

2014-15 GA-AAU Deductions Levels 1- 4

Presented as an accompaniment for the GA-AAU Companion Text which serves in addition to the USAG JO Compulsory Text

The USAG JO Compulsory Text (First edition 2013-2021) deductions as specific for Levels 1-4 to include the General Faults and Penalties will serve as the primary deductions for the GA-AAU Program except for where further indicated within this document.

General Faults and Penalties Exception: Award a score of 3.00 if a routine results in a score of 3.00 or less.

GA-AAU Level 1 Vault

Matting minimum 16” Warm up time 45 seconds
Vault to be performed as per the USAG Level 1 (two part vault) but with the following exceptions:

The vault will be judged from the point of the initial feet contact on the board through to the back landing position. NO RUNWAY RUNNING DEDUCTIONS!

Approach phase:

Additional jumps (double bouncing) on the board	each <u>0.30</u>
Running steps on the board to step onto the mat	<u>5.00</u>
Excessive lean of body forward upon board contact	up to 0.30

The gymnast is allowed to perform one vault. A second vault will be allowed if the one vault receives an average score below 6.00. The Chief Judge should inform the coach if the one vault score falls below 6.00 for the option of a second vault.

Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

Any type of professionally manufactured spring board or air board may be used for all GA-AAU vaults.

GA-AAU Level 2 Vault

Matting Minimum 16” Warm up time 45 seconds

Vault to be performed as per the USAG Level 2 vault but with the following criteria of exceptions/additions:

The vault will be judged from the point of the initial feet contact on the board through to the back landing position. NO RUNWAY RUNNING DEDUCTIONS. There will be no 32 inch line demarcation across the stacked mats as in the USAG program. No deductions as in the USAG Program should be applied for the AAU Program for this event regarding hand placements on the stacked mat surface. A taped line across the mat surface is not required!

Board Contact:

Excessive lean of body forward upon board contact up to 0.30

Vault is expected to achieve repulsion.

Support Phase:

Too long in support (holding handstand) up to 0.50

Angle of repulsion up to 1.00

By vertical No deduction

From 1° to 45° 0.05 – 0.50

From 46° to horizontal 0.55 – 1.00

*These GA-AAU angle of repulsion deductions are to be taken in replacement of the USAG deductions for up to 1.00 for contacting the mat stack with hands after vertical (not as additional deductions.) All other Support Phase deductions as per USAG will apply.

Second Flight Phase:

Insufficient Height up to 0.50

Insufficient Distance up to 0.30

Failure to maintain stretched body position up to 1.00

The gymnast is allowed to perform one vault. A second vault will be allowed if the one vault receives an average score below 6.00. The Chief Judge should

inform the coach if the one vault score falls below 6.00 for the option of a second vault.

Three running approaches are permitted if gymnast has not touched the springboard and/or the mat. A fourth approach is not permitted.

Any type of professionally manufactured spring board or air board may be used for all GA-AAU vaults.

GA-AAU L-3 Vault

Vault to be performed as per the USAG Level 3 vault but with the following criteria of exceptions/additions: Warm up time 1 minute

Vault to be over the Vault Table onto a stacked mat surface. Vault Table may be adjusted to the lowest equipment height as per USAG for the minimum height to be at 100 Centimeters. The matting arrangement behind the vault table must be at a minimum height level with the surface of the table or up to 4 inches above the table's surface. For all vaults the matting behind the table MUST be maintained as flush up against the end of the Table. A 'sting' mat may also be used to cover the table.

The vault will be judged from the point of the initial feet contact on the board through to the back landing position. NO RUNWAY RUNNING DEDUCTIONS!

Board Contact:

Excessive lean of body forward upon board contact up to 0.30

Vault is expected to achieve repulsion from the Table.

Support Phase:

Too long in support (holding handstand) up to 0.50

Angle of repulsion up to 1.00

By vertical No deduction

From 1° to 45° 0.05 – 0.50

From 46° to horizontal 0.55 – 1.00

*These GA-AAU angle of repulsion deductions are to be taken in replacement of the USAG deductions for up to 1.00 for contacting the mat stack with hands after vertical (not as additional deductions.) All other Support Phase deductions as per USAG will apply.

Second Flight Phase:

Insufficient Height	up to 0.50
Insufficient Distance	up to 0.30
Failure to maintain stretched body position	up to 1.00

Equipment:

Matting not maintained in contact with vault table (a gap appears)	<u>0.30</u>
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Gymnast may perform one or two vaults with the better score counting. Three running approaches are permitted if gymnast has not touched the springboard and/or the mat/apparatus. A fourth approach is not permitted.

