



2009-2010

**NORTH CAROLINA AAU
GIRLS GYMNASTICS
HANDBOOK**

*Please Note: The NCAAU District Gymnastics Director reserves the right to make changes to this handbook as seen fit with or without notice. All updates made within the calendar year listed above will be **highlighted** with the revised date noted at the footer of this handbook.*



**SUPPLEMENTARY GENERAL DEDUCTIONS AND PENALTIES
NORTH CAROLINA AAU GIRLS GYMNASTICS
LEVELS 2, 3, 4, 5, 6, 7, 8, AND MODIFIED OPTIONALS WHERE APPLICABLE**

*The GENERAL FAULTS AND PENALTIES as followed by USAG will apply to the
NC AAU Girls Age Group Program with the following exceptions:*

**MORE THAN HALF OF THE MAJOR ELEMENTS IN ROUTINE
PERFORMED WITH ASSISTANCE OF COACH**

The fourth paragraph, page 161 of USAG Compulsory Book, concerning this assistance does NOT apply to the North Carolina AAU Girls Age Group Program.

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 complete element assisted by the coach.

The maximum deduction of a single element performed is not to exceed the value of the element minus .10.

Example – Value of an element is .60, maximum deduction of .50 (this does not include deduction for fall, if any)

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.

Coach may stand between the bars for the entire routine with no deduction. Do not block view of judge.

Coach may stand next to beam for the entire routine with do deduction. Do not block view of judge.

Coach may stand on the floor with no deduction. Do not block view of judge

SPOTTING DEDUCTIONS - VAULT

Coach may stand between the mats or vault table and board with no deduction. Do not block view of judge.

Aid of Coach during vault 3.00

Spot by Coach on landing 0.50

Levels, 2, 3, & 4 Gymnasts are allowed the choice of one vault. A repeat vault is allowed if deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Levels 5, 6, 7, 8, and Modified Optional perform two vaults.

FALL DEDUCTIONS

Fall 0.50 Plus deduction for any incomplete part of the element - Not to exceed the value of the element attempted 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

(No Warning Given)

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 0.10

- Equipment and matting may be adjusted to facilitate the safety of the gymnast.
- 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.
- It should be noted that there are some choices of elements in the North Carolina AAU Age Group Level 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 level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.
- No time limit for Beam or Floor for all Levels.
- Supplementary General Deductions and Penalties shall also pertain to Levels 7, 8, and Modified Optional where applicable.



NORTH CAROLINA AAU GIRLS AGE GROUP LEVEL 2 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text.

It should be noted that there are some choices of elements in the NC AAU Age Group Level 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 level than others. However, execution deductions will apply. The emphasis is on correctness and technique of the skill that is chosen.

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.

NORTH CAROLINA AAU GIRLS LEVEL 2 VAULT

The NC AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward, placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the Chief Judge due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

NORTH CAROLINA AAU GIRLS LEVEL 2 BARS

The NC AAU Level 2 Bar routine shall be as follows. (Where there is no modification to USAG elements, only the elements and values are listed and referenced to the USAG compulsory book).

1. **Mount -- Back Hip Pullover (0.80)** - Refer to USAG Level 2 Element #1 page 25
Exception (1 or 2 foot take off is acceptable)
2. **Cast (0.60)** - Refer to USAG Level 2 Element #2 page 25
3. **Back Hip Circle (0.60)** - Refer to USAG Level 2 Element #3 page 25
4. **Cast, Straddle On, Sole Circle (0.80)** - Refer to USAG Level 2 Element #4 page 26

OR

Cast Underswing Dismount (0.80)

With the shoulders slightly in front of the bar, immediately swing the legs backward-upward. Push down against the bar, extending through the shoulders, to lift the body off the bar to execute a cast with legs together. Maintain a straight-hollow body position with the buttocks tight, the arms and legs straight, and the head neutral. As the hips return to the bar, immediately press the Bar downward to contact the mid to lower thigh, keeping the head neutral, check and torso hollow and the arms straight. Maintain this position while leaning the shoulders backward and circling the bar with the hips away from the bar. As the hips rise, completely open the shoulder angle while pressing the bar backward. Maintain a straight hollow body position with the arms and legs straight throughout and the head neutral. Release the hands to execute an underswing dismount. Maintain a tight body position in flight and land in demi plie in a controlled position.



NORTH CAROLINA AAU GIRLS LEVEL 2 BEAM

The NC AAU Level 2 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). No Time Limit

1. **Mount -- Jump to Front Support (0.20)** -Refer to USAG Level 2 Element #1 Page 29
2. **V-Sit to Stand (0.20)**
Shift weight back onto the buttocks. Bend both legs to place the toes on the top of the beam. Immediately straighten the legs and lift to show a V-Sit with the torso extended. Arms – grasp the beam behind the hips with the arms bent or straight. Bend the legs to step out onto the left foot, then the right foot to arrive in a tuck stand. Immediately straighten both legs, extending the legs to end in a releve stand. Arms – move through forward-middle while rising to squat; then continue moving forward-upward to crown; then open supplely to sideward-diagonally-upward. Lower heels to beam – arms remain high.
3. **Arabesque (0.40)** - Refer to USAG Level 2 Element #4 Page 30 If element #3 was reversed step right and begin text as written.
4. **Leg Swings (0.40)** - Refer to USAG Level 2 Element #5 Page 30
5. **Releve Balance (0.20)** - Refer to USAG Level 2 Element #6 Page 30
6. **Straight Jump (0.4)**
Demi-plié both legs with the heels down on the beam. Push off the beam, extending both legs through the hips, knees, ankles and toes with legs together, extending the hips and legs in the air to a stretched position before landing. Land on both feet in demi-plie, pressing through the balls of the feet to lower the heels onto the beam, right foot in front of the left foot with the feet slightly turned out. Arms on the demi-plié lower the arms sideward-downward to low position. During the jump, lift arms forward-upward to crown. Arms remain in crown upon landing. Extend the legs to finish in a straight stand (not in releve). Arms open to sideward-diagonally-upward.
7. **Tuck Jump Dismount (0.60)** - Refer to USAG Level 2 Element #8 Page 31

NORTH CAROLINA AAU GIRLS LEVEL 2 FLOOR

The NC AAU Level 2 Floor routine shall be as follows. Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). Music is required and shall be the USAG Level 2 music.

