool
 - i. Only judges who are fully certified will be listed, with their ID numbers, in the Judging Pool on the USAIGC/IAIGC website.
 - ii. Meet directors MUST hire from the Judging Pool only.
 - iii. USAIGC Technical Director Mary Bakke HIRES ALL OFFICIALS for New York South Competitions, as well as ALL State, Regional, National & International Competitions.
 - e. Officials must FULLY understand our Rules & Policies (current cost \$25 for mailed hard copy; may be downloaded for free from website) and be prepared for each competition.
6. Official Dress Any professional attire (dress, suit, long pants/skirt) of any combination of red, white & blue (shades in the American Flag).
7. Affiliation
 - a. No “affiliated” judges on a one-judge panel at any sanctioned competition.
 - b. No “affiliated” judges on a two-judge panel on State, Regional or World Championships.

Judges' Compensation

1. Fees

- a. One Judge Panel: \$150.00 per session
- b. Two Judge Panel: \$125.00 per session
- c. **World championship fees may vary.**

2. Overtime Compensation

- a. If a competition exceeds three hours, beginning with march-in and ending with the last competitor's evaluation--following a (10) minute grace period--the Meet Director will pay each official \$25.00 Overtime.
- b. If the time exceeds 3 hours 40 minutes, an additional \$25.00 shall be paid to each of the officials.
- c. If overtime is due to an injury or an unusual circumstance, the Meet Director will not be obligated to pay overtime.
- d. **Break time between sessions should not exceed 60 minutes; likewise, judges should receive a 20-30 minute break between sessions.**

3. Travel Expenses

- a. USAIGC will pay \$25.00 gas allowance for every 50 miles traveled round trip plus 40 cents for each additional mile between each 50 mile increment.
 - i. Examples:
 - 1. 50 miles = \$25
 - 2. 60 miles = \$25 plus 40 cents x 10 miles (\$4.00) = Total \$29
 - 3. 100 miles = \$50
 - 4. 135 miles = \$50 plus 40 cents x 35 miles (\$14.00) = Total \$64
 - 5. 150 miles = \$75
- b. Must travel a minimum of 50 miles round trip to be eligible for reimbursement.
- c. Travel expenses are limited to tolls, cabs, bus fares, train fares, parking, airfares, room accommodations (when required). Receipts must be presented for reimbursement.

4. Per Diem

- a. One session: No meals
- b. Two sessions: One meal
- c. Three sessions: Two meals
- d. If food is not provided, officials will purchase their meals and present their receipts to the host club if need be.
 - i. Breakfast, Lunch, Dinner @ \$15 per meal, up to \$40 per day.

CHAPTER 2: EQUIPMENT SPECS

1. No alternate springboards allowed at any level above GEMS.

2. Vault

- a. ***GEMS***
 - i. Stacked Mats – 8” to 16” +/- 1”
 - ii. May use trampoline board

b. ***Copper 1***

- i. Stacked Mats -- 16" to 32" +/- 1"
- ii. White line border marked 32"
- iii. Runway Length: 6' x 12'

c. ***Copper 2***

- i. Mats – 32" to 48" +/- 1"
- ii. Runway Length: 6' x 12'

d. ***Bronze, Diamond***

- i. Runway Length: 6' x 12' based on gymnasts' competitive level, training distance and the vault being performed.
- ii. Table Heights: maximum 135cm +/- 1 cm measured from the runway to the center top of the vault table.
- iii. Matting minimum: 6' x 12" from far side base of table and not butting up against a wall; 4" supplemental mat (minimum); 7' x 10' may be used in addition to the competition landing mats.

e. ***Silver, Gold***

- i. Runway Length: 60' x 82' based on gymnasts' competitive level, training distance and the vault being performed.
- ii. Table Heights: maximum 135cm +/- 1 cm measured from the runway to the center top of the vault table.
- iii. Matting minimum: 8' x 15' 6" from far side base of table and not butting up against a wall; 4" supplemental mat (minimum); 7' x 10' may be used in addition to the competition landing mats.
- iv. Over a Loose-Foam Pit Area MAY NOT be used unless covered by a wooden or metal surface.

3. **Uneven Bars**

a. ***GEMS through Diamond***

- i. The coach can set the equipment to any height needed to accommodate the gymnast in order to perform their routine safely.
- ii. Additional matting may be added.
- iii. The Coach is responsible for setting the mats and to MAKE SURE an even and safe landing area is provided.

b. ***Bronze, Diamond, Silver, Gold***

- i. Height of high bar and low bar & the width (distance) between bars must safely accommodate the gymnast's size, skill level, skills being performed and safety.
- ii. The coach must set the uneven bars based on the training height and width that the gymnast has safely performed in their gymnastic club.
- iii. Mounting Distance: 12' - 16'
- iv. Matting: Up to 6' by 36' under uneven bar

4. **Balance Beam**

a. ***GEMS through Diamond***

- i. The coach can set the equipment to any height needed to accommodate the gymnasts in order to perform their routines safely.
- ii. Additional matting may be added.
- iii. The Coach is responsible for setting the mats and to MAKE SURE an even and safe landing area is provided.

b. ***Bronze, Diamond, Silver, Gold***

- i. Height between 100cm +/- 1 cm and 135cm +/- 1 cm. Height must be at increments of the locking mechanisms set by the manufacturer specifications.

- ii. Mounting Distance: 12' - 16' Matting: Complete area under the balance beam 15' wide by 15'5" per manufacturer and 7'5" by 12' at the end of the beam not butting a wall.

5. **Floor Exercise**

a. ***GEMS, Copper 1 and 2***

- i. Based on the routine, Copper levels may use a smaller floor area than 12 meters x 12 meters
- ii. All manufacturers' specs must be followed.

b. ***Bronze, Diamond, Silver, Gold***

- i. 12 meters x 12 meters (40'x40') mandatory.
- ii. All manufacturers' specs must be followed.
- iii. A chalk arc line may be placed on the corners of the floor exercise mat.

CHAPTER 3: WARM UPS -- FOR BOYS AND GIRLS *(Regarding the higher levels, use good judgment if a minimal amount of extra time is requested by the coach)*

1. **Open Stretch**

- a. **No tumbling.**
- b. **Time should be used for stretching.**
- c. **Can do non-rebounding elements such as handstands, cartwheels, etc.**

2. **Vault**

- a. Competition order will be determined by the meet director at the coaches' meeting.
 - i. **GEMS**
 - 1. Minimum 2 vaults per gymnast
 - 2. 30 seconds per gymnast
 - ii. **Copper 1 & 2**
 - 1. Minimum 2 vaults per gymnast
 - 2. 45 seconds per gymnast
 - iii. **Bronze, Diamond, Silver**
 - 1. Minimum 2 vaults per gymnast
 - 2. 60 seconds per gymnast
 - iv. **Gold**
 - 1. Minimum 3 vaults per gymnast
 - 2. 90 seconds per gymnast
 - v. **Platinum and Premier**
 - 1. Minimum 3 vaults per gymnast
 - 2. 2 minutes per gymnast

3. **Uneven Bars**

- a. In competition order OR by bar settings
 - i. **GEMS**
 - 1. In competition order OR by bar settings
 - 2. 30 seconds per gymnast
 - ii. **Copper 1 & 2**
 - 1. 45 seconds per gymnast
 - iii. **Bronze, Diamond, Silver**
 - 1. 60 seconds per gymnast
 - iv. **Gold**
 - 1. 90 seconds per gymnast

- v. **Platinum and Premier**
 - 1. 2 minutes per gymnast
- 4. **Balance Beam**
 - a. No split touch or blocked time allowed for beam unless determined at the coaches' meeting.
 - i. **GEMS**
 - 1. 30 seconds per gymnast
 - ii. **Copper 1 & 2**
 - 1. 45 seconds per gymnast
 - iii. **Bronze, Diamond, Silver**
 - 1. 60 seconds per gymnast
 - iv. **Gold**
 - 1. 90 seconds per gymnast
 - v. **Platinum and Premier**
 - 1. 2 minutes per gymnast
- 5. **Floor Exercise/Tumbling**
 - a. **GEMS**
 - i. Based on the numbers of gymnasts in the squad, +/- 5 minutes open time as determined at the coaches' meeting.
 - ii. **No bumping in allowed for GEMS.**
 - b. **Copper 1 & 2, Bronze, Diamond, Silver**
 - i. Based on the numbers of gymnasts in the squad, 5-8 minutes open time.
 - ii. **No bumping in allowed for Copper.**
 - c. **Gold, Platinum & Premier**
 - i. Based on the numbers of gymnasts in the squad, 6-8 minutes open time.
 - ii. Gymnasts may tumble in between the routines while the officials are scoring

CHAPTER 4: TIMING & FALLS

- 1. **Routine times**
 - a. **Balance Beam**
 - i. **GEMS**
 - 1. **30 seconds minimum**
 - 2. **1:15 maximum**
 - ii. **Copper 1 and 2**
 - 1. 35 seconds minimum
 - 2. 1 minute maximum
 - iii. **Bronze through Gold**
 - 1. 50 seconds minimum
 - 2. 1:30 maximum
 - b. **Floor Exercise/Tumbling**
 - i. **GEMS**
 - 1. **30 seconds minimum**
 - 2. **1:15 maximum**
 - ii. **Copper 1 and 2**
 - 1. 45 seconds minimum
 - 2. 1:10 maximum
 - iii. **Bronze through Gold**
 - 1. 50 second minimum
 - 2. 1:30 maximum

2. Under-time (Balance Beam & Floor Exercise)

a. GEMS through Gold

- i. Under-time: -0.1

3. Overtime (Balance Beam & Floor Exercise)

a. All levels

- i. Overtime receives a 0.1 deduction

Falls

1. Uneven Bars & Balance Beam

- a. Timer will announce “15 seconds remaining,” and “time.”

i. Uneven Bars

1. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
2. Gymnast has 45 seconds to continue routine once fall time begins. After 45 seconds, exercise is considered terminated.
3. Coach may speak with the gymnast during fall time without penalty.

ii. Balance Beam

1. Routine time stops at the time of the fall
2. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
3. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.
4. Routine time continues with the first movement on the beam after the fall.
5. Coach may speak with the gymnast during fall time without a penalty.

CHAPTER 5: SPOTTING

1. Vault

- a. Spotting assistance during the vault
 - i. GEMS – see GEMS vault deductions Page 53
 - ii. Copper 1 through Silver – 2.0
 - iii. Gold – 1.0
- b. Spotting assistance upon landing (all levels) – 0.5

2. Uneven Bars, Balance Beam, Floor Exercise

- a. Spotting assistance during an element – 0.50
 - i. No VP, No SR, No bonus credit, No compositional credit
- b. Spotting assistance upon landing of dismount – 0.50
 - i. Award VP, SR and compositional credit
 - ii. No bonus credit
- c. Fall after spot on element or dismount -- 0.50
- d. Coach catches a falling gymnast on an element or dismount – 0.50 for fall only
 - i. No deduction for the spot

CHAPTER 6: SCORING

1. Officials MUST display Start Values at all competitions.
2. **Meet directors must ensure that scores are flashed following each routine.**
3. Routines may be evaluated in 0.05 increments.

4. A 5.0 minimum score will be awarded for all routines except in the instances of a scratch or touch presentation
5. Averaging
 - a. For two-judge panels
 - i. The two scores are added together then divided by two to determine the final average
 - ii. Allowable ranges
 1. Determined by the final score
 - a. If the average is between: Scores MUST be within a range of:

9.5 - 10.0	0.20
9.0 - 9.475	0.50
8.0 – 8.975	0.70
Below 8.0	1.00
6. Value parts
 - a. Elements may be recognized as value parts two (2) times as long as the repeated element is in a different connection.
 - i. No value part credit for performing an element a third time
 1. VP must be awarded in order to receive credit for Special Requirement or connective bonus
 2. Apply execution and amplitude deductions for an element performed a third time
 - b. Difficulty values – GEMS through Gold
 - i. “A” – 0.10
 - ii. “B” – 0.30
 - iii. “C” – 0.50
 - c. One element may fulfill more than one special requirement unless otherwise noted.
 - d. Any salto that fails to land on the bottom of the feet first will not receive value part or special requirement credit.

7. *Exercise requirements formulas by level*

- a. GEMS
 - i. Value Parts: 4 “A’s”/“I’s” @ 0.1 ea. 0.4
 - ii. 4 Special Requirements @ 0.4 ea. 1.6
 - iii. Technical Performance 6.5
 1. Execution & Amplitude
 2. Specific Composition
 3. Neutral/Chief Judge Deductions
 - iv. Content 1.0
 - v. Quality of Movement 0.5

10.0
- b. Copper 1 & 2
 - i. Value Parts: 5 “A’s”/“I’s” @ 0.1 ea. 0.5
 - ii. 4 Special Requirements @ 0.4 ea. 1.6
 - iii. Technical Performance 6.4
 1. Execution & Amplitude
 2. Specific Composition
 3. Neutral/Chief Judge Deductions
 - iv. Content 1.0
 - v. Quality of Movement 0.5

10.0

c. Bronze	
i. Value Parts: 6 “A’s” @ 0.1 ea.	0.6
ii. 4 Special Requirements @ 0.4 ea.	1.6
iii. Technical Performance	6.3
1. Execution & Amplitude	
2. Specific Composition	
3. Neutral/Chief Judge Deductions	
iv. Content	1.0
v. Quality of Movement	<u>0.5</u>
	10.0
 d. Diamond	
i. Value Parts: 5 “A’s” @ 0.1 ea. & 1 “B” @ 0.3 ea.	0.8
ii. 4 Special Requirements @ 0.4 ea.	1.6
iii. Technical Performance	6.1
1. Execution & Amplitude	
2. Composition	
3. Neutral/Chief Judge Deductions	
iv. Content	1.0
v. Quality of Movement	<u>0.5</u>
	10.0
 e. Silver	
i. Value Parts: 5 “A’s” @ 0.1 ea. & 2 “B’s” @ 0.3 ea.	1.1
ii. 4 Special Requirements @ 0.4 ea.	1.6
iii. Technical Performance	5.8
1. Execution & Amplitude	
2. Composition	
3. Neutral/Chief Judge Deductions	
iv. Content	1.0
v. Quality of Movement	<u>0.5</u>
	10.0
 f. Gold	
i. Value Parts: 4 “A’s” @ 0.1 ea. & 4 “B’s” @ 0.3 ea.	1.6
ii. 4 Special Requirements @ 0.4 ea.	1.6
iii. Bonus (successful “C” after requirements are met)	0.1
iv. Technical Performance	5.2
1. Execution & Amplitude	
2. Composition	
3. Neutral/Chief Judge Deductions	
v. Content	1.0
vi. Quality of Movement	<u>0.5</u>
	10.0

8. Execution and amplitude deductions (See Appendix)

9. Content and Quality of Movement deductions (See Page 53)

10. CHIEF JUDGE DEDUCTIONS

- a. **Overtime – 0.1** (Balance Beam & Floor Exercise)
 - i. Routine exceeds maximum time
- b. **Undertime –0.1 (Balance Beam & Floor Exercise)**
 - i. Routine does not meet minimum time
- c. **Out of bounds –0.1** (FX)
 - i. Deduct each time
 - 1. All elements must be initiated inside boundaries to receive VP credit
- d. **Presentation to officials --0.1**
 - i. Each time for failure to present before and/or after the routine
- e. **Apparatus and matting**
 - i. Failure to remove springboard (Uneven Bars, Balance Beam) –0.3
 - ii. Springboard on unauthorized surface 0.3
 - iii. Incorrect matting (Vault, Uneven Bars, Balance Beam, Floor Exercise)
 - 1. **Floor Ex**
 - a. An athlete may NOT utilize 2 mats end to end on any one tumbling pass, i.e. punch off one mat to land on another. If using a sting mat in addition to the 2 supplemental mats, the sting mat must be under or on top of the 4” throw mat or 8” skill cushion. -0.3
 - b. *Mats may be removed quickly from the floor at all levels.*
 - 2. **Bars**
 - a. Coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given. -0.2
 - b. Use of hand placement mat for traditional forward approach vaults. -0.3
 - c. Incorrect (insufficient, unauthorized, or additional) mats if the mat stack does NOT meet the minimum height required to align with the underside of the top of the vault table. -0.3
- f. **Uniform – 0.2 after warning**
 - i. Leotard above the hipbone. Meet referee will instruct a gymnast who does not meet the uniform policies that she is “out of uniform.” The gymnast must comply or face a 0.2 deduction from the individual’s score.
 - ii. If a gymnast feels she must wear shorts, they should be solid black with no other color or logo visible.
 - iii. Leotards should be modest with no full open back showing.
- g. **Jewelry -- 0.2 after warning**
 - i. Gymnasts are permitted to wear stud earrings only. (warm-up gym included). No other jewelry is permitted.
 - ii. Jewelry must be removed before the next competitive event. (*If gymnast does not comply, she will not be allowed to continue to compete.*)
- h. **Music**
 - i. Vocals will be permitted for Copper through Gold
- i. **Technical verbal cues – 0.2 after warning**
- j. **Coach on floor exercise mat**
 - i. No penalty for Copper, Bronze, Diamond, & Silver Levels
 - ii. 0.3 -- Coach on the floor exercise mat – Gold (*No penalty to remove a mat.*)
- k. **Unsportsmanlike conduct**
 - i. Executed by any panel judge, head judge and appears as a neutral deduction.

1. **Gymnast's unsportsmanlike conduct**
 - a. First time: warning, notify other chief judges
 - b. Second time: other chief judges notified, and a 0.2 deduction taken from the gymnasts' score for that event.
2. **Coach's unsportsmanlike conduct**
 - a. First time: verbal warning; other chief judges notified
 - b. Second time: 0.5 deduction from the Team Score.
 - c. Third time, coach will be removed from competition floor and team will forfeit its team score.
- l. **Failure to begin exercise within 30 seconds of CJ signal. -0.2**
- m. **Exceeding warm-up time. -0.2 after warning**
- n. **Incorrect apparatus specs. -0.3**
- o. **Coach between UB or next to BB throughout entire exercise. -0.1**

SECTION II: SPECIFIC LEVEL RULES (GIRLS AND BOYS)

CHAPTER 1: GEMS

Vault

1. **Start Value:** 10.0
2. **Mat stack height:** 8" to 16" +/- 1"
3. Two (2) Vault choice—all gymnasts may choose to do one or two vaults with the highest score counting
4. **Allowable vaults:**
 - a. **Option One:** Stretch Jump onto mat; kick up to handstand and fall to flat back
 - i. Use GEMS Vault Deductions (Page 54)
 - b. **Option Two:** Jump to handstand/flat back onto mat stack
 - i. Use Copper 1 Vault Deductions (Page 54)
5. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table with- out coming to support or going over, it is a balk and is not one of her counting vaults
6. **Void vaults**
 - a. Penalties
 - i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
7. A scratch or touch presentation will be scored as a 0.0

Uneven Bars

1. **Start Value:** 10.0
2. **Difficulty:** 4 "A's" and/or "I's" (Introductory elements)
3. **Special Requirements @ 0.4 each**
 - a. Glide to kick over OR Jump to front support
 - b. Circle element (basket; cut/leg circle; back hip circle)
 - c. Clear cast (no angle requirement)
 - d. Dismount

(If the minimum SR is not achieved, no credit will be given.)

4. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred
 - a. No "B" Elements
 - b. Circling skills **MUST NOT** arrive in a handstand OR pass through a handstand
 - c. Kipping elements are **NOT** permitted.
 - d. High bar cannot be used at the GEMS level. If high bar is used, deduct 0.4 from Start Value for restricted move.
5. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.
6. **Special judging consideration**
 - a. To foster good bar work, extra swings will **NOT** be deducted at the Copper level as long as there is **NO BREAK IN RHYTHM**, hesitation or adjustment. However, if there is a hesitation, a stop or a break in rhythm while transitioning through skills, there will be a 0.1 deduction for the stop, along with a 0.3 deduction for the extra swing. This will reward and differentiate those gymnasts who achieve continuous flow and fluidity throughout their routines.
7. **Bars "I" (Introductory) Elements (GEMS and Copper only)**—*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of "I" skills*
 - a. Back Pullover
 - b. Back Kick-Over
 - c. 45 Degree Cast below horizontal
 - d. Forward Stride Circle
 - e. Backward Stride Circle
 - f. Single/Double Leg Shoot Through
 - g. Long Body Swing 1/2 turn
 - h. Single Leg-cut
 - i. Push-Away Dismount (from low bar only)

Balance Beam

1. **Start Value:** 10.0
2. **Difficulty:** 4 "A's" and/or "I's" (Introductory elements)
3. **Special Requirements @ 0.4 each**
 - a. Mount/dismount – Tuck, straddle, cartwheel, round off – "A" or "I"
 - b. ½ turn – pivot or squat
 - c. One leap (no split requirement)
 - d. Lever (touch beam)

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)**
 - a. No "B" Elements (exception "B" straight leg split leap)
 - b. Split jump with less than 135 degree split, award "A" VP
 - c. No acrobatic elements through the vertical plane such as Cartwheels, Walkovers or Flight Elements are permitted on balance beam and **CANNOT** fulfill ANY requirement and **SHOULD NOT BE PERFORMED EXCEPT AS A DISMOUNT.**

5. Falls

- a. 0.5 deduction for the fall
- b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
- c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.

6. Special Judging Considerations

- a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
- b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

7. Beam “I” (Introductory) Elements (GEMS and Copper only) —*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*

- a. Mount leap/jump to stand on 1 or 2 feet without hand support
- b. Assemblé
- c. Chassé with step hop free leg below horizontal
- d. 3/4 handstand
- e. 1/2 swing turn
- f. 1/2 Relevé turn
- g. Squat 1/2 turn
- h. 60-degree leap
- i. Dismount:
 - i. Tuck jump to land on two feet
 - ii. Straddle jump to land on two feet.
 - iii. Cartwheel to side handstand, with no additional turn (comes down on same side of beam).

Floor Exercise/Tumbling

1. **Start Value:** 10.0
2. **Difficulty:** 4 “A’s” and/or “I’s” (Introductory elements)
3. **Special Requirements @ 0.4 each**
 - a. One non-flight Acro element (cartwheel, handstand, walkover, roll)
 - b. Minimum 1/2 turn
 - c. One leap (no angle requirement)
 - d. 3/4 handstand (no hold requirement)

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred).**
 - a. No “B” elements
 - b. No Handsprings or saltos may be performed, they are inappropriate for this level and along with any/all execution and amplitude errors will be deducted
5. **Special judging considerations**
 - a. *Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.*

6. Floor “I” (Introductory) Elements (GEMS and Copper only))—*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*
 - a. 1/2 turn on 1 foot
 - b. 3/4 handstand
 - c. 90-degree leap
 - d. Scale (free leg below horizontal)

CHAPTER 2: COPPER 1

Vault

1. **Start Value: 10.0**
2. **Two (2) Vault option**—all gymnasts have the option of taking one or two vaults with the highest score counting
3. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over, it is a balk and does is not one of her counting vaults
4. **Void vaults**
 - a. **Penalties**
 - i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
 - ii. A scratch or touch presentation will be scored as a 0.0
 - b. **Special judging considerations**
 - i. If the gymnast inverts and comes to a support on the table – award 5.0
 - ii. If a gymnast never achieves vertical and returns to the board or lands on mat stack springboard and hand placement (does not go over) 3 times! – award 5.0
 - iii. Incorrect vault – award 5.0
5. **ALLOWABLE VAULT: Handspring Vault Drill**--Jump to Handstand, Flatback onto mat stack; (stacked mats 16” to 32” +/- 1”)
6. **See VAULT DEDUCTIONS – COPPER 1 on Page 54**

Uneven Bars

1. **Start Value: 10.0**
2. **Difficulty: 5** “A’s” and/or “I’s” (Introductory elements)
3. **Special Requirements @ 0.4** each
 - a. Mount: Back Pullover - FROM TWO FEET; *can glide out and back into the 2-foot back pullover*
 - b. A Cast 45 degrees below horizontal
 - c. A Circling Element
 - d. Dismount choice of:
 - i. Underswing
 - ii. Sole Circle
 - iii. Cast Push Away (LB only)
 - iv. *(If the minimum SR is not achieved, no credit will be given.)*
4. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred

- a. No “B” Elements
 - b. Circling skills MUST NOT arrive in a handstand OR pass through a handstand
 - c. Kipping elements are NOT permitted.
 - d. High bar cannot be used at the Copper 1 level. If high bar is used, deduct 0.4 from Start Value for restricted move.
5. **Falls**
- a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.
6. **Special judging consideration**
- a. To foster good bar work, extra swings will NOT be deducted at the Copper level as long as there is NO BREAK IN RHYTHM, hesitation or adjustment. However, if there is a hesitation, a stop or a break in rhythm while transitioning through skills, there will be a 0.1 deduction for the stop, along with a 0.3 deduction for the extra swing. This will reward and differentiate those gymnasts who achieve continuous flow and fluidity throughout their routines.
7. **Bars “I” (Introductory) Elements (GEMS & Copper only))—please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills**
- a. Back Pullover
 - b. Back Kick-Over
 - c. 45 Degree Cast below horizontal
 - d. Forward Stride Circle
 - e. Backward Stride Circle
 - f. Single/Double Leg Shoot Through
 - g. Long Body Swing 1/2 turn
 - h. Single Leg-cut
 - i. Push-Away Dismount (from low bar only)

Balance Beam

- 1. **Start Value:** 10.0
- 2. **Difficulty:** 5 “A’s” and/or “I’s” (Introductory elements)
- 3. **Special Requirements @ 0.4 each**
 - a. 3/4 handstand--may execute a full handstand without a deduction
 - b. Isolated Leap, minimum 60 degrees
 - c. A Dance series of two elements
 - d. Any “A” Dismount – NO SALTOS, FLIPS OR AERIALS
 - e. ***(If the minimum SR is not achieved, no credit will be given.)***
- 4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “B” Elements (exception “B” straight leg split leap)
 - b. Split jump with less than 135 degree split, award “A” VP
 - c. No acrobatic elements through the vertical plane such as Cartwheels, Walkovers or Flight Elements are permitted on balance beam and CANNOT fulfill ANY requirement and SHOULD NOT BE PERFORMED EXCEPT AS A DISMOUNT.

5. Falls

- a. 0.5 deduction for the fall
- b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
- c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.

6. Special Judging Considerations

- a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
- b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL
i. DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

7. Beam “I” (Introductory) Elements (GEMS & Copper only))—*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*

- a. Mount leap/jump to stand on 1 or 2 feet without hand support
- b. Assemblé
- c. Chassé with step hop free leg below horizontal
- d. 3/4 handstand
- e. 1/2 swing turn
- f. 1/2 Relevé turn
- g. Squat 1/2 turn
- h. 60-degree leap
- i. Dismount:
 - i. Tuck jump to land on two feet
 - ii. Straddle jump to land on two feet.
 - iii. Cartwheel to side handstand, with no additional turn (comes down on same side of beam).

Floor Exercise/Tumbling

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and/or “I’s” (Introductory elements)
3. **Special Requirements @ 0.4 each**
 - a. One Acro series with two (2) or more non-flight elements
 - i. Examples: Cartwheels, Round-Offs, Walk-Overs, Valdez, Rolls (handstands will NOT count in this category)
 - b. Split Leap with minimum 90-degree split
 - c. Handstand Element – stretched position (minimum 1 second hold)
 - d. 180 or 360 degree turn on one (1) foot
 - e. ***(*If the minimum SR is not achieved, no credit will be given.)***
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred).
 - a. No “B” elements
 - b. No Handsprings or saltos may be performed, they are inappropriate for this level and along with any/all execution and amplitude errors will be deducted
5. **Special judging considerations:**
 - a. ***Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.***

6. **Floor “I” (Introductory) Elements (GEMS & Copper only)** —*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*
 - a. 1/2 turn on 1 foot
 - b. 3/4 handstand
 - c. 90-degree leap
 - d. Scale (free leg below horizontal)

CHAPTER 3: COPPER 2

Vault

1. **Start Value:**
 - a. 10.0— Handspring from Stacked Mat (32-48” +/- 1”) to land on feet
 - i. Use Copper 2 to Platinum vault deductions Page 55
 - b. 9.0 – Copper 1 Vault—Jump to handstand/fall to flat back (Stacked mats 16” to 32” +/- 1”)
 - i. Use Copper 1 Vault deductions on Page 54
2. **Two (2) Vault option**—all gymnasts have the option of taking one or two vaults with the highest score counting
3. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over, it is a balk and does is not one of her counting vaults
4. **Void vaults**
 - a. **Penalties**
 - i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
 - ii. A scratch or touch presentation will be scored as a 0.0
 - b. **Special judging considerations**
 - i. If the gymnast inverts and comes to a support on the table – award 5.0
 - ii. If a gymnast never achieves vertical and returns to the board or lands on mat stack springboard and hand placement (does not go over) 3 times! – award 5.0
 - iii. Incorrect vault – award 5.0
5. **ALLOWABLE VAULT:** Handspring from Stacked Mat (32-48” +/- 1”) to land on feet

Uneven Bars

1. **Start Value:** 10.0
 2. **Difficulty:** 5 “A’s” and/or “I’s” (Copper only)
 3. **Special Requirements @ 0.4 each**
 - j. Mount: Back Pullover - FROM TWO FEET; *can glide out and back into the 2-foot back pullover*
 - a. A 45 degree Cast below horizontal
 - b. A Circling Element
 - c. Dismount choice of:
 - i. Underswing
 - ii. Sole Circle
 - iii. Cast Push Away (LB only)
- (If the minimum SR is not achieved, no credit will be given.)*

4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “B” Elements
 - b. Circling skills **MUST NOT** arrive in a handstand OR pass through a handstand
 - c. One kip is permitted **as a mount or a long hang kip**
5. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.
6. **Special judging considerations**
 - a. *Copper 2 gymnasts should use HB; a 0.2 content deduction will be applied if HB is not used.*
 - b. To foster good bar work, extra swings will NOT be deducted at the Copper 2 level as long as there is NO BREAK IN RHYTHM, hesitation or adjustment. However, if there is a hesitation, a stop or a break in rhythm while transitioning through skills, there will be a 0.1 deduction for the stop, along with a 0.3 deduction for the extra swing. This will reward and differentiate those gymnasts who achieve continuous flow and fluidity throughout their routines.
7. **Uneven Bars “I” (Introductory) Elements (GEMS & Copper only) Elements (GEMS & Copper only)**—*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*
 - a. Back Pullover
 - b. Back Kick-Over
 - c. 45 Degree Cast below horizontal
 - d. Forward Stride Circle
 - e. Backward Stride Circle
 - f. Single/Double Leg Shoot Through
 - g. Long Body Swing 1/2 turn
 - h. Single Leg-cut
 - i. Push-Away Dismount (from low bar only)

Balance Beam

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and/or “I’s” (Introductory elements)
3. **Special Requirements** @ 0.4 each
 - a. 3/4 handstand--may execute a full handstand without a deduction**
 - b. Isolated Leap, minimum 60 degrees
 - c. A Dance series of two elements
 - d. Any “A” Dismount – NO SALTOS

****NOTE:** Handstands and Cartwheels ARE permitted in Copper 2, however a Cartwheel will NOT replace the 3/4 Handstand Spec. Req. & must be in addition to the handstand *(If the minimum SR is not achieved, no credit will be given.)*
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “B” Elements (exception “B” straight leg split leap)
 - b. Split jump with less than 135 degree split, award “A” VP

5. Falls

- a. 0.5 deduction for the fall
- b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
- c. Gymnast has 45 seconds once fall time begins to continue routine. After 45 seconds, exercise is considered terminated.

6. Special Judging Considerations

- a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
- b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

8. Beam “I” (Introductory) Elements (GEMS & Copper only) Elements (GEMS & Copper only)—please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills

- c. Mount leap/jump to stand on 1 or 2 feet without hand support
- d. Assemblé
- e. Chassé with step hop free leg below horizontal
- f. 3/4 handstand
- g. 1/2 swing turn
- h. 1/2 relevé turn
- i. Squat ½ turn
- j. 60-degree leap
- k. Dismount:
 - i. Tuck jump to land on two feet
 - ii. Straddle jump to land on two feet.
 - iii. Cartwheel to side handstand, with no additional turn (comes down on same side of beam)

Floor Exercise/Tumbling

- 1. **Start Value:** 10.0
- 2. **Difficulty:** 5 “A’s” and/or “I’s” (Introductory elements)
- 3. **Special Requirements @ 0.4 each**
 - a. One Acro series with two (2) or more non-flight elements or flight elements
 - i. Examples: Cartwheels, Round-Offs, Walk-Overs, Valdez, Rolls, handsprings* (handstands will NOT count in this category)
 - b. Split Leap with minimum 90-degree split
 - c. Handstand Element – stretched position (minimum 1 second hold)
 - d. 180 or 360 degree turn on one (1) foot
 - e. *(If the minimum SR is not achieved, no credit will be given.)*
- 4. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred
 - a. No “B” elements
 - b. No saltos
 - c. *Copper 2’s are allowed to perform front handsprings but may only perform one back handspring.

5. **Special Judging Considerations**
 - a. *Presentations will be rewarded based on good and correct shapes and technique above those having poor technique, simple connections and less creativity.*
6. Floor “I” (Introductory) Elements (GEMS & Copper only) Elements (GEMS & Copper only)—*please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of “I” skills*
 - a. 1/2 turn on 1 foot
 - b. 3/4 handstand
 - c. 90-degree leap
 - d. Scale (free leg below horizontal)

CHAPTER 4: BRONZE

Vault

1. **Start Value: 10.0**
2. **Two (2) Vault option**—all gymnasts have the option of taking one or two vaults with the highest score counting
3. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over, it is a balk and does is not one of her counting vaults
4. **Void vaults**
 - a. **Penalties**
 - i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
 - ii. A scratch or touch presentation will be scored as a 0.0
 - b. **Special judging considerations**
 - i. If the gymnast inverts and comes to a support on the table – award 5.0
 - ii. If a gymnast never achieves vertical and returns to the board or lands on mat stack springboard and hand placement (does not go over) 3 times! – award 5.0
5. **ALLOWABLE VAULTS:**
 - a. Front handspring
 - b. ¼ to ½ on, repulsion off (Tsuk timer)
 - c. **Incorrect/unrecognizable vault – award 5.0**
 - d. **Disallowed vault – Void, award 0.0; judges judge what they see**
6. Use Copper 2 to Platinum vault deductions Page 55

Uneven Bars

1. **Start Value: 10.0**
2. **Difficulty: 6 “A’s”**
3. **Special Requirements @ 0.4 each**
 - a. Minimum One Bar Change
 - b. A Minimum Horizontal Cast
 - c. Circling Element (minimum “A” value)
 - d. Dismount: Choice of
 - i. Underswing
 - ii. Sole Circle
 - iii. Tuck, Pike or Layout Flyaway (from HB)

(If the minimum SR is not achieved, no credit will be given.)

4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value, no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No "C" Elements
 - b. Circling skills in the Bronze Level must not arrive in handstand or pass through vertical (no giant, free hip or Stalder circles to handstand)
 - c. *Cast to handstand permitted.*
5. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.
6. **Special judging considerations**
 - a. The Bronze level may take one tap swing before their flyaway without a 0.3 extra swing deduction, but a 0.15 content deduction will be incurred in addition to any amplitude or body form errors. The expectation is 45 degrees below horizontal in the forward as well as the backward swing.
 - b. Horizontal casts receive "A" VP credit twice when used in a different combination.
 - c. There is no minimum cast requirement throughout the routine, a specific deduction imposed under execution at the Bronze level. However, those gymnasts who achieve more swingful execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement).
 - d. **LOW BAR ONLY!** Extra swings made after a back hip circle when performed with continuous swing (no break, stop, hesitation) will be deducted 0.15 each time instead of 0.30.

Balance Beam

1. **Start Value:** 10.0
2. **Special Requirements @ 0.4 each**
 - a. One (1) Acro non-flight element that passes through vertical (front, back, or side), handstand forward roll with 1 second hold in vertical not in the mount or dismount
 - b. An Isolated Leap, minimum 90 degrees (if less than 135 degrees, award SR but no VP)
 - c. A Dance Series of two (2) elements with one being a leap, hop or jump, minimum 90 degrees
 - i. Split jump with less than 135 degree split, award "A" VP
 - d. No "C" elements
 - e. No flight elements such as: dives, handsprings, aerials, or saltos are permitted on beam (dismounts excluded)
3. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.
4. **Special judging considerations**
 - a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken.

