

MHSAA 2011-12 GYMNASTICS SEASON

Rules Book Insert and MHSAA Clarifications

Updated 02/01/12

RULES MEETINGS:

Online rules meetings: **Monday, October 17 through December 15, 2011**
or
Face-to-face rules meetings: **6 p.m., Monday, November 14, 2011 at the MHSAA.**
8 a.m., Saturday, December 3, 2011 at Haslett HS
(in conjunction with the MHS GCJA 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.

2011-12 DATES TO REMEMBER:

Tryouts and Practice Begin: **Monday, October 31, 2011**
Competition Begins: **Saturday, November 19, 2011** (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 24, 2012 – 4:00 p.m.**
Regional Tournaments: **March 3, 2012:** Regional Sites - Rockford
Haslett
Canton-Plymouth
Troy-Athens
Finals Tournament: **March 9-10, 2012:** Finals Site - Grand Rapids Kenowa Hills
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 232:

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, 2010.

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, be a minimum of 18 feet by 6. Beginning, July 1, 2012, the landing area shall be a minimum of 18 feet by 8 feet.

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 16 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.

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 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 6-1-3, 7-1-3 and 8-1-3, the rules state that the top mat shall not be wider than any mat underneath it except 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:

Vault: 7.9; Bars: 6.8; Beam: 7.5; Floor Exercise: 8.0; 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
- Back to Back Superiors
- Bonus
- 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 by MHSAA each year with the Gymnastics Rule Book.

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.

2010-12 RULES BOOK CORRECTIONS:

- Page 7: Definitions, add “stretched” to shape examples
- page 93: Judging Mechanics, 2b change 0.5 to .05
- page 102: Balance Beam Scoresheet, Composition, Spacing/Direction, acro in 2 different directions, delete “up to”
- page 103: Floor Exercise Scoresheet, Composition, Spacing/Direction, acro in 2 different directions, delete “up to”
- page 104: Vault Scoresheet, Group 6, second 9.6 change to 10.0

2010-12 GIRLS GYMNASTICS RULES CHANGES

- 1 Changes superior judge to chief judge.
Rationale: Updates terminology. “Superior Judge” has been misinterpreted as meaning the better judge by quality.
- 1 Deletes the definitions for Elegance, Lightness, Skill and Regrasp and added definitions for Longitudinal Axis (LA) Twist, Longitudinal Axis (LA) Turn, Release, Shape, Element and Value Part.
Rationale: Updates terminology and adds definitions for clarification.
Shape: Clarifies composition deduction on the balance beam and floor exercise.
Element: Replace “skill” with element” to differentiate between a movement of value from one with no value.
Value Part: Clarifies the criteria needed to be considered for an element to receive credit in the difficulty category.
- 1 Revises the definition of Difficulty and Pike.
Rationale: Updates definitions.
Difficulty: Necessary to be consistent with inclusion of Value Parts.
Pike: Pike position is also recognized at an angle greater than 90 degrees.
- 2-2-1b(12) Deletes chief judge deductions from Rule 2 and replaced them with revised chief judge deductions
6, 7, 8 & 9 in Rules 6, 7, 8 and 9.
Rationale: Updates terminology and method of evaluation. Deductions are more appropriate for high school gymnasts.

- 2-2-1b After a fall, the chief judge terminates the uneven bar exercise at 45 seconds and the balance beam exercise at 30 seconds.
Rationale: *Clarifies the chief judge's duty to terminate an exercise.*
- 3-1-1(13) Stipulates competitive equipment shall meet rule specifications and such specifications shall not be waived by prior mutual consent of participating schools.
Rationale: *Enough time has elapsed for the new equipment to be in place and for purposes of risk minimization an event should not be conducted when equipment does not meet rule specifications. However, the MHSAA can adjust the penalty on certain requirements if deemed appropriate.*
- 3-2-6 Deletes and replaces Article 6 with updated language regarding concussions and re-entry into competition.
Rationale: *Clarifies when a gymnast may return to competition following a concussion.*
- 3-3-3 Replaces, for clarity, existing language regarding jewelry and how medical alert and religious medals may be worn.
Rationale: *Clearly identifies jewelry shall not be worn and that medical alert and religious medals are not considered jewelry and may be worn if taped to the body.*
- 3-3-6 Revises Article 6 to include splints. Adds Article 7 regarding braces and Article 8 regarding the authorization of the wearing of prostheses.
Rationale: *Standardized rule language for addressing padding and prostheses.*
- 4-1-2A Replaces the current rule for scoring with updated terminology and method of evaluation.
Rationale: *Reflects new terminology and changes.*
- 4-1-2E(1) Replaces the word "skill" with "element" and added execution and neutral to the list of deductions.
Rationale: *The purpose of this category is to give a bonus of 0.1 to an element performed to the ultimate with no deductions at all or a routine with 0.5 or less deducted. The way it is stated, only execution errors count. An element/routine that receives an amplitude deduction should not receive credit, nor should an element that is spotted.*
- 4-1-2E(4) Stipulates that a bonus high superior can receive 0.2 or 0.4 credit for two different bonus high superiors provided no fall or spot has occurred.
Rationale: *Allows the gymnast to receive bonus high superior credit except for a fall or spot. Increases the consistency of awarding bonus high superior credit.*
- 4-4-1 Replaces the current range of scores to reflect an acceptable spread between the scores.
Rationale: *Since judges do not have to agree on difficulty or bonus, it allows for a greater range of scores.*
- 6-1-3 new Specifies that the landing area on vault shall be a minimum of 18 feet by 8 feet and meet all other matting requirements beginning July 1, 2012.
Rationale: *The matting size is more appropriate for the high school age gymnast, better accommodates the errors of the gymnast and minimizes risk of injury.*
- 6-2-5b Specifies that a gymnast who vaults without the signal from the chief judge shall receive a 0.5 deduction from the final average score of the next vault performed. Only three attempts are allowed to execute two vaults.
Rationale: *The deduction is consistent with uneven bars, balance beam and floor exercise. If a gymnast begins prior to the signal, the routine is not void. A 0.5 deduction is taken from the gymnast's final average score.*
- 6-2-5c Deletes the restrictions on repeating a vault.
Rationale: *The rule was forcing coaches to make a last minute decision on whether to assist a gymnast resulting in crashes that in some cases were causing injuries. If the coach facilitates the vault, the vault cannot be repeated. If the coach does not facilitate and protect the gymnast, the gymnast risks injury. In addition, when an element is voided on other events, the gymnast has time during a routine to replace the element. The change is for risk minimization purposes.*
- 6-2-7 Replaces the current vault chart with a revised chart with vaults grouped according to type of vault rather than value of vault.
Rationale: *Round-off vault values were inconsistent with other vaults. Round-off vaults with ½ on are more difficult and should be valued higher. Yami vaults are not the current trend and no longer meet the expectations of performance for a high school vaulter. Thus, they should not be encouraged for use by having a higher value. Values are now easier to locate if organized according to type of vault.*

