

MHSAA 2013-14 GYMNASTICS SEASON

Rules Book Insert and MHSAA Clarifications

Updated 09/11/13

RULES MEETINGS:

- Online rules meetings: **Monday, October 21 through December 19, 2013**
or
- Face-to-face rules meetings: **6 p.m., Monday, November 11, 2013 at the MHSAA.**
8 a.m., Saturday, December 7, 2013 at Walled Lake Central HS
(Held in conjunction with the MHSGCJA Judges Cup).
- Varsity coaches must take an online meeting (or attend) to coach in the MHSAA tournament.
- Judges must take an online meeting (or attend) to judge in the MHSAA tournament.
- Judges must submit their schedule to judge in the MHSAA tournament.

2013-14 DATES TO REMEMBER:

Tryouts and Practice Begin:	Monday, October 28, 2013
Competition Begins:	Saturday, November 16, 2013 (19 days after first practice).
Number of Competitions:	A season may be comprised of no more than 15 days of competition for a team or an individual. MHSAA Regionals and Finals are not counted in the 15 days.
Opt-Out Due Date:	Friday, February 21, 2014 – 4:00 p.m.
Regional Tournaments:	March 1, 2014: Regional Sites - Rockford Mason Canton-Plymouth Walled Lake Central
Finals Tournament:	March 7-8, 2014: Finals Site - Canton-Plymouth HS
Scrimmages:	Teams may participate in a total of four scrimmages. No more than two of the four scrimmages may occur prior to the first contest.

LIMITED TEAM MEMBERSHIP:

MHSAA HANDBOOK, REGULATION I, SECTION 12 (A): A student who, after practicing with (including tryouts) or participating in an athletic contest or scrimmage as a member of a high school athletic team, participates in any athletic competition not sponsored by his or her school in the same sport during the same season, shall become ineligible for a minimum of the next three (3) contests/days of competition and maximum of the remainder of that season in that school year. The following exceptions to this Regulation will apply:

- 1) Gymnastics shall apply the limited team membership rule from the point of a student's first participation in a contest or scrimmage, rather than practice.
- 2) During the season an individual may participate in a maximum of two (2) individual sports (including gymnastics) meets or contests in that sport while not representing his or her school.
 - a) Points earned, weight established, times or records established shall not count toward any qualifying requirement for MHSAA meets or tournaments.
 - b) Meets or tournaments entered under the above provisions shall not affect the number of games, contests, or days of competition specified for each school team and individual under Regulation II, Sections 10 and 11.

OUT-OF-SEASON LIMITATIONS:

MHSAA HANDBOOK, REGULATION II, SECTION 11 (H) – There is no such thing as a school team outside the interscholastic season of practice and competition. Schools shall not require or sponsor activities in the name of the school team outside the school season for the sport involved. That the regulations or their interpretation do not prohibit a specific action or activity does not mean that such is permissible. When the regulations or their interpretation describe an allowed out-of-season contact between the coach and students of his/her school, it does not mean such may be required, conducted or sponsored explicitly or implicitly by their school district.

As a general rule, the activity of **STUDENTS** is not restricted outside the high school season, subject to limitations of the amateur and awards rules as well as prohibitions on all-star and national high school championship competition.

An individual student-athlete may obtain any amount of coaching from any coach, including his or her school coach, any time, year-round, provided the restrictions placed upon school coaches are followed.

These limitations out-of-season apply to **COACHES:**

- a. Outside the school season during the school year (from Monday the week of August 15 through the Sunday after Memorial Day observed), school coaches are prohibited from providing coaching at any one time under one roof, facility or campus to more than three (or four) students in grades 7-12 of the district for which they coach (four students if the coaching does not involve practice or competition with students or others not enrolled in that school district). This applies only to the specific sport(s) coached by the coach, but it applies to all levels and both genders, whether the coach is paid or volunteer (e.g., a volunteer JV boys soccer coach may not work with more than four girls in grades 7-12 outside the girls soccer season during the school year).
- b. When school coaches are in contact with students during the summer, they do so un-sponsored by the school where they coach. These activities must be entirely non-school programs:

School sponsored "open gyms" or "after school" activities are permitted in the school district's facilities out of season if they are voluntary and not part of the team selection process and adhere to these principles:

- Diversity of students – open to all students.
- Student-conducted – students choose from offered activities. Any coach of a sport under MHSAA jurisdiction who is present shall not coach, instruct, critique, direct, evaluate or participate in a sport he/she coaches.
- Recreational emphasis – not an organized program of instruction and/or competition. There must not be any organized drills, practice structure and no instruction regarding offensive or defensive schemes by any person, including team captains and parents.

Interpretation 233:

School sponsored conditioning programs shall not be mandatory or part of the team selection process which begins on the first day of practice. Conditioning programs are for the purpose of providing students a non-mandatory, non-sport specific opportunity to improve their speed, strength, endurance, cardiovascular capacity, coordination and flexibility. Conditioning programs may not involve instruction in skills of a particular sport.

- If a school were to include skills instruction by the school coach or another person arranged by the school coach during what is called conditioning, it would not be a violation if it occurred out-of-season during the school year with a maximum of four students in grades 7-12 of the school district present in the facility (no scheduled rotations permitted).
- The school or a school related organization shall not contact or arrange for out of season instruction or conditioning programs that the school coach would be prohibited from doing. For example: It is a violation for the school, coach, or a school related organization to have an outside gymnastics instructor arranged to teach tumbling skills outside the gymnastics season during the school year.

CONTEST START TIME:

Officials' contracts and school game contracts must provide the start time for events. Failure for a team to be ready to compete by thirty (30) minutes after the scheduled start time will result in contest rescheduling or forfeiture determined by the competing schools. (In case of emergency situations the contest manager must be notified should a delay in the start time be probable.)

REGULAR SEASON CONTEST FORFEITURE:

When a league or conference does not have a written policy regarding late contest start time, the following policy should apply:

- 1) If a team fails to arrive for a regular season contest at the time stated on the contract, it will be necessary for the host administration to delay the contest, declare the game forfeited, reschedule the contest, or declare the event "no contest."
- 2) If the host management has been notified of the reason for the delay and projected arrival, the officials must stand by for 60 minutes beyond the scheduled starting time. When the team arrives, a reasonable amount of time must be provided for the visiting team to conduct a pre-game warm-up. In any case, warm-up may not be less than 15 minutes.
- 3) If the host management has not been notified that there is a delay and the reason for it, the officials have permission to leave the site, without obligation, 30 minutes after the contracted start time has passed.

