



**Texas High School
Gymnastics Coaches Association**

2009 - 2010
Men's Optional Rule
Document

**Texas High School Gymnastics Coaches Association
Men's Optional Rule Document – 2009**

The THSGCA Men's Program has adopted the USA Gymnastics Men's Junior Olympic Level 9 Program rules for all optional competition with modifications. A full description of the program with modifications is included below.

Document Precedence: The Federation of International Gymnastics (FIG) Code of Points will be used except where superseded by rules found in the THSGCA Constitution and approved updates and the USAG Age Group Competition Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict are:

1. The THSGCA Constitution (**Men's Optional Rule Document**) with Rules Updates published by the THSGCA Rules Committee. Rules updates are available online at: www.thsgca.org.
2. The USAG Age Group Rules Updates. (Rules Updates can be found online at: www.usa-gymnastics.org)
3. The NGJA/USAG Rules Interpretations (available online at: www.ngja.org)
4. The Federation of International Gymnastics (FIG) Code of Points with Rules Updates published by the F.I.G. Men's Technical Committee (Rules Updates – aka FIG MTC newsletters are available online at: www.ngja.org)

**USAG Age Group Competition Manual
Chapter 10 – Optional Judging Guidelines – Level 9**

The optional judging guidelines (chapter 10) are presented as it applies to the THSGCA Men's program.

A. Routine Construction Table for Level 9

	Level 9
Age Groups Per Division - Does not apply	
Number of Highest Counting Value Parts for Difficulty Value: Note: Reference Chapter 1 – Section 1 (Level 9) For a full explanation of difficulty values, the order in which skills are counted and any exceptions and deductions associated with difficulty	8
Presentation Value and Deductions: Small Error = .1 Medium Error = .2 Large Error = .3 Fall = .5	5.5 Accepted 9/09
Element Groups: 0.5 per Element Group Must include Element Group V (Dismounts)	5 = 2.5

Routine Construction Table for Level 9 – Continued	
	Level 9
Dismounts Dismount value required for full Element Group V credit Stick bonus of 0.1 for all dismounts receiving full Element Group credit Element Group V Credit for lower level dismount	 B A = 0.3
FIG Group V (Roundoff Entry / Yurchenko Vaults Allowed?)	NO
Vault Bonus The Vault Bonus Chart will not apply to THSGCA Competitions. Only 1 vault will be allowed.	NO Accepted 9/09
Difficulty Score Difficulty Maximum	2.0 Accepted 9/09

B. Bonus Points

1. Special Bonus

a. Stick bonus of 0.1 will be awarded for level 9 for stuck dismounts which receive full Element Group V credit and for stuck landings on vault. Stick bonus will be added to the Difficulty Score.

b. Vaulting Bonus: The vaulting bonus section will not be used by the THSGCA Men's program. Accepted 9/09

c. Vault Stick Bonus for Level 9

A gymnast will receive 0.1 in bonus for sticking his vault. There will be no 2nd vaults allowed.

HS: Dismount Bonus: On Rings, P-Bars, and High Bar all multiple flipping and/or multiple twisting dismounts will receive 0.1 in bonus, if performed with no single large error in the execution of the skill. This means a 1 and ½ twist will satisfy the bonus criteria on P-Bars and High Bar. It will not satisfy the Ring bonus criteria because the 1 and ½ backward twist is not a legitimate dismount. The forward 1 and ½ twist on rings is a legitimate dismount and will receive bonus. Accepted 9/09

HS: Bonus Addition: Bonus will always be added to the difficulty score. The difficulty score can never be higher than 2.0. Accepted 9/09

C. General Exceptions to the FIG Code of Points

1. Element Group V, Difficulty Requirements: The THSGCA program will use the following dismount requirements:

b. Level 9: A “B” value dismount is required for full Element Group V credit. An “A” value dismount will receive 0.3 in Element Group V Credit.

- d. **Note:** For level 9, only a skill which has been designated as a dismount in either the THSGCA, JO or FIG rules may receive Element Group V credit.
2. **Recognizable Gymnastics Skills:** Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Junior Olympic Program Manual or Junior Olympic Program Update will receive an “A” value with no Element Group credit. Skills that are not listed in the FIG Code of Points, the USA/NGJA Interpretations or the AGCC Update will always receive an “A” value until that skill has been submitted for evaluation. *New, original or old unvalued skills may be submitted directly to the THSGCA Men’s Rule Committee for review. Accepted 9/09*
 3. **Straddling of the legs:** The JO Program will allow straddling of the legs on skills including a strength press or hold.
 4. **Short Routine:** The deduction for performing an exercise containing less than six parts (skills or elements) in level 9 is 1.0 for each skill or element less than six. This deduction is taken from the “B” score (exercise presentation). (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.)
 5. **J.O. Skill Exceptions:** In the JO Program, a skill which has a letter value assigned should be evaluated as if it has its own “code box”. For instance a “B” Stutz or back-toss to 45* (JO exceptions) would have a different “virtual code box” for routine construction purposes than a “C” value Stutz or back-toss to nominal handstand. It is, however, not the intention of this interpretation to allow for undue repetition of elements.

