



# ☆ JUDGING GUIDELINES ☆

## 2019-20 Girls & Boys Program

### GENERAL & SPECIFIC EVENT DEDUCTIONS -

<b>Execution &amp; Faults</b> (per element)	
<ul style="list-style-type: none"> <li>• Small error</li> <li>• Medium error</li> <li>• Large error</li> </ul>	<p>.05</p> <p>.05 to .15</p> <p>.15 to .20</p>
<b>Unnecessary movements of arms/trunk/legs to keep balance</b>	
<ul style="list-style-type: none"> <li>• Small (movement of arms or legs)</li> <li>• Medium (movement of arms &amp; trunk)</li> <li>• Large (movement of entire body)</li> </ul>	<p>Up to .20</p>
<b>Jump/Leaps without amplitude</b>	Up to 0.20
<b>Extra swings</b> (each occurrence)	
<ul style="list-style-type: none"> <li>• If the feet break the plane of the bar (upright)</li> </ul>	0.30
<b>An exercise without a dismount</b>	0.30
<b>Touch on the bar and/or mat throughout the routine</b>	Up to 0.20
<b>Touch of hand/foot on the floor, vault or beam to maintain balance</b>	Up to 0.20
<b>Dismount/Landing</b>	
<ul style="list-style-type: none"> <li>• Step (each occurrence)</li> <li>• Directional error on dismount landings or tumbling passes</li> <li>• Fall</li> </ul>	<p>Up to 0.20 (max 0.40)</p> <p>Up to 0.20</p> <p>0.50</p>
<b>Picking of the leotard or uniform</b>	No deduction
<b>Music</b>	
<ul style="list-style-type: none"> <li>• Problem with the CD/MP3/Player</li> <li>• Not using music when required</li> </ul>	<p>No deduction</p> <p>0.30</p>
<b>Spotting Deductions</b>	
<ul style="list-style-type: none"> <li>• Coaches spotting gymnast during routine (touch)</li> <li>• If the coach completes or does over 50% of the skill</li> </ul>	<p>Up to 0.50 (each occurrence)</p> <p>The value of the element</p>

<b>Judging Baseline score</b>	
<p>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.</p> <ul style="list-style-type: none"> <li>• Lowest Baseline Score 7.00 not including falls or omitted skills</li> </ul>	
<b>Fall Deductions</b>	
<ul style="list-style-type: none"> <li>• Fall 0.50</li> <li>• Incomplete part of the element attempted Not to exceed the value of the element</li> </ul> <p><b>In the event a gymnast falls, she will <u>not</u> automatically lose the full value of the element.</b> 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>	
<b>Deliberate Omission</b>	The value of the element
<b>Adding a skill</b>	0.20
<b>Skills Performed Out of Order</b>	0.30
<b>Deductions taken from average by the chief (head) judge</b>	<b>*Taken at the State Meet and above only*</b>
<ul style="list-style-type: none"> <li>• Lack of presentation by gymnast before/after exercise 0.10 each occurrence</li> <li>• Coaching 1<sup>st</sup> offense → Warning to coach 2<sup>nd</sup> offense → 0.20 once for the routine</li> </ul> <p>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.</p>	
<b>Turn on floor/beam deduction</b>	
<ul style="list-style-type: none"> <li>• A turn that is executed going the wrong direction or executes the wrong type of turn (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 0.20</li> </ul>	
<b>Equipment</b>	
<ul style="list-style-type: none"> <li>• Failure to remove board after completing the mount (For all levels) Warning to the coach</li> </ul>	
<b>Going out of bounds on floor</b>	No deduction
<b>Gymnast not presenting/saluting before or after a routine</b>	0.10 (Only taken at the State meet or higher)

<b>Uneven bar glide specifics deductions</b>	
<ul style="list-style-type: none"> <li>• Execution (arms, legs, feet, head) <span style="float: right;">Up to 0.20</span></li> <li>• Rhythm and Failure to open the hips <span style="float: right;">Up to 0.10</span> <ul style="list-style-type: none"> <li>Hips are required to open slightly</li> <li>No full extension needs to be seen</li> </ul> </li> <li>• Tapping or brushing the feet against the floor <span style="float: right;">0.20</span></li> </ul>	