- 6-3-4e Specifies that a maximum of 4 steps on vault landings shall receive a deduction of 0.1 each.
6-4-4e **Rationale:** *This change will make landing deductions consistent throughout the rules.*
- 6-3-4f Specifies that 0.2 shall be deducted for a large step or jump (approximately 3 feet or more) on vault landing.
6-4-4f **Rationale:** *The new wording of this deduction is now consistent with the wording for all events.*
- 6-4-2g Adds a 2.0 deduction for the head contacting the vault table which includes a 0.5 deduction for extreme arm bend.
Rationale: *The head should never touch the table and this deduction addresses this fault.*
- 6-6, 7-5 Adopts, adds and adjusts difficulty, element descriptions, illustrations and values.
8-5, 9-5 **Rationale:** *Current method of evaluation to promote variety and choice of elements. Reflects new terminology and changes.*
- Rule 7 Renames Uneven Parallel Bars to Uneven Bars.
Rationale: *Updates to current terminology.*
- 7-1-5 Specifies that plywood is not permitted under the board for mounting purposes on bars and beam.
8-1-5 **Rationale:** *Added as a clarification.*
- 7-2-2/8-2-3 Stipulates that each event requirement is worth 0.2 for a total of 1.2 instead of 1.4.
9-2-3 **Rationale:** *Reduces the number of event requirements to reflect current trends in requirements.*
- 7-2-2a-f Deletes circling/swinging as an event requirement on the uneven bars and specifies the event requirements include: Superior release/flight element (excludes dismount), LA (longitudinal) twist/turn element, at least 2 elements on each bar, kip, an element that achieves (within 20 degrees) or passes through vertical in a stretched position, and a superior dismount.
Rationale: *Updates terminology and revised for clarity.*
Circling/swinging: *All routines contain circling already so it is not necessary to list as a requirement.*
LA twist/turn: *Almost all dismounts are saltos so it is repetitive to require a salto. Routines should include a twist or turning element of at least 180 degrees.*
Element achieving or passing through vertical: *Clarification on dismount.*
- 7-2-4 Increases the fall time from 30 seconds to 45 seconds with a warning at 30 seconds on the uneven bars.
Rationale: *For purposes of risk minimization, an additional 15 seconds is added to the time for a gymnast to continue her routine. The additional time allows the coach to assess the gymnast's readiness to continue. It allows time for the gymnast to check grips and add magnesia to grips and hands.*
- 7-2-5 Clarifies that only dismounts necessitating a handgrasp are allowed on the uneven bars.
Rationale: *Dismounts from the feet are no longer recognized as elements on uneven bars. The prior rule contained a contradiction regarding dismounts.*
- 7-3-3a-d Deletes and revises composition deductions on uneven bars to include: variety in choice of elements, spacing, choreography and distribution.
Rationale: *Deletes and revises composition deductions on uneven bars to include: variety in choice of elements, spacing, choreography and distribution.*
- 7-3-3a-d Deletes and revises composition deductions on uneven bars to include: variety in choice of elements, spacing, choreography and distribution.
Rationale: *With changes in event requirements and specific event deductions, a change in composition deductions was needed to reflect those changes. Rhythm is an execution deduction so should be deleted from composition. Artistry is not pertinent to bars.*
- 7-3-4/8-3-4 Deletes and replaces execution and amplitude deductions worth 4.0 with updated event-specific
9-3-4 deductions worth 4.2 on uneven bars, balance beam and floor exercise.
Rationale: *Deletes and replaces execution and amplitude deductions worth 4.0 with updated event-specific deductions worth 4.2 on uneven bars, balance beam and floor exercise.*
- 7-3-6/8-3-6 Deletes and replaces previous neutral deductions on each event.
9-3-6 **Rationale:** *The purpose of requiring 8 elements, which must be listed in the book, is to regulate the length of an exercise with elements that are characteristic of modern artistic gymnastics. To fulfill this requirement, an element need only be recognized as an attempt toward completion. An element does not need to receive Value Part credit to be counted as one of the 8 elements. Additional elements have been listed in the book to assist in the choice of elements to meet this requirement.*

- 7-4 Fig. 1 Clarifies that casts, on the uneven bars, greater than 45 degrees from vertical receive a .05 deduction for lack of amplitude except for cast to squat/straddle/stoop on, or single leg shoot thru.
Rationale: *Presently it is implied, but not clear, that all casts, except those noted, are to receive the .05 amplitude deduction.*
- 8-1-3 Specifies that the landing area on balance beam shall be a minimum of 12 feet by 8 feet beginning July 1, 2012.
Rationale: *The matting size is more appropriate for the high school age gymnast, better accommodates the errors of the gymnast and minimizes risk of injury.*
- 8-1-8 Permits the use of a manufactured spotting block or folded panel mat for spotting on balance beam.
Rationale: *Permitting the use of a manufactured spotting block or folded panel mat will allow the coach to spot a gymnast to reduce the risk of injury for the gymnast.*
- 8-2-3a-f Deletes and revises event requirements on balance beam to include: minimum 360 degree turn on one foot, one acro flight element on the beam, an acro series of difficulty which may include the dismount, superior dismount, a dance series of difficulty on beam and a dance-acro/acro-dance series of difficulty on beam.
Rationale: *Reduces the number of event requirements to reflect current trends in requirements.*
- 8-3-8a-3
9-3-3a-d Deletes and revises composition deductions on balance beam and floor exercise to include: variety in choice of elements, spacing and direction, choreography/artistry and distribution.
Rationale: *With changes in event requirements and specific deductions, a change in composition deductions is also needed to reflect those changes.*
- 8-4-7/9-4-7 Clarifies description of dance turn deductions on balance beam and floor exercise.
Rationale: *Clarifies deductions for dance turns.*
- 8-4-8
9-4-8 Specifies deductions for dismounts with twists on balance beam and acro elements with twists on floor exercise.
Rationale: *Clarifies definitions for salto dismounts with twists.*
- 9-1-3,4,5 Deletes Article 3 and replaces with a new article addressing matting and performance deductions and rearranges the order of articles 3, 4 and 5.
Rationale: *Consistent safety requirements with other rule codes.*
- 9-2-1b: Revises the timing requirements on floor exercise.
Rationale: *On floor exercise, gymnasts do not stop their exercise at a warning signal or time signal. Gymnasts have a difficult time hearing the warning signal because of the music and the proximity of the gymnast to the timer.*
- 9-2-3a-c: Deletes and revises event requirements on floor exercise to include: twisting aerial/salto at least 180 degrees, three acro passes, superior acro dismount in the 3rd acro pass or as last acro element, one jump/leap or turn on one foot of at least superior difficulty, one dance series of 2 Value Parts of different shapes and one dance/acro or acro/dance series of 2 Value Parts.
Rationale: *Updates terminology and current trends do not require a mixed series of 3.*

2010-12 GYMNASTICS RULES INTERPRETATIONS **CALCULATING DIFFICULTY AND THE BONUS CATEGORY**

DIFFICULTY:

When a gymnast is lacking the minimum number of elements of any value (M/S/HS), elements of a higher value shall be used to replace elements of a lesser value on a one for one basis. If any element(s) is still missing, deduct the actual value of the missing element(s). Calculate difficulty credit to the benefit of the gymnast. Elements of a higher value that are used to replace elements of a lower value, retain their original value. When a gymnast is lacking the high superior but has a bonus high superior, the bonus high superior may replace the missing high superior and receive 0.3 under difficulty as well as 0.2 under the bonus category for the bonus high superior provided it is performed with a fall or spot.