- b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

Floor Exercise/Tumbling

1. **Start Value:** 10.0
2. **Difficulty:** 6 “A’s”
3. **Special Requirements @ 0.4 each**
 - a. An Acro Series with a minimum of 2 fast flight elements (no saltos)
 - b. A Dance Series with a minimum of 2 directly-connected elements including a leap with minimum 120-degree split; elements may be the same or different
 - c. A Dance/Acro or Acro/Dance series – MIXED SERIES
 - d. A Full turn (360) degrees on one foot

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “C” elements
 - b. Saltos or flips to a seat/knee are not permitted on floor and CANNOT fulfill ANY requirement and should not be performed. They are inappropriate for this level and if performed, deduct 0.4 restricted element and all amplitude and execution errors will be deducted.
5. **Special Judging Considerations**
 - a. *Presentations will be rewarded based on good and correct shapes and technique above those having poor technique, simple connections and less creativity.*

CHAPTER 5: DIAMOND

Vault

1. **Start Value:** 10.0
2. **Two (2) Vault option**—all gymnasts have the option of taking one or two vaults with the highest score counting
3. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over, it is a balk and does is not one of her counting vaults
4. **Void vaults**
 - a. **Penalties**
 - i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
 - ii. A scratch or touch presentation will be scored as a 0.0
 - b. **Special judging considerations**
 - i. If the gymnast inverts and comes to a support on the table – award 5.0
 - ii. If a gymnast never achieves vertical and returns to the board or lands on mat stack springboard and hand placement (does not go over) 3 times! – award 5.0
 - iii. Incorrect/unrecognizable vault – award 5.0
 - iv. Disallowed vault – Void; award 0.0; judges judge what they see

5. ALLOWABLE VAULTS:

- a. Use Gold Vault Chart Group 1 with NO vaults greater than 360 degrees in post flight and NO SALTOS. (All vaults valued at 10.0)
 - b. Vault #2.1: (Tsuk timer) ¼ to ½ on, repulsion off to the feet on floor
 - c. **Vault #3.1: Yurchenko timer to feet onto stacked mat or floor**
6. Use Copper 2 to Platinum vault deductions Page 55

Uneven Bars

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and 1 “B”
3. **Special Requirements @ 0.4 each**
 - a. Minimum One Bar Change
 - b. A Minimum Horizontal Cast
 - c. Circling Element (minimum “A” value)
 - d. Dismount: Choice of
 - i. Underswing
 - ii. Sole Circle
 - iii. Tuck, Pike or Layout Flyaway (from HB)

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “C” Elements
5. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.
6. **Special judging considerations**
 - a. Horizontal casts receive “A” VP credit twice when used in a different combination.

Balance Beam

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and 1 “B”
3. **Special Requirements @ 0.4 each**
 - a. One (1) Acro NON-FLIGHT element that passes through vertical, (front, back, or side), handstand forward roll with 1 second hold in vertical not in the mount or dismount
 - i. Although isolated acro flights are permitted, they CANNOT fulfill the special requirement.
 - b. An Isolated Leap, minimum 90 degrees (if less than 135 degrees, award SR but no VP)
 - c. A Dance Series of two (2) directly connected elements with one being a leap, hop or jump, minimum 90 degrees
 - i. A split jump with less than 135 degree split is awarded an “A” value.
 - d. Any “A” Dismount

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “C” Elements.

5. Falls

- a. 0.5 deduction for the fall
- b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
- c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.

6. Special Judging Considerations

- a. ISOLATED acro flight elements not in direct connection ARE PERMITTED at the Diamond level (dive elements, round-offs, handsprings forward or back) i.e., as in dismount connection.
- b. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken.
- c. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum).

Floor Exercise/Tumbling

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and 1 “B”
3. **Special Requirements @ 0.4 each**
 - a. An Acro Series with a minimum of two (2) fast flight elements (no saltos)
 - b. A Dance Series with a minimum of two (2) directly-connected elements including a leap with minimum 120-degree split; elements may be the same or different
 - c. A Dance/Acro or Acro/Dance series – MIXED SERIES
 - d. Minimum Full turn (360) degrees on one foot
(*If the minimum SR is not achieved, no credit will be given.*)
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “C” elements
 - b. No twists
5. **Special Judging Consideration**
 - a. Up to two (2) saltos are permitted, either isolated or in combination
 - b. *Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity*

CHAPTER 6: SILVER

Vault

1. **Start Value:** 10.0
2. **Two (2) Vault option**—all gymnasts have the option of taking one or two vaults with the highest score counting
3. **Balks**
 - a. Gymnast is allowed three (3) attempts to complete one or both vaults.
 - b. If the gymnast touches the board and or the apparatus or runs into the table without coming to support or going over, it is a balk and does is not one of her counting vaults

4. Void vaults

a. Penalties

- i. If a void vault situation should occur, the score will be entered as a 5.0 since the USAIGC has adopted a 5.0 minimum score for the record.
- ii. A scratch or touch presentation will be scored as a 0.0

b. Special judging considerations

- i. If the gymnast inverts and comes to a support on the table – award 5.0
- ii. If a gymnast never achieves vertical and returns to the board or lands on mat stack springboard and hand placement (does not go over) 3 times! – award 5.0
- iii. Incorrect/unrecognizable vault – award 5.0
- iv. Disallowed vault – Void –Award 0.0; judges judge what they see.

5. ALLOWABLE VAULTS:

- a. Gold Vault Chart Group 1 with NO vaults greater than 360 degrees in post flight and NO SALTOS.
 - b. Vault #2.1: ¼ to ½ on, repulsion off (Tsuk timer)
 - i. May also be performed onto a stacked mat to the feet OR to the back
 - c. Vault #3.1: RO, FF handspring (Yurchenko timer)
 - i. May also be performed onto a stacked mat to the feet OR to the back
6. Use Copper 2 to Platinum vault deductions Page 55

Uneven Bars

1. Start Value: 10.0

2. Difficulty: 5 “A’s” and 2 “B’s”

3. Special Requirements @ 0.4 each

- a. One (1) bar change
- b. Cast minimum 30 degrees above horizontal
- c. A Circling element
- d. Dismount Salto, “A” or “B” (may twist)

(If the minimum SR is not achieved, no credit will be given.)

4. Restrictions (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR

- b. No “C” Elements
 - i. Circling skills of C Value are not permitted in the Silver Level (i.e. Stalder circles to handstand as well as handstand 1/2 pirouettes),
 1. *However, clear hip circles which finish in handstand will not be penalized and will be recognized as “B” elements*
 - ii. No “D” or “E” elements

5. Falls

- a. 0.5 deduction for the fall
- b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
- c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.

6. Special Judging Consideration

- c. Horizontal casts receive “A” VP credit twice when used in a different combination

Balance Beam

1. **Start Value:** 10.0
2. **Difficulty:** 5 “A’s” and 2 “B’s”
3. **Special Requirements @ 0.4 each**
 - a. An Acro element with flight
 - b. Dance series of two (2) elements with one being a leap, hop or jump showing a minimum 120-degree split
 - c. A Full turn (360 degrees) on one foot
 - d. A Salto /Aerial Dismount (“A” or “B”)

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions** (Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR awarded; also deduct all appropriate execution and amplitude errors incurred)
 - a. No “C” Acro Elements; “C” Dance Elements allowed
 - b. No “D” or “E” elements
5. **Falls**
 - a. **0.5** deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.
6. **Special Judging Considerations**
 - a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
 - b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

Floor Exercise/Tumbling

1. **Start Value:** 10.0
2. **Difficulty:** 5 A’s and 2 B’s
3. **Special Requirements @ 0.4 each**
 - a. Three (3) elements minimum Acro series with a salto – All “B” saltos allowed
 - b. Forward Acro Pass of two (2) or more non-flight or flight elements.
 - c. Dance Series* OR Dance Passage** with a minimum of 2 elements including a leap with minimum of 135-degree split
 - d. Minimum “B” turn on one foot

(If the minimum SR is not achieved, no credit will be given.)
4. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR; deduct all appropriate execution and amplitude errors incurred
 - a. No “C” Acro elements; “C” Dance elements allowed
 - b. No “D” or “E” elements
 - c. All “B” saltos are allowed
5. **Special Judging Considerations**
 - a. *Dance Series must consist of a minimum of two directly connected elements BUT NEED NOT be different (may be the same or different).
 - b. **Dance Passage clarifications
 - i. Should consist of a minimum of two (2) different gymnastics elements from Group 1 (leaps, jumps, hops) directly or indirectly connected. Passages must be

- continuous without pauses, stops or lunge preparations and without Acro elements.
- ii. They may include running steps, small leaps, hops, chasses, or any continuous turn on one or two feet between the dance value parts (minimum two) from Group 1.
- iii. Elements landing in a prone position must be last in the passage.
- c. **Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.**

CHAPTER 7: GOLD

Vault

1. Allowable vaults—Gold Vault Chart
 - a. Start values as they appear on the chart
 - b. Incorrect/**unrecognizable vault – Award 5.0**
 - c. **Disallowed vault – Void—Award 0.0; judges judge what they see**
2. Vault numbers will not be flashed
3. **Two (2) Vault option**-all gymnasts have the option of taking one or two vaults with the highest score counting
4. A gymnast is allowed three attempts to complete one vault
 - a. If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, this counts as one of her three attempts. It is not considered a vault.
 - b. If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.
5. Use Copper 2 to Platinum vault deductions Page 55

Uneven Bars

1. **Start Value:** 9.9
2. **Difficulty:** 4 “A’s” and 4 “B’s”
3. **Special Requirements** @ 0.4 each
 - a. Minimum one (1) bar change
 - b. Circling element finishing 60 degrees above horizontal
 - c. Minimum “B” element with flight or turn
 - d. Dismount Salto (“A,” “B,” or “C”)

(If the minimum SR is not achieved, no credit will be given.)
4. **Bonus** -- 0.1 maximum
 - a. Awarded for an extra “C” performed without fall or spot after all other VP achieved
5. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR; also deduct all appropriate execution and amplitude errors incurred
 - a. No “D” or “E” Elements
6. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.

7. Special Judging Consideration

- a. Horizontal casts receive “A” VP credit twice when used in a different combination
- b. “C’s” receive “B” value, IF less than four (4) “B’s” are performed
- c. **Casting**--The expectation for Gold Level gymnasts is that all casts are at a minimum of 45 degrees above horizontal. Those gymnasts who achieve more swing-full execution along with good rhythm throughout the routine should be differentiated from those who show minimal to poor amplitude throughout (content & quality of movement).
 - i. **Cast requirement** -- Minimum 45 degrees above horizontal throughout the routine
 1. Up to 0.3 deduction will be incurred each time minimum is not met
 - a. Below horizontal -0.3
 - b. At horizontal -0.2
 - c. Above horizontal -0.1

Balance Beam

1. **Start Value:** 9.9
2. **Difficulty:** 4 “A’s” and 4 “B’s”
3. **Special Requirements** @ 0.4 each
 - a. An Acro series of two (2) elements on beam one (1) with flight
 - b. Minimum 360 degree turn on one foot
 - c. Dance Series of two or more elements, one of which is a leap/jump with a minimum of 135-degree split
 - d. A minimum “B” element or a “B” element in a series connected to an “A” dismount
(If the minimum SR is not achieved, no credit will be given.)
4. **Bonus** -- 0.1 maximum
 - a. Awarded for an extra “C” performed without fall or spot after all other VP achieved
5. **Restrictions** --Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR; also deduct all appropriate execution and amplitude errors incurred
 - a. No “D” or “E” Elements
6. **Falls**
 - a. 0.5 deduction for the fall
 - b. Fall time begins once gymnast is standing on her feet and medical evaluation, if necessary, is complete.
 - c. 45 seconds to remount and begin/continue routine; otherwise routine will be considered terminated.
7. **Special Judging Considerations**
 - a. If a gymnast falls from the balance beam, remounts, and falls off the balance beam again prior to the start of her routine (clock start), NO ADDITIONAL DEDUCTION will be taken
 - b. If the gymnast falls off the balance beam more than three times, NO ADDITIONAL DEDUCTION of 0.50 will be taken for any falls exceeding three (1.5 deduction maximum)

Floor Exercise/Tumbling

1. **Start Value:** 9.9
2. **Difficulty:** 4 “A’s” and 4 “B’s”
3. **Special Requirements** @ 0.4 each
 - a. Double Salto Series with a minimum of 2 elements (same or different)
 - b. Acro series of three (3) or more flight elements with one salto

- c. Dance Series* or Dance Passage** with a minimum of two (2) elements including a leap with a minimum of 150-degree split
 - d. A minimum of a “B” turn on one foot
- (If the minimum SR is not achieved, no credit will be given.)*
- 4. **Bonus** -- 0.1 maximum
 - a. Awarded for an extra “C” performed without fall or spot after all other VP achieved
 - 5. **Restrictions** -- Inappropriate for this level; deduct 0.4 each from Start Value; no VP or SR; also deduct all appropriate execution and amplitude errors incurred
 - a. No “D” or “E” Elements
 - 6. **Special Judging Considerations**
 - a. *Dance Series must consist of a minimum of two directly connected elements BUT NEED NOT be different (may be the same or different).
 - b. **Dance Passage clarifications
 - i. Should consist of a minimum of two (2) different gymnastics elements from Group 1 (leaps, jumps, hops) directly or indirectly connected. Passages must be continuous without pauses, stops or lunge preparations and without Acro elements.
 - ii. They may include running steps, small leaps, hops, chasses, or any continuous turn on one or two feet between the dance value parts (minimum two) from Group 1.
 - iii. Elements landing in a prone position must be last in the passage.
 - c. ***Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.***

CHAPTER 8: PLATINUM

Vault

- 1. Allowable vaults—Platinum vault chart
 - a. Start values as they appear on chart
 - b. Incorrect/***unrecognizable vault – Award 5.0***
 - c. ***Disallowed vault – Void – Award 0.0; judges judge what they see***
- 2. Vault Numbers will not be flashed
- 3. Gymnasts will perform one vault, unless a fall occurs. Following a fall the gymnast may perform a second vault, the score of which MUST count.
- 4. A gymnast is allowed three attempts to complete one vault
 - a. If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, this counts as one of her three attempts. It is not considered a vault.
 - b. If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.
- 5. Use Copper 2 to Platinum vault deductions Page 55

Uneven Bars

- 1. **Start Value:** 9.7
- 2. **Difficulty:** 3 “A’s” and 4 “B’s” and 1 “C”
- 3. **Bonus**
 - a. Maximum of 0.30 bonus may be achieved
 - i. Connection value
 - 1. $C + C = +0.1$
 - a. If neither has turn or flight, both must be different
 - b. Only one (1) element has turn or flight

2. $C + C = 0.2$
 - a. Both elements have turn or flight
 - i. Also applies to three (3) or more elements
3. $C + D = 0.2$
 - ii. Difficulty value
 1. 0.1 awarded for D elements
 2. 0.1 awarded for a maximum of one (1) E element
 - a. Additional E elements are restricted and each will incur a 0.5 penalty
- 4. Special Requirements @ 0.4 each**
 - a. Minimum of two (2) bar changes
 - b. One flight element, minimum "B" excluding dismount
 - c. Second, different, flight element, minimum of "C", excluding dismount OR one element with long axis (L/A) turn 180 degrees or more, minimum of "B", excluding mount and dismount
 - d. Salto dismount, minimum of "B"
- 5. Special Judging Considerations**
 - a. Failure to meet a minimum cast requirement of 45 degrees above the horizontal will incur a 0.3 deduction each time

Balance Beam

1. **Start Value:** 9.7
2. **Difficulty:** 3 "A's" and 4 "B's" and 1 "C"
3. **BONUS**
 - a. Maximum of 0.30 bonus may be achieved
 - i. **CONNECTION VALUE** (all acro elements used for CV must have flight)
 1. **Acro Flight 2 elements** -- Excludes dismount
 - a. +0.1
 - i. $B + C$
 1. C element must be salto or aerial
 - b. +0.2
 - i. $B + D$
 - ii. $B + E$
 - iii. $C + C$
 - iv. $C + D$
 2. **Acro Flight 3+ elements** -- Includes mount and dismount
 - a. +0.1
 - i. $B + B + C$
 - b. +0.2
 - i. $B + C + C$
 - ii. $B + B + D$
 - iii. $B + B + E$
 - iv. $B + C + D$
 - v. $B + C + E$
 - c. **Award additional +0.1 for 3-element series**
 - i. $B + B + C$ (or better)
 1. Minimum C salto or aerial or D/E flight with or without hand support
 2. Excludes dismount

3. **Dance/Dance Series** – can be same or different
 - a. +0.1
 - i. A + D
 - ii. A + E
 - iii. B + C
 - iv. C + C
4. **Mixed Series** – Dance/Acro flight OR Acro flight/Dance --Excludes dismount
 - a. +0.1
 - i. A + D
 - ii. A + E
 - iii. B + C
 - b. +0.2
 - i. B + D
 - ii. B + E
 - iii. C + C
 - iv. C + D
 - v. C + E
5. **Turn Series**
 - a. +0.1
 - i. A + C (or reverse)

ii. DIFFICULTY VALUE

1. 0.1 awarded for D elements
2. 0.1 awarded for a maximum of one (1) E element
 - a. Additional E elements are restricted and each will incur a 0.5 penalty

4. Special Requirements @ 0.4 each

- a. Acro pass minimum of two (2) directly connected flight elements, excluding mount and dismount
- b. One leap or jump that requires 180 degree cross or side split
- c. Minimum 360 degree turn on one foot from Group 3.
- d. Aerial/salto dismount, minimum "B"

Floor Exercise/Tumbling

1. **Start Value:** 9.7
2. **Difficulty:** 3 "A's" and 4 "B's" and 1 "C"
3. **Bonus**
 - a. Maximum of 0.30 bonus may be achieved

i. CONNECTION VALUE

1. **Acro Indirect** – 2 or more saltos or aerials (acro elements without hand support)
 - a. +0.1
 - i. B + C
 - ii. A/B + A/B + C
 - iii. A + D
 - iv. A + E

- b. +0.2
 - i. C + C
 - ii. A + A + D
 - iii. B + D/E
 - iv. C + D/E

2. Acro Direct

- a. +0.1
 - i. B + B
 - ii. A + C
 - iii. A + A + C
- b. +0.2
 - i. B + C
 - ii. A/B + D/E
 - iii. A + A + D/E
 - iv. C + C or more difficult

3. Dance Series or Dance/Acro Series (or reversed) –Must be directly connected; acro element must be salto or flight element with or without hand support; turn connected to jump 2-foot take off cannot receive CV; turn connected to hop 1-foot take off can be connected for CV; jump taking off on 1 foot can be connected to turn; no CV for a turn followed by a jump

- a. +0.1
 - i. B + D/E
 - ii. C + C – same or different, Group 1 or 2
 - iii. D/E Salto + A Jump (this order only)
- b. +0.2
 - i. C + D/E

ii. DIFFICULTY VALUE

- 1. +0.1 awarded for D elements
- 2. +0.1 awarded for a maximum of one (1) E element
 - a. Additional E elements are restricted and each will incur a 0.5 penalty

4. Special Requirements @ 0.4 each

- a. Acro pass with minimum of two (2) saltos, same OR different, directly connected/indirectly connected with flight elements (with or without hand support).
- b. Three (3) different saltos in exercise--NOT aerals
- c. Dance passage with a minimum of two (2) DIFFERENT Group 1 elements, directly or indirectly connected, with one leap requiring a 180 degree cross or side split.
- d. Minimum "B" salto as last isolated salto performed or within the last salto connection.

