

Texas High School - Floor Exercise Compulsory

2024

FLOOR EXERCISE: Base Score 9.5 **Max. Bonus Allowed: .5** **Available Bonus: .7**

Part	Skill	Description	Performance Criteria	Bonus	Award
1	Round Off Back Handspring		Missing back handspring -.5		
2	Tucked Back Salto		Landings & Height per FIG	Salto Stretched	0.1
3	Bent arm back extension roll to HS Lower to prone 1/2 turn to pike sit		HS Angle per FIG	Straight Arms	0.1
4	Roll back to candlestick Roll forward to straddle stand		Hips above chest Show control as athlete stands Straddle roll to stand with straight legs		
5	Bent arm press to Handstand step down, step turn 180	step down either foot, step through other foot, 180 turn backward with legs together	Momentary Hold	Straight Arm Press or Endo HS	0.1
			No momentary hold -.2 Press from jump -.2		
6	Run to Front Salto Tucked		Landings & Height per FIG controled landing	Pike Salto controled landing	0.1
7	Step to handstand w 1/1 pirouette		5 or less hand placements		
8	Tucked forward roll Step to Lunge - Scale One step forward and turn 180*	Scale leg horizontal	Straight arm forward roll Show control as athlete stands 2 second hold on Scale Scale back leg level minimum horizontal		
9	Run Front Handspring			Front / Front (any Salto position) Replaces #9 & 10	0.1
10	Boulder rebound to stand	Boulder rebound to stand No rebound deduct 0.2 and loss of Stick Bonus	Landings & Height per FIG	Front tuck (any salto position) Replaces #10	0.1
				Stick	0.1

Additional Performance Criteria

All Height & Landings Per FIG	No Additional Matting Allowed
Performing a front/front with only 1 front: no Bonus awarded and loss of box 9	

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 Rythm	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

- All holds per FIG
- 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.**
- 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.

Added Holds on Floor

- 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.
- Added holds are to be deducted as rhythm errors and not as added parts.

Steps:

- There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
- 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.
- 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.

v4, 10012023

Texas High School - Pommel Horse Compulsory

2024

Pommel Horse Base Score 9.5 **Max. Bonus Allowed: .5** **Available Bonus: .7**

**This routine is written for an athlete that swings circles in a clockwise direction, 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

Additional Performance Criteria	Stick Bonus Criteria
The routine can be reversed in its entirety	A flag/arm raised for all sticks awarded
The pommel horse can be lowered to any height below FIG	The NCAA Stick bonus rules will apply
A panel mat can be used to mount the pommel horse	
When circles/loops are required or performed for bonus, any additional circles/loops will not incur a Composition error deduction.	

Amplitude for scissor work
Height is measured from the foot at the top of the swing
Lack of amplitude deductions:
Foot at elbow line = no deduction
Foot between elbow and above horizontal line = -0.1
Foot below horizontal line = -0.2

Circle criteria
All circle criteria is per FIG: Ideally circles must be performed with
Hip breaks during circles = (-0.1 small), or (-0.2 medium)
Lack of body extension in circles. Each element = (-0.1 small)

Wende
NO ANGLE DEDUCTION FOR WENDE

Texas High School - Ring Compulsory			2024	
Rings: Base Score 9.5		Max. Bonus Allowed: .5		Available Bonus: 1.0
Part	Skill	Performance Criteria	Bonus	Award
1	Pull with straight arms and piked body to inverted hang	Must show straight inverted hang prior to #2 Not showing straight body = -0.3 (Routine composition error)	Pull straight arm and straight body	0.1
2	Lower to inverted pike and Cast		Add one or more straight body inlocates Max. bonus of +0.1	0.1
3	Swing to straight arm back uprise	See Below	Add back uprise hand w momentary hold	0.2
4	L-sit hold	2 second hold		
5	Tuck planche hold	2 Second Hold; (See Below)	A tuck planche performed w/o a deduction will receive bonus	0.1
6	L-sit hold	2 second hold		
7	Press to shoulder stand hold	2 second hold, See Below	Bent Arm Press HS w momentary hold or	0.1
			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	One or More Dislocates	Straight Arms; Continuous Rhythm	Shoulders above bottom of rings Max. bonus of +0.1	0.1
10	Salto back stretched	Hips At Ring Height		
Additional Performance Criteria			Stick	0.1
Straight Body Inlocate		Shoulder stand Criteria	Stick Bonus Criteria	
Straight body required for Bonus		Straight body; Rings turned out; Arms free of straps	A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply	
When an Inlocate is required for bonus, all additional Inlocates will not incur a Composition Error deduction Must Show Continuous Rhythm		Press Handstand Criteria		
		Bent or Straight arms allowed Momentary Hold required for NO deduction		
Back Up Rise Criteria		Touching straps with feet/legs -.1 Balancing with feet/legs -.3 <i>Attempting the press will satisfy the shoulderstand requirement</i> Pike or Straddle Allowed		
Rings turned out, Arms Free of Straps Feet 45* below horizontal Straight Arms Required		Max Bonus is .3		
Back uprise Handstand Criteria		Dislocate Criteria		
straight or bent arms Momentary Hold		Straight Arms; Continous Rhythm		
Tuck Planche Criteria		When a dislocate is required or used for bonus, all additional dislocates will not incur a Composition Error deduction		
Arms Straight, Rings turned out, Arms free of straps Hips level with shoulders, Legs tucked, 2 second hold				
Holds - 2 Second and Momentary			v4, 10012023	
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				
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				