1. Fall during execution of element (weight not borne) = No Value Part credit. (If element is almost completed before the fall, Value Part credit is given but a deduction is taken for the fall).
2. Failure to land on the soles of the feet first = No Value Part credit.
3. Spotter facilitates the element = No Value Part credit.
4. Element performed a third time = No Value Part credit.

Note: Elements/series listed separately in the rules book are considered separate elements/series. Any element can be recognized as a Value Part two times. The third time an element is repeated it will not receive Value Part credit. If an element does not receive Value Part credit, it cannot be used to fulfill event requirements, bonus or back-to-back superior credit.

BONUS:

1. For one element (or a series) for superior/high superior/bonus high superior value performed to the ultimate in technique with no execution deductions and/or an entire routine with full difficulty and event requirements performed to the ultimate in both technique and execution (0.5 or less deducted under execution/neutral). (0.1)
2. For back-to-back superiors. (0.1 each, up to 0.2) Note: a series of 3 S/HS/BHS shall not receive credit for 2 BBS.
3. For an extra high superior, back-to-back superior or bonus high superior. (0.1) Note: A bonus high superior that does not earn 0.2 credit in the Bonus category due to a fall or spot, may still be awarded 0.1 in this category.
4. For bonus high superiors provided no fall or spot has occurred. (0.2 or 0.4 for two different bonus high superiors). Note: A bonus high superior (BHS) that does not receive 0.2 BHS credit in the bonus category, due to a fall or spot, may be performed a second time and receive BHS credit if performed without a fall or spot. A non-bonus BHS can count in difficulty, event requirements, back-to-back superiors, or as an extra bonus high superior.

SCORING:

1. A gymnast performs a routine with 1 high superior, 2 superiors, and 4 mediums. The gymnast is awarded 2.5 for difficulty (-0.5 for the missing superior). **RULING:** Incorrect. **Comment:** When a gymnast is lacking the required number of superiors, a higher value element may be used to count for a missing superior in order to score to the benefit of the gymnast. In this case, the high superior would replace the missing superior and 2.7 would be awarded in the difficulty category (-0.3 for a missing high superior).
2. A gymnast's routine has only 6 elements consisting of 5 superiors and 1 high superior. The judges award 2.4 in difficulty and deduct 1.0 under neutral for missing 2 of the required 8 elements. **RULING:** Correct. **Comment:** When a gymnast is lacking the minimum number of elements of any value, elements of a higher value shall be used to replace elements of a lesser value on a one-for-one basis. In this case, 2 superiors were used to replace 2 mediums, but she is still missing 2 mediums. **Note:** Although a superior is used to count for a missing medium, the superior still retains its value as a superior and may be used in a back-to-back superior series or to fulfill an event requirement that requires a superior.
3. A gymnast performs a directly connected series of long hang kip, long hang kip, flyaway dismount. She is awarded 2 back-to-back superiors. **RULING:** Incorrect. **Comment:** A single superior value part may not be counted twice to receive back-to-back superior credit. Therefore, this series of 3 superiors would receive credit for one back-to-back superior.
4. A gymnast has 1 bonus high superior, 3 superiors, and 4 mediums. The judges award 3.0 in difficulty and 0.2 under bonus for the bonus high superior that was performed without a fall or spot. **RULING:** Correct. **Comment:** A bonus high superior may be used to replace a missing high superior in the difficulty category and still earn 0.2 under bonus for including a bonus high superior.
5. A gymnast performs a tuck jump full twist on beam, bears weight on the landing and then falls. The judges award 0.2 in bonus for the bonus high superior. **RULING:** Incorrect. **Comment:** Elements completed before a fall may receive credit in the difficulty category, however they may not be awarded 0.2 for a bonus high superior unless performed without a fall or spot. **Note:** A bonus high superior with a fall may receive 0.1 bonus for an extra HS/BHS/BBS provided difficulty has been fulfilled.
6. The judges do not award Value Part credit to a giant swing that does not reach within 20 degrees of vertical prior to a fall, but do count it as one of the 8 required elements. **RULING:** Correct. **Comment:** Incomplete elements which do not receive Value Part credit may be counted as one of the 8 required elements if they are recognized as a listed element.

SITUATIONS

SITUATION 1: A gymnast attempts a long hang kip, and does not complete it to a front support, ending up in a long hang on the HB. In order to initiate swing, she does four consecutive pump swings. The judge deducts a maximum of 0.6 for extra swings. **RULING:** Correct procedure. **Comment:** When a gymnast has more than two extra swings following a single element, the maximum deduction is 0.6 (7-3-4)

SITUATION 2: A bar routine consists of the following: pullover mount, back hip circle, back hip circle, cast squat to low bar, jump to high bar, front hip circle, back hip circle, back hip circle, sole circle dismount. Credit is given for eight elements. **RULING:** Correct procedure. **Comment:** Although multiple back hip circles are performed, credit is given for the eight skill requirements as long as the element is listed in the rules book. (7-2-1)

SITUATION 3: On floor, a gymnast performs a salto forward in tuck position directly connected to a flyspring. The judge credits the gymnast with an acro series. **RULING:** Incorrect procedure. **Comment:** In order to be considered an acro pass, one of the elements or the series must be a high superior listed in the rules book. (1)

SITUATION 4: On beam, a gymnast performs a salto backward with a total of 0.4 in execution deductions. Credit of 0.2 is given for a bonus high superior. **RULING:** Correct procedure. (4-1-2E)

SITUATION 5: On beam, a handstand is not given credit for a forward, sideward or backward element in composition under spacing/direction. **RULING:** Correct procedure. **Comment:** In order to receive credit for a forward, sideward or backward acro element, the element must pass through vertical. (8-3-3b)

SITUATION 6: A gymnast executes a salto backward dismount off beam and is awarded credit for a backward acro element in composition. **RULING:** Incorrect procedure. **Comment:** Dismounts may not be used to fulfill this requirement; however, mounts may be used. (8-3-3b)

SITUATION 7: A gymnast vaults prior to the chief judge's signal; however, the judges saw and scored the vault. **RULING:** Incorrect procedure. **Comment:** Although the judges did see the vault, the vault should not have been scored and a deduction of 0.5 is taken from the average of the next vault performed. (6-5-2k)

SITUATION 8: On floor, a gymnast performs a switch-leg leap to a full turn. Judges do not award dance series credit under event requirements. **RULING:** Correct procedure. **Comment:** A dance series must include two values parts of two different shapes. Only jumps and leaps have shapes (1 and 9-2-3b)

SITUATION 9: On floor, a gymnast's routine includes only backward acro. A deduction of .05 is taken in composition. **RULING:** Incorrect procedure. **Comment:** The deduction for not including forward or sideward acro is 0.1. (9-3-3b)

SITUATION 10: A coach walks onto the floor exercise mat and spots a salto backward in stretched position. A deduction of 1.5 is taken. **RULING:** Correct procedure. **Comment:** A deduction of 0.5 is taken for the spot as well as a deduction of 1.0 for the coach on the floor. (9-3-6 and 9-3-7)

SITUATION 11: On beam, a coach touches a gymnast prior to performing a walkover backward but does not facilitate the element. No deduction is taken. **RULING:** Incorrect procedure. **Comment:** A deduction of 0.5 is taken for the spot. Any touch of the gymnast is considered a spot.

