



★ JUDGING GUIDELINES ★

2019-20 Girls & Boys Program

It is the AmeriKids judging philosophy to have a positive competitive experience for all. Our goal is to keep gymnasts in the sport and give every individual the opportunity to compete.

- Lowest Baseline Score 7.00 not including falls or omitted skills

Fall Deductions

- Fall 0.50
- Incomplete part of the element attempted Up to the value of the element

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

Deliberate Omission

The value of the element

Adding a skill

0.20

Skills Performed Out of Order

0.30

Deductions taken from average by the chief (head) judge

Taken at the State Meet and above only

- Lack of presentation by gymnast before/after exercise 0.10 each occurrence
- Coaching 1st offense → Warning to coach
2nd offense → 0.20 once for the routine

To receive the deduction, a coach will instruct the gymnast what skills or technique to perform while he/she is competing on the event. This includes using hand and body signals as well as verbal cues. Encouragement and cheering will be allowed.

Turn on floor/beam deduction

- A turn that is executed going the wrong direction or executes the wrong type of turn 0.20
i.e. Level 4 turn – the gymnast has her left foot in passe and then executes her turn to the left will receive this deduction for turning the wrong direction
- Incomplete Turn Up to 0.20

Equipment

- Failure to remove board after completing the mount (For all levels) Warning to the coach

Going out of bounds on floor

No deduction

Gymnast not presenting/saluting before or after a routine	0.10 (Only taken at the State meet or higher)
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GENERAL & SPECIFIC EVENT DEDUCTIONS -

Execution & Faults (each occurrence)	
<ul style="list-style-type: none"> • Small error • Medium error • Large error 	0.05 to 0.10 0.10 to 0.15 0.15 to 0.20

Angle Deductions	
All missed angle requirements	Up to 0.10 per occurrence

Unnecessary movements of arms/trunk/legs to keep balance	
<ul style="list-style-type: none"> • Small (movement of arms or legs) • Medium (movement of arms & trunk) • Large (movement of entire body) 	0.05 to 0.10 0.10 to 0.15 0.15 to 0.20

Hold Deductions	
For 2 second hold skills	
<ul style="list-style-type: none"> • Held less than 2 seconds 	0.10
For 1 second (Momentary) hold skills	
<ul style="list-style-type: none"> • Held less than the slight pause 	0.05

Spacing Optionals	
<ul style="list-style-type: none"> • Lack of using all directions, levels and/or space routine 	0.10 per

Poor head/body positions	0.20
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Jump/Leaps without amplitude	0.10
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Extra swings (each occurrence)	
<ul style="list-style-type: none"> • If the feet break the plane of the bar (upright) • Small movements of the feet or legs 	0.30 0.10

Preparation (pauses) to long before skills (each occurrence)	0.10
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An exercise without a dismount	0.30
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Touch on the bar and/or mat	Up to 0.20
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Taps feet on floor during kip	0.10 – 0.50
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Touch of hand/foot on the floor, vault or beam to maintain balance	Up to 0.20
Saltos not performed to feet (bottom of feet first)	VOID skill

Dismount/Landing	
<ul style="list-style-type: none"> • Step (each occurrence) • Directional error on dismount landings or tumbling passes • Fall 	Up to 0.10 (max 0.30) Up to 0.20 0.50

Picking of the leotard or uniform	No deduction
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Music	
<ul style="list-style-type: none"> • Problem with the CD/MP3/Player • Not using music when required 	No deduction 0.30

Spotting Deductions	
<ul style="list-style-type: none"> • Coaches spotting gymnast during routine (touch) • If the coach completes or does over 50% of the skill 	Up to 0.50 (each occurrence) The value of the element

Fall Deductions	
<ul style="list-style-type: none"> • Fall • Incomplete part of the element attempted 	0.50 Not to exceed the value of the element
<p>In the event a gymnast falls, she will <u>not</u> automatically lose the full value of the element. This should allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.</p>	

