

Texas High School - Floor Exercise Compulsory

2022

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		Momentary Hold	Straight Arm Press or Endo HS	0.1
			No momentary hold -.2	Hold 2 sec.	0.1
			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 w/floor		
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 Replaces #10	0.1
				Stick	0.1

Additional Performance Criteria

All Height & Landings Per FIG	No Additional Matting Allowed
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Arm Criteria on ALL Transitions	Lunge Criteria	Scale Criteria	Stick Bonus Criteria
Arms level or above Good Rythm Deduct 0.1 per skill	Back Leg Straight back foot turned out with heel down Arms level or above	Legs Straight Back Leg horizontal or above Arms level or above	A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply

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.

Texas High School - Pommel Horse Compulsory

2022

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 The pommel horse can be lowered to any height below FIG 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.	A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply

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 complete extension. Lack of amplitude in body position is deducted as an individual deduction for each element. Circles with a slightly hollow position are permitted. Hip breaks during individual elements in an exercise should be deducted as separate technical errors on each circle. 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

2022

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		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	
	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 Max Bonus is .3	
Back Up Rise Criteria	Dislocate Criteria	
Rings turned out, Arms Free of Straps Feet 45* below horizontal Straight Arms Required	Straight Arms; Continous Rhythm	
Back uprise Handstand Criteria straight or bent arms Momentary Hold	When a dislocate is required or used for bonus, all additional dislocates will not incur a Composition Error deduction	
Tuck Planche Criteria		
Arms Straight, Rings turned out, Arms free of straps Hips level with shoulders, Legs tucked, 2 second hold		
Holds - 2 Second and Momentary		

- All holds per FIG
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- 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.

Texas High School - VAULT Compulsory

VAULT - FRONT HANDSPRING

Base Score	9.70
Rise	0.10
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 attempted vault will be 1.00.

(2) b. A balked attempt or incomplete vault 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 attempt is allowed.

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 the blocking surface	0.1	0.2	0.3
Body position too arched or piked	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 vertical	0.1	0.2	0.3
Lack of distinct lift or rise from blocking surface	0.1	0.2	0.3
Body position too arched or piked	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 chin to the chest	0.1
Stick (NCAA rules)	0.1

Texas High School - Parallel Bar Compulsory

2022

Parallel Bars		Base Score: 9.5	Max. Bonus Allowed: .5	Available Bonus: 1.0	
Part	Skills	Description	Performance Criteria	Bonus	Award
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 Backward to handstand	Swing forward and swing backward to handstand	Fwd-Hips horizontal, body stretched Bkwd - Handstand per FIG No momentary hold needed	Stutz (immediate layaway) Hop to handstand (no hold required)	0.1 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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Texas High School - Horizontal Bar Compulsory

2022

Horizontal Bar Base Score: 9.5 Max. Bonus Allowed: .5 Available Bonus: .9

Part	Skills	Description	Performance Criteria	Bonus	Award
	Up to 5 swings are allowed prior to the Kip/Stem				
1	Kip to support change to undergrip	From a swing, still, or 1/2 turn any kip to support, pause and change to undergrip	Bent arms allowed, pause allowed	Mix grip kip	0.1
				Mix grip kip immediate cast (replaces part 1 & 2)	0.2
2	Cast to	Undergrip cast	No angle deduction	Under/Mix grip Stem (replaces part 1 & 2)	0.1
3	One or more undergrip giants		Additional giants allowed		
4	Pirouette		No angle deduction for pirouette	45* or above	0.1
				Handstand	0.2
5	One or more overgrip giants		Additional giants allowed		
6	Swing 1/2 turn or hop 1/2 turn	Swing forward and change both hands to overgrip	No angle deduction	45* or above	0.1
				Handstand	0.2
7	Swing forward to			Add one or more giants	0.1
8	Salto backward dismount		Any distinct body position allowed (tuck,pike,stretch) Hips at bar height	Above Bar Height	0.1
				stick landing	0.1

Additional Performance Criteria

Kip criteria	Giant criteria	Stick Bonus Criteria
Bent arms allowed Mixed grip allowed 1/2 turn allowed prior to kip	Arms straight Body straight in handstand When giants are required or performed for bonus, any additional giants will not incur a Composition error deduction.	A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply
Cast criteria Pause allowed No angle deduction	Swing 1/2 or Hop 1/2 criteria	
Pirouette criteria No angle deduction Arms and body straight Aligned axis in turn	No angle deduction Arms and body straight Aligned axis in turn Additional hand movement allowed prior to 1/2 turn	
Stem criteria No angle deduction Straight arms at completion Mix grip or Undergrip allowed	Salto backward Dismount Criteria Any distinct body position allowed (tuck,pike,stretch) Hips at bar height	