5. Special judging considerations:

- a. *Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.*

CHAPTER 9: PREMIER

The Premier Level uses NCAA Rules Modifications of USAG Level 10 rules. Complete information for Premier is available at NCAA.org or by clicking on the NCAA tab atop the NAWGJ.org website.

Vault

1. Allowable vaults--NCAA vault chart
 - a. Start values as they appear on chart
2. Vault Numbers **will not** be flashed
3. Gymnasts will perform one vault, unless a fall occurs. Following a fall the gymnast may perform a second vault, the score of which **MUST** count.
4. Use USAG Level 10 deductions with rules modifications from found at https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/2025-26PRWGY_RulesModifications.pdf

Uneven Bars

1. **Start Value:** 9.4
2. **Difficulty:** 3 “A’s” and 3 “B’s” and 2 “C’s”
3. **Bonus**
 - a. Maximum of 0.60 bonus may be achieved
4. **Special Requirements @ 0.2 each**
 - a. Minimum of two (2) bar changes
 - b. Two (2) flight elements, minimum of two (2) different “C”s” OR a “D” and “B” (not to include dismount)
 - c. One (1) element with longitudinal axis (LA) turn, minimum of "C" (not to include mount and dismount)
 - d. "C" dismount. If following modification occurs-- "C" dismount immediately preceded by same two (2) “A” and “B” elements – Deduct 0.10 (not 0.2)

Balance Beam

1. **Start Value:** 9.4
2. **Difficulty:** 3 “A’s” and 3 “B’s” and 2 “C’s”
3. **Bonus**
 - a. Maximum of 0.60 bonus may be achieved
 - i. CONNECTION VALUE (all acro elements used for CV must have flight)
 - ii. DIFFICULTY VALUE
 1. 0.1 awarded for “D” elements
 2. 0.2 awarded for “E”
4. **Special Requirements @ 0.2 each**
 - a. Acro pass minimum of two (2) directly connected flight elements, excluding mount and dismount
 - b. One leap or jump that requires 180 degree cross or side split
 - c. Minimum 360 degree turn on one foot from Group 3.
 - d. Aerial/salto dismount, minimum "B"

Floor Exercise/Tumbling

1. **Start Value:** 9.4
2. **Difficulty** 3 “A’s” and 3 “B’s” and 2 “C’s”
3. **Bonus**
 - a. Maximum of 0.60 bonus may be achieved
4. **Special Requirements @ 0.2 each**
 - a. One Acrobatic pass with two (2) saltos (same or different), OR one acrobatic pass of two (2) directly connected saltos.
 - i. An acrobatic pass is defined as one or more acro elements, one element must be a salto valued at “C” or higher.
 - ii. Aerials are NOT considered saltos.
 - b. Three (3) different saltos within the exercise
 - c. The salto performed as the last isolated salto or within the last salto connection must be minimum “C” and must be an acro pass.
 - d. Dance passage with a minimum of two (2) different Group 1 elements directly or indirectly connected, one of which is a leap (one foot take off) requiring a 180-degree cross or side split position.
 - i. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or any kind of turn on 1 or 2 feet between the two dance VP elements
5. **Special judging considerations:**
 - a. ***Presentations will be rewarded based on good and correct body shapes and technique above those having poor technique, simple connections and less creativity.***

CHAPTER 10: TUMBLING FOR BOYS & GIRLS

1. Copper 1 through Premier
 - a. Tumbling routines must contain a minimum of 3 acro series with a maximum of 5 acro series consisting of elements as defined for each level. An acro series requires a minimum of 3 acro elements.
 - b. Only acro skills receive value part credit.
 - i. Elements may receive value part credit twice.
 - ii. Gymnastics (dance) skills may be performed and will incur execution deductions, but they do not count as required value parts.
 - c. Allowable elements* and value part requirements**
 - i. Copper: *Only “I’s”, “A’s”
 1. **Copper 1 & 2: 5 “A’s” &/or “I’s”
 - ii. Bronze through Diamond: *Only “A’s”, “B’s”
 1. **Bronze: 6 “A’s”
 2. **Diamond: 5 “A’s” & 1 “B”
 - iii. Silver: *Only “A’s”, “B’s”; “C” dance
 1. **5 “A’s” & 2 “B’s”
 - iv. Gold: *Only “A’s”, “B’s” & “C’s”
 1. **4 “A’s” & 4 “B’s”
 - v. Platinum: *Only “A’s”, “B’s”, “C’s”, “D’s”, one “E”
 1. **3 “A’s”, 4 “B’s” & 1 “C”
 - vi. Premier * “A’s” through “E’s” (no restrictions)
 1. **3 “A’s”, 3 “B’s” & 2 “C’s”

- d. Start values
 - i. Copper through Silver – 10.0
 - ii. Gold – 9.9 with 0.1 bonus possible
 - iii. Platinum – 9.7 with 0.3 bonus possible
 - iv. Premier – 9.4 with 0.6 bonus possible
- e. Bonus
 - i. Gold -- +0.1 for an additional “C” once all value part requirements are met
 - ii. Platinum -- +0.1 for “D’s” or one “E” to a maximum of 0.3
 - iii. Premier -- +0.1 for “D’s” and +0.2 for “E’s” to a maximum of 0.6
- f. Music: The use of music is optional
- g. Scoring
 - i. Will be judged on Variety, Quality of Movement and Execution
- h. Boys will compete with the girls but not against the girls.

CHAPTER 11: VAULT FOR BOYS

Vault aligns with each level in girls program. For details including Equipment Specs, Warm Ups, Spotting, and Chief Judge Deductions, see SECTION I: GENERAL INFORMATION beginning on Page 19. For allowable vaults, start values and deductions, consult “VAULT” sections in each level.

CHAPTER 12: INTRODUCING BARS AS A THIRD EVENT FOR BOYS WITH THE HOPE OF ADDING “THE MUSHROOM” (‘Y’) ON FLOOR AS A FOURTH BOYS’ EVENT --DETAILS TBA

SECTION III: CONTENT & QUALITY OF MOVEMENT GEMS THROUGH GOLD

1. **Content**: Up to 1.0 -- Additional Compositional/Content Deductions (UB, BB, FX)
 - a. Up to 0.2 - Missing Value Part (+VP Value)
 - b. Up to 0.2 - Missing Special Requirements: (+SR Value)
 - c. Up to 0.1 - Insufficient Distribution of VP
 - d. Up to 0.2 - Choice of Elements
 - e. Up to 0.1 - Uncharacteristic Elements
 - f. Up to 0.2 - Overuse of elements and shapes (Tuck, Pike, Straddle)
 - g. Up to 0.2 - Variety of Elements
 - h. Up to 0.2 - Balance between Acro and Dance Elements
 - i. Up to 0.2 - Rhythm & Tempo
2. **Quality of Movement** – Up to 0.5 (UB, BB, FX)
 - a. Up to 0.2 - Slight foot form & flexed execution
 - b. Up to 0.2 - Lacking sureness of movement
 - c. Up to 0.2 - Dynamics, Rhythm, Tempo
 - d. **Up to 0.35** - Insufficient leg/body posture throughout
 - e. **Up to 0.5** - Lack of stretch, consistent bent arms, legs flexed throughout

Good gymnastics posture:

A straight elongated spine with head neutral, shoulders pressed down and back, and the chest open. With the shoulders on top of the hips and the hips on top of the feet. A tight core with abdominal muscles and glutes engaged, with the hips neutral.

Vault Deductions for GEMS & Copper 1
Jump to handstand; flatback onto mat stack
10.0 Start Value for Copper 1
Can be used for Copper 2 with a 9.0 start value

1. **General**—*Applied in each phase*
 - a. Fail to maintain straight body position
 - i. Up to 0.30 – Arch
 - ii. Up to 0.50 – Pike
 - b. Up to 0.30 - Legs bent
 - c. Up to 0.20 - Legs Separated
 - d. Up to 0.10 -- Poor Foot Form
 - e. Up to 0.10 -- Incorrect Head Alignment
 - f. Up to 0.30 – Direction
 - g. Up to 0.30 – Dynamics
 - h. Aid of Coach at any time during the vault
 - i. Copper through Silver –2.0
 - ii. Gold –1.0
2. **Run and Board Contact**
 - a. Up to 0.30 - Insufficient acceleration during run
 - b. Up to 0.30 - Fail to maintain horizontal running speed to board
 - c. Up to 0.30 - Excessive forward lean on the body on the board
1. **First Flight Phase** – board to mat
 - a. See General Penalties
2. **Support Phase**
 - a. Up to 0.50 - Arms bent
 - b. 2.00 - Head contacting mat (includes 0.5 bent arms deduction)
 - c. Up to 0.30 - Showing shoulder angle
 - d. Up to 2.00 - Fail to show inverted vertical position from hands to hips (performing a forward roll action)
 - e. Up to 1.00 - Contact mat stack w/hands after vertical
 - i. 0.05 to 0.5 – Contact from 1-45 degrees
 - ii. 0.5 -1.00 – Contact from 46-89 degrees
 - f. 0.5 - Fail to entirely place hands in prescribed landing zone (both hands beyond tape line)
 - i. 0.2 - Staggered hand placement (1 inside zone & 1 over line)
 - ii. Additional hand placements (steps/hops on hands) – 0.1 each, maximum 0.3
 - g. 3.00 – Fail to contact mat w/both hands (Perform Front Layout or touches w/only one hand)
3. **Post Handstand Phase**
 - a. See General Penalties
4. **Landing Phase**
 - a. If gymnast makes any of below execution errors, then lies back to straight lying position, there are NO DEDUCTIONS for failure to finish on mat, but may have execution deductions for errors while gymnast is falling to her back (Post Handstand Phase)
 - i. Evaluation finishes when gymnast arrives in straight lying position
 1. Up to 0.10 - Fail to finish in straight lying position on back
 2. 1.0 - Lands on feet, salutes, & steps off mat
 3. 0.5 - Lands on seat with 90-degree hip angle, salutes, & steps off mat
 4. 0.5 - Lands on back w/arch & bent legs, salutes, & steps off mat

Vault Deductions Copper 2 through Platinum

1. First Flight Phase

- a. Incorrect foot form - Up to 0.10
- b. Incorrect leg form
 - i. Legs crossed - Up to 0.10
 - ii. Legs separated - Up to 0.20
 - iii. Knees bent – Up to 0.3
- c. Poor Technique
 - i. Hip angle - Up to 0.20
 - ii. Arched body - Up to 0.20
- d. Incomplete LA turn - Up to 0.20

2. Support/Repulsion Phase

- a. Poor technique
 - i. Staggered/alternate hand placement on all vaults, except Group 3 vaults & Group 5 vaults with 3/4 -1/1 on – Salto off - Up to 0.10
 - ii. Shoulder angle - Up to 0.20
 - iii. Arched body - Up to 0.20
 - iv. Alternate repulsion from hands on all vaults, except Group 3 vaults & Group 5 vaults with 3/4 on-1/1 on-salto off - Up to 0.20
 - v. Legs bent (in support) or early tuck (salto) - Up to 0.30
- b. Prescribed LA turn begun to early - Up to 0.30
- c. Additional hand placements (taking steps/hops on hands) - Up to 0.30
- d. Bent arms (bent 90 or more = max. deduction) - Up to 0.50
 - i. Slight arm bend of the lead arm is allowed on all Group 3 vaults
- e. Too long in support (Non-salto) - Up to 0.50
 - i. Copper 2 - Up to 0.3
- f. Angle of repulsion (Non-salto) - Up to 0.5**
 - i. If the gymnast leaves the vault table by vertical - No deduction
 - ii. from 1-45 degrees - deduct 0.05 to 0.25
 - iii. from 46 degree to horizontal - deduct 0.26 to 0.5
- g. Touch with only one hand on the vault table if 1/2 of panel sees only one hand touch - 1.00 (Chief Judge deduction)
- h. Head contacting table during support phase -2.0
 - i. Includes 0.50 deduction for extreme arm bend
- i. No hand contact on the vault table – VOID (award 5.0 minimum score)

3. Second Flight Phase

- a. Incorrect foot form (flexed or sickled) - Up to 0.10
- b. Insufficient exactness of LA turn - Up to 0.10
- c. Under-rotation of Salto vaults - Up to 0.10
 - i. Incorrect leg form
 - 1. Legs crossed - Up to 0.10
 - 2. Legs separated - Up to 0.20
 - 3. Knees bent - Up to 0.30
- d. Incorrect foot form (flexed or sickled) - Up to 0.10
- e. Brush or hit of body/head on vault table during post flight - Up to 0.20
- f. Insufficient length - Up to 0.30
 - i. Copper 2 – Up to 0.2

Note: When evaluating length, consider size of the athlete, type of vault where the hands contact the table and where the feet land and overall trajectory (amplitude) of the 2nd

flight phase, not just the distance from where the gymnast lands in relation to the end of the vault table.

- g. Failure to maintain stretched body (pike down of stretched vaults to facilitate landing) - Up to 0.30
- h. Insufficient exactness of body position
 - i. Insufficient tuck or pike - Up to 0.30
Note: Tuck -- minimum 90-degree bend in hip and knees (except in twists in tuck position--allow for more open “puck” position) pike=min. 90-degree bend in hips. 91 to 135 degrees = insufficient pike; insufficient stretched position (ideal=180 degrees, but greater than 135 degree is considered stretched position)
- i. Arch – Up to 0.3
- j. Hip angle of 136 to 170 degrees = insufficient stretched position - Up to 0.30
- k. Late completion of the twist - Up to 0.30
- l. Up to 0.10 deduction for under-rotation (Gold through Platinum)

Group 1 vaults and Group 4 & 5 vaults without saltos

- a. Insufficient extension (open) of body before landing
 - i. Insufficient and/or late extension (tuck and pike vaults) - Up to 0.25
 - ii. Total absence of extension (tuck and pike vaults) -0.30
- b. Insufficient height - Up to 0.50
- c. Prescribed LA turn begun too late - Up to 0.50

4. Landing

- a. Slight hop or small adjustments of feet - Up to 0.10
- b. Extra arm swings - Up to 0.10
- c. Extra steps (per step with maximum of 4) - Each 0.10
- d. Incorrect body posture on landing - Up to 0.20
- e. Additional trunk movements to maintain balance - Up to 0.20
- f. Large step or jump (approximately 3 feet or more) - Up to 0.20
- g. Squat on landing (hips even with or lower than the knees) - Up to 0.30
- h. Slight brush/touch of 1 or both hands on mat (no support) - Up to 0.30
- i. Prescribed LA turn incomplete - Up to 0.30
 - i. 1 to 30 degrees missing - Up to 0.10
 - ii. 31 to 60 degrees missing - 0.15 to 0.20
 - iii. 61 to 89 degrees missing - 0.25 to 0.30
 - iv. 90 degrees or more missing - Award lower vault value
- j. Deviation from a straight direction (determined by initial contact with mat) - Up to 0.30
- k. Insufficient dynamics - Up to 0.30
- l. Support on mat with 1 or 2 hands -0.50
- m. Fall on mat to knee(s) or hips -0.50
- n. Fall against apparatus -0.50
- o. Landing in a sitting, lying, or standing position on top of the vault table – VOID (award 5.0 minimum score)

5. Other Deductions

- a. Coach standing between board and vault table -0.5
 - i. Exception: this deduction is NOT taken if the gymnast performs a round-off entry vault
- b. Spotting assistance upon landing -0.50
- c. Vaults without signal from chief judge - CJ deducts 0.50 from average of next vault

- d. Failure to land on any part of the bottom of the feet – VOID (award 5.0 minimum score)
 - i. First vault is scored if gymnast falls, landing on hands and bottoms of feet simultaneously
- e. Spotting assistance during the vault
 - i. Copper 2 through Silver –2.0
 - ii. Gold –1.0
- f. Run approach without execution of the vault with touch on the springboard or vault table (not a touch/scratch) – award 5.0
- g. Failure to use the safety zone mat for round off entry vaults – VOID
- h. Gymnasts performs a restricted vault on their level (Bronze-Gold) – award 5.0

