

Selected Routines

NVGOA

2017-18 Rule Review

Champlin Park vs Park Center

<https://www.youtube.com/watch?v=LiHnu4bglyw>

(location in video shown in parentheses)

- Vault

1. $\frac{1}{2}$ - $\frac{1}{2}$ (5:49)
2. Handspring 1/1 (9:15)
3. Yurchenko pike
(16:36)

- Bars

1. Midlevel (33:30)
2. Strong (40:27)

- Balance Beam

1. Midlevel (49:45)
2. Midlevel (1:03:44)

- Floor Exercise

1. Strong (1:27:23)
2. Midlevel (1:33:43)

Video used with permission, courtesy Northwest Community Television

Vaults

Vault	Half Half	Hdspring Full	Yurchenko Pike
Location on Video	5:49	9:15	16:36
Value	9.2	9.4	9.8
Deductions	.8 - 1.0	.1 - .25	.4 - .5
Score	8.2 – 8.4	9.15 – 9.3	9.3 – 9.4
Comments	Some scored it as $\frac{1}{4}$, $\frac{3}{4}$ Deductions on form, twist, height, distance	Deductions on form, landing	Deductions on form (including pre-flight), distance, landing

Bars #1

- Glide kip (M) (.1 - .2)
- Back hip circle (M) (0 - .05)
- Squat on (M)
- Hang kip (S) (0 - .1)
- Clear hip circle (S) (.1 - .3)
- Hang kip (S) (.1 - .15)
- Hang kip (3rd one, no diff) (.1 - .2)
- Back hip circle (M)
- Pike flyaway (S) (.3 - .4)

Uneven Bars: Judge's Initials _____ CJ/AJ _____ Gymnast Bars #1 School _____

SUMMARY SCORESHEET

			TALLY	
Event Requirements – 1.0				
1. Sup release / flight (exclude dismt)	(0.2)	<u>2</u>	Difficulty (3.0)	<u>3</u>
2. 1 direction change (exclude mt/dismt)	(0.2)	<u>2</u>		
3. Kip	(0.2)	<u> </u>	Event req. (1.0)	<u>.6</u>
4. Inverted stretched vert. element (handstand)	(0.2)	<u>2</u>		
5. Superior dismt	(0.2)	<u> </u>		
Composition – 0.7				
1. Variety in choice of elements <i>almost all kips + back h-p circles</i>	(Up to 0.3)	<u>2-3</u>	Composition (0.7)	<u>4-5</u>
2. Spacing / Direction all spaces / levels	(Up to 0.2)	<u> </u>		
lack of 2 bar changes	(Up to 0.1)	<u>.1</u>	Bonus (0.8)	<u>.7</u>
lack of 2 bar changes	(.05 ea, Up to 0.1)	<u>.05</u>		
3. Choreography uncharacteristic / creativity	(Up to 0.1)	<u>.05</u>	Execution (4.5)	<u>.8 - 1.3</u>
4. Distribution dist of VP & maintain level of diff	(Up to 0.1)	<u> </u>		
Bonus – 0.8				
1. (max .4) AHS – 2 diff, no fall/spot	(0.2 ea)	<u>2</u> <u>2</u>	SUBTOTAL	<u>2.8 - 3.4</u>
2. (.2) HL BBS	(0.2)	<u>2</u>	Neutral Ded.	<u> </u>
3. (max .2) LL BBS <i>hang kip to clear circle</i>	(0.1 ea, Up to 0.2)	<u>✓</u> <u>1</u>	FINAL SCORE	<u>6.6 - 7.2</u>
2 nd HL BBS	(0.2)	<u> </u>		
3 rd AHS – diff, no fall/spot	(0.2)	<u> </u>	CJ Deduction	<u> </u>
			<i>(Deduct from Average)</i>	

Bars

#2

- Glide kip (M)
- Handstand (S) (.05 - .1)
- Glide kip (M) (0 - .1)
- Handstand ½ turn (HS) (.1 - .15)
- Glide kip (3rd – no difficulty) (0)
- Sole Catch with counterflight? (HS?) (.2-.4) /?
- Hang kip (S) (.15 - .3)
- Hang kip (S) (0)
- Handstand (S) (.1 - .2)
- Giant (HS) (.05 - .2)
- Giant (HS) (.05 - .15)
- Layout flyaway (HS) (.15 - .3)



