

GYMNASTICS RULES & SCORE BOOK (LEVELS 1- 6)



Pink Book • Sixth Edition • Copyright 2006 Errata (Updates, Clarifications & Corrections)

P. 21 After “Changes in Prescribed Text” section add:

Note: Any step designated as “not in relevé” may be performed in relevé without penalty.

P.22 C. Balance Bema and Floor Exercise #12, first bullet. Change wording.

- Movement quality to reflect ~~personal~~ style of Compulsory routine..... Up to 0.15

Add new #17 between #16 & #17

17. Heel-snap turns performed on correct foot, but turn in wrong direction (major element reversed).....Half the value of element

P. 24 Deductions Taken From Average by Chief Judge, Add words to #5

5. Coach/teammate giving assistance with signals or cheers (applied after one warning except no warning given when coach instructs gymnast what to do next) 0.20

P. 24 Add a new # 14 between #14 & #15

14. Gymnast begins exercise without signal from Chief Judge (CJ instructs gymnast to stop and start over) 0.50

Level 1 VAULT p.27 add at bottom of page:

Landing

1. Slight hop or small adjustment of feet Up to 0.10
2. Extra arm swing(s)..... Up to 0.10
3. Additional trunk movements to maintain balance Up to 0.30
4. Incorrect body posture on landing Up to 0.20
5. Taking steps after landing Each 0.10 (Max 0.40)
6. Very large step or jump 0.20
7. Deep squat upon landing..... Up to 0.30
8. Contacting mat with the hand(s) or with the body after landing
 - Brush, touch or hit Up to 0.30
 - Support on hand(s) or fall onto mat 0.50

Level 2 VAULT p. 28 add under

A. APPROACH:

5. Lack of continuity between arm circle and block off board Up to 1.00
6. Stop in handstand position on board..... 1.00

B. FLIGHT FROM BOARD TO MAT Change #1

1. ~~Lack of~~ Insufficient flight on block ~~Up to 0.30~~ Up to 0.50

Level 3 VAULT

P. 29, First line. Add after: (Waist Height) “**Plus or minus up to 8 inches of skill cushion.**”

P. 29 Under “Hand Contact and Roll Phase” add new # 3:

3. Front or top of head contacts mat during the roll phase.....Up to 0.50
- Change #10 to:
11. Insufficient tuck ~~Up to 0.20~~ Up to 2.00
(Maximum 2.00 - Roll with extended body/legs to land in flat lying position)
- Add # 13 & 14
13. Pushing with hands on mat to arrive in a squat position 0.50
 14. Roll to kneel without passing through a tuck stand 1.00
- Add #7 under General
7. Lack of continuity during roll Up to 0.50

Level 4 VAULT p. 30 General Deductions. Add a bullet under #11

- A fall on the run-approach is a Balk – no deduction

p. 31 Support Phase add a bullet after #6

- Staggered hand placement: one inside zone, one out 0.20

Level 5/6 VAULT p. 32 add # 12 & 13

12. Coach standing between board and vault table.....No Deduction
13. Performing vault without signal from Chief Judge.....
..... 0.50 from average of next vault

p. 33 Second Flight add (...)to # 2

1. Insufficient distance (consider size of gymnast, overall trajectory, where hands contact table and where feet land) Up to 0.30

Level 2 UNEVEN BARS, p. 35 Add to bottom of page

Examples of unusual circumstances regarding the dismount:

- a. Gymnast casts and pushes away to jump to the mat (Level 1 dismount) and does not repeat (Substitution 0.80x2) 1.60
- b. Gymnast casts, straddles legs but never makes contact with feet on bar but continues with underswing to land the dismount (incomplete element).. 0.40
- c. Gymnast casts back, jumps to the mat with no attempt to straddle. Coach lifts gymnast to bar, assisting in establishing a straddle stand; gymnast completes the dismount. 0.50 Fall + 0.40 Incomplete Element
No deduction for coach lifting gymnast to the bar.

