	Texas High Sc	hool - Floor Exercise Comp	pulsory	2024	
=L	OOR EXERCISE: Base Score 9.5		Max. Bonus Allowed: .5	Available Bon	us: .
Part	Skill	Description	Performance Criteria	Bonus	Awar
1	Round Off	·			
_	Back Handspring		Missing back handspring5		
2	Tucked Back Salto		Landings & Height per FIG	Salto Stretched	0.1
	Bent arm back extension roll to HS				
3	Lower to prone		HS Angle per FIG	Straight Arms	0.1
	1/2 turn to pike sit				
4	Roll back to candlestick		Hips above chest		
_	Roll forward to straddle stand		Show control as athlete stands		
			Straddle roll to stand with straight legs		
	Bent arm press to Handstand	step down either foot,	Momentary Hold	Straight Arm Press or Endo HS	0.1
5	step down, step turn 180	step through other foot,	No momentary hold2	Hold 2 sec.	0.1
		180 turn backward with legs together	Press from jump2		
6	Run to Front Salto Tucked		Landings & Height per FIG	Pike Salto	0.1
	Num to 1 fort out o ruckeu		controled landing	controled landing	
7	Step to handstand w 1/1 pirouette		5 or less hand placements		
	Tucked forward roll		Straight arm forward roll		
8	Step to Lunge - Scale	Scale leg horizontal	Show control as athlete stands		
	One step forward and turn 180*		2 second hold on Scale		
			Scale back leg level minimum		
			horizontal		
9	Run Front Handspring				
_	Train Front Handspring			Front / Front (any Salto position)	0.1
		Bounder rebound to stand		Replaces #9 & 10	
10	Bounder rebound to stand	No rebound deduct 0.2 and	Landings & Height per FIG	Front tuck (any salto position)	0.1
		loss of Stick Bonus		Replaces #10	J.,
				Stick	0.1
	Additional Performa				
	Height & Landings Per FIG	No Additional Matting Allowed			
Pe	rforming a front/front with only 1 front: no Bor	nus awarded and loss of box 9			
	Arm Criteria on ALL Transitions	Lunge Criteria	Scale Criteria	Stick Bonus Criteria	

Arm Criteria on ALL Transitions	Lunge Criteria	Scale Criteria	Stick Bonus Criteria
Arms level or above	Back Leg Straight	Legs Straight	A flag/arm raised for all sticks awarded
Good Ryhthm	back foot turned out with heel down	Back Leg horizontal or above	The NCAA Stick bonus rules will apply
Deduct 0.1 per skill	Arms level or above	Arms level or above	

Holds - 2 Second and Momentary

- 1. All holds per FIG
- 2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, **receive a medium deduction.**
- 3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.

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Added Holds on Floor

- 1. Where continuous rhythm is required, any added pauses greater than 2 seconds will be treated as rhythm errors and result in a small deduction (-0.1) each time.
- 2. Added holds are to be deducted as rhythm errors and not as added parts.

Steps:

- 1. There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
- 2. If a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.
- 3. A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.

Floor Patterns:

All tumbling passes can be performed on a 40' x 40' Floor Exercise mat or on a tumbling strip up to 60 feet in length.