Uneven Bars: Judge's Initials _____ CJ/AJ _____ Gymnast Bars #2 School _____

SUMMARY SCORESHEET

			TALLY	
Event Requirements – 1.0				
1. Sup release / flight (exclude dismt)	(0.2)	_____	Difficulty	<u>✓</u>
2. 1 direction change (exclude mt/dismt)	(0.2)	_____	(3.0)	
3. Kip	(0.2)	_____	Event req.	<u>✓</u>
4. Inverted stretched vert. element (handstand)	(0.2)	_____	(1.0)	
5. Superior dismt	(0.2)	_____		
Composition – 0.7				
1. Variety in choice of elements	(Up to 0.3)	<u>1.5 - .2</u>	Composition	<u>2.0 - .25</u>
2. Spacing / Direction (Up to 0.2)			(0.7)	
all spaces / levels	(Up to 0.1)	_____	Bonus	<u>4.5</u>
lack of 2 bar changes	(.05 ea, Up to 0.1)	<u>.05</u>	(0.8)	
3. Choreography			Execution	<u>1.1 - 1.25</u>
uncharacteristic / creativity	(Up to 0.1)	<u>.05</u>	(4.5)	
4. Distribution				
dist of VP & maintain level of diff	(Up to 0.1)	_____		
Bonus – 0.8				
1. (max .4) AHS – 2 diff, no fall/spot	(0.2 ea)	<u>.2</u> <u>.2</u>	SUBTOTAL	<u>2.0 - 2.3</u>
2. (.2) HL BBS	(0.2)	_____	Neutral Ded.	_____
3. (max .2) LL BBS	(0.1 ea, Up to 0.2)	_____ <u>0.1</u>	FINAL SCORE	<u>8.5 - 8.3</u>
2 nd HL BBS	(0.2)	_____	CJ Deduction	_____
3 rd AHS – diff, no fall/spot	(0.2)	_____	(Deduct from Average)	

Beam #1

- Hop on (S), Wolf (S) (.05) *Low BBS*
- Full turn (M) (.15 - .2)
- 2 Pike jumps (HS + HS) *High BBS*
- 2 Front walkovers (S, S) (.1 - .2) *Broken*
- Tuck $\frac{3}{4}$.2 (HS)
- Brani (S) (.05 – .1)

Balance Beam: Judge's Initials CJ/AJ Gymnast #1 49:45 School _____

SUMMARY SCORESHEET

Event Requirements – 1.0		TALLY	
1. 360° turn on 1 foot	(0.2)	Difficulty	<u>✓</u>
2. 1 acro flight elem (on beam)	(0.2) <u>2</u>	(3.0)	
3. Acro series of diff (on beam)	(0.2) <u>2</u>	Event req.	<u>.4</u>
4. Dance series of diff (on beam)	(0.2) _____	(1.0)	
5. Superior dismt	(0.2) _____		
Composition – 0.7		Composition	<u>.3-.4</u>
1. Variety in choice of elements & connections	(Up to 0.3) <u>.15</u>	(0.7)	
2. Spacing / Direction (Up to 0.2)		Bonus	<u>.5</u>
all spaces / levels	(Up to 0.1) <u>.05-.1</u>	(0.8)	
acro in 2 diff dir: bwd & fwd or swd (.05 if dismt only)	(Up to 0.1) <u>1</u>	Execution	<u>.8-1.1</u>
3. Artistry		(4.5)	
quality of movement/expression/originality	(Up to 0.1) <u>.05</u>		
4. Distribution			
dist of VP & maintain level of diff	(Up to 0.1) _____		
Bonus – 0.8		SUBTOTAL	_____
1. (max .4) AHS – 2 diff, no fall/spot	(0.2 ea) <u>2</u> <u>2</u>	Neutral Ded	_____
2. (.2) HL BBS <u>pike jumps</u>	(0.2) <u>✓</u>	FINAL SCORE	<u>7.6-8.0</u>
3. (max .2) LL BBS <u>mount/wolf</u>	(0.1 ea, Up to 0.2) <u>✓</u> <u>1</u>	CJ Deduction	_____
2nd HL BBS	(0.2) _____	(Deduct from Average)	
3rd AHS – diff, no fall/spot	(0.2) _____		

Beam #2

- Hop on (S), Wolf (S) (.05) *Low BBS*
- Full turn (M) (.05)
- Back walkover (M)/
- Bank handspring (S) (.6 - .7)
- Scissor Leap (S) (.15 - .3), Tuck ½ (.05) *Low BBS*
- Balance (S)
- Cartwheel, Back tuck dismount (M, S) (.15)



Balance Beam: Judge's Initials _____

CJ/AJ _____

Gymnast #2

1:03:44

School _____

SUMMARY SCORESHEET

Event Requirements – 1.0

1. 360° turn on 1 foot	(0.2)	_____
2. 1 acro flight elem (on beam)	(0.2)	_____
3. Acro series of diff (on beam)	(0.2)	<u>2</u>
4. Dance series of diff (on beam)	(0.2)	_____
5. Superior dismt	(0.2)	_____