Example #1: a gymnast performs both an FIG “C” Stutz and a JO exception “B” Stutz in the same routine, only the FIG “C” Stutz would be recognized because of its higher value.

Example #2: a gymnast performs both a “C” JO exception flop sequence and a “D” FIG flop sequence in the same routine. Only the FIG “D” flop sequence would be recognized because of its higher value

Example #3: a gymnast performs both a “B” HS exception bent arm felge to hand and a “C” FIG straight arm felge to hand in the same routine. Only the FIG “C” straight arm felge to hand would be recognized because of its higher value.

D. Event Specific Exceptions to the FIG Code of Points

1. Floor Exercise:

- a. Any *Circle* or *Flair* to handstand receives a “C” in Element Group I

- b. 0.1 bonus for any skill which includes a double salto if no large error is noted in the execution of the skill.

HS: The THSGCA will not recognize the simple step or transition to arrive to the corners deduction. Accepted 9/09

HS: Floor routines will not be timed.

2. Pommel Horse:

- a. Any *Circling* skill or *Flair* to handstand receives a “C” in Element Group II (if performed in the exercise) or Element Group V (if performed as a dismount).

Any dismount that achieves a nominal handstand will receive full element group credit and a maximum of 0.5 in execution deduction. If, during the execution of the handstand, the athlete’s legs drop to the horse and he pushes with his feet off of the horse to the handstand, neither difficulty nor Element Group credit be given. Value raising a handstand dismount using a 360* turn or a 3/3 travel will only be allowed by reverting back to the original FIG value for the dismount.

- b. The Junior Program will award a “C” Flop combination for *Direct Stockli-B* to *Direct Stockli-B*, *Direct Stockli-B* to *Pommel Loop* or *Pommel Loop* to *Direct Stockli-B*
- c. The Junior Program will apply a skewing deduction only one time per value part; not on a “per-circle” basis. (JO Update #2)

Still Rings:

- d. Any “B” value or higher strength element from Element Group III or IV will receive 0.1 in bonus if performed with no single large error in the execution of the skill.
- e. A tucked flyaway forward or backward receives an “A” in Element Group V.

HS: A Felge upward with bent arms to handstand will receive a “B” in Element Group II. Accepted 9/09

HS: An uprise backward to handstand or giant swing to handstand with bent arms will receive a “B” in Element Group II. Accepted 9/09

3. Vault:

- a. The junior program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch). For level 9, a zero vault, as defined by the FIG, may be repeated once (with safety in mind and at the judge’s discretion) with a deduction of 1.00 from the score of the second attempt. No third attempts will be allowed. In any case, the minimum score for any attempted vault will be 1.00.

4. Parallel Bars:

- a. *Stutzkehre* – 45* to 74* above horizontal receives a “B” in Element Group I.
- b. *Back toss* – 45* above horizontal receives a “B” in Element Group I
- c. *Giant swing* – straight arms to any support position lower than nominal handstand receives a “B” in Element Group II
- d. *Peach basket* – straight arms to any support position lower than nominal handstand receives a “B” in Element Group IV
- e. There will be no deduction for an empty straight arm support swing when moving from a value skill to a swing to an FIG Element Group III skill or any variation of a peach basket to support
- f. A *tucked salto* dismount forward or backward receives an “A” in Element Group V
- g. *Wende* dismount receives an “A” in Element Group V

HS: V, Straddle Planche, Straight Planche, and Manna will receive a “B” in Element Group I. All of these skills are considered to have the same box identification and can only be used once. Accepted 9/09

5. Horizontal Bar:

- a. A maximum of up to 5 forward and backward body movements (of which the 5th must be a skill (i.e. stemme, free hip circle, Stalder, etc.) will be allowed without deduction. Inclusion of a ‘back-uprise’ action, even to partial support, on up to the 4th movement will be allowed without deduction.
- b. Release bonus will be applied to Element Group II elements (with no large error in execution) as follows:
 1. Any “C” release receives 0.1 in bonus
 2. *Quintero to Elgrip* (E) or any “D” release except *Kovacs* receives 0.2 in Bonus
 3. *Kovacs*, any “E” (Excluding *Quintero to Elgrip*) or any “F” receives 0.3 in Bonus
- c. Any “C” or higher release element may be done a 2nd time if done in direct connection. If not performed in direct connection, normal repetition rules apply. (JO Update #2)

