

2012-13 GYMNASTICS

Season Reminders

STATE MEET SCHEDULE OF COMPETITION

a. State (Times Are Approximated)

Friday Evening Session (March 1) - Individual Competition

3:45 p.m. – Building opens

4 p.m. - Judges meeting

4:15 p.m. – Coaches meeting

4:15-4:50 p.m. – General warm-up and bar settings

5:15 p.m. – March in

5:30 p.m. – First event warm-up begins (two minutes per number of athletes in rotation for vault, bars, and beam. Floor exercise will be a maximum of 10 minutes.)

5:40 p.m. – Competition begins

Saturday Session (March 2) - Team Competition

9 a.m. – Building opens

9:30-10:15 a.m. – General warm-up and bar settings

10:40 a.m. – March in

10:50 a.m. – First event warm-up begins

11 a.m. – Competition begins (10 minute touch prior to each subsequent round of competition)

SECTIONAL TOURNAMENT

a. Hosting Tournament

(1) Sectional hosts are required to use the WIAA alpha order draw for rotations.

(2) Sectional hosts must use the Olympic Rotation for the draw.

(3) The official equipment for all competition will be provided by the host school. If the host school cannot provide official equipment, the visiting schools must be notified and allowed to bring official equipment, if possible.

*Vault Table - full allowable range.

*Beam - full allowable range.

*Floor - spring floor.

*Bars - maximum dual lock range to accommodate all gymnasts.

(4) Sectional sites must use the Modified Cup Warm-up.

(5) Sectional hosts should provide two adult line judges for floor exercise.

NATIONAL FEDERATION ALLOWED ADAPTATIONS

a. Competition will consist of optional routines for varsity. Junior varsity competition will be determined by conferences or the host school (optional or compulsory routines). If junior varsity competition is not at the same level, performances will be judged but no team score tallied unless all head coaches involved agree to do so.

b. Scoring

(1) Team score is determined by adding the top four raw scores in each of the four individual events.

(2) Varsity and junior varsity team scores may not be added to determine a final team score.

(3) Closed scoring will be used for all competition unless the host provides personnel for open scoring.

c. In situations where equipment failure occurs during warm-ups or during the meet, the equipment will be replaced or repaired if possible. If replacement or repair is impossible, the superior judge will rule to omit the event from the meet.

d. Ties in individual and team scores will stand as per NFHS Rules 4-3-1 and 4-3-2.

e. Coaches will be allowed unlimited inquiries without penalty.

STATE ASSOCIATION REGULATIONS

- a. All-around shall be considered as an individual event in all meets, and all-around entries shall compete in all events listed above.
 - (1) Junior varsity all-around participants must compete at the same level, in all events, to be considered for all-around scoring unless all head coaches involved agree differently.
 - b. A girl may compete in both varsity and junior varsity competition in the same meet, but she may not enter the same event in both competitions.

Note: A girl who competes in both varsity and junior varsity competition on the same day is considered to have participated in one meet.
 - c. A school may enter (for any of its teams) a maximum of five girls per event in dual and multischool competition. **If a team does not have five entrants per event, their opponent may fill the open positions which are not to be counted towards the team total. During the regular season, four meets (dual) would allow a junior varsity reserve competition, which is held in conjunction with a varsity/junior varsity meet. The junior varsity reserve meet must be on the official school schedule.**
 - d. Seeding
 - (1) Dual meets: The host school will determine if teams compete as a unit, alternate competitors.
 - (2) Meets involving three or more schools: A team must perform as a unit, after which competition will be rotated.
 - (3) A girl who is up on two events simultaneously must be moved down three positions on the second event.
 - e. Schools are encouraged to conduct meets with all events running concurrently, and it is strongly recommended that regular season meets be conducted with no less than two events being run concurrently.
 - (1) When two events are run simultaneously, sessions will be determined by the host school.
 - f. Tape, CD or MP3 player is permitted for floor exercise at all meets, and each school will be responsible for its own music and the mechanics thereof.
 - g. The host school must provide a minimum of 60 minutes for warm-up stretches, bar settings, and equipment warm-ups prior to the scheduled meet starting time.
 - h. For regular season meets, both duals and invitations, where modified capital cup is used, the 10 minute warm-up, march-in, and 2 minute touch is allowed but not required.
 - NEW* i. If a traditional warm-up segment occurs 20 minutes or longer prior to the first event, a two-minute touch is required for each event
 - j. The official equipment for all competition will be provided by the host school. If the host school cannot provide official equipment, the visiting schools must be notified and allowed to bring official equipment if possible.

Note: Visiting schools are allowed to bring their own vaulting board to all meets with the understanding that any other competing school may also use it.
 - k. Members of teams below the varsity level will not be penalized for failing to wear uniforms prescribed in the rules, provided:
 - (1) a reasonable attempt is made to conform to the regulations and (2) participant safety is not jeopardized. The WIAA office should be informed about questionable situations.
 - l. Judges may sit together as per Wisconsin judges protocol.
 - (1) Judges must mark independently.
 - (2) No communication with other judges unless there is a question or discrepancy concerning scores or awarding proper credit to skills.
 - m. In subvarsity competition coaches may facilitate the handspring vault with a 1.0 deduction.
 - n. For regular season meets, if necessary (equipment adjustments), up to an additional 2 minutes of warm-up would be allowed on bars and vaults.
 - o. Invitationals and conference championship meets require coaches to act as line judges or find a suitable volunteer replacement.
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WIAA TOURNAMENT REMINDERS

- * Schools sponsoring gymnastics are equally divided between Division 1 and 2. If there is an uneven number that school would be in Division 1.
- * Meet management must provide result sheets after data entry to judges and coaches after each round of verification of scores.
- * Clerical errors may only be corrected within 24 hours of the end of the meet.
- * Sectional ticket prices are \$4.00.

Wisconsin Interscholastic Athletic Association

2012-2013 QUESTIONS/CLARIFICATIONS

GENERAL

- 1. Second Trial**— The Chief Judge shall allow a second trial when the apparatus fails or other interference occurs not within the control of the gymnast. **Allowed:** torn handguard, power outage, incorrect floor music. **Not Allowed:** hand-guard comes loose, bars incorrectly set (This is ultimately the gymnast's responsibility and if the bars are incorrectly set the gymnast can get off the bars and reset them within the 45 seconds allowed for a fall, then remount and complete her routine. A deduction of .5 would be taken for a fall and no second trial is allowed.)
- 2. Extra warm-up**— Concerning the deduction "A gymnast taking an extra warm-up on the competitive equipment or in competitive area (excluding stretching in competitive area) -0.2".
Aside from the designated time that a gymnast is allowed to warm-up on the competitive equipment prior to the start of the meet or during a touch warm-up, a gymnast is not allowed on the equipment or in the competitive area (excluding stretching) without receiving a deduction.
The "**equipment**" is the competitive floor area, uneven bars, balance beam, and vault table, including boards used at those events. A gymnast using any of the above during a non-designated warm-up time would receive a 0.2 deduction. The "**competitive area of an apparatus**" is defined as the immediate area around a piece of apparatus including matted area and the area between the judge's table and the apparatus. All other areas outside of the immediate area of competition, including the vault runway when not in use, may be used for stretching, running to loosen up, walking through routines, or doing simple warm-up skills such as cartwheels, walkovers, etc.
The intent of the rule is that no gymnast have an unfair advantage by having extra time on the equipment. They should be allowed to prepare for competition without causing a distraction. Coaches and gymnasts need to be aware of what is happening during the competition and try not to distract the judges or other competitors. Judges should be concerned with arriving at a fair score without having to patrol other parts of the gym. The above deduction for being in the competitive area should be used only in the case of a true distraction of a judge while performing her job.
Judges should be strict if a gymnast actually uses the equipment but should discuss with coaches what is reasonable as far as competitive area and let them know if something is unacceptable. In that case, coaches should be given a warning but a deduction should not be taken unless the warning is ignored.
- 3. Bouncing, walking, or standing on the board** or touching the apparatus to check placement **is** allowed and will **not** receive a deduction for extra warm-up.
- 4. Equipment Specifications**— If the chief judge notices a gymnast preparing to begin a routine using incorrect equipment specifications, she should remind the gymnast of the requirements and permit her a reasonable amount of time to correct the situation. It should be noted, however, that the ultimate responsibility for complying with the rule rests with the gymnast and/or coach. Therefore, should the judge not notice the illegal situation in time to permit a correction of the situation, a 0.3 chief judge deduction shall be taken for altering equipment specifications.
- 5. Awarding Credit**—
When a skill is performed (M/S/HS/AHS) the judge must decide whether or not to award credit for that skill in the difficulty category. If the criteria for that skill has been met, credit is awarded. If poor technique causes a fall after the landing of a skill, the skill is still considered complete for the purpose of awarding difficulty. The fall is considered an error on that skill the same as any other execution or amplitude error. A salto that does not land on the feet, a release element on bars in which the hands do not contact the bar, or an acro element that does not bear weight on the beam would not be considered complete and would receive no credit in the difficulty category. These would then be considered void elements. Because it is void, it may not count as part of a series, pass, or event requirement.

