

2011 Texas High School Women's Gymnastics Rules

Level 8 Rules - 9.7 start value with a possible .3 in bonus
C= plus 0.1; D or E = plus 0.2
(only plus 0.2 in DV and only plus 0.2 in CV)

Changes for the 2009-13 Women's JO Code of Points, with the THSGCA Exceptions (posted on THSGCA website)

VAULT

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

UNEVEN BARS

Special Requirements on uneven bars are the same except they are worth .2 each instead of .5

*** Minimum of 1 bar change**

No bar change = 0.2 deduction

**** Two elements, same or different, both a minimum of "B" value, one an element with flight or with minimum of 180 degree LA turn & one from Groups 3, 6, or 7 (two elements may not be fulfilled with one element**

- One flight element (excludes the dismount), OR one element with a LA turn or 180 or more (excludes mount and/or dismount)
 - (straddle cut catch is considered a release in JO so may be used as a release in the mount or in the routine)
 - (kip cast handstand pirouette – the kip is the mount so the cast handstand pirouette can fulfill the LA turn requirement)
- One element from Groups 3,6, or 7
 - Group 3 – underswings, clear hips
 - Group 6 – Stalder circles
 - Group 7 – Circle swings, hechts

*** Salto or hecht dismount, minimum "A"**

*Uneven Bar Connection Value Bonus
(All USAG JO Level 9 and 10 Connection Value Bonus applies)*

Plus THSGCA will award bonus on bars for:

- *B+C – 0.1 for CV and 0.1 for DV for the C*
- *C+C – 0.2 for CV and 0.1 for DV for one C if same and 0.2 if different C's*

UNEVEN BARS Element Value Changes –

- 1. *THSGCA -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"*

All other bars skills will have the same value as the skills in the USAG Junior Olympic Code of Points.

BALANCE BEAM

Special Requirements on balance beam are the same. (.5 each)

- * **Acro series (excluding mount and dismount)**
One acrobatic series with a minimum of two elements, 1 with flight
- * **One leap or jump that requires a 180 degree cross or side split**
Minimum of "A, must start and finish on beam and may be performed in a series or isolated element
- * **Minimum of 360 degree turn on one foot**
May be performed in series or isolated element
- * **Aerial or salto dismount**

Minimum of an "A"

All compositional deductions and execution deductions will apply.

Balance Beam Connection Value Bonus
(All USAG JO Level 9 and 10 Connection Value Bonus applies)

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

**THSGCA -Straddle Jump – starting and finishing in a cross position (facing length of beam), in side position and all straddle jumps with ¼ turn will be valued a "C".*

All other beam skills will have the same value as the skills in the USAG Junior Olympic Code of Points

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. (.5 each)

- * Acro series with 2 saltos (same or different) or 2 directly connected saltos**
- * Three saltos within the exercise**

*** The salto performed as the last isolated salto or within the last salto connection must be a minimum “A”**

*** 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.**

An indirect connection would allow for running steps, small leaps, hops, chasse's, assemble's, or any kind of turn on 1 or 2 feet between the two dance Value Part elements.

Floor Exercise Connection Value Bonus

(All USAG JO Level 9 and 10 Connection Value Bonus apply)

*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

All floor exercise skills will have the same value as the skills in the USAG Junior Olympic Code of Points