TALLY

Difficulty	_____
(3.0)	_____
Event req.	<u>.2</u>
(1.0)	_____

Composition – 0.7

1. Variety in choice of elements & connections	(Up to 0.3)	<u>.05</u>
2. Spacing / Direction all spaces / levels	(Up to 0.2)	_____
acro in 2 diff dir: bwd & fwd or swd (.05 if dismt only)	(Up to 0.1)	<u>0-.05</u>
3. Artistry quality of movement/expression/originality	(Up to 0.1)	<u>.05</u>
4. Distribution dist of VP & maintain level of diff	(Up to 0.1)	_____

Composition	<u>.1-.15</u>
(0.7)	_____
Bonus	<u>.6</u>
(0.8)	_____
Execution	<u>.9-1.4</u>
(4.5)	_____

Bonus – 0.8

1. (max .4) AHS – 2 diff, no fall/spot	(0.2 ea)	<u>2</u>	<u>2</u>
2. (.2) HL BBS	(0.2)	<u>2</u>	_____
3. (max .2) LL BBS <i>mount / wolf</i>	(0.1 ea, Up to 0.2)	<u>✓</u>	<u>✓</u>
2nd HL BBS	(0.2)	_____	_____
3rd AHS – diff, no fall/spot	(0.2)	_____	_____

SUBTOTAL	_____
Neutral Ded	_____
FINAL SCORE	<u>7.65-8.0</u>
CJ Deduction	_____
(Deduct from Average)	_____

NOTES

Floor #1

- 2/1 handstand (HS), Split full (HS) (.05) *High BBS*
- RO, bk hdspr, layout 1 ½ (M/M/AHS) (.2 - .25)
- Front hdspr, layout front (M/HS)
- Strug, Wolf full (AHS, HS) (.2 - .25, 0 - .05) *High BBS*
- RO, 2 bk hdspr, full (M, S, HS) (.2 - .3) *Low BBS*



Floor Ex: Judge's Initials _____ CJ/AJ Gymnast #1 1:27:23 School _____

SUMMARY SCORESHEET

Event Requirements – 1.0

Acro	{	1. Salto with min of 180°	(0.2)	_____
		2. 3 acro passes	(0.2)	_____
		3. Sup acro elem – in 3rd acro pass or as last acro elem	(0.2)	_____
Dance	{	4. Sup lp / jp / tn on 1 foot	(0.2)	_____
		5. Dance series of 2 diff Grp 1 elements	(0.2)	_____

TALLY

Difficulty	_____
(3.0)	_____
Event req.	_____
(1.0)	_____

Composition – 0.7

1. Variety in choice of elements & connections	(Up to 0.3)	_____
2. Spacing / Direction all spaces / levels acro in 2 diff dir: bwd & fwd or swd	(Up to 0.2) (Up to 0.1) (0.1)	_____ _____ _____
3. Artistry quality of / expression / originality	(Up to 0.1)	_____
4. Distribution dist of VP & maintain level of diff	(Up to 0.1)	_____

Composition	_____
(0.7)	_____
Bonus	_____
(0.8)	_____
Execution	<u>7.85</u>
(4.5)	_____

Bonus – 0.8

1. (max .4) AHS – 2 diff, no fall/spot $\frac{1}{2}$ w/str, strug	(0.2 ea)	<u>✓</u>	<u>✓</u>
2. (.2) HL BBS $\frac{2}{1}$ hdst, split $\frac{1}{1}$	(0.2)	<u>✓</u>	_____
3. (max .2) LL BBS	(0.1 ea, Up to 0.2)	_____	_____
2nd HL BBS strug w Fall	(0.2)	<u>✓</u>	_____
3rd AHS – diff, no fall/spot	(0.2)	_____	_____

SUBTOTAL	_____
Neutral Ded.	_____
FINAL SCORE	<u>9.15 - 9.3</u>
CJ Deduction	_____
(Deduct from Average)	_____

NOTES

Floor #2

- Tuck full, Jump 1 ½ turn (S, S) (.05 - .1) *Low BBS*
- RO, bk hdspr, back tuck (M/M/S) (.1 - .2)
- Handstand (.05 - .1)
- 2/1 handstand (HS), tuck full (S) (.1 - .15) *Broken*
- Aerial (S) (.05)
- Front tuck, front roll, cartwheel (S,M,M) (0 - .05)
- Handstand roll (M) (0)
- RO, bk hdspr, back tuck (M/M/S) (.25 - .4)
- 1/1 turn (M) (2/1 attempted, but heel dropped) (.1)

