



HUGS Sapphire	Vault		Bars	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed.		The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar. Athletes may sit on a Large Spotting Block throughout their routine without penalty.	The routine may be executed according to the athlete's capabilities. May be performed on a standard floor beam, a wide floor beam or a folded panel mat.	
Special Requirements	SV	Description	<ol style="list-style-type: none"> Mount One Additional Skill Second Additional Skill (same or different) Dismount <p>Start Value: 9.0 - routine on a single bar 10.0 - routine uses both bars</p>	<ol style="list-style-type: none"> Mount (step onto beam) Locomotor movement (minimum 3 steps, any direction) Dismount <p>Athletes in wheelchairs: Move from one designated point to another point</p> <p>Athletes in wheelchairs Salute</p> <p>Start Value: 10.0 - low (floor) beam routine High beam not allowed (VOID)</p>	<ol style="list-style-type: none"> Beginning pose Locomotor movement (2-3 steps) or optional movement with walker or in wheelchair Roll, any body position or optional movement with walker or in wheelchair Ending pose
	9.0	Stand on springboard. Straight jump off			
	9.5	Walk or run onto springboard. Straight jump off from 2 feet			
	10.0	Run. Hurdle onto springboard. Tuck, straddle, or straight jump off			
		Athletes in wheelchairs: Move from one designated point to another point			
Additional Information	May use walker for support		Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15 no deduction for overtime.	Suggested max time 1:15 no deduction for overtime
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as DP Women's program. Use discretion regarding special circumstances.</p>					



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Allowable Skills		<ul style="list-style-type: none"> • Front Support • Cast • Long Hang Swing • Cast Off Dismount • Underswing • Forward Roll Dismount Seated Athletes: <ul style="list-style-type: none"> • Tuck/Straddle/Pike position in Long Hang or from Sitting on block (2 seconds) • Grip Change • Release Bar Dismount 		



HUGS Ruby	Vault		Bars	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed. May perform same or different vaults onto mat.		The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar.	The routine may be executed according to the athlete's capabilities. May be performed on a standard floor beam or high beam at any setting.	
Special Requirements	SV	Description	<ol style="list-style-type: none"> 1. Mount 2. Front support or long hang 3. Cast or swing 4. Dismount <p>Start Value: 9.0 - routine on a single bar 10.0 - routine uses both bars</p>	<ol style="list-style-type: none"> 1. Locomotor movement (min. 3 steps in any direction) 2. Balance element on one foot 3. Jump, Hop, Leap, Skip or Marching movement 4. Dismount <p>Start Value: 9.0 - low (floor) beam routine 10.0 - high beam routine (any height)</p>	<ol style="list-style-type: none"> 1. One acro skill without flight 2. Additional acro skill without flight 3. Balance element on one foot 4. Jump, Hop, Leap, Skip, or Marching movement
	9.0	Run. Hurdle onto springboard. Tuck, straddle, or straight jump off			
	10.0	Run. Hurdle onto springboard. Tuck, straddle, or straight jump onto mat. 2-3 steps. ¾ handstand or handstand. Step down into lunge			
Additional Information			Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15 no deduction for overtime.	Suggested max time 1:15 no deduction for overtime All rolls are considered an acro skill.
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Same execution deductions as DP Women's program. Use discretion regarding special circumstances.</p>					