USAIGC 2025		GEMS		COPPER 1		COPPER 2	
SR *		.4 each		.4 each		.4 each	
VP *		4 A's and/or I's		5 A's and/or I's		5 A's and/or I's	
Restrictions **		No B's ***		No B's ***		No B's ***	
SV		10		10		10.0/9.0	
Bonus		N/A		N/A		N/A	
CONTENT/QUAL MOVEMENT		1.0/0.5		1.0/0.5		1.0/0.5	
WARM UP		30 seconds		45 seconds		45 seconds	
VAULT		8"-16" mat stack; Trampoline board OK. Stretch jump onto mat; kick up to handstand to flat back USE GEMS DEDUCTIONS OR Jump to handstand/flat back onto mat stack; USE COPPER 1 DEDUCTIONS		16"-32" mat stack Jump to handstand/flatback onto mat stack USE COPPER 1 DEDUCTIONS		32-48" mat stack Handspring to feet--10.0 start value USE COPPER 2-PREMIER DEDUCTIONS	
Copper to Gold-- 2 vault option--best score counts							
BARS							
Horiz cast = A thru Gold		1. Glide to kick over <u>OR</u> jump to front support 2. Circle element (basket; cut/leg circle; back hip circle) 3. Clear cast (no required angle) 4. Dismount LB only		1. Back pullover from 2 ft; may glide out & back to pullover 2. Cast 45 below horizontal 3. Circling element 4. DSMT: Underswing, sole circle OR cast pushaway. NO HS, kips or high bar.		1. Back pullover from 2 ft; may glide out & back to pullover 2. Cast 45 below horiz. 3. Circling element 4. DSMT: Underswing, sole circle OR cast pushaway (no pushaway from HB) NO HS. May use HB. May do 1 kip on LB or HB.	
45 second fall clock							
BEAM							
45 second fall clock		1. Mount/dismount (tuck, straddle, cartwheel, round off--A/I) 2. 1/2 turn--pivot or squat 3. 1 jump or leap (no req. split) 4. Lever (touch BB) ***B split leap OK Routine time :30 minimum/1:15 maximum)		1. 3/4 handstand (min) MUST DO 3/4 HS FOR SR 2. Isolated leap, min. 60 degree split*** 3. Dance series 2 elements 4. Any I/A DSMT ele. (incl. L2 dsmt) No saltos/flips NO CW/WO/flights** ***B split leap OK Routine time :35 to 1:00		1. 3/4 Handstand (min) MUST DO 3/4 HS FOR SR 2. Isolated leap, min. 60 degree split*** 3. Dance series 2 elements 4. Any I/A DSMT element, (incl. L2 dsmt). No saltos/ flips/aerials NO flights** ***B split leap OK; HS & cartwheels OK Routine time :35 to 1:00	
Undertime: -0.10 Overtime: -0.10							
FLOOR							
Undertime: -0.10 Overtime: -0.10		1. 1/2 turn minimum 2. 1 non-flight acro element (cartwheel, handstand, back or front walkover, rolls) 3. 1 leap (no required split) 4. 3/4 handstand (no hold necessary) Routine time :30 minimum/1:15 maximum)		1. Acro series min 2 ele. (CW, RO, WO, Valdez, Rolls--Handstands do not fulfill req.) 2. Leap min. 90 deg. Split 3. Stretched HS element--min. 1 second hold) 4. 180 or 360 turn on 1 foot NO HANDSPRINGS Routine time :45 - 1:10		1. Acro series min 2 ele. Inc. CW, RO, WO, rolls, handspings. Handstands do not fulfill requirement; 2. Leap min. 90 degree split 3. Stretched HS element--min. 1 second hold) 4. 180 or 360 turn on 1 foot Only 1 BHS; FHS OK Routine time :45 - 1:10	
WARM UP +/- 5 min. Coach on floor ok thru Silver; 0.30 deduction Gold and up							
Vocals in music OK thru Gold							

GEMS - Gold--3 fall max. BEAM: No ded. 2nd immediate fall *Missing SR or VP-ded. Up to 0.2 in content **Restricted ele - ded. 0.4 MINIMUM SCORE 5.0

USAIGC 2025	BRONZE	DIAMOND	SILVER	GOLD
SR *	.4 each	.4 each	.4 each	.4 each
VP *	6 A's	5 A's & 1 B	5 A's & 2 B's	4 A's & 4 B's
Restrictions **	No C's	No C's	No C acro; C dance BB, FX OK	No D's
SV	10	10	10	9.9 (except Vault)
Bonus	N/A	N/A	N/A	0.1 Extra C (no fall/spot)
CONTENT/QUAL MVMINT	1.0/0.5	1.0/0.5	1.0/0.5	1.0/0.5
WARM UP	1 min	1 min	1 min	90 sec
VAULT	Handspring OR 1/4 to 1/2 on repulsion off Use C2-Premier deductions.	Gold chart --All Grp 1 up to 360 post flt.; tsuk & yurchenko timers to feet onto stacked mat or feet on floor NO SALTOS Use C2-Premier deductions	Gold chart --All Grp 1 up to 360 post flt; tsuk/yurchenko timers to back or feet onto stacked mat or feet on floor; NO SALTOS. Use C2-Premier deductions	Gold vault chart--values as listed. Use C2-Premier deductions
GEMS to Gold-- 2 vault option, best score counts				
BARS				
Horiz cast = A thru Gold	1. One bar change (min.) 2. Cast min. horiz. 3. Circling ele. Min. A; NO HS from circles or giants ** 4. DSMT: Underswing; sole circle; Flyaway T,P,S (From HB, A's or B's)	1. One bar change (min.) 2. Cast min. horiz. 3. Circling ele. Min. A. NO HS from circles or giants ** 4. DSMT: Underswing, sole circle, Flyaway T,P,S (From HB, A's or B's)	1. One bar chg. (min.) 2. Cast 30 above horiz 3. Circling element No C's **; (except clear hip to HS allowed with no deduction) 4. DSMT: A or B salto; may twist	1. One bar chg. (min.) 2. Circling element finishing 60 degrees above horizontal 3. B ele. w/ft or turn 4. DSMT: A, B, C salto Cast ded.: Up to 0.3 if <45 degree min
45 second fall clock				
BEAM				
45 second fall clock	1. Non-flight Acro ele./ passes thru vert. F,B,S. no mt./dsmt. 1 sec. HS/FW roll OR 2 sec. HS OK 2. Isolated leap min 90 degrees 3. Dance series 2 ele. one a leap/jump min. 90 degree split 4. DSMT: Any A NO FLIGHT**	1. Non-flight Acro ele./passes thru vert. F,B,S. no mt./dsmt.. 1 sec HW/FW roll OR 2 sec. HS OK MUST DO NON-FLT FOR SR 2. Isolated leap min 90 degrees 3. Dance series 2 ele., one a leap/jump minimum 90 degree split 4. DSMT: Any A Isolated acro flights ok (not for SR)	1. Acro flight element 2. Min. 360 degree turn on one foot 3. Dance series min. of 2 elements, one a Leap/jump minimum of 120 degree split 4. DSMT: Salto or aerial of A or B Routine time :50 - 1:30	1. Acro ser. min. 2 ele. 1 w/flight (No HS) 2. Min. 360 degree turn on one foot 3. Dance series min. 2 elements, one a leap/jump min. 135 degree split 4. DSMT: B element or a B element in a series prior to an A Routine time :50 - 1:30
Undertime: -0.10 Overtime: -0.10				
FLOOR				
Undertime: -0.10 Overtime: -0.10	1. Acro series min. 2 fast flight elements NO SALTOS NO FLIPS TO KNEES OR SEAT 2. Dance series with min. 2 elements incl.leap w/120 degree split 3. Dance/Acro OR Acro/Dance series 4. 360 degree turn 1 foot Routine time :50 - 1:30	1. Acro series min. 2 fast flight elements salto must come before or after fast flight elements 2. Dance series w/min. 2 ele. incl. leap w/120 degree split 3. Dance/Acro OR Acro/Dance series 4. <u>Minimum</u> 360 degree turn on 1 foot Up to 2 saltos allowed, isolated or in combo; No twists Routine time :50 - 1:30	1. 3 ele. (min.) acro series w/any 1 salto 2. FWD acro pass w/2or more non-flight, fast flight or flt.ele. 3. Dance series or passage min. 2 ele. Incl.leap w/ 135 degree split 4. Minimum B turn on one ft All "B" saltos allowed Routine time :50 - 1:30	1. Double salto series min. 2 elements, same or different 2. Acro series of 3 or more fast flight elements incl. 1 salto 3. Dance series OR passage min. 2 ele. Incl. leap with 150 degree split 4. Min. B turn on 1 foot Routine time :50 - 1:30
Coach on floor--ok thru Silver; 0.30 deduction Gold and up				
Vocals in music--okay thru Gold				
GEMS -Gold--3 fall max.	BEAM: No ded. 2nd immediate fall	*Missing SR or VP-ded. Up to 0.2 in content	**Restricted ele - ded. 0.4	MINIMUM SCORE 5.0

USAIGC '24/'26		PLATINUM	PREMIER
SR *	.4 each		.2 each
VP *	3 "As", 4 "Bs", 1 "C"		3 "A's", 3 "B's", 2 "C's"
Restrictions **	Only one "E" allowed; additional "E's" deduct 0.4 each		No restrictions
SV	9.7		9.4
Bonus	0.3 all from either CV or DV (+.1 for "D's" and +.1 for first "E")		0.6 all from either CV or DV, (+.1 for "D's"; +.2 for "E's")
Warm Up	2 min		2 min
VAULT	Use Platinum Vault Chart with values as listed One vault allowed, unless a fall occurs. After a fall, gymnast MAY take a second vault, but the second vault score MUST count. Vault numbers are not flashed		Use NCAA Vault Chart -- No 10.1 bonus in effect One vault allowed, unless a fall occurs. After a fall, gymnast MAY take a second vault, but the second vault score MUST count. Vault numbers are not flashed.
BARS	1. Minimum of two (2) bar changes 2. One flight element, minimum "B" excluding dismount 3. Second, different, flight element, minimum of "C", excluding dismount OR one element with long axis (L/A) turn 180 degrees or more, minimum of "B", excluding mount and dismount 4. Salto dismount, minimum of "B"		1. Minimum of two (2) bar changes 2. Two (2) flight elements, minimum of two (2) different "C"s OR a "D" and "B" (not to include dismount) 3. One (1) element with longitudinal axis (LA) turn, minimum of "C" (not to include mount and dismount) 4. "C" dismount. If the following modification occurs--"C" dsmt immediately preceded by same two (2) "A" or "B" elements – Deduct 0.10 (not 0.2)
45 second fall clock			
BEAM	1. Acro pass min. two (2) directly connected flight elements, excluding mount and dismount 2. One leap or jump that requires 180 degree cross or side split 3. Minimum 360 degree turn on one foot from Group 3. 4. Aerial/ salto dismount, minimum "B"		1. Acro series: Minimum of two (2) flight elements, one element must be a minimum of "C" with or without hand support (may include mount) OR an "A" non-flight element from Group 7 Walkovers and Cartwheels connected to an "E" acro element i. Acro series may not be connected to the dismount & must stop on beam 2. Dance/Dance OR Dance/Acro series with a minimum of two (2) elements. i. The dance element must be valued a C or higher and the SERIES may not be connected to the dismount. 3. A leap or jump requiring 180-degree split i. May be part of the dance series or acro/dance series 4. Minimum of 360 degree turn from Group 3--no hand support permitted. 5. Minimum "C" dismount
45 second fall clock			
Routine time: Max. 1:30 Overtime: -0.10			
FLOOR	1. Acro pass with minimum two (2) saltos, same OR different, directly connected/indirectly connected with flight elements (with or without hand support). 2. Three (3) different saltos in exercise--NOT aerials 3. Dance passage with a minimum of two (2) DIFFERENT Group 1 elements, directly or indirectly connected , with one leap requiring a 180 degree cross or side split. 4. Minimum "B" salto as last isolated salto performed as last isolated salto or within the last salto connection.		1. One Acrobatic pass with two (2) saltos (same or different), OR one acrobatic pass of two (2) directly connected saltos. i. An acrobatic pass is defined as one or more acro elements, one element must be a salto valued at "C" or higher. ii. Aerials are NOT considered saltos. 3. Three (3) different saltos within the exercise 4. The salto performed as the last isolated salto or within the last salto connection must be minimum "C" and must be an acro pass. 5. Dance passage with a minimum of two (2) different Group 1 elements directly or indirectly connected, one of which is a leap (one foot take off) requiring a 180-degree cross or side split position.
Warm Up 6-8 min.			
Routine time: Max. 1:30 Overtime: -0.10			
Front pike "B" for Platinum; Front pike "A" for Premier			

**Restricted ele - ded. 0.4 MINIMUM SCORE 5.0

FOR MORE INFO ON PREMIER RULES SEE NCAA MODIFICATIONS AT NCAA.ORG

		Gold Values	Platinum Values
Group 1 Handspring/ Yamashita	Handspring	9.0	8.5
	Handspring, ½ twist	9.1	8.6
	Yamashita	9.0	8.5
	Yamashita, ½ twist	9.1	8.6
	½ twist, ½ twist OR ¼ twist, ¾ twist	9.2	8.6
	¼ - ½ twist on repulsion w/flight to feet	9.0	7.0
	¼ - ¼ TWIST TO FACE OUT	9.0	
	FHS onto board, repulsion w/flight to feet	9.1	8.6
	FHS onto board, Handspring ½	9.2	8.7
	FHS onto board, ¼ - ½ twist, repulsion w/flight to feet	9.1	7.1
	Handspring, 1/1 twist	9.5	9.0
	Handspring, 1 ½ twist	9.7	9.4
	Yamashita, 1/1 twist	9.5	9.0
	½ twist, 1 ½ twist OR ¼ twist, 1 ¾ twist	9.6	9.3
	½ twist, 1/1 twist OR ¼ twist, 1 ¾ twist	9.4	8.9
	1/1 twist, handspring/Yamashita	9.5	9.0
	1/1 twist, ½ twist	9.7	9.3
	1/1 twist, 1/1		9.8
	FHS onto board, Handspring 1/1	9.6	9.1
	FHS onto board, ½ twist, ½ twist OR ¼ twist, ¾ twist	9.3	8.7
	Handspring, 2/1 twist	10.0	10.0
	½ twist, 2/1 twist OR ¼ twist, 2 ¾ twist	10.0	9.8
	FHS onto board, ½ twist, 1/1 twist OR ¼ twist, 1 ¾ twist	9.5	9.0
Group 2 Handspring with or w/o turn, Salto FW/BW	Handspring, front tuck		10.0
	Handspring, front tuck ½		10.0
	Handspring, front pike		10.0
	FHS onto board, handspring, front tuck		10.0
	FHS onto board, handspring, front pike		10.0
Group 3 Tsuk or ½ on, Salto FW/BW, with or w/o ½ turn	Tsukahara Tuck	10.0	9.6
	Tsukahara Pike	10.0	9.7
	Tsukahara Layout		10.0
	Tsukahara Tuck 1/1		10.0
	FHS ONTO BOARD, ¼ - 1/2 BACK TUCK		9.7
	FHS onto board, ¼-1/2, back pike		9.8
	½ on, ½ off front tuck (land facing out) or Tsuk Tuck ½		10.0
	½ on, ½ off front tuck ½ or ¼ on ¾ off front tuck ½		10.0
Group 4 Round off, Flic Flac, Salto FW/BW with or w/o LA turn	RO, FF, repulsion (w/flight to feet)	9.0	7.0
	RO, FF, repulsion ½	9.1	7.7
	RO, FF 1/1 twist	9.4	9.1
	RO, FF 1 ½ twist	9.6	9.3
	RO, FF 2/1 twist		9.8
	RO, FF Back Tuck	10.0	9.6
	RO, FF Back Tuck 1/1		10.0
	RO, FF, Back Pike	10.0	9.7
	RO, FF, Back Layout		10.0
	RO, FF, ½ off, Front Tuck or RO, FF, Back Tuck ½		10.0
	RO, FF, ½, Handspring	9.2	
	RO, FF, ½, Handspring ½	9.4	
	RO, FF, ½, 1/1 twist	9.6	
	RO, FF, ½, 1 ½ twist	9.8	
	RO, FF, ½, 2/1 twist	10.0	
	RO, FF, ½ off, front tuck or RO, FF, Back Tuck ½		10.0
	RO, FF, ½ turn, Front Tuck ½		10.0
	RO, FF, ½ Handspring		8.9
	RO, FF, ½, Handspring ½ off		9.1
	RO, FF, 1/1, Handspring ½ off		9.2
	RO, FF, 1/1, Repulsion		8.2
Group 5 Round off, Flic Flac (1/2 or 1/1), Handspring or Salto FW/BW With or w/o LA turn	RO, FF, ½, 1/1 twist		9.2
	RO, FF, ½, 1 ½ twist		9.4
	RO, FF, 1/1, 1/1 twist		9.3
	RO, FF, ½, front tuck		10.0
	RO, FF, ½, 2/1 twist		10.0

