CLARIFICATIONS  
2019-2020 (thru 2/20/20)

General

1) **Awarding Difficulty** – When awarding Difficulty, credit may be given for a maximum of 4 mediums. Example – if a routine contains only 2 superiors but 5 mediums, credit is given for 4 mediums and 2 superiors. The deduction would be 0.5 for missing a superior and 0.3 for missing a high superior, or 2.2 of 3.0 in Difficulty. The extra medium does not receive 0.3 for a 2.5 in Difficulty. (1/15/20)

2) **Awarding AHS’s** – When an element exceeds the required twist for an AHS, it is still an AHS. If a half or more twist is added the element is considered different. Adding a ¼ twist will not make an element different except for the following exception on beam only – A leap or jump that is already listed as an AHS with a ½ or ¾ twist may be considered a different AHS when an additional ¼ twist is added. (1/15/20)

3) **Uniforms** – Jewels/gems are not allowed to be attached to the face and are considered jewelry which is illegal. (Rule 3-3-4 and 3-3-8). Jewels/gems are allowed on manufactured leotards. (1/27/20)

4) **Review** - The following was in the 1/2/19 Newsletter last year. and 1/27/20 this year ....  
   **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 ¾ 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 ¾ 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. (Example: Back salto with 1 ½ twist is an AHS, if a back salto with 2/1 twist is performed it is also an AHS and would be considered different.)

5) **Awarding Difficulty** – To receive full Difficulty, 8 elements are required – 4 M’s, 3 S’s, and 1 HS or AHS. Lower value elements may be replaced by higher level elements on a one-to-one basis only. A routine with less than 8 elements cannot receive full Difficulty credit of 3.0 even if all are S’s, HS’s or AHS’s. (2/5/20)

6) **Matting** - It is legal to put a sting mat on top of another sting mat as long as it does not exceed the maximum 19 inches of matting allowed. (2/20/20)

Vault

1) **New Element** - Vault - #6.504 – 10.0 – Roundoff – flic-flac – 1/1 on – salto off with or without twist in any body position (11/12/19)

2) **Vaulting Board** - From the WIAA - Rule 6-1-3 states that a vaulting board cannot be altered. In the picture attached, the board is clearly altered and is in violation of the rule – Not Allowed (2/20/20)

Uneven Bars

1) **New Element** - #8.402 – AHS – Inner front support on LB – pike sole circle backward thru handstand with flight to hang on HB (Maloney) (11/12/19)

2) **Low Bar Giants** – Giants performed on the low bar receive one difficulty value lower than when performed on the high bar. (#5.101, #6.101 Notes) The book states that when performing giants on the low bar, bent legs are permitted at the bottom of the circle but must extend to a stretched position at the completion of the circle. As long as the full circle is completed within the technical requirements credit may be awarded with an up to 0.3 deduction for bent legs if they do not straighten at the completion of the circle. (12/17/19)

3) **Sole circle back salto off dismount** – (Korbut) – This dismount is no longer listed in the rulebook and would receive no credit since only those dismounts necessitating a handgrasp are allowed. 0.2 would be deducted for no superior dismount as well as 0.3 for no dismount.
   Note: There is one exception listed in the rulebook and that is the Tanac (#9.204, #9.304) which bounces off the back of the thighs. (1/15/20)
4) **HB to LB Releases** – For a bail or a counterswing backwards to release over the LB (straddle or pike), the feet may be put on the LB to perform the following element (such as a toe shoot to the HB) as long as the gymnast catches the bar before putting the feet on. If the feet land on the LB prior to the catch it is no longer considered a superior release. (1/15/20)

5) **Hop to grip change** – A cast handstand, hop to reverse grip is a HS (#2.301a). The release must be simultaneous and occur on the way up within 20 degrees of vertical and end in a different grip to receive credit as a HS and a superior release. (1/15/20)