SCORING A GYMNASTICS MEET:

Contains four (4) events – vault, uneven parallel bars, balance beam and floor exercise. All-Around scores will also be tallied, but do not count toward team scores. A team score is the total of event scores determined by combining the best four (4) individual scores in each event.

Exhibition performances are not allowed.

REGULAR SEASON NUMBER OF COMPETITIONS PER JUDGES REQUIREMENTS:

Dual Meets –

- 1) Exhibition performances are prohibited.
- 2) There can be no more than six (6) competitors per team per event when two judges are contracted to judge the events.
- 3) There can be no more than seven (7) competitors per team per event when four judges are contracted and two events are conducted simultaneously.

Double Dual Meets or Quad Meets –

- 1) Exhibition performances are prohibited.
- 2) No more than six (6) competitors per team can compete in each event.
- 3) There can be no more than seven (7) competitors per team per event when four judges are contracted in which two events are conducted simultaneously.

Tri- Meets –

- 1) Exhibition performances are prohibited.
- 2) There can be no more than five (5) competitors per team per event when two judges are contracted to judge each event.
- 3) There can be no more than seven (7) competitors per team per event when four judges are contracted and two events are conducted simultaneously.

When a Contest Involves Junior Varsity and Varsity Gymnasts or A Team and B Team Gymnasts – If a game contract is written and agreed upon in which a school will compete a junior varsity and varsity or an A Team and B Team squads:

- 1) The judges contracts must also reflect these arrangements;
- 2) The provisions of a tri-meet or quad-meet must be maintained;
- 3) The team scoring provisions must be maintained; and
- 4) Any competitor has the opportunity to earn Regional qualifying scores.

TEAM PHILOSOPHY:

Even though the MHSAA Gymnastics Committee does not feel the MHSAA should regulate the amount of practice time or dictate a cut-off date during the season in which no additional athletes could be added to the Master Eligibility List, the Gymnastics Committee suggests the following to member schools which sponsor gymnastics:

The school administration should determine the amount of practice time in which each gymnast must participate with the high school team. In addition, the school administration should determine a reasonable date in the season when no more athletes may become a part of the team. This suggestion is based on the philosophy that steps should be taken to keep the team concept intact.

CRITERIA FOR DETERMINING THE CATEGORY IN WHICH A GYMNAST WILL COMPETE:

Division I Gymnasts

A gymnast who has EVER competed in a non-school competition at the USAG Level 9 or above, USAIGC – Intermediate Optional Level or the USAIGC Open Optional Level, or Y Program at Level 9 or competed in the AAU-Michigan qualifying meet judged at Level 9 **OR**

A gymnast who has competed in USAG Optional 8 or USAIGC Developmental Optional Level or Level 8 equivalent Y Program since Jan. 1, 2012.

Division II Gymnasts

All other gymnasts will be considered Division II competitors.

NOTE: A Division II gymnast can choose to compete in Division I regardless of her experience. The decision must be made before the entry form is submitted to the Regional Manager. **Coaches are encouraged to follow the guidelines as indicated regarding the designation of Division I gymnasts.**

The designation of Division I or Division II **MUST** appear on the Team and Individual Qualifier Forms for each gymnast entered in the MHSAA Tournament Series and **CANNOT** be changed after the entry due date.

PETITIONING FOR DIVISION II STATUS:

The MHSAA gymnastics committee reinforces the opportunity for member schools to petition the MHSAA Executive Committee for consideration in allowing a Division I competitor to be allowed to compete in Division II. A petition will be reviewed only for a USAG Level 9 or above gymnast. The committee suggests the Executive Committee consider the following criteria when making such decisions:

- 1) Was there an injury that prohibits the athlete from further competition at the USAG gymnastics 9 level?
- 2) Has there been a major change in the athlete's physique since she was a USAG gymnast?
- 3) How many years has it been since she competed at USAG level 9 or above or its equivalent?
- 4) How long did the athlete compete at the USAG 9 or above level?
- 5) What scores did the athlete earn at Division I in the previous high school season?
- 6) What scores are being earned during the current season as a Division I competitor?

EQUIPMENT:

Vaulting Equipment –The vault table is the only piece of equipment that may be used for vaulting. The height of the vault table shall be 100-135 cm (39 ½ -53 ¼ inches) as measured from the floor to the center top of the vault table. The pistons/pedestal (vertical uprights) of the vaulting table shall be padded with the manufacturer's protective padding. The landing area shall be on the same level as the vault table and runway strip and shall be a minimum of 18 feet by 8 feet. There shall be a runway strip which provides a flat nonslip, consistent surface, free of cracks, obstructions and un-taped seams.

Board Safety Mat – A manufactured safety mat that goes around the front and sides of the board may be used on bars, beam or vaulting. It is the responsibility of the team to provide this mat for its own gymnasts rather than host management. The safety mat is required for all round-off entry vaults as a risk minimization measure.

Acceptable Mat Width for Uneven Parallel Bars – The working area (the area underneath the rails and the area in front and back of the rails over which the gymnast passes during her routine) and the dismount area shall be padded with: **a.** Non-slip matting at least 5 inches thick. **b.** The maximum total matting including a sting mat shall not exceed 19 inches. **c.** The top mat including a sting mat shall not be wider than any mat underneath it except for a mat at least 4 inches thick on top of a base mat. **d.** The matting between the supports of the bars shall be 7 ½ feet wide. **e.** A manufactured safety mat may be used around the front and sides of the board. It shall be used for any round-off entry mount.

Balance Beam Landing Area – The landing area at each end of the beam shall be at least 12 feet long and 8 feet wide. The working area under the beam is 15 feet wide by 15 ½ feet long.

Equipment Specifications – Vault, bars, beam and floor exercise equipment specifications are provided in the National Federation Gymnastics Rules Book – Rules 6, 7, 8 and 9 respectively.

Facility and Equipment – All competitive equipment shall meet rule specifications as listed in Rules 6 – 9, and shall not be waived by prior mutual consent of participating schools.

Equipment Failure or Breakage – In case of equipment breakage during an event when no replacement equipment is available:

- 1) Gymnasts who have completed their routines will be allowed to use their scores for individual qualifying purposes; however,
- 2) The team score in this event will be eliminated for both teams for the meet. The meet score would be based on three events. The gymnasts who competed before the breakage can use those for Regional qualifying scores.

