

MHSAA 2021-22 GYMNASTICS SEASON

Rules Book Insert and MHSAA Clarifications

Updated 09/29/21

2021-22 DATES TO REMEMBER:

First Contest Date:	November 20, 2021
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 25, 2022 – 4 p.m.
Regional Tournaments:	March 5, 2022: GR Kenowa Hills Grand Ledge Plymouth Canton TBD
Finals Tournament:	March 11-12, 2022: White Lake Lakeland
Scrimmages:	Teams may participate in a total of four scrimmages. Scrimmages may occur at any time during the season, but not after the team's last scheduled regular-season or MHSAA contest.

LIMITED TEAM MEMBERSHIP:

MHSAA HANDBOOK, REGULATION I, SECTION 12 (A): A student who, after practicing with (including tryouts) or participating in an interscholastic scrimmage or contest 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 an interscholastic scrimmage or contest, rather than practice.
2. During the high school season, a member of the school team in that sport may participate in a maximum of two non-school 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.

1. 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 except during the summer dead period, provided the restrictions placed upon school coaches are followed.
2. 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.
3. 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:
- a. Diversity of students – open to all students of that school.
 - b. 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.
 - c. 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 237:

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.

- a. 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 during the summer months (except during the summer dead period and preseason down time) or if it occurred out-of-season during the school year with a maximum of three students in grades 7-12 of the school district present in the facility (no scheduled rotations permitted).
- b. 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 6 competitors per team can compete in each event when two judges are contracted to judge the events.
3. A total of 28 gymnasts may compete per event in a Double Dual or Quad Meet, with a total of 14 gymnasts per school per event allowed (in the case of an A and B team) when four (4) judges are contracted to judge the events.

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 **8** or above, USAIGC – Intermediate Optional Level or the USAIGC Open Optional Level, or Y Program at Level **8** or competed in the AAU-Michigan qualifying meet judged at Level **8** **OR**

A gymnast who has competed in USAG Optional **7** or USAIGC Developmental Optional Level or Level **7** equivalent Y Program since Jan. 1, 2020.

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 **8** 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 **8** or above or its equivalent?
4. How long did the athlete compete at the USAG **8** 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 4 ¾ 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. (The landing mat may be 8 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 – Below are the 2020-21 Regional qualifying scores (further determined in 09/21 Committee Meeting)

Vault: 7.9; Bars: 6.7; 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:

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.

Official 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.

2020-22 RULES BOOK CORRECTIONS

4-1-2e NOTE 4, 7-4a-e, 7-6-7, 8-3-5 NOTE 4

2020-22 GIRLS GYMNASTICS ELEMENT CHANGES

7-6-1 (Box 1.104c), 7-6-5 (Box 5.101), 7-6-8 (Box 8.402), 7-6-8 (Box 8.201 and Box 8.203), 7-6-9 (Box 9.205, 9.305a, 9.305b, 9.405a, 9.405b, 9.405c, 9.306a, 9.406a), 8-6-2 (Box 2.109), 8-6-3 (Box 3.302), 9-6-1 (Box 1.109, 1.409c), 9-6-10 (Box 10.402)

2020-22 GIRLS GYMNASTICS RULES CHANGES

3-3-1 — Clarifies the proper uniform.

5-1-5, 5-1-6b — Permits state associations to adopt their own inquiry procedures.

5-1-6f — Standardizes the deduction for competing out of order.

6-1-1e — Specifies that tape, chalk or other substances may not be used on the Vault Table.

6-1-2d — Specifies the procedure for securing the top landing mat.

6-1-4 — Specifies that chalk may not be used on the runway and adds maximum length of tape.

6-2-6c (2) — Specifies that the safety zone must be present around the front and sides of the board and eliminates the requirement of a coach being present for a round-off entry/Yurchenko vault.

6-4-2a — Specifies a deduction for a vault that does not pass through the vertical.

7-3-3— Eliminates redundant language and streamlines the composition category for ease of use.

7-3-4c (8) NOTES — Standardizes the deduction for extra swings.

8-2-1 — Standardizes the fall time.

8-3-3 — Eliminates redundant language and streamlines the composition category for ease of use.

8-5c—Clarifies the amount of twist needed for the element to be awarded AHS credit in Difficulty and Bonus.

9-3-3— Eliminates redundant language and streamlines the composition category for ease of use.