Examples:

1. *Tkatchev Straddled* to immediate *Tkatchev Straddled* would receive the following credit: “C” + 0.1 release bonus.
2. *Tkatchev Straddled*, *Giant*, *Tkatchev Straddled* to immediate *Gienger* would receive the following credit: “C” + 0.1, “A”, “C + 0.1 release bonus, “C” + 0.1 release bonus
3. *Tkatchev Straddled*, *Giant*, *Tkatchev Straddled*, *Giant Geinger* would receive the following credit: “C” + 0.1 release bonus, “A”, (“C” is a Repeated Element – no value given), (“A” is a Repeated Element – no value given), “C” + 0.1 release bonus
- d. The Junior Program will allow a gymnast upon catching a release skill to perform a swing with a ½ turn and change of grip on the subsequent front

swing to a kip without deduction. This swing ½ turn has an “A” value and no Element Group credit.

- e. A tucked, piked, or layout flyaway forward or backward receives an “A” in Element Group V.
- f. An elgrip hop to undergrip receives an “A” in element group IV. It will receive credit only once per routine. (JO Update #2)

HS: A layout flyaway with a 1/1 twist backward will receive a “B” in Element Group V. Accepted 9/09

HS: The stoop circle forward to straddle cut to hang or support can be initiated from a hang in either under grip or over grip

HS: The FIG High Bar jam-dislocate angle interpretation (10/09) will not be enforced by the THSGCA. (10/09 at NGJA National Course)

Chapter 1 and 2 of the USAG Junior Olympic Program rules is presented as it applies to the THSGCA. Some sections will not apply and are omitted. THSGCA changes to the J.O. program are highlighted.

Chapter 1 – General Age Group Competition Program Information

I. Age Group Competition Program Chart – Level 9

General information:

- * Level 9 will use Junior Olympic Program rules found in chapter 10, 1, 2, and all corresponding updates.
- * The rules found in the THSGCA constitution and all corresponding updates will supersede rules in the J.O. Program rules. When in doubt about the rules always give the benefit to the gymnast.
- * All difficulty values will come from the FIG code of points and from JO and THSGCA exceptions.

The Judging Process:

- * Maximum 8 counted value parts for difficulty
- * **Difficulty can not go higher then 2.0**
- * **All bonus will be added to the Difficulty score**

The value parts selected to count must follow this order:

1. Count the Element Group V skill (dismount) for difficulty.
If there is no EG V skill or if it is not recognized, a maximum of only 7 value parts can count for difficulty.
2. Count the highest difficulty skill from each element group to fulfill the Element Group requirements.
3. The remaining value parts are selected, based upon the highest value part available and eligible to count.
4. If less than 6 value parts are recognized, 1.0 is deducted from the E-Score for each part less than 6 recognized.

II. General Rules and Regulations

A. Age Determination and Competition Level: Does not Apply

B. Uniforms:

1. On Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In **J.O. and THSGCA competition, dark colored competition pants are allowed**. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition jersey must be worn in all competitions.

2. **Does not Apply**

3. All gymnasts are required to wear a shirt or competition top on all events during warm-ups and competition.

4. No jewelry of any kind is allowed during competition. This is a uniform requirement.

5. Uniform violations will result, with warning, in a **medium behavioral deduction of 0.2** on each event that the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

C. Coaches Professional Attire

1. Closed toe shoes, no sandals

2. Slacks, Warm-up pants or hemmed “dress” shorts (No Denim or Cargo Style – Defined as having large flap pockets with a button or snap closure on the front and/or side of the thigh)

3. Collared shirts

4. No Hats

Violators will be asked to leave the field of play.

D. Coaches’ Spotting Responsibilities:

1. A spotter is required to be in position to safely spot the entire performance on the Horizontal Bar, Still Rings and Vault.

2. A spotter is allowed on Parallel Bars.

3. If a spotter appears on the Floor Exercise or Pommel Horse events, the deduction will be **0.3** from the routines final score.

4. The gymnast should not be allowed to begin the routine without the presence of the required spotter. If the spotter walks away prior to the completion of the routine, the deduction will be **0.2**, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day.

5. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.

6. Assistance at any apparatus, whether general or required spotting must be given by a THSGCA member and or current team member. Additional assistance must follow the same rules.