SITUATION 12: A gymnast uses tape on the vault runway to mark her take-off point. The judge deducts 0.2 from the gymnast's average score for use of tape. **RULING:** Correct procedure. **Comment:** The use of tape is not permitted on the runway. However, host management may use tape to secure the runway to the floor, if necessary. (6-5-2)

SITUATION 13: A gymnast attempts a cast to squat on the low bar. One foot misses the bar causing her shin to rest on the bar. The judges recognize it as an attempt to execute a squat on and give credit for one of the eight required elements. **RULING:** Correct procedure. **Comment:** Recognized attempts of elements in the rules book receive credit as one of the eight required elements regardless of whether or not value part credit is awarded. (1)

SITUATION 14: A gymnast has four mediums, three superiors and one high superior giving her full difficulty. In addition, she has three bonus high superiors, two of which are different. She is awarded 0.4 for the two different bonus high superior elements and 0.1 for the extra third bonus high superior element. **RULING:** Correct procedure. (4-1-2)

ELEMENT CLARIFICATIONS

Vault

#2.503 ½ on – 2/1 off = 10.0

#4.504 Add to existing vault description – also ¼ - ¼ Front salto = 10.0

#6.403 Round-off, flic flac with 1/1 on - repulsion off = 9.6

#6.404 Round-off, flic flac with 1/1 on – ½ off = 9.8

Uneven Bars

#8.203 Toe-on underswing with 1/2 (180 degree) turn to clear support on same bar = Superior

#7.303 Facing inward – Stalder backward with release and counter movement forward in flight to hang on HB (Ray) = High Superior

Balance Beam

#2.212 ring/stag-ring lp/jp at waist height = Superior

#2.412 ring/stag-ring lp/jp at head height = Bonus High Superior

Backward shoulder roll = medium

Forward shoulder roll = medium

#8.402 Jump backward (flic-flac take-off) with ½ twist (180°) to walkover forward (Onodi) = Bonus High Superior

#2.209 switch leg lp/jp 135 degrees w/wo ¼ (2/8/11) #2.309 switch leg lp/jp 180 degrees (2/8/11) #2.409a switch leg lp/jp 180 degrees w/1/4 to side split (2/8/11) #2.409b switch leg lp/jp 180 degrees to straddle pike (2/8/11) #2.409c switch leg lp/jp to ring at head height

Floor Exercise

#1.112 ring/stag-ring lp/jp at waist height = Medium

#1.212 ring/stag-ring w/wo 1/2 at head height = Superior

#1.312 ring/stag-ring 1/1 at head height = High Superior

#9.303 A series of saltos, one of which is forward and one of which is backward = High Superior for the series

(Note: saltos must be directly connected) = High Superior

#9.402 a. Series of whip saltos backward each with 1/1 twist (360°) = Bonus High Superior

b. Series of saltos backward each with 1/1 twist (360°) = Bonus High Superior

#1.406a Split jp 180° w/ 1 ½ = Bonus High Superior

#8.201 From take-off forward from one or both legs – salto sideward tucked, piked, or stretched = Superior

FREQUENTLY ASKED QUESTIONS (updated 10/10/11)

EQUIPMENT

1. **Can the landing area on vaulting that is required in 2012 be 2 mats that equal 18 feet?** *Rule 6-1-3 NOTE*
Yes, the 18 feet may be padded with 2 mats.

SCORING

1. **If an element is completed (according to the technical requirements) but a fall occurs due to incorrect technique on that element, can credit be given in difficulty and bonus?** *Rule 4-1*
Credit may be given in the difficulty category but 0.2 BHS credit may not be awarded in the bonus category for a BHS that has a fall or spot during the element or immediately after the completion of the element.
2. **What is the deduction for gymnasts competing out of order and how is the deduction taken?** *Rule 5-1-6g*
The deduction is 1.0 per event, regardless of the number of gymnasts who are out of order, taken by the meet referee from the final team score.
3. **How many times may the Chief Judge deduct 0.2 for giving specific information to the gymnast on what to do during the routine (without warning)?** *Rule 6-5-2g, 7-3-7h, 8-3-7h, 9-3-7i*
Regardless of the number of cues given, the deduction is taken only once per event.

GENERAL DEDUCTIONS

1. **What is the deduction for 4 steps and a fall on any event?** *Rule 6-4-4, 7-3-4, 8-3-4, 9-3-4*
Deduct 0.5 for the fall and do not deduct for each step.
2. **What is the deduction if a gymnast lands in a lunge after a tumbling pass and then steps backward?** *Page 94*
If a gymnast has a “controlled” landing at the end of a pass which lands in a lunge and then steps backward, there is no deduction.
3. **What procedure is used when an element is completed but then is followed by a fall?** *Rule 4-1-2E*
If an element is completed (according to the technical requirements) but then is followed by a fall due to incorrect technique on that element, credit may be given in the difficulty category but 0.2 may not be awarded in the bonus category for a BHS. Note: BHS’s require that no fall occur after the completion of the element.
4. **When should scoring begin after a gymnast falls on bars or beam?** *Rule 7-2-3 & 4, 7-2-1*
After a fall, scoring shall resume when the gymnast restarts her exercise with an element that is listed in the book. On beam, scoring shall resume when the gymnast begins her first move after remounting.
5. **What is the deduction if a gymnast tugs on her leotard, brushes her hair off her face or wears nail polish that is distracting?** *Rule 6-3-1 through 4, 7-3-4, 8-3-4, 9-3-4*
Although there is no specific deduction regarding tugging on the leotard, brush of hair or nail polish, each of these may negatively affect how a judge evaluates the execution of an individual’s exercise. Execution is defined as the performance of an exercise with assurance and perfection in form and technique. Anything that detracts from the perfection of performance is a fault and may receive a deduction. What is distracting to one judge may not be distracting to another judge.

If tugging on the leotard, brushing of the hair or wearing distracting nail polish negatively influences a judge in her Execution deductions, then a deduction may not also be taken in Artistry. Deducting for Artistry should be reserved for displaying poor quality of movement which reflects the personal style and the quality of expression of the gymnast.

VAULT

- 1. On vault, what should the CJ do if a gymnast begins to vault without the signal? Rule 6-2-5b and 6-5-2k**
If the gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately.
- 2. If a gymnast vaults before the signal, is that considered one of the three attempts? Rule 6-2-5**
A gymnast is allowed a total of 3 attempts to do 2 vaults. If the gymnast vaults before the CJ signal, it is considered attempt number 1. The gymnast would have 2 more attempts.
- 3. Can a ¼ - ¾ twist in either direction? Rule 6-6-2**
Yes the twist may be either direction.