UNEVEN BARS

- 1. Tap swings** are considered as extra swings and will receive a 0.3 deduction. If a gymnast swings forward, then backward and does an element, this is acceptable. If they swing forward, then backward, then have to swing forward again to do an element, like into a flyaway dismount, it is an extra swing.
- 2. Extra swings**— On elements where a forward swing is required first, but the difficult portion of the element is performed on the backward swing following, (such as a straddle back, long uprise, or an inward salto), the forward swing performed prior to the backward swing **is** considered as part of the element. The forward swing may be performed as a long swing (as in a support on the HB, cast off and swing forward), a clear underswing (like the start of a clear hip circle and shoot legs forward), or an underswing with feet on the bar (as in a sole circle and shoot legs forward). None of the above would break the series for back-to-back superiors.
- 3. Skill Clarifications** —
Counterflight backward over LB (p. 37, #3.201, #3.301)—
Guidelines for awarding superior credit— No part of the body should contact the LB before the hands. If the feet contact the floor prior to the suspension under the LB (suspension under the LB is defined as the point at which the entire body passes the vertical plane under the LB) but momentum is continued into the suspension then superior credit is awarded and execution deductions taken. If the feet contact the floor causing a complete stop of movement or the gymnast quickly rebounds off the floor into the glide then a 0.5 deduction would occur for a fall. If a deduction is taken for a fall

Sole circle or underswing on LB, release and counter movement to catch HB (p. 45, #8.302)—

Upon completion of the catch on the HB, the hips must be behind the hands, enabling the gymnast to swing **forward** into the following skill. Catching in a “dead hang” would receive a deduction but high superior credit is awarded. There is no specific height requirement for the feet or legs.

4. Marking the height of the bars —

LB— The minimum setting should be marked in black. The black mark should always be visible. If the LB is set lower than the minimum specifications, the black mark would not be visible, thus set illegally.

HB— The maximum setting should be marked in red. The red mark should be visible at the highest legal notch. If the HB is set higher than the maximum setting allowed by the manufacturer and there is space below the red line, the height of the bar would be set illegally.

5. Cast to position with feet on the bar—

A cast to a squat/straddle/stoop onto the bar is a medium by itself if it continues to a catch of the HB. For elements that require that the feet be on the bar, the cast to that position is considered a part of the element itself. Examples: cast to squat circle, sole circle 1/2 turn or sole circle with counterflight to catch HB - casting to the sole circle position is a necessary part of the element; also included would be a sole circle on HB with 1/2 twist and release over the LB, sole circle front dismount (toe-on front), or Comaneci dismount. All of these elements would be considered as one element when evaluating difficulty or the required 8 elements in a routine.

BALANCE BEAM

1. Element clarifications—

Back handspring directly connected to a superior acro element (p.69, #9.302a)—

A back handspring that is directly connected to an acro element difficulty is a HS. This means that if the back handspring (S) is directly connected to a back salto, then the **back handspring** becomes a HS, the **back salto** is still an AHS and the series would receive HS + AHS. If more than one series is performed, the series is considered different if the acro element following the back handspring is different. (Example: back handspring-back handspring would receive HS + S; a back handspring-full twisting back salto dismount in the same routine would receive HS + HS; the 3 back handsprings would all receive credit, 2 as HS and 1 as a S). **Note:** Although all would receive credit, a composition deduction could be taken for lack of variety. It is the same with the roundoff: a roundoff is a S but if it is directly connected to a superior acro element, such as RO-back handspring or RO-back salto dismount, then the RO becomes a HS. In both cases, the acro element must follow the back handspring or roundoff and dismounts may be used.

Gainer back salto dismount from end (p. 72, #11.308, 11.408)—

A gainer back salto off the end of the beam is a HS (tuck) or an AHS (pike, stretched). The gymnast must be facing out and perform a salto backward toward the beam. These dismounts are performed from one foot while stepping forward and doing a back salto that is actually moving forward in order to clear the end of the beam. The body should land in front of the end of the beam, not off to the side. If the body lands to the side there would be a direction error taken.

Note: All gainer saltos backward performed off the **side** of the beam have a one foot take-off (swing through)

2. Skill evaluation —

Switch wolf jump— Superior (must meet same criteria as a superior wolf jump and is considered different)

Gainer front salto with 1/2 twist off side of beam— High Superior (From a stand on the L leg, swing the R leg backwards, going to the gymnast's R side and landing on the R side of the beam.)

FLOOR EXERCISE

- 1. Strug vs. Split Jump 1/1 vs. Popa (p. 81, #1.411, #1.307, #1.308a)—** A Strug is an AHS; a Split Jump 1/1 w/180° split and a Popa are HS's. A split jump 1/1 and a Popa are jumps and take off from **two** feet. They both must complete a 360° twist in the air. At some point during a split jump 1/1, the legs must reach a 180° split which can be a fwd-bwd split or a sideward (straddle) split. The split position is parallel to the floor. In a Popa, the legs must reach a straddle-pike position, at horizontal. A Strug is a tourjete and takes off from only **one** foot. The first leg swings forward, followed by a 1/2 twist in the air, followed by a switching of the legs to a **diagonal or horizontal** 180° split position. (The front leg in the split is the same one that swung forward first). Following the diagonal or horizontal split position, there is an additional ½ twist to land on two feet.
- 2. Schuschunova 1/1 twist (p. 81, #1.308b)—** A straddle position must be shown at some point, as in a Schushunova (straddle jump to prone). The jump takes off from 2 feet and usually the straddle position is shown at the end of the first ½ twist. At that point the gymnast leans back and rolls over to finish the second ½ twist to end in a position with the whole body parallel to the floor. She then drops to the prone position on the floor. This is a HS if the twist is complete, the proper straddle is shown, and the whole body lands simultaneously.
- 3. Tour jete or switch leg leap to split sit (p. 81, #1.209b, #1.211b)**
Both feet must contact the floor simultaneously in a near split position to receive superior credit.

