

# Texas High School Women's Gymnastics

*Changes for the 2009-13 Women's JO Code of Points, with the THSGCA Exceptions*

## **VAULT**

*THSGCA Vault values – the current vault values (2008-2009) will be used.*

## **UNEVEN BARS**

*Special Requirements on uneven bars are the same.*

*UNEVEN BARS Element Value Changes –*

- 1. Casts will be awarded "B" from vertical to 20 degrees from vertical*
- 2. \*THSGCA – all other casts will be awarded an "A", with body position deductions taken but not angle deductions*
- 3. Clear hip circle to handstand within 20 degree of vertical will be awarded "C"*
- 4. \*THSGCA – all other clear hips will be awarded "B", even those below horizontal*
- 5. \*THSGCA – Layout flyaway and flyaway ½ will be awarded a "B", a flyaway full will be awarded a "C"*

## **BALANCE BEAM**

*Special Requirements on balance beam are the same.*

*New Connection Value Principles on Balance Beam*

- 1. 2- acro flight element connection (excluding mount or dismount):*

*B+C – salto = +.10 CV and (THSGCA +.10 DV for the "C")*

2. Turns: A-Turn + C Turn (or reverse) receives +.10 CV (and THSGCA +.10 DV for the "C")

#### *Balance Beam Element Value Changes*

1. **\*\*THSGCA -Straddle Jump** – starting and finishing in a cross position (facing length of beam), in side position and all straddle jumps with  $\frac{1}{4}$  turn will be valued a "C".
2. *Back Layout Step-outs* will be valued at "C"
3. *Handstand Forward Roll* – raised to a "B"
4. *Valdez* – raised to a "B"
5. *Back Walkover with Stoop through of one leg to cross split sit* – raised to "C"
6. *Gainer Layouts with  $\frac{1}{2}$  twist dismount off the side of the beam* raised to "B"
7. *One-foot take off front salto piked* will be valued an "E"
8. *The Front Aerial and kickover (1 foot take-off)Front Salto, swing through to scale* will be valued an "E"

#### FLOOR EXERCISE

*Special Requirements on floor will remain the same, except the existing dance series SR that requires a minimum of two directly connected leaps/jumps.*

***A dance passage with a minimum of two different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180 degree cross or side split position. (NEW Dance passage requirement)***

- *An indirect connection would allow for running steps, small leaps, hops, chasses, assembles, or chaine turns between the two dance elements. No acro elements, pauses, or stops are allowed.*

- *No turns are permitted because they are stationary. Chainé turns (1/2 turns on two feet) are allowed because they are traveling steps.*
- *Leaps and hops may land on one or both feet as the first and may land on one or two feet as the second or last element.*
- *The second or last element may land in a prone or split-sit position.*

### *Floor Exercise Connection Value Bonus*

#### *1. Change in the Principle for Connection of Two Dance Elements:*

*A turn on one foot followed by a jump with two-foot take-off will not be eligible for Connection Value Bonus (i.e. 2/1 (720 degree) turn plus Popa will not receive bonus)*

*If the jump/leap precedes the turn, the connection is possible.*

#### *2. New Principle under Dance/Mixed Connective Value*

*A "D"-salto connected to an "A" – jump (in this order only) will receive +.10 CV and THSGCA the "D" will receive +.20 for DV.*

### *Floor Exercise Element Value Changes*

- 1. Plain stretch/arch jump was deleted from the JO Code*
- 2. Any leap with 360 degree turn and 180 degree split will receive "C"*
- 3. Switch-Leg Leap with 1/1 turn raised to "D"*
- 4. 1/1(360 degree) Turn with free leg held upward with hand at a 180 degree split position = "B"*

5.  $1\frac{1}{2}$  (540 degree) Turn with free leg held upward with hand at a 180 degree split position = "C"