<b>Double bounce on the board</b>	Warning... 0.50 at State Meet or higher
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<b>Blocking the judges view of gymnast</b>	
<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 clear the view of the judges.</p>	

<b>GENERAL &amp; SPECIFIC EVENT DEDUCTIONS - (Level 3 and above)</b>
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<b>Execution &amp; Faults</b> (each occurrence)	
<ul style="list-style-type: none"> <li>• Small error</li> <li>• Medium error <span style="float: right;">.05 Up to .20</span></li> <li>• Large error</li> </ul>	

<b>Angle Deductions</b>	
All missed angle requirements	.10 per occurrence

<b>Unnecessary movements of arms/trunk/ legs to keep balance</b>	
<ul style="list-style-type: none"> <li>• Small (movement of arms or legs)</li> <li>• Medium (movement of arms &amp; trunk) <span style="float: right;">Up to 0.20</span></li> <li>• Large (movement of entire body)</li> </ul>	

<b>Hold Deductions</b>	
<b>For 2 second hold skills</b>	
• Held less than 2 seconds	0.10
<b>For 1 second (Momentary) hold skills</b>	
• Held less than the slight pause	0.05

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<b>Spacing</b> <b>Optionals</b>	
• Lack of using all directions, levels and/or space routine	0.10 per

<b>Poor head/body positions</b>	0.20
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<b>Jump/Leaps without amplitude</b>	<b>0.10</b>
<b>Extra swings</b> (each occurrence)	
<ul style="list-style-type: none"> <li>If the feet break the plane of the bar (upright)</li> </ul>	0.30
Small movements of the feet or legs	<b>0.10</b>
<b>Preparation (pauses) to long before skills</b> (each occurrence)	0.10
<b>An exercise without a dismount</b>	0.30
<b>Touch on the bar and/or mat throughout the routine</b>	Up to 0.20
<b>Taps feet on floor during kip</b>	0.30 – 0.50
<b>Touch of hand/foot on the floor, vault or beam to maintain balance</b>	Up to 0.20
<b>Salto not performed to feet</b> (bottom of feet first)	VOID skill
<b>Dismount/Landing</b>	
<ul style="list-style-type: none"> <li>Step (each occurrence)</li> <li>Directional error on dismount landings or tumbling passes</li> </ul>	Up to 0.10 (max 0.30) Up to 0.10
<ul style="list-style-type: none"> <li>Fall</li> </ul>	0.50
<b>Picking of the leotard or uniform</b>	No deduction
<b>Music</b>	
<ul style="list-style-type: none"> <li>Problem with the CD/MP3/Player</li> <li>Not using music when required</li> </ul>	No deduction 0.30
<b>Spotting Deductions</b>	
<ul style="list-style-type: none"> <li>Coaches spotting gymnast during routine (touch)</li> <li>If the coach completes or does over 50% of the skill</li> </ul>	Up to 0.50 (each occurrence) The value of the element
<b>Judging Baseline Score</b>	
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.	
<ul style="list-style-type: none"> <li>Lowest Baseline Score</li> </ul>	7.00 not including falls or omitted skills

<b>Fall Deductions</b>	
<ul style="list-style-type: none"> <li>• Fall 0.50</li> <li>• Incomplete part of the element attempted Not to exceed the value of the element</li> </ul> <p><b>In the event a gymnast falls, she will <u>not</u> automatically lose the full value of the element.</b> 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>	
<b>Deliberate Omission</b>	The value of the element
<b>Adding a skill</b>	0.20
<b>Skills Performed Out of Order</b>	0.20 one time per routine
<b>Deductions taken from average by the chief (head) judge</b>	* Taken at the State Meet and above only *
<ul style="list-style-type: none"> <li>• Lack of presentation/salute by gymnast before/after exercise 0.10 each occurrence</li> <li>• Coaching 1<sup>st</sup> offense → Warning to coach 2<sup>nd</sup> offense → 0.20 once for the routine</li> </ul> <p>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.</p>	
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<b>Equipment</b>	
<ul style="list-style-type: none"> <li>• Failure to remove board after completing the mount (For all levels)</li> </ul>	Warning to the coach
<b>Going out of bounds on floor</b>	No deduction
<b>Gymnast not presenting/saluting before or after a routine</b>	0.10 (Only taken at the State meet or higher)
<b>Blocking the judges view of gymnast</b>	
<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>	

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<b>BOYS - SPECIFIC DEDUCTIONS</b>	
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<b>Deliberate Omission</b>	0.60 per element
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<b>Adding a skill</b>	0.20 (one time per routine)
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<b>Skills performed out of order</b>	0.20 (one time per routine)
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<b>Required spotter</b>	
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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.