4. **Roundoffs**— If the roundoff in a routine is included in an acro pass, it can still be given credit for a pass provided that there are 3 elements in that pass and at least one of the others is given credit as a value part. The roundoff would be a no value skill/element. If the 3rd roundoff is included in the mixed series and has no value, then no credit would be given for the mixed series since all elements in the series must be value parts.
5. **Flyspring vs. Front handspring (p. 86, #6.101, #6.202)**
 A flyspring (S) or series of flysprings (HS) must have flight off the hands, take off from 2 feet, and land on 2 feet (looks like a back handspring to 2 feet in reverse). A front handspring (M) or series of front handsprings (S) must have flight off the hands, takes off from one foot and may land on either one or two feet.
6. **Back salto [tuck, pike or stretched (S) series (HS)] (p. 90, #9.201, #9.302)**— In order for a series to receive high superior credit, the saltos must be directly connected (they may also receive BBS credit), (ex: round-off, back handspring, back tuck, front tuck). 2 saltos indirectly connected in the same continuous pass can receive back-to-back superior credit but not high superior credit. (ex: front tuck, round-off, back tuck)
7. **Back salto stretched with 1/2 twist (S) (p. 90, #9.201) vs. Arabian salto stretched (HS) (p. 92, #10.301)**—
 The difference is in the timing of the twist. A back salto stretched with 1/2 takes off backward so it looks like a back salto in the beginning and then when approximately vertically upside down a 1/2 twist is performed prior to landing. In an Arabian, the twist is performed first and is followed by a front salto stretched. Both land the same direction so you must watch what happens right off the ground - twist first or back salto first. If the twist is in between and not clear, a decision must be made.

Deep Squat— up to 0.3

Guidelines for deductions:

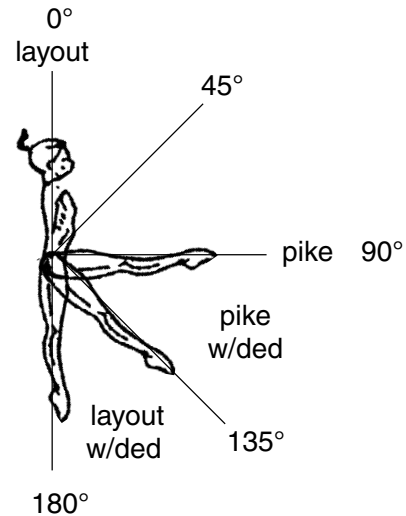
| | |
|--------------------------------|-----------|
| seat slightly above knee level | .05 - .15 |
| seat at knee level | .2 |
| seat below knee level | .25 - .3 |

Stretched Position—

Guidelines for awarding credit:

| | |
|---------------------|---|
| straight body | -award credit for stretched |
| hip angle 179°-136° | -award credit for stretched and deduct up to .2 for hip angle (pike) |
| pike 91°- 135° | -award credit for pike and deduct up to .2 for insufficient pike |
| 90° pike or less | -award credit for pike |

*Note: The correct position should be shown throughout the majority of the element



NOTE:

In order to receive difficulty credit for a new or unusual skill not listed in the rulebook, a description/video must be submitted to the WIAA prior to the competition in order to be evaluated and assigned a value of M, S, HS, or AHS. If not submitted, no value will be awarded. To ensure credit, the written evaluation should be presented to the judges prior to each competition.

NOTE:

Additional questions and clarifications (and other information) may be found on the National Federation website at: www.nfhs.org

- Click on - Athletics and Fine Art Activities (on left under NFHS logo)**
- Click on - Girls Gymnastics**
- Scroll down to - Gymnastics - Girls Resources**
- Click on - Frequently Asked Questions**

GENERAL

Spotting

- **Touch & Assist**
 - deduct .5 for spot (excl)
 - no VP credit is given
 - no credit for ER
- **Touch w/ No Assist**
 - deduct .5 for spot (excl)
 - give credit for element
 - give credit for ER
- **Catch Falling Gymnast**
 - if fall and spot occur simultaneously, deduct only for the fall

Difficulty Required

| | |
|---------------|------------|
| 1 HS/AHS @ .3 | .3 |
| 3 S @ .5 | 1.5 |
| 4 M @ .3 | <u>1.2</u> |
| Total | 3.0 |

- Higher value elements may be used to replace initially lower value elements on a one-to-one basis and will retain their value

Range of Scores

| | |
|-------------|-----|
| 9.5 - 10.0 | .2 |
| 8.5 - 9.475 | .3 |
| 7.0 - 8.475 | .5 |
| Below 7.0 | 1.0 |

• Average score determines the range

Equipment Failure

- bedtime has been here for days (not in d. hand/leg or feet/voor)**
- **If Gymnast Stops**
 - repeat entire routine after reasonable amount of rest (CJ - determine time)
 - **If Routine is Completed**
 - gymnast decides whether to repeat her routine prior to receiving her score
 - if repeated, second score is final



VAULT

GENERAL

- Height of table = 100 cm - 135 cm
- Spotting block or folded panel mat may be used.
- One **hand placement mat** may be placed on runway for any vault
- Pivots/perlestial (vertical uprights) must be padded

APPROACHES

- Balk (no touch) is an attempt; with touch is a void vault
- 3 attempts to complete one or both vaults—

| | | | |
|----------------------|------------|---------------------|-----------------------|
| balk - vault - vault | } OK | balk - balk - vault | } OK but no 2nd vault |
| vault - balk - vault | | balk - vault - balk | |
| touches-balk-balk | score is 0 | vault - balk - balk | |

PERFORMANCE

- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.
- Body position for majority of vault determines vault performed.
- Must announce vault or -0.2 from average of vault performed. (No penalty for wrong vault announced)
- Vault w/o signal from Chief Judge -0.5 from next vault performed (Vault w/o signal does **not** count as one of the 3 attempts)

ROUND-OFF ENTRY VAULTS

- Coach must be present as a spotter
- Board safety mat **must** be around front and sides of board
- Judging begins with takeoff from board

MISCELLANEOUS

- Run with touch of board/table but no vault - VOID
- Touch of only one hand - 1.0 CJ
- No touch on table - VOID
- Spotting that does **not** facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring)
- Not to soles of feet first landing on **any** vault - VOID (if hands/feet land simultaneously - do not void)

LANDING DEDUCTIONS

| | |
|------------------------------------|----------|
| Extra arm swings | up to .1 |
| Add'l trunk movements | up to .2 |
| Body posture on landing | up to .2 |
| Slight hop/adjustment | up to .1 |
| Extra steps (up to 4) | .1 each |
| Large step/jump (3' or more) | .2 |
| Deep squat | up to .3 |
| Brush/touch w/hand(s) (no support) | .3 |
| Support on mat w/1 or 2 hands | .5 |
| Fall to knees/hips | .5 |
| Fall against apparatus | .5 |
| Land in sit/lie/stund on table | VOID |



2012-2014

Evaluating Distance

- Consider:
- size of athlete
 - type of vault
 - amplitude of 2nd flight
 - hand placement
- ** not just distance from table

Over/Under Rotated Turn on Landing

| | |
|-------------|-------------|
| 1° - 30° | .05 - .1 |
| 31° - 60° | .15 - .2 |
| 61° - 80° | .25 - .3 |
| 80° or more | lower value |

Insufficient Extension / Opening

u = Deduction

ll = Opening Deduction

Electronics Opening Deduction (0.5)

(if motion doesn't reflect body shape up to the landing)

VAULT DEDUCTIONS

First Flight

| | |
|---------------------|----------|
| Legs crossed | .1 |
| Incorrect foot form | up to .1 |
| Leg separations | up to .2 |
| Bent knees | up to .3 |
| Hip angle | up to .2 |
| Arched Body | up to .2 |
| Incomplete Twist | up to .3 |

Repulsion Phase

| | |
|--|----------|
| Bent arms | up to .5 |
| Head on table (incl. toe on table) | 2.0 |
| Shoulder angle/Arch | up to .2 |
| Staggered/alt hands (fxd entry vaults) | up to .1 |
| Alternate repulsion (fxd entry vaults) | up to .2 |
| Add'l hand placements | up to .3 |
| Twist too soon | up to .3 |
| One hand vault (CJ) | 1.0 |

Second Flight

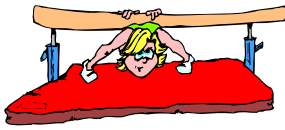
| | |
|---------------------------|----------|
| Twisting too late | up to .5 |
| Legs crossed | .1 |
| Incorrect foot form | up to .1 |
| Leg separations | up to .2 |
| Bent knees | up to .3 |
| Insuf. tuck/pike/stretch | up to .3 |
| Insuf. exactness of twist | up to .1 |
| Late completion of twist | up to .3 |
| Height | up to .5 |
| Length | up to .3 |