1. **Forward Roll To Straddle Stand (0.40)** – Refer to USAG Level 2 Element 1 Page 33
2. **Headstand (hold 2 seconds) to Kneel (.40); Arch Back (.40)** – Refer to USAG Level 2 Element 2 Page 33 (arch back is not required to touch floor)

OR

Straddle Tripod Position to Kneel (0.40); Arch Back (0.40) – Refer to USAG Level 2 Page 33
From a straddle stand, place top of head on the floor with palms of hands on floor and elbows bent. Keeping legs straight and in straddle position, lift soles of feet enough to place the TOPS of toes and feet onto the floor, and then pull straight legs together to assume a pike position with the tops of toes and feet on floor. Immediately bend the knees and sit back onto the heels with ankles extended. Knees may be slightly separated in the kneeling position. Lift torso to finish in an upright kneeling position with the hips extended.
Arms lift forward-upward to high position as the torso lifts.
Continue Arch Back as described in USAG Level 2 text page 33 with the exception that the arch back is not required to touch floor.

3. **Cartwheel, ¼ (90°) Turn Inward (0.60) Entry may be Forward or Sideward Entry** - Refer to USAG Level 2 Element 3 Page 34 for Side Entry. For forward entry kick the straight right leg forward-upward keeping the hips square. Finish as stated.



4. **Backward Roll To Pike Stand (0.40)** Refer to USAG Level 2 Element #4 Page 34
5. **Handstand (0.06)** - Refer to USAG Level 2 Element #5 Page 34 (Exception no hold required – only $\frac{3}{4}$ handstand required the emphasis being on body position of lever, straight body and legs - feet should however touch side by side.)
6. **Front Leg Balance(0.20)** - Refer to USAG Level 2 Element #6 Page 35
7. **Split Jump (30°) (0.40)** - Refer to USAG Level 2 Element #7 Page 35
8. **$\frac{1}{2}$ (180°) Pivot Turn (0.20)** - Refer to USAG Level 2 Element #8 Page 35
9. **Forward Chasse Right (0.40)** - Refer to USAG Level 2 Element #9 Page 35
10. **Pose** - Refer to USAG Level 2 Element #10 Page 35



NORTH CAROLINA AAU GIRLS AGE GROUP LEVEL 3 ROUTINES

Only changes to USAG Compulsory regarding text or element order will be listed with description and text. Otherwise, you will need to refer to your USAG Compulsory Book 2005-2013 Edition for descriptions and text. .

It should be noted that there are some choices of elements in the NC AAU Age Group Level 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 level than others. However, execution deductions will apply. The emphasis is on correctness of the skill that is chosen.

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.

NORTH CAROLINA AAU GIRLS LEVEL 3 VAULT (Mat minimum height 16" Maximum height 40")

Run and accelerating to the hurdle onto the board. Gymnast should rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

NORTH CAROLINA AAU GIRLS LEVEL 3 BARS

The NC AAU Level 3 Bar routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). * Indicates that element can be reversed.

1. **Mount -- Back Hip Pullover (0.80)** - Refer to USAG Level 3 Element #1 Page 39
2. **Cast (0.60)** - Refer to USAG Level 3 Element #2 Page 39
3. **Back Hip Circle (0.60)** - Refer to USAG Level 3 Element #3 Page 39
4. **Single Leg Cut Forward (0.40)** – Refer to USAG Level 3 Element 4 page 40
Finish in a stride support in overgrip. Maintain straight arms and legs throughout.

OR

- Cast, Single Leg Squat Through (0.40)** - Refer to USAG Level 4 Element #3 Page 60
5. **Forward Stride Circle (0.60)** – Refer to USAG Level 4 Element #4, Page 61
6. **Single Leg Cut Backward (0.40)** –Refer to USAG Level 4 Element #5 Page 61



7. **Cast, Squat On, Pike Sole Circle Dismount (0.40)** - Refer to USAG Level 3 Element #7 Pg 41

OR

Cast, Straddle On, Sole Circle Dismount (0.80) – Refer to USAG Level 2 Element #4 Page 26

OR

Cast, Underswing Dismount (0.80) - Refer to USAG Level 4 Elements 6 & 8 Page 62

NORTH CAROLINA AAU GIRLS LEVEL 3 BEAM

The NC AAU Level 3 Beam routine shall be the same as the USAG Level 3 Beam routine in its entirety with exceptions that apply to general deductions and penalties as listed on routine cards and choice of dismount. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). No Time Limit

1. **Mount - Jump to Front Support (0.20)** - Refer to USAG Level 3 Element #1 Page 43
2. **V-Sit (0.20), Swing To Push-Up Position (0.60)** - Refer to USAG Level 3 Element #2 Page 43
3. **Arabesque (0.40)** - Refer to USAG Level 3 Element #3 Page 44
4. **Partial Cross Handstand (0.80)** - Refer to USAG Level 3 Element #4 Page 44
5. **Running Steps (0.40)** - Refer to USAG Level 3 Element #5 Page 44
6. **½ (180°) Pivot Turn (0.02)** - Refer to USAG Level 3 Element #6 Page 44
7. **Split Jump (30°) (0.40)** - Refer to USAG Level 3 Element #7 Page 45
8. **Cartwheel To Side Handstand Dismount (0.60)** - Refer to USAG Level 3 Element #8 Page 45.
Exception No Hold Required

OR

Cartwheel to Side Handstand, *1/4 (90°) Turn Dismount (0.60) – Refer to Level 4 Element 15 Page 70. Exception – No Hold Required

NORTH CAROLINA AAU GIRLS LEVEL 3 FLOOR

The NC AAU Level 3 Floor routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). Music is required and shall be the USAG Level 3 Music.