Altering Equipment – Bars or Vault – The rails or table shall not be altered by applying any foreign substance. Water and gymnastic chalk are not considered foreign substances. The violation will result in a 2.0 deduction for altering equipment. Host management shall mark the minimum setting in black and the maximum setting in red.

Manufactured Spotting Block – A manufactured spotting block may be used in vaulting. The interpretation of legal manufactured mats for spotting blocks includes the following:

- One manufactured spotting block.
- Two manufactured spotting blocks.
- One manufactured folded panel mat.
- Two manufactured folded panel mats.
- One manufactured spotting block on top of a manufactured folded panel mat.

It is not legal to place a manufactured folded panel mat on top of a manufactured spotting block.

Width of Top Mat – In 6-1-2, 7-1-2 and 8-1-2, the rules state that the top mat (including a sting mat) shall not be wider than any mat underneath it except for a mat at least 4 inches thick on top of a base mat. The clarification is: No mat should be wider than any mat underneath it except a mat at least 4 inches thick placed on top of a base mat.

Therefore, the following would NOT be legal: A sting mat (6 feet wide) on top of a 4 inch landing mat (8 feet wide) on top of a 5 inch non-slip landing mat (6 feet wide) because the middle mat is 2 feet wider than the mat underneath it.

Regional Qualifying Scores – The Regional qualifying scores are established by the Gymnastics Committee. The 2013-14 qualifying scores will be determined at the Gymnastics Committee. Below are the 2012-13 Regional qualifying scores:

Vault: 7.9; Bars: 6.8; Beam: 7.4; Floor Exercise: 7.8; Team: 120.

Earning Qualifying Scores – Close to the end of regular season competition in individual sports where qualifying scores must be obtained in order to enter the MHSAA tournament series, coaches sometimes search for an event to enter team members who still need to qualify.

If you are confronted with this situation, be sure you are complying with all MHSAA regulations. Review the following statements to be sure you are following all MHSAA regulations before entering an athlete in a non-scheduled meet to obtain qualifying scores:

- ✓ The athletic administration must be aware of and approve the additional end of the regular season competition the team is expecting to participate in.
- ✓ A team must have an opponent from another school, organization, or group.
- ✓ There must be a full complement of officials.
- ✓ There must be school and officials contracts signed.
- ✓ Added-on contests cannot exceed the maximum number of allowed regular season meets or days of competition for the team or individual.
- ✓ Competition in a full schedule of events must be arranged (not a few selected events).

Remember, a team or individual cannot earn qualifying scores unless it competes against an opponent. A co-operative team is considered one team for competition purposes.

JUDGES:

Judges Uniform and Emblem – All MHSAA registered officials are required to wear the proper attire for the sport she/he officiates at all regular season and MHSAA events. Judges of gymnastics are required to wear a white top and solid black skirt or slacks. Any additional garments worn must be black. Tank tops, sweat-shirts and sports bras worn as an outer garment are NOT acceptable tops. Denim is never acceptable for officiating attire. Judges must wear their current year MHSAA officials emblem on the left pocket area of the blouse/shirt or coat/blazer or attached to a neck lanyard.

Judge Fails to Arrive – In the event a contracted official fails to arrive for a scheduled contest, those officials who are present may:

- 1) Officiate the contest with less than the usual number of officials;
- 2) Replace the absent official with a local registered official to fill-in; or
- 3) Cooperate with the involved teams to postpone the contest. See contract compensation in the current MHSAA Officials Guidebook for fee payment obligations.

Under the above circumstances ONLY, if a single judge agrees to judge the routines, then it will be considered a regulation event and qualifying scores can be used for Regional entry purposes.

Inquiry Process – An Inquiry Form must be completed by the coach who is questioning his/her gymnasts score with regard to:

- Difficulty/vault value
- Event Requirements
- Bonus (includes back-to-back superiors)
- Neutral deductions
- A mathematical error

Note: Inquires shall be submitted no later than **10** minutes after all scores for that team are recorded at the score table for that EVENT. An Inquiry Form must be used at ALL regular season and MHSAA tournament events. An INQUIRY FORM is provided online by the MHSAA each year.

Note: No deduction is taken from the team score when an inquiry is denied or does not result in a score change.

Scores are Final – By Representative Council action, all scores are final and cannot be changed when 30 minutes have passed after all scores are recorded and reviewed by Superior Judges and/or the Meet Referee.

2012-14 RULES BOOK CORRECTIONS:

page 21:	Group 2, 6-6-2:	Shade:	2.301	$\frac{1}{4}$ - $\frac{3}{4}$	9.0
pages 17, 28, 53:	6-1-2b, 7-1-2b, 8-1-2b	Shade:	19 inches		
page 94:	Group 8	Should read:	SALTOS FORWARD and no shading		

2012-14 GIRLS GYMNASTICS RULES CHANGES

- 1 Adds definitions for back-to-back superior, bar change, and high level back-to-back superior and low level back-to-back superior.
Rationale: Adds definitions for clarification.
- 1 Modifies the definition of balk, direction change, medium, superior, and high superior.
Rationale: Updates the definitions for consistency with rules.
- 1 Changes the name of Bonus High Superior to Advance High Superior.
Rationale: Bonus High Superior is changed to Advanced High Superior for clarification purposes.
- 1 Deletes the definition for combinations and routine.
Rationale: The term is not currently used as a descriptor in gymnastics terminology. Routine is an unnecessary definition.
- 2-2-1b: Revises the conditions for repeating an exercise.
Rationale: Repeating an exercise is based on the conditions surrounding the interference of the exercise and not because the participant believes she can receive a higher score.
- 2-4-11 The meet referee's clerical authority over the contest extends through the completion of any reports including imposing disqualifications which occurred during the meet. State associations may intercede in the event of unusual incidents before, during or after the referee's jurisdiction has ended or in the event that contest is terminated prior to the conclusion of the meet.

Rationale: Administrative duties for meet officials may need to continue after the contest to document actions which occur during the competition. This revision illustrates the difference between the meet officials' jurisdiction during the competition and other administrative responsibilities such as submitting specific reports after the competition is completed. In addition, clarifies that State Associations may continue to develop and implement policies that allow for review of unusual incidents that occur while the meet officials have jurisdiction or after the competition is completed.