Second Flight (cont)

| | |
|-------------------------|-----------|
| Extension (str. vaults) | up to .3 |
| Insuf/Late ext (any) | up to .25 |
| No extension (any) | .3 |
| Brush/fit on table | up to .2 |

Landing

| | |
|-----------------------|-------------|
| Incomplete/Over Twist | up to .3 |
| Direction | up to .3 |
| Dynamics | up to .3 |
| Landing— | (see above) |



BALANCE BEAM

COMPOSITION (0.8)

Variety / Choice (up to 0.3)

Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- 0.1 - > 2 of same dance shape
- 0.1 - same value part used twice
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections

Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
- 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - handstands are not considered
 - may not be the dismount

Originality / Artistry (up to 0.2)

- up to 0.1 - originality/creativity of elements/connections
- up to 0.1 - quality of expression and movement to reflect personal style

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

EVENT REQUIREMENTS (1.2)



- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Exception - Series may not overlap
- Elements **not** awarded VP credit may **not** fulfill ER

• min. 360° turn on 1 foot

- **acro flight element** - must start and finish **on** BB
- **acro series** - may include mount or dismount
- **dance series** - may **not** include mount or dismount
 - may **not** include dance balances or body waves
- **mixed series** - may **not** include mount or dismount
 - may **not** include dance balances or body waves
- **superior dismount**

BONUS (0.8)

• Advanced High Superiors (0.2 each, max. 0.4)

- Second BHS must be different
- No credit if fall or spot has occurred

• High Level BBS (0.2)

- HS+HS, HS+AHS, AHS+AHS

• Max. 0.2 may be earned in any of the following ways:

- Low level BBS (0.1 each, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
- 2nd high level BBS (0.2)
- 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred



RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn
 - (1/4 not different unless listed in rulebook)
 - takeoff from 1 or 2 legs on lps/jps/hps
 - support on 1 or 2 arms
 - acros takeoff or land on 1 or 2 legs
 - mount elements are within routine



FALLS

- Contact 1 or 2 feet (soles) on top of BB, then fall -
 - give VP and ER
- No touch (soles) of BB - no VP, no ER, no bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for balance errors/steps leading to fall
 - *** (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)



BALKS (approach w/o touch of board/beam)

- If touch (-0.5 judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)

TIMING

Not longer than 1:30 -

- (warning at 1:20; overtime -0.1 CJ)
- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor (If in air when final time is called - overtime)
- Evaluate whole routine even if overtime
- **Fall timing** - (:30 fall time w/warning at :20)
- Start with contact on floor, stop when feet leave floor
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall



DIFFICULTY EXCEPTIONS

- 2 medium acro elements may receive 1 superior if:
 - both pass thru inverted vertical position
 - must be directly connected
 - must both start and finish **on** the beam
- Round-off = HS if directly connected to S acro
- Flic-flac = HS if directly connected to S acro

BALANCE BEAM

| Medium | Superior | High Superior | Advanced High Superior |
|--|--|---|---|
| 2.101 tuck jump | 2.201 tuck jump 1/2 | 2.301 tuck jump 3/4 | 2.401 tuck jump 1/1 |
| 2.102 cat leap | 2.202 cat leap 1/2 | 2.302 cat leap 1/1 | 2.402 cat leap 1 1/2 |
| 2.103 | 2.203 wolf jump | 2.303 wolf jump 1/2 | 2.403 wolf jump 3/4 |
| 2.104 | 2.204 pike jump 90° | 2.304 a. pike jump 90° w/ 1/2 b. pike jump 45° | 2.404 a. pike jump 90° w/ 3/4 b. pike jump 45° w/ 1/2 |
| 2.105 stretched jp w/wo 1/2 | 2.205 stretched jump 3/4 | 2.305 stretched jump 1/1 | 2.405 stretched jump 1 1/2 |
| 2.106 split/stag split lp/jp 135°w/wo 1/4 | 2.206 split/stag split lp/jp 180° w/wo 1/4 | 2.306 split/stag split lp/jp 180° w/ 1/2 | 2.406 split jump 180° w/ 3/4 |
| 2.107 | 2.207 side split jp 135°w/wo 1/4 | 2.307 side split jp 180° w/wo 1/4 | 2.407 side split jump 180° w/ 1/2 |
| 2.108 | 2.208 | 2.308 straddle pike jp w/wo 1/4 | 2.408 straddle pike jump w/ 1/2 |
| 2.109 NOTE: deduct up to 0.2 if stag on any switch leg leap | 2.209 switch leg lp/jp 135° w/wo 1/4 | 2.309 switch leg lp/jp 180° | 2.409 a. switch lp/jp 180° w/ 1/4 to side split b. switch lp/jp 180° w/ 1/4 to straddle pike c. switch lp/jp to ring at head height |
| 2.110 hitchkick, cabriole, changement ≤ $\frac{1}{2}$ | 2.210 | 2.310 | 2.410 |
| 2.111 sissone 135° | 2.211 sissone 180° | 2.311 tour jete 135° | 2.411 a. tour jete 180° b. tour jete to ring at head height c. tour jete 135° w/ 1/4 or 1/2 |
| 2.112 | 2.212 ring/stag ring lp/jp at waist height | 2.312 | 2.412 ring/stag ring lp/jp at head height |
| 2.113 | 2.213 sheep jump at waist height | 2.313 | 2.413 sheep jp at head height |

NOTE: Jump/leaps to prone/back hip circle shall be evaluated consistent with the root jump/leap.

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

MOUNTS

- 1.302a Free jump w/ 1/2 to stand
- 1.302b Free jump to cross split sit
- 1.402 Free jump w/ 1/1 to stand**
- 1.304 Free switch leg leap to arrive in split sit
- 1.305a Press handstand from jump or clear support
- 1.305b Jump w/ hecht phase to cartwheel or handstand
- 1.306 Jump to handstand (pike), to handspring fwd
- 1.406 Hecht to handstand to handspring fwd**
- 1.307 Head kip
- 1.407 Front salto to stand or sit, also w/ 1/2**
- 1.308 Chest stand 1/1 over shoulder
- 1.309 Round-off, flic-flac to stand/swing down
- 1.409 Round-off, back salto**

LEAPS / JUMPS

- 2.301 Tuck jump 3/4
- 2.401 Tuck jump 1/1**
- 2.302 Cat leap 1/1
- 2.402 Cat leap 1 1/2**
- 2.303 Wolf jump 1/2
- 2.403 Wolf jump 3/4**
- 2.304a Pike jump 90° w/ 1/2
- 2.304b Pike jump 45°
- 2.404a Pike jump 90° w/ 3/4**
- 2.404b Pike jump 45° w/ 1/2**
- 2.305 Stretched jump 1/1
- 2.405 Stretched jump 1 1/2**
- 2.306 Split/stag split 180° w/ 1/2
- 2.406 Split jump 180° w/ 3/4**
- 2.307 Side split jump 180° w/wo 1/4
- 2.407 Side split jump 180° w/ 1/2**
- 2.308 Straddle pike jump w/wo 1/4
- 2.408 Straddle pike jump w/ 1/2**
- 2.309 Switch leg leap/jump 180°

LEAPS / JUMPS - cont.

- 2.409a Switch lp/jp 180° w/ 1/4 to side split**
- 2.409b Switch lp/jp 180° w/ 1/4 to straddle pike**
- 2.409c Switch lp/jp to ring (head high)**
- 2.311 Tour jete 135°
- 2.411a Tour jete 180°**
- 2.411b Tour jete to ring (head high)**
- 2.411c Tour jete 135° w/ 1/4 or 1/2**
- 2.412 Ring/stag ring leap/jump (head high)**
- 2.413 Sheep jump (head high)**

TURNS

- 3.401 2/1 turn**
- 3.302a 1/1 turn holding leg at 45° above horiz
- 3.302b 1/1 turn w/leg at horizontal
- 3.402 1 1/2 turn w/leg at horizontal**
- 3.303 1/2 illusion
- 3.403 1/1 illusion**

HOLDS - DANCE (2 sec.)

