

# MHSAA 2024-25 GYMNASTICS SEASON

## Rules Book Insert and MHSAA Clarification

Updated 11/26/24

### 2024-25 DATES TO REMEMBER:

Tryouts and Practice Begin:	Monday, October 28, 2024
Competition Begins:	Saturday, November 16, 2024
Number of Competitions:	A season may be comprised of no more than <b>15 days</b> of competition for a team or an individual. MHSAA Regionals and Finals are not counted in the 15 days.
Opt-Out Due Date:	Friday, February 21, 2025 – 4 p.m.
Regional Tournaments:	March 1, 2025: Regional Sites - Rockford Holt Canton Plymouth Birmingham Groves
Finals Tournament:	March 7 & 8: Finals Site - Grand Rapids Kenowa Hills
Scrimmages:	Teams may participate in a total of <b>four</b> 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 competitions. 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 (the first day of all practice in August through the Sunday after Memorial Day), 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 236:**

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 four 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:**

### **In 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.

### **In 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 event.

### **When a contest involves A team and B team gymnasts:**

1. The judge's contracts must reflect the arrangements.
2. The provision of the number of athletes must meet the number of contracted officials.
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**

Starting in 2023-24, 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, a Y Program at Level **8**, an AAU-Michigan qualifying meet judged at Level 8 or Xcel Sapphire Level.

### **OR**

A gymnast who has competed in USAG Optional **7** or USAIGC Developmental Optional Level or Level **7** equivalent Y Program or Xcel Diamond Level since **Jan. 1, 2023**.

### **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.

**Safety Zone 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 purpose of the safety zone mat is to protect the gymnast if they hit the board off-center toward the front edge or the sides. When the safety zone mat is used, it shall be placed against the sides and front of the board. The safety mat is required for all round-off entry vaults as a risk minimization measure.

**Pit Pillow** – An alternate skill cushion made of softer foam (maximum of 4 feet X 6 feet X 8 inches) may only be used for timers during warm-ups for salto vault. It is allowed for bar releases only and must be removed immediately. It may not be used as a landing mat or for any other purpose on any apparatus.

**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 3/4 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.

**Equipment Failure or Interference (Rule 2-2-1B (9))** – If there is equipment failure or interference beyond the control of the gymnast, the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected. On floor exercise, the gymnast may choose to complete the routine and then decide whether to resume the routine at the point of the music failure or accept the score given. The score will not be flashed until a decision is made. If the decision is to accept the score, no deduction for music failure shall be taken. If the problem was due to the responsibility of the gymnast, the gymnast may leave the equipment to fix the problem and then remount to continue the routine. The gymnast will receive a 0.50 deduction for leaving the apparatus before the end of the routine either intentionally or due to a fall. The gymnast has 45 seconds to correct the problem and remount the apparatus.

**Altering Equipment – Vault** – The use of tape, chalk or other substance is not permitted on the vault table. The use of tape is not permitted on the hand placement mat. Chalk may be used on the hand placement mat.

**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.

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 2024-25 Qualifying Score - 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-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 cooperative 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. Gymnastics judges are required to wear a solid white blouse or top and a solid black skirt, suit, or dress slacks. Any additional garments, such as a blazer, shall be black. Judges may wear a long-sleeved black MHSAA-designated quarter zip with the MHSAA horizontal logo in place of a jacket/blazer. Shoes worn shall be solid black. Judges must wear an MHSAA official emblem on the left chest pocket area of the blouse or jacket/blazer OR display the emblem in a clear vinyl badge holder suspended by a black lanyard around the neck.

**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
- Neutral deductions
- Advanced high superiors
- Back-to-Back superiors
- 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.