Uneven Bars	Balance Beam	Floor Exercise	Landing
Composition Insufficient Distribution Of VPs-Up to 0.1 Uncharacteristic element - each 0.1 3/4 Giant FW (w/ or w/o grip chg.-ea. 0.1 Lack of elements that achieve or pass through vertical; Gold only - Up to 0.2 Missing VP/SR - Up to 0.2 Execution - UB Landing dismount too close to bars -0.1 Swing FW or BW under horiz. - ea. Up to 0.1 Touch or brush of foot/feet on apparatus or mat - ea. Up to 0.1 Under rotation release/flight ele - Up to 0.1 Precision HS pos. throughout - Up to 0.1 Insuf angle of arrival flight to HS on LB - 0.05 Insuf amp. of "B" clear hip circle-Up to 0.4 Insuf angle of turn completion - Up to 0.3 Insuf amplitude of elements - each Up to 0.2 -Exception: casts Up to 0.3 Insf ext glides/swing into kips - ea. Up to 0.1 Poor rhythm ele/connections- Up to 0.1 Hes. dur. jump to HB/swing to HS-Up to 0.1 Intermediate/extra swing - 0.3 - Max 0.5 Insufficient Dynamics - Up to 0.2 -Insuf swingful execution throughout -Energy not maintained thru exercise -Falls to make difficult look effortless Hit of foot/feet on apparatus - 0.2 Hit of foot/feet on mat - 0.5 Insufficient height salto dsmt - Up to 0.3 Insuf open of tuck/pike body position prior to landing dismount - Up to 0.3 Grasp on apparatus to avoid fall - 0.3 Full support of foot or feet on mat during exercise - 0.5 Missing VP/SR - Up to 0.2	Composition Missing acro BW and FW or SW -ea. 0.1 -if only in dismount - 0.05 Spatial-insuf use of entire beam - Up to 0.1 Insufficient distribution of VP - Up to 0.1 Insufficient level changes - Up to 0.1 Fail to show movement/choreo in 2 directions - FW/BW/SW - Up to 0.2 More than 1 pivot turn 1/2 (str leg) thruout - 0.1 More than 2 dance elements of same shape - tuck, wolf, straddle - each type 0.1 More than 1 leap/jump to front support -ea. 0.1 More than 1 element before mount - 0.2 Lack of dance series (min. 2 directly connected Grp 1, 2, 3. elements) - 0.2 Acro elements not up to comp. level - Up to 0.2 Dance elements not up to comp. level - Up to 0.2 Lack of bal. between acro & dance - Up to 0.2 Missing VP/SR - Up to 0.2 Execution - BB Landing too close to beam on dismount -0.1 Fail to perform Gr. 3 turns in high releve - ea Up to 0.2 Lack of precision/dance elements - ea. Up to 0.1 Concentration pause (2 sec) 0.1 ea -More than 2 seconds - 0.2 ea Insuf split when req. Acro/Dance ele - Up to 0.2 Rhythm in connection of dance/mixed/non BW Acro - Up to 0.2 Relaxed/incorr footwk non-VP thruout - Up to 0.2 Hesitation- jump/press/swing to HS- <u>ea. Up to 0.1</u> Incorrect body pos. dance ele -ea. Up to 0.2 Insuf height of leaps/jumps/hops - ea Up to 0.2 Insuf ht of acro fl/aerials/saltos- <u>ea Up to 0.2</u> Grasp of beam to avoid fall - 0.3 Rhythm during exec of acro conn - ea Up to 0.3 Addl mvmts to maintain bal. on beam-Up to 0.3 Insuf. height of salto dsmt. - Up to 0.3 Dir. of gainer dsmt off end of beam - Up to 0.3 Insuf sureness of perf throughout - Up to 0.2 Insuf variation in rhythm/tempo - Up to 0.2 Relaxed/insuf leg pos/body posture & flexibility in non-VP parts throughout - Up to 0.3 Feet apart side land. leaps/jumps- <u>ea. Up to 0.1</u> Legs not parallel to beam in split/straddle/pike position - Up to 0.2 Insufficient dynamics - Up to 0.2 Support of one leg against side of beam - 0.2 Insuf open of tuck/pike body position prior to landing acro elements & dismount - Up to 0.3 Insufficient body alignment/pos./posture in non-VPs throughout - Up to 0.3 Supplemental support - 0.3 Artistry/Presentation - Up to 0.3 - Includes: Originality/creativity of choreo - Up to 0.1 Quality movement reflects pers style - Up to 0.1 Quality of expression - Up to 0.1	Composition Failure to perform saltos in 2 diff. directions (BW & FW or SW) - 0.10 Spatial (use entire fx) and dir. - Ea. 0.10 More than 2 dance ele of same shape (tuck/wolf/ or straddle) - Ea. 0.10 More than 1 leap or jump/ to prone - Ea. 0.10 Lack bal. btwn acro & dance VP - Up to 0.20 Acro ele not up to comp. level - Up to 0.20 Dance ele not up to comp. level - Up to 0.2 Lack of variety in VP - Up to 0.2 Lack of minimum "B" turn on one foot - 0.2 Lack min "B" salto (Gold) - 0.3 Missing VP/SR - Up to 0.2 Execution - FX Rhythm exec. 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Fail to present before & after - each time 0.1 Exceeds FX boundary - each time 0.1 Coach between UB or next to BB throughout exercise - 0.1 Incorrect attire/jewelry (after warning) - 0.2 Incorrect padding (heel/hip) - 0.2 Coach gives verbal cues during routine - 0.2 Fail to begin exer w/ in 30 sec of CJ signal - 0.2 Begin before CJ signal - 0.5 (off repeated exer) Exceeds warmup time (after warning) - 0.2 Incorrect apparatus specs - 0.3 Board on unpermitted surface - 0.3 Failure to remove board after mount - 0.3 Use of supplementary mats - 0.3 Start exercise before signal - 0.5 & repeat Failure of mat stack to align with underside of the top of the vault table (Dia./Silver) - 0.3 Using two mats end to end for one tumbling pass on FX - 0.3 Coach sprays water or adds chalk to bar after exercise has begun; no warning - 0.2 Coach on FX - 0.3 (Gold only) OKAY TO QUICKLY REMOVE MATS Neutral Deductions No dismount (from SV) 0.3 (DELETED) Spotting assistance (UB/BB/FX) - 0.5 (No VP/SR) 3rd run approach - 0.5 (UB/BB mounts)	Slight hop or adjustment of feet - Up to 0.1 Sm. To med. steps - each 0.1 to 0.15 - max. 0.4 Deviation from straight direction - Up to 0.1 Extra arm swings - Up to 0.1 Very large step or jump - 0.2 Incorrect body posture - Up to 0.2 Brush/touch of landing surface w/ 1 or 2 hands (no support) - Up to 0.3 Deep squat (hips below knees) - Up to 0.3 Trunk movements for balance - Up to 0.3 General Deductions Flexed/sickled feet during VP - ea. time 0.05 Legs crossed - Up to 0.1 Legs separated - Up to 0.2 Insuff exactness tuck/pike/stretch - Up to 0.2 Failure to maintain stretch/body pos. (pikes down early) - (UB, BB, FX) - Up to 0.2 Bent arms in support - Up to 0.3 Bent legs - Up to 0.3 Bent or support on hands on apparatus/mat-0.5 Fail to land feet 1st on saltos & dsmts - 0.5 Fail plus no VP/SR CJ Deductions Undertime BB & FX - 0.1 Overtime BB & FX - 0.1 Unsportmanlike conduct (Tech Manual pg. ???) 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Updated SEP 2025			

Uneven Bars	Balance Beam	Floor Exercise	Landing
Composition	Composition	Composition	
Insufficient Distribution Of VPs - Up to 0.1 Uncharacteristic element - each 0.1 3/4 Giant FW (w/ or w/o grip chg - ea. 0.1 Lack of elements that achieve or pass through vertical; Gold only - Up to 0.2 Missing VP/SR - Up to 0.2 Execution - UB Landing dismount too close to bars - 0.1 Swing FW or BW under horiz. - ea. Up to 0.1 Touch or brush of foot/feet on apparatus or mat - ea. Up to 0.1 Under rotation release/flight ele - Up to 0.1 Precision HS pos. throughout - Up to 0.1 Insuf angle of arrival flight to HS on LB - 0.05 Insuf amp. of "B" clear hip circle - Up to 0.4 Insuf angle of turn completion - Up to 0.3 Insuf amplitude of elements - each Up to 0.2 -Exception: casts Up to 0.3 Insf ext glides/swing into kips - ea. Up to 0.1 Poor rhythm ele/connections - Up to 0.1 Hes. dur. jump to HB/swing to HS - Up to 0.1 Intermediate/extra swing - 0.3 - Max 0.5 Insufficient Dynamics - Up to 0.2 -Insuf swingful execution throughout -Energy not maintained thru exercise -Falls to make difficult look effortless Hit of foot/feet on apparatus - 0.2 Hit of foot/feet on mat - 0.5 Insufficient height salto dsmt - Up to 0.3 Insuf open of tuck/pike body position prior to landing dismount - Up to 0.3 Grasp on apparatus to avoid fall - 0.3 Full support of foot or feet on mat during exercise - 0.5 Missing VP/SR - Up to 0.2	Missing acro BW and FW or SW - ea. 0.1 -if only in dismount - 0.05 Spatial-insuf use of entire beam - Up to 0.1 Insufficient distribution of VP - Up to 0.1 Insufficient level changes - Up to 0.1 Fail to show movement/choreo in 2 directions - FW/BW/SW - Up to 0.2 More than 1 pivot turn 1/2 (str leg) thruout - 0.1 More than 2 dance elements of same shape - tuck, wolf, straddle - each type 0.1 More than 1 leap/jump to front support - ea. 0.1 More than 1 element before mount - 0.2 Lack of dance series (min. 2 directly connected Grp 1, 2, 3, elements) - 0.2 Acro elements not up to comp. level - Up to 0.2 Dance elements not up to comp. level - Up to 0.2 Lack of bal. between acro & dance - Up to 0.2 Missing VP/SR - Up to 0.2 Execution - BB Landing too close to beam on dismount - 0.1 Fail to perform Gr. 3 turns in high releve - ea Up to 0.2 Lack of precision/dance elements - ea. 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Up to 0.1 Legs not parallel to beam in split/straddle/pike position - Up to 0.2 Insufficient dynamics - Up to 0.2 Support of one leg against side of beam - 0.2 Insuf open of tuck/pike body position prior to landing acro elements & dismount - Up to 0.3 Insufficient body alignment/pos./posture in non-VPs throughout - Up to 0.3 Supplemental support - 0.3 Artistry/Presentation - Up to 0.3 - Includes: Originality/creativity of choreo - Up to 0.1 Quality movement reflects pers style - Up to 0.1 Quality of expression - Up to 0.1	Failure to perform saltos in 2 diff. directions (BW & FW or SW) - 0.10 Spatial (use entire fx) and dir. - Ea. 0.10 More than 2 dance ele of same shape (tuck/wolf/ or straddle) - Ea. 0.10 More than 1 leap or jump to prone - Ea. 0.10 Lack bal. btwn acro & dance VP - Up to 0.20 Acro ele not up to comp. level - Up to 0.20 Dance ele not up to comp. level - Up to 0.2 Lack of variety in VP - Up to 0.2 Lack of minimum "B" turn on one foot - 0.2 Lack min "B" salto (Gold) - 0.3 Missing VP/SR - Up to 0.2 Execution - FX Rhythm exec. 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			Updated SEP 2025

INTRODUCTORY "I" ELEMENTS

For use in GEMS, Copper 1 and Copper 2 Only

THIS LIST IS NOT FINITE. Please submit to Mary@USAIGC.com or M143bny@aol.com any basic skill which is not listed below or in the code of points to be reviewed for possible addition to the list of "I" skills

UNEVEN BARS

- a. Back Pullover
- b. Back Kick-Over
- c. 45 Degree Cast below horizontal
- d. Forward Stride Circle
- e. Backward Stride Circle
- f. Single/Double Leg Shoot Through
- g. Long Body Swing 1/2 turn
- h. Single Leg-cut
- i. Push-Away Dismount (from low bar only)

BALANCE BEAM

- a. Assemblé
- b. Chassé with step hop free leg below horizontal
- c. 3/4 handstand
- d. 1/2 swing turn
- e. 1/2 Relevé turn
- f. Squat 1/2 turn
- g. 60-degree leap
- h. Dismount:
 - i. Tuck jump to land on two feet
 - ii. Straddle jump to land on two feet.
 - iii. Cartwheel to side handstand, with no additional turn (comes down on same side of beam).

FLOOR EXERCISE

- a. 1/2 turn on 1 foot
- b. 3/4 handstand
- c. 90-degree leap
- d. Scale (free leg below horizontal)

CHANGES TO VALUE PARTS SEP 2024

BARS

Raise the value of Stalder forward, also with $\frac{1}{2}$ turn in handstand phase to “D”

Raise the value of Stalder forward with $1\frac{1}{1}$ turn in handstand phase “E”

Raise the value of Underswing (toe-on or clear) to salto forward piked with $\frac{1}{2}$ (180°) twist to “D”

Raise the value of Underswing (toe-on or clear) to salto forward piked with $1\frac{1}{1}$ (360°) twist “E”

Raise the value of Back Stalder to forward salto tucked (Celestine) or piked with $\frac{1}{2}$ twist to “D”

BEAM

Raise the value of Split or stag-split leap forward (take-off from one leg) with $\frac{1}{4}$ turn (90°) turn to straddle position (side leap) to “C”

Raise the value of $1\frac{1}{4}$ (450°) turn on back in kip position (hip-leg angle closed) to “D”

THE VALUE PARTS IN THE CHARTS below ARE FOR USAIGC COPPER THROUGH GOLD. USAIGC "I" Elements are listed under Copper. VP credit given twice if connection is DIFFERENT!!

	USAIGC UNEVEN BAR ELEMENT VALUES*	
GROUP 1	MOUNTS	VALUE
1.100	Facing HB-Jump with ½ or 1/1 turn to hang on HB	A
1.101	Squat or Straddle jump w/hand repulsion over LB to hang on HB	A
1.102	Glide kip on low bar mount (and kips in routine), ALSO with ½ twist	A
1.103	Reverse kip	A
1.104	Jump with ½ (180) turn, kip to support	A
1.105	Glide on LB or swing forward on HB, stoop through, back-kip-up – to brief rear support (touching LB with back of thighs), also grip change to hang on HB-with or without ½ turn (180)	A
1.200	kip ½ turn catch HB / stoop through to rear support (back kip up) straddle cuts to same bar jump ½ turn kip up to HB (from outside of HB) jump with 1/1 turn kip on LB	B
1.201	Free tuck, straddle or stretch body over LB with hand support to hang on HB; also with ½ turn	B
1.203	Hecht jump (legs together) with hand repulsion over LB to hang on HB	B
1.204	Round-off in front of LB, flight backward momentary clear straddle support on LB	B
1.205	jump to handstand on LB with hips bent, then extended	B
1.206	Jump to hang on HB-under swing with ½ turn and flight over LB to glide	B
1.300	Glide kip on LB with 1/1 turn and grip change to hang on HB	C
1.301	Glide on LB, stoop through, back kip-up with straddle cut backward to hang on HB	C
1.302	Jump with ½ turn over LB-kip to support on HB	C
1.303	Salto forward tuck, pike, straddled over LB to brief sit on LB	C
1.304	Round-off in front of LB-flight backward over LB with legs together or straddled to hang on HB	C
1.305	Jump to handstand on LB with hips bent, then extended with ½ turn in handstand	C
1.306	Jump with extended body to handstand on LB	C
1.307	Jump to brief clear support on HB (with reverse, mixed or regular grip)-clear hip circle to handstand on HB	C
1.308	Jump with ½ (180) turn OR a 1/1 turn (360), glide kip on LB with 1/1(360) turn and grip change to hang on HB	C
1.309	From side stand facing HB salto forward to brief hang on HB	C
1.310	Run forward with free straddle over LB with ½ (180) turn to catch HB in "L" grip (1/2 turn must be free)	C
Group 2	CASTS & COUNTERSWINGS	
2.100	Cast to squat, stoop or straddle on LB, jump to grasp HB	A
2.101	Cast from horizontal to 45 degrees from vertical, legs straddled (hips bent) or together with ½ (180 degrees) turn (cast & turn occurs on same side of bar)	A
2.200	Cast to Handstand – (hips bent or extended) within 20 degrees of vertical	B

2.201	Front support on LB-free squat stoop or straddle over LB to hang-on HB; also with ½ turn	B
2.202	Front support on HB-stoop or straddle with flight over HB and ½ turn to hang on HB	B
2.203	Hang on HB uprise backward to clear support on HB	B
2.204	Swing down from HB with ½ turn and uprise backward to clear support on HB, (turning uprise)	B
2.205	Hang on HB-swing backward with release and 1/1 turn to hang on HB	B
2.206	From HB counter swing backward in straddle or pike with flight over LB to hang on LB	B
2.300	Cast to handstand with hop to reverse grip in handstand	C
2.301	Cast to handstand with ½ turn in handstand, also to "L" or mixed grip (Higgins Technique)	C
2.302	Cast to handstand with 1/1 turn on one arm after handstand (Healy technique) to "L" or mixed "L" grip; also from cast with hop to reverse grip	C
2.303	Hang on HB uprise backward with straddle flight or rear vault over HB to "L" hang	C
2.304	Hang on HB uprise backward to handstand on HB; also with 1/1 turn after handstand (Healy technique-to "L" or mixed "L" grip)	C
2.305	From support on HB-swing backward with release and 1/1 turn to hang on HB	C
2.306	Hang on HB counter swing backward in straddle or pike with flight to handstand on LB; also with ½ turn in handstand	C
2.307	Hang on HB counter swing backward in straddle or pike with ½ turn flight in flight to arrive in a clear support	C
GROUP 3	UNDERSWINGS & CLEAR HIPS	
3.100	Underswing (clear or toe-on) with ½ turn at or above HB ht. to hang	A
3.101	Underswing backward (inverted pike swing) dislocate to hang on HB	A
3.300B	Underswing on LB with grip change to hang on HB; also with ½ turn to hang	C
3.201	Facing outward underswing with ½ turn to clear support on same bar	B
3.202	Under swing (toe-on) w/ ½ turn and flight over LB to hang on LB	B
3.203	From near handstand clear hip circle forward to clear support (weiler-Kip)	B
3.204	Clear hip circle to clear support	B
3.300	Clear underswing on LB release and counter movement forward in flight to hang on HB, also with ½ turn	C
3.301	Underswing with 1½ turn to hang	C
3.302	From handstand on HB, under swing (toe-on) with ½ turn and flight over the LB to hang on LB	C
3.303	Clear hip circle to handstand	C
3.304	Clear hip circle to handstand with ½ turn in handstand phase also to "L" grip (Higgins technique)	C
3.305A	Clear hip circle handstand with 1/1 turn (360 degrees) on one arm after handstand (Healy technique) to L or mixed L grip	C
3.306A	Under swing backward (inverted pike swing) on HB – dislocate (Scheudem) to near handstand with hop-change to regular grip on HB	C
3.306B	Hang on HB, back to LB stoop through, underswing backward (inverted pike swing) dislocate (Schleudem) with flight over LB to hang, also from	C

	rear support on HB	
3.306C	Hang on HB, facing LB swing forward and stoop through, dislocate and under wing with $\frac{1}{2}$ (180) turn with flight over LB ton hang on LB (Tai)	C
GROUP 4	GIANT SWINGS BACKWARD	
4.100	(Handstand on HB) swing down between bars, swing forward with $\frac{1}{2}$ (180 degrees) turn above HB height, 45 degrees deviation from vertical	A
4.101	Jump from LB to HB OR from a front support on HB cast to long hang pullover to front support	A
4.102	On LB backward giant to handstand (either side) (with legs tucked at bottom of circle)	A
4.200	(Handstand on HB) Swing down between bars, swing forward with 1/1 turn to "L" hang at height of HB at horizontal	B
4.201	On LB-Backward giant circle to handstand with $\frac{1}{2}$ turn (legs tucked at bottom)	B
4.202	From hang on HB- long swing forward with a $\frac{1}{2}$ turn and flight over LB to hang on LB	B
4.203	Handstand on HB-giant circle backward to handstand, in regular or cross grip (Dussier) or with bending of hip joints in upper vertical, also on one are (Liu)	B
4.204	On HB giant circle backward to handstand;	B
4.300	On HB giant circle backward to handstand with $\frac{1}{2}$ turn; or $\frac{1}{2}$ - 1 $\frac{1}{2}$ turn in different directions	C
4.301	(Handstand on HB) swing down between bars, swing forward with 1 $\frac{1}{2}$ turn to be completed above height of HB	C
4.302	(Handstand HB) giant circle backward to handstand with hop-change grip in handstand phase, also with hop $\frac{1}{2}$ turn	C
4.303	(Handstand on HB) giant circle backward to handstand with hop $\frac{1}{2}$ turn to reverse grip; also $\frac{1}{2}$ turn to "L" or mixed grip (Higgins technique)	C
4.304	(Handstand on HB) long swing forward with $\frac{1}{2}$ turn (bail) and flight over LB to hang on LB	C
4.305	On LB facing HB, backward giant circle with release and $\frac{1}{2}$ turn in tuck with flight to catch HB, finishing in a hang on HB, facing LB	C
4.306	Hang on HB, facing LB swing forward and salto roll backward (legs tucked or straddle) to hang or clear straddle support on LB	C
4.307	Hang on HB, facing LB-swing forward, salto backward tucked with $\frac{1}{2}$ (180 degrees) turn between the bars to catch LB in mixed grip (Cullinan)	C
GROUP 5	GIANTS SWINGS – CIRCLES FORWARD	
5.200	(Handstand on the HB) swing down forward between bars, swing backward and 1/1 turn at height of HB	B
5.201	From Handstand on LB-giant circle forward in reverse grip-legs may tuck at bottom of circle	B
5.300	(Handstand on HB) giant circle swing forward in reverse grip to handstand (legs straddled or hips bent) also with $\frac{1}{2}$ turn in handstand phase	C
5.300A	Also with 1/1 turn (360 degrees) turn on one arm after handstand (Healy technique) to L or mixed-L grip	C
5.301	From handstand on LB Giant circle swing forward in reverse grip to handstand with 1/1 (360 degrees) turn in handstand phase legs tucked at	C