		Texas High School - Pommel Horse	Compulsory	2024	
Pon	nmel Horse	Base Score 9.5	Max. Bonus Allowed: .5	Available Bonu	ıs: .7
		ritten for an athlete that swings circles in a clockwise di	rection, it can be reversed in its entirety		
Part	Skills	Description	Performance Criteria	Bonus	Award
1	Front Loop	From stand, cross support circle facing forward	As per FIG (see below)	Additional Loop(s)	0.1
2	3/4 Loop	3/4 Loop with 1/4 turn to rear support with left hand on handle, right leg cut back	As per FIG (see below); No minimum height on leg cut		
3	Leg cut back, leg cut forward	Left leg cut back, right leg cut forward	Minimum height on leg cuts = elbow		
4	Straddle travel	Simple straddle travel up to front support	No minimum height on legs during simple travel		
5	False Scissor; Scissor	Cut right leg to false scissor; Cut right leg to Scissor	Minimum height on leg cuts = Foot at elbow	Head height or better for both skills	0.1
6	False Scissor; Scissor	With left leg already in front, continue to false scissor; Cut left leg to scissor	Minimum height on leg cuts = Foot at elbow	Head height or better on both skills	0.1
7	Leg cut, pick up	With right leg already in front, cut left leg to 1/2 circle pick up to front support	As per FIG (see below)	Additional Circle(s)	0.1
8	Travel down to Rear support	1/2 circle to rear support, then 1/2 circle to front support while traveling sideways and moving the right hand to the left handle, 1/2 circle to rear support on left end of the horse	As per FIG (see below); Hand on Leather =3	Additional Circle(s)	0.1
9	1/2 circle with 90 degree turn	1/2 circle over the handles with 90 degree turn to the right, land facing cross support	As per FIG (see below); Additional hand placement on handle during 1/2 circle with 90 degree turn = -0.3	1/2 circle with 90 turn to wende dismount (no angle deduction)	0.1
				Stick	0.1
Δdc	litional Perform	nance Criteria	Stick Bonus O	Criteria	
		reversed in its entirety	A flag/arm raised for all		
		can be lowered to any height below FIG	The NCAA Stick bonus		
		used to mount the pommel horse			
Whe	en circles/loops	are required or performed for bonus, any			
add	itional circles/loc	ops will not incur a Composition error deduction.			
Am	plitude for scis	sor work			
Hei	ght is measured	from the foot at the top of the swing			
Lac	k of amplitude d	eductions:			
	t at elbow line =				
		and above horizontal line = -0.1			
Foo	t below horizont	al line = -0.2			
	cle criteria circle criteria is p	er FIG: Ideally circles must be performed with			
		rcles = (-0.1 small), or (-0.2 medium)			
		sion in circles. Each element = (-0.1 small)			
Wei					
NO	ANGLE DEDUC	TION FOR WENDE			
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	Texas High School	- Ring Compulsory	2024		
Rin	gs: Base Score 9.5	Max. Bonus Allowed: .5	Available Bon	us: 1.0	
Part	Skill	Performance Criteria	Bonus	Award	
1	Pull with straight arms and	Must show straight inverted hang prior to #2	Pull straight arm and straight body	0.1	
	piked body to inverted hang	Not showing straight body = -0.3 (Routine composition error)		0.1	
2	Lower to inverted pike and Cast		Add one or more straight body inlocates	0.1	
_	Lower to inverted pine and Gast		Max. bonus of +0.1	J 0.1	
3	Swing to straight arm back uprise	See Below	Add back uprise hand w momentary	0.2	
	owing to straight aim back uprise	OCC BOIOW	hold		
4	L-sit hold	2 second hold			
5	Tuck planche hold	2 Second Hold; (See Below)	A tuck planche performed w/o a deduction	0.1	
	Tuck planene noid	2 occord floid, (occ Below)	will receive bonus		
6	L-sit hold	2 second hold			
			Bent Arm Press HS w momentary hold or	0.1	
7	Press to shoulder stand hold	2 second hold, See Below	Straight Arm Press HS w momentary hold	0.2	
			Press Handstand held for 2 seconds	0.1	
8 Roll back to piked inverted hang		Bent Arms allowed on roll down			
9		Chroimht Americ Continuous Dhuthus	Shoulders above bottom of rings		
9	One or More Dislocates	Straight Arms; Continuous Rhythm	Max. bonus of +0.1	0.1	
10	Salto back stretched	Hips At Ring Height			
	Additional Perfo		Stick	0.1	
	Straight Body Inlocate	Shoulder stand Criteria	Stick Bonus Criteria		
	Straight body required	Straight body; Rings turned out;	A flag/arm raised for all sticks awarde	ed	
	for Bonus	Arms free of straps	The NCAA Stick bonus rules will app		
Wh	en an Inlocate is required for bonus,	Press Handstand Criteria			
	Il additional Inlocates will not incur	Bent or Straight arms allowed			
	a Composition Error deduction	Momentary Hold required			
	Must Show Continuous Rhythm	for NO deduction			
	Back Up Rise Criteria	Touching straps with feet/legs1			
	Rings turned out,	Balancing with feet/legs3			
	Arms Free of Straps	Attempting the press will satisfy			
	Feet 45* below horizontal	the shoulderstand requirement			
	Straight Arms Required	Pike or Straddle Allowed			
	Back uprise Handstand Criteria	Max Bonus is .3			
	straight or bent arms	Dislocate Criteria			
	Momentary Hold	Straight Arms; Continous Rhythm			
	Tuck Planche Criteria	When a dislocate is required or used			
	Arms Straight, Rings turned out,	for bonus, all additional dislocates will			
	Arms free of straps	not incur a Composition Error			
	Hips level with shoulders,	deduction			
	Legs tucked, 2 second hold				
Hol	ds - 2 Second and Momentary		v4, 10012023		

^{2.} Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up

^{3.} In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast

LT - FRONT HANDS les A program will not give empt or incomplete vaul Table of Specifications	SPRING a zero sco It may be re	ere for any atte epeated once			
les A program will not give empt or incomplete vaul Table of Specif	a zero sco It may be re	epeated once		Stretch Stick Max. Score	0.10 0.10 10.00
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A program will not give empt or incomplete vaul	It may be re	epeated once		The minimum sco	re for an
A program will not give empt or incomplete vaul	It may be re	epeated once			
Table of Specif	It may be re	epeated once			
<u> </u>	fic Errors	s and Dad			
<u> </u>	fic Errors	s and Dadii			
<u> </u>		- 200 110011	ctions for V	/ault	
					
