

NHSGA rules are as listed below. There is a vault chart and a chart of requirements, bonus and deductions. If you need any assistance navigating this or would like consultation on rules or routine constructions, please contact NHSGA Technical Director, Dean Ratliff at rdeanr@aol.com

Uneven bars, balance beam and floor exercise shall follow USA Gymnastics Level 9 rules with the following exceptions.

- There are no element restrictions
- Bonus shall be awarded as Level 9 or Level 10, whichever awards more bonus to the athlete.
- Bonus may be attained in any combination of Connection or Element value with the possibility of all bonus coming from one type.

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content														
Level 10 *Turn/Flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D/E D/D (C-No turn/flight req.) Level 9 (If no turn/ C+C flight—must be different) Turn/Flight C+C					Level 9 2 Bar Changes Min. of one B-Flight 2 nd diff. Flight – min. C OR min. B element with LA Turn (excludes Mnt/Dmt) Salto Dmt – Min. of B					Acro Flight B+D/E C+C/D/E B+C* D/E + D/E (Two elements, excluding dmt) At Lev 9 - C must be Salto or Aerial) Acro flight B+B+C B+C+C (3+ elem. Incl. mnt/dmt) B+B/C+D/E Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt 2 Dance/Mixed A+D/E B+D/E (excludes dmt) B+C *C+C *Same or different Dance C+D/E Turns A+C (or reverse) All Acro elements used for CV must have Flight					Level 9 Acro Series- two directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split 360° Turn on one Foot Aerial/Salto Dmt – Min.B Acro Indirect A/B+A/B+C C+C (Saltos/Aerials) B+C A+A+D A+D A+E B/C+D/E Acro Direct B+B B+C (Saltos/Aerials) A+C A/B+D/E A+A+C A+A+D/E C+C 2 *Dance/Mix B+D/E C+D/E *Same or different *C+C dance D/E-Salto + A-Jump (This order only) No CV for a Turn followed by a Jump					Level 10 One Acro Pass w/ min. 2 Saltos (same or diff.), dir./indir. conn. w/ Flight elem. w/wo hand support 3 Diff. Saltos (No Aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. of C Salto - Isolated or in Last Salto conn. Level 9 Same as L10 except Min. of B Salto- Isolated or in Last Salto conn.					9 A 3 B 4 C 1 SV 9.7 L10: Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX- E Acro) L9: allowable D/E's=C 1 st eligible D/E= +10 D/E Bonus (any UB/ Acro BB/FX) No CV/DV w/ fall or spot Missing SR .50 off SV				