	bottom of circle	
5.302	On LB-giant circle forward in reverse grip to handstand with 1/1 turn in handstand phase legs may tuck at bottom of circle	C
5.303	(Handstand on HB)-swing down forward (back facing LB) in regular or reverse grip straddle flight backward over LB to hang on LB	C
5.304	(Handstand on HB)-swing down between bars with grip change to cross grip and ½ turn through hang position to swing upward to handstand on HB; also with ½ turn in handstand phase	C
5.305	Facing out on LB, giant circle forward to salto forward to catch HB	C
5.306	(Handstand on HB) circle forward in reverse grip with free stoop or straddle vault and ½ turn over HB to hang on HB	C
GROUP 6	STALDER CIRCLES	
6.100	Clear straddle circle forward on LB or HB to clear support	A
6.101	Clear straddle circle backward on LB or HB to clear support (straddle L support)	A
6.200	Stalder forward to clear support	B
6.201	Stalder backward to clear support	B
6.202	Clear straddle circle backward on HB with grip change to hang on LB	B
6.203	Clear straddle circle backward on HB with ½ turn to hang HB	B
6.300	Stalder forward to handstand; also with ½ turn in handstand phase to hang on HB	C
6.301	Stalder forward to handstand with 1/1 turn on one arm after handstand phase to "L" or mixed "L" grip (Healy technique)	C
6.302	Long kip on HB, passing through clear straddle support-swing/press to handstand, also with ½ turn in handstand phase	C
6.303	Clear straddle circle forward on HB with flight backward over LB to hang on LB	C
6.304	Stalder forward in "L" grip to clear support	C
6.305	Stalder backward to handstand, also with ½ turn in handstand phase	C
6.306	Stalder backward to handstand with 1/1 turn on one arm after handstand to "L" or mixed "L" grip (Healy technique)	C
6.307	Facing inward-stalder backward with release and counter movement forward in flight to hang on HB	C
6.308	Facing inward-stalder backward w/ release and hecht to hang on HB	C
Group 7	CIRCLE SWINGS / HECHTS	
7.100	Hip circle backward on LB or HB to support	A
7.101	Hip circle forward on LB or HB to support	A
7.102	Sole circle forward or backward tuck or pike to stand; also with grip change to hang on HB	A
7.103	Rear support-seat (pike) circle forward through clear rear support, also on LB with grip change to hang on HB	A
7.104	Rear support-seat (pike) circle backward to rear support, also on LB with grip change to hang on HB	A
7.105	From cast on LB, free hip circle backward-hip repulsion – flight with re-grasp on LB to glide (false pop)	A
7.200	Rear support seat (pike) circle forward with straddle cut backward to hang on same bar	B

7.201	Rear support LB seat circle backward with ½ turn and grip change to hang on HB	B
7.202	Inner rear support on HB seat (pike) circle backward with release to stand on LB or with grip change to hang on LB	B
7.203	Pike sole circle backward (toe on & off) to clear support	B
7.300	Outer front support-clear hip circle backward on LB with hecht to hang on HB, also with ½ turn (legs together or straddled)	C
7.301	Outer rear support on HB-fall backward to inverted pike swing or seat circle forward straddle cut backward with flight over LB to hang	C
7.302	Rear support on LB-seat circle forward with straddle cut backward and grip change to hang on HB	C
7.303	Pike sole circle forward to handstand, also with ½ turn in handstand phase	C
7.303A	Pike sole circle forward with 1/1 turn on one arm after handstand to L or mixed L grip (Healy technique)	C
7.304	Pike circle backward to handstand, also with ½ turn	C
7.304A	Pike circle backward to handstand, with 1/1 turn on one arm after handstand to L or mixed L grip (Healy technique)	
7.305	Underswing (pike sole circle) on LB, release and counter movement forward in flight to hang on HB; also with ½ turn	C
7.306	Clear rear pike support on HB (legs together) full circle swing backward to finish in clear rear support on HB	C
7.307	Clear pike circle backward on LB with release and counter flight to hang on HB or with hecht flight to hang on HB	C
GROUP 8	DISMOUNTS	
8.100	Underswing (also clear) to stand, also with ½ or 1/1 twist to stand	A
8.101	(From HB)-swing down between bars-swing forward to salto backward tuck/pike/stretch (Flyaway)	A
8.200	(From HB) Swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist, also from a counter-swing	B
8.201	Clear front support on HB underswing (toe-on or clear) with 11/2 or 2/1 twist	B
8.202	(From HB) swing down between bars, swing forward to salto backward, tuck, piked or stretch with ½ or 1/1 twist (flyaway)	B
8.203	(From HB) clear straddle circle forward on HB to salto forward tucked or swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with ½ or 1/1 twist	B
8.204	Hip circle backward on LB or HB hecht; also from clear hip circle backward	B
8.205	Outer front support on HB-cast to near handstand, salto forward in tuck	B
8.206	From a cast, uprise or backswing, straddle cut to salto backward tuck/pike/stretch off LB or HB (Whipsalto / Tanac)	B
8.300	Clear front support on HB underswing (toe-on or clear) to salto forward tuck/pike; also with ½ twist	C
8.301	Clear front support on HB underswing (toe-on or clear) with ½ twist to salto backward tuck/pike (Comaneci)	C
8.302	(Handstand on HB)-swing down between bars-swing forward to salto backward stretched with ½ or 2/1 twist	C
8.303	(Handstand on HB)-swing down between bars-swing forward to double salto backward tuck/pike	C

8.304	(Handstand on HB)-swing down forward between bars in reverse grip, salto forward tuck/pike/stretch with 1½ or 2/1 twist	C
8.305	Hip circle backward (also clear) on LB or HB-hecht with 1/1 twist	C
8.306	Outer front support on HB-cast to near handstand, salto forward pike	C
8.307	Outer front support on HB-cast to near handstand, salto backward tuck/pike	C
8.308	Outer front support-clear hip circle swing backward or clear hip circle through handstand to salto backward tuck/pike	C
8.309	(Handstand on HB)-giant circle backward (facing LB) to salto backward tucked over HB, also facing HB back giant with ½ twist to back salto tuck.	C
8.310	From a cast, uprise or backswing, straddle cut to salto backward tuck/stretch with or twist off LB or HB (Tanac 1/1-1½)	C

	USAIGC BALANCE BEAM ELEMENT VALUES*	
Group 1	Mounts	VALUE
1.100	Free leap to stand on one leg or both legs-take-off from one or both legs at the end of the beam or diagonally with lowering to a scale	A
1.101	Scissors leap to cross sit on thigh diagonal approach	A
1.101A	Stride leap with half turn to front support 90 degree approach to beam	A
1.102	From side stand, flank over or straddle cut forward to rear support	A
1.103	Jump (with or without hand support) to side straddle stand or side split sit; or ¼ turn to cross sit	A
1.104	Leap to cross split from one foot take-off-hand support permitted, also split leap forward with leg change to straddle split sit sideways with support on one hand	A
1.105	Jump to tuck stand, squat or stoop through to rear support	A
1.106	Forward roll from jump or clear straddle swing	A
1.107	Chest or head stand	A
1.200	Free jump with ½ turn in flight phase to stand-take-off from one or both legs, also straddle jump onto end of beam 180 degree split	B
1.201	Thief vault-take-off from one leg, free leap over beam, one leg after another to rear support	B
1.201A	From a side stand front ways double leg swing with ½ turn to rear support	B
1.202	Jump with ½ turn to clear straddle support-90 approach to beam	B
1.203	From side stand, squat or stoop through to clear pike support (hold 2 sec.)	B
1.204	Free forward roll at end of beam	B
1.205	Jump to chest stand, ½ turn over shoulder to shoulder stand	B
1.206	From cross stand, facing end of beam-head kip	B
1.207	Jump, press or swing to handstand; also with ½ turn, also from clear straddle or clear pike support	B
1.208	Jump with bent hips to side planche (clear front support above horizontal) 2 sec. hold	B
1.209	Press to side handstand with hop ¼ (bending and stretching of knees) to cross handstand	B

1.210	From end of beam, jump (with hecht phase) to cartwheel	B
1.211	Handspring forward with hand repulsion from springboard; also front aerial to rear support; also take-off from two legs, roll over to rear support	B
1.212	Free Aerial walkover forward to rear support or with a ¼ turn to cross sit on thigh	B
1.300	Split leap with leg change at end of beam	C
1.300A	Two flank circles followed by lag flair	C
1.301	Round-off straddle pike jump backward over the beam into immediate back hip circle	C
1.302	Free jump to cross split sit; also with ½ turn to cross split sit	C
1.303	Hecht roll-with extended hip angle in flight phase	C
1.304	Jump to chest stand, 1/1 turn over shoulder to chest stand	C
1.305	Jump to handspring forward with step-out	C
1.306	Jump, press or swing to handstand with 1/1 to 2/1 turn	C
1.307	Jump with stretched hips to planche (2sec. hold)	C
1.308	Jump, press or swing to handstand with ½ turn and lower to planche or clear pike support (2 sec. hold)	C
1.309	Jump or press to handstand with weight shift to one arm (2sec.hold)	C
1.310	Round-off in front of beam, jump with ½ turn to near side handstand	C
1.311	From side of beam or end, salto forward to land in a tuck cross sit	C
1.312	Round-off, flic-flac to stand on beam; also to swing down	C
GROUP 2	LEAPS, JUMPS & HOPS	
2.100	Stag leap forward, also with ¼ turn (Stag) *** new straight leg spit leap = "B" see 2.200 ok C1&2	A
2.100A	Stag or Double Stag jump in place with ¼ turn cross position	A
2.101	Hop with free leg extended above horizontal	A
2.102	Stag leap forward with leg change (stag switch leap)	A
2.103	Stride leap forward with change of legs to wolf position	A
2.104	Sissone, take off from both legs land on 1 (use for A!) **	A
2.105	Stretched / arched jump forward, also with ½ turn, or with change/beat of legs **	A
2.106	Scissors leap forward or backward with bent legs (cat leap), or straight legs (Hitch Kick)	A
2.107	Scissors leap forward or backward with extended legs (Cabriole)	A
2.108	Tuck jump, take off from one or both legs	A
2.109	Wolf jump (2 legs) or hop (1 leg)-one leg tucked, other leg extended above horizontal, from a side or a cross position	A
2.200	Split leap forward or jump in place also with ¼ turn to land in side stand must achieve 135 to use for degree of split **	*B
2.201	Split Jump in place, take-off from both legs to cross stand, also with ¼ turn	B
2.202	Pike jump from cross position	B
2.203	Stretched jump with ¾ turn from cross or side position	B
2.204	Cat leap with ½ turn	B
2.205	Tuck jump with ½ turn, take-off from one or both legs	B
2.206	Wolf jump or hop with ½ turn from cross or side position, also	B

	landing in front support	
2.207	Straddle pike jump in cross position (facing length of beam)	B
2.300	Split leap or jump with $\frac{1}{2}$ turn; also stag leap with $\frac{1}{2}$ turn	C
2.301	Split jump in side position, also with the rear leg bent, also with change of legs prior to split position	C
2.302	Straddle pike jump, in side position	C

2.303	Straddle pike jump with $\frac{1}{4}$ turn, after straddle jump, side or cross position	C
2.304	Straddle jump to swing down, in cross sit or with $\frac{1}{4}$ turn to back hip circle	C
2.305	Hop with $\frac{1}{2}$ turn with free leg extended above horizontal	C
2.306	Fouette hop with $\frac{1}{2}$ turn to land in scale (leg above horizontal)	C
2.307	Switch leg leap; also switch leap to land in scale forward (2sec. hold)	C
2.308	Switch leg leap with $\frac{1}{4}$ turn to land in front support, also with back hip circle	C
2.309	Pike jump from side position or from a cross position with $\frac{1}{2}$ or $\frac{3}{4}$ turn	C
2.310	Ring or stag-ring leap or jump (rear leg at head height)	C
2.311	Stretched jump 1/1- 1 $\frac{1}{4}$ turn	C
2.312	Cat leap with 1/1 turn	C
2.313	Tuck jump with $\frac{3}{4}$ turn	C
2.314	Wolf jump or hop with $\frac{3}{4}$ turn also landing in front support	C
GROUP 3	TURNS	
3.100	1/1 turn on one leg	A
3.101	1/1 turn in knee scale-alternate hand support $\frac{3}{4}$	A
3.102	$\frac{1}{2}$ turn in prone position (on stomach)-alternate hand support	A
3.200	1 $\frac{1}{2}$ on one leg	B
3.201	1/1 turn on one leg, thigh of free leg horizontal forward or backward upward at 45 degrees throughout the turn	B
3.202	1 $\frac{1}{2}$ turn in knee scale-alternate hand support	B
3.203	1/1 – 1 $\frac{1}{2}$ turn in prone position (on stomach)-alternate hand support	B
3.203A	1/1 turn flank circle legs together	B
3.300	1/1 turn on one leg with thigh of free leg backward at or above horizontal throughout the turn	C
3.301	1/1 turn on one leg with free leg extended or bent forward at or above horizontal	C
3.302	$\frac{1}{2}$ illusion turn-through standing split without touching beam with free leg (brief touch of one hand permitted)	C
3.303	1 $\frac{1}{2}$ turn in tuck stand, free leg in forward horizontal	C
3.304	1 $\frac{3}{4}$ turn in tuck stand, one leg extended to side to initiate finish in tuck/kneeling position	C
3.305	2/1 in knee scale of which 1/1 turn is free	C
3.306	1 $\frac{1}{4}$ turn on back in kip position, hip angle closed	C
3.307	One leg circle with flair, legs separated	C
GROUP 4	WAVES	

4.100	Body wave forward to balance stand on both legs	A
4.101	Body wave sideward to balance stand on both legs	A
4.102	Body wave backward to balance stand on one leg	A
4.200	Body wave forward to balance stand on one leg (toe)	B
4.201	Body wave backward to balance stand on one leg (toe)	B
4.202	Body wave sideward to balance stand on one leg (toe)	B
4.203	From kneeling position, rise upward with body wave through toe to balance stand	B
Group 5	HOLDS & STANDS *(2 SEC HOLD ON ALL GROUP 5)	
5.100	Scale forward, support leg extended or bent*	A
5.101	Standing split forward, with hand support-needle scale*	A
5.102	Stand on one leg with free leg forward or sideward above horizontal*, <i>also w/free leg/foot held</i>	A
5.103	Free lying torso position at end or side of beam	A
5.104	Planche with support on one or both arms	A
5.105	Kick or jump to handstand; also with ½ turn	A
5.200	Scale forward in balance stand on toe, support leg extended or bent	B
5.201	Balance stand on one foot, free leg in sideward hold above 140	B
5.202	Clear pike "V" support or straddle	B
5.203	Handstand in cross position with large arch span	B
5.204	Jump to cross or side handstand	B
5.300	Standing split backward, in stand on whole foot	C
5.301	From handstand, walkover or cartwheel, lower to cross or side planche	C
5.302	Cross or side handstand with horizontal leg hold reverse planche in different variations (2 sec.)	C
5.303	One arm handstand from back walkover or cross or side handstand	C
GROUP 6	ROLLS	
6.100	Roll forward; also from a backward swing, with hand support	A
6.101	Roll backward	A
6.102	Shoulder roll backward	A
6.200	Dive roll forward, also shoulder roll forward with hand support and extension of body through vertical to stand or tuck stand	B
6.201	Roll forward without hand support	B
6.202	Handstand roll forward, kick or swing up with or without hand support	B
6.203	Roll backward to handstand	B
6.204	Roll sideward, in tuck or stretch through neckstand; also with ½ turn over shoulder	B
6.205	From back, roll sideward stretched (360)	B
6.300	Free shoulder roll forward to stand, with or without hand support	C
6.301	Free shoulder roll backward	C
6.302	Neck roll stretched with 1/1 turn or 1½ turn	C
GROUP 7	WALKOVERS, CARTWHEELS, ETC	
7.100	Walkover backward, also w/support of one arm or w/alternate support	A

	(tinsica) or with swing down to cross sit, also with ½ turn	
7.101	Walkover backward to bridge, 1/1 (360) turn on one foot (one hand support to sit)	A
7.102	Walkover forward to bridge 1/1 turn on one foot, one hand support to sit	A
7.103	Cartwheel, also with support of one arm or bending of both arms or o forearms through chest stand	A
7.104	Walkover backward, also with support of one arm or with alternate hand support (tinsica) or with swing down to cross sit	A
7.105	Walkover, forward/backward (Tic-toc)	A
7.106	Walkover backward to handstand, ½ turn (180) in handstand-lower to end position touching beam	A
7.200	Walkover forward or tinsica; also with one arm	B
7.200A	Scale forward ½ turn to walkover backward (turning bridge)	B
7.201	From clear straddle support swing to handstand, walkover forward	B
7.202	Walkover forward or Backward From front scale, ½ turn to walkover backward	B
7.203	Walkover backward lower to clear straddle support	B
7.204	Handspring forward with flight before of after support of hands	B
7.205	Dive cartwheel (flight before or after)	B
7.206	Roundoff	B
7.207	From tuck sit-walkover backward (valdez); also with one arm or ½ turn	B
7.208	All flic flac variations with high flight phase and swing down to cross straddle sit	B
7.209	Flic flac with step out	B
7.210	Flic flac to stand on both feet	B
7.211	Gainer flic flac	B
7.212	Flic flac swing down to cross sit	B
7.300	Walkover forward in side position to side stand	C
7.301	Handspring forward with leg change in flight phase, also with one arm	C
7.302	Valdez swing over backward through horizontal plane with support on one arm	C
7.304	Walkover backward in side position to side stand	C
7.305	Back walkover with stoop through of one leg to cross split	C
7.306	From tuck sit-walkover backward with 1/1 turn, ½ turn in handstand on one arm, second half turn with late support (Diamidov)	C
7.307	All walkovers forward, backward or cartwheels with 1/1 turn in handstand	C
7.308	One arm flic flac step out	C
7.309	One arm flic flac to land on both feet	C
7.310	One arm gainer flic flac step out	C
7.311	Flic flac with ¼ twist to side handstand	C
7.312	Flic flac with tuck/pike and stretch of hips in flight to cross straddle sit	C
7.313	Flic- lac from side position to front support or with a hip circle	C
GROUP 8	SALTOS	