1. **Handstand Forward Roll (0.60)** – Refer to USAG Level 3 Element #1 Page 49
2. **Round-off Rebound Stick (0.60)** – Refer to USAG Level 3 Element #2 Page 50 for description of round-off. Follow with the following text – After snapping the legs down and under to land on both feet in an upright hollow body position, immediately rebound with a stretched body, land in demi plie in a balanced controlled position (stick). Arms are in high position throughout. As the landing of the rebound occurs, lower the arms sideward-downward to a forward diagonally low position. Extend the legs to finish in a straight stand, arms in high position.
3. **Backward Roll to Pike Stand (0.40)** -Refer to USAG Level 3 Element 3 Page – Exception Element may be performed with or without straight arms with no deduction.



4. **Backbend Kick-Over (0.60)** – Refer to USAG Level 3 Element 4 Page 51

OR

Back Walkover (0.60)

Follow text; begin with feet flat on the floor, legs together. Arms remain in high. Extend the right leg forward, pointing the right foot on the floor. Lift the right leg forward-upward, pressing the hips forward. As the leg lifts, arch the upper back as the arms reach backward to place the hands on the floor side by side, shoulder-width apart. As the left foot pushes off the floor, push the shoulders over the hands to execute a back walkover, passing through a handstand position with a minimum of 90° leg separation, shoulders extended, and focus on the hands. Step down using a lever action to finish in a right lunge, pressing the right knee and both hips forward. Arms – finish the step down with arms in high position; then open to sideward-diagonally-upward. (If the backbend kick-over or back walk over was reversed, continue with the text as written in Element #5.

OR

Standing Back Handspring Rebound Stick (0.60)

Begin with the feet flat on the floor, legs together. Lean backward, bending and extending the knees to jump backward onto the hands in an inverted stretch body position to execute a back handspring. Push explosively off the floor with the arms and shoulders while simultaneously snapping the legs under to land on both feet in an upright hollow body position. Arms - Swing the arms forward-downward as the legs bend, then forward-upward to high position on the jump backward. Immediately rebound with a stretched body, land in demi plie in a balanced controlled position (stick). Arms are high throughout. On landing, arms lower sideward-downward to forward-diagonally-low. Extend legs to finish in a straight stand, arms in high position.

5. **Front Leg Balance (0.20)** - Refer to USAG Level 3 Element #5 Page 51
6. **Forward Chasse (0.40)** - Refer to USAG Level 3 Element #6 Page 51
7. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 3 Element #7 Page 51
8. **½ Turn in Forward Coupe (Heel-Snap) (0.20)** - Refer to USAG Level 3 Element #-8 Pg 52
9. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 3 Element #9 Page 52
10. **Pose** - Refer to USAG Level 3 Element #10 Page 53



NORTH CAROLINA AAU GIRLS AGE GROUP LEVEL 4 ROUTINES

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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.

NORTH CAROLINA AAU GIRLS LEVEL 4 VAULT

Mat Stack 32" in height Maximum height 48" Run and accelerating into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

NORTH CAROLINA AAU GIRLS LEVEL 4 BARS

The NC AAU Level 4 Bar routine shall be as described in the following text. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book).

1. **Mount – Glide Swing, Back Hip Pullover (0.40 each)** – Refer to USAG Lv 4 Element #1B Pg 59

OR

Mount – Straddle or Pike Glide Kip (.80) – Refer to USAG Level 5 Bars

2. **Front Hip Circle, Small Cast (0.60)** – Refer to USAG Level 4 Element #2 Page 50
3. **Cast, Single Leg Squat Through (0.40)** - Refer to USAG Level 4 Element #3 Page 60
4. **Forward Stride Circle (0.60)** – Refer to USAG Level 4 Element #4, Page 61
5. **Single Leg Cut Backward (0.40)** – Refer to USAG Level 4 Element #5 Page 61
6. **Cast (0.40)** - Refer to USAG Level 4 Element #6 Page 62
7. **Back Hip Circle (0.40)** – Refer to USAG Level 4 Element #7 Page 62
8. **Underswing Dismount (0.80)** – Refer to Level 4 Element #8 Page 62



NORTH CAROLINA AAU GIRLS AGE GROUP LEVEL 4 BEAM

The NC AAU Level 4 Beam routine shall be as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). No Time Limit

1. **Leg Swing Mount with $\frac{1}{2}$ (180°) (0.20)** – Refer to USAG Level 4 Element #1 Page 65
2. **V-Sit (0.20), Swing to Tuck Stand (0.40)** - Refer to USAG Level 4 Element #2 Page 65
3. **Coupe Walk, $\frac{1}{2}$ Turn in Forward Coupe (Heel-Snap Turn) (.40)**- Refer to USAG Level 4 Element #3 Page 66
4. **Straight Leg Leap (60°) (0.60)** - Refer to USAG Level 4 Element #4 Page 66
5. **Pose** - Refer to USAG Level 4 Element #5 Page 66
6. **$\frac{3}{4}$ Handstand in Cross Position (0.60)** - Refer to USAG Level 4 Element #6 Page 67
7. **Leg Swing** - Refer to USAG Level 4 Element #7 Page 67
8. **$\frac{1}{2}$ (180°) Turn in Forward Coupe (0.40)** - Refer to USAG Level 4 Element #8 Page 67
9. **Fish Pose** - Refer to USAG Level 4 Element #9 Page 68
10. **Stretch Jump (0.40), Tuck Jump (0.40)** - Refer to USAG Level 4 Element #10 Page 68
11. **Pose, Releve Steps** - Refer to USAG Level 4 Element #11 Page 68
12. **Arabesque (45°); Scale (at Horizontal) (0.40)** - Refer to USAG Level 4 Element #12 Page 69
13. **$\frac{1}{2}$ (180° Pivot Turn (0.20)** - Refer to USAG Level 4 Element #13 Page 69
14. **Bow** - Refer to USAG Level 4 Element #14 Page 69
15. **Cartwheel to Side Handstand, $\frac{1}{4}$ (90°) Turn Dismount (0.60)** – Refer to USAG Level 4 Element #15 Page 70

NORTH CAROLINA AAU GIRLS LEVEL 4 FLOOR

The NC AAU Level 4 Floor routine shall as follows. (Where there is no modification, only the elements and values are listed and referenced to the USAG compulsory book). Music Required and shall be the USAG Level 4 music.