UNEVEN BARS

- 1. On the uneven bars, in composition, what are considered uncharacteristic elements? Rule 7-3-3c**
Uncharacteristic elements include: a 1/2 turn on feet on the bar, jumping to a support on the HB, climbing or crawling onto the bar, a leg cut that is not simultaneous, swings of no value (excludes extra swings), a scale, a v-sit, a skin-the-cat or any other odd movement.
- 2. On the uneven bars, is there a deduction for stopping? Rule 7-3-4**
No, there isn't a deduction for stopping. The deduction is: poor rhythm in elements/connections, each up to 0.1.
- 3. On the uneven bars, does a cast that is not within 20° of vertical receive Value Part credit? Rule 7-4 Figure 1**
A cast that is not within 20 degrees of vertical does not receive VP credit.
- 4. On the uneven bars, is following sequence of 2 back-to-back superiors, long hang kip + cast 45 degrees + giant + giant + tuck flyaway broke by the short cast? Rule 7-4**
A cast that does not go to vertical does not break the sequence of 2 back-to-back superiors.
- 5. On the uneven bars, is a long hang kip, push away, long hang kip a back-to-back superior? Rule 1-Definitions**
The 2 long hang kips are superiors that are directly connected. The push away is actually an attempt to cast to the second long hang kip. It does not break the connection between the 2 long hang kips.
- 6. What is the penalty if an element ends in a dead hang and the gymnast uses extra swings to regain momentum? Rule 7-3-4c**
If an element is performed poorly and it ends in a dead hang, a maximum deduction of 0.6 is taken for the extra swings that the gymnast uses to create momentum. More than 2 consecutive extra swings are not penalized. If there are more than 2 consecutive extra swings, only deduct for 2 extra swings which equals 0.6.
It is possible to take the extra swing deduction on several elements in a routine. The only restriction is that no more than 2 consecutive extra swings should be taken on a single element. If the gymnast then continues on and does another element and does an extra swing, then a 0.3 deduction would be taken. If the gymnast continues on after that and does 2 consecutive extra swings on a single element, the maximum deduction for that element is 0.6.
- 7. If a gymnast does a long hang kip mount (#1.208), and then performs two long hang kips within the routine can she receive superior credit for all three kips? Rule 7-5**
Elements are different if a mount element is performed as an element within the routine.
- 8. What is the deduction for pump swings used to create momentum after a fall? Page 92 #2**
After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and then 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) would be applied.
- 9. Does a glide ½ turn glide kip, within a routine (not the mount), fulfill the LA twist/turn? Rule 7-2-2b**
Yes. The mount and dismount may not be used to fulfill the LA twist/turn event requirement.
- 10. Why isn't an uprise to front support listed in the new rule book? Element #3.303**
An uprise is complete when it reaches a clear support position. A clear support position consists of the hips away from the bar, the arms straight and the shoulders above the bar. At the completion of an uprise, the body could pass through a front support but most gymnasts do a clear back hip circle out of an uprise and some weaker gymnasts may do just a back hip circle out of an uprise. Stopping in a front support is unlikely because that runs counter to the current trend of a bar routine swinging from element to element. The superior uprise element in the previous book was deleted because it is not an actual element but is a poorly performed uprise. Additionally, if an attempt at an uprise is performed so poorly that the arms are bent and the gymnast pulls into the bar and does a circle around her stomach or chest, only credit for the back hip circle should be given. No credit is given for the movement prior to the back hip circle and the appropriate execution deductions should be taken for poor body position. As the book was recodified last year, elements and descriptions that were not technically correct were removed.
- 11. Can a bail (#8.304a & b) on bars count for a direction change and the LA twist/turn? Rule 7-2-2b & 7-3-3c**
Yes. A bail is an element of value that twists and moves in the opposite direction.
- 12. What is a bar change? Rule 7-3-3b**
During a routine, if a gymnast moves from one bar to another bar to continue the routine, that is considered one bar change. For example, if a gymnast starts on the LB, she must move to the HB for 1 bar change and she must move to the LB for a 2nd bar change.

13. **Is a swing ½ turn a direction change on bars? Rule 1**
No. A direction change is defined as the body turning/twisting and moving in the opposite direction within an element of value.
14. **What is the deduction if a gymnast falls on the bars? Rule 7-3-4d & p. 92**
If there is a fall on the bars a .5 deduction is taken. The gymnast may take 2 pump swings to get started again without penalty. If more than 2 pump swings are taken then a .3 deduction is taken for each additional swing.

BALANCE BEAM

1. **What is the value of a ring/stag–ring leap/jump on balance beam or floor exercise? Balance Beam--Rule 8-6-2**
#2.212 ring/stag-ring lp/jp at waist height = Superior
#2.412 ring/stag-ring lp/jp at head height = Bonus High Superior
2. **On beam, what is the value of a backward shoulder roll and a forward shoulder roll? Rule 8-6-7**
Although the rule book states a “backward roll with hand support” or “forward roll with hand support”, the book does not restrict the roll’s performance to over the head. Therefore, a back shoulder roll or forward shoulder roll are considered medium elements. Both rolls could be used to fulfill the forward or backward direction requirement.
3. **On beam, which direction, forward or backward, does a tic-toc fulfill? Rule 8-3-3b**
A tic-toc may fulfill either a forward or backward direction.
4. **What is the value of a Schuschunova on beam? Element #2.308**
The note at the bottom of the chart on page 60 states that leaps and jumps to prone/back hip circle shall be evaluated consistent with the root jump/leap. A Schuschunova ends in a prone and is most like #2.308 and will be valued at a high superior.
5. **Can the legs be in any position during a handstand pirouette? Also, can a handstand count if it is within 20° of vertical? Element #6.101**
Handstands on beam and floor can have the legs in any position, i.e., stag, together, straddled. The body, torso, must be in the vertical and it must be a technically correct vertical. The handstand must be held for 2 seconds to receive Value Part credit. The handstand must be in the vertical position. Twenty degrees of vertical is not acceptable.
6. **Can the dismount be used as one of the two required directions on beam? Rule 8-3-3b**
The dismount may not be used for one of the two required directions on beam. 1/3/11
7. **What is the value of a switch wolf on beam? Page 97-7d, Element #2.203**
The value of a switch wolf is the same as a wolf jump on beam which is a superior.

FLOOR EXERCISE

1. **What is the value of a ring/stag–ring leap/jump on balance beam or floor exercise? Floor Exercise--Rule 9-6-1**
#1.112 ring/stag-ring lp/jp at waist height = Medium
#1.212 ring/stag-ring w/wo 1/2 at head height = Superior
#1.312 ring/stag-ring 1/1 at head height = **High Superior**
2. **On floor exercise, can two 4 inch landing mats be used in place of one 8 inch skill cushion? Rule 9-1-5a**
Up to 2 manufactured mats may be placed separately on the floor exercise area.
3. **On floor exercise, is a switch side leap, directly connected to a straddle jump considered two different shapes? Rule 1-Definitions**
A switch side leap and a straddle jump are the same shape.
4. **On floor exercise, what is the value of a series of saltos? Rule 9-6-8 & 9**
A series of saltos, one of which is forward and one of which is backward = High Superior for the series.
5. **On floor exercise, does a split leap directly connected to a switch leap fulfill an event requirement? Rule 9-2-3**
No, the event requirement states that it must be a dance series of 2 different shapes. A split leap is a split shape and a switch leap is a split shape.
6. **On floor exercise, a gymnast performs 3 passes: Pass #1 - round-off, back handspring, layout salto with a full twist, Pass #2 – front handspring to layout front salto, Pass #3 – round-off back handspring tuck back salto. In addition, at the end of her routine she does a dive forward roll. Is the gymnast penalized for ending the exercise with a medium acro element? Rule 9-2-3**
A gymnast is not penalized for ending with a medium acro element if she completed a superior acro element in her third acro pass.
7. **On floor exercise, what is the value of the following combination: tuck front salto, round-off, stretched back salto? Rule 9-6-8 & 9**
Each salto would be a superior value part. This combination could receive BBS. However, this combination is not considered a series of saltos, one forward and one backward, because the round-off breaks the direct connection.
8. **Can a turn be used as the dance in the dance/acro series on floor exercise? Rule 9-2-3b**
Yes a turn may be used as the dance in the dance/acro.
9. **What shape is a sissone on floor? Rule 1**
A sissone is a split shape.
10. **What shape is a Strug on floor? Rule 1**
A Strug is a split shape.

