

## NORTH CAROLINA AAU LEVEL 2 BARS – 10.0

<b>Mount -- Back Hip Pullover (0.80) (1 or 2 Foot Take Off Acceptable)</b>	
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
<b>Cast (0.60) (no angle requirement – hips free of bar on cast)</b>	
Incorrect body alignment	Up to 0.20
<b>Back Hip Circle (0.60) finish in extended support</b>	
Failure to maintain straight-hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar	
Throughout circle	0.20
Lack of continuity of circle	Up to 0.10
<b>Cast, Straddle On, Sole Circle Dismount (0.80)</b>	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
<b>OR</b>	
<b>Cast, Underswing Dismount (0.80)</b>	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips Contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
Failure to release bar before landing	1.00
<b>Refer to USAG General Faults and Penalties for additional deductions</b>	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

*It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.*

### Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

### Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .01)

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

\*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .01.

### Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .01)

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

### Deliberate Omission - Deduct Value of the Element

### Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

### Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20  
 Failure to observe specified warm-up time 0.20



## NORTH CAROLINA AAU LEVEL 3 BARS – 10.0

<b>Mount -- Back Hip Pullover (0.80)</b>	
Failure to lift both legs simultaneously (1 foot take off)	0.30
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
<b>Cast (0.60)</b>	
Incorrect body alignment	Up to 0.20
<b>Back Hip Circle (0.60) finish in extended front support</b>	
Failure to maintain straight hollow body throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
Lack of continuity of circle	Up to 0.10
<b>Single Leg Cut Forward (0.40)</b>	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Lack of control in re-grasp	Up to 0.10
<b>OR</b>	
<b>Cast, Single Leg Squat Through (0.40)</b>	
Leg/foot contacting bar on squat through	Up to 0.20
Failure to show clear stride support at end of squat through	Up to 0.20
<b>Forward Stride Circle (0.60)</b>	
Failure to show clear stride support at beginning and end of circle	Each Up to 0.20
Hooking knee on bar to complete circle	0.50
<b>Single Leg Cut Backward (0.40)</b>	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Lack of control in re-grasp	Up to 0.10
Leg not clear of bar on cut	Up to 0.20
Failure to finish in an extended front support	Up to 0.10
<b>Cast, Squat On; Pike Sole Circle Dismount (0.80)</b>	
Placing feet outside of hands	0.20
Alternate foot placement	0.20
Lack of control in squat on	Up to 0.10
Failure to tuck (pike on)	0.20
Failure to maintain straight-hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10
Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
<b>OR</b>	
<b>Cast, Straddle On, Sole Circle Dismount (0.80)</b>	
Placing feet between hands	0.20
Alternate foot placement	0.20
Lack of control in straddle on	Up to 0.10
Failure to show straight hollow body position	Up to 0.20
Failure to maintain head in neutral position	Up to 0.10

Failure to extend body in flight	Up to 0.20
Lack of distance	Up to 0.10
Lack of amplitude	Up to 0.20
Failure to release bar before landing	1.00
<b>OR</b>	
<b>Cast, Underswing Dismount (0.80)</b>	
Failure to maintain a straight-hollow position throughout	Up to 0.20
Hips contacting Bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Failure to release bar before landing	1.00
<b>Refer to USAG General Faults and Penalties for additional deductions</b>	
Bent arms/legs (Each)	Up to 0.30
Legs separated	Up to 0.20

*It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.*

### Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by The NCAAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast.

Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

### Spotting Deductions Levels, 2, 3, 4, 5, 6, Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

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

\*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

### Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

\*In the event a gymnast falls, she will not automatically lose the full value of the element.

This would allow the gymnast to receive credit for any part of the element that she completed before the fall at the judge's discretion.