1. **Arm Wave** – Refer to Level 4 Element #1 Page 73
2. **Small Bounces** - Refer to Level 4 Element #2 Page 73
3. **Stretch Jump (0.40); Split Jump (90°) (0.40)** - Refer to Level 4 Element #3 Page 74
4. **Handstand Forward Roll with Straight Arms (0.60)** - Refer to Level 4 Element #4 Page 74
5. **$\frac{1}{4}$ (90°) Pivot Turn** - Refer to Level 4 Element #5 Page 75
6. **Side Chasse with $\frac{1}{4}$ (90°) Turn, $\frac{1}{2}$ (180°) Pivot Turn** - Refer to Level 4 Element #6 Page 75
7. ***Handstand To Bridge, Back Kick Over (0.60)** – Refer to USAG Level 4 Element #7 Page 76
8. **Straight Leg Leap (90°) (0.60), Leg Swing with Hop (0.20)** - Refer to Lv 4 Element #8 Page 77
9. **Slide to Floor, $\frac{1}{2}$ (180°) Turn** - Refer to Level 4 Element #9 Page 77



10. **Forward Split (0.20)** - Refer to Level 4 Element #10 Page 78
11. **½ (180) Floor Turn to Stand** - Refer to Level 4 Element #11 Page 78
12. **Prance Steps** - Refer to Level 4 Element #12 Page 78
13. **Weight Transfer (0.20)** - Refer to Level 4 Element #13 Page 78
14. **Backward Roll to Push-Up Position (0.60)** - Refer to Level 4 Element #14 Page 79
15. **½ (180°) Turn In Forward Coupe (0.40)** - Refer to Level 4 Element #15 Page 79
16. **Round-Off (0.40), Flic-Flac To Two Feet, Rebound (0.60)** - Refer to Lv 4 Element #16 Page 80
17. **Pose** - Refer to Level 4 Element #17 Page 81



NORTH CAROLINA AAU GIRLS AGE GROUP LEVELS 5 & 6 ROUTINES

The NC AAU Age Group Program Levels 5 and 6 routines shall be the same as the USAG Levels 5 and 6 routines in their entirety with exceptions that apply to general deductions and penalties as listed on the NC AAU Supplementary General Deductions and Information. For descriptions of routines refer to your USAG 2005-2013 Compulsory Program Manual.

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.

No time limit on beam and floor.

Gymnast may perform two vaults.

Refer to 5 & 6 Routine Deduction Cards for specific deductions.



NORTH CAROLINA AAU GIRLS AGE GROUP LEVELS 7 & 8

The NC AAU Age Group Program Levels 7 and 8 routines rules and requirements shall be the same as the USAG Levels 7 and 8 routine rules and requirements in their entirety with exceptions that apply to general deductions and penalties as listed on the NC AAU Supplementary General Deductions and Information.

No time limit on beam and floor.

Gymnast may perform two vaults.

The start values for vaults in AAU Level 7 shall be as follows. No other vaults allowed.

- Handspring 10.0
- $\frac{1}{2}$ On – $\frac{1}{2}$ Off 10.0
- $\frac{1}{4}$ On – $\frac{3}{4}$ Off 10.0
- $\frac{1}{2}$ On – 1/1 Off 10.0
- $\frac{1}{4}$ On – 1 $\frac{1}{4}$ Off 10.0
- Handspring 1/1 10.0

For Requirements and Deductions refer to USAG Code.

LADIES DIVISION

This division is intended for athletes 18 years of age and older. Athletes in this division have the choice of following the modified optional rules or the USAG level 8 rules. Gymnasts must indicate which level of rules they will be following on their entry form. Gymnasts will only compete against other gymnasts in the “Ladies Division” at that respective competition.



**NORTH CAROLINA AAU GIRLS MODIFIED OPTIONAL DIVISION
RULES & REQUIREMENTS**

VAULT		BARS		BEAM (No Time Limit)		FLOOR (No Time Limit)	
Allowed Vaults		Special Requirement	Value	Special Requirements	Value	Special Requirements	Value
Handspring	10.0	1 Bar Change	.50	1/1 Turn on One Foot	.50	“A” Turn on One Foot	.50
½ On – ½ Off	10.0			Leap or Jump Series of at Least Two Elements	.50	Two Acro (Tumbling Passes) of at least three skills, all skills must contain flight	.50
¼ On – ¾ Off	10.0			Split Leap or Jump (No Angle Requirement) (may be part of series or isolated)	.50	Leap or Jump Series of at Least Two Elements	.50
½ On – 1/1 Off	10.0			One Acro (Tumbling) Skill, Flight not Required	.50	One Salto (may be part of series or isolated)	.50
¼ On – 1 ¼ Off	10.0			Dismount with Flight, with or without Hands	.50		
Handspring 1/1	10.0						
No Other Vaults Allowed							
		BARS		BEAM		FLOOR	
		Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value	Skill Requirements as per USAG Code of Points 2005 to 2013	Value
		One “B” Level Skills	.30 ea	One “B” Level Skills	.30 ea	One “B” Level Skills	.30 ea
		Five “A” Level Skills	.10 ea	Five “A” Level Skills	.10 ea	Five “A” Level Skills	.10 ea
		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine		No “C” Level Skills Allowed (Dance or Acro) Void Routine	
Coach may stand between the vault table and board with no deduction (Spot (touch) of gymnast deduction is .50).		Coach may stand between bars for the entire routine with no deduction (Spot (touch) of gymnast deduction is .50).		Coach may stand beside beam for the entire routine with no deduction (Spot (touch) of gymnast deduction is .50).		The coach may stand on the floor with no deduction. (Spot (touch) of gymnast deduction is .50).	

