CLARIFICATIONS
2018-2019 (thru 2/20/19)

General

1) **Touch warm-ups** – To clarify, a two-minute touch per level is allowed for each event at meets that warm-up all events prior to the start of competition (as is usual for duals). If either team (home or away) or both teams request the touch, it must be allowed. (11/13/18)

2) **Correction** – p. 109, #18 – The third paragraph concerning #8.304, letter “c” should read: Once the hands contact the bar, the element is considered complete and credit is awarded for a high superior and a superior release,...(1/2/19)

3) **Board Placement** – There is no deduction for bouncing, walking, standing on the board, or touching the apparatus to check placement of the mounting apparatus immediately prior to receiving the signal from the CJ to begin competition on bars and beam. (1/2/19)

4) **AHS’s** – “An AHS that exceeds the required twist receives AHS credit” (p. 79 and p. 101). When awarding AHS credit 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 that a ¼ turn does not make an element different unless it is listed separately in the rules book.

   **On balance beam:** There is one exception to the “Note” on balance beam only. AHS leaps and jumps already 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. (Example 1: #2.403 Wolf Jump ⅗ is an AHS, if a Wolf Jump 1/1 is performed it is also an AHS and would be considered different. Example 2: #2.408 Straddle Pike Jump ½ is an AHS, if a Straddle Pike Jump 1/1 is performed it is also an AHS and would be considered different.)

   **Other AHS elements:** 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. (1/2/19)

5) **HL BBS** – A HL BBS may be awarded .2 credit in bonus even if there is a fall on the second element as long as the second element is considered complete and receives Value Part credit.

   **Example 1:** back handspring-back layout step-out landing on the beam and then falling (S+AHS) – credit is awarded for the HL BBS but not in bonus for the AHS due to the fall. (1/16/19)

6) **Braces** – Although casts and splints are prohibited, braces (hand, wrist, elbow, knee, ankle) are allowed if they are unaltered from the manufacturer’s original design.

7) **Mounting with a board** – It is permissible to put a base mat on top of or underneath the landing mat on which the board is placed. In addition to the one or two 10-20cm landing mats or one 20cm landing mat, an up to 4” skill cushion or a sting mat may be placed under the board. The board is not allowed to be placed on an 8” skill cushion. (2/13/19)

8) **Mounting with a board** - A board, folded panel mat, or mount trainer mat may be used to mount the apparatus. Only one of the above is allowed. They may not be stacked, for example, a mount trainer mat may not be placed on top of a folded panel mat. (2/20/19)

Vault

1) **Spotting** – A coach may not stand between the board and the table to spot (-.5 deduction). This includes the space in front of the board the entire width of the table. (2/13/19)

2) **Spotter** – A spotter must be present when a gymnast performs a round-off entry vault. The spotter must be someone who is authorized to be on the floor and capable of being a trusted spotter, which in some instances could be another gymnast. (2/13/19)

Uneven Bars

1) **Higgins** - There is no dismount that is officially called a “Higgins dismount”. A “Higgins” is the terminology for a ½ turn technique (p. 108). All turns that turn near the vertical and that follow giants belong to the giant and the element would receive AHS credit for a giant with a ½ turn. When the turn is performed very late (near horizontal) it is often just a way to get into position, after the HS giant, to perform an inward salto dismount and has no value. Inward dismounts are shown on p. 51 (9.306, 9.406) and prior to leaving the bar are in a hang facing the low bar and swinging backwards. Element 9.306b shows a cross grip ½ turn technique at the bottom of the swing to get into position. Regardless of which turn technique is used to get into position, the value of an inward front salto dismount is determined by the amount of turn performed after leaving the bar, with or without a ½ turn is a HS and with a 1/1 turn is an AHS. (1/2/19)

2) **Bail** - A swing ½ turn over the low bar (bail) is an AHS if it either starts FROM a handstand on the high bar or finishes TO a handstand on the low bar (8.404). If it starts in a handstand AND ends in a handstand it is also an AHS. (1/2/19)
3) **Long Hang Kip vs. Pendle Kip** – A long hang kip facing away from the low bar and a long hang kip (often called a pendle kip) facing the low bar are considered the same element (p. 36, #1.208) and credit may only be given twice within a routine. If performed as a mount it is considered different (p. 32, Section 5, b4). **Example 1:** A gymnast performs a long hang kip-long hang kip to receive credit for a S+S (LL BBS). Prior to her dismount she performs a pendle kip, casts and swings forward then backward to an inward front salto dismount. The pendle kip is her third long hang which receives no credit and may not be used in a BBS series into her dismount. **Example 2:** A gymnast mounts the high bar with a long hang/pendle kip facing the low bar and receives S credit. Later she may perform long hang kip-long hang kip prior to a flyaway dismount and receive credit for both kips (S+S, LL BBS) since they are considered different than the mount. (1/10/19)

4) **Swing ½ Turn** – A swing ½ turn on the high bar is not an element listed in the rulebook unless it reaches at least 45 degrees from vertical (p. 48, #8.106). If it does not reach 45 degrees it has no value and, therefore, may not fulfill the required direction change in Event Requirements. Example: from a squat on the low bar, jump to high bar, swing ½ turn to pendle/long hang kip – the swing ½ has no value and the kip is a superior. (1/10/19)

5) **Pullovers** – A long hang pullover is listed in the rulebook as a medium on the high bar (p. 42, #5.102). Since a pull-over is also listed under mounts (p. 34, #1.103) it may also be performed on the low bar within a routine and receive credit for a different medium. (1/10/19)