6) **Giants** – A back giant is performed in an overgrip with the belly leading (#5.301) and is a HS. A front giant is performed in an undergrip with the back leading (#6.401) and is an AHS. A back giant facing one direction and another facing the opposite direction does not make them different. Elements in the book may be performed facing one way and then the other but it is the same element and may receive credit twice only. **Example:** If a gymnast performs a back giant facing the LB prior to a bail, she receives a HS for the giant, later she performs 2 back giants into her layout flyaway dismount and receives a HS for the first one. The giant before her dismount is her third one and receives no credit, therefore, negating the HL BBS for either the 2 giants in a row or the giant into the dismount. (1/15/20)

7) **Cast to handstand hop to reverse grip (#2.301)** - The hop must occur on the way up (not after vertical) within 20° of vertical. The release must be simultaneous and end in a different grip to receive credit. If performed correctly this element would receive credit in Event Requirements for a superior release element. (1/27/20)

8) **Extra Swings** – There have been questions concerning extra swings. Please refer to page 107, #10 for a review. If following a long hang kip, a gymnast does an underswing forward, then swings backward, then swings forward into a flyaway dismount, 0.3 will be deducted for an extra swing. A cast away long swing forward, clear underswing forward, or sole circle forward are all non-elements and if followed by a swing backward is considered an extra swing when a second swing forward follows into an element such as the dismount. (1/27/20)

**Balance Beam**

1) **HL BBS Reminder for acro elements only** – When a superior acro element is directly connected to an AHS acro element, whether both land on the beam or one is the mount or dismount, the combination will receive 0.2 in Bonus for a HL BBS. Examples: back handspring – back layout step-out = S+AHS and +0.2 for a HL BBS; roundoff – full twisting back salto dismount = S+AHS and +0.2 for a HL BBS (12/17/19)

2) **Full Turns** – It makes no difference where the foot or free leg is on a full turn as long as the turn is completed within the technical requirements. The foot may be at the ankle, knee, attitude position, arabesque, etc. The turn may also be performed inward or outward. Credit may be awarded although there could be a deduction for poor leg position if not in a specific position throughout. (12/17/19)

3) **Backward Roll to Knee - Cartwheel = (M+M)**
   If a backward roll ends on the left knee, the right foot may be placed in front of the left knee to step into a cartwheel or other acro element. If the connection is immediate, very continuous with no stop, credit may be given for an acro series. 1/30/18 and (12/17/19)

4) **Acro Series** - A front walkover directly connected to a cartwheel may receive credit in event requirements for an acro series. The Difficulty value is a S + M. There is no series exception rule that increases the value of either element or the series, therefore, no BBS is awarded. **Note:** The only series exceptions listed in the rulebook are for cartwheels and/or back walkovers – 2 cartwheels or 2 backwalkovers, or one cartwheel and one back walkover in any order when directly connected will receive credit for one Superior element or two Medium elements, whichever is to the advantage of the gymnast. (1/15/20)

5) **Balances** - Awarding HS credit for #5.301 (Stand on one leg with free leg in 180° split – no support of leg with hand ~ 2 sec.) is based on the difficulty of performing the element without the use of the hands to attain the final position. It is easier to attain the final position with the use of the hands to aid in the lifting of the leg. The description states “no support with hand” and is interpreted as not using the hand(s) to help lift the leg. In order to receive HS credit for #5.301, the free leg must be held for 2 seconds in a 180° split position. The leg may be forward as pictured in #5.301, sideward, or backward in a needle scale position as illustrated in #5.102. Box #5.102 is used only to illustrate the reference to the backward leg position not the hand position on the beam. Whether the leg is forward, sideward, or backward, there may be no support of the hand. In other words, to receive HS credit, the final position of the leg must be both attained and held without the use of the hands on the leg, foot or by grasping the balance beam for support. **Note:** A needle as pictured in #5.102 receives medium credit whether or not the hands are released for 2 seconds after achieving the split position using the hands. (1/27/20)
6) **Connecting** – Please review the “Ways to Break a Series” on pages 109-110.
Concerning arm swings between elements –
For backward acro flight series – The takeoff for the second element should be immediate, not slow or cautious. The arms should not move as low as the thighs or further back or the series would be broken.
An arm circle does not necessarily break a dance, mixed, or non-flight acro connection if the body continues movement. If the body continues moving in line with the beam, (without a balance error that is not in line with the beam), but the arms swing between elements, series credit can be awarded with a rhythm deduction of up to 0.2 taken. (2/5/20)