11. **Is a tuck jump the same shape as a wolf jump?** *Rule 1*
A tuck jump and a wolf jump are different shapes.
12. **How do you determine the shape of a leap or jump on floor?** *Rule 1*
The shape of a leap or jump is determined at the apex (highest point) to the finish (landing).
13. **Can a high superior or bonus high superior be used for the event requirement of a superior acro element in the 3rd acro pass or as the last acro element?** *Rule 9-2-3a*
Yes a high superior or bonus high superior may be used for the event requirement of a superior acro element in the 3rd acro pass or as the last acro element. Rule 9-2-3a states a “superior” acro element which is the minimum required.
14. **Can the acro direction requirement in composition have a deduction of one-half tenth for only part of the requirement missing?** *Rule 9-3-3b*
The composition requirement for requiring a backward acro element as well as a forward or sideward acro element is a flat 0.1. No half tenths may be used.
15. **Can a handstand full pirouette, step down, kick back up into another handstand full pirouette be given back-to-back superior credit?** *Rule 1*
The combination of elements is a BBS if the gymnast steps down on the right foot and swings the left foot through and steps on the left swinging the right one up into the next handstand. This counts since the free leg is the take-off leg for the next element. Rhythm deductions are possible in this combination if the connecting swing of the take-off leg into the 2nd handstand is too high (above 45 degrees) resulting in a pause/break of the series. Even if the series is not broken, it is possible that the series will have a rhythm deduction.
16. **Why isn't a barani listed in the rule book?** *Element #8.201, 8.202, 8.301*
The term “barani” is used differently in different regions of the country. In some regions a barani refers to a dismount off of balance beam. In other regions the word barani is loosely used to describe a tumbling move on floor exercise. The origin of a barani began on the trampoline and was used as a method of twisting a front salto from a two foot take off. A barani is no longer listed in the rulebook because it is not an element but rather a technique used to perform a front salto with a ½ twist. A barani is not an aerial roundoff because all aerials take off of one foot. The barani technique involves a two foot take off whereas an aerial roundoff is a 1 foot take off. The twist on the front with a ½ twist, using the barani technique, occurs early. Therefore, a tucked or piked front with a ½ twist using the barani technique of twisting early is most closely identified with elements #8.201 or #8.202 on floor exercise and would receive superior credit. A stretched front with a ½ twist would be #8.301 and would be a high superior.
17. **Can a roundoff flip flop, flip flop straddle jump count as both a tumbling pass and the dance/acro series event requirements?** *Rule 1*
Credit for a tumbling series and the dance/acro series may not overlap. A roundoff flip flop, flip flop tuck back salto to straddle jump may count for both a tumbling pass and the dance/acro series event requirements because there are enough elements (5) to fulfill both series without overlapping.
What direction is an aerial roundoff? *Rule 9-3-3b, Element #7.201b*
An aerial round-off may be considered a sideward direction.
18. **Can an aerial roundoff be used to fulfill the 180° twist event requirement?** *Element #7.201b*
No. An aerial roundoff initiates a twist by dipping the shoulder and twisting the body while the push foot is still in contact with the floor. The 180° twist requires the twist to be initiated and completed in the air.
19. **If a front salto/aerial to a sitting position (#7.102) is a medium, would a back salto to a prone position be a medium?** *Element #7.102*
Yes. Both are not considered saltos that land on 2 feet. 1/12/11
20. **What is the value of a switch wolf on FX?** *Page 92-7d, Element #1.103*
A switch wolf is a medium.
21. **If a gymnast performs as side sommie, is she allowed to bring her feet together to do a straddle jump in order to get BBS?** *Rule 1*
The side sommie to a straddle jump would connect for a mixed series as long as the 2 elements are connected like any other 2 elements are connected. That is, if the side sommie lands on 2 feet the gymnast must immediately take off of 2 feet. If the side sommie lands on 1 foot, the other foot must land right beside the first foot in order to take off from 2 feet. Once a foot lands it cannot move again.
22. **May floor exercise music contain human sounds or singing?** *Rule 9-3-7o*
The musical accompaniment must be recorded with orchestration, piano, or other instruments (without singing). Human sounds are allowed, provided there are no words spoken or sung. There is a 1.0 chief judge deduction for absence of music or music with voice or song/speech.

Additional Interpretations: (updated 12/03/10)

Uneven Bars:

Rule 7-2: All of the event requirements must be included in the routine. Elements not awarded Value Part credit may not be used to fulfill event requirements. The LA (longitudinal twist/turn is a line extending lengthwise through the middle of the body from head to toe.

Elements that qualify for the LA twist/turn could use a ½ twist/turn, a 1/1 twist/turn, a 1 ½ twist/turn, and a 2/1 twist/turn. The LA twist/turn must be an element listed in the book as a Value Part and it must be done within the routine. It cannot be the mount or

dismount. Some of those elements could include: Cast Handstand ½ turn, Giant 1/1 turn, Glide ½ turn glide kip within the routine, or Geinger.

A glide ½ turn glide kip mount would not count and a flyaway ½ twist as a dismount would not count.

Floor Exercise Event Requirements:

A split 1/1 – Popa could count as a dance series as these are two different shapes.

9.2.3 Situation A: A gymnast performs the following elements on floor exercise: aerial cartwheel, aerial round-off, and butterfly. All of these skills receive credit for an across twist of at least 180 degrees.

Ruling: Incorrect. None of these elements involve a completely airborne twist of 180 degrees.

9.2.3 Situation B: A gymnast has two acro passes and performs a single back salto into her final pose. The judges deduct 0.2 under event requirements for not having three across passes and 0.2 for not having a superior acro element in a third acro pass.

Ruling: Incorrect. The superior acro element may be in the third acro pass or as the last single acro element performed.

9.2.3 Situation C: A gymnast performs a wolf jump 1/1 directly connected to a wolf jump ½ and is awarded 0.2 under event requirements for a dance series.

Ruling: Incorrect. The dance series must include value parts of different shapes.

Additional Interpretations: (updated 01/03/11)

2.301 is a high superior. It is reflected incorrectly on the pink (Floor Ex.) cardstock however, is correct in the Girls Gymnastics Rules Book.

Shape Information: The shape of a leap or jump is determined at the apex (highest point) to the finish (landing). Shape is determined by the finishing position. In the case of a switch side leap, the beginning shape is a split position but the apex to the finish is a straddle position. The straddle position is therefore, the shape that is designated for a switch side leap.

Rule 9-2 After the Floor Exercise routine begins; a mat may be removed (f. g.) but not placed on the floor exercise mat.