### **CORRECTIONS TO 2024-26 GIRLS GYMNASTICS RULES BOOK**

- p. 26: Change current 2.405 to 2.502 (1/1 – 1/1) 10.0
- p. 26: Change current 2.502 to 2.503 (1/1 on 1 ½ off) 10.0
- p. 26: Change current 2.503 to 2.504 (1/2 on – 2/1 off) 10.0
- p. 28: Change current 4.501 (Tsukahara tucked with ½ twist) to 10.0
- p. 31: 6.4.4 Situation, second line – “The judge deducts up to 0.30”
- p. 33: Event Requirements – Art. 4b “360” (add degree sign)
- p. 60: 8-3-3 (1) Lack of variety of acro and dance “up to 0.20”
- p. 70 & 71: 2.306d, 2.407d, 2.408d are new and should be shaded.
- p. 88: 9-3-4a – New 13 – Add “Small or medium steps on landing (maximum of 4 steps). . . each 0.10-0.15 max. 0.40”
- p. 88: 9-3-4c (3) – Squat on landing (“hips ~~even with or~~ lower than the knees”)
- p. 93: 1.306 – Should read “split LP/JP 180 w 1/1”
- p. 94: 1.312 – Should read “stag ring jp w/1/1”
- p. 107: 9.3.7 Situation A – last line “. . .a chief judge deduction of 0.30”
- p. 107: 1.312 – should read “stag ring jump w 1/1 at head height”
- p. 109: 5e Steps – delete the second indented description – “The gymnast lands with feet together, then takes. . .join the right foot.”
- p. 115: 27, Floor Exercise a), 3) Should read – “a 0.3 deduction. . .”
- p. 115: 27, Floor Exercise a), 4) should read – “A 0.8 deduction is taken. . .(0.3 for. . . “

### **2024-26 GIRLS GYMNASTICS RULES CHANGES**

**2-2-1b(9)** Apparatus, equipment failure or other interference the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected.

**Rationale:** Specifies the procedure used by the judge to allow the gymnast to complete the routine when there is an apparatus failure or other interference not within the control of the gymnast.

**3-3-4** The change allows gymnasts to wear one stud earring in each ear.

**Rationale:** Allows one stud earring in each ear in keeping with current trends of other NFHS rules codes.

**4-1-2c & d, 7-3-3 & 4, 8-3-3 & 4, 9-3-3 & 4** Revises the value of the Composition category of Scoring to reflect the changes made in Composition on Uneven Bars, Balance Beam and Floor Exercise.

**Rationale:** Revises the value of the Composition category of Scoring to simplify and maximize efficiency in the evaluation process. The difference in the value of the Composition category will be added to the Execution category.

**4-1-2e NOTES 3, 7-3-5 NOTES 3, 8-3-5 NOTES 3, 9-3-5 NOTES 3, APPENDIX A #4** Direct connection of three or more elements, the second and following elements may be used twice when awarding Back-to-Back Superior (BBS).

**Rationale:** Specifies that Back-to-Back Superior (BBS) credit will be given when combining 3 or more superior or higher value elements to reward a gymnast for the performance of a more difficult combination.

**6-1-1e** Clarifies that while chalk may end up on table from the gymnast hand's being placed on the table, it cannot be placed there in advance of the vault.

**Rationale:** Placing chalk on the table is not allowed for risk minimization purposes.

**6-1-2f** Clarifies that while tape is not permitted on the hand placement mat chalk may be used.

**Rationale:** Tape leaves a sticky residue on the surface of the hand placement mat and may pose a risk to the next athlete.

**6-1-2g** Clarifies if the safety zone mat is utilized by a gymnast that it must be placed against the vaulting board.

**Rationale:** The mat must be placed against the vaulting board for the safety of the gymnast.

**6-1-2j (NEW), 7-1-2h (NEW)** Identifies that a "pit pillow" is permissible during vault warm-ups only and during uneven bars for release elements that then must be immediately removed following the attempt.

**Rationale:** Specifies that a specific cushion made of softer foam (pit pillow) is allowable on vault for timers during warm-ups only and for the uneven bars during warm-ups and competition for release elements that must be immediately removed. This mat is NOT allowed for mounts, dismounts or landings on any event.

**6-2-1, 7-2-2, 8-2-1b** Specifies that the fall time for a gymnast begins when the gymnast is standing on their feet and medical assessment is complete. The change also clarifies that the timer should verbally indicate "15 seconds remaining".

**Rationale:** Clarifies how to apply the fall time rule as it applies to injuries.

**6-4-1b & 6-3-1a** Provides a wider range in the deduction of hip angle.

**Rationale:** Increases the deduction by 0.1 to provide a more accurate deduction for deficiencies in the hip angle of vertical vaults.

**6-4-2a(5)** Provides a wider range in the deduction for bending knees early in salto vaults.

**Rationale:** Increases the deduction by 0.1 to provide a more accurate deduction for bending the knees early in salto vaults.

**6-4-3a** Removed deduction for beginning LA twist in second flight phase too late.

**Rationale:** Deletes a deduction that is no longer used.

**6-4-3m** Provides a wider range in the deduction for the under rotation of a salto vault.

**Rationale:** Allows for .05 to be taken as well as 0.1 to add options for judges.

**6-4-4-e, 6-3-4e, 7-3-4a(14), 8-3-4a(13)** Greater flexibility when applying a deduction for gymnasts taking small or medium steps on their landing.