Any type of professionally manufactured spring board or air board may be used for all GA-AAU vaults.

GA-AAU Level 4 Vault

The Vault is to be performed as per the USAG Level 4 Vault to use the USAG Level 4 Vault deductions. Warm up time 1 minute

GA-AAU Level 1 Bars

The GA-AAU Level 1 Bar routine will be the same as the USAG Level 1 Bar routine to use the USAG Level 1 Bars deductions. **Warm up time 45 seconds**

GA-AAU Level 2 Bars

Follow the USAG Level 2 Bars deductions for the elements below except for where specific deductions are included: **Warm up time 45 seconds**

1. **Back Hip Pullover Mount (0.60)**
2. **Cast (0.40)**
3. **Back Hip Circle (0.40)**
4. ***Single Leg Squat Through (0.20)**
 - 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
5. **Back Leg Swing (0.20)**
 - More than two hand placement adjustments up to 0.20
 - Leg not clear of bar on back swing up to 0.20
 - Failure to finish in extended front support up to 0.10
 - Performing leg cut (simultaneous hand placement) 0.30
- 6A. **Cast, Squat-On Sole Circle Dismount (0.60)**
- 6B. **Cast, Underswing Dismount (0.60)**

GA-AAU Level 3 Bars

Follow the USAG Level 3 Bars deductions for the mount choices 1A/1B plus the # 3 Back Hip Circle (as below) for the remainder of the routine to follow the specific AAU changes. **Warm up time 1 minute**

- 1A. **Glide Swing and Return (.20)/ Back Hip Pullover (0.40)**
- 1B. **Straddle or Pike Glide Kip (0.60)**
2. **Cast (Minimum of 15° Below Horizontal) Return to Front Support**

(0.40)

Insufficient amplitude of cast (line from shoulders to feet)	up to 0.30
15° below horizontal	No deduction
16° to 45° below horizontal	0.05 – 0.15
More than 46° below horizontal	0.20 – 0.30
Incorrect body alignment (hollow chest/straight line from shoulders to feet)	up to 0.20

3. Back Hip Circle (0.40)

4. Cast Squat-On (0.20)

Alternate foot placement	up to 0.20
Insufficient back leg swing (hip lift only)	<u>0.05</u>

5. Long Hang Pullover (0.60)

Failure to maintain hollow body position between LB and HB	up to 0.20
Failure to show slight arch position at bottom of downswing	<u>0.10</u>
Excessive piking of body	up to 0.20

6. Underswing, First Counterswing (minimum of 30° below horizontal) (0.60)

Underswing

Failure to maintain straight hollow body position throughout	up to 0.20
Hips contacting bar (no deduction for thighs contacting bar)	<u>0.20</u>

1st Counterswing

Hips not a minimum of 30 ° below level of the HB	up to 0.20
Failure to show straight line from hands to hips (chest hollow/rounded hip angle with feet pointed downward)	up to 0.20
Body arched and/or hip angle open with feet extended over LB	<u>0.30</u>

7. Tap Swing Forward, Second Counterswing (minimum of 30° below horizontal) (0.60)

Tap swing forward

Failure to show slight arch position at bottom of downswing	<u>0.10</u>
Failure to attain straight hollow body position on upswing	up to 0.20
Insufficient amplitude (feet not at HB height)	up to 0.20

Second Counterswing

Hips not a minimum of 30° below level of high bar	up to 0.20
Failure to show straight line from hands to hips (chest hollow/rounded hip angle with feet pointed downward)	up to 0.20

Body arched and/or hip angle open with feet extended over LB 0.30

8. Straight Drop Dismount

Failure to show straight line from hands to hips with chest hollow up to 0.20

Failure to maintain straight hollow body position during drop up to 0.20

**** THE COACH MUST REMAIN WITHIN THE DOMAIN OF THE APPARATUS (BETWEEN THE BARS OR UNDER THE HIGH BAR) FOR THE ENTIRE PERFORMANCE OF THE ROUTINE OR THE ROUTINE WILL BE VOID!!**

GA-AAU Level 4 Bars

The GA-AAU Level 4 Bar routine will be the same as the USAG Level 4 Bar routine to use the USAG Level 4 Bars deductions. Warm up time 1 minute

GA-AAU Level 1 Beam

Follow the USAG Level 1 Beam deductions for the elements below except for where specific deductions are included: **Warm up time 45 seconds**