9-6-8 and 9

Question: On floor exercise, what is the value of the following combination: tuck front salto, round-off, stretched back salto?

Each salto would be a superior value part. This combination could receive BBS. However, this combination is not considered a series of saltos, one forward and one backward, because the round-off breaks the direct connection.

Question: Does a switch kip in the middle of a routine (not as mount or dismount) count towards the LA 180 turn and a direction change?

A switch glide kip within a routine qualifies as a LA twist/turn and fulfills the direction change composition requirement. Not all LA twist/turns are direction changes. A direction change, as defined in Definitions, must come from within an element of value and move in the opposite direction.

Question: Does the LA 180 twist need to be completed on one bar or can the superior (or greater) release move which switches bars count?

The LA twist turn does not necessarily need to be completed on 1 bar. For example, #8.304 a sole circle with 1/2 twist and flight over LB to hang on LB would satisfy the LA twist turn event requirement.

Additional Interpretations: (updated 02/17/11)

8.206 Round-off w/flight after hand support is a superior. The round-off should have flight however, if flight is limited, give credit as a recognized attempt and take deductions accordingly.

8.306 Round-off w/flight directly connected to a superior acro difficulty should accurately be labeled as: Round-off w/flight directly connected to a superior or greater acro element.

Question: A gymnast attempts a long hang kip, and does not complete it to a front support, ending up in a long hang on the HB. In order to initiate swing, she does four consecutive pump swings. The judge deducts a maximum of .6 for extra swings.

Ruling: Correct procedure: Comment: When a gymnast has more than two extra swings following a single element, the maximum deduction is 0.6 (7-3-4). Please note: This is an additional interpretation from the NFHS. **The deduction detail is not in the Rules Book.**

Reminder: A written inquiry or the verbal intent to inquire shall be submitted to the meet referee no later than 10 minutes after all scores for that team are recorded for that individual event. The inquiry shall only concern:

- a. Difficulty/vault value.
- b. Event requirements.

- c. Back-to-back superiors.
- d. Bonus.
- e. Neutral deductions.
- f. A mathematical error.

2011-12 Situations:

SITUATION 1: What is the penalty if an element ends in a dead hang and the gymnast uses extra swings to regain momentum?

RULING: If an element is performed poorly and it ends in a dead hang, the maximum deduction of 0.6 is taken if more than two consecutive extra swings are used to create momentum. More than two consecutive extra swings are not penalized. If there are more than two consecutive extra swings, only deduct for two extra swings, which equals 0.6. It is possible to take the extra swing deduction on several elements in a routine. The only restriction is that no more than two consecutive extra swings should be taken on a single element. If the gymnast then continues on and does another element and does an extra swing, then a 0.3 deduction would be taken. If the gymnast continues on after that and does two consecutive extra swings on a single element, the maximum deduction for extra swings for that element is 0.6. (7-3-4c)

SITUATION 2: What is the deduction for pump swings used to create momentum after a fall? **RULING:** After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and then 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) would be applied up to 0.6. (Page 92, #4)

SITUATION 3: Is a swing ½ turn a direction change on bars? **RULING:** No. A direction change is defined as the body turning/twisting and moving in the opposite direction within an element of value. Element number 8.106 describes a swing that moves down between the bars, swings forward with ½ turn (180 degrees) at 45 degrees from vertical. If the execution of element 8.106 does not precisely meet these specifications, including the turn executed at 45 degrees deviation from vertical, then it will not receive medium Value Part credit because it will not be an element of value. (1)

SITUATION 4: On bars, is a drop kip one or two bar changes? **RULING:** A gymnast must move from one bar to another bar to be considered one bar change. Therefore, a drop kip is one bar change. (7-3-3b)

SITUATION 5: On bars, what is the difference between the LA twist/turn and a direction change? **RULING:** The LA twist/turn is an event requirement worth 0.2. Any element that turns or twists around the longitudinal axis of the body except for the mount and dismount counts as an LA twist/turn. Elements that turn 180 degrees, 360 degrees, 540 degrees and 720 degrees or more fulfill this requirement. A direction change is a composition requirement worth .05. A direction change requires that the twist/turn around the longitudinal axis comes from an element of value and moves in the opposite direction. Only 180-degrees or 540-degrees turns move in the opposite direction. A direction change cannot be part of the mount or dismount. (7-2-2b, 7-3-3b)

SITUATION 6: On bars, can an attempt at a giant with a ½ turn, using the Higgins technique, count for the direction change if the turn is started past 45 degrees deviation from vertical and completed near the bottom of the swing. **RULING:** No. The turn as described is no longer considered part of the giant and therefore the element is not a giant with a ½ turn. The turn, in this instance, is not a part of the giant nor is it a part of the dismount. The element is a giant and is given a value of high superior. (7-4, Fig. 2)

SITUATION 7: On beam, can an inquiry be filed regarding the acro direction change requirement in composition? **RULING:** No. The acro direction change requirement is a composition requirement and composition cannot be inquired. (5-1-4)

SITUATION 8: On floor exercise, how do you determine the shape of a leap or jump? **RULING:** The shape of a leap or jump is determined at the apex (highest point) to the finish (landing). (1)

SITUATION 9: May floor exercise music contain human sounds or singing? **RULING:** The musical accompaniment must be recorded with orchestration, piano or other instruments (without singing). Human sounds are allowed, provided there are no words spoken or sung. There is a 1.0 chief judge deduction for absence of music or music with voice or song/speech. (9-3-7o)

Updates 01/06/12 – see below:

As a Reminder:

Gymnastics has a numbering system which was created to make it easier to find an element in the rules book.

Example: Uneven Bars #4.302.

The number before the decimal = Group number - (UB – Group 4 = Hip Circles). The number after the decimal = Element number within the group – First number after decimal denotes element value:

1 = Medium

2 = Superior

3 = High Superior

4 = Bonus High Superior

Therefore, #4.302 is a High Superior – Clear hip circle to handstand.

Another example:

Balance Beam:

What is the value of a ring/stag-ring leap/jump on balance beam?

#2.212 ring/stag-ring lp/jp at waist height = Superior

#2.412 ring/stag-ring lp/jp at head height = Bonus High Superior

Floor Exercise:

What is the value of a ring/stag-ring leap/jump on floor exercise?

#1.112 ring/stag-ring lp/jp at waist height = Medium

#1.212 ring/stag-ring w/wo ½ at head height = Superior

#1.312 ring/stag-ring 1/1 at head height = High Superior

FAQ

Uneven Bars:

Is a tap swing an extra swing? (Rule 7-3-4c – 7)

Yes. A tap swing is an extra 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. Using the tap swing technique, the body should be 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 arched position is maintained through the vertical, under the low bar, and then returns to the hollow position as it moves toward the level of the high bar while the legs/feet aggressively thrust forward-upward.

Can #1.202, a free tuck/straddle jump over the LB to hang on HB count for the superior release requirement? (Rule 1)

No. This mount does not have a release of both hands, a show of flight, followed by a catch of either bar with both hands simultaneously.

May a gymnast use a long hang kip mount and then use two long hang kips later in the routine as back to back superiors?

Yes. Elements are different if a mount element is performed as an element within the routine. Therefore, the two long hang kips may receive back-to-back superior credit.

