

Texas High School Gymnastics Coaches Association (THSGCA)
Men's Compulsory and Optional Rule Document
2021-24

Section 1 - General Competition Program Information

I. Explanation of the Competition Program

A. Compulsory Competition Overview

1. The Men's program will continue to use the THSGCA Compulsory routines as written and presented in this document.
2. The FIG Code of Points rules of Exercise Presentation (EP) technical performance and Neutral deductions apply to the compulsory program in all cases unless they are specifically modified by the THSGCA Men's Compulsory/Optional rules. The THSGCA Men's Compulsory/Optional rule document will always take precedence.
3. All scores are based on a "10.0" maximum score judging system

B. Optional Competition Overview

1. The Men's program will use the 2021-24 USA-Gymnastics Men's JDP Optional Level 9 rules with modifications.
2. The FIG Code of Points rules apply to the optional program in all cases unless they are specifically modified by the USA-Gymnastics JDP and/or the THSGCA Men's Compulsory/Optional rules. The THSGCA Men's Compulsory/Optional rule document will always take precedence.
3. All scores are based on a "10.0" maximum score judging system.

C. Exercise Presentation and Neutral Deduction Value Conversion

1. The Men's program will convert all FIG Exercise Presentation (EP) and Neutral deductions to fit the 10.0 judging system unless specifically modified by the THSGCA Men's rules. The THSGCA Men's compulsory or optional rule document will always take precedence. In general, when the FIG Code of Points or the USA-Gymnastic JDP rules use a numerical value for a deduction instead of the written small, medium, large, or fall references, it should be converted to the appropriate EP or Neutral value that coincides with the "10.0 judging system. Some deductions will be kept the same and are identified in the Men's rule document. (Example: the optional short routine deduction stays at -1.0 per missing part)
2. The converted THSGCA Exercise Presentation deductions will be:

EP Deduction	Value
Small	.1

Medium	.2
Large	.3
Fall	.5
Empty Swing (½)	.2
Intermediate Swing (Full)	.3

D. Neutral Deductions

1. Behavior and Apparatus related Neutral deductions will be taken from the athletes final score or deducted from their “D” score unless alternative directions are given.
2. Team related Neutral deductions will be applied to the teams final score or in some situations, an individual's score.

E. Apparatus and Matting Specifications

1. All apparatus and mat specifications will follow the FIG recommendations unless specifically modified by the THSGCA Men’s rules. The THSGCA Men’s Compulsory/Optional rule document will always take precedence.

Section 2 - General Team Rules and Regulations

I. Qualification Score and Team Seeding to the State Meet

A. Team Qualifying Score: 295.00 Refer to Constitution.....Hyperlink

II. Competition Attire

- A. Uniform violations will result in a **medium behavioral neutral deduction of 0.2 on each event** in which the infraction occurs. The judge will warn the gymnast that the violation will be deducted **at each event.**
- B. All gymnasts on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). **In the THSGCA Competition Program, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear.** A competition top must be worn on all events.
- C. All gymnasts are required to wear a shirt or competition top on all events during warm-ups prior to competition.
- D. For safety reasons, jewelry of any kind is NOT allowed during competition and is considered **a uniform (medium) deduction.** This includes all piercings of the face, head, mouth and body. The only exception is medical or religious medals which must be taped to the body under the uniform.
- E. Members of the same team must wear competition attire that is uniform and of the same color.

III. Coach's Professional Attire - (Violators will be asked to leave the field of play) The following coach's professional attire is required at all competitive sessions, scheduled warm up sessions and event training sessions.

- A. Closed toe shoes, no sandals
- B. 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)
- C. Collared shirts
- D. No hats
- E. No backpacks or string bags while spotting

IV. Inquiry Procedures and Deductions

- A. Coaches have the right to inquire about specific parts of an athlete's score. In a compulsory meet the Start Score, the Bonus score and all Neutral deductions are inquirable. For an Optional meet the "D" score, Bonus score and all Neutral deductions are inquirable.
- B. When a coach wishes to make an inquiry (protest), such inquiry must be presented in writing on a THSGCA inquiry form, to the Meet Director, who in turn will present the inquiry to the judge immediately following the event. The judges shall meet and discuss the inquiry. A written answer shall be presented to the Meet Director who will return said answer to the coach. The coach cannot sit in on an inquiry session. An inquiry must be written by the coach only. Inquiries need to be delivered to the meet director and returned back to the coach writing the inquiry in a timely manner. Inquiries that involve score adjustments need to be retained by the meet Director.
- C. The inquiry may or may not include a video. (GAT 2017)
- D. **INQUIRY Deductions**—Two (2) denied inquiries per team per meet are permitted. If a third (3) or subsequent inquiries are denied a **team score deduction of 0.3 points will be taken each time.**

V. Coach's Spotting Responsibilities

- A. A spotter is required to be in position to safely spot the entire performance on the **Horizontal Bar, Still Rings and Vault.**
- B. A spotter is allowed on Parallel Bars.
- C. If a spotter appears on the Floor Exercise or Pommel Horse events, **a large deduction will be taken from the routine's final score.**
- D. 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, **a medium deduction** will be taken, 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. **The violation will be deducted from the final team score on that event for that day or if there is no team (individual only), deducted from the individual's event score.**
- E. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and

Horizontal Bar without deduction.