Time Limit: 30 seconds/ warning 20 seconds

1. *Jump To Front Support Mount (0.20)

2A. V- Sit To Tuck Stand (0.20)

Failure to join legs together in V-Sit	<u>0.10</u>
Lack of amplitude of legs	up to 0.10
Poor body position	up to 0.10
Hands returning to beam after beginning tuck stand	<u>0.30</u>

2B. Relevé Balance (0.20)

3. Arabesque (30°) (0.40)

4. Forward Leg Swings (0.20 each)

5. *Lever (0.60)

6. Leg Balance in Forward Passé (0.20)

7. Stretch Jump (0.40)

8. Cartwheel to Side $\frac{3}{4}$ Handstand (0.60)

GA-AAU Levels 2, 3 & 4 Beam Routines

Warm up time for L-2; 45 seconds. For L-3 & 4; one minute

The GA-AAU Levels 2, 3 & 4 Beam routines will be the same as the USAG 2, 3 & 4 Beam routines to use the USAG deductions.

Time Limits

Level 2 Beam; 35 seconds/warning 25 seconds

Level 3 Beam; 55 seconds/warning 45 seconds

Level 4 Beam; 1 minute 5 seconds/warning 55 seconds

GA-AAU Level 1 Floor

The GA-AAU Level 1 Floor routine will be the same as the USAG Level 1 Floor routine to use the USAG Level 1 Floor deductions. **Warm up time 45 seconds**

Note: For the $\frac{3}{4}$ Handstand (first skill) it is acceptable for the legs to be joined together at the apex of the $\frac{3}{4}$ handstand. It is also acceptable for the handstand to reach full inverted vertical with the legs joined.)

GA-AAU Level 2 Floor

Follow the USAG Level 2 Floor deductions for the elements below except for where specific deductions are included: **Warm up time 45 seconds**

1. *Handstand (0.40)
2. *Round-Off (0.60)
3. Back Roll to Pike Stand (0.40)
4. Candlestick (0.20)
- 5A Or B. *Rollout Step-Out from Candlestick To Immediate Back Walkover (0.40) OR Backbend Kick-Over (0.40).
 - *Rollout Step-Out from Candlestick
 - Failure to step out in control up to 0.10
 - *Back Walkover (0.40)
 - Failure to show continuous leg lift (leg drops or lifts after arch back has begun) up to 0.10
 - Incorrect (staggered or alternate) hand placement 0.10
 - Extra kicks to achieve inverted position each 0.30
 - *Backbend Kick-Over (0.40)
 - Failure to maintain arms next to ears and focus on hands up to 0.10
 - Lack of control into backbend position up to 0.10
 - Shoulders not over hands in bridge position up to 0.30
 - Extra kicks to achieve inverted position each 0.30
6. Straight Leg Leap (60°) ((0.60)
7. 1/4 (90° +90°) Turns in Forward Passé (Heel Snap) (0.40)
8. Split Jump (60°) (0.40)

GA-AAU Level 3 Floor

Follow the USAG Level 3 Floor deductions for the elements below except for where specific deductions are included: **Warm up time 1 min**

1. Split Jump (90°) (0.40)/ Stretch Jump (0.20)

2A Or B. *Handstand To Bridge Stand Up (Limber) (0.60) OR Front Walkover (0.60)

***Limber**

Failure to maintain arms next to ears and focus on hands	up to 0.10
Failure to close (join) legs by vertical	<u>0.10</u>
Failure to push shoulders behind hands in bridging phase	up to 0.20
Failure to land on both feet simultaneously	<u>0.10</u>
Feet landing more than shoulder distance apart	up to 0.20
Alternate hand push to achieve standing position	<u>0.10</u>

***Front Walkover**

Failure to maintain arms next to ears and focus on hands	up to 0.10
Uneven leg separation during walkover (no angle required)	up to 0.10
Alternate hand push	<u>0.10</u>

3. *Handstand Forward Roll Step-out with Straight Arms (0.60)

4. Straight Leg Leap (90°) (0.60)

5. Backward Roll to Push-up Position (0.40)

6. Forward Split (0.20)

7. ½ (180°) Turn in Forward Passé (0.20)

8. *Round-Off (0.40) Flic-Flac to Two Feet (0.60)

GA-AAU Level 4 Floor

The GA-AAU Level 4 Floor routine will be the same as the USAG Level 4 Floor routine to use the USAG Level 4 Floor deductions. **Warm up time 1 minute**