E. **Specialists:** Does Not Apply

Chapter 2 – General Judging Guidelines

A. **Document Precedence:** Included in Chapter 10

B. **Judging Duties:** The judges in all THSGCA competitions will perform the duties of both the A and B Jury Panels s list in the FIG Code of Points, except in the case of a competition where four or more judges are used in a single panel. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge. There is no time limit on floor exercise routines in the THSGCA program so there is no need for an auxiliary judge to keep time on floor exercise.

C. **Minimum Score** – The minimum score for any exercise in the THSGCA program is 1.0.

D. **Range of allowable scores:** When using two judges, or a 4 or more judge panel, the point difference between both, or the middle scores, may not be greater than:

Score Range	Difference
9.5 – 10.00	0.1
9.0 – 9.45	0.2
8.00 – 8.95	0.3
6.00 – 7.95	0.5
Below 6.00	0.8

E. **Routine Repetition Rule:** Normally only one attempt at a routine is allowed. However, should circumstances occur that are beyond the control of the gymnast and the routine is interrupted, the gymnast may have the opportunity to repeat his exercise at the discretion of the head judge. Should a hand guard tear during the exercise, the gymnast will be allowed to repeat his performance, at the discretion of the head judge.

F. **Spotting Deductions:**

1. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting the skill, there is no deduction.

2. Unless otherwise specifically stipulate n a compulsory routine if the spotter assists in the execution of the skill, deduct 0.3 for the spot and any execution errors. The judge has the discretion to not recognize the skill, if in his opinion, the gymnast could not have completed the skill on his own.

3. If there is no spotter, when required, the exercise may not begin. If the spotter walks away when required, deduct **0.2** and the coach will be warned that another infraction will disqualify all of his athletes on that event that day.

4. A coach may not spot an athlete from a surface which is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.

5. All spotting must be done by a **THSGCA** member or current team member.

G. Video Tape Review of Routine Performance

There is no video tape review of routine performance for any score evaluation in the **THSGCA** program.

H. General Apparatus and Behavior Deductions

1. Falls:

a. A fall onto or off of the apparatus will be deducted **0.5** in addition to any other presentation errors.

b. If the gymnast falls off of the apparatus, the judge announces that the gymnast has 30 seconds to remount the apparatus.

c. The coach may ask the head judge if the gymnast received credit for the skill on which he fell. The head judge will answer the coach with a yes or no response. **There will be no other discussion.**

d. A gymnast may repeat the skill to earn its value. This rule includes the dismount.

e. The gymnast is permitted an additional skill to arrive at a starting position.

2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of **0.2** should be taken from the **gymnast's final score**. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.

3. If a board is used inside the uprights for the Parallel Bars on the mount, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be an apparatus related violation of **0.3**.



**Texas High School Gymnastics Coaches
Association**

**2009 – 2010
Men's
Compulsory Rule
Document**

THSGCA

Men's Compulsory Routine Document



Effective this season (2008-09), the THSGCA Men's Rules Committee voted to continue to use the 2007-08 High School Compulsory routines. The judging guide will be the **2004-2008** USA-Gymnastics Men's Junior Olympic Program document (Section 2) with modifications. The following is the USA-G Men's JO document (Section 2) with all the THSGCA modifications.

Equipment and Mat Specifications

1. All Equipment and Mat specifications will come from the THSGCA guidelines.

Start Score for THSGCA Compulsory Competition

1. The scoring system for Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar will be:
 - A. **Base Score = 9.4**
 - B. **Bonus Maximum = .6**
 - C. **Total Maximum per event = 10.00**
2. The scoring system for Vault will be:
 - A. **Base Score = 9.9**
 - B. **Bonus Maximum = 0.1**
 - C. **Total Score Maximum = 10.00**

General Judging Guidelines

1. **Document Precedence:** The FIG Code of Points will be used except where superseded by rules found in the THSGCA Men's Compulsory Guide and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict are:
 - a. The THSGCA Men's Compulsory Guide with updates. Updates and the guide can be found at www.thsgca.org.
 - b. The Federation of International Gymnastics (FIG) Code of Points with rules updates printed by the F.I.G. Men's Technical Committee.
2. **Judging Duties:** The judges in all THSGCA compulsory competitions will perform the duties of both A and B Jury Panels as listed in the FIG Code of Points. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge. There will be no time limit on floor.
3. **Minimum Score:** The minimum score for any routine will be **1.00**.