### Deliberate Omission - Deduct Value of the Element

#### Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

### Deductions Taken From Average by Chief Judge

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

Failure to observe specified warm-up time 0.20

Revised 12/22/09



## NORTH CAROLINA AAU LEVEL 4 BARS – 10.0

<b>Mount – Glide and Return Back Hip Pullover (0.40 each)</b>	
<u>Glide Swing:</u>	
Failure to take-off from both feet simultaneously	0.10
Performs run out glide	0.30
Failure to lead with feet in forward glide swing	Up to 0.10
Insufficient extension at end of glide swing	Up to 0.20
Failure to close legs at end of straddle glide	0.10
<u>Pullover:</u>	
Failure to lift both legs simultaneously (1 foot take off)	Up to 0.30
Failure to finish in extended front support	Up to 0.10
<b>OR</b>	
<b>Mount – Straddle or Pike Glide Kip (.80)</b>	
Failure to take-off from both feet simultaneously	0.10
Performs run out glide	0.30
Failure to lead with feet in forward glide swing	Up to 0.10
Insufficient extension at end of glide swing	Up to 0.20
Failure to close legs at end of straddle glide	0.10
<b>Front Hip Circle, Small Cast (0.60)</b>	
Failure to maintain straight hollow body position into circle	Up to 0.10
Failure to execute a small cast immediately after Front Hip Circle	0.30
Lack of control in returning to the bar	Up to 0.10
Failure to return to front support (performs immediate squat through)	0.50
<b>Cast, Single Leg Squat Through (0.40)</b>	
Leg/foot contacting bar on squat through	Up to 0.20
Failure to show clear stride support at end of squat through	Up to 0.20
<b>Forward Stride Circle (0.60)</b>	
Failure to show clear stride support at beginning and end of circle	Each Up to 0.20
Hooking knee on the bar to complete circle	0.50
<b>Single Leg Cut Backward (0.40)</b>	
Failure to lift hand and cut leg simultaneously (lack of cutting action)	Up to 0.30
Failure to change hand grip prior to leg cut backward	0.10
<b>Cast (0.40)</b>	
Incorrect body alignment	Up to 0.20
<b>Back Hip Circle (0.40)</b>	
Failure to maintain straight-hollow body position throughout circle	Up to 0.20
Failure to maintain hip or upper thigh contact on bar throughout circle	0.20
<b>Underswing Dismount (0.80)</b>	
Failure to maintain a straight-hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
Insufficient extension of body in flight	Up to 0.20
Insufficient flight	Up to 0.20
<b>Refer to USAG General Faults and Penalties for additional deductions.</b>	

*It should be noted that there are some choices of elements in the NC AAU Age Group Routines in each respective level. These choices all have the same element value and should not be rewarded if perceived as more difficult or a higher value than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.*

### Supplementary AAU General Deductions, Penalties, Clarifications

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Girls Age Group Program.

Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of the judge.

### Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)

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

\*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10..

### Fall Deductions

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

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

### Deliberate Omission – Deduct Value of the Element

### Skills Performed Out of Order

Impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

### Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by C.J. 0.20

Failure to observe specified warm-up time 0.20

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

Revised 12/22/09



## NORTH CAROLINA AAU LEVEL 5 BARS – 10.0

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

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

### **2nd Counterswing**

Hips not a minimum of 15° below the level of high bar	Up to 0.20
Failure to show a straight line from hands to hips with chest in hollow position with rounded hip angle	Up to 0.20
Body arched and/or hips open to an extended position with feet over low bar	0.30

### **Tap Swing Forward with 1/2 (180°) Turn Dismount \* (0.80)**

Failure to show slight arched position at bottom of swing	Up to 0.10
Failure to attain straight hollow position on upswing	Up to 0.20
Beginning turn prior to 45° below height of high bar	Up to 0.20
Failure to complete 1/2 (180°) turn prior to regrasp	Up to 0.20
Failure to re-contact the bar with the free hand as the ½ turn is completed	0.30

Refer to USAG for General Faults and Penalties for additional deductions

### **Supplementary AAU General Deductions, Penalties, Clarifications**

The General Faults, Penalties and Clarifications as followed by USAG will apply to the NC AAU Program with the exceptions that are published by the NC AAU Girls Age Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of judge.

### **Spotting Deductions Levels, 2, 3, 4, 5, 6 Bars, Beam, Floor**

Coach spotting gymnast during routine (touch) 0.50 - Plus deduction for any part of completed element assisted by the coach (Not to exceed the value of the element minus .10)  
\*Even though the gymnast will receive a 0.50 deduction for any touch or spot, the stated deductions will allow the gymnast to receive partial credit for any part of any element that she completed unassisted at the judge's discretion.

\*If a gymnast falls while being spotted on any element, she would only receive 0.50 deduction for the fall along with any deductions for incomplete element, not to exceed the value of the element minus .10.

### **Fall Deductions**

Fall 0.50 - Plus deduction for any incomplete part of the element attempted (Not to exceed the value of the element minus .10)

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

### **Deliberate Omission - Deduct Value of the Element**

### **Skills Performed Out of Order**

Flat 0.3 – impose a flat 0.30 deduction for a skill(s) performed out of order. The skill will still be evaluated to include falls. The 0.3 deduction will be taken once in a routine to include all skills (major elements and/or a series of connections) performed out of order. In the case of more than one skill performed out of order judges should consider additional deductions from the General Faults and Penalties such as a rhythm, text errors, etc to further separate the athletes. Skills performed after the dismount will not be evaluated.

### **Deductions Taken From Average by Chief Judge**

Failure to begin exercise within 30 seconds after being signaled by Chief Judge 0.20  
Failure to observe specified warm-up time 0.20  
Lack of presentation by gymnast before and/or after exercise Each Time 0.10

Revised 12/22/09



## NORTH CAROLINA AAU LEVEL 6 BARS – 10.0

The NC AAU Level 6 Bar shall be the same as described by the USAG Program 2005-2013 in its entirety. Refer to USAG Compulsory Manual, Page 119 with exception only as stated in the NC AAU Supplementary General Deductions and Penalties.

