

NORTH CAROLINA AAU LEVEL 2 BEAM – 10.0

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount -- Jump to Front Support (0.20)	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90 ⁰) turn to straddle sit	Up to 0.10
V-Sit to Stand (0.20)	
Lack of amplitude of legs	Up to 0.10
Poor body position	Up to 0.20
Arabesque (30 Degrees) (0.40)	
Failure to lift free leg a minimum of 30 degrees	Up to 0.20
Failure to hold 1 second	Up to 0.10
Leg Swings (0.40 each)	
Failure to swing leg to horizontal	Each Up to 0.10
Failure to maintain straight body alignment	Each Up to 0.20
Failure to maintain squared hips during swings	Each Up to 0.20
Relevé Balance (0.20)	
Failure to hold two seconds	Up to 0.20
Stretch Jump (0.40)	
Failure to maintain straight body alignment	Up to 0.10
Failure to maintain squared hips	Up to 0.10
Failure to land on both feet simultaneously	Up to 0.10
1/4 (90⁰) Turn to Tuck Jump Dismount (0.60)	
Insufficient height	Up to 0.20
Insufficient hip/knee closure (min of 90 degree bend)	
Each angle	Up to 0.10
Failure to maintain vertical alignment with upper body	Up to 0.20
Insufficient extension (open) of tuck before landing	Up to 0.10
Refer to USAG General Fault 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 Age Group Program.

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

Coach may stand next to the beam 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 0.10)

*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 -1.0 less 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 as 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 9/9/09



NORTH CAROLINA AAU LEVEL 3 BEAM – 10.0

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount -- Jump to Front Support * (0.20)	
Failure to extend body in front support	Up to 0.10
Lack of continuity in 1/4 (90°) turn to straddle sit	Up to 0.10
V-Sit (0.02), Swing to Push-Up Position (0.60)	
Lack of amplitude of legs on swing	Up to 0.10
Poor body position	Up to 0.20
Failure to show push-up position	0.20
Arabesque (30°) (0.40)	
Failure to lift free leg a minimum of 30°	Up to 0.20
Failure to hold 1 second	Up to 0.10
Partial Cross Handstand* (0.80)	
Incorrect (staggered) hand placement	0.10
Failure to close (join) legs on kick-up	0.10
Running Steps (0.40)	
See General Faults and penalties	
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 30°)	Up to 0.20
Failure to land with feet/legs close	Up to 0.10
Cartwheel to Side Handstand Dismount * (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to maintain straight body position throughout dismount	Up to 0.20
OR	
Cartwheel to Side Handstand, ¼ (90°) Turn Dismount (0.60)	
Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
¼ Turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout dismount	Up to 0.20
Refer to USAG General Faults and Penalties for additional deductions	

Failure to complete dismount (these deductions do not include body position faults):
When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

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 Age Group Program.

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

Coach may stand next to the beam for the entire routine with no deduction. Avoid blocking view of the judge.

Spotting Deductions Levels, 2, 3, 4, 5, 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 C.J. 0.20
Failure to observe specified warm-up time 0.20

Revised 9/9/09



NORTH CAROLINA AAU LEVEL 4 BEAM – 10.0

Routine can be reversed in its entirety. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount: Leg Swing with ½ (180°) Turn (0.20)		
Lack of continuity in ½ (180°) turn to straddle sit		Up to 0.10
V-Sit (0.20), Swing To tuck stand (0.40)		
Early bending of legs into tuck stand (below beam level)		Up to 0.20
Coupe Walk, ½ (180) Turn in Forward Coupé (Heel-Snap) (0.40)		
Failure to lower heel at completion of turn		0.05
Straight Leg Leap (60°) (0.60)		
Bending lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 60°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
¾ Cross Handstand (0.60)		
Incorrect (staggered) hand placement		0.10
Failure to achieve ¾ handstand position		Up to 0.30
Failure to close (join) legs		0.10
½ (180°) Turn in Forward Coupe (0.40)		
See General Faults and penalties		
Stretch Jump (0.40); Tuck Jump (0.40)		
Stretch Jump – See General Faults and Penalties		
Tuck jump:		
Insufficient hip/knee closure (minimum of 90° bend)	Each Angle	Up to 0.10
Insufficient extension (open) before landing		Up to 0.10
Arabesque (45°) Scale (At Horizontal) (0.40)		
Failure to lift free leg a minimum of 45° in arabesque		Up to 0.20
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg to horizontal or above in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
180° Pivot Turn (0.20)		
Lack of sharpness in pivot turn		Up to 0.10
Cartwheel to Side Handstand, 14 (90°) Turn Dismount (0.60)		
Incorrect (simultaneous) hand placement		0.10
Failure to attain vertical		Up to 0.30
Failure to hold 1 second		Up to 0.10
¼ (90°) turn incomplete or overturned		Up to 0.10
Failure to maintain straight body position throughout dismount		Up to 0.20
Refer to USAG General Faults and Penalties for additional deductions.		