4. **Range of Scores:** When using 2 judges, or 4 judges the point difference between the two middle scores may not be greater than:
- | | | |
|------------------|--------------------------------|-----------------------|
| 0.10 pts. | for an average of | 9.50 and above |
| 0.20 pts. | for an average of | 9.00 to 9.45 |
| 0.30 pts. | for an average of | 8.00 to 8.95 |
| 0.50 pts. | for an average of | 6.00 to 7.95 |
| 0.80 | in all other situations | |
5. **Routine Repetition Rule:** Normally only one attempt at a routine is allowed, however, should circumstances occur that are beyond the control of the gymnast and the routine is interrupted, the gymnast may have the opportunity to repeat his exercise at the discretion of the head judge. (Hand guard failure, equipment failure etc.)
6. **Spotting Deductions:**
- A. If, during the exercise, an **incidental brush or touch** occurs between the spotter and the gymnast, without interrupting the skill, **there is no deduction.**
 - B. If the **spotter assists** in the execution of the skill, deduct **0.5 for the spot** and any **execution errors**. The judge has the right to not recognize the skill if in their opinion, the gymnast could not have completed the skill on his own.
 - C. A spotter is required at Still Rings, and Horizontal Bar. If there is no spotter when required the exercise may not begin. If the **spotter walks away** where required, deduct **0.2 (Medium)** and the coach will be warned that another infraction will disqualify all of his athletes on that event that day.
 - D. A coach may not spot an athlete from a surface which is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.
 - E. All spotting must be done from by a THSGCA coach.
7. **Video Tape Review of Routine Performance**
There is no video tape review of routine performance for any score evaluation in THSGCA competitions.
8. **General Presentation Deductions**
- A. A fall off the apparatus will be deducted 0.5 in addition to any other presentation errors. A gymnast may repeat the skill to earn its value. The gymnast is permitted an additional skill to arrive at a starting position.
If the gymnast falls, the judge announces that the gymnast has 30 seconds to remount the apparatus. The coach may ask the head

judge if the gymnast received credit for the skill on which he fell.
The head judge will answer the coach with a yes or no response.

There will be no other discussion

- B. If a coach speaks to the gymnast during his performance, deduct **0.2 (Medium)** from the gymnast's score. The deduction will be taken only once during a routine.
- C. If the board is used inside the uprights for the Parallel Bars on the mount, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be a **0.2 (Medium)** deduction for unsportsmanlike conduct.
- D. A nominal handstand is shown at plus or minus 15* from vertical.
- E. The THSGCA program will use the FIG (06) rule concerning swings to or through handstand or to strength holds.

Compulsory Judging Guidelines

1. Routine error and deduction table

Error	Deduction
Missing Part	1.0
Added Part	0.5
Fall	0.5
Large Error	0.3
Medium Error	0.2
Small Error	0.1
Intermediate Swing	Half 0.2, Whole 0.3

NOTE: A “**part**” is defined as a “**numbered**” skill or sequence in the Routine Description

A part is a Missing Part if it has been omitted or is performed in such a way as to be unrecognizable.

If the part is partially completed (more than 50%) it should receive credit and the appropriate FIG deduction (small, medium, large).

NOTE: On **pommel horse** if the travel prior to the dismount is done on the leather a deduction of 0.3 (large) will be taken.

2. Special notes or circumstances

A. All swing and position required criteria are defined as one of the following:

- 1. Horizontal
- 2. 45*
- 3. Vertical

- B. **Added swings** will be deducted as per FIG as extra swings, not added parts. **Missing parts deductions** come from **Start Value**. **Added parts** deductions come from **Exercise Presentation**.
- C. **Required holds:**
1. Holds are two seconds, unless noted. Hold deductions are as per FIG.
 2. Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop, receive the FIG deduction for no hold (0.3 - Large)
- D. **Added Holds** are considered as possible rhythm deductions not as added parts.
- E. **All landing deductions** are as per FIG. (Note – this does not refer to distance requirements on vaulting, just the landing itself).
- F. There is **no specific required number of steps** in the run prior to a tumbling sequence in the Floor Exercise routine. Therefore, there is no deduction for too many or too few steps.
- G. **BONUS:**
1. Only the Specified Bonus listed for each routine in the THSGCA Men's Compulsory document will be allowed.
 2. There will be **no General Performance Award Bonus**.
 3. There will be **no Stick Bonus**.
 4. There will be **no Virtuosity Bonus except for Vault**.
 5. Bonus will not be awarded for a skill with a single large deduction.
 6. Vault bonus may be awarded for: Extension and Stretch with Amplitude. Head should be back, arms up, with a tight arch and a block that goes up not out.
- H. All **somersault heights** (Floor Exercise and dismounts) are measured from the Center of Gravity
- I. **Pommel Horse:**
1. On all single leg cuts, the top leg (cutting leg) should be at horizontal.
 2. On all pendulum swings, false scissors and scissors, the top leg should be horizontal.
- J. **Still Rings:**
Swing height and body position is defined as:

Forward – the line from the shoulders to feet with body position hollow.