**Updated July 26, 2017**

<b>SPECIFIC DEDUCTIONS FOR VAULT - (Boys &amp; Girls)</b>
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<b>RUN DEDUCTIONS</b>
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<ul style="list-style-type: none"> <li>• One baulk run is allowed</li> <li>• <b>Second (boys)Third (girls) baulk run</b></li> </ul>	<p>No deduction Zero vault</p>	
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<b>HURDLE AND BOARD DEDUCTIONS</b>		
<ul style="list-style-type: none"> <li>• One foot or alternate feet take off</li> <li>• Feet in front of the shoulders (15° bkwd lean) at impact on the board</li> <li>• Vertical shoulders directly over feet (no lean)</li> <li>• Vert. to shoulders 15° ahead of feet (fwd lean)</li> <li>• 16° or more (forward lean)</li> </ul>	<p>-0.20 No deduction -0.20 -0.50 -0.70</p>	<p><b>Body position at impact on the board is critical to vaulting</b></p>

<b>PRE FLIGHT BODY POSITIONS</b>						
<ul style="list-style-type: none"> <li>• <b>Straight body and slight hollow</b></li> <li>• <b>Slight Pike to 90° pike or more</b></li> </ul>	<p>No deduction Up to -0.20</p>	<table border="1"> <thead> <tr> <th colspan="2"><b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>• Slight bend, separation, or flexion to 45°</li> <li>• 45° to 90°</li> <li>• 90° or more</li> </ul> </td> <td> <p><b>Up to 0.20</b></p> </td> </tr> </tbody> </table>	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)		<ul style="list-style-type: none"> <li>• Slight bend, separation, or flexion to 45°</li> <li>• 45° to 90°</li> <li>• 90° or more</li> </ul>	<p><b>Up to 0.20</b></p>
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<b>SUPPORT PHASE (Repulsion position)</b>						
<ul style="list-style-type: none"> <li>• <b>Straight body and slight hollow</b></li> <li>• <b>Slight pike to 90° degrees of pike or more</b></li> </ul>	<p>No deduction Up to -0.20</p>	<table border="1"> <thead> <tr> <th colspan="2"><b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>• Slight bend/separation/flexion to 45° degrees</li> <li>• 45° to 90°</li> <li>• 90° or more</li> </ul> </td> <td> <p><b>Up to 0.20</b></p> </td> </tr> </tbody> </table>	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)		<ul style="list-style-type: none"> <li>• Slight bend/separation/flexion to 45° degrees</li> <li>• 45° to 90°</li> <li>• 90° or more</li> </ul>	<p><b>Up to 0.20</b></p>
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<b>REPULSION POSITION</b>		
<ul style="list-style-type: none"> <li>• Straight body block off of the table or mats PRIOR to vertical handstand position</li> </ul>	<p>No deduction</p>	<p>Pike-Arch/Tuck-Kick/Bent arm-Push AFTER passing through the vertical handstand position = no repulsion</p> <p><b>Up to 0.50</b> + execution deductions</p>

<b>POST FLIGHT BODY POSITION</b>						
<ul style="list-style-type: none"> <li>• <b>Straight body and slight hollow</b></li> <li>• <b>Slight pike to slight arch to 90° of pike or more; Large arch</b></li> </ul>	<p>No deduction Up to 0.20</p>	<table border="1"> <thead> <tr> <th colspan="2"><b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> <li>• <b>Slight bend/separation/flexion to 90° or more</b></li> </ul> </td> <td> <p><b>Up to 0.20</b></p> </td> </tr> </tbody> </table>	<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)		<ul style="list-style-type: none"> <li>• <b>Slight bend/separation/flexion to 90° or more</b></li> </ul>	<p><b>Up to 0.20</b></p>
<b>EXECUTION DEDUCTIONS</b> (Feet/Legs/Arms/Shoulders)						
<ul style="list-style-type: none"> <li>• <b>Slight bend/separation/flexion to 90° or more</b></li> </ul>	<p><b>Up to 0.20</b></p>					

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

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