2020-21 GYMNASTICS RULES INTERPRETATIONS

Situation 1: A routine contains two superiors and five mediums. The judges give credit for two superiors and four mediums in Difficulty. They deduct for one missing superior and one missing high superior. **RULING:** Correct procedure. **COMMENT:** Although a routine contains more than four mediums, only four mediums are given credit in Difficulty. The extra medium is not given credit in Difficulty. (4-1-2)

Situation 2: On bars, a gymnast jumps down off of the equipment and shows the judge that her handgrip was torn and needed to be changed before she could continue. After replacing her handgrip, the gymnast remounts the apparatus and finishes the routine. Each judge deducts 0.50 for a fall off of the bars when the gymnast replaced her handgrip. **RULING:** Incorrect procedure. **COMMENT:** The gymnast may leave the apparatus and request permission to change her handgrip without penalty. She may also request to repeat her routine or continue from the point of interruption at a time determined by the chief judge (2-2-1b 9)

Situation 3: On vault, a gymnast uses a Velcro strip to mark the point on the runway where she will begin her run. She also uses a Velcro strip to mark her take-off point for jumping onto the board. The judges do not stop the gymnast or take a deduction for marking the runway. **RULING:** Correct procedure. **COMMENT:** There is no deduction for using athletic tape or Velcro on the vault runway. No chalk is allowed. (6-1-4)

Situation 4: On vault, a gymnast indicates she will perform a $\frac{1}{4}$ on - $\frac{1}{4}$ off. During the repulsion phase, the athlete passes around the side of the table at about 30 degrees from vertical. The judges deduct up to 0.30 for failure to pass through vertical. **RULING:** Correct procedure. **COMMENT:** Failure to pass through the vertical is an up to 0.30 deduction. (6-4-2a 6)

Situation 5: On bars, a gymnast performs her routine, which contains five elements consisting of mostly pullovers, leg cuts and hip circles. The judges do not take a deduction under choice of elements in Composition. **RULING:** Incorrect

procedure. **COMMENT:** The guidelines for specific compositional deductions recommend that a routine that consists of five to six elements (or less) consisting of mostly pullovers, leg cuts and hip circles should have a deduction of 0.30. (7-3-3 3).

Situation 6: On bars, a gymnast has two consecutive extra swings during her routine. The judges deduct 0.30 for each extra swing for a total of 0.60. **RULING:** Incorrect procedure. **COMMENT:** The deduction for two consecutive extra swings is 0.50 (7.3.4c 8)

Situation 7: On beam, a gymnast falls while performing a back walkover. The coach and gymnast confer with each other while the gymnast is on the mat. At 30 seconds, the timer calls out “warning”. The chief judge terminates the routine at 30 seconds. **RULING:** Incorrect procedure. **COMMENT:** The fall time on the beam is 45 seconds with a warning at 30 seconds. A routine is not terminated until 45 seconds (8-2-1a-d)

Situation 8: On floor exercise, a gymnast performs her routine with forward rolls, backward rolls and cartwheels. The judges deduct 0.15 in Composition for a lack of variety of acro elements. **RULING:** Correct procedure. **COMMENT:** The deduction for lack of a variety of acro elements is up to 0.15. (9-3-3-1)

Situation 9: A gymnast performs her beam routine with a jewelry applique of the team mascot on one side of her face and a temporary tattoo with the school initials on the other side of her face. The judges deduct 0.20 from the average score for improper uniform for the jewelry applique. **RULING:** Correct procedure. **COMMENT:** A jewelry applique is not permissible because it is considered jewelry. The temporary tattoo is not considered jewelry and is permissible. (3-2-5, Situation B 3.3.8)

OTHER POINTS OF INFORMATION:

- See page 63 (Section 5 Difficulty): As stated in prior updates, Advanced High Superior (AHS) elements listed in the rules book with a 1/1, 1 ½ or 2/1 twist or more must add a ½ to the listed AHS to be considered different. Addition a ¼ may still be awarded an AHS in difficulty but will not make the element different when awarding AHS's In the Bonus category. Balance Beam leap and jump elements listed in the rules book with a ½ or ¾ twist may be considered different when an additional ¼ twist is added.
- **Bars:**
As noted in the 2018-20 Gymnastics Rules Book, to better differentiate between clear hip circles, a new deduction for insufficient amplitude of up to 0.40 has been provided. Ideally, following a shift of the wrists, a clear hip circle should finish at a 45-degree angle above the bar as shown in the diagram.

Deductions are taken according to the angle achieved at the end of the circle after the shift of the wrists. When 45 degrees from vertical is attained, or a higher angle of up to 21 degrees, no deduction is taken and superior credit is awarded.

An angle of 46-89 degrees receives a deduction of 0.05 – 0.25 and superior credit is awarded. If the angle is horizontal or below, which usually occurs when the wrong technique prevents the wrists from shifting, a deduction of 0.30 – 0.40 is taken. The circle would still receive superior credit.

A clear hip circle that attains an angle of 0-20 degrees from vertical receives high superior credit as a clear hip to handstand. Clear hip handstands between 11-20 degrees would receive a deduction of 0.05.