Backward – The line from the shoulders to feet with body in a tight arch.

K. **Vaulting:** The THSGCA will not give a zero score for any vault, with the exception of failure to contact the vault table at all or if a vaulter fails to complete the run to or beyond the board. A zero vault may be repeated once with a deduction of 1.00 from the score of the second attempt. Otherwise the minimum score for any actual vault will be 1.00. No third attempt will be allowed.

L. **Horizontal Bar:**

Unless otherwise specified, a tap swing is required on all forward swings.

2005-2009 High School Gymnastics Compulsories REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Floor Exercise:

1. Run, round off, back handspring
2. Tucked back somersault (back head height)
(+.1 back above head height, kick out at horizontal)
3. Back extension roll to handstand, lower to prone support, ½ turn to rear support and roll back to candlestick (bent arms OK on back roll)
4. Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand (jump to handstand -.3)
(+.1 straight arm press) (+.2 stalker roll to handstand) (+.1 two sec. hold of handstand)
5. Step down with either foot, step through with other foot with turn of 180-degrees backward, legs together
6. Run, tuck front somersault, forward roll (front shoulder height, should show a controlled landing)
(+.1 head high)
7. Jump pike or tuck, press through handstand with full pirouette (straight arms no more than 5 steps)
8. Roll out to stand, step with either leg, lunge to, scale (front scale 2 sec. hold)
(+.1 135 degree split in scale)
9. Step forward with 180-degree turn backward, legs together
10. Run, front handspring, two-foot take off handspring (bounder) rebound to stand (Front handspring stretched & good rhythm)
(+.1 handspring to bounder stretched & good rhythm)
(+.1 tuck front flip after handspring in place of bounder)
(+.2 tuck front after bounding handspring)
(MAX. of +.2 on last pass)

2005-2009 High School Gymnastics Compulsories REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Pommel Horse:

+1 for 135 degree extension in any circle.

+1 for 90 degree straddle maintained throughout single leg work. Bonus may be awarded on each false scissor and each scissor.

On all single leg work there should be a minimum of a 45 degree straddle.

1. Facing the end of horse, one loop circle
(+1 for 135 degree extension in any circle)
2. $\frac{3}{4}$ loop circle with $\frac{1}{4}$ turn to rear support with left hand on pommel
(+1 extension in circle)
3. Right leg cut backward, left leg cut backward
4. Right leg cut forward, simple travel up to front support on pommels
5. Cut right leg forward to left front false scissor, cut right leg forward to left front scissor
(+1 for 90 degree straddle on all scissor work)
6. Cut left leg forward to right front false scissor, cut left leg forward to left front scissor
(+1 for 90-degree straddle on all scissor work)
7. Cut left leg forward to 1 double leg circle on pommels
(+1 135-degree extension)
8. $\frac{1}{2}$ double leg circle while moving the right hand to the left pommel
(+1 135-degree extension)
9. Double leg travel circle to rear support on the end of the horse
(+1 135-degree extension)
10. $\frac{1}{2}$ double leg circle over the pommel with 90 degree turn to the right, land in side stand crossways (flank dismount)
(+1 for additional double leg circle before flank dismount)
(+1 135-degree extension)

2005-2009 High School Gymnastics Compulsories

REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Rings:

1. Lift body to straight body inverted hang
lower to pike inverted hang and cast forward to
3. Straight body inlocate (rise in shoulders)
(+.1 shoulders at bottom of rings)
4. Straight body inlocate (rise in shoulders)
(+.1 shoulders at bottom of rings)
5. Back uprise to L support 2 sec. hold (Straight arms and feet 45 below horizontal)
(+.1 45 degrees above horizontal, bent arms allowed)
(+.2 back uprise to handstand, bent arms allowed)
6. Press to tuck planche momentary hold with straight-arms
(A one second hold is required with arms straight and rings turned out, the back should be parallel to the floor)
***A Straight body planche may be substituted for the tuck planche, no bonus will be awarded and exercise presentation errors will still apply (9-09)**
(+.1, may be awarded for a 2-sec. hold)
7. L support 2 sec. hold, press to shoulderstand 2 sec. hold (if handstand is performed, shoulder stand does not have to be done)
(+.1 bent arm press to handstand piked or straddled)
(+.2 straight arm press handstand piked or straddled)
(+.1 handstand held two sec.)
8. Lower down and roll around to pike inverted hang and
9. Dislocate, straight body dislocate to (rise in shoulders on dislocates)
(+.1 shoulders at bottom of rings on dislocate)
10. Swing forward to layout back somersault (layout back at ring height)
(+.1 layout dismount with hips above top of rings)

2005-2009 High School Gymnastics Compulsories

REVISED 2009

High School Vault - Front Handspring

Base Score: 9.9
 Bonus: 0.1 Virtuosity (Height and Stretched Throughout)
 Maximum Score: 10.00

Bonus may be awarded for: Extension and Stretch with Amplitude. Head should be back, arms up, with a tight arch and a block that goes up not out.

