



January 28, 2026

NFHS Girls Gymnastics Weekly Rule Interpretations

FX – Awarding Value Part Credit for Twists & Turns

Twist and turn completion requires judges to evaluate the position of the feet, not solely the body from the knees upward. Many gymnasts are highly skilled at creating the appearance of a completed twist by rotating the hips and upper body, even when the feet have not reached the required position of completion. Judges must train their eyes to observe multiple body positions to accurately determine both the type of twist performed and whether the twist has been completed. Understanding the number of twists and the degree of completion requires practice and is essential for awarding correct value part credit.

Twisting saltos with an incomplete Long Axis (LA) twist may receive value part credit if the twist is completed within 90 degrees of the required end position. The twist is considered complete when the feet make contact with the floor. In some cases, both feet land simultaneously; in other cases, one foot lands before the other. The placement of the front foot at the point of landing determines the amount of twist completed. Twist completion directly determines whether value part credit is awarded.

Twist Completion

- Missing 1° - 44° deduct 0.05 – 0.10
- Missing 45° - 89° deduct 0.15 – 0.20
- Award value part performed if missing 90° or more of the twist

Example: Twisting saltos

- 1 1/2 twisting salto (AHS) missing 90° or more of the twist
- Award (HS) credit for performing a full twist
- Deduct for balance and execution errors

Turning leaps, jumps, hops and turns on one foot with a 360° turn or more uses the same criteria. When the heel drops to the floor the turn is considered complete. Like twists, the eye must look at the feet to determine completion.

Twist turn completion of leaps, jumps hops and turns with 360° or more

- Missing 1° - 44° deduct 0.05 – 0.10
- Missing 45° - 89° deduct 0.15 – 0.20
- Award value part performed if missing 90° or more of the turn

Example: Leap, jumps, hops and turns on one foot with 360° turn or more:

- 1 ½ turn on one foot (S) with more than 90°
- Award (M) for performing a full turn
- Deduct for balance, insufficient amplitude and execution
- Heel drop determines completion of the turn

Leaps, jumps and hops with ½ (180°) twist use a different criterion. Twist completion upon landing determines value part awarded. The twist must be completed a minimum of 1° past the halfway mark between two values.

Example: Leaps, jumps, hops with ½ (180°) twist

- Pike jump with 1/2 twist (S) and pike jump (M)
- To receive the higher value, the twist must be completed a minimum of 1° past the halfway mark between the two values
- Execution deductions for incomplete turn will be applied.