GENERAL INFORMATION AND DEDUCTIONS

1. There will be no composition deductions; “higher” level B skills will not be rewarded, however, execution deductions will apply.
2. If a judge recognizes a C level skill, the routine will be voided. The judge will not “devalue” the skill for the benefit of the gymnast. A good rule of thumb is, if a judge would give a skill a C if it was needed for Level 9, then that skill in Modified Optional will void the routine. Coaches should not put any skills that could be recognized as a C, even if performed poorly.
3. Equipment and matting may be adjusted to facilitate the safety of the gymnast.



NORTH CAROLINA AAU LEVEL 2 VAULT – 10.0

8" Mat Required

The NC AAU Level 2 Vault shall be kick to handstand fall to flat back, hands on 8" matting. Gymnast may take one to three steps forward on to the board, swings the arms forcefully from back to forward; placing the hands on the 8" matting and kick the back leg backward-upward and pushing off the board with the front leg, kick to handstand. Arms remain straight. The legs are together in vertical and the head is neutral. Maintaining a straight hollow body position with legs together rotate to land in a straight lying position on the back on the matting. Arms remain in high position from the handstand through the landing on the back.

Any type of professionally manufactured spring board or registered air board may be used for all age group level vaults. Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

General Deductions Continued

Coach between board and mat	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.

First Flight Board To Mat Phase

Failure to maintain a stretch body position from board to mat: Up to 0.50

Support Phase

Failure to place hands on matting	0.50
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Completely bent arms causing head to contact mat	2.00
Failure to contact mat with both hands	3.00
Too long in support (holding handstand)	Up to 0.50
Alternate or additional hand placement (Walks on Hands)	Up to 0.30

Post Hand Stand Phase

Failure to maintain stretched body position (lack of extension) Up to 0.50

Landing Phase

Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment (arms should be by or slightly behind the ears)	Up to 0.30

General

Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment-not neutral position (each phase)	Up to 0.10
Deviation from straight direction	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00



NORTH CAROLINA AAU LEVEL 2 BARS – 10.0

Mount -- Back Hip Pullover (0.80) (1 or 2 Foot Take Off Acceptable)	
Failure to finish in extended front support	Up to 0.10
Lack of continuity	Up to 0.10
Cast (0.60) (no angle requirement – hips free of bar on cast)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended support	
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
Cast, Straddle On, Sole Circle Dismount (0.80)	
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
OR	
Cast, Underswing Dismount (0.80)	
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
Refer to USAG General Faults and Penalties for additional deductions	
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 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 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



NORTH CAROLINA AAU LEVEL 2 FLOOR – 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.

Music Required – USAG Level 2 Music (either version)

Forward Roll to Straddle Stand (0.40)	
Pushing off floor with hands to arrive in tuck stand	0.30
Headstand to kneel (.40)	
Failure to hold 2 seconds	Up to 0.20
-OR- Straddle Tripod Position to Kneel (0.40)	
Failure to show tripod position	Up to 0.20
Failure to close to pike position	Up to 0.20
Arch Back (0.40)	
Failure to show kneeling position with ankles extended	Up to 0.10
Failure to keep hips extended and pushed forward on arch back	Up to 0.20
Cartwheel, ¼ (90°) Turn Inward (0.60) (Forward or Side Entry)	
Incorrect (simultaneous) hand placement	0.10
Failure to pass through vertical	Up to 0.30
Backward Roll to Pike Stand (0.40)	
Failure to maintain tuck position as buttocks touch floor	Up to 0.20
Hands placed on floor during squat phase prior to rolling backward	0.30
Handstand (0.60) OR ¾ Handstand (No Hold Required)	
Failure to show straight-hollow body position with hip angle straight	Up to 0.20
Front Leg Balance (0.20)	
Failure to hold balance 1 second	Up to 0.10
Split Jump (30°) (0.40)	
Insufficient leg separation (less than 90°)	Up to 0.20
Failure to land with legs/feet close	Up to 0.10
½ (180°) Pivot Turn (0.20)	
Lack of sharpness in pivot turn	Up to 0.10
Forward Chasse (0.40)	
Failure to pass through 4 th position demo-plie into chasse	Up to 0.10
Failure to join legs together in air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Refer to USAG General Faults and Penalties for Additional Deductions.	

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 on floor with no deduction. Do not block 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

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 VAULT – 10.0

Run and accelerating to the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position by driving the legs upward, landing in a handstand position with straight arms. Forcefully extending through the shoulders, the head remains neutral with focus on the hands; arms remain in high position from handstand through the landing on back. Maintain a straight-hollow body position with legs together. Land on the skill cushion in a straight lying position on the back. Mat Minimum height 16" Maximum height 40

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase	
Failure to maintain a stretch body position from board to mat	Up to 0.50
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
Second Flight Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment	Up to 0.30
General Deductions Throughout	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10

General Deductions	
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NORTH CAROLINA AAU LEVEL 3 BARS – 10.0

Mount -- Back Hip Pullover (0.80)	
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
Cast (0.60)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.60) finish in extended front support	
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
Single Leg Cut Forward (0.40)	
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
OR	
Cast, Single Leg Squat Through (0.40)	
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
Forward Stride Circle (0.60)	
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
Single Leg Cut Backward (0.40)	
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
Cast, Squat On; Pike Sole Circle Dismount (0.80)	
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
OR	
Cast, Straddle On, Sole Circle Dismount (0.80)	
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
OR	
Cast, Underswing Dismount (0.80)	
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
Refer to USAG General Faults and Penalties for additional deductions	
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 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



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 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 FLOOR – 10.0

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.