6) **Clear Hips** – As long as the hips are clear of the bar superior credit must be given for a clear back hip circle. Deductions may then be taken for the angle at the finish of the circle (up to .4), bent arms, leg form, pike, arch, etc. If the hips immediately come to the bar at the beginning of the circle it would be credited as a medium, even if the gymnast continues to push away from the bar into a glide kip following. If the circle starts clear but ends up in a support on the bar on the hips it would be credited as a medium. It is acceptable for the upper thighs to brush the bar at the end of the circle on the way up and off the bar. (1/16/19)

7) **Flyaway** – A flyaway dismount must be performed from the **high bar** to receive credit. If performed from the low bar a flyaway has no value. Since it is a dismount with no value the gymnast would receive a .2 deduction in Event Requirements for no superior dismount as well as a .3 neutral deduction for no dismount. (1/16/19)

8) **LB Giants** - All giants w/wo turns that are performed on the LB (#5.101 and #6.101) are one value lower than the comparable HB giant. Since they have a different number they would be considered different than the same element performed on the HB. Example: If a gymnast performs a LB giant it would receive a S and she may then perform two HB giants for HS + HS and a HL BBS. (1/22/19)

### Balance Beam

1) **Connecting** – Following a leap that lands on one leg, it is allowable, and is considered connected, to step on the free leg which becomes the take-off leg for an element following. **Example 1:** switch leg leap lands on the right leg, step left, swing right leg forward into a gaining back pike dismount off the end of the beam = HS+AHS = HL BBS **Example 2:** start from two feet, sissone 180°, land on right leg, step left, split leap 180° to land on right leg = S+S = LL BBS

   This is stated on page 109, #19 c-2 – the last half of the sentence. (1/2/19)

2) **Pike Jumps – Reminder:** All pike jumps previously listed with a value if performed with a 45 degree closure have been deleted from the 2018-20 rulebook. The expected closure for a pike jump is 90 degrees (p. 113). A pike jump on beam receives S credit and a pike jump on floor receives M credit. A tighter closure does not increase the value of a pike jump. (1/10/19)

3) **Reminder:** On **beam only** – an AHS acro element directly connected (before or after) to a S acro element will receive .2 as a HL BBS. (page 58, Art.5, Notes: #4) **Example 1:** roundoff – back salto full dismount = S + AHS and receives .2 for the AHS and .2 for the HL BBS for a total of .4 in bonus **Example 2:** back handspring – back tuck landing on beam = S + AHS and .4 in bonus (1/10/19)

4) **Leaps - beam and floor—**

   **Split leap** – A split leap has a straight leg entry and finishes in a split with both legs straight. (no stag on take-off into the leap). Degree of split is determined from toe to toe.

   **Stag-split leap** – A stag-split leap starts with a stag position into the leap followed by a straightening of the knee to a straight leg position. Degree of split is determined from toe to toe.

   **Stag leap** – A stag leap starts with a stag position into the leap and stays in the stag position throughout, never straightening the leg.

   **Switch leg leap** – A switch leg leap has a straight leg entry and must finish in a split with both legs straight. If there is a stag into the leap an up to .2 deduction may be taken.

   **On floor** - All leaps that finish in a stag position with or without a ½ twist are mediums (#1.106).

   **On beam** - A leap that finishes in a stag position is a medium (#2.111), with a ½ is a superior (#2.211).

   **Example:** Since there is no switch leap that ends in a stag, it would be related to a stag leap and receive medium credit on both floor and beam. (1/16/19)
5) **HS Dance Hold** - Stand on one leg with free leg in 180° split (no support of leg with hand) (2 sec.), page 69, #5.301 = HS. As long as there is a 180° split of the legs, the hand is not holding the leg, and the balance is held for 2 seconds, it is a HS. It does not matter whether the leg is forward, backward, or sideward. *(1/22/19)*

6) **BBS** – A superior sissonne may be connected to a superior gainer back salto dismount off the side to receive a LL BBS in the following ways – a) land sissonne on the right leg swing free left leg forward into back salto b) land sissonne on the right leg, step forward with the left leg and swing the right leg forward into the back salto. *(2/13/19)*

### Floor Exercise

1) **Turns in Tuckstand** – #2.205, #2.305, #2.405 – To clarify, the free leg must be straight and can be forward or to the side. *(same for beam) (11/13/18)*

2) **Boundary Line** – The boundary line on floor is considered IN bounds. Any body part bearing weight OVER the line will receive an out-of-bounds deduction. Stepping ON the line receives a deduction. *(1/2/19)*

3) **2-Element Pass** – Any two directly connected acro elements may be considered a pass (to be given credit in Event Requirements for an acro pass) if it meets one of the following criteria:
   a) one of the elements is a HS;
   b) one of the elements is an AHS;
   c) the two elements are given credit for a BBS
   **Example 1:** flyspring-flyspring = S+S (BBS); **Example 2:** front tuck-front tuck = S+S (BBS); **Example 3:** roundoff-full = M+HS; **Example 4:** front handspring-front full = M+AHS *(1/2/19)*

4) **Acro Pass** – A superior aerial cartwheel directly connected to a superior back layout step-out salto is considered a pass for event requirements. A 2 element series is considered an acro pass if it contains either a HS, AHS, or BBS. Since both are superiors and receive credit for a LL BBS, the above example is also considered an acro pass. *(2/13/19)*

5) **Acro Pass** – A handstand double pirouette (HS) that steps down rather than finishing in a forward roll or walkover out has no direction and therefore, may not count as an element in an acro pass. Example: forward roll (M) – handstand double pirouette step down (HS). Although there are 2 elements, one a HS, the HS has no direction and may not fulfill the requirement to be used in an acro pass. *(2/20/19)*