- 5.301 Stand w/free leg in 180° split

HOLDS - STANDS

- 6.301 Handstand, stoop thru to splits/clear "V"
- 6.302a One-arm handstand (2 sec)
- 6.302b Planche (2 sec)
- 6.302c Handstand 1/1

ROLLS

- 7.303 Backward roll to handstand

WALKOVERS / CARTWHEELS

- 8.301 Walkover forward in side position
- 8.401 Aerial walkover forward**
- 8.302 Walkover forward on one arm
- 8.402 Onodi - flic-flac 1/2 to fwd walkover**
- 8.304a Valdez on one arm
- 8.304b Valdez 1/1
- 8.405 Aerial cartwheel**
- 8.306 Roundoff to a superior acro element

HANDSPRINGS

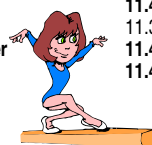
- 9.301a Handspring forward
- 9.301b Handspring forward on one arm
- 9.302a Flic-flac to a superior acro element
- 9.302b Gainer flic-flac, also on one arm
- 9.302c Flic-flac on one arm
- 9.402 Chen flic - w/tuck-stretch to cross sit**
- 9.303a Flic-flac w/ 1/4 to handstand
- 9.303b Flic-flac w/ 1/2 twist
- 9.403a Flic-flac w/ 3/4 - 1/1 to stand**
- 9.403b Flic-flac w/ 1/1 to cross sit**

SALTOS

- 10.301 Front aerial/salto to sit
- 10.401 Salto (fwd/bwd/swd)**

DISMOUNTS

- 11.301 Cartwheel 1 3/4
- 11.302 Handspring 1 1/2
- 11.303a Aerial walkover 1/1
- 11.303b Aerial roundoff 1/2
- 11.403a Aerial walkover 1 1/2**
- 11.403b Aerial roundoff 1/1**
- 11.304 Salto forward (stretched) w/wo 1/2
- 11.404 Salto forward 1/1 or more**
- 11.305 Arabian salto
- 11.405 Double salto (fwd/arabian)**
- 11.306 Salto backward 1/2
- 11.406 Salto backward 1/1 or more**
- 11.307 Gainer back salto 1/2 at side
- 11.407 Gainer back salto 1/1 or more**
- 11.308 Gainer salto at end (tuck)
- 11.408 Gainer salto at end (pike/stretched)**
- 11.409 Double salto (bwd)**



Bold = AHS's

2012-2014

FLOOR EXERCISE

COMPOSITION (0.8)

Variety / Choice (gp to 0.3)

Consider:

- up to .1 - variety of acro
- up to .1 - variety of dance
- up to .1 - balance of acro and dance
- up to .1 - level of acro vs. level of dance
- 0.1 - > 2 of same dance shape
- 0.1 - same value part used twice
- up to .1 - higher level VP's - isolated
- up to .1 - variety of connections

Spacing / Direction (gp to 0.2)

- up to 0.1 - space and levels
- 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - must be within an acro pass
 - excludes roundoff and handstand

Originality / Artistry (gp to 0.2)

- up to 0.1 - originality/creativity of elements/connections
- up to 0.1 - quality of expression and movement to reflect personal style

Distribution (gp to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn
 - (1&4 not different unless listed in rulebook)
 - support is on 1 or 2 arms
 - takeoff for leaps or jumps is from 1 or 2 legs
- Elements are the **same** if:
 - takeoff for acro elements is from 1 or 2 legs



TIMING

Not longer than 1:30 -

- Timing begins with first movement
- Time stops with gymnast's final position
- Evaluate whole routine even if overtime
- No warning is called



2012-2014

EVENT REQUIREMENTS (1.2)



- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Exception - Series may not overlap
- Elements **not** awarded VP credit may **not** fulfill ER

▪ min. 180° twisting salto

- entire twist must be in air

▪ 3 acro passes

- 3 directly connected acro elements, one of value
- or 2 directly connected fxd acro elements, one of which, or the series must be a HS

▪ superior acro dismount

- may be in 3rd acro pass
- or may be the last acro element in the routine

▪ superior jump, leap, or turn on 1 foot

▪ dance series - min. 2 value parts of different shapes

- tuck/cat/wolf/pike/split/stand/dieing/sheep/stretched
- shape determined at peak of skill
- entry technique does not change shape

▪ rebound series - minimum of 2 value parts

BONUS (0.8)

▪ Advanced High Superiors (0.2 each, max. 0.4)

- Second EHS must be different
- No credit if fall or spot has occurred

▪ High Level BBS (0.2)

- HS+HS, HS+AHS, AHS+AHS

▪ Max. 0.2 may be earned in any of the following ways:

- Low level BBS (0.1 each, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
- 2nd high level BBS (0.2)
- 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred



DIFFICULTY EXCEPTIONS

- series of tic-tacs = S
- series of front handsprings = S
- series of tlysprings = HS
- tlyspring + salto forward = HS
- series of saltos (fxd and/or bxd) = HS
- series of butterflies = HS
- series of fxd saltos stretched = AHS

ADDITIONAL MATTING

- Add'l matting may be used for **any** type of element
- up to 2 mats (max. 6") may be placed separately on FX
- If 6", the skill cushion must be 5'x10'
- A sing mat **may** be placed on top of a skill cushion
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- Only one skill cushion may be used per acro pass
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- May step inside boundary to place or remove mat

FLOOR EXERCISE

| Medium | Superior | High Superior | Advanced High Superior |
|--|--|---|--|
| 1.101 tuck jp w/wo 1/2 | 1.201 tuck jp 1/1 | 1.301 tuck jp 1 1/2 | 1.401 tuck jp 2/1 |
| 1.102 cat lp w/wo 1/2 | 1.202 cat lp 1/1 | 1.302 cat lp 1 1/2 | 1.402 cat lp 2/1 |
| 1.103 wolf jp | 1.203 wolf jp 1/2 | 1.303 wolf jp 1/1 | 1.403 wolf jp 1 1/2 |
| 1.104 pike jp 90° | 1.204 a. pike jp 90° w/ 1/2 b. pike jp 45° w/wo 1/2 | 1.304 a. pike jp 90° w/ 1/1 b. pike jp 45° w/ 1/1 | 1.404 a. pike jp 90° w/ 1 1/2 b. pike jp 45° w/ 1 1/2 |
| 1.105 stretched jp 1/1 | 1.205 stretched jp 1 1/2 | 1.305 stretched jp 2/1 | 1.405 stretched jp 3/1 |
| 1.106 split/stag split lp/jp 180° | 1.206 split/stag split lp/jp 180° w/ 1/2 | 1.306 split jp 180° w/ 1/1 | 1.406 a. split jp 180° w/ 1 1/2 b. lp 1 1/2 tw in horiz to prone (Khorkina) |
| 1.107 side split lp/jp 135° | 1.207 side split lp/jp 180° w/wo 1/2 | 1.307 side split jp 180° w/ 1/1 | 1.407 side split jp 180° w/ 1 1/2 |
| 1.108 | 1.208 a. straddle pike jp w/wo 1/2 b. Schushunova w/wo 1/2 | 1.308 a. straddle pike jp w/ 1/1 (Popa) b. Schushunova w/ 1/1 | 1.408 straddle pike jp w/ 1 1/2 |
| 1.109 switch leg lp 135° NOTE: deduct up to 0.2 if stag on any switch leg leap | 1.209 a. switch leg lp 180° b. switch leg lp 180° to split sit | 1.309 a. switch leg lp 180° w/ 1/2 b. switch leg lp 180° w/ 1/4 to side split c. switch leg lp 180° w/ 1/4 to straddle pike d. switch leg lp to ring at head height | 1.409 switch leg lp 180° w/ 1/4 to side split or straddle pike w/ additional 1/2 |
| 1.110 hitchkick, cabriole | 1.210 | 1.310 | 1.410 |
| 1.111 a. sissone 180° b. tour jete 135° | 1.211 a. tour jete 180° b. tour jete 180° to split sit | 1.311 a. tour jete 135° w/ 1/2 b. tour jete 135° to ring at head height | 1.411 tour jete 180° w/ 1/2 (Strug) |
| 1.112 ring/stag ring lp/jp @ waist ht | 1.212 ring/stg ring lp/jp w/wo 1/2 at head ht | 1.312 ring/stag ring jp w/ 1/1 at head ht | 1.412 |
| 1.113 sheep jp @ waist height | 1.213 sheep jp at head height | 1.313 | 1.413 |

NOTE: Jump/leaps to prone shall be evaluated consistent with the root jump/leap.