Music required and shall be USAG Level 3 Music (either version)

Handstand Forward Roll (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold for 1 second	Up to 0.10
Use of hands to push off floor to come to standing position	0.30
Round-Off Rebound Stick	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Backward Roll to Pike Stand (0.40) Straight Arms Not Required	
Hands placed on floor during squat phase prior to rolling backward	0.30
Backbend Kick-Over (0.60)	
Failure to maintain arms next to ears and focus on hands	Up to 0.10
Lack of control into backbend	Up to 0.10
Failure to push shoulders behind hands in bridging phase	Up to 0.20
Extra kicks to establish inverted vertical position on kick-over	Each 0.30
OR	
Back Walkover (0.60)	
Failure to show continuous leg lift into walkover (leg drops or lifts after the arching backward has begun)	Up to 0.10
Incorrect staggered or alternate hand placement	0.10
Insufficient leg separation (less than 90°)	Up to 0.20
OR	
Standing Back Handspring Rebound Stick (0.60)	
Deep Squat into Back Handspring	Up to 0.20
Lack of extension	Up to 0.20
Failure to land with feet together simultaneously	0.10
Failure to rebound immediately	0.10
Failure to stick landing	Up to 0.50
Front Leg Balance (0.20)	
Failure to hold balance 2 seconds	Up to 0.20
Forward Chasse ((0.40)	
Failure to pass through 4h position demi-plie	Up to 0.10
Failure to join legs together in the air	Up to 0.20
Failure to maintain good body alignment	Up to 0.20
Straight Leg Leap 60° (0.60)	
Bending the (lead) front leg on take off	Up to 0.10
Insufficient leg separation less than 60°	Up to 0.20
1/2 Turn In Forward Coupe (Heel-Snap) (0.20)	
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°) Each angle Up to 0.10

Refer to USAG General Faults and Penalties for additional deductions

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 on floor with no deduction. Do not block 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

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 4 VAULT – 10.0

Mat Stack 32" in height Maximum height 48"

Run and accelerating into the hurdle onto the board. Rebound (punch) off the board with the arms reaching to the mat stack as a continuation of the hurdle swing. Keep the body extended, rotating to an inverted position and extending through the shoulders and execute handspring on to stacked mats to back lying position. Execute the handspring vault with good rotation, blocking through the shoulders and maintaining a tight straight-hollow body position with legs together.

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults

Gymnast may perform **only** one vault. A repeat vault will be allowed if it is deemed necessary by the **Chief Judge** due to extreme or unusual circumstances. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

First Flight Board to Mat Phase	
Failure to maintain a stretch body position from board to mat	Up to 0.50
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Body not extended through vertical	Up to 0.50
Arms bent	Up to 0.50
Complete bent arms causing head to contact mat	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Alternate repulsion	Up to 0.20
Second Flight Phase	
Failure to maintain stretched body position (lack of extension)	Up to 0.50
Landing	
Failure to finish in a straight lying position on the back	Up to 0.50
Feet first landing	Up to 1.00
Incorrect shoulder alignment	Up to 0.30
General Deductions Throughout	
Failure to maintain a straight body position:	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Legs Bent (each phase)	Up to 0.30
Incorrect Foot Form (each phase)	Up to 0.10
Incorrect Head Alignment – Not Neutral (each phase)	Up to 0.10

General Deductions

Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Support of only one hand on mat	3.00
No hand support on mat	3.00
Coach between board and mat	No penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions

Definition of Straight Body Landing – (back in full contact with the mat upon landing which might show a slight elevation of the legs and the arms/head above the mat upon landing) should be rewarded as fulfilling the landing requirement in straight lying position. The fully extended straight body (from hands to heels of pointed toes) position landings should also be rewarded with no deductions. The hollow (scoop position) should be achieved through the torso (belly button pulled in toward the spine with buttocks tucked under). The hollow position should not present with any discernable hip break (pike) nor any shoulder/head misalignment. The arms should be fully extended from the shoulders (arms by or slightly behind the ears) to show an open shoulder angle with no head protrusion.



NORTH CAROLINA AAU LEVEL 4 BARS – 10.0

Mount – Glide and Return Back Hip Pullover (0.40 each)	
<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
OR	
Mount – Straddle or Pike Glide Kip (.80)	
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
Front Hip Circle, Small Cast (0.60)	
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
Cast, Single Leg Squat Through (0.40)	
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
Forward Stride Circle (0.60)	
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
Single Leg Cut Backward (0.40)	
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
Cast (0.40)	
Incorrect body alignment	Up to 0.20
Back Hip Circle (0.40)	
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
Underswing Dismount (0.80)	
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
Refer to USAG General Faults and Penalties for additional deductions.	

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



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 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 0.1



NORTH CAROLINA AAU LEVEL 4 FLOOR – 10.0

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.

Music required and shall be USAG Level 4 Music (either version)

Stretch Jump (0.40), Split Jump (90°) (0.40)	
Stretch jump: See General Faults and Penalties	
Split jump:	
Failure to land with legs/feet close	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Handstand Forward Roll with Straight Arms* (0.60)	
Failure to attain vertical	Up to 0.30
Failure to close (join) legs	0.10
Failure to hold handstand for 1 second	Up to 0.10
Pushing off floor with hands to arrive in tuck stand	0.30
Handstand to Bridge, Back Kick-Over (.60)	
Failure to maintain arms next to ears & focus on hands	Up to 0.10
Failure to close (join) legs	0.10
Failure to push shoulders behind hand in bridging phase	Up to 0.20
Failure to land with feet simultaneously	0.10
Insufficient leg separation on back kick-over (less than 120°)	Up to 0.20
Straight Leg Leap (90°) (0.60); Leg Swing with Hop (0.20)	
Straight Leg Leap:	
Bending the lead (front leg on take-off)	Up to 0.10
Insufficient leg separation (less than 90°)	Up to 0.20
Leg Swing with Hop:	
Failure to swing leg forward to a minimum of horizontal	Up to 0.10
Forward Split (0.20)	
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20
Weight Transfer (0.20)	
Failure to show “rocking” action through use of plie	Up to 0.10
Backward Roll to Push-Up Position (0.60)	
Hands placed on floor during squat phase prior to rolling backward	0.30
Failure to show push-up position	0.20
1/2 (180°) Turn in Forward Coupe (0.40)	
See General Faults and Penalties	
Round-Off (0.40) Flic-Flac to Two Feet, Rebound (0.60)	
Lack of acceleration in the series	Up to 0.20
Round-off:	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
Flic-flac to two feet, rebound:	
Deep squat into flic-flac	Up to 0.20
Failure to land on feet simultaneously	0.10
Failure to rebound immediately	0.10
Failure to pause in controlled “stick”	0.05