HUGS Ruby	Vault	Bars	Beam	Floor
Allowable Skills	See Special Requirements for allowable vaults	<p>Mounts:</p> <ul style="list-style-type: none"> Reach Up and Grab LB/HB Bar in Overgrip Straight Arm Long Hang Pullover Jump to Front Support Jump to Long Hang <p>Skills:</p> <ul style="list-style-type: none"> Attempt a Chin Up <p>Casts:</p> <ul style="list-style-type: none"> Cast, hips leave bar, no angle <p>Circles:</p> <ul style="list-style-type: none"> Front Hip Circle, tucked or straight legs Back Hip Circle, tucked or straight legs <p>Dismounts:</p> <ul style="list-style-type: none"> Tap Swing, Counterswing Tuck Forward Roll to Stand Underswing to Stand Straight Drop to Stand Cast off to Stand Tap Swing ½ turn, Underswing to Stand Tap Swing, Counterswing ½ turn to Stand 	<p>Mounts:</p> <ul style="list-style-type: none"> Step onto Beam Any Mount with Hand Support <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Walk in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (45°) Passe/Marching Steps Fwd/Bkwd Stretched Jump Cross Split Jump (any angle) Cross Straddle Jump (any angle) <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼ or ½ Turn on 1 Foot in Coupe/ Passe ½ Heel Snap Turn Forward or Backward Swing <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any free leg position) Scale/Arabesque, min. 45° Coupe/Passe Balance Releve Balance on 1 or 2 feet Lever Ba <p>Acro Skills:</p> <ul style="list-style-type: none"> Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) Lever - touch beam <p>Dismounts:</p> <ul style="list-style-type: none"> Any Jump from Feet Cartwheel (or any entrance) to partial handstand, 45° from vertical, no hold required 	<p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> Stretched Jump Stretched Jump ½ or ¾ Step Hop in Passe, Fwd/Bkwd Stride Leap, min. 90° Split Jump, min. 90° Side Leap, min. 60° Straddle Jump, min. 60° Leg Swing Hop, free leg above 45° <p>Turns:</p> <ul style="list-style-type: none"> ¼ or ½ Pivot Turn ½ Pivot Turn in Releve ¼ , ½ or ¾ Turn on 1 Foot in Coupe/ Passe Forward or Backward Swing Acro <p>Acro Skills:</p> <ul style="list-style-type: none"> Log Rolls Forward / Backward Roll Back Rock Candlestick Partial Handstand, min. 45°, legs together, stag or split ¾ Handstand Handstand to Vertical Cartwheel (vertical not required) Headstand in any position Bridge, Kickover Roundoff <p>Balance:</p> <ul style="list-style-type: none"> Balance on 1 foot (1 sec, any leg position) Scale/Arabesque, min. 45° Coupe/Passe <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> Walking Steps Fwd/ Sidewd/ Bkwd Steps in Releve Arabesque Steps Coupe Steps Fwd/Bkwd Passe/Marching Steps Fwd/Bkwd Leg Swings Fwd / Bdwd (45°)



HUGS Ruby	Vault	Bars	Beam	Floor
Matting	<ol style="list-style-type: none"> Vaults 1: Minimum matting height is 4", Maximum height is 8" Vault 2: Minimum matting height is 16", Maximum height is 24" 	<ol style="list-style-type: none"> Spotting block may be placed on landing mat plus up to 2 8" mats 	<ol style="list-style-type: none"> Board, mount trainer, panel mat, spotting block may be used to mount the high beam. 	
Special Circumstances	<ol style="list-style-type: none"> Shoes may be worn, if medically required Flesh colored leggings/tights without feet may be worn under the leotard 	<ol style="list-style-type: none"> Flesh colored leggings/tights may be worn under the leotard 	<ol style="list-style-type: none"> Athletes may use the floor beam Flesh colored leggings/tights without feet may be worn under the leotard Tennis shoes may be worn on the floor beam, if medically required. 	<ol style="list-style-type: none"> Flesh colored leggings/tights without feet may be worn under the leotard
Specific Judge's Guidelines	<ol style="list-style-type: none"> Evaluate the following components: <ul style="list-style-type: none"> Run Hurdle Vault Quality Landing 			<ol style="list-style-type: none"> Elements do not require a hold unless specifically noted in the Allowable Skills list. Short exercise deduction applies to routines less than 30 seconds