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

LEAPS / JUMPS

- 1.301 Tuck jump 1 1/2
- 1.401 Tuck jump 2/1
- 1.302 Cat leap 1 1/2
- 1.402 Cat leap 2/1
- 1.303 Wolf jump 1/1
- 1.403 Wolf jump 1 1/2
- 1.304a Pike jump 90° w/ 1/1
- 1.304b Pike jump 45° w/ 1/1
- 1.404a Pike jump 90° w/ 1 1/2
- 1.404b Pike jump 45° w/ 1 1/2
- 1.305 Stretched jump 2/1
- 1.405 Stretched jump 3/1
- 1.306 Split jump 180° w/ 1/1
- 1.406a Split jump 180° w/ 1 1/2
- 1.406b Leap 1 1/2 in horiz to prone (Khorkina)
- 1.307 Side split jump 180° w/ 1/1
- 1.407 Side split jump 180° w/ 1 1/2
- 1.308a Straddle pike jump w/ 1/1 (Popa)
- 1.308b Schushunova w/ 1/1
- 1.408 Straddle pike jump w/ 1 1/2
- 1.309a Switch leap 180° w/ 1/2 twist
- 1.309b Switch leap 180° w/ 1/4 to side split
- 1.309c Switch leap 180° w/ 1/4 to straddle pike
- 1.309d Switch leap to ring (head high)
- 1.409 Switch 180° w/ 1/4 to side split/str pike w/ 1/2
- 1.311a Tour jete 135° w/ 1/2
- 1.311b Tour jete 135° to ring (head high)
- 1.411 Tour jete 180° w/ 1/2 (Strug)
- 1.312 Ring/stag ring jump 1/1 (head high)

TURNS

- 2.301 2/1 - 2 1/2 turn
- 2.401 3/1 turn
- 2.302 1 1/2 turn w/ leg at horizontal
- 2.402 2/1 turn w/ leg at horizontal
- 2.303 1 1/2 turn w/ leg held at 180°
- 2.403 2/1 turn w/ leg held at 180°
- 2.304 1 1/2 Illusion
- 2.404 2/1 Illusion

HANDSTANDS

- 3.301 Handstand w/ 2/1 or more

ROLLS

- 4.301 1/1 twist to hecht roll
- 4.302 Bwd roll to handstand w/ 2/1 or more

HANDSPRINGS

- 6.301 Handspring forward w/ 1/1
- 6.302a Series of flysprings
- 6.302b Flyspring to salto forward
- 6.305 Flic-flac w/ 1/1

AERIALS

- 7.303 Series of butterflies

SALTOS - FWD

- 8.301 Salto fwd stretched w/wo 1/2
- 8.401 Salto fwd w/ 1/1 or more
- 8.302a Series of saltos fwd (tuck/pike)
- 8.302b Series of saltos (one bwd/one fwd)
- 8.402 Series of saltos fwd (stretched)
- 8.403 Double salto fwd, also w/ 1/2

SALTOS - BWD

- 9.301 Salto backward w/ 1/1 twist
- 9.401 Salto backward w/ 1 1/2 or more
- 9.302a Series of saltos backward
- 9.302b Series of saltos (one bwd/one fwd)
- 9.402 Series of saltos bwd w/ 1/1 or mo
- 9.403 Double salto bwd, also w/twist
- 9.304 Whip salto backward w/ 1/1
- 9.305 Series of whip saltos backward
- 9.405 Series of whip saltos bwd w/ 1/1

ARABIAN SALTOS

- 10.301 Arabian stretched
- 10.401 Arabian double salto

Bold = AHS's

SERIES EXCEPTIONS

SUPERIORS -

- Series of back handsprings
- Series of front handsprings

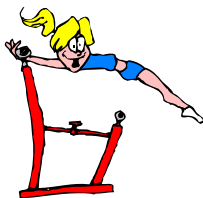
HIGH SUPERIORS -

- Series of Flysprings
- Flyspring + Salto forward
- Series of saltos
- Series of butterflies



BONUS HIGH SUPERIORS -

- Series of fwd saltos stretched



UNEVEN BARS

COMPOSITION (0.8)

Variety / Choice (up to 0.3)

Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .1 - balance of element groups
- up to .1 - overuse of variations of same element
- up to .1 - higher level VP's connected primarily to lower VP's
- 0.1 - same value part used twice

Spacing / Direction (up to 0.2)

- up to 0.1 - space and levels
 - above/below, inside/outside bars
- up to 0.1 - direction / bar changes
 - .05 - at least 1 direction chg
 - must be in element of value
 - must continue in opposite direction
 - excludes mount and dismount
 - .05 - at least 2 bar changes
 - fall from 1 bar, continue on other bar counts as a bar change

Choreography (up to 0.2)

- up to 0.1 - uncharacteristic elements
- up to 0.1 - originality/creativity in elements and combinations

Distribution (up to 0.1)

- level not maintained
- value parts not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - kips end in a different position
 - different degree of turn - 1/2, 1/1, 1 1/2
 - support on 1 or 2 arms
 - legs together or straddled in saltos or Tkatchevs
 - mounts performed within routine
- Elements are the same if:
 - finish in a different grip
 - legs together or straddled (not incl. saltos/Tkatchevs)



FALL TIMING

- :45 fall time w/warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed



EVENT REQUIREMENTS (1.2)



- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER

- **superior release** - excludes dismount
- **180° or more LA twist/turn** - excludes mt/dsmt
- **2 elements on each bar**
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second BHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in any of the following ways:**
 - Low level BBS (0.1 each, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - 2nd high level BBS (0.2)
 - 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred



FALLS

- Contact with bar, then fall -
 - give VP and ER
- No touch of bar - no VP, no ER, no bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
 - *** (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)



BALKS (approach w/o touch of board/bar)

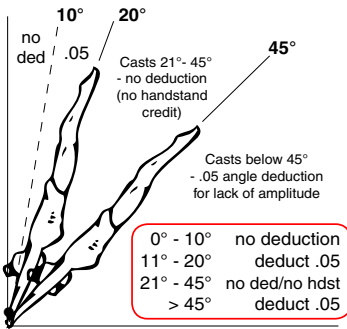
- If touch (-0.5 -judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd approach allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)

NOTES

- Plywood is **not** permitted under the board
- Spotting - spotting block/folded panel mat allowed
- Only dismounts from a handgrasp are allowed
 - exception: Tanac
- Tap swings are considered extra swings (-0.3)
- When a turn follows a handstand or circling element to handstand, the turn is part of that element and all is considered as 1 element

UNEVEN BARS

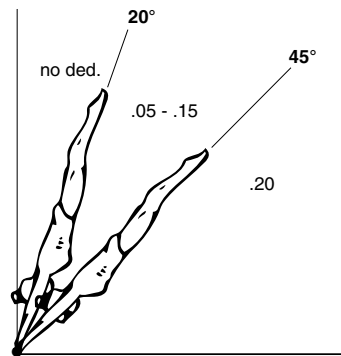
CASTS TO HANDSTANDS & FLIGHT TO HANDSTANDS ON LB



Although vertical is expected of all handstands, attempts within 20° of vertical receive superior credit.