- 3-1-3a Clarifies that matting for the working and landing area shall be a minimum thickness of 4 $\frac{3}{4}$ inches (12 cm).
Rationale: The correction in the measurement reflects the actual thickness of the manufactured mat.
- 3-1-3b Specifies that the maximum matting including a sting mat shall not exceed 19 inches in thickness.
Rationale: The change to the maximum matting allows the gymnast to use any configuration of manufactured mats and not exceed the maximum total matting permitted.
- 4-1-2E, 7-3-5
8-3-5, 9.3-5 Deletes specific Bonus requirements and replaces them with revised requirements.
Rationale: The revision of the Bonus category is for ease of understanding and for objective application.
- 4-4-1, 2 & 3 Specifies that the range shall be determined by the average score.
Rationale: The use of the average score to determine the range is a more objective method than the use of a single judge's score.
- 5-1-4 Clarifies the categories for an inquiry.
Rationale: Back-to-back superiors are already included in Bonus, letter d.
- 5-1-6a Clarifies when a deduction for exceeding warm-up time or warming-up in the competitive area is taken.
Rationale: The revision in working will maintain consistent language throughout the book.
- 5-1-6c Deletes the deduction for inquiries involving judgment.
Rationale: Deleting the reference to inquiries involving judgment clarifies that only legal inquiries may be accepted by the meet referee.
- 6-2-5b new
NOTE 3 Adds a NOTE clarifying that a vault performed without the signal does not count as one of the authorized attempts.
Rationale: The revision specifies the mechanics of deducting for vaulting without the signal from the chief judge.
- 6-4-2a Adds a deduction for alternate repulsion, up to 0.2, in the repulsion phase.
Rationale: Specifies the deduction for alternate repulsion.
- 6-5-1 new c Specifies that there is no deduction for the coach standing between the board and vault table on a round-off entry vault.
Rationale: Specifies the deduction for the coach standing between the board and the vaulting table.
- 6-5-2g, 7-3-7h
8-3-7h, 9-3-7i Deletes signaling as a deduction.
Rationale: Specifies that signaling is not a violation of rules.
- 6-5-2h(1) Permits the use of Velcro strips, tape or small chalk marks on the vault runway provided they are removed at the end of the rotation.
Rationale: Permits the use of Velcro strips, athletic tape or small chalk marks on the vault runway and that they must be removed at the end of the rotation.
- 6-6 Adds new elements to vault: $\frac{1}{2}$ - 2/1; $\frac{1}{4}$ - $\frac{1}{4}$ Front salto; $\frac{1}{4}$ - $\frac{3}{4}$ Front salto; RO-FF 1/1 on - Repulsion off; and RO - FF 1/1 on - $\frac{1}{2}$ off.
Rationale: Specifies a value for each new vault.
- 6-6-2 (2.207)
6-6-2 (2.301) Changes the value of $\frac{1}{4}$ - $\frac{3}{4}$ vault to 9.0 and clarifies that a $\frac{1}{4}$ - $\frac{3}{4}$ vault may end facing toward or away from the vault table.
Rationale: Realigns the value of a $\frac{1}{4}$ - $\frac{3}{4}$ to be consistent with a $\frac{1}{2}$ - $\frac{1}{2}$ in vault.
- 7-3-3a
8-3-3a
9-3-3a Changes category name to "variety in choice of elements and connections" in Composition and provides additional guidelines for deductions.
Rationale: Specifies that the category name includes "connections." Additional guidelines for deductions are provided.

- 7-3-4c(8) Specifies how to deduct for an extra swing.
 NOTES 1 & 2 **Rationale:** Specifies when an extra swing deduction is taken and the maximum deduction for extra swings.
- 7-4 Fig. 1 Revises the Figure to reflect the lack of a deduction from 0 – 10 degrees.
Rationale: Specifies the angle range and the corresponding amplitude deduction.
- 7-6 Adds new elements to uneven bars: each type of kip is a different element; hang on HB-uprise backward to clear support on HB, also with ½ turn or with flank vault over HB; clear underswing on LB, release and counter movement forward in flight to hang on HB, facing inward-stalder backward with release and counter movement forward in flight to hang on HB (Ray); underswing (toe-on) with ½ turn to clear support on same bar.
Rationale: Specifies that each type of kip is a different element. Specifies the value of an uprise with a flank vault over the high bar. Accommodates new elements and for consistency of progression with a structure group. Specifies the value of a Ray. Specifies the value of this element.
- 8-2-3, 9-2-3 Clarifies the exception regarding using a single element twice to fulfill two series requirements.
Rationale: Adds clarifying language regarding the use of a single element within a series.
- 8-2-5 Clarifies that two medium elements may be awarded superior credit if they are acro elements. Also deletes the word attain.
Rationale: Clarifies that a handstand does not pass through the vertical and cannot be used to receive superior credit if combined with another medium.
- 8-6 Adds the following elements to balance beam: switch leg lp/jp 135 w/wo ¼; ring/stag-ring lp/jp at waist height; switch leg lp/jp 180; side split jp 180; side split jp 180 with ½ ; switch leg lp/jp 180 with ¼ to side split; switch leg lp/jp 180 with ¼ to straddle pike; switch leg lp/jp to ring at head height; ring/stag/ring lp/jp at head height; forward shoulder roll, backward shoulder roll; jump backward with ½ twist to walkover forward (Onodi).
Rationale: Specifies the value of these new elements.
- 8-6-8 Deletes a series of walkovers forward.
 (8.301a) **Rationale:** Clarifies that a series of forward walkovers is not an exception to the method of awarding Value Part credit.
- 9-1-1 Revises required area for placement of the floor exercise mat to specify that the padded competitive area should be centered in an area of 42 feet x 42 feet.
Rationale: The revised dimensions of the floor exercise mat are more appropriate for high school gymnastics programs and facilities. The chief judge will continue to measure and verify the dimensions of the padded competitive area. The placement of the competitive area is the responsibility of the host school and not the chief judge.
- 9-3-5b Clarifies floor exercise, superiors, high superiors and advanced high superiors may be included in one connected pass without being directly connected.
Rationale: Clarifies how to receive credit for back-to-back superiors.
- 9-3-7o new 1 Clarifies that music may have human sounds but no words may be spoken or sung.
Rationale: Clarifies that the use of human sounds in floor exercise music is allowed.
- 9-6 Adds the following elements to floor exercise: ring/stag ring lp/jp at waist height; ring/stag ring lp/jp w/wo ½ at head height; ring/stag ring with 1/1 at head height; split jp 180 with 1 ½; lp 1 ½ twist in horizontal to prone (Khorkina); all saltos to prone; a series of saltos, one forward and one backward; a series of saltos backward; a series of salts backward tucked, piked or stretched with 1/1 twist in both saltos; a series of whip saltos backward; from take-off forward from one or both legs-salto sideward tucked, piked or stretched.
Rationale: Specifies the value of new elements.

