

**Texas High School Gymnastics Coaches Association
Men's Compulsory/Optional Rule Document – 2021-2024**

The THSGCA Men's Program has adopted the USA Gymnastics Men's **2016-2020** Junior Olympic Level 9 Program rules for all optional competition with modifications. A full description of the program with modifications is included below. New, current JO rules are printed in **BLACK**, High School rules are printed in **RED**.

Chapter 1 - General Competition Program Information

I. Explanation and Competition Program Chart

A. Qualification Score and Team Seeding to the State Meet:

- 1. Team Qualifying Score: 295.00**
- 2. Individual Event Qualifiers: The top 10 individual event qualifiers in rank order will advance to the State Championships.**
- 3. All Around Qualifiers: The top 10 individual all around qualifiers in rank order will qualify to the State Championships.**
- 4. All ties in Team, Event, and All Around will qualify to the State Meet.**
- 5. State Meet Team Seeding Process: Day One – Compulsory Competition**
 - a. Each Regional Team Champion will select the event they start on for the compulsory competition at the State Meet.**
 - b. The selection will rotate as follows:**
 - 1. 2017 – R4, then R1, then R2, then R3**
 - 2. 2018 – R1, then R2, then R3, then R4**
 - 3. 2019 – R2, then R3, then R4, then R1**
 - 4. 2020 – R3, then R4, then R1, then R2**
 - c. Regional Runner-ups (2nd place) will pick next.**
 - d. Regional 3rd place will pick after the regional runner-ups.**
 - e. At large teams will pick last based on their regional team score.**
 - f. Tie Breaking Procedure: If there are ties in any of the above situations then the team with the highest combined event score will pick first.**

Optional Overview Chart: (Level 9 with modifications)

Level	Max Score	Exercise Presentation (E-Score)	Element Groups (E.G.)	Difficulty (D-Score)	Total Skills	Dismount Value Required
9	10.00	6.0 Small = 0.1 Medium = .02 Large = 0.3 Fall = 0.5 1/2 swing = 0.2 Full swing = 0.3	2.0 4 @ 0.5	2.0	8 (7+Dismount) A=.1, B=.2 C=.3, D=.4 E=.5, F=.6 G=.7	B = 0.5 Full E.G. A = 0.3 Partial E.G.

B. THSGCA Optional Competition Overview:

- 1. The THSGCA will use the 2021-2024 USA-Gymnastics Men's J.O. Age Group Competition Program Level 9 rules with modifications.**
- 2. Optional rules are based on the FIG Code of Points with J.O. and THSGCA modified exceptions listed in the Optional rules sections.**
- 3. The maximum optional score will be a 10.00 and is composed of:**

Exercise Presentation	6.0
Element Groups	2.0
Difficulty	2.0
- 4. Optional score calculation:**
 - a. Dismount is counted first (Apparatus rules apply)**
 - b. Count the next 7 highest elements (counting elements)**
 - c. Identify the Element Group score from the 8 counting elements**
 - d. Identify the Bonus (special event rules apply)**
 - e. Less than 6 recognized skills results in a 1.0 deduction from the 'E' score for each missing part. (5=5.0, 4=4.0, 3=3.0, 2=2.0, 1=1.0)**
- 5. Exercise Presentation rules:**
 - a. Small = 0.1, Medium = 0.2, Large = 0.3, Fall = 0.5, 1/2 extra swing = 0.2, full extra swing = 0.3**
 - b. Because of the 10.0 maximum score and the corresponding reduction assigned to the Exercise Presentation (EP) score, (6.0) it is important that the judge become familiar with the reduced values of each medium and large deduction. Almost all 'EP' errors in the FIG Code of Points are listed as small, medium, large and fall deductions and can easily be converted to the appropriate reduced High School 'EP'. In general, when the FIG Code of Points or the USA-Gymnastics JO Age Group Program book uses a numeric value for a deduction instead of the written small, medium, large or fall references, it should be converted to the appropriate 'EP' deductions for high school. Some deductions will be kept the same and are identified in the text. (Example: short routine stays at 1.0 per missing part)**