Composition – Execution Deductions

Uneven Bars		Balance Beam		Floor Exercise		Landing – Execution – General	
Composition	Execution	Composition	Execution	Composition	Execution	Execution	General
Choice of dmt. not up to competitive level	↑.10	Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd)	↓.10	Insuff. use of FX area-Spatially (Floor pattern)	↑.10	Flexed/sickled feet during value parts	each time .05
Faces same direction thruout exer (excl.Mt/dmt)	↓.10	* If the only diff. direction is in dismount	↓.05	Value of Salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level	↑.10	Legs/knees: crossed	↑.10 separated
Uncharacteristic elements	each ↓.10	More than one pivot (str. leg) ½ turn thruout exercise	↓.10	Lack of turn on one foot, min. "B"	↓.20	Insufficient exactness of body shape – N, V, /	↑.20
More than one squat/stoop on LB w/ or w/out sole circle to jump to grasp HB (Lev. 10 only)	each ↓.10	More than two Dance elements of the same shape (tuck/wolf or straddle jumps)	each type ↓.10	Lack of min. of "B" Salto (Level 9)	↓.30	Failure to maintain stretched body pos. - Pikes down (UB, BB, FX)	↑.20
¾ fwd Giant circle (w/ or w/o grip change)	each ↓.10	Spatially - Insuff. use of entire length of beam	↑.10	Lack of min. of "C" Salto (Level 10)	↓.30	Incomplete turn/twist	↑.20
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt):	each ↓.10	Insufficient level changes	↑.10	Execuion		Bent arms in support or bent legs	↑.30
- Forward element (circle/release) (Min. B)		Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd)	each 0.05	Fails to hold ending pose for 1 second	0.05	Fall or support on hand(s) on apparatus or mat	↓.50
- Element from Groups 3, 6, or 7 (Min. B)		Choice of dismount not up to competitive level	↑.10	Concentration pause (2 sec. or more)	each ↓.10	Fail to land on bottom of feet first on Saltos/Aerials/Dmt.	Fall (↓.50) + No VP/SR
- Element w/ min. 180°LA turn, with/wo flight (Min. C)		Acro elements not up to competitive level	↑.20	Insuff. height of leaps/jumps/hops	each ↑.20		
Choice of release elements not up to competitive level (Lev.10 only)	↑.20	Dance elements not up to competitive level	↑.20	Insuff. height of leaps/jumps/hops	each ↑.20	Fail to mark boundary line on mat (CJ)	↓.10
Lack of two bar changes (Lev. 10 only)	↓.20	Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3)	↓.20	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Fail to Present before/after (CJ)	each time ↓.10
Execution		Execution		Insuff. variation in rhythm/tempo throughout	↑.20	Exceeds Floor Ex. boundary (CJ)	each time ↓.10
Insuff. Angle of arrival-Flight to HS on LB	↓.05	Feet apart on side pos. landing of leaps/jumps	each ↑.10	Relaxed/incorr. footwork in non-VPs throughout	↑.30	Overtime - BB/FX (CJ)	↓.10
Swing fwd. or bwd. under horizontal	each ↑.10	Hesitation in jump, press, swing to HS	each ↑.10	Poor relationship of music & movement thruout	↑.30	Coach between bars or next to BB thruout (CJ)	↓.10
Under-rotation of release/flight elements	↑.10	Incorrect body pos./alignment in Dance VPs	each ↑.10	Insuff. height of Salto	each ↑.30	Excessive use of magnesia (chalk) (CJ)	↓.20
Precision of handstand positions throughout	↑.10	Lack of precision in Dance elements	each ↑.10	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Incorrect attire/jewelry (after 1 warning) (CJ)	↓.20
Insuff. extension of glides/swings into kips	↑.10	Fails to perform Gr. #3 Turns in high relevé	each ↑.10	Insuff. height of leaps/jumps/hops	each ↑.20	Verbal cues by coach/team (after warning) (CJ)	↓.20
Poor rhythm in elements/connections	↑.10	Landing too close to beam on dismount	↓.10	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Coach instructs gymnast during routine (CJ)	↓.20
Hesitation during jump to HB/swing to HS	↑.10	Concentration pause (2sec.)	each ↓.10	Relaxed/incorr. footwork in non-VPs throughout	↑.30	Failure to begin exercise w/in 30 sec. of CJ signal (CJ)	↓.20
Touch, brush on apparatus/mat with foot/feet ea.	↑.10	Concentration pause (more than 2 sec.)	each ↓.20	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elements	↑.30	Exceeds warm-up time (after warning) (CJ)	↓.20
Landing too close to bar on dismount	↓.10	Rhythm of conn. - Dance/Mixed/Acro (not bwd flight)	each ↑.20	Insuff. height of leaps/jumps/hops	each ↑.20	Incorrect apparatus specs. (CJ)	↓.30
Insuff. amplitude of elements (except *)	each ↑.20	Insufficient split when required (Dance/Acro elements)	↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	Board on unpermitted surface (CJ)	↓.30
Insufficient dynamics	↑.20	Legs not parallel to beam in split/straddle pike pos.	↑.20	Relaxed/incorr. footwork in non-VPs throughout	↑.30	Failure to remove board after mount (CJ)	↓.30
- Insufficient swingful execution throughout		Insufficient dynamics	↑.20	Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Use of Supplementary mats (CJ)	↓.30
- Energy not maintained throughout exercise		Insuff. height of leaps/jumps/hops	each ↑.20	Insuff. sureness of performance throughout	↑.20	No Dismount from Start Value	↓.30
- Fails to make difficult look effortless		Insuff. height of Acro flights, Aerials & Saltos	each ↑.20	Insuff. variation in rhythm/tempo throughout	↑.20	Lands Acro ele. or dmt in Pit (CJ)	No VP/SR + ↓.30
Hit on apparatus with foot/feet	↓.20	Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Support of 1 leg against side of BB	each ↓.20	Spotting Assist on element	No VP/SR + ↓.50
Incorrect padding (heel/hip)	CJ ↓.20	Insuff. amplitude of casts *	↑.30	Relaxed/incorr. footwork in non-VPs throughout	↑.30	Start exercise before signal (repetition) (CJ)	↓.50
Insufficient height of Salto dismount*	↑.30	Insuff. Angle of turn completion	↑.30	Insuff. height of Salto dismount	↑.30	3 rd Run approach (UB/BB mounts)	↓.50
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount	↑.30	Hit on mat with foot/feet	↓.30	Direction on Gainer dmt. off end of beam	↑.30	Coach on FX mat (CJ)	↓.50
Insuff. Amplitude of casts *	↑.30	Grasp on apparatus to avoid a fall	↓.30	Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount	↑.30	Short Exercise: BB/FX-less than 30 sec. (CJ)	2.00
Insuff. Angle of turn completion	↑.30	Intermediate (extra) swing/cast (Max. 0.50 per elem)	↓.30	Insuff. body alignment/pos./posture in non-VPs throughout	↑.30	UB- (less than 5 Value Parts)	
Hit on mat with foot/feet	↓.30	Insuff. amplitude of "B" Clear hip circles*	↑.40	Artistry/Presentation		Exceeds Fall time (UB/BB) CJ Terminates exercise	
Grasp on apparatus to avoid a fall	↓.30	Full support on foot/feet on mat during exercise	↓.50	- Lack of variety in choreography	↑.10		
Use of supplemental support	↓.30			- Quality of movement reflects personal style	↑.10		
Artistry/Presentation				- Quality of expression	↑.10		
- Lack of variety in choreography	↑.10			Music with words/song (CJ)	1.00		
- Quality of movement reflects personal style	↑.10			Absence of music (CJ)	1.00		
- Quality of expression	↑.10						