The THSGCA men's program will not give a zero score for the compulsory vault with exception of failure to contact the horse at all which will receive a zero. Otherwise the minimum score for any actual vault will be 1.0. A zero vault as defined by the FIG, may be repeated once, with a deduction of 1.00 from the value of the second attempt. NO third attempt will be allowed.

Performance Expectations

Deduction Criteria

Pre-Flight: From the time the gymnast leaves the board up to the instant their hands vault table.

<p>1 Incorrect position of legs, feet and body in the Pre-flight. Evaluate for leg separations, bent knees, toe point, and incorrect body position.</p> <p>Emphasize the hollow-arch technique off the board. From the board the gymnast should be in an upright hollow body (slight pike at hips) position. Just prior to and throughout contact with the table, the body should "release" from the hollow to a tight arch position.</p>	<p>For each occurrence of an error in leg, foot and body positions in pre-flight.</p> <table border="0" style="width: 100%;"> <tr> <td style="padding-left: 20px;">Small Error</td> <td style="text-align: right;">-0.1</td> </tr> <tr> <td style="padding-left: 20px;">Medium Error</td> <td style="text-align: right;">-0.2</td> </tr> <tr> <td style="padding-left: 20px;">Large Error</td> <td style="text-align: right;">-0.3</td> </tr> </table>	Small Error	-0.1	Medium Error	-0.2	Large Error	-0.3
Small Error	-0.1						
Medium Error	-0.2						
Large Error	-0.3						
<p>2 Bent Arms at contact with the table Evaluate for the maximum amount of arm bend while the hands are still in contact with the table.</p>	<table border="0" style="width: 100%;"> <tr> <td style="padding-left: 20px;">Small Error</td> <td style="text-align: right;">-0.1</td> </tr> <tr> <td style="padding-left: 20px;">Medium Error</td> <td style="text-align: right;">-0.2</td> </tr> <tr> <td style="padding-left: 20px;">Large Error</td> <td style="text-align: right;">-0.3</td> </tr> </table>	Small Error	-0.1	Medium Error	-0.2	Large Error	-0.3
Small Error	-0.1						
Medium Error	-0.2						
Large Error	-0.3						

Post-Flight: From the time the hands leave the horse until the feet contact the mat.

<p>1 Body position in the post-flight Deviations from the tight arch position should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the tight arched position all the way through the post flight.</p>	<p>As Per FIG</p> <table border="0" style="width: 100%;"> <tr> <td style="padding-left: 20px;">Small Error</td> <td style="text-align: right;">-0.1</td> </tr> <tr> <td style="padding-left: 20px;">Medium Error</td> <td style="text-align: right;">-0.2</td> </tr> <tr> <td style="padding-left: 20px;">Large Error</td> <td style="text-align: right;">-0.3</td> </tr> </table>	Small Error	-0.1	Medium Error	-0.2	Large Error	-0.3
Small Error	-0.1						
Medium Error	-0.2						
Large Error	-0.3						
<p>2 Rise in the post-flight The hips should show a definite rise from a strong blocking action.</p> <p style="padding-left: 40px;">a. Hips rise 0 to 1/4</p>	<table border="0" style="width: 100%;"> <tr> <td style="padding-left: 20px;">Small Error</td> <td style="text-align: right;">-0.1</td> </tr> </table>	Small Error	-0.1				
Small Error	-0.1						

	gymnasts body height		
	Hips do not		
b.	rise	Medium Error	-0.2
	Hips drop from		
c.	vertical	Large Error	-0.3

Vault Performance Criteria - Continued

Landing

1	Distance:	Landing 1.0 - 1.5 meters from table	No Error	
		Landing 0.5 - 1.0 meters from table	Medium Error	-0.2
		Landing less than 0.5 meters from table	Large Error	-0.3
2	Landings and Axis		As per FIG	
		Slight imbalance, small step or Hop (.1 per step)	Small	
		Large step or hop or touching with 1 or 2 hands	Medium	
		Support with 1 or 2 hands on floor	Large	
		Fall during any landing	0.5	
		Fall during any landing without feet contact first		
		Legs apart on landing		
		Less then Shoulder width	Small	
		Greater then shoulder width	Medium	
		Unsteadiness minor adjustments of feet, excessive arm swings on landings	Small	
		Poor posture or body position or postural corrections in end positions.	Small Medium Large	
		Touching with one foot or one hand outside landing area	Small	
		Touching with feet, hands, or any other part of body outside the landing area	Medium	