- F. Assistance at any apparatus, whether general or as the required spotter, must be provided by a current, active THSGCA member and or current team member.

VI. Unsportsmanlike Violations

- A. **Unsportsmanlike Conduct** - Verbally abusing or disrespectfully addressing a Judge/Meet Official or using profanity may lead to meet disqualification or an unsportsmanlike deduction. This rule applies to both coaches and athletes.
- B. **Improper Verbal Inquiry** – A deduction shall be given to a team whose gymnast, coach or spectator protests or questions a score verbally on the floor during an event or during the meet.
- C. **The THSGCA unsportsmanlike deductions are:**
 - 1. **First offense for coach or gymnast (-0.5) points from the team score.** A gymnast may be removed from the meet for their first protest of a score.
 - 2. **Second offense for a coach (-3.0) points from the team score.**
 - 3. A gymnast may be removed from the meet for their first protest of a score.

Section 3 - General Judging Rules and Regulations

- I. **Document Precedence:** The Federation of International Gymnastics (FIG) Code of Points will be used except where superseded by rules found in the THSGCA Constitution, By Laws and Manual of Rules document, the THSGCA Men's Compulsory/Optional Rule document and approved updates and the USAG JDP Manual and approved updates. Cutoff date for changes for the THSGCA Men's rules and updates for Compulsory will be **November 30th.** Cutoff date for changes for the THSGCA Men's rules and updates for Optional will be **January 15th.** The men's rules committee will review FIG/JDP updates after that on a case by case basis and reserve the right to adopt that rule if it is in the best interest of the gymnast. The last day for any interpretations, updates, or skill value changes will be **February 28th.** Therefore, the order of precedence when determining which rules to use in the event of conflict are:
 - A. [The 2021-2024 THSGCA Men's Compulsory and Optional Rules document and approved updates](#)
 - B. [The THSGCA Constitution, By-Laws, and Manual of Rules document](#)
 - C. [The USA Gymnastics JDP Manual with Rule Updates published by the 2021-2024 Age Group Competition Committee](#)
 - D. [The NGJA/USAG Rules Interpretations](#)
 - E. [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](#)

II. Judging Requirements

- A. JUDGES AND OFFICIALS**—When possible in all gymnastic meets, it is recommended that there be at least two (2) judges, one (1) of which shall be designated as the superior or head judge. In some cases, one (1) judge may be used. The association recommends that only judges from the TGJA be used.
- B. JUDGES DUTIES**—Each judge shall have thorough knowledge of Association rules and regulations for the apparatus, competition, and scoring, and will score each exercise for each event separately without consultation unless ordered by the superior judge.
- C. JUDGES TWO YEAR RULE**—For two years after graduation a gymnast may only judge his/her ex-team if agreed upon by all teams in that meet and may not judge that team at or beyond the district level without the approval of the Games Committee.
- D. JUDGES RATINGS:** Men judges will have a FIG International, NGJA National, or TGJA State rating for dual meets or invitationals. For championship meets, (Regional/State) the men's judges must be FIG International, or NGJA Nationally rated.
- E. Judging Panel Duties**
- 1) The judges in all THSGCA men's competitions will perform the duties of both the "D" (Difficulty) and "E" (Execution) Jury Panels as 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.
 - 2) All Neutral Deductions can be inquired by the coach. These deductions should be taken from the start value (D-score) or the Team score depending on the violation.
 - 3) On floor exercise and vault the judge or judges will have the additional responsibility of line-judge.
- F. Minimum Score:** The minimum score for any optional exercise in the THSGCA program is 1.0.
- G. Range of 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

III. HS Judging Exceptions

A. Spotting:

1. All spotting must be done by a current, active THSGCA member or current team member.
2. If there is no spotter, when required, the exercise may not begin. If the spotter walks away when required, a **medium deduction** will be incurred. The event judge will warn the coach that another infraction may disqualify his athlete(s) on that event for that day. **The deduction will be taken from the team's final score. If that individual is not affiliated with any team, then the deduction will be taken from the individual's score on that event.**
3. If a spotter appears on the Floor Exercise or Pommel Horse events, a **large deduction** is taken from the routine's final score.
4. If the spotter assists in the execution of the skill, **deduct 0.5** for the spot and also deduct for any execution errors that occurred in the execution of the skill. The judge has the discretion to not recognize the skill if, in their opinion, the gymnast could not have completed the skill on his own.
5. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting the skill, there is no deduction.
6. 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.