2012-13 GYMNASTICS RULES INTERPRETATIONS

SITUATION 1: After completing one-half of her routine, a gymnast jumps off the bars due to a torn handgrip. The judges deduct 0.50 for a fall and allow the gymnast to resume her routine from the point of interruption. **RULING:** Incorrect procedure. **COMMENT:** Since the torn handgrip is not in the control of the gymnast, the judges should not take a fall deduction (2-2-1b(9))

SITUATION 2: A gymnast falls from the high bar after attempting a backward giant. She resumes her routine with a kip on the low bar. The judges credit the gymnast with one of her two required bar changes. **RULING:** Correct procedure. **COMMENT:** The bar change compositional requirement does not imply that a Value Part must be used to transfer from one bar to another, only that the gymnast must work on one rail at least twice and the other rail at least once. (7-3-3b NOTE).

- SITUATION 3:** A judge notices that while preparing matting for a gymnast, a coach places a 4 ½-foot sting mat between the 8 feet by 12 feet landing mat. The judge informs the coach that the matting configuration is illegal. **RULING:** Correct procedure. **COMMENT:** The top mat shall not be wider than any mat underneath it. Exception: A mat at least 10 cm thick may be placed on top of a base mat. (Rule 3-1-3c).
- SITUATION 4:** The meet referee notices the vault landing area has two 8 feet by 12 feet landing mats placed end-to-end to meet the 18 feet by 8 feet minimum matting requirement and allow competition to begin. **RULING:** Correct procedure. **COMMENT:** A single mat that is 18 feet by 8 feet is not required. When combining mats, all mats should be of equal thickness to provide a level landing surface (6-1-2a)
- SITUATION 5:** A gymnast prepares to vault by placing a hand placement mat across the runway next to the vaulting board. She announces her vault as a handspring. The chief judge informs the coach that a hand placement mat may not be used for a forward entry vault. The coach removes the mat. **RULING:** Correct procedure. **COMMENT:** The hand placement mat is intended for hand placement for round-off entry vaults and may not be used for any other vault. (Rule 1)
- SITUATION 6:** A gymnast performs two identical high level back-to-back superiors (HL BBS) and the judges award 0.40 in Bonus (0.20 for each series). **RULING:** Correct Procedure. **COMMENT:** High level back-to-back superiors are not required to be different (4-1-2E (2))
- SITUATION 7:** On beam, a gymnast performs a back handspring directly connected to a back salto and then falls. The judges award 0.20 in Bonus for a high level back-to-back superior. **RULING:** Correct procedure. **COMMENT:** A high level back-to-back may be given credit if a fall occurs following the completion of a second element. Credit may not be awarded in Bonus for an advanced high superior that includes a fall. (8-3-5)
- SITUATION 8:** On floor, a gymnast performs a side-split leap directly connected to a straddle-pike jump. The judges award credit for a dance series in event requirements. **RULING:** Incorrect procedure. **COMMENT:** A dance series must include Value Parts of different shapes. A side-split leap and a straddle-pike jump are both straddle shapes. (9-2-3b (2) & 9-4-1)

NFHS GIRLS GYMNASTICS POINTS OF EMPHASIS

1. **Extra Swings:**
 - a. If an element is performed poorly or ends in a dead hang, extra swings may be necessary to regain momentum. Extra swing deductions may be taken on several elements but not more than 2 consecutive extra swings should be taken on any one single element (maximum of 0.6).
 - b. After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and take a maximum of two “pump” swings to initiate momentum to resume the exercise. If more than two pump swings are taken, a 0.3 deduction for each extra swing(s) (after the two allowed) would be applied up to a maximum of 0.6.
 - c. The tap swing technique used by itself to swing forward and backward, not as part of an element, is considered an extra swing.

2. **Tap Swing:** A tap swing is a technique used to execute a giant or another circling element and is used to increase speed in a swing. It can best be described as: the body is in a hollow position as it begins the downward-forward swing from the high bar. As the feet pass the low bar, the body relaxes from the hollow position to a slight arch. The slight arch position is maintained through the vertical (under the bar) and is allowed by an aggressive kick forward-upward with the legs/feet together while the body, at this point, returns to the hollow position as it moves toward the level of the high bar. A tap swing used by itself to swing forward and backward, not as a part of an element, is considered an extra swing.

3. **Uncharacteristic Elements on Bars:**
 - a. Squat on LB, jump with ½ turn to HB.
 - b. ½ turn on feet on LB.
 - c. Leg cut that is not simultaneous.
 - d. V-sit on LB.
 - e. Scale.
 - f. Climbing or crawling onto the LB.
 - g. Jumping from LB to support on HB continuing to a forward roll over the HB.

4. **Bar Change:** A bar change occurs when there is movement from one bar to the other bar. A gymnast who performs elements on the low bar and then moves to the high bar has fulfilled a bar change. A fall from one bar with continuation of routine (performance of a listed value part element) on the other bar is considered a bar change.

5. **Handstands on Beam and Floor:** A handstand does not fit into any directional category. It is neither forward, backward nor sideward. An acro element must pass through the vertical plane either forward, backward or sideward to satisfy the composition requirement of one backward acro element and a second acro element that is either forward or sideward. A handstand moves up to the vertical plane and comes back down but never passes through the vertical plane. Therefore, a handstand may not be credited as a backward or forward/sideward acro element in composition.
6. **Direction of Specific Elements on Beam and Floor:**
 - a. Round-off on beam = sideward
 - b. Round-off on floor = no direction
 - c. Jump backward (flic-flac take-off) with $\frac{1}{2}$ (180) twist to walkover forward (Onodi) = forward
 - d. Jump backward with $\frac{1}{2}$ (180) twist to salto forward (Arabian salto) = forward
 - e. Cartwheel or dive cartwheel = sideward
 - f. Aerial cartwheel = sideward
 - g. Handstand = no direction
 - h. Butterfly forward or backward = sideward
 - i. Aerial round-off = sideward
 - j. Sideward salto = sideward
 - k. Flic-flac with $\frac{1}{4}$ twist (90) to side handstand = backward
 - l. Backward roll to handstand = backward
 - m. Tic-Toc on beam and floor = forward and backward

