Wisconsin Interscholastic Athletic Association
2016-2018 CLARIFICATIONS
(valid for 2018-20)

General

1. Extra warm-up— Concerning the deduction “Flagrant exceeding of warm-up time or warming up on the competitive equipment or in competitive area (excluding stretching in competitive area) -0.2 after one warning”.

   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 the 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.

2. 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.

Uneven Bars

1. 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.

2. 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.

Balance Beam

1. Gainer back salto dismount from end (p. 77, #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)

Floor Exercise

1. Tour jete or switch leg leap to split sit (p. 85, #1.209b, #1.211b)
   Both feet must contact the floor simultaneously in a near split position to receive superior credit.