Texas High School - VAULT Compulsory	Base Score	9.70
	Rise	0.10
VAULT - FRONT HANDSPRING	Stretch	0.10
	Stick	0.10
	Max. Score	10.00

Vault: Special Rules

(1) a. The THSGCA program will not give a zero score for any attempted vault. The minimum score for any

(2) b. A balked attempt or incomplete vault may be repeated once (with safety in mind and at the judge's

Table of Specific Errors and Deductions for Vault

Error	Small	Medium	Large
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First (Pre) Flight Deductions

Diving or insufficient rotation to	0.1	0.2	0.3
Body position too arched or	0.1	0.2	0.3
All other deductions per FIG	0.1	0.2	0.3

Second (Post) Flight Deductions

Repulsion not within 0* - 15* of	0.1	0.2	0.3
Lack of distinct lift or rise from	0.1	0.2	0.3
Body position too arched or	0.1	0.2	0.3

Landing Deductions - All landing deductions per FIG

Bonus

Rise: Vertical take off with conspicuous rise	0.1
Stretch: Head back and not dropping the	0.1
Stick (NCAA rules)	0.1

Texas High School - Parallel Bar Compulsory

2024

Parallel Bars		Base Score: 9.5	Max. Bonus Allowed: .5	Available Bonus: 1.0
Part	Skills	Description	Performance Criteria	Bonus
1	Glide Kip to support - swing backward	From stand or short run, glide kip to support and swing backward	Body horizontal and stretched at completion of the back swing	Swing Hand 0.1
2	Cast to upper arm hang	Cast to upper arm hang	Early or late drop allowed Hips at bar height on catch	
3	Back uprise	Back uprise to	Arms Straight at completion of skill Body horizontal at completion of skill	45* above horizontal Back uprise to Hand 0.1 0.2
4	L-sit	L-sit w 2 second hold	2 second hold, 90* hip angle	V-sit (2 seconds) All angles/holds per FIG 0.1
5	Bent arm press to handstand	Piked or straddled bent-arm press to Handstand (hold)	2 second hold	Straight Arm Press - hold 2 sec 0.1
6	Swing Forward,	Swing forward and	Fwd-Hips horizontal, body stretched	Stutz (immediate layaway) 0.1
	Swing Backward to handstand	swing backward to handstand	Bkwd - Handstand per FIG No momentary hold needed	Hop to handstand (no hold required) 0.1
7	Layaway front uprise and		Hips above bar at completion	
8	Swing bkwd to horizontal and Swing forward then		Hips horizontal, body stretched Hips horizontal, body stretched	Swing Hand 0.1
9	Swing backward and Wende Dismount		Good rhythm (no pause)	
			Dismount Bonus	
			Back Salto Bonus - Performed after #8 (swing forward and back salto)	0.1
			Front Salto Bonus - Performed after #9 (swing backward and front salto)	0.1
			Any distinct body position allowed (tuck,pike,stretch)	
			Stick on Dismount	0.1

Additional Performance Criteria

All angles and holds per FIG unless specifically amended

L-sit, V-sit hold criteria	Salto Dismount criteria	Stick Bonus Criteria
All angles and holds per FIG	Any position allowed	A flag/arm raised for all sticks awarded
Stutz criteria	All Height & Landings Per FIG	The NCAA Stick bonus rules will apply
Straight arm catch	All Swing Hand Criteria	
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	
unless specifically amended use:	Bent arms allowed	
Front Swing: Hips Horizontal, body stretched	2 second hold required	
Back Swing: Hips Horizontal, body stretched	Pike or straddled allowed	
Arms Straight	Cast to Hang criteria	
Hop to Handstand criteria	Hips at bar height on catch	
No hold required	Early or late drop allowed	
Hands must show clearance		
Angle per FIG		
No deduction for holding		
Arms Straight		

Holds - 2 Second and Momentary

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