COMMENTS ON THE 2012-14 MAJOR RULE CHANGES

1. **1.2-2-1B(9), Repeating an Exercise:** Repeating an exercise is based on the conditions surrounding the interference of the exercise and not because the participant believes she can receive a higher score.
2. **3-1-3a and b, Maximum Thickness of Matting:** The correction in the measurement reflects the actual thickness of the manufactured mat. The change to the maximum matting allows the gymnast to use any configuration of manufactured mats and not exceed the maximum total matting permitted.
3. **4-1-2E, 6, 7, 8 and 9, Bonus Category:** The revision of the Bonus category is for ease of understanding and for objective application. Bonus High Superior is changed to Advanced High Superior for clarification purposes.
4. **4-4-1, 2, 3 Range of Scores:** The use of the average score to determine the range is a more accurate method than the use of a single judge's score.
5. **5-1-6b, Inquiries and Mathematical Errors:** Clarifies the reference to inquiries involving mathematical errors. Additionally, only legal inquiries may be accepted by the meet referee.
6. **6-2-5b, 6-3-4h, i, j & o, 6-4-2a, 6-4-4h, i, j & p, 6-5-1a, d, h & i, Deductions:** Specifies the various deductions which have previously not been clearly stated.
7. **6-6, Vaults:** New vaults were added with specific values while other vault values were clarified.
8. **6-6-2 (2.207), 6-7-1 (2.207), 6-6-2 (2.203), Vault Values:** Realigns the value of a $\frac{1}{4}$ - $\frac{3}{4}$ to be consistent with $\frac{1}{2}$ - $\frac{1}{2}$ in vault. Clarifies that a $\frac{1}{4}$ - $\frac{3}{4}$ vault may end facing toward the table or away from the table.
9. **7-3-3a, 8-3-3a, 9-3-3a, Composition:** Adds compositional considerations and guidelines for deductions for all events under the category of composition. Specifies the category name is changed to Variety of Elements and Connections.
10. **7-3-4c(7), Extra Swings:** Under NOTES, there are additional specifications regarding when an extra swing deduction is taken and the maximum deduction for extra swings.
11. **7-6-2 (1.204), 7-6-3 (3.303), 7-6-4 (4.303), 7-6-7 (7.301), 7-6-8 (8.203), 8-6-2 (2.209, 2.212, 2.309, 2.409, 2.412), 8-6-7 (7.101), 8-6-7 (7.103), 8-6-8 *8.402, 8-6-11 (11.203, 11.303, 11.403), 9-6-1 (1.112, 1.212, 1.312, 1.406) 9-6-8 (8.101), 9-6-8 (8.302), 9-6-9 (9.305), 9-6-10 (10.202), Element Clarifications:** Specifies the value of new elements added to each event.
12. **8-2-3, Event Requirements:** Clarifies the language addressing event requirements that a single element within a series shall not be used twice in order to fulfill two series requirements.

13. **8-2-5, Handstands Not Passing Through Vertical:** Clarifies that a handstand combined with another medium shall not be awarded superior credit due to a handstand not passing through the vertical.
14. **8-2-6, Event Description:** Deletes the previous 8-2-6 referencing medium acro elements that attain or pass through the vertical.
15. **9-1-1, Equipment and Specifications:** Revises the floor exercise dimensions.
16. **9-3-5, Back-to-Back Superiors on Floor Exercise:** Clarifies that superiors, high superiors and advanced high superiors may receive back-to-back superior credit if they are in one continuous directly connected pass.

NFHS SUPPLEMENTAL EXPLANATIONS

1. **Supplemental Explanations for the Definitions:**
 - a. **LA Turn/Twist:** Any type of turn or twist that goes around the longitudinal axis of the body. The longitudinal axis is a line drawn down the middle of the body from head to toe.
 - b. **LA Turns/Twists That Are Direction Changes:** Only $\frac{1}{2}$, $1\frac{1}{2}$, and $2\frac{1}{2}$ LA turns/twists are direction changes. All other LA turns/twists, $1/1$ and $2/1$, finish facing and moving the same direction and therefore do not constitute a change of direction.
 - c. **Elements:** Any movement with value is called an element.
 - d. **Value Parks:** Elements become Value Parts and can count for difficulty when they are performed according to specific criteria on each event.
 - Criteria on each event:**
 - Bars:** To receive Value Part credit, an element is almost completed and contact with the bar occurs. (7-2-6)
 - Beam:** To receive Value Part credit, an element is almost completed and weight is borne. (8-2-7)
 - Floor:** To receive Value Part credit, an element is almost completed and weight is borne. (9-2-5)
 - e. **Difficulty:** The sum of the Value Parts.
2. **Description of Hand Grip Positions – Uneven Bars:**

NOTE: When a handstand or circling element to handstand is followed by a turn, the turn is considered as part of that circle or handstand. Together, it is considered one element. (Example: clear hip handstand $\frac{1}{2}$ turn is one advanced high superior element.)

 - a. **Overgrip or Regular Grip:** Used for kips, casts, hip circles, backward giants, etc. When in a front support, knuckles are facing upward, palms down.
 - b. **Undergrip or Reverse Grip:** Used for front giants, forward stride (mill circles), etc. and is sometimes attained by means of a “hop change” from overgrip. When in a front support, knuckles are facing downward, palms upward or forward.
 - c. **Mixed Grip:** One hand is in overgrip and the other is in undergrip.
 - d. **L-Grip or Eagle Grip:** The arms are twisted 360 degrees from undergrip, through overgrip and continuing. The arms are twisted with thumbs pointed away from the body. In an L-grip front giant, elbows are pointing in the direction of the giant.
 - e. **Mixed L-Grip:** One hand is in L-grip and the other hand is almost always in an undergrip.
3. **Description of Handstand Turn Techniques – Uneven Bars:**
 - a. **Blind Change:** A basic $\frac{1}{2}$ turn typically performed as a back giant, back stalker, sole circle, or clear hip to handstand nears completion. The gymnast’s chest leads or moves forward. When turning left, the left hand remains on the bar and, if continuing through handstand, the right hand regrips in an undergrip. A blind change can include a second hand change to finish in an overgrip if connecting to an underswing $\frac{1}{2}$ over the low bar (bail $\frac{1}{2}$ turn) rather than continuing through handstand.
 - b. **Pirouette:** This term is normally used for a $\frac{1}{2}$ turn in handstand in which there are two hand changes, one before the turn and one after the turn. When turning right, the left hand first changes from overgrip to undergrip while pivoting around the left arm. As the turn is completed, the right hand regrips in overgrip and the left hand is again in overgrip as a result of the $\frac{1}{2}$ turn.
 - c. **Higgins Roll:** This $\frac{1}{2}$ turn occurs as the gymnast leaves the handstand, leading with the back. When turning right, the left hand remains on the bar and twists to an L-grip as she turns. The right hand regrips in either a mixed L-grip. (Looks like a $\frac{1}{2}$ pirouette but the base hand doesn’t move).
 - d. **Healy Technique:** 360 degree turn on one arm – this is a full turn on one arm performed after the handstand phase. The base (pivoting) hand begins in undergrip and pivots on one arm until a full turn has been completed. It finishes in a mixed L-grip or L-grip.
4. **Description of Selected Jumps and Leaps:**
 - a. There are three leg positions that are the basis of the criteria for awarding credit for leaps and jumps requiring a split. Split or stag-split leaps/jumps have a forward-backward split. Side split jumps have a sideward split (straddle). In a straddle pike position, the body is piked at the hips with legs horizontal and split to at least 135 degrees.