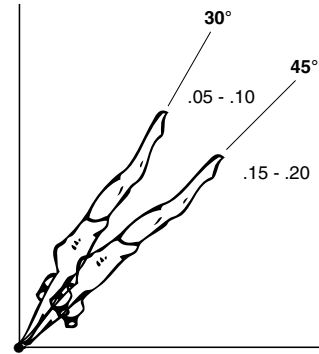
Note: Cast deductions are **not** applied to casts prior to a squat/stoop/straddle onto low bar, jump to grasp high bar.

AMPLITUDE AT TURN COMPLETION (Pirouettes & Hop Grip Changes) Turns IN Handstand (180°, 360° to any grip)

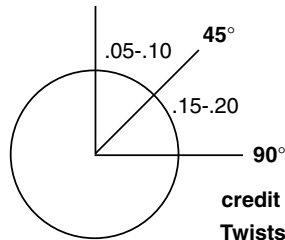


| | |
|-----------|------------------|
| 0° - 20° | no ded. |
| 21° - 45° | deduct .05 - .15 |
| > 45° | deduct .20 |

AMPLITUDE AT TURN COMPLETION Turns AFTER Handstand (Healy's)



| | |
|-----------|------------------|
| 0° - 30° | no ded. |
| 31° - 45° | deduct .05 - .10 |
| > 45° | deduct .15 - .20 |



DISMOUNTS w/ TWISTS

| | |
|-----------|-----------|
| 1° - 44° | .05 - .10 |
| 45° - 89° | .15 - .20 |

If 90° or more is missing,
credit the value part for element performed.
Twists are complete when feet contact floor.

HIGH SUPERIORS / ADVANCED HIGH SUPERIORS

MOUNTS

- 1.301 Jump (bent) to hdst on LB w/ 1/2
- 1.401 Jump (stretched) to hdst on LB, w/wo 1/2**
- 1.302a Jump 1/2, flight bwd over LB
- 1.302b Roundoff, flight bwd over LB
- 1.402 Salto to sit or to catch either bar**
- 1.303 Hecht over LB to catch HB
- 1.305 Glide w/ 1/1 to catch HB
- 1.308 Jump 1/2, kip to HB
- 1.309 Glide LB, cut catch HB, also w/ 1/2

CASTS

- 2.301a Cast handstand hop to grip change
- 2.301b Cast handstand 1/2
- 2.401a Cast handstand w/ 1/1 after (Healy)**
- 2.401b Cast handstand w/ 1/1 in handstand**
- 2.302 Rear vault/stoop or straddle w/ 1/2 over HB
- 2.402 Salto roll fwd LB to HB**
- 2.403 Brause**

COUNTERSWINGS/UPRISES

- 3.301 Counterflight over LB (piked) to catch LB
- 3.401 Counterflight to handstand on LB**
- 3.402 From hdst - swing fwd w/flight over LB**
- 3.303 Uprise to clear support on HB, w/wo turn, or with flank/rear/straddle vault over HB
- 3.403 Uprise to handstand on HB**

HIP CIRCLES

- 4.301 Clear hip hecht LB to catch HB, w/wo 1/2
- 4.401 Schaposchnikova**
- 4.302 Clear hip handstand
- 4.402a Clear hip handstand w/ turn**
- 4.402b Clear hip handstand hop to grip change**
- 4.303 Clear underswing LB, counterflight catch HB
- 4.403 Hindorff**
- 4.304 Weiler kip to clear support
- 4.404 Weiler kip to handstand**

GIANT SWINGS - BWD

- 5.301 Giant circle backward
- 5.401a Giant circle backward w/turn**
- 5.401b Giant circle hop to grip change**
- 5.402a Flyaway HB to LB - tuck**
- 5.402b Flyaway HB to LB - stretched (Pak)**
- 5.403 Back tuck 1/2 - LB to HB (Laumann)**
- 5.404 Deltchev**
- 5.405 Geinger**
- 5.406 Tkatchev**

GIANT SWINGS - FWD

- 6.401 Giant circle forward w/wo turn**
- 6.402 Jaeger**
- 6.403 Jaeger from LB to HB**
- 6.404 From hdst - 1/2 straddle over HB (Khorkina)**

STRADDLE/STALDER CIRCLES

- 7.301 Stalder bwd LB, counterflight catch HB (Ray)
- 7.402 Stalder fwd to handstand w/wo turn**
- 7.403 Stalder bwd to handstand w/wo turn**

CIRCLES/SWINGS

- 8.301 Dislocate w/ flight over LB
- 8.401 Dislocate w/ flight to handstand on LB**
- 8.302 Toe-on underswing LB counterflight catch HB
- 8.303 Toe-on fwd or bwd to handstand
- 8.403 Toe-on to handstand w/turn**
- 8.304a From hang - swing 1/2 over LB (bail)
- 8.304b From support on HB - swing 1/2 over LB
- 8.404a Swing 1/2 to handstand on LB**
- 8.404b From hdst - swing 1/2 over LB**
- 8.404c From hdst - swing 1/2 to hdst on LB**
- 8.306 Swing fwd w/ 1 1/2 twist
- 8.307 From HB - cast bwd w/ 1/1 to recatch HB

DISMOUNTS

- 9.301 Underswing 1 1/2
- 9.401 Toe-on front salto**
- 9.302a Hecht with 1/1 twist
- 9.302b Clear hip hecht w/wo twist
- 9.402 Comaneci**
- 9.403a Near hdst - salto bwd from hands**
- 9.403b Clear hip - salto bwd from hands**
- 9.403c Stalder - salto bwd from hands**
- 9.403d Giant - salto bwd from hands**
- 9.304 Tanac w/ 1/1
- 9.305a Flyaway - tuck/pike w/ 1/1
- 9.305b Flyaway - stretched w/wo 1/2
- 9.405a Flyaway - tuck/pike w/ 1 1/2**
- 9.405b Flyaway - stretched w/ 1/1 or more**
- 9.405c Flyaway - double salto**
- 9.306 Inward fwd salto w/wo 1/2
- 9.406a Inward fwd salto w/ 1/1 or more**
- 9.406b Support on HB - cast inward salto**

Bold = AHS's



MATS

- **Base Mat:** $1\frac{1}{4}'' \pm \frac{1}{4}'' \times 12' \times 6'$ May be underneath or on top of landing mat. If using 5" non-slip landing mats, base mat is not required.
- **Landing Mat:** $4'' \pm \frac{1}{2}'' \times 12' \times 6'$ Firm resilient foam on top of shock absorbent foam.
- **Non-Slip Landing Mat:** 5" - 10" thick $\pm \frac{1}{2}'' \times 12' \times 8'$
- **Skill Cushion:** $4'' - 8'' \pm \frac{1}{2}''$ Soft, open-celled, shock absorbent foam.
- **Sting Mat:** $1\frac{3}{4}'' \pm \frac{1}{4}''$ Manufactured mat containing rebound foam.

EQUIPMENT
2012-2014

VAULT, UNEVEN BARS, BALANCE BEAM

- The "Required Minimum Matting" for the working and landing area of V, UB, and BB:
 - Non-slip matting of at least 5" thick - this may be a non-slip mat at least 5" or a base mat with a 4" landing mat
 - Any combination of additional matting may be used provided the total matting does not exceed 19"
 - When add'l mats are used, it is recommended that the mats (except sting mat) be the same width
 - The top mat, including a sting mat, shall not be wider than any mat underneath it

Exception: A mat placed on top of only a base mat may be wider than the base mat provided it is at least 4" thick

FLOOR EXERCISE

- **IN ADDITION** to the competitive floor mat, up to 2 manufactured mats may be placed separately on the floor:
 - Sting mat (for any element)
 - Up to 8" skill cushion w/wo a sting mat placed on top (for any element)
If the sting mat is placed on top of the skill cushion, no other sting mat may be used
 - If either mat is removed, it may not be placed back on the floor

BOARD

- Only unaltered manufactured regulation vaulting boards are allowed.
- Plywood is **not** permitted underneath the board.