Score Range: 9.5-10: 0.2 9.0-9.475: 0.5 8.0 – 8.975: 0.7 Below 8.0: 1.00

Courtesy score: Minimum of 1.00

2025 SSI Vault Start Values

Handsprings		
On	Off	SSI
Handspring	Repulsion	8.8
Handspring	½ twist	8.9
Handspring	1/1 twist	9.2
Handspring	1½ twist	9.5
Handspring	2/1 twist	10.0
Handspring	2½ twist	10.0
Handspring	3/1 twist	10.0
Handspring	Tuck Salto	9.8
Handspring	Tuck Salto ½ twist	10.0
Handspring	Tuck Salto 1/1 twist	10.0
Handspring	Tuck Salto 1½ twist	10.0
Handspring	Pike Salto	9.9
Handspring	Pike Salto ½ twist	10.0
Handspring	Pike Salto 1/1 twist	10.0
Handspring	Layout Salto	10.0
Handspring	Layout Salto ½ twist	10.0
Handspring	Layout Salto 1/1twist	10.0
Handspring	Layout Salto 1½ twist	10.0
Handspring	Layout Salto 2/1twist	10.0
Handspring	Double Salto T / P	10.0

Twists On		
On	Off	SSI
½ twist (Tsuk)	Repulsion	8.8
½ twist (Tsuk)	½ twist	8.9
½ twist (Tsuk)	1/1 twist	9.4
½ twist (Tsuk)	1½ twist	9.5
½ twist (Tsuk)	2/1 twist	9.9
½ twist (Tsuk)	2½ twist	10.0
½ twist (Tsuk)	Tuck Salto	9.5
½ twist (Tsuk)	Tuck Salto ½ twist	9.8
½ twist (Tsuk)	Tuck Salto 1/1 twist	9.9
½ twist (Tsuk)	Tuck Salto 1½ twist	10.0
½ twist (Tsuk)	Tuck Salto 2/1twist	10.0
½ twist (Tsuk)	Pike Salto	9.6
½ twist (Tsuk)	Pike Salto ½ twist	9.9
½ twist (Tsuk)	Pike Salto 1/1 twist	10.0
½ twist (Tsuk)	Layout Salto	9.8
½ twist (Tsuk)	Layout Salto ½ twist	10.0
½ twist (Tsuk)	Layout Salto 1/1 twist	10.0
½ twist (Tsuk)	Layout Salto 1½ twist	10.0
½ twist (Tsuk)	Layout Salto 2/1twist	10.0
½ twist (Tsuk)	Layout Salto 2½ twist	10.0
½ twist (Tsuk)	Double Salto T / P	10.0
1/1 twist	Repulsion	9.6
1/1 twist	½ twist	9.6
1/1 twist	1/1 twist	9.8
1/1 twist	1½ twist	10.0
1/1 twist	2/1 twist	10.0
1/1 twist	Tuck Salto	10.0
1/1 twist	Pike Salto	10.0
1/1 twist	Layout Salto	10.0