**Rationale:** Allows for a small step deduction and a deduction for medium step for more flexibility in judging.

**6-4-4g, 7-3-4c(4), 8-3-4c(3), 9-3-4c(3)** Identifies that landing with the hips lower than the knees will incur a deduction.

**Rationale:** Clarifies that landings with the hips even with the knees is the safest position to avoid injury.

**6-4-4-g NOTE (NEW), 7-3-4c(4) NOTE (NEW), 8-3-4c(3) NOTE (NEW), 9-3-4c(3) NOTE (NEW)** Specifies that a deduction is taken for both the squat on landing and a fall if both occur.

**Rationale:** Clarifies that both the fall deduction is taken as well as the deduction for the squat on landing an vault/element with hips lower than knee.

**6-5-2e, 2-2-1b(10), 7-3-7f, 8-3-7g, 9-3-7h** Clarifies that the gymnast should be given a warning for an improper uniform before a deduction. If it cannot be corrected at the meet the deduction is taken one time only.

**Rationale:** Does not penalize the gymnasts for improper uniform without a warning. When a deduction is applied after the warning it is assessed one time if it cannot be corrected rather than on every event.

**6-6-1, 2, 4, 5** Provides new vault values.

**Rationale:** Deletes a vault no longer performed because of risk to the gymnast. Raises the value of vaults in the vault chart in comparison to other vaults. Adds a new vault and its value to the existing vault list.

**7-1-3b & c, 8-1-3b** Clarifies that a board may not be placed on a 8 inch skill cushion but a folded panel mat or mount trainer mat may be used.



**Rationale:** Clarifies the board may not be placed on an 8 inch skill cushion but a folded panel mat and a mount trainer mat may be placed on top of an 8 inch skill cushion.

**7-2-4b** Event requirements changed to add a choice between clear hip circle, stalder circle and pike sole circle.

**Rationale:** the directional change was added to composition requirement and hip circles, Stadler circle or pike sole circle were added to event requirements to encourage gymnasts to raise the level of a routine.

**7-3-3** Revised the composition category to maximize efficiency.

**Rationale:** Simplifies and maximizes efficiency in evaluating the composition category.

**7-3-4b(3), 8-3-4b(8), 9-3-4b(8)** Provides a wider range in the deduction for deficiencies in the hip angle on bars, beam and floor.

**Rationale:** Increases the deduction by 0.1 to provide a more accurate deduction for deficiencies in the hip angle on bars, beam and floor.

**8-2-3e** Provides more options for the gymnast's routine by adding a mixed series or dance series to beam event requirements.

**Rationale:** The inclusion of a mixed series or dance series would increase the variety of combinations available to be used in routines and allow gymnasts more options for unique routine construction.

**8-3-3** Revised the composition category to maximize efficiency.

**Rationale:** Simplifies and maximizes efficiency in evaluating the composition category.

**8-3-4b(2), 9-3-4b(2)** Specifies footwork deductions is increased to reflect current trends.

**Rationale:** Specifies that the relaxed/incorrect footwork deduction is increased by 0.1 to reflect current trends in evaluating deficient footwork.

**8-3-5 NOTES 4** Clarifies when awarding Back-to-Back Superior credit for dance elements must be from group 1, 2, or 3 and dance balances and body waves may not be used.

**Rationale:** Clarifies that dance balances and body waves may not be used in a Back-to-Back Superior (BBS) series. This is consistent with the event requirement of a dance series which does not allow body waves and balances.

**9-3-3** Revised the composition category to maximize efficiency.

**Rationale:** Simplifies and maximizes efficiency in evaluating the composition category.

**9-3-4b(15), 4c(7)** Revises the deduction for poor relationship of music and movement to be an up to 0.30 deduction. Additionally, if the gymnast fails to hold the ending pose for one second there will be a 0.05 deduction and if the gymnast fails to end with the music a 0.10 deduction is taken.

**Rationale:** Combining two very similar deductions will further clarify and eliminate double deducting for the same error and encourage gymnasts to show control at the end of a routine before immediately saluting the judges.

**9-3-7o** Clarifies that a coach may adjust or remove additional matting without a deduction.

**Rationale:** Reduces the penalty for the coach inside the border marking and specifies that the coach may adjust or remove additional matting.