II. General Rules and Regulations

A. Age Determination and Competition Level (Does not Apply)

B. Uniforms

- 1. All gymnasts for Levels 6-10 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.**
- 2. Does not apply.**

3. All gymnasts are required to wear a shirt or competition top on all events during warm-ups prior to competition.
4. 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.**
5. Uniform violations will result in a medium behavioral 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.
- 6. Members of the same team must wear competition attire that is uniform and of the same color.**

C. 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.

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
5. No backpacks or string bags while spotting

D. Coach's 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, **a large** deduction will be taken from the routine's final score.
- 4. Does not apply.**
5. 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 individuals event score.**
6. An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.
7. 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.**

III. Equipment and Mat Specifications

Covered in THSGCA Men's Equipment and Mat Specification document

Chapter 2 - Judging Guidelines

I. General Judging Guidelines

- A. 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 Optional Rule document 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 2021-2024 THSGCA Men's Optional Rules document and approved updates available at: www.thsgca.org**
 - 2. The THSGCA Constitution, By-Laws, and Manual of Rules document also available at: www.thsgca.org**
 3. The USA Gymnastics Junior Olympic Age Group Competition Manual with Rules Updates published by the 2021-2024 Age Group Competition Committee (Rules Updates can be found online at: www.usa-gymnastics.org)
 4. The NGJA/USAG Rules Interpretations (available online at: www.ngja.org)
 5. 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.fig-gymnastics.com)
 6. Cutoff date for changes for the THSGCA rules and clarifications will be December 1st. The mens rules committee will review FIG / JO updates after that on a case by case and reserve the right to adopt that rule if it is in the best interest of the gymnast.
- B. Judging 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.**
 3. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge.
 4. 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 optional 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:

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.

F. Spotting Deductions:

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, deduct **a medium deduction**. 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 his 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.

G. 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 execution errors. If gymnast exceeds 30 seconds after standing up from the fall to re-mount they will incur a medium behavioral deduction. If the gymnast exceeds 60 seconds the exercise is terminated. The coach may ask the judge if credit for the skill was received.
- b. 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.

2. If a coach speaks directly to the gymnast, by giving signals, shouts (cheers) or similar during the exercise, etc., 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.
3. 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**.
4. **Unsportsmanlike Violations**
 - a. **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 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 (-3.0) points from the team score.**

H. Landing Deductions:

All landing deductions are as per FIG.

I. Protest Procedures at all THSGCA High School Meets.

1. **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 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.**

II. Compulsory Guidelines

The THSGCA 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 above. The judging guide will be the 2017-2020 USA-Gymnastics Men's Junior Olympic Program document with modifications as listed below.

A. Philosophy of Structure - (Does not Apply)

B. Start Score:

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 Only)
- 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
- c. Total Maximum - 10.00

C. Specified Bonus:

- 1. Each event will feature a series of specified bonus skills that can be added to the routine or be performed with enough amplitude to elicit a bonus.
- 2. The bonus awarded can never exceed the maximum bonus allowed for that event. The start score cannot be higher than a 10.0.

D. Virtuosity: (Vault only - see vault section below)

E. Routine Scoring Tables – (Does not apply)

F. Routine Error and Deduction Table:

Table of Routine Errors and Deductions	
Error	Deduction
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 (as per FIG)	Empty (1/2) - 0.2 , Intermediate (Full) - 0.3

G. Specific Judging Guidelines:

1. Explanation of "Part" & Routine Composition Error:

- a. A "part" is defined as a "numbered skill or sequence" in the routine description for **each THSGCA routine**.
- b. A "numbered part" is a "missing part" if it has been omitted.
- c. If the "numbered part" is partially completed (more than 50% as determined by the judge) it should receive credit and the appropriate FIG deductions (small, medium, large or fall) should be taken.
- d. Added "parts" such as circles on pommel horse and extra giant swings on horizontal bar should be treated as a Routine Composition Error.**

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

2. Handstands:

A nominal handstand is shown at plus or minus (0-15°) from vertical. The **THSGCA** program will use FIG rules concerning swings to or through handstands.