Failure to complete dismount (these deductions do not include body position faults):
When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

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 next to the beam 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 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 0.1

Revised 9/9/09



NORTH CAROLINA AAU LEVEL 5 BEAM – 10.0

The NC AAU Level 5 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in NC AAU Supplementary General Deductions and Penalties. Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction. No Time Limit

Mount: Leg Swing with ½ (180°) (0.20)		
Lack of continuity in ½ (180°) turn to straddle sit		Up to 0.10
½ (180°) Turn in Forward Coupe (Heel-Snap) (0.40)		
Failure to lower heel at completion of turn		0.05
Straight Leg Leap (90°) (0.60)		
Bending lead (front) leg on take off		Up to 0.10
Insufficient leg separation (less than 90°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie (each time)		Up to 0.10
Cross Handstand (0.60)		
Incorrect (staggered) hand placement		0.10
Failure to attain vertical		Up to 0.30
Failure to close (join) legs		0.10
Failure to hold 1 second		Up to 0.10
½ (180°) Pivot Turns (L & R) (0.40)		
Lack of sharpness in pivot turns	Each	Up to 0.10
½ (180°) Turn In Forward Coupe (0.40)		
See General Faults and penalties		
Cartwheel 1/4 (90°) Turn Inward (0.60)		
Incorrect (simultaneous) hand placement		0.10
Failure to pass through vertical		Up to 0.30
Stretch Jump (0.40); Split Jump (90°) (0.40)		
Stretch Jump: See general faults and penalties		
Split Jump:		
Insufficient leg separation (less than 90°)		Up to 0.20
Failure to land with legs/feet close		Up to 0.10
Arabesque (>45°) – Scale (above horizontal) (0.40)		
Failure to lift free leg above 45° in arabesque		Up to 0.20
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg above horizontal in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
Cartwheel to Side Handstand, 1/4 (90°) Turn Dismount (0.60)		
Incorrect (simultaneous) hand placement		Up to 0.10
Failure to attain vertical		Up to 0.30
Failure to hold 2 seconds		Up to 0.20
1/4 (90°) turn incomplete or overturned		Up to 0.10
Failure to maintain straight body position throughout		Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

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 Group Program.

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

Coach may stand next to the beam 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 9/9/09



NORTH CAROLINA AAU LEVEL 6 BEAM – 10.0

The NC AAU Level 6 Beam shall be the same as described by the USAG Program 2005-2013 in its entirety with exception only as stated in NC AAU Supplementary General Deductions and Penalties.

Individual elements may be reversed within a routine, from a left element to a right element; from a right to a left element or a combination of both. However, the ORDER of elements within a routine may not be reversed. Gymnasts may take one extra step or delete required step if reversing an element with no deduction.

No Time Limit

Mount: Scissor Leg Swing with ½ (180°) Turn (0.20)		
Lack of Continuity in ½ (1980) turn to straddle sit		Up to 0.10
Coupe, Side Developpe, Rond De Jambe (0.40)		
<u>Side Developpe</u>		
Failure to lift free leg sideward to a minimum of 45° below horizontal		Up to 0.10
<u>Rond de Jambe</u>		
Failure to lift free leg in front to a minimum of horizontal		Up to 0.10
Failure to hold the forward leg balance for 1 second		Up to 0.10
½ (180°) Turn in Forward Coupe (Heel Snap) (0.40)		
Failure to lower heel at completion of turn		0.05
Straight Leg Leap (120°) (0.60)		
Bending lead (front leg on take-off)		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to pause in low arabesque position on landing		0.05
Weight Transfer (0.20)		
Failure to show "rocking" action through use of plie	Each Time	Up to 0.10
Back Walkover (150° Split0 or Back Roll to ¾ Handstand (060)		
<u>Back Walkover:</u>		
Failure to show continuous leg lift into the walkover		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20
<u>Back Roll to a minimum of ¾ handstand:</u>		
Failure to attain minimum of ¾ handstand		Up to 0.20
Performing a backward roll step-out (head stays in contact with beam)		0.60
½ (180°) Pivot Turns (L&R) (0.40)		
Lack of sharpness in pivot turns	Each	Up to 0.10
1/1 (360°) Turn in Forward Passe (0.40)		
See General Faults and Penalties		
Tuck Jump (0.40), Split Jump (120°) (0.40)		
<u>Tuck Jump:</u>		
Insufficient hip/knee closure	Each Angle	Up to 0.10
(minimum of 90° bend is required)		
Insufficient extension (open) before landing		Up to 0.10
<u>Split Jump:</u>		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with legs/feet close		Up to 0.10
Arabesque (>45°) – Scale (45° above horizontal) (0.40)		
Failure to lift fee leg above 45° in arabesque		Up to 0.20

Arabesque Continued		
Failure to hold arabesque 1 second		Up to 0.10
Failure to lift free leg 45° above horizontal in scale		Up to 0.20
Failure to hold scale 2 seconds		Up to 0.20
½ (180°) Pivot Lunge Turn (0.20)		
Lack of sharpness in pivot turn		Up to 0.10
Cross Handstand, ¼ to Side Handstand, ¼ Turn Dismount (1.20)		
Incorrect (staggered) hand placement in cross handstand		
0.10		
Failure to attain vertical	Each Handstand	Up to 0.30
Failure to hold cross handstand 1 second		Up to 0.10
¼ (90°) turn to side handstand incomplete		Up to 0.10
Failure to hold side handstand 2 seconds		Up to 0.20
¼ (90°) turn off incomplete or overturned		Up to 0.10
Failure to maintain straight body position		Up to 0.20

Failure to complete dismount (these deductions do not include body position faults):

When gymnast attempts, but fails to complete dismount, apply the specific deductions as listed for those phases not performed.

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 next to the beam 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

Performed Out of Order – Same as Level 5

Deductions Taken From Average by Chief Judge

Failure to begin exercise within 30 seconds after being signaled by CJ 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 9/9/09