Handsprings onto Springboard		
On	Off	SSI
Hsp on Hsp	Handspring	8.8
Hsp on Hsp	½ twist	9.0
Hsp on Hsp	1/1 twist	9.3
Hsp on Hsp	1½ twist	9.6
Hsp on Hsp	2/1 twist	10.0
Hsp on Hsp	Tuck Salto	9.9
Hsp on Hsp	Tuck Salto ½ twist	10.0
Hsp on Hsp	Pike Salto	10.0
Hsp on Hsp	Pike Salto ½ twist	10.0
Hsp on Tsk	Repulsion	8.9
Hsp on Tsk	½ twist	9.0
Hsp on Tsk	1/1 twist	9.3
Hsp on Tsk	Tuck Salto	9.6
Hsp on Tsk	Tuck Salto ½ twist	9.9
Hsp on Tsk	Tuck Salto 1/1 twist	10.0
Hsp on Tsk	Tuck Salto 1½ twist	10.0
Hsp on Tsk	Pike Salto	9.7
Hsp on Tsk	Layout ½ twist	10.0
Hsp on Tsk	Layout 1/1twist	10.0
Hsp on Tsk	Layout 1½ twist	10.0
Hsp on Tsk	Layout 2/1 twist	10.0
Hsp on Tsk	Layout 2½ twist	10.0
Hsp on Tsk	Layout Salto	9.9
Hsp on Tsk	Double Salto Tuke / Pike	10.0

Yurchenko Entry		
On	Off	SSI
Roundoff	Handspring	8.8
Roundoff	½ twist	8.9
Roundoff	1/1 twist	9.2
Roundoff	1½ twist	9.5
Roundoff	2/1 twist	9.9
Roundoff	Tuck Salto	9.5
Roundoff	Tuck Salto ½ twist	9.8
Roundoff	Tuck Salto 1/1twist	9.9
Roundoff	Tuck Salto 1½ twist	10.0
Roundoff	Tuck Salto 2/1 twist	10.0
Roundoff	Pike Salto	9.6
Roundoff	Pike Salto ½ twist	9.9
Roundoff	Pike Salto 1/1 twist	10.0
Roundoff	Layout ½ twist	10.0
Roundoff	Layout 1/1twist	10.0
Roundoff	Layout 1½ twist	10.0
Roundoff	Layout 2/1 twist	10.0
Roundoff	Layout 2½ twist	10.0
Roundoff	Layout Salto	9.8
Roundoff	Double B. Tuck / Pike	10.0

Yurchenko Entry with Twists On		
On	Off	SSI
RO. ½ twist	Repulsion	8.8
RO. ½ twist	½ twist	9.2
RO. ½ twist	1/1 twist	9.3
RO. ½ twist	1½ twist	9.5
RO. ½ twist	2/1 twist	10.0
RO. ½ twist	Tuck Salto	10.0
RO. ½ twist	Tuck Salto ½ twist	10.0
RO. ½ twist	Tuck Salto 1½ twist	10.0
RO. ½ twist	Pike Salto	10.0
RO. ½ twist	Pike Salto ½ twist	10.0
RO. ½ twist	Layout ½ twist	10.0
RO. ½ twist	Layout Salto	10.0
RO. 1/1 twist	Repulsion	8.8
RO. 1/1 twist	½ twist	9.3
RO. 1/1 twist	1/1 twist	9.7
RO. 1/1 twist	1½ twist	9.9
RO. 1/1 twist	2/1 twist	9.9
RO. 1/1 twist	Tuck Salto	10.0
RO. 1/1 twist	Tuck Salto ½ twist	10.0
RO. 1/1 twist	Tuck Salto 1/1 twist	10.0
RO. 1/1 twist	Pike Salto	10.0
RO. 1/1 twist	Layout Salto	10.0
RO. 1/1 twist	Layout Salto 1/1 twist	10.0
RO. 1½ twist	1/1 twist	10.0