- When determining if an extra swing occurs, a great reference is p. 109 of the Girls Gymnastics Rules Book. An extra swing occurs when a gymnast swings forward or backward on the bars when the swing is not required for the next element. Examples: From a support on the HB, if the gymnast swings forward (either by casting backward and downward and then doing a long swing forward; by casting to a sole circle position with the feet on the bar and then releasing the feet to swing forward; or by doing a clear underswing forward, which looks like the start of a clear hip circle without hips or feet on the bar), the swings backward with the back to the LB, then swings forward a second time into an element, the gymnast will receive a 0.3 deduction for an extra swing. None of the 3 methods indicated of swinging forward is an element and therefore would constitute a swing forward and backward – an unnecessary extra swing.

If the gymnast performed an element on the backswing such as a straddle back, an uprise, or an inward salto dismount, there would be no deduction since the forward swing prior to the backward swing into the element is considered as part of that element.

Outside of the “extra swing” category (.3), additional execution errors could occur; and dependent on the magnitude, could be small (.1) medium (.2), large (.3) or very large (.5) faults.

What is an “extra swing”?

Page 109 number 11 of the current rules books has a detailed discussion about extra swings and is very thorough.

Additional information which may assist:

There are 3 skills that may require extra scrutiny. The skills are a back-hip circle, a pullover on the LB and a long hang pullover to the HB. The reason for the extra scrutiny is to assess where the legs finish at the conclusion of the skill. The back-hip circle is used as the primary example below. (However, assessing whether there is an extra swing is the same for a back-hip pullover on the LB and a long hang pullover on the HB.)

- **Back Hip Circle:**

If a back-hip circle does not show control in the front support ending position and the legs come forward under the bar, the gymnast usually will move the legs backward to end in a front support position to regain control of the back-hip circle and stop the body from falling off the bar. When the legs swing backward or the legs are moved backward, that leg movement is considered the cast for the next skill. The legs cannot end under the bar and then return to a front support and then drop the legs under the bar a second time to initiate a cast for the next skill whether it is for a squat on or another back-hip circle.

These are some examples with deductions:

- 1) kip, stop, back hip circle: If a gymnast kips to a front support and then hesitates/stops before the back-hip circle and her legs do not come back under the bar for the cast (in other words the gymnast just pushes back from the support position to perform the back-hip circle) the judge would deduct 0.1 for a stop. However, after the kip to the front support and the gymnast stops and then the legs come back under the bar to initiate the cast for the back-hip circle a 0.3 extra swing deduction is taken.
- 2) back hip circle, stop, squat on: At the completion of the back-hip circle the legs may only come under the bar one time for the cast to the squat on. If the legs continue under the bar due to going too far at the conclusion of the back hip circle because the performance of the back hip circle is not in control, and the gymnast stops the legs and ends in a front support but then must swing the legs under the bar to initiate a cast, a 0.3 deduction is taken for an extra swing because the legs went under the bar 2 times at the conclusion of the back hip circle. If the back-hip circle is controlled and ends in a front support without the legs going under the low bar a 0.1 deduction is taken for the hesitation/stop before bringing the legs under the bar for the cast to the squat on.

2021-22 GYMNASTICS RULES INTERPRETATIONS

Situation 1: A gymnast uses a mounting block to mount the uneven bars. The chief judge does not take a deduction.

RULING: Correct procedure. **COMMENT:** A board/folded panel mat/mount trainer mat and a mounting block are all acceptable mounting apparatus and must be removed following the mount to avoid a 0.30 chief judge deduction for failure to remove the board. (7-1-3a, 7-3-7k)

Situation 2: A gymnast's body passes around the side at approximately 60 degrees from the vertical plane during a handspring full vault. The judges deduct 0.30 for failure to pass through the vertical. **RULING:** Correct procedure.

COMMENT: Vaults must pass through the vertical plane to avoid an up to 0.30 deduction. (6-4-2a)

Situation 3: The judges deduct 0.05 in Composition for a routine that does not include a forward circling element.

RULING: Correct procedure. **COMMENT:** A routine must include both forward and backward circling elements. [7-3-3(1)]

Situation 4: The judges deduct 0.30 for a routine that lacks a variety of acro elements. **RULING:** Incorrect procedure.

COMMENT: The maximum deduction for a routine that lacks a variety of acro elements is 0.15. [8-3-3(1)]

Situation 5: The judges deduct 0.15 for a lack of forward and backward tumbling in a routine. **RULING:** Incorrect procedure. **COMMENT:** The deduction in Composition for lack of acro elements in each of two different directions is 0.15. [9-3-3(7)]