B. Falls

1. After a fall a gymnast may repeat the skill to earn its skill value or bonus value for both optional and compulsory levels. This rule includes dismounts for both compulsory and optional competition.

C. Behavior/Apparatus Neutral Deductions

1. If a coach speaks directly to the gymnast, by giving signals, shouts (cheers) or similar during the exercise, **a medium behavioral deduction should be taken from the gymnast's 'E' 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.
2. If a springboard is used inside the uprights to mount the parallel bars, 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.**

D. Neutral Deduction Exception Chart

Behavior/Apparatus	Deduction	Apply to
Attire/Jewelry	Medium per event	D Score

Coach Speaks during ex.	Medium	E Score
Spotter on FX, PH	Large	D Score
Springboard used inside PB uprights - not removed	Large	D Score

Team	Deduction	Apply to
3rd Denied Inquiry	Large per	Team Score
No Spotter	Medium	Team or Individual Score
Improper Verbal Inquiry <i>Gymnast/Coach/Spectator</i>	.5	Team Score
2nd Improper Verbal Inquiry	-3.0	Team Score

E. Floor Exercise Timing - 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.

F. Routine Repetition

1. One attempt at a routine is allowed.
2. 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.
3. Should a hand guard (grip) tear during the routine the gymnast will be allowed to repeat his performance, at the discretion of the head judge.
4. An incomplete vault may be repeated once with safety in mind and at the judge's discretion with a deduction of 1.00 from the final score of the second attempt. No third attempt is allowed.

IV. Apparatus and Matting Exceptions

A. Floor Exercise:

1. A landing mat of up to 10cm (4") may be used for landings of any value. The mat must be left in place throughout the routine.

B. Pommel Horse:

1. The Horse can be set at any height up to 115cm. A 12' x 12' mat area is acceptable.
2. A panel mat may be used to mount the pommel horse.

C. Rings:

1. The height of the Rings can be raised to accommodate taller athletes provided the host school or District/Regional/State meet director is notified in advance. It is the responsibility of the visiting coach to determine if ceiling mounted rings provided are acceptable for their gymnast's use. If a ring tower will not be available for competition, the visiting coach must be notified in the pre-meet information packet.
2. A 6' x 15.5' mat area is acceptable. The minimum thickness of the matting must be 20cm (8").

D. Vault:

1. The vault may be set at any height up to a Maximum height of 135cm.
2. A 7 ½' x 15 ½' mat area is acceptable. The minimum thickness of the matting must be 20cm (8"). Additional matting up to 30cm (12") can be added.

E. Parallel Bars:

1. The Parallel Bars may be set a max height of 2 notches above FIG setting.
2. A 14' x 16' matting area is acceptable. The minimum thickness of the matting must be 10cm (4"). The minimum thickness of the landing area must be 20cm (8"). Additional matting up to 20cm (8") can be added to the landing area. The matting can not be removed from the center of the bars or the ends of the bars.
3. A panel mat can be used to mount the parallel bars, however, a board can not be placed on top of a panel mat.
4. A springboard can be used inside the uprights to mount the parallel bars; it must be removed as soon as the mount is completed (for the safety of the gymnast).

F. Horizontal Bar:

1. The height of the Horizontal Bar can be raised to accommodate taller athletes provided the host school or District/Regional/State meet director is notified in advance.
2. A 7.5' x 30' matting area is acceptable. The minimum thickness of the matting must be 20cm (8"). Additional matting up to 30cm (12") can be added to the landing area.

Section 4 Compulsory Rules and Guidelines

I. Compulsory Competition Overview

The FIG Code of Points rules of execution and performance apply to the compulsory program in all cases. Deviations from these rules are specifically noted in the THSGCA Men's Compulsory rule document or updates and will take precedence over the FIG Code of Points. Otherwise, all deductions are defined as per FIG. For further clarification, refer to the current FIG Code of Points, it's official newsletters, and NGJA interpretations. The Men's program will continue to use the THSGCA Compulsory routines as written and presented in this document. All scores are based on a "10.0" maximum as outlined in this section. All FIG Exercise Presentation (EP) deductions will be converted to fit the 10.0

judging system. There are many references to per FIG deductions throughout the compulsory program. Coaches should familiarize themselves with the FIG Code of Points thoroughly in addition to using the compulsory tables Performance Criteria section as a guide to performance criteria. Specific required performance criteria may be listed in each compulsory table.