Error		Small	Medium	Large	
First	t (Pre) Fli	ight Deduc	tions		
g or insufficient rota	ition to	0.1	0.2	0.3	
position too arched	d or	0.1	0.2	0.3	
her deductions per	FIG	0.1	0.2	0.3	
Second (Post) Flight Deductions					
ulsion not within 0* -	15* of	0.1	0.2	0.3	
of distinct lift or rise	from	0.1	0.2	0.3	
position too arched	d or	0.1	0.2	0.3	
Landing Deduction	ons - Al	l landing de	eductions <i>p</i>	er FIG	
us					
Vertical take off wit	h conspic	cuos rise	0.1		
			0.1		
			0.1		
	ng or insufficient rotally position too archeology position too archeology position not within 0* - confident of distinct lift or risely position too archeology position too	ring or insufficient rotation to by position too arched or ther deductions per FIG Second (Post) Ulsion not within 0* - 15* of cof distinct lift or rise from y position too arched or Landing Deductions - Al us E. Vertical take off with conspiction: Head back and not dropp	ring or insufficient rotation to y position too arched or ther deductions per FIG 0.1 Second (Post) Flight Deduction not within 0* - 15* of 0.1 To of distinct lift or rise from 0.1 Y position too arched or 0.1 Landing Deductions - All landing decisions are the conspicuous rise rise rise rise rise rise rise ris	y position too arched or ther deductions per FIG	rig or insufficient rotation to