HUGS Ruby	Vault	Bars	Beam	Floor
<p>Apparatus Specific Information</p>	<ol style="list-style-type: none"> 1. Two allowable vaults in Ruby Division. 2. Alternative springboard apparatus and manufactured "Jr." vault board allowed. 3. Gymnast may perform same vault twice or two different vaults 4. Performance of unallowable vault results in event score of "0" (VOID). 5. Spotting deductions apply to all phases of Ruby Vaults, max spotting deductions 2.00 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, DP Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto dismounts are allowed 4. To receive credit for a Cast, hips must leave the bar 5. No angle requirement for Casts, Tap Swing / Counterswings or any other allowable skill 6. No extra swing deductions will apply 7. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, DP Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto/aerial dismounts are allowed 4. Falls: Apply .50 if both feet leave the beam prior to the dismount. Apply .30 supplementary support if only one foot leaves the beam prior to the dismount. 5. Execution/amplitude deductions apply to all elements 	<ol style="list-style-type: none"> 1. Choice of skill may be selected from the list of allowable skills, DP Women's Program Compulsory Levels 1 & 2 or Optional Program "A" skills, or the XCEL Bronze and Silver approved skills 2. No "B" or higher value part skills are allowed 3. No salto/aerials/acro elements with flight are allowed 4. Execution/amplitude deductions apply to all elements 5. Short exercise less than 30 seconds, deduct 2.00



HUGS Emerald	Vault		Bar s	Beam	Floor
General Information	Two allowable vaults Alternative springboard or Jr. board allowed. May perform same or different vaults onto mat or table.		The routine may be executed according to the athlete's capabilities. The routine may be performed on the low and/or high bar.	The routine may be executed according to the athlete's capabilities. Must be performed on a high beam at any setting.	Start Value: 8.0 Bonus: Max 2.0 0.5 for any salto, aerial or fwd/bwd handspring 0.25 if bonus skill performed a second time
Special Requirements	SV	Description	<ol style="list-style-type: none"> 1. Mount 2. Cast 3. Circling Element 4. Dismount <p>Start Value: 9.0 - routine on a single bar 9.5 – start routine on one bar, dismount, remount other bar, resume routine 10.0 - routine moves between high and low bars</p>	<ol style="list-style-type: none"> 1. Min. 90° turn on one or two feet 2. Balance Element 3. Hop, Jump or Leap 4. Dismount <p>Start Value: 10.0</p>	<ol style="list-style-type: none"> 1. Acro Element with or without flight 2. Additional acro element 3. Dance element 4. 180° minimum turn on one foot.
<p>Judge's Guidelines: All routines start at a 10.00, unless otherwise noted. Deduct 0.50 for missing special requirements. Spotting deductions – 0.50 for each spot, max 2.00 deduction per routine for 4 spots or more. Allowable skills include all skills listed in the DP Women's Compulsory or Optional Code of Points. Same execution deductions as DP Women's program. Use discretion regarding special circumstances.</p>					



HUGS Emerald	Vault	Bars	Beam	Floor
<p>Allowable Skills</p>	<p>See Special Requirements for allowable vaults</p>	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, DP Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Mounts:</p> <ul style="list-style-type: none"> • Jump to Front Support <p>Casts:</p> <ul style="list-style-type: none"> • Cast, hips leave bar, no angle <p>Dismounts:</p> <ul style="list-style-type: none"> • Tuck Forward Roll to Stand • Cast off to Stand 	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, DP Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Steps/Kicks/Jumps:</p> <ul style="list-style-type: none"> • Arabesque <p>Steps Turns:</p> <ul style="list-style-type: none"> • ½ Pivot Turn • ½ Pivot Turn in Releve • ½ Turn on 1 Foot in Coupe/ Passe • ½ Heel Snap Turn • Forward or Backward Swing Turn <p>Balance:</p> <ul style="list-style-type: none"> • Scale/Arabesque, min. 45° • Lever • Balance <p>Acro Skills:</p> <ul style="list-style-type: none"> • Partial Handstand (no requirement to join legs, lead leg a min. of 45° from vertical) • Lever to touch beam 	<p>Skills listed in the USA Gymnastics Women's programs may be performed. This includes the Compulsory, DP Optional and all XCEL levels.</p> <p>In addition, the following skills are allowed:</p> <p>Leaps/Jumps/Hops:</p> <ul style="list-style-type: none"> • Stretched Jump • Step Hop in Passe, Fwd/Bkwd • Leg Swing Hop, free leg above horizontal <p>Acro Skills:</p> <ul style="list-style-type: none"> • ¾ Handstand • Headstand in any position