A gymnast falls on the uneven bars in an attempt to do a long hang kip. The coach lifts the gymnast to a front support on the high bar. Does the gymnast still get 2 non-penalized extra swings? (Rule 7-3-4c(7) and pg. 92

Once the coach puts the gymnast back on the bar, 0.5 is taken for the fall and the gymnast is allowed 2 swings to initiate momentum.

Is a kip cast hop to grip change considered a release? (Rule 7-2-2a, 7-4 Fig. 1)

A release has to be a superior. If a gymnast does a cast handstand hop, she has to hop within the 20 degree range on the way up with both hands simultaneously, and has to end up in a different grip. Casting to 30 degrees or 45 degrees and hopping is not a release and is not an element.

Balance Beam:

Is a switch wolf a different element from a wolf jump? (Rule 8-5)

Yes. A switch wolf takes off of 1 foot and a switch jump takes off of 2 feet.

What is the value of a switch wolf? (Rule 8-6-2, also p. 92 – 7d)

Superior.

What is the shape of a switch wolf? (Rule 1)

Wolf Shape. The shape of a leap or jump is determined by the body position at the apex (highest point) to the finish (landing) of the leap or jump. If an element has multiple body positions in it, the finishing body position will determine the shape.

Does a kick to handstand on beam need to be held? (Rule 8-6-6, Box 6.101)

To receive medium Value Part credit, the handstand must be held for 2 seconds. Simply kicking to the handstand and touching one foot to the other foot does not meet the element description in the book for Value Part credit.

What is the value of a tinsica on beam? (Rule 8-6-8 #8.201)

A tinsica is just a variation of a forward walkover and is valued a superior.

Element Clarification:

#1.407 Salto forward to arrive in stand or sit on beam, also with ½ twist (180).

Floor Exercise:

May floor exercise music contain human sounds or singing? (Rule 9-3-7o)

The musical accompaniment must be recorded with orchestration, piano, or other instruments (without singing). Human sounds are allowed, provided there are no words spoken or sung. There is a 1.0 chief judge deduction for absence of music or music with voice or song/speech.

Is a switch wolf a different element from a wolf jump? (Rule 9-5)

Yes. A switch wolf takes off of 1 foot and a switch jump takes off of 2 feet.

What is the value of a switch wolf? (Rule 9-6-1)

Medium.

What is the shape of a switch wolf? (Rule 1)

Wolf Shape. The shape of a leap or jump is determined by the body position at the apex (highest point) to the finish (landing) of the leap or jump. If an element has multiple body positions in it, the finishing body position will determine the shape.

A gymnast performs the following acro pass: roundoff, back handspring, arabian salto. The judges award 0.1 in composition for including an acro element in each of 2 different directions, backward and forward. (Situation 9.3.3)

Ruling: Correct – When determining acro direction, any element in the acro pass, except the roundoff may be used to determine direction to satisfy the requirement. In this case, the back handspring is a backward element and the Arabian is a forward element.

Additional Emphasis:

What is the deduction if a gymnast tugs on her leotard, brushes her hair off her face or wears nail polish that is distracting? Rule 6-3-1 through 4, 7-3-4, 8-3-4, 9-3-4

Although there is no specific deduction regarding tugging on the leotard, brush of hair or nail polish, each of these may negatively affect how a judge evaluates the execution of an individual's exercise. Execution is defined as the performance of an exercise with assurance and perfection in form and technique. Anything that detracts from the perfection of performance is a fault and may receive a deduction. What is distracting to one judge may not be distracting to another judge.

Element Values (Rules 7-6, 8-6, 9-6)

"a" and "b" elements in the same box are considered different elements. Elements listed as mounts but performed in the body of the routine, have the same value as the mount. On bars, an event requirement of a superior release move does not have to be performed on the high bar unless specifically indicated.

Direction Change – Composition (Rule 7-3-3b)

A direction change is any element that includes a ½ or 1 ½ turn/twist around the longitudinal axis of the body and continues moving in the opposite direction. A direction change cannot be part of the mount or dismount. A .05 deduction is taken for lack of a direction change. Remember: There is a difference between a longitudinal axis twist/turn in event requirements and a direction change in composition. The direction change in composition requires that the twist/turn around the longitudinal axis continues to move in the opposite direction.

Bar Changes – Composition (Rule 7-3-3b)

On bars, you must have 2 bar changes. A gymnast must move from one bar to another bar to be considered 1 bar change. Deduct .05 for lack of 2 bar changes.

What is a bar change? (Rule 7-3-3b)

During a routine, if a gymnast moves from one bar to another bar to continue the routine, that is considered one bar change. For example, if a gymnast starts on the LB, she must move to the HB for 1 bar change and she must move to the LB for a 2nd bar change.

Updates 02/01/12:

UB: 1.105 (Medium): Glide ½ turn (180) glide kip to support on LB.

Uneven Bars:

Rule 7-2: All of the event requirements must be included in the routine. Elements not awarded Value part credit may not be used to fulfill event requirements. The longitudinal axis is a line extending lengthwise through the middle of the body from head to toe. (This does not mean that the body must be extended fully in a lay-out position.)

The LA Twist/Turn is any element that includes a turn/twist around the longitudinal axis of the body (excluding the mount/dismount). Examples are ½, full, full ½, double. Some LA Twist/Turn examples are:

Cast handstand ½ turn
Giant full turn
Geinger
Bail over LB or to handstand on LB
Sole circle ½ turn
Glide ½ turn glide kip (not mount)

A switch glide kip within a routine qualifies as a LA twist/turn and fulfills the direction change composition requirement. Not all LA twist/turns are direction changes. A direction change, as defined in "Definitions", must come from within an element of value and move in the opposite direction.

A direction change is any element that includes a ½ or 1 ½ turn/twist around the longitudinal axis of the body and continues moving in the opposite direction. A direction change cannot be part of the mount or dismount. A .05 deduction is taken for lack of a direction change. There is a difference between a longitudinal axis twist/turn in event requirements and a direction change in composition. The direction change in composition requires that the twist/turn around the longitudinal axis continues to move in the opposite direction.

Element Values (Rule 7-6):

"a" and "b" elements in the same box are considered different elements. Elements listed as mounts but performed in the body of the routine, have the same value as the mount. On bars, an event requirement of a superior release move does not have to be performed on the high bar unless specifically indicated.

Floor Exercise:

The following Group 9 – Saltos Backward would receive Bonus High Superior credit:

- #9.401: Salto backward (tuck/pike/stretched) with 1 ½ twist (540) or more = Bonus High Superior
- #9.402a: Series of whip saltos backward each with 1/1 twist (360) = Bonus High Superior
- #9.402b: Series of salts backward each with 1/1 twist (360) = Bonus High Superior
- #9.403: Double salto backward = Bonus High Superior

Floor Exercise Mat Measurement:

Rule 9-2, Article 4 indicates that the floor exercise mat shall be measured from the outer edges of the boundary line.

Scoring:

A gymnast has 1 bonus high superior, 3 superiors and 4 mediums. The judges award 3.0 in difficulty and 0.2 under bonus for the bonus high superior that was performed without a fall or spot. RULING: Correct. COMMENT: A bonus high superior may be used to replace a missing high superior in the difficulty category and still earn 0.2 under bonus for including a bonus high superior.



Updated 02/01/12