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	allel Bars	Base Score: 9.5	Max. Bonus Allowed: .5	Available Bonu	s: 1
Part	2	Description	Performance Criteria	Bonus	Awa
<u> </u>	Glide Kip to support -	From stand or short run,	Body horizontal and stretched at		71114
1	swing backward	glide kip to support and	completion of the back swing	Swing Hand	0.1
		swing backward	Early or late drop allowed		
2	Cast to upper arm hang	Cast to upper arm hang	Early or late drop allowed		
			Hips at bar height on catch	45* above horizontal	0
3	Back uprise	Back uprise to	Arms Straight at completion of skill Body horizontal at completion of skill	Back uprise to Hand	0.
			Body Horizontal at completion of skill	V-sit (2 seconds)	0.,
4	L-sit	L-sit w 2 second hold	2 second hold, 90* hip angle	All angles/holds per FIG	0.
5	Bent arm press to handstand	Piked or straddled bent-arm	2 second hold	Straight Arm Press - hold 2 sec	0.
	Dent ann press to nanastana	press to Handstand (hold)	2 Scotta fiola	Citalgrit7 ini i 1035 fiold 2 300	0.
	Swing Forward,	Swing forward and	Fwd-Hips horizontal, body stretched	Stutz (immediate layaway)	0.
6	Swing Backward to handstand	swing backward to handstand	Bkwd - Handstand per FIG	Hop to handstand	0.
			No momentary hold needed	(no hold required)	٠.
7	Layaway front uprise and		Hips above bar at completion		
8	Swing bkwd to horizontal and		Hips horizontal, body stretched	Swing Hand	0.
0	Swing forward then		Hips horizontal, body stretched	Swing Hand	0.
9	Swing backward and		Good rhythm (no pause)		
9	Wende Dismount		Dismount	Bonus	
			Back Salto Bonus - Performed after	er #8 (swing forward and back salto)	0.
			Front Salto Bonus - Performed after		0.
			Any distinct body position all	· •	
			, , ,	Stick on Dismount	0.
	Additional Perform	rmance Criteria			
	71001101101101101				
All a	angles and holds per FIG unless s	pecifically amended			
	L-sit, V-sit hold criteria	Salto Dismount criteria	Stick Box	nus Criteria	
	All angles and holds per FIG	Any position allowed		for all sticks awarded	
	Stutz criteria	All Height & Landings Per FIG		ponus rules will apply	
	Straight arm catch	All Swing Hand Criteria	1110 1407 0 1 0 101 1	veride raise will apply	
	Body above bars	No momentary hold required			
	Front uprise criteria	No deduction for holding			
	Hips above bar at completion	Arms Straight			
	Support Swing criteria	Press criteria			
		Bent arms allowed			
F	unless specifically amended use:				
Fro	nt Swing: Hips Horizontal, body stretched				
_	ck Swing: Hips Horizontal, body stretched				
Bac	Arms Straight	Cast to Hang criteria			
Bac					
Bac	Hop to Handstand criteria	Hips at bar height on catch			
Bac	No hold required	Early or late drop allowed			
Bac	No hold required Hands must show clearance	The state of the s			
Bac	No hold required Hands must show clearance Angle per FIG	The state of the s			
Bac	No hold required Hands must show clearance Angle per FIG No deduction for holding	The state of the s			
Bac	No hold required Hands must show clearance Angle per FIG	The state of the s			
	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight	The state of the s			
Hol	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight ds - 2 Second and Momentary	The state of the s			
Hol 1. /	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight Ids - 2 Second and Momentary All holds per FIG	Early or late drop allowed			
Hol 1. / 2.	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight Ids - 2 Second and Momentary All holds per FIG Momentary holds are defined as he	Early or late drop allowed	ntrol of the final finish position and are held		
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Hol 1. / 2. Mol 3.	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight Ids - 2 Second and Momentary All holds per FIG Momentary holds are defined as homentary holds that do not show a clean the case of awarding bonus, if the	Early or late drop allowed Colds that show a definite stop or cordefinite stop or control of the final fine gymnast shows control of the final	nish position, receive a medium deduction	on. the gymnast clearly does not show	
Hol 1. / 2. Mol 3.	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight Ids - 2 Second and Momentary All holds per FIG Momentary holds are defined as homentary holds that do not show a clean the case of awarding bonus, if the torol of the final finish position he w	Early or late drop allowed olds that show a definite stop or cordefinite stop or control of the final fine gymnast shows control of the final ill receive a single medium deduction	nish position, receive a medium deduction al position he will be awarded a bonus. If t	on. the gymnast clearly does not show eria and therefore not receive	
Hol 1. / 2. Mo 3. con a b	No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight Ids - 2 Second and Momentary All holds per FIG Momentary holds are defined as homentary holds that do not show a clean the case of awarding bonus, if the torol of the final finish position he w	Early or late drop allowed olds that show a definite stop or cordefinite stop or control of the final fine gymnast shows control of the final ill receive a single medium deductionus skill is executed (50% or greate	nish position, receive a medium deduction all position he will be awarded a bonus. If the one for failing to meet the required hold criter.	on. the gymnast clearly does not show eria and therefore not receive	
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		Texas High School - Horizontal Bar	Compulsory	2024	
Ho	rizontal Bar	Base Score: 9.5	Max. Bonus Allowed: .	5 Available Bonu	ıs:
Part	Skills	Description	Performance Criteria	Bonus	Aw
	Up to 5 swings are allowed	ed prior to the Kip/Stem			
1		From a swing, still, or 1/2 turn any grip	Bent arms allowed,	Mix grip kip	0.
	Kip to support	kip to support (pause allowed after kip)	pause allowed	Mix grip kip immediate cast	0
	•		change to under grip allowed	(replaces part 1 & 2)	10.
		cast up and over the bar with the cast	No angle deduction on cast	Under/Mix grip Stem	0
		ending in an undergrip	The cast may be performed in any	(replaces part 1 & 2)	10
2	Coot to on undersuin		grip but must finish in undergrip.		
2	Cast to an undergrip		A cast that does not finish in undergrip, or		
			finishes in overgrip and comes down in the		
			same direction will incur a -0.5 deduction		
3	One or more undergrip		Additional signer allowed		
3	giants		Additional giants allowed		
4	Pirouette		No analysis design from the contract of	45* or above	0.
4	Pirouette		No angle deduction for pirouette	Handstand	0.
5	One or more overgrip		Additional giants allowed		
5	giants		Additional giants allowed		
6	Swing 1/2 turn or	Swing forward and change both hands to	No angle deduction	45* or above	0.
О	hop 1/2 turn	overgrip	No angle deduction	Handstand	0.
7	Swing forward to			Add one or more giants	0.
			Any distinct body position allowed		
8	Salto backward dismount		(tuck,pike,stretch)	Above Bar Height	0.
			Hips at bar height		
				stick landing	0.
	Addition	al Performance Criteria			
	Kip criteria	Giant criteria	Stick Bonus Crite	ria	
	Bent arms allowed	Arms straight	A flag/arm_raised for all sticks awarded		
	Mixed grip allowed	Body straight in handstand	The NCAA Stick bonus rule		
	1/2 turn allowed prior to kip	When giants are required or performed for	THE TOTAL COLON DEFINED TOTAL	, app.y	
	Cast criteria	bonus, any additional giants will not incur a			
	Pause allowed	Composition error deduction.			
	Any grip, over bar	, , , , , , , , , , , , , , , , , , ,			
	No angle deduction				
	layaway after cast -0.5	Swing 1/2 or Hop 1/2 criteria			
	Pirouette criteria	No angle deduction			
	No angle deduction	Arms and body straight			
	Arms and body straight	Aligned axis in turn			
	Aligned axis in turn	Additional hand movement allowed prior to 1/2 turn			
	Stem criteria	Salto backward Dismount Criteria			
	No angle deduction	Any distinct body position allowed			
S	traight arms at completion	(tuck,pike,stretch)			
Λ	lix grip or Undergrip allowed	Hips at bar height			

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