Refer to USAG General Fault and Penalties for Additional Deductions

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 on floor with no deduction. Do not block 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 the 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



NORTH CAROLINA AAU LEVEL 5 VAULT – 10.0

The NC AAU Level 5 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manual, Page 83 **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties.**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/or vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one hand on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
	(includes the fall)
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

General	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions



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.**

Mount -- Straddle or Pike Glide Kip (0.80)	
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
Front Hip Circle (0.60)	
Failure to show a straight-hollow body position into circle	Up to 0.10
Cast to Horizontal & Return to Front Support (0.80)	
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
Cast, Squat On/Pike On (0.40)	
Alternate foot placement	Up to 0.20
Insufficient backward swing of legs into cast (hip lift only)	0.05
Jump to Long Hang Kip (0.80)	
Failure to swing to near horizontal	Up to 0.20
Cast to Horizontal (0.80)	
See above deductions on Cast to Horizontal	
Back Hip Circle (0.60)	
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
Underswing, First Counterswing (30°) (0.80)	
Underswing	
Failure to maintain straight hollow body position throughout	Up to 0.20
Hips contacting bar (no deduction for thighs touching bar)	0.20
1st Counterswing	
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
Tap Swing Forward, Second Counterswing (15°) (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 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 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



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



NORTH CAROLINA AAU LEVEL 5 FLOOR – 10.0

The AAU Level 5 Floor shall be the same as described by the USAG Program 2005-2013 in its entirety **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties**. 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.

Music required and shall be USAG Level 5 Music (either version)

Straddle Jump (120°) (0.40)		
Insufficient leg separation (less than 120°)		Up to 0.20
Failure to land with feet together		0.10
Dive Forward Roll (0.60)		
Failure to maintain straight-hollow position throughout		Up to 0.20
Failure to show flight (dive) prior to hand contact		Up to 0.20
Pushing off floor with hands to arrive in tuck stand		0.30
Front Handspring To Two Feet, Rebound (0.60)		
Failure to maintain arms next to ears & focus on hands throughout		Up to 0.10
Flight prior to hand contact (dive)		Up to 0.20
Incorrect (alternate) hand placement		0.10
Insufficient repulsion (quickness off hands)		Up to 0.20
Total lack of repulsion (Front Limber-change of element)		0.60
Failure to land with feet simultaneously		0.10
Failure to rebound immediately		0.10
Straight Leg Leap (120°) (0.60; Leg Swing with Hop ¼ Turn (0.20)		
Straight leg leap:		
Bending the lead (front) leg on take-off		Up to 0.10
Insufficient leg separation (less than 120°)		Up to 0.20
Leg swing with hop ¼ (90°) turn:		
Failure to swing leg forward to a minimum of horizontal		Up to 0.10
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)		Up to 0.20
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie	Each	Up to 0.10
Backward Roll to Handstand with Straight Arms (0.60)		
Hands placed on floor during squat phase prior to rolling backward		0.30
Incorrect hand placement		0.10
Failure to pass through vertical		Up to 0.30
Performs a backward roll step-out (change of element)		0.60
1/1 (360°) Turn in Forward Coupe (0.40)		
See General Faults and Penalties		
Hitchkick (0.40)		
Insufficient height of each leg kick (as specified in text)	Each	Up to 0.10
Back Walkover (150°) (0.60)		
Failure to show continuous leg lift into walkover (leg drops or lifts after Arching backwards has begun)		Up to 0.10
Incorrect (staggered or alternate) hand placement		0.10
Insufficient leg separation (less than 150°)		Up to 0.20

Round-Off (0.40, Flic-Flic, Flic-Flac Rebound (0.60 Each)

Lack of acceleration in the series		Up to 0.20
Round-off:		
Failure to pass through vertical		Up to 0.30
Failure to land with feet simultaneously		0.10
Flic-flac, Flic-flac, rebound:		
Deep Squat into flic-flac	Each	Up to 0.20
Failure to land with feet simultaneously	Each	0.10
Failure to immediately rebound		0.10
Failure to pause in “controlled stick”		0.05

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 Girls Age Group Program. Equipment and matting may be adjusted to facilitate the safety of the gymnast. Coach may stand on floor with no deduction. Do not block 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

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 .10



NORTH CAROLINA AAU LEVEL 6 VAULT – 10.0

The NC AAU Level 6 Vaults shall be the same as described by the USAG Program 2005-2013. Refer to USAG Compulsory Manuel, Page 117 **with exception only as stated in the NC AAU Supplementary General Deductions and Penalties**

Any type of professionally manufactured spring board or air boards may be used for all compulsory level vaults. Gymnast is allowed two vaults. Three running approaches are permitted, if the gymnast has not touched the springboard and/r the vault table. A fourth approach is not permitted.