MOUNTING WITH BOARD

- A board, folded panel mat, or mount trainer mat may be used for mounting and can be placed on 1 or 2 10cm-12cm landing mats or 1 20cm landing mat. In addition, an up to 4" (10cm) skill cushion or sting mat may be added. A base mat may be underneath or on top of the landing mat. It may not be placed on an 8' skill cushion and must be removed as soon as possible after the gymnast has mounted.

MOUNTING WITHOUT BOARD

- May mount **without** a board from a maximum of 19" of matting

VAULT

- **Required Minimum Matting:** The entire landing area of vault (**18' x 8'**) **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat (5"-10").
- When landing is over a pit, the surface must provide for a solid landing and meet all specifications.
- All manufactured vault tables (incl. retro-fit) are allowed provided they can be adjusted to height specs.
- Pistons/pedestals (vertical uprights) **shall be padded** with the manufacturer's protective padding.
- **Measure** vault table from the highest point of the mid-point of table to the floor.
- **Height:** 100 cm - 135 cm ($39\frac{1}{2}'' - 53\frac{1}{4}''$) - must be within the allowances identified by the manufacturer
- **Runway:** Measured from a point even with the front edge of the table. Minimum 60' and no more than 1" thick $\pm \frac{1}{2}''$
- A **manufactured hand placement mat** may be placed across the runway for **RO entry vaults only**. Sting mat is **not** allowed.
- **Safety zone mat** is optional for all vaults and **required for round-off entry vaults**.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- Athletic tape, velcro strips, or small chalk marks may be placed across the runway but must be removed at end of rotation.

UNEVEN BARS

- **Required Minimum Matting:** The working area of UB **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat (5"-10"). Matting between the supports of the bars shall be 7 1/2' wide.
- May adjust either bar to any height/width provided that, after adjustment, they are dual-locked and bars remain within the allowances identified by the manufacturer and the low bar is not lower than 58" and the high bar is not lower than 88". Rails should extend to at least 47.2". Round fiberglass rails are required.
- Maximum dual-lock setting must be marked in red and minimum must be marked in black.
- A manufactured safety mat shall be used for any round-off entry mount.
- A spotting block or folded panel mat may be used to spot any element but must be removed after the element is performed.

BALANCE BEAM

- **Required Minimum Matting:** The working area of BB (under entire BB and at least 12' x 8' at each end) **must** be matted with at least one base mat and one landing mat **OR** a single 5"-10" nonslip landing mat.
- Height shall be $47\frac{1}{4}'' \pm \frac{1}{2}'' - 49\frac{1}{4}'' \pm \frac{1}{2}''$ (120 cm) measured from the floor to the top of the beam.
- Padding for the beam uprights is recommended.
- Small chalk markings (not tape) on beam are allowed.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- A manufactured safety mat **shall** be used for any round-off entry mount.

FLOOR EXERCISE

- **Size:** Between $39' 4\frac{1}{2}'' \times 39' 4\frac{1}{2}''$ (12 meters) and $40' \times 40'$ in an area $42' \times 42'$
 - Floor must be a minimum of 1" thick $\pm \frac{1}{4}''$
- Measure from outside of tape or where carpet changes color. Top of the mat must be joined into one continuous level surface.
- When additional matting is used that covers boundary lines, the lines shall be marked on the top mat. If not marked, a 0.1 Chief Judge deduction will be taken and out-of-bounds will be left to the judge's discretion.

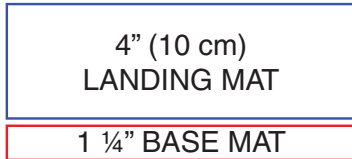
EQUIPMENT DEDUCTIONS (Chief Judge)

- | | |
|-----|--|
| 0.3 | failure to remove board / spotting device or board on unauthorized surface (from event score) |
| 0.3 | incorrect apparatus specs or use of additional mats (from event score) |
| 0.1 | failure to mark additional matting that covers boundary line on FX (from event score) |

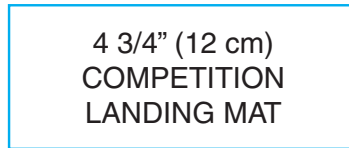
2012-2014

MINIMUM REQUIRED Matting

At least 4 3/4"



Or



Or



(Base mat may be under or over 4" mat)

MAXIMUM ALLOWABLE Matting

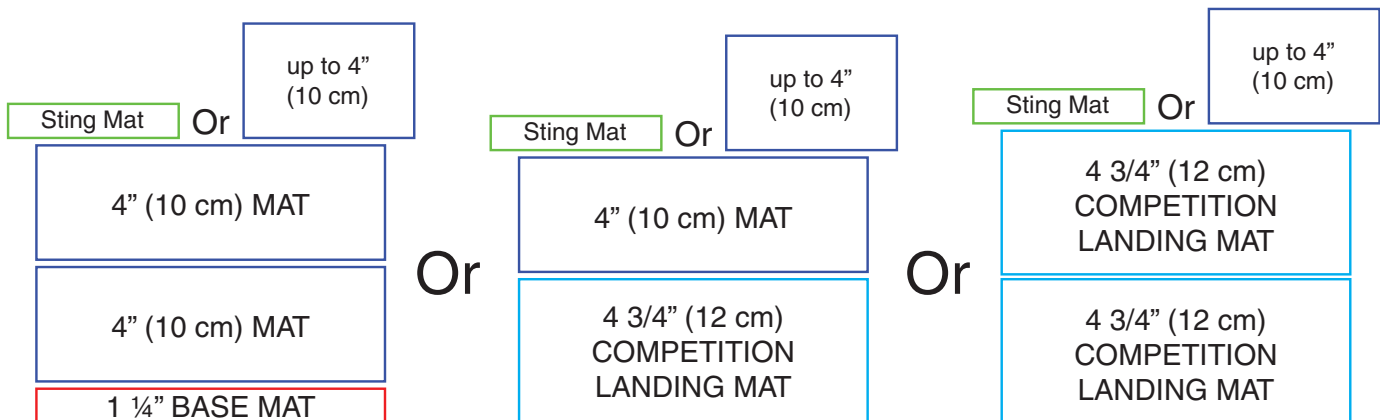
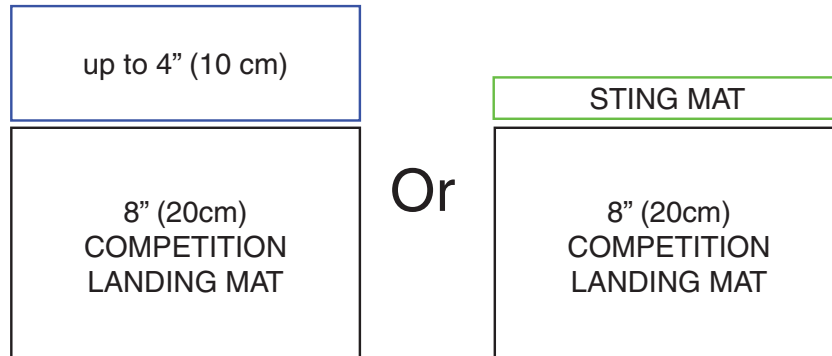
any combination of matting not to exceed 19 inches (48 cm)

VAULT BOARD, FOLDED PANEL MAT OR MOUNT TRAINER MAT MAY BE USED FOR MOUNTING AND MAY BE PLACED ON

One or two 10 cm or 12 cm mats or a 20 cm CLM mat.

In addition, an up to 4" mat or sting mat may be added.

It may **not** be placed on an 8" skill cushion.



Floor Exercise—Up to 2 mats (up to 8") may be placed separately on the FX area. If one is a sting mat it may be placed on top of the skill cushion and, if that is the case, no other sting mat may be used. If either mat is removed, it may not be placed back on the floor.