3. Swings and Position Criteria:

All swings and position required criteria are defined as one of the following:

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

4. Required holds:

- a. Holds are two seconds, unless noted. Hold deductions are per FIG.
- b. 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 the FIG deduction for no hold of **0.3 (large deduction)**.
- c. In the case of awarding bonus, if the gymnast shows control of the final finish position he will be awarded bonus. If the gymnast clearly does not show control of the final finish position he will receive a single large deduction for failing to meet the required hold criteria and therefore not receive bonus for the skill.
- d. 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.

5. Added Holds:

- a. Added holds are to be deducted as rhythm errors and not as added parts.
- b. **Multiple added holds will be treated as a Routine Composition Error and will be subject to a one-time large error deduction of 0.5.**

6. Steps:

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

- c. 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.

7. Somersault Height:

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.

8. 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.

9. Pommel Horse:

- a. Unless otherwise specified, all elements, compulsory or optional, begin and end in front support.
- b. On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.**
- c. On all pendulum swings, false scissors and scissors, the top leg should be minimum horizontal with the hips fully extended.**

10. Still Rings:

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

11. Vault:

- 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.
- 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.

12. Parallel Bars:

- a. A "hand-on-hand" spot is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation to the element other than to ensure a secure grip.
- b. Extra swings are not permitted where specified routine composition is listed in the description of the numbered value parts in succession.

13. Horizontal Bar:

Unless otherwise specified all swings forward on Horizontal Bar should be tap swings.

14. Floor Exercise, Pommel Horse, Still Rings, P-Bar & High Bar Bonus:

- a. Specified Bonus:**
 - i. Specified bonus will be awarded as written in the text of the THSGCA Men's Compulsory routines.**

- ii. **Bonus will not be awarded for a skill with a single large deduction (0.3).**
- b. **Virtuosity Bonus: (Not Awarded)**
- c. **Stick Bonus: (Not Awarded)**

15. Vault Bonus:

- a. **Virtuosity Bonus: (+0.2)**
 - i. **Award +0.1 for vertical takeoff with conspicuous rise**
 - ii. **Award +0.1 for stretch (head back, not dropping chin to chest)**
- b. **Stick Bonus: +0.1**

III. Optional Judging & Rules Guidelines

A. General Bonus:

In order to receive bonus, skills must be performed without a single large deduction.

1. Stick Bonus:

- a. **Stick bonus of +0.1 for any “B” value dismount and +0.2 for a “C” or higher FIG value dismounts.**
- b. **There is no stick bonus on pommel horse.**

2. Dismount Bonus:

- a. **All FIG rated ‘C’ or higher value dismounts will receive +0.1 bonus if performed without a single large deduction.**
- b. **On Rings, P-Bars, and High Bar all multiple flipping and/or multiple twisting dismounts will receive 0.1 in bonus, if performed without a single large deduction. (multiple twist is 540° or more)**

3. All bonus will be added to the 'D score'. The 'D score' + Bonus can never exceed 2.0 (maximum 'D score')

B. Event Specific Bonus, Restrictions and Special Exceptions:

1. Floor Exercise:

- c. **No double flipping skill is required**
- d. **Connection bonus for non-double flipping combinations will be given for D+B or higher**
- e. **Multiple salto skills will receive +0.1 in bonus.**

- f. One landing mat of up to 10 cm (4") may be used for ANY value skill. Using the mat to rebound or punch from is an apparatus deduction. The mat must remain in place throughout the routine.
- g. The THSGCA will not recognize the simple step or transition to arrive to the corners deduction.
- h. The THSGCA will not time floor routines.
- i. Any bounding connection equaling 0.5 or higher in total combined difficulty of the 2 connected saltos will receive +0.1 bonus. (ex: Back 5/2 to front tuck) This bonus will not be awarded for connections that already receive FIG bonus.
 - FIG Connection restrictions will not apply. Ex: Back 3/2 to front 1/1 will receive connection bonus.
- j. Any EG II or III code box with multiple skills, each of the skills in the box may be used once.