Deliberate Omission	The value of the element
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Adding a skill	0.20
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Skills Performed Out of Order	0.20 one time per routine
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Blocking the judges view of gymnast	
<p>Note: If a coach has to spot from that particular side and for safety concerns, the judge may change his/her view to judge the routine so that their view will not be blocked. Coaches should make every effort to insure a clear view for the judges</p>	

BOYS - SPECIFIC DEDUCTIONS

Deliberate Omission	0.60 per element
Adding a skill	0.20 (one time per routine)
Skills performed out of order	0.20 (one time per routine)
Required spotter	
A spotter is required on Vault, Rings and High Bar. If the coach is not present on those events the gymnast will not be allowed to start their routine.	

SPECIFIC DEDUCTIONS FOR VAULT - (Boys & Girls)

RUN DEDUCTIONS			
<ul style="list-style-type: none"> • One baulk run is allowed 	No deduction		
<ul style="list-style-type: none"> • Second (boys)/Third (girls) baulk run 	Zero vault		

HURDLE AND BOARD DEDUCTIONS			
<ul style="list-style-type: none"> • One foot or alternate feet take off 	0.20		
<ul style="list-style-type: none"> • Feet in front of the shoulders (15° bkwd lean) at impact on the board 	No deduction	Body position at impact on the board is critical to vaulting	
<ul style="list-style-type: none"> • Vertical shoulders directly over feet (no lean) 	0.20		
<ul style="list-style-type: none"> • Vert. to shoulders 15° ahead of feet (fwd lean) 	0.50		
<ul style="list-style-type: none"> • 16° or more (forward lean) 	0.70		

PRE FLIGHT BODY POSITIONS			
<ul style="list-style-type: none"> • Straight body and slight hollow 	No deduction	EXECUTION DEDUCTIONS <small>(Feet/Legs/Arms/Shoulders)</small> <ul style="list-style-type: none"> • Slight bend, separation, or flexion to 45° • 45° to 90° • 90° or more 	
<ul style="list-style-type: none"> • Slight Pike to 90° pike or more 	Up to 0.20		0.05
			0.10 to 0.15 0.20

SUPPORT PHASE <small>(Repulsion position)</small>			
<ul style="list-style-type: none"> • Straight body and slight hollow 	No deduction	EXECUTION DEDUCTIONS <small>(Feet/Legs/Arms/Shoulders)</small> <ul style="list-style-type: none"> • Slight bend/separation/flexion to 45° degrees • 45° to 90° • 90° or more 	
<ul style="list-style-type: none"> • Slight pike to 90° degrees of pike or more 	Up to 0.20		0.05
			0.10 to 0.15 0.20

REPULSION POSITION			
<ul style="list-style-type: none"> • Straight body block off the table or mats PRIOR to vertical handstand position 	No deduction	Pike-Arch/Tuck-Kick/Bent arm-Push AFTER passing through the vertical handstand position = no repulsion	Up to 0.50 + execution deductions

POST FLIGHT BODY POSITION			
<ul style="list-style-type: none"> • Straight body and slight hollow 	No deduction	EXECUTION DEDUCTIONS <small>(Feet/Legs/Arms/Shoulders)</small> <ul style="list-style-type: none"> • Slight bend/separation/flexion to 90° or more 	
<ul style="list-style-type: none"> • Slight pike to slight arch to 90° of pike or more; Large arch 	Up to 0.20		Up to 0.20

HEIGHT & DISTANCE			
<ul style="list-style-type: none"> • Less than one arm length in height 	Up to 0.50		
<ul style="list-style-type: none"> • Less than one body length in distance 	Up to 0.50		

LANDING DEDUCTIONS			
<ul style="list-style-type: none"> • Small step or hop 	Up to 0.10	<ul style="list-style-type: none"> • Three or more steps • Hands down with support • Fall 	0.30
<ul style="list-style-type: none"> • Medium step or hop, two steps, Large step or hop 	Up to 0.20		0.30 0.50