- b. To receive credit for a Schus Schonova, the gymnast must show straddle-pike jump, legs horizontal, then legs circle around to stretched position prior to landing in a front lying position on the floor.
- c. The Khorkina is listed to draw attention to the fact that the twist is a horizontal, not a vertical twist and it has no root jump/leap. A Khorkina is leap, 1 ½ horizontal twist to the prone position. All other jumps and leaps have the same value to the prone position as to a stand.
- d. A switch-leg leap to wolf position has the same value as a wolf jump. It is considered a different element because the take-off is from one leg rather than from two. A switch-leg leap to wolf position is a wolf shape.
- e. A hitchkick and a cabriole do not have a shape and therefore may not be used in a series to satisfy the event requirement of a dance series of different shapes on floor exercise.

5. Vaulting:

Due to the 8 degree slant in the top of the vault table, a slight bend in the first arm to make contact is acceptable technique on Tusukahara and quarter-on vaults, so there is no deduction taken. Round-off entry vaults are legal provided a spotter is present before the gymnast vaults and there is a board safety mat around the board. It is legal for a round-off entry vault to include a salto and a twist in any flight phase.

Updates 12/04/12:

Matting: Remember that there are new matting requirements for vault, uneven bars and balance beam:

- a. The working and landing area shall have non-slip matting at least 4 ¾ inches (12 cm) thick.
- b. The maximum total matting including a sting mat shall not exceed 19 inches (48 cm). (Only manufactured mats of a thickness referenced in the rules book from 1 ¼ inches +/- ¼ inch to 8 inches +/- ½ inch may be used).
- c. The top mat, including a sting mat, shall not be wider than any mat underneath it except for a mat at least 4 inches (10 cm) thick on top of a base mat.
- d. A manufactured board safety mat may be used around the front and sides of the board.

The host school must make all efforts for the matting to meet specifications – inclusive of utilizing matting from another event when necessary. In the event that all efforts have been made and the matting still does not meet the specifications, the specific competitive event would not be conducted.

Removal of Board for Beam and Bars: The following are the references for bars and beam: Rule 7 and 8, Art. 3e – The board/folded panel mat/mount trainer mat must be removed as soon as possible after the gymnast has mounted.

Situations on Beam:

(9.302) In a flic-flac directly connected to a back tuck dismount, the flic-flac is of high superior value and the back tuck is superior value. Lower Level Back to Back Superior Credit (high superior + superior) would be awarded in Bonus, Flight Element, Acro Series and Superior Dismount would be awarded in Event Requirements.

(8.306) In a round-off w/flight directly connected to a back tuck dismount, the round-off with flight is of high superior value and the back tuck is of superior value. Lower Level Back to Back Superior Credit (high superior + superior) would be awarded in Bonus, Flight Element, Acro Series and Superior Dismount would be awarded in Event Requirements.

Updates 01/10/13:

Beam:

1. On beam, a gymnast performs a Back Tuck - Wolf 3/4. The points awarded are:
 - 2 different AHS credit in bonus = .2 + .2 (up to a maximum of .4 allowed if no fall or spot has occurred).
 - HL BBS in bonus = .2
 - Acro/dance requirements = .2
 - Flight element in requirements = .2

Total of .6 in bonus and a total of .4 in requirements.

2. On beam, a gymnast performs a Tuck Full – Wolf 3/4. The points awarded are:
 - 2 different AHS credit in bonus = .2 + .2 (up to a maximum of .4 allowed if no fall or spot has occurred).
 - HL BBS in bonus = .2
 - Dance Requirement = .2

Total of .6 in bonus and a total of .2 in requirements.

3. On beam, a gymnast performs a Wolf jump – Wolf jump. Then later, performs a wolf jump 3/4. A wolf jump 3/4 is a different element which receives credit. Variety (in Composition) should be reflected for overuse of dance elements of the same shape (.1).

Floor:

1. On Floor, a gymnast does a two foot take-off, piking and twisting early, to a two foot landing. Credit should be given (total of .2 in event requirements) for the element (#8.202-superior) and deductions could

be taken for: Up to .2 for acrobatics under-rotated twist, or insufficient height of salto elements of up to .3, or in correct body posture on landing of up to .2 and/or insufficient exactness of tuck or pike position of up to .2 deduction. The definition of a salto is a free-flight element performed from a two-foot takeoff and rotating around the horizontal axis to a one or two foot landing. An early twist often makes the front with a half look like a different element but it is still a front with a one-half twist – with deductions that should be taken.

Updates 01/21/13:

Bars:

1. On Bars, a gymnast attempts an element and goes to a dead hang. Trying to recover, she does two extra swings and then jumps off the bars because she does not have enough momentum to continue with her routine. Does the judge take 0.6 points off for the two extra swings and the 0.5 off for the fall?
Value Part credit may be awarded as long as the element is completed according to the description in the book. If the gymnast ends in a long hang following a fall on the apparatus after an element but does not fall off the bars, a fall should be taken on the apparatus (deduction of 0.5) and allow the gymnast to take two pump swings without penalty to regain momentum. If the gymnast does 2 extra swings and then falls, do not take the deduction for the extra swings and a fall. In this example, a fall deduction should be taken as well as execution deductions and then it will need to be decided if Value Part credit should be given. The gymnast can remount the apparatus and take 2 pump swings without penalty to regain momentum. In other words – do not take both a fall deduction and extra swing deductions. The result in both of the above cases is a .5 deduction instead of a .6 which works out better for the gymnast.
2. A gymnast does a sole circle underswing on either bar, disengages her legs and half turns to complete a kip. What should she receive?
A sole circle (#8.102) is a medium and a glide ½ turn glide kip (1.105) is a medium. They are separate elements which would receive M + M.