7) An **Arabian dismount** off beam is a high superior. An Arabian with a half twist is basically the same as a back with a full and would also be an AHS. (2/20/20)

**Floor Exercise**

1) **New Element** - #10.402 – AHS – Arabian with 1/1 twist (11/12/19)

2) **Acro Pass** – The only series exceptions on floor are for front and back handsprings and they are listed separately in the rulebook (#6.201, #6.203). When two front or back handsprings are connected, one superior is awarded. All other single elements listed may receive credit two times only. On floor, if a gymnast has one pass with two directly connected front tucks, she may not receive credit for an additional front tuck later in her routine. Example: 1st pass is front tuck – front tuck, 2nd pass is round off – back handspring – back handspring, 3rd pass is front tuck – roundoff – back handspring. Ruling: the front tuck in the 3rd pass receives no credit and, therefore, the gymnast will not receive credit in event requirements for having 3 passes or for having a superior in the last pass. (12/17/19)

3) **Additional Matting on Floor** – Reminder: The only time a coach may walk into the middle of the floor area during an exercise is to retrieve a fallen object that may cause injury to a gymnast. A coach may take a step inside the floor area near the boundary line when placing, adjusting, or removing a mat and will not receive a deduction. (Situation 9.3.7, p. 100) (12/17/19)

4) **Front layout saltos** – A front layout full (#8.401) is an AHS. A front layout 1 ½ would also receive credit for an AHS since it has an extra ½ twist which exceeds the required twist required for an AHS. (see Note on p. 101). It would also receive credit as a different AHS. (1/15/20)

5) **Chalk Lines** – Page 10 states that only chalk may be used to mark equipment. Page 84 (k) states what is allowed specific to floor and what would receive a 0.2 deduction. Small marks or a single-line arc are allowed in the corners only. Markings, no matter how small, may not be made out in the middle of the floor area to mark hand placement for an acro pass. No Velcro or tape markings (except when indicating the boundary line) are allowed at all. (1/15/20)

6) **Front Walkover vs Front Handspring** – A series of front handsprings (#6.201) receives superior credit if directly connected. A front walkover (#5.101) receives medium credit. The difference is that front handsprings show flight (momentary suspension in space) and front walkovers do not. A front walkover can be performed fast but with no flight in which case it would still receive medium credit. To receive a superior for a series of front handsprings, both must show flight. Note: There is no requirement that there needs to be a moment in the middle of a front handspring where the legs come together. (1/27/20)

7) **Back Handsprings** – A single back handspring (#6.103) is a M and is listed separately from a series of back handsprings (#6.201) which is a S. Therefore, a gymnast could include 2 single back handsprings and 2 series of back handsprings in a routine and receive Difficulty credit for all – 2 M’s and 2 S’s. Whether or not to take a deduction under Composition for “variety of acro elements” would depend on what other acro elements are also included in the routine. (2/5/20)

8) **Jumps with Twists** – Proper leg positions for the various jumps are pictured on page 113. Deductions are also listed for when the desired leg/body position is lacking as well as when the twist is not completed. When an element includes a twist, the leg position of the straddle/split/tuck/wolf/pike/cat may be shown at any point during the twist and does not need to be held throughout the entire twist. If positions do not meet the minimum requirement, the element would not receive credit but could be recognized as a different element of lesser value that appears in the rulebook. Example: If the legs are below 45° from horizontal on a wolf jump 1/1 (HS), the element could be judged as a stretched jump 1/1 (M). (2/5/20)