## **2024-26 Editorial Changes**

Supplemental #9, 28, 29, Dance Criteria/Technique

## **2024-26 Element Changes**

Vault Box: 2.502, 4.501, 5.201, 5.202, 5.505

Uneven Bars Box: 9.103,

Beam Box: 1.404, 1.409, 2.306, 2.304c, 2.404c, 2.407, 2.408

Floor Box: 1.312, 10.402

## **2024-25 GYMNASTICS RULES INTERPRETATIONS**

**SITUATION 1:** During a gymnast's uneven bar routine, the cable detaches from the floor plate. The Meet Referee determines that the gymnast may continue the routine from the point of interruption after the cable is repaired. The gymnast starts the routine from the beginning, and the judges start scoring from the beginning of the second routine to the end of the routine. **RULING:** Incorrect procedure. **COMMENT:** It is permissible for the gymnast to restart the routine either from the point of interruption or from a point that allows the gymnast to safely complete the performance. The judges should score the routine from the point of interruption. All deductions that were taken prior to the interference remain and are added to the deductions that happened after the point of interruption to determine the final score. [2-2-1b (9)]

**SITUATION 2:** Prior to mounting the beam, the chief judge notices the gymnast is wearing two earrings in each ear. The chief judge informs the gymnast to remove one earring from each ear leaving one earring in per ear. **RULING:** Correct procedure. **COMMENT:** It is considered good preventative judging if the judge notices a problem prior to the gymnast competing and correcting the problem. (3-3-4b)

**SITUATION 3:** On beam, a gymnast performs back handspring, back handspring, layout back dismount. The judges award two low-level, back-to-back superiors in Bonus. **RULING:** Correct procedure. **COMMENT:** In a direct connection of three or more elements, the middle element can be used twice for back-to-back superior credit in Bonus. [4-1-2e (3)]

**SITUATION 4:** On bars, the coach leaves the pit pillow under the high bar after the gymnast completes a release skill so the gymnast could land the dismount on the pit pillow. The chief judge deducts 0.3 for failure to remove the pit pillow.

**RULING:** Correct procedure. **COMMENT:** The pit pillow must be removed immediately after completing the release skill and may not be used as a landing mat. (7-1-2h, 7-3-7l)

**SITUATION 5:** A gymnast falls, is injured and remains on the mat after the first vault. After medical clearance and the gymnast is on her feet, the fall timer begins the 45-second fall time watch. The gymnast returns to the start of her run for the second vault within the 45 seconds, but: a) stands with her back to the chief judge as the fall time expires; b) stands looking down at the floor and then looks at the coach without acknowledging the chief judge as the fall time expires; c) stands looking at the chief judge ready to acknowledge the signal to begin the second vault as time expires. The chief judge terminates the second vault in all three cases. **RULING:** Correct procedure in a) and b); incorrect procedure in c). **COMMENT:** The chief judge is correct in terminating the second vault in a) and b). It is the responsibility of the gymnast to get to the start of the run for the second vault and to look at the chief judge for the signal to begin the second vault within the 45 seconds. Once the 45 seconds has expired, the vault is terminated. No extra time is given to the gymnast to speak with the coach, ignore the judge by turning her back to the chief judge or for failure to look at the chief judge. In c), the chief judge should give the signal to the gymnast to begin the second vault and would not terminate the second vault. In all cases, the chief judge is responsible for monitoring the fall time. (6-2-1)

**SITUATION 6:** On floor exercise, the gymnast lands an acro element in a squat position (hips lower than the knees), then falls. The judges determine that the position of the squat before the fall was a 0.2 deduction, and they also deduct for the fall. **RULING:** Correct procedure. **COMMENT:** Landing in a squat position with the hips lower than the knees is an up to 0.3 deduction. The deduction for the fall is 0.5. Deducting for both faults is not double deducting because the fall (0.5) is a separate deduction and is the result of landing with the hips lower than the knees (up to 0.3). [9-3-4C (3)]

**SITUATION 7:** During a floor exercise routine, the coach walks onto the floor mat to remove a landing mat. The chief judge deducts 0.5 from the average score for the coach on the Floor Exercise area. **RULING:** Incorrect procedure. **COMMENT:** There is no deduction for the coach on the Floor Exercise area to remove a mat. If the coach enters the floor area to spot, a chief deduction of 0.3 would be taken. (9-3-7o 1 & 2)

**SITUATION 8:** At the conclusion of a floor routine, the gymnast runs off the mat while saluting the judge. The judges deduct 0.05 for failure to hold the ending pose for one second. **RULING:** Correct procedure. **COMMENT:** A gymnast must hold the final pose for one second which indicates that the routine has concluded. [9-3-4c (7a)]