

**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 0.30 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.

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