National Federation of State High School Associations



Clarification Regarding Advanced High Superiors That Exceed the Required Twist

An AHS that exceeds the required twist receives AHS credit (Page 79 and 101). When awarding AHS in the Bonus category performing the same AHS a second time with an additional twist does not necessarily make it different from the listed AHS that was performed first. The **Note** on pages 61 and 86 under Section 5 Difficulty states a 1/4 turn does not make an element different unless it is listed separately in the rules book.

There is one exception to the **Note** on Balance Beam only: AHS leaps and jumps listed in the rules book with a ½ or ¾ twist may be considered different in the Bonus category when an additional ¼ twist is added.

All other AHS elements listed in the rules book with a 1/1, 1 ½, or 2/1 twist or more must add a minimum ½ twist to the listed AHS to be considered different. Adding a ¼ twist may be awarded an AHS in Difficulty but will not make the element different when awarding AHS's in the Bonus category.