Updates 01/28/13:

1. **Reminder:** A hitchkick and a cabriole do not have a shape and therefore may not be used in a series to satisfy the event requirement of a dance series of different shapes on floor exercise. (Page 99 – 5e.)
2. **Regarding Shapes:**
If a gymnast on floor performs two separate leaps – switch leap (M) at 135 degrees or (S) at 180 degrees, and ring jump (M), they are in a series and they are two different shapes – split and ring.

If a gymnast on floor performs one element - a switch ring with no landing between the positions, it is one leap with a value of HS if the ring is at head height. The shape of this element is a ring.
3. **Description of Selected Jumps and Leaps:**
Shapes have everything to do with the position of the legs in respect to the torso during a dance element. The shape of the leap or jump is determined at the apex (highest point) to the finish (landing). The following are shapes within the rule book: **straddle, tuck, wolf, pike, cat, sheep, ring, split and stretched.**

There are three leg positions that are the basis of the criteria for awarding credit for leaps and jumps requiring a split. Split or stag-split leaps/jumps have a forward-backward split. Side split jumps have a sideward split (straddle). In a straddle pike position, the body is piked at the hips with legs horizontal and split to at least 135 degrees.

To receive credit for a Schuschunova, the gymnast must show straddle-pike jump, legs horizontal then legs circle around to stretched position prior to landing in a front lying position on the floor.

The Khorkina is listed to draw attention to the fact that the twist is a horizontal, not a vertical twist and it has no root jump/leap. A Khorkina is leap, 1 ½ horizontal twist to the prone position. All other jumps and leaps have the same value to the prone position as to a stand.

A switch-leg leap to wolf position has the same value as a wolf jump. It is considered a different element because the take-off is from one leg rather than two. A switch-leg leap to wolf position is a wolf shape.
4. **Composition:** Judges are required to complete all aspects of the summary score-sheet as well as the tally score.

**2013-14 NFHS
GIRLS GYMNASTICS
RULES INTERPRETATIONS**

SITUATION 1: A judge awards 0.8 in Bonus for three isolated advanced high superiors and two low-level back-to-back superiors. **RULING:** Incorrect. **COMMENT:** The maximum for Bonus in this example is 0.6. the judges could award: a) 0.2 each for three advanced high superiors for a total of 0.6 or b) 0.2 each for two advanced high superiors and 0.1 each for each low-level back-to-back superior for a total of 0.6. In order to receive the maximum of 0.8, a routine must have one high level back-to-back superior (0.2). (4-1-2E)

SITUATION 2: A gymnast performs two identical high-level back-to-back superiors (HL BBS) and the judges award 0.4 in Bonus (0.2 for each series). **RULING:** Correct. **COMMENT:** High level back-to-back superiors are not required to be different. (4-1-2E)

SITUATION 3: On bars, a gymnast performs a glide kip mount followed by a toe-on underswing (sole circle) release and counter movement to hang on high bar. She continues with the remainder of her routine on the high bar, dismounting from the high bar. The judges award two elements on each bar under event requirements. **RULING:** Correct. **COMMENT:** When performing a release element from one bar to the other bar, the element may be credited as either a low bar element or a high bar element, whichever is to the advantage of the gymnast. (7-2-2c)

SITUATION 4: On bars, a gymnast on the high bar facing out performs an underswing forward followed by a backswing toward the low bar. She then swings forward into a flyaway dismount. The judge deducts 0.3 for an extra swing. **RULING:** Correct. **COMMENT:** The underswing as performed in the example cannot be directly connected to a backward fly-away dismount. (7-3-4c (8))

SITUATION 5: On beam, a gymnast performs a handstand, steps down and continues into a back walkover. The judges award her with a) an acro series under event requirements; and b) credit under spacing and direction for performing both a forward and a backward acro element. **RULING:** A) Correct; b) Incorrect. **COMMENT:** Although a handstand is an acro element and may be included in the required acro series, it is considered to have no direction and therefore may not count as a forward, sideward or backward element in composition. (8-2-3c, 8-3-3b, 8-6-6 (6.101))

SITUATION 6: On beam, a gymnast performs two directly connected wolf jumps and later performs a wolf hop directly connected to a round-off. She is credited with both a dance series and a dance-acro series and receives difficulty credit for all three wolf jumps/hops. **RULING:** Correct. **COMMENT:** Elements are considered different if they have the same number in the rules book but takeoff for a leap/jump is from one or both legs. (8-5-b (5))

SITUATION 7: On beam, a gymnast is sitting on the beam when the final signal is given at 1 minute, 30 seconds. The judges stop judging the routine at the final signal. They deduct for all missing requirements and take 0.1 from the average score for overtime. **RULING:** Incorrect. **COMMENT:** Judges should continue to judge the routine until the gymnast lands on the floor following the dismount. An overtime deduction of 0.1 is taken from the average score. (8-2-1c)

SITUATION 8: On floor, a gymnast performs a round-off directly connected to a full twisting back salto and receives credit for one of her required acro passes. **RULING:** Incorrect. **COMMENT:** In order for a series of two acro elements to receive credit for an acro pass, one of the series must be at least a high superior and both must be forward acro elements. (9-2-2)

SITUATION 9: On floor, a gymnast performs a front tuck salto directly connected to a flyspring and receives high superior credit as one of her required acro passes. **RULING:** Incorrect. **COMMENT:** To receive high superior credit, the flyspring must precede the front tuck salto. Therefore, the series would receive S+S and 0.1 for a low level back-to-back superior. (9-6-6 (6.302b))

SITUATION 10: On floor, a gymnast receives credit for a dance series by performing a 180-degree switch leg leap directly connected to a double turn. **RULING:** Incorrect. **COMMENT:** Dance turns are not considered to have a shape and may not be included in the required dance series. Dance elements must come from Group Leaps/Jumps. The above series would receive S+HS credit as well as 0.1 for a low level back-to-back superior. (9-2-3b (2), 9-6-1 (1.209a), 9-6-2 (2.301))