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Additional Information	Both vaults (same or different) need to be performed onto the same vault set-up.	Gymnast may dismount one bar and re-mount the other bar without a deduction for a fall. No spotting deduction for assistance to high bar mount.	Suggested max. time 1:15. No deduction for overtime. <ul style="list-style-type: none"> A min. 90° angle is required for all Jumps/Leaps with a degree of split component 	Suggested max time 1:30. No deduction for overtime All rolls are considered acro skills.
Matting	<ol style="list-style-type: none"> Vaults on or over a mat: Minimum matting height is 24" Vaults over table to land on mats: Landing mats must be a minimum of 2 inches higher than the table 	<ol style="list-style-type: none"> One 10-12 cm competition landing mat is required. A second 10-12 cm mat may be placed on top of the required mat Maximum height is 24 cm Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 24 cm. This includes skill cushion(s), a throw mat and/or sting mat(s). 	<ol style="list-style-type: none"> Board, mount trainer, panel mat, spotting block may be used to mount the high beam. One 10-12 cm competition landing mat is required. A second 10-12 cm mat may be placed on top of the required mat. Maximum height is 24 cm Up to 9" of any combination of supplemental matting is allowed in addition to the maximum allowable competition landing surface of 24 cm. This includes skill cushion(s), a throw mat and/or sting mat(s). 	Up to two manufactured mats (maximum thickness of 8"/20 cm) may be placed separately on the Floor Exercise area. If the skill cushion is 8" in thickness, it must be a minimum of 5' x 10'. A "sting" mat may also be used on top of the up to 8" mat.
Special Circumstances	<ol style="list-style-type: none"> Shoes may be worn, if medically required Flesh colored leggings/tights without feet may be worn under the leotard 	Flesh colored leggings/tights without feet may be worn under the leotard	Flesh colored leggings/tights without feet may be worn under the leotard	Flesh colored leggings/tights without feet may be worn under the leotard
Specific Judge's Guidelines		Short exercise deduction applies to routines with fewer than 5 skills	Short exercise deduction applies to routines less than 30 seconds	Short exercise deduction applies to routines less than 30 seconds



HUGS Emerald	Vault	Bars	Beam	Floor
<p>Apparatus Specific Information</p>	<ol style="list-style-type: none"> 1. Two allowable vaults in Emerald Division. 2. Alternative springboard apparatus and manufactured "Jr." vault board allowed. 3. Gymnast may perform same vault twice or two different vaults 4. Performance of unallowable vault results in event score of "0" (VOID). <p>Spotting deductions apply to all phases of Emerald Vaults, max spotting deductions 2.00</p>	<ol style="list-style-type: none"> 1. Choice of skill may be selected from any recognized skill in any accredited program. 2. No angle requirement for Casts, Tap Swing / Counter swings or any other allowable skill 3. No extra swing deductions will apply <p>Execution/amplitude deductions apply to all elements</p>	<ol style="list-style-type: none"> 1. Choice of skill may be selected from any recognized skill in any accredited program. <p>Execution/amplitude deductions apply to all elements</p>	<ol style="list-style-type: none"> 1. Choice of skill may be selected from any recognized skill in any accredited program. 2. Execution/amplitude deductions apply to all elements <p>Execution/amplitude deductions apply to all elements</p>