II. Start Score Chart

Event	Base	Specified Bonus	Virtuosity Bonus	Stick Bonus	Maximum Score
FX,PH,R,PB,HB	9.4	.6	X	X	10.0
Vault	9.7	X	.2	.1	10.0

1. The start score for Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar will be calculated as follows:
 - a. Base Score - 9.4
 - b. Bonus Maximum - 0.6 (Specified Bonus)
 - c. Total Maximum - 10.00
2. The start score for Vault will be calculated as follows:
 - a. Base Score - 9.7
 - b. Bonus Maximum - 0.3 (Virtuosity and Stick)
 - c. Total Maximum - 10.00

III. Apparatus and Vault Bonus Rules

- A. Each event will feature a series of Specified, Virtuosity, or Stick Bonus that can be added to the routine or be performed with enough amplitude to elicit a bonus. Vault will be the only event that is eligible for Stick Bonus.
- B. The bonus awarded can never exceed the maximum bonus allowed for that event. The start score cannot be higher than a 10.0 and the bonus awarded can never be more than .6 for FX,PH,R,PB,HB or .3 for vault.
- C. Specified bonus will be awarded as written in the text of the THSGCA Men's Compulsory routines for every event except vault. Virtuosity and stick bonus will be awarded as written in the text on the vault.
- D. Bonus will **not** be awarded for a skill with a single large deduction (0.3).
- E. Specified Bonus may be repeated without limitation on the number of attempts to gain the bonus.
- F. Vault Bonus will be awarded for Virtuosity (+.2) and Stick (+.1).
 1. Award +0.1 for vertical takeoff with conspicuous rise. (virtuosity)
 2. Award +0.1 for stretch (head back, not dropping chin to chest) (virtuosity)
 3. Stick Bonus: +0.1

IV. Compulsory Routine Error and Deduction Table

Table of Routine Errors and Deductions

Error	Deduction (HS Converted Value)
Missing Part	1.0
Non-Recognized Part	0.3 (plus all accrued execution errors)
Routine Composition Error	0.5 (to be taken once per routine)
Fall (as per FIG)	0.5
Large Error (as per FIG)	0.3
Medium Error (as per FIG)	0.2
Small Error (as per FIG)	0.1
Empty and Intermediate swings (per FIG)	Empty (1/2) - 0.2, Intermediate (Full) - 0.3

V. Specific Compulsory Judging Criteria

A. Missing Parts

A "part" is defined as a "numbered skill or sequence" in the **SKILLS** column for each THSGCA routine. A "numbered part" is a "missing part" if it has been omitted. If the "numbered part" is partially completed (more than 50% as determined by the judge) it should receive credit and the appropriate FIG Deductions.

B. Missing Part Mitigation

The Mitigation process occurs when a numbered part or sequence has more than 1 skill in it and one or more of those skills (not all) are omitted during the routine. Based on the numbered part equaling 1.0, the skills inside that part would be assessed an equal value and that value would be deducted if that corresponding part is omitted.

C. Routine Composition Error

1. The routine Composition Error includes any and all added "parts" such as circles on pommel horse and extra giants on horizontal bar, the exception being added swings, (empty and intermediate swings) as defined by FIG, which will be deducted as per FIG.
2. The Routine Composition Error also encompasses routine elements performed in the incorrect order.
3. **The deduction is a 0.5 global deduction that should be taken once per routine in addition to any execution deductions.**

D. Handstands

All handstand position criteria are per FIG rules.

E. Swings and Position Criteria

1. Required positions or angles of swings in compulsory routines, unless specifically noted, are defined as either:
 - a. Horizontal

- b. 45°
- c. Vertical
- d. Bar height

F. Holds - 2 Second and Momentary

1. A required hold is defined as a 2 second stop in the required position, as per FIG, unless otherwise noted.
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.

G. 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.

H. 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.

I. Somersault Height:

1. All somersault heights (Floor and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the somersault.

J. 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.

K. Pommel Horse:

1. On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.
2. On all pendulum swings, false scissors and scissors, the top leg should be minimum horizontal with the hips fully extended.

L. Still Rings:

Unless otherwise specified all basic swings on Still Rings should show a "turnover" action.

M. Vault:

1. 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. 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.

N. Parallel Bars:

1. Extra swings are not permitted where specified routine composition is listed in the description of the numbered value parts in succession.

O. Horizontal Bar:

Section 5 Optional Rules and Guidelines