Level 3 UNEVEN BARS, p. 36 Forward Stride Circle, add new #1 & #3

1. Failure to simultaneously change both hands to reverse grip 0.20
3. Failure to maintain reverse grip (hands completely release bar instead of shifting wrists) 0.30

Level 4 UNEVEN BARS, p. 38 Mount, add

5. Performs a glide backswing with legs straddled..... 0.20
8. Failure to contact mat with feet following glide backswing 0.20

- P. 38 Front Hip Circle, add #
 2. Release of hands to grab legs during circle (changing element)..... 0.60
 P. 38 Forward Stride Circle, add new # 1 & #3, Add words to new #4
 1. Failure to simultaneously change both hands to reverse grip 0.20
 3. Failure to maintain reverse grip (hands completely release bar instead of shifting wrists) 0.30
 4. Hooking knee on the bar “on the upswing” to complete circle..... 0.50

- P. 38, Single Leg Cut Backward, add #2
 2. Failure to perform a “cutting” action (substitution 0.40x2)..... 0.80

- Level 5 UNEVEN BARS, p. 40, Front Hip Circle, add #2
 2. Release of hands to grab legs during circle..... 0.60
 P. 40, Cast, Squat/Pike On, add #3 & #4
 3. Performs a sole circle after the squat or pike on 0.30
 4. Performs a straddle on instead of squat or pike on 0.20

Level 5/6 UNEVEN BARS

- P. 41, 1st Counterswing, #4.
 P. 41, 2nd Counterswing #5
 P.43, 1st Counterswing #5
 P. 43 2nd Counterswing, #5

Delete: ~~“with rounded hip angle”~~

Change the next line (#5 or #6) and what follows to:

- 5/6. Failure to show a rounded hip angle with the feet below the hips during the counterswing (upswing)
 • Hips extended in line with the feet at horizontal 0.20
 • Body arched (flaired) with the feet higher than the hips..... 0.30
 6/7. Failure to maintain hollow body position until feet pass the low bar in the downward-forward swing of the tap swing forward (early tap)..... Up to 0.20

Level 6 UNEVEN BARS, P. 42, Cast, Squat/Pike On or Back Sole Cir., add #3&4

3. Performs more than one sole circle (adding element)..... 0.30
 4. Performs a straddle on 0.20

P. 43, 2nd Counterswing, change word:

4. Hips not level with the ~~height~~ **high** bar (at horizontal)..... Up to 0.20

P. 44, Tuck Flyaway/Pike Flyaway, change ~~135°~~ to 90° under both dismounts

1. Insufficient bend of hips /legs (minimum ~~135°~~ 90°)..... Each Up to 0.20

Levels 4, 5, 6 BALANCE BEAM

Increase time limit by 5 seconds

P. 48 (L-4 BB) Time Limit: ~~50~~ **55** Seconds Warning: ~~40~~ **45** Seconds

P. 50 (L-5 BB) Time Limit: ~~4:05~~ **1:10** Warning: ~~55~~ **1:00**

P. 52 (L-6 BB) Time Limit: ~~4:10~~ **1:15** Warning: ~~4:00~~ **1:05**

P. 49, 51 & 54, Add statement at the bottom of the page:

If the coach aids the gymnast in the completion of the element by pushing her over from the handstand position, deduct 0.50 for the spot plus Element Value.

Levels 1, 2, 3 FLOOR EXERCISE

P. 55 Center of page. Change “~~Bridge~~” (0.60) to “**Crab Stand**” (0.60)

Change #3. ~~Incorrect hand placement~~..... ~~0.10~~

3. Insufficient opening of the hips (parallel) Up to 0.20

P. 56 2nd Element. Change ~~Headstand to Kneel~~, “~~Arch Back~~” (0.40) to **Headstand to Kneel**, “**Hinge**” (0.40)

Change #2: Failure to keep hips extended ~~and pushed forward on arch back~~ “on hinge” Up to 0.20

P. 58 4th Element. Change *~~Backbend Kick-Over~~ (0.60) to ***Push Up to Bridge**” **Kick-Over** (0.60)

Delete # 1 & 2

~~1. Failure to maintain arms next to ears and focus on hands Up to 0.10~~

~~2. Lack of control into backbend Up to 0.10~~

Level 4 FLOOR EXERCISE

P. 61, Backward Roll to Push-Up Position, add #3

3. Performs a back roll to handstand (within 20° of vertical) 0.60