The vault is invalid (0.00 points) when:

- The approach is executed and the gymnast by pass stepson to the springboard and/or touches the table without vaulting.
- The approach is interrupted and the gymnast returns for a second attempt.
- The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with his feet.
- The gymnast double touches the table; i.e., the support of one or both hands occurs twice.
- The vault is executed without a support phase, i.e. neither hand touches the table.
- The gymnast does not land with his feet first. This means that at least one foot must contact the landing mat before any other part of the body.
- The gymnast intentionally lands in a side stand.
- The gymnast performs a prohibited vault (straddled legs, salto in first flight, prohibited pre-element before the vaulting board, etc.

2005-2009 High School Gymnastics Compulsories

REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Parallel Bars:

1. From stand or short run, glide kip to support swing backward (body horizontal and stretched at completion of back swing)
(+.1 swing to handstand)

2. Swing forward, drop and cast to upper arms (can do early drop)
(+.1 hips above bar height on catch of cast)

3. Back uprise to (body horizontal at completion of back uprise)
(+.1 back uprise 45 degrees above horizontal)
(+.2 back uprise to handstand)

4. L support 2 sec. hold

5. Bent arm press to handstand, 2 sec. hold (Pike or straddle press OK)
(+.1 straight arm press to handstand)

6. Swing forward and, swing backward to handstand (swings should be stretched, hips above horizontal)
(+.1 Stutz body above rails)
(+.2 Stutz 45 degrees above horizontal)
(Stutz will replace back swing)

7. Layaway, front uprise

8. Swing backward to horizontal
(+.1 swing to handstand)

9. Swing forward (swing should be stretched, hips above horizontal)

10. Swing backward to Wendy dismount
(+.1 back flip in any position, back will replace swing backward and Wendy)

2005-2009 High School Gymnastics Compulsories

REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Horizontal Bar:

1. From hang in under grip, pullover to support
(+.1 stem to giant)
2. Cast to nominal handstand forward to
3. One under grip giant to
4. One under grip giant to
5. On third Hop to over grip, swing forward, kip cast (The hop can be at any height)
(+.1 hop to handstand)
(+.1 kip to handstand)
(+.1 pirouette completed 45 degrees above horizontal) (Pir. On 3rd giant)
(+.2 pirouette completed to nominal handstand within 15 degrees) (Pir. On 3rd giant)
6. One over grip giant to
7. One over grip giant to
8. Swing $\frac{1}{2}$ turn to horizontal
(+.1 45 degrees above horizontal)
(+.2 to nominal handstand; with in 15 degrees)
9. Change both hands to over grip swing forward to
(+.1 one over grip giant)
10. Flyaway in any position (center of gravity at bar high)
(+.1 above bar height)

TEXAS HIGH SCHOOL GYMNASTICS COACHES ASSOCIATION
MEN'S RULES 2009-2010
VAULT VALUES

*YURCHENKO VAULTS NOT ALLOWED

7.80

Straddle or squat with or without ½ turn
Round Off

8.40

Stoop
Handsprings Sideways ¼ twist [¼ on ¼ off]
Handsprings/Yamashita

8.80

Hecht
Handsprings Sideways ¾ twist [¼ on ¾ off]
Handsprings or Yamashita ½ twist

9.00

Stoop or Hecht with ½ twist

9.20

Handsprings, Yamashita, Hecht, or Stoop
with full twist
½ on full twist off
Handsprings Sideways 1¼ twist [¼ on 1 ¼
off]
Tsukahara Tuck

9.40

Handsprings or Yamashita with 1 ½ twist
Handsprings Sideways ¼ twist tuck front
Tsukahara Pike or Tsukahara Tuck with ½
twist

9.50

Handsprings tuck front

9.60

Handsprings or Yamashita with 2/1 twist
Handsprings Sideways ¼ twist pike front
Kasamatsu Tuck
Tsukahara tuck with full twist
Tsukahara Pike with ½ twist
Tsukahara Layout

Cuervo Tuck

9.70

Handsprings pike front
Handsprings tuck front with ½ twist

9.80

Cuervo pike
Kasamatsu pike
Kasamatsu tuck with ½ twist
Tsukahara pike with full twist
Tsukahara tuck with 1 ½ twist

9.90

Handsprings layout front
Handsprings pike front with ½ twist

10.00

Tsukahara layout with full twist or more
Kasamatsu layout or with full twist or more
Handsprings layout front with ½ twist or
more