First Flight	
See General Deductions	
Support Phase	
Incorrect Shoulder Alignment	Up to 0.30
Arms Bent	Up to 0.50
Completely bent arms causing head to contact vault table	2.00
Additional hand placements (taking steps/hops on hands)	Up to 0.30
Too long in support (failure to leave vault table by vertical)	Up to 0.50
Angle of repulsion:	Up to 1.00
By vertical	no deduction
From 1° to 45°	deduct 0.05 - 0.50
From 46° to horizontal	deduct 0.55 - 1.00
Alternate repulsion	Up to 0.20
Touch of only one had on vault table	Chief Judge 1.00
No hand support on vault table	VOID
Second Flight	
Insufficient height	Up to 0.50
Insufficient distance	Up to 0.30
Brush, touch, or hit of body on far end of vault table	0.30
Landing	
Slight hop, small adjustment of feet	Up to 0.10
Extra arm swing (s)	Up to 0.10
Additional trunk movements to maintain balance	Up to 0.30
Taking steps after landing	Each 0.10 Max 0.40
Very large step or jump	0.20
Deep squat upon landing	Up to 0.30
Contacting the mat or apparatus with one or both hands or with body	
After landing	
Brush, touch or hit	Up to 0.30
Support on hand(s) or fall onto mat or against apparatus	0.50
Failure to land on the feet first on the mat	2.00
(includes the fall)	
*Finishes in a sitting, lying or standing position on the vault table	0.50 (fall on apparatus) +2.00

General	
Body position faults	
Arch (each phase)	Up to 0.30
Pike (each phase)	Up to 0.50
Legs separated (each phase)	Up to 0.20
Incorrect head alignment	Up to 0.10
Incorrect Foot Form (each phase)	Up to 0.10
Legs bent (each phase)	Up to 0.30
Deviation from straight direction	Up to 0.30
Lack of dynamics (speed/power)	Up to 0.30
Headspring performed	2.00
Performing incorrect vault	VOID
Coach between board and vault table	No Penalty
Aid of coach during vault	3.00
Aid of coach on landing	0.50

Refer to USAG General Fault and Penalties for Additional Deductions



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.

Mount -- Straddle or Pike Glide Kip (0.80)			
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
Cast to a Minimum of 30° Above Horizontal (0.80)			
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)			
Clear Hip Circle to 30° Above Horizontal (0.80)			
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
Straddle or Pike Glide Kip (0.80)			
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
Cast, Squat/Pike On or Back Sole Circle (0.40)			
Insufficient backward swing of legs into cast hip lift only			0.05
Alternate foot placement			0.20
Jump To Long Hang Kip (0.80)			
Failure to swing to near horizontal		Up to	0.20
Cast to 30° Above Horizontal (0.80)			
See Cast to 30° above horizontal on low bar			
Long Hang Pullover (0.80)			
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, 1st 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

1st 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 low bar			0.30

Tap Swing Forward 2nd 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

2nd 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
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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 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.

Refer to USAG Level 6 Bars for remaining Supplementary Deductions



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 (180°) 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° Split or Back Roll to ¾ Handstand (0.60)		
<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 free 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 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



NORTH CAROLINA AAU LEVEL 6 FLOOR – 10.0

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.

Straddle Jump (150°) (0.40); Stretch Jump with ½ (180°) Turn (0.40)		
<u>Straddle Jump:</u>		
Insufficient leg separation (less than 150°)	Up to 0.20	
Failure to land with feet together	0.10	
<u>Stretch jmp with ½ turn – See General Faults and Penalties</u>		
Flic-Flac Step Out (0.60)		
Failure to step-out (legs together throughout performs flic-flac to two fee)	0.20	
Forward Salto Tucker (0.80)		
See General Faults and Penalties		
Failure to perform salto in designated body position (pike or layout)	Up to 0.80	
Front Handspring Step Out (0.60) Front Handspring Two Feet, Rebound (0.60)		
Lack of acceleration in series	Up to 0.20	
<u>Applies to both Front handsprings:</u>		
Failure to maintain arms next to ears & focus on hands	Up to 0.10	
Flight prior to hand contact (dive)	Up to 0.20	
Incorrect (alternate) hand placement	0.10	
Insufficient repulsion (quickness off hands)	Up to 0.20	
Total lack of repulsion (Limber or Front Walkover)	0.60	
<u>Front handspring step-out:</u>		
Failure to step out (Legs together throughout)	0.20	
Joining legs prior to step-out	0.10	
<u>Front handspring to two feet, rebound:</u>		
Failure to land with feet simultaneously	0.10	
Failure to immediately rebound	0.10	
Straight Leg Leap (150°) (0.60; Side Leap (150°) (0.60)		
<u>Straight leg leap:</u>		
Bending the lead (front)leg on take-off	Up to 0.10	
Insufficient leg separation (less than 150°)	Up to 0.20	
<u>Side Leap:</u>		
Bending the lead leg (front) leg on take-off	Up to 0.10	
Insufficient leg separation (less than 150°)	Up to 0.20	
Forward Split (0.20)		
Failure to achieve 180° split position (legs flat on floor)	Up to 0.20	
Weight Transfer (0.20)		
Failure to show “rocking” action through use of plie	Each Up to 0.10	
Straight Arm Backward Roll To Handstand (0.60)		
Hands placed on floor during squat phase prior to rolling backward	0.30	
Incorrect hand placement	0.10	
Failure to pass through vertical	Up to 0.30	
Performs a backward roll step out (change element)	0.60	
1/1 (360°) Turn in Forward Passe (0.40)		
See General Faults and Penalties		

Hitchkick (0.40)	
Insufficient height of each leg kick	Up to 0.10
Back Walkover (180°)	
Failure to show continuous leg left into walkover	Up to 0.10
Incorrect (staggered or alternate) hand placement	0.10
Insufficient leg separation (less than 180°)	Up to 0.20
Round Off (0.40) Flic Flac (0.60), Backward Salto Tucker (0.80)	
Lack of acceleration in the series	Up to 0.20
<u>Round off:</u>	
Failure to pass through vertical	Up to 0.30
Failure to land on feet simultaneously	0.10
<u>Flic Flac:</u>	
Deep squat into flic flac	Up to 0.20
Failure to land on feet simultaneously	0.10
<u>Backward salto tucked:</u>	
Failure to perform salto in designated body position (pike or layout)	Up to 0.80
Failure to extend/open prior to landing	Up to 0.20
Failure to pause in “controlled stick”	0.05

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 on floor with no deduction. Do not block 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 – Refer to Level 5

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 .10