8.300	From one foot, Salto forward tuck to extended tuck sit, with or without hand sup.	C
8.301	From two feet, salto forward to tuck sit with hand support	C
8.302	From a straddle sit, cast and whip to front salto in straddled position in cross sit	C
8.303	Salto backward tuck to stand or to scale forward	C
8.304	Salto backward piked, also stretched with step out	C
8.305	Salto backward stretch to swing down to cross straddle sit	C
8.306	Gainer salto backwards, tucked or piked	C
Group 9	DISMOUNTS	
9.101	Handspring forward, also with 1/2 twist after hand support	A
9.102	Aerial walkover forward, also with 1/2 twist from side or end of beam; also aerial round-off	A
9.103	Cartwheel with 1/4 twist after hand support (or round-off) to cross stand at end of beam; also cartwheel with 3/4 twist after hand supp. To cross stand at end of beam	A
9.104	Salto forward tucked or piked from 1 foot (and swing-through) or from two feet; also with 1/2 turn	A
9.106	From one foot (swing through) or two-foot take-off, salt backward tucked, piked or stretched	A
9.108	From stand on one leg, swing free leg through to gainer salto tucked, piked or stretched to side of beam; also tucked or piked with 1/2 twist	A
9.201	Handspring forward with 1/1 twist after hand support	B
9.202	Aerial walkover forward with 1/1 twist off end of beam; also from swing through; also from a stand on one leg--swing free leg backward to salto forward, tucked with 1/1 twist off side or end of beam (Mabrey)	B
9.203	Cartwheel with 1 1/4 twist after hand support to cross stand at end of beam	B
9.204	Salto forward stretched, also with 1/2 twist off the side or end of beam; also from a stand on one leg, swing free leg through backward to salto forward stretched with 1/2 twist off the side of the beam	B
9.205	Arabian salto tucked or piked (jump backward 1/2 twist, salto forward)	B
9.206	Salto backward tucked, piked or stretched with 1/2 or 1/1 twist	B
9.208	Gainer salto stretched with 1/2 twist to side of beam; gainer salto tucked with 1/1 twist to side of beam	B
9.209	Gainer salto tucked, at end of beam	B
9.210	Stretched jump forward with 1/2 twist and salto backward tucked or piked	B
9.301	Handspring forward with 1 1/2 twist after hand support	C
9.302	Aerial walkover forward with 1 1/2 twist off the side or end; also, from stand on one leg, swing free leg backward to a salto forward tuck with 1 1/2 twist off the side or end of the beam (Jawarowicz)	C
9.303	Cartwheel with 1/4 turn on hands and repulsion to salto backward tucked (Lawson) or piked (Keck) at the end of the beam (Tsukahara tucked/piked)	C
9.304	Salto FW tucked or stretched with 1/1 - 1 1/2 twist, take-off only from both legs	C
9.306	Salto backward tucked, piked or stretched with 1 1/2 - 2/1 twist	C
9.308	Gainer salto stretched with 1/1 - 1 1/2 twist to side of beam: also gainer salto tucked 1 1/2 twist to side of beam	C
9.309	Gainer salto piked, at end of beam or gainer salto tucked with 1/1 twist at end of beam	C
9.310	Stretched jump forward with 1/2 twist and salto backward stretched twist take off from both legs	C
	USAIGC FLOOR EXERCISE ELEMENT VALUES*	
Group 1	LEAPS, JUMPS	

1.100	Split leap forward; also stag split leap	A
1.101	Split jump in place	A
1.102	Stride leap forward with change of legs to wolf position	A
1.103	Scissors leap forward or backward with straight legs (hitch kick), backward or forward (cabriole)	A
1.104	Sissone	A
1.105	Chasse with full turn	A
1.106	Stretched jump with $\frac{1}{2}$ - 1/1 turn	A
1.107	Cat leap, also with $\frac{1}{2}$ turn	A
1.108	Hop with $\frac{1}{2}$ turn, free leg extended above horizontal, take off from one leg	A
1.109	Tuck jump; also with $\frac{1}{2}$ turn-take-off from one or both legs	A
1.110	Wolf jump or hop-one leg tuck, one leg extended, take off from one or both legs	A
1.200	Tuck jump to cross split during flight phase	B
1.201	Side split jump, also split leap or jump with $\frac{1}{4}$ or half -turn	B
1.202	Jete' en tournant-split leap backward with $\frac{1}{4}$ to $\frac{1}{2}$ turn	B
1.203	Switch leg leap, also with stag to ring	B
1.204	Pike jump with legs above horizontal; also with $\frac{1}{2}$ turn to front lying support	B
1.205	Straddle pike jump or side leap in straddle pike position	B
1.206	Side split jump to front lying support (Schushunova)	B
1.207	Tour jete'	B
1.208	Ring leap or jump with rear leg at head height	B
1.209	Tuck jump backward with arch (sheep jump)	B
1.210	Stretched jump with 1 $\frac{1}{2}$ turn	B
1.211	Cat leap with 1/1 turn	B
1.212	Fouette hop to land in scale, hop with 1/1 turn free leg at the horizontal	B
1.213	Tuck jump with 1/1 turn-take-off from one or both legs	B
1.214	Wolf jump or hop with $\frac{1}{2}$ turn	B
1.215	Scissors leap forward with stretched legs $\frac{1}{4}$, $\frac{1}{4}$ turn	B
1.216	Sheep jump, tuck jump backward arch	B
1.300	Split jump with 1/1 turn	C
1.301	Switch leap with $\frac{1}{2}$ turn	C
1.301A	Split leap with leg change through forward, side, back horizontal – (rond de jambe), also with half turn	C
1.302	Switch leg leap and $\frac{1}{4}$ turn to side split leap	C
1.303	Switch leg leap with $\frac{1}{2}$ turn to front lying support	C
1.304	Pike jump with 1/1 turn and legs at horizontal	C
1.305	Straddle pike jump with 1/1 turn (Popa)	C
1.306	Jump with 1/1 to side split and land in front lying support	C
1.307	Leap with 1 $\frac{1}{2}$ turn in horizontal plane to land in front lying position	C
1.308	Tour jete with additional $\frac{1}{2}$ turn or to a split sit position	C
1.309	Tour jete to ring leap	C
1.310	Switch leg leap to ring leap	C
1.311	Stretched jump with 2/1 turn, also with 2 $\frac{1}{2}$ turn	C
1.312	Cat leap 1 $\frac{1}{2}$	C
1.313	Hop with 1 $\frac{1}{2}$ turn, free leg extended above horizontal	C

1.314	Tuck jump with 1½ turn, take-off from one or both legs	C
1.315	Wolf jump or hop with 1/1 turn, take-off from one or both legs, also with landing in front support	C
GROUP 2	TURNS	
2.100	Full turn on one leg	A
2.200	1½ turn on one leg	B
2.201	Full turn with free leg at or above horizontal	B
2.202	Full turn with free leg held upward with hand at a 180 split position	B
2.203	Full turn to scale forward (2 sec. hold)	B
2.204	1/1 turn in scale forward with free leg above the horizontal from start to end of turn	B
2.205	1/1 illusion turn without touching floor with leg or hand	B
2.206	1/1 turn in tuck stand on one leg – free leg optional	B
2.207	2/1 spin on back in a closed hip position, (kip)	B
2.300	2/1 turn on one leg	C
2.301	1½ turn with free leg at or above horizontal	C
2.302	1½ turn with free leg held upward with hand at a 180 split position	C
2.303	1½ turn to forward scale- (2 sec. hold)	C
2.304	1 ½ turn in scale forward with free leg above horizontal from start to end of turn	C
2.305	Double “flair”	C
2.306	1 ½ turn in tuck stand on one leg – free leg optional	C
GROUP 3	HANDSTANDS	
3.100	Kick, press or jump to handstand, also with ½ to 1/1 turn in handstand	A
3.200	Kick or press to handstand with 1½ or more turn	B
GROUP 4	ROLLS	
4.100	Forward roll, hecht roll, handstand forward roll	A
4.101	Backward roll in tuck or pike	A
4.102	Roll backward to handstand, also with ½	A
4.200	Stretched jump with ½ twist to hecht roll	B
4.201	Jump 1/1 twist to hecht roll	B
4.202	Roll backward to handstand with 1/1 turn or more	B
GROUP 5	WALKOVERS, CARTWHEELS	
5.100	Walkover forward or backward; also from tuck sit (valdez)	A
5.101	Front handspring, also with ½ turn, also fly spring to one foot	A
5.102	Cartwheel with or without flight phase	A
5.103	One butterfly forward or backward	A
5.104	Side or front aerials	A
5.105	Round off	A
5.106	Aerial round off	A
5.107	All flic-flac and gainer flic-flac variations, also with support of one arm	A
5.108	All head or neck kips	A
5.200	Back walkover or valdez with 1/1 turn in handstand	B

5.201	Flic flac with 1/1 twist before hand support	B
5.202	Flyspring front handspring from two feet to land on two feet	B
5.203	Arabian handspring-jump backward with ½ turn to front handspring	B
5.300	Handspring forward with 1/1 twist-before or after hand support	C
5.301	Front aerial with 1/1 twist	C
GROUP 6	SALTOS FORWARD	
6.100	Salto Forward Tuck	A
6.200 ***	Salto forward pike* (NCAA = "A") PLAT/PREMIER	B
6.201	Salto forward tuck, pike or stretch with ½ twist	B
6.300	Salto forward in tuck, pike or stretch with 1/1 twist	C
GROUP 7	SALTOS SIDEWARD & ARABIAN SALTOS	
7.200	Salto sideward tuck, pike or stretch from takeoff forward from one or both legs	B
7.201	Arabian salto tuck, pike or stretch (take-off backward with ½ twist to salto forward), salto sideward stretch from takeoff backward	B
GROUP 8	SALTOS BACKWARD	
8.100	Salto backward, tuck pike or stretch, also with step-out	A
8.102	Whip salto backward	A
8.103	Gainer salto tuck, pike or stretch	A
8.200	Salto backward tuck, pike or stretch with ½ or 1/1 twist	B
8.201	Whip salto backward with ½ twist or 1/1 twist	B
8.202	Gainer salto tuck with 1/1 twist	B
8.203	Jump forward with ½ twist salto backward tuck or pike	B
8.300	Salto backward with 1½ or 2/1 twist, tuck or stretched	C
8.301	Jump forward with ½ twist to salto backward stretch	C

VALUE PARTS IN THE CODE ARE FOR USAIGC COPPER THRU GOLD (A's, B's, AND C's)
PLUS INTRODUCTORY ELEMENTS (I's) FOR USE IN COPPER ONLY

USAIGC OVERVIEW – to supplement our USAIGC Code of Points/Rules

VALUE PART CREDIT WILL BE GIVEN TWICE—ONCE ALONE AND A SECOND TIME WITH A
DIFFERENT ENTRANCE OR EXIT OR IN DIFFERENT CONNECTION

NCAA Vault Value Chart

Group 1 – Handsprings			
1.01	Handspring		8.80
1.02	Handspring	1/1 Twist off	9.20
1.03	Handspring	1 ½ Twist off	9.50
1.04	Handspring	2/1 Twist off	10.00
1.05	Handspring	2 ½ Twist off	10.00
1.06	Handspring	3/1 Twist off	10.00
1.07	Handspring	Tuck Salto	9.80
1.08	Handspring	Tuck Salto ½	9.95
1.09	Handspring	Tuck Salto 1/1	10.00
1.10	Handspring	Tuck Salto 1 ½	10.00
1.11	Handspring	Pike Salto	9.90
1.12	Handspring	Pike Salto ½	10.00
1.13	Handspring	Layout Salto	10.00
1.14	Handspring	Layout Salto ½	10.00
1.15	Handspring	Layout Salto 1/1	10.00
1.16	Handspring	Layout Salto 1 ½	10.00
1.17	Handspring	Layout Salto 2/1	10.00
1.18	Handspring	Double Salto - Tuck or Pike	10.00
1.19	½ on	1 ½ Twist off	9.50
1.20	½ on	2/1 Twist off	9.90
1.21	½ on	2 ½ Twist off	10.00
1.22	1/1 on	Handspring	9.60
1.23	1/1 on	½ Twist off	9.60
1.24	1/1 on	1/1 Twist off	9.80
1.25	1/1 on	1 ½ Twist off	10.00
1.26	1/1 on	2/1 Twist off	10.00
1.27	1/1 on	Tuck Salto	10.00
1.28	1/1 on	Pike Salto	10.00
1.29	1/1 on	Layout Salto	10.00
Group 2 – Tsukaharas (¼ to ½ on)			
2.01	Tsukahara	Repulsion off	8.80
2.02	Tsukahara	Tuck Salto	9.50
2.03	Tsukahara	Tuck Salto ½	9.80
2.04	Tsukahara	Tuck Salto 1/1	9.90
2.05	Tsukahara	Tuck Salto 1 ½	10.00
2.06	Tsukahara	Tuck Salto 2/1	10.00
2.07	Tsukahara	Pike Salto	9.60
2.08	Tsukahara	Pike Salto ½	9.90
2.09	Tsukahara	Layout Salto	9.80
2.10	Tsukahara	Layout Salto ½	10.00
2.11	Tsukahara	Layout Salto 1/1	10.00
2.12	Tsukahara	Layout Salto 1 ½	10.00
2.13	Tsukahara	Layout Salto 2/1	10.00
2.14	Tsukahara	Layout Salto 2 ½	10.00
2.15	Tsukahara	Double Salto - Tuck or Pike	10.00
Group 3 – Front Handspring onto Board Entry			
3.01	FHS (to board) Handspring	Handspring	8.80
3.02	FHS (to board) Handspring	Tuck Salto	9.90
3.03	FHS (to board) Handspring	Tuck Salto ½	10.00
3.04	FHS (to board) Handspring	Pike Salto	10.00
3.05	FHS (to board) Handspring	Pike Salto ½	10.00
3.06	FHS (to board) Handspring	1/1 Twist off	9.30
3.07	FHS (to board) Handspring	1 ½ Twist off	9.60
3.08	FHS (to board) Handspring	2/1 Twist off	10.00
3.09	FHS (to board) Tsukahara	Repulsion off	8.90
3.10	FHS (to board) Tsukahara	Tuck Salto	9.60
3.11	FHS (to board) Tsukahara	Tuck Salto ½	9.90

3.08	FHS (to board) Handspring	2/1 Twist off	10.00
3.09	FHS (to board) Tsukahara	Repulsion off	8.90
3.10	FHS (to board) Tsukahara	Tuck Salto	9.60
3.11	FHS (to board) Tsukahara	Tuck Salto ½	9.90

3.12	FHS (to board) Tsukahara	Tuck Salto 1/1	10.00
3.13	FHS (to board) Tsukahara	Tuck Salto 1 ½	10.00
3.14	FHS (to board) Tsukahara	Pike Salto	9.70
3.15	FHS (to board) Tsukahara	Layout Salto	9.90
3.16	FHS (to board) Tsukahara	Layout Salto ½	10.00
3.17	FHS (to board) Tsukahara	Layout Salto 1/1	10.00
3.18	FHS (to board) Tsukahara	Layout Salto 1 ½	10.00
3.19	FHS (to board) Tsukahara	Layout Salto 2/1	10.00
3.20	FHS (to board) Tsukahara	Layout Salto 2 ½	10.00
3.21	FHS (to board) Tsukahara	Double Salto - Tuck or Pike	10.00
Group 4 – Round-Off Entry			
4.01	RO, FF	Repulsion off	8.80
4.02	RO, FF	1/1 Twist off	9.20
4.03	RO, FF	1 ½ Twist off	9.50
4.04	RO, FF	2/1 Twist off	9.90
4.05	RO, FF	Tuck Salto	9.50
4.06	RO, FF	Tuck Salto ½	9.80
4.07	RO, FF	Tuck Salto 1/1	9.90
4.08	RO, FF	Tuck Salto 1 ½	10.00
4.09	RO, FF	Tuck Salto 2/1	10.00
4.10	RO, FF	Pike Salto	9.60
4.11	RO, FF	Pike Salto ½	9.90
4.12	RO, FF	Layout Salto	9.75
4.13	RO, FF	Layout Salto ½	9.95
4.14	RO, FF	Layout Salto 1/1	9.95
4.15	RO, FF	Layout Salto 1 ½	10.00
4.16	RO, FF	Layout Salto 2/1	10.00
4.17	RO, FF	Layout Salto 2 ½	10.00
4.18	RO, FF	Double Salto - Tuck or Pike	10.00
4.19	RO, FF ½	Repulsion off	8.80
4.20	RO, FF ½	1/1 Twist off	9.30
4.21	RO, FF ½	1 ½ Twist off	9.50
4.22	RO, FF ½	2/1 Twist off	10.00
4.23	RO, FF ½	Tuck Salto	9.95
4.24	RO, FF ½	Tuck Salto ½	10.00
4.25	RO, FF ½	Tuck Salto 1 ½	10.00
4.26	RO, FF ½	Pike Salto	10.00
4.27	RO, FF ½	Pike Salto ½	10.00
4.28	RO, FF ½	Layout Salto	10.00
4.29	RO, FF ½	Layout Salto ½	10.00
4.30	RO, FF 1/1 on	Repulsion off	8.80
4.31	RO, FF 1/1 on	1/1 Twist off	9.70
4.32	RO, FF 1/1 on	1 ½ Twist off	9.90
4.33	RO, FF 1/1 on	2/1 Twist off	9.90
4.34	RO, FF 1/1 on	Tuck Salto	9.95
4.35	RO, FF 1/1 on	Tuck Salto ½	10.00
4.36	RO, FF 1/1 on	Pike Salto	10.00
4.37	RO, FF 1/1 on	Layout Salto	10.00
4.38	RO, FF 1 ½ on	1/1 Twist off	10.00

- Front handspring on, 1/2 twist off8.80
- 1/2 on, 1/2 off8.90
- 1/2 on, 1/1 off9.10
- Round off back handspring on, 1/2 twist off (Yurchenko on, 1/2 twist off)..... 9.0



United States Association of
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