<b>Mount -- Straddle or Pike Glide Kip (0.80)</b>			
Failure to take off from both feet simultaneously			0.10
Performs run-out glide			0.30
Failure to lead with the feet in the forward glide swing (performs long hang swing)		Up to 0.10	
Insufficient extension at end of glide		Up to 0.20	
Failure to close legs at end of straddle glide			0.10
<b>Cast to a Minimum of 30° Above Horizontal (0.80)</b>			
Insufficient amplitude of cast		Up to 0.40	
(line from shoulders to mid-point of lowest body part-abdomen, hips, knees or feet)			
1° to 29° above horizontal		0.05	0.25
At horizontal			0.30
Below horizontal		0.35	0.40
Incorrect body alignment		Up to 0.20	
(straight line from shoulders to feet with chest hollow)			
<b>Clear Hip Circle to 30° Above Horizontal (0.80)</b>			
Excessive arch or pike on downswing or upswing	Each	Up to 0.20	
Insufficient height and extension of upswing		Up to 0.40	
<i>Use amplitude of cast deduction from Cast Above)</i>			
Hips touching bar as upswing finishes (back hip circle)			0.80
<i>(no deduction for thighs brushing bar on upswing)</i>			
Lack of control into glide		Up to 0.10	
<b>Straddle or Pike Glide Kip (0.80)</b>			
Failure to lead with the feet in the forward glide swing		Up to 0.10	
(performs long hang swing)			
Insufficient extension at end of glide		Up to 0.20	
Failure to close legs at end of straddle glide			0.10
<b>Cast, Squat/Pike On or Back Sole Circle (0.40)</b>			
Insufficient backward swing of legs into cast hip lift only			0.05
Alternate foot placement			0.20
<b>Jump To Long Hang Kip (0.80)</b>			
Failure to swing to near horizontal		Up to 0.20	
<b>Cast to 30° Above Horizontal (0.80)</b>			
See Cast to 30° above horizontal on low bar			
<b>Long Hang Pullover (0.80)</b>			
Failure to show slight arched position on bottom of down swing			0.10
Excessive piking of body		Up to 0.20	
Failure to maintain overgrip (hands completely release bar)			0.30
Performing a backward giant circle prior to pulling hips toward bar			1.00

### Underswing, 1<sup>st</sup> Counterswing (15°) \*0.80

#### Underswing:

Failure to contact the bar with the mid to lower thighs between the completion of the

Long hang pullover & initiation of the underswing

0.20

Failure to maintain straight-hollow body position Up to 0.20

Hips contacting bar (no deduction for thighs touching bar)

0.20

#### 1<sup>st</sup> Counterswing:

Hips not at a minimum of 15° below the level of high bar Up to 0.20

Failure to show a straight line from hands to hips with chest in hollow position

with rounded hip angle

Up to 0.20

Body arched and/or hips open to an extended position with

feet over ow bar

0.30

### Tap Swing Forward 2<sup>nd</sup> Counterswing (Horizontal) (0.80)

#### Tap swing forward:

Failure to show slight arched position at bottom of swing

0.10

Failure to attain straight hollow body position on upswing Up to 0.20

Insufficient amplitude (feet no at HB height) Up to 0.20

#### 2<sup>nd</sup> Counterswing:

Hips not level with the high bar (at horizontal) Up to 0.20

Failure to show a straight line from hands to hips with chest in hollow

Position with rounded hip angle

Up to 0.20

Body arched and/or hips open to an extended position with feet

over low bar.

0.30

### Tap Swing Forward To Flyaway Dismount (Tuck, Pike or Stretched) (0.80)

Failure to show slight arched position at bottom of swing 0.10

Failure to attain straight hollow position on upswing Up to 0.20

Insufficient rise of salto Up to 0.40

At high bar level or above No Deduction

1° to 45° below the level of the high bar Up to 0.20

Greater than 45° below the level of the high bar 0.25 – 0.40

#### Tuck Flyaway

Insufficient bend of hips and legs (minimum of 135°) Each Up to 0.20

Insufficient stretch prior to landing Up to 0.20

#### Pike Flyaway

Insufficient pike of hips (Minimum of 135°) Up to 0.20

Insufficient stretch prior to landing Up to 0.20

#### Stretched Flyaway

Failure to maintain straight hollow position throughout Up to 0.20

### Refer to USAG General Fault and Penalties for Additional Deductions

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Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand between the bars for the entire routine with no deduction. Avoid blocking view of judge.

Revised 12/22/09