2. Pommel Horse:

- a. Circle to Handstand dismount receives "C" Value
- b. Any 'B' value or higher EG II or III skill including high school exceptions will receive +0.1 in bonus.
- c. The THSGCA will not require a circling skill or FIG 'A' to receive credit following an Element Group II or Element Group III skill.
- d. Circles with travel hop backward 1/3 will receive a "B" and receive EG III credit
- e. Circles with travel hop backward 3/3 will receive a "D" and receive EG III credit

3. Rings:

- a. "C" or higher skills from EG II & III will receive +0.2
- b. Uprise backward Straddle Planche will receive +0.2
- c. All EG II "B" value skills performed will receive +0.1 in bonus.
- d. Any EG I FIG 'C' or higher value skill performed without a single large error will receive +0.1 in bonus.
- e. Dismount exceptions:
 - o A forward or backward tucked salto dismount will receive "A" difficulty credit and Partial EG IV credit.
 - o Layout back ½, layout front ½, and back uprise back salto pike/layout will receive "B" value and full EG IV credit.
- f. A Felge upward or uprise backward with bent arms to handstand will receive a "B" in Element Group I. This will fulfill swing to handstand requirement.
- g. A bail from a handstand will receive an 'A' and NO Element Group.
- h. No more than 3 elements from groups II and/or III can be presented in direct succession. The 4th and subsequent Elements from Group II and/or III of the same sequence will be considered as repetition, and not recognized by the D jury. However if the gymnast decides to execute more elements from Element Groups II and/or III, in order to be recognized by the "D" Jury, he must perform at least a A value swing element from elements Group I (except any kind of kip/back kip, or element in the same Code box) between the first sequence of maximum 3, and another element or sequence from Element Groups II and/or III.

4. Vault

- a. **The JO/FIG 2nd vault bonus will not be used by the THSGCA.**
- b. **All vaults used for the THSGCA Men's program will have adjusted values to reflect the 10.0 maximum score. (See Vault Value Table)**

5. Parallel Bars:

- a. **Stutz, Giant and back toss to horizontal will receive "B" value. (No bonus awarded)**
- b. **An empty ½ swing is allowed going into any FIG EG III skill.**
- c. **Any Element Group I, II, III, FIG 'B' or higher value skill will receive +0.1 in bonus.**
- d. **Dismount exceptions:**
 - **A tucked salto dismount forward or backward and a wende receives an "A" in Element Group IV. (Partial Credit)**
 - **Layout back ½ and front ½ pike/layout will receive EG IV full credit and "B" value**
- e. **The THSGCA Men's Program will give a V, Straddle Planche, Straight Planche, and Manna "B" value and Element Group I credit. All these skills are considered to have the same box identification and can only be used once.**

6. Horizontal Bar:

- a. **5 swings are permitted to begin a routine on horizontal bar.**
- b. **A swing ½ turn is allowed after non-flipping release skills.**
- c. **All jam values are based on the JO Jam value table.**
- d. **Any "C" or higher value Element Group II – Flight Element will receive +0.1 in bonus.**
- e. **Any "B" or higher Element Group I, II, III value skill will receive +0.1 in bonus. This is in addition to any other listed bonus.**
- f. **Toe on Toe off to Handstand forward will receive a "B" and no bonus or element group credit. There will be no entry angle requirement.**
- g. **Toe on Toe off to Handstand backward will receive a "B" and no bonus or element group credit. There will be no entry angle requirement.**
- h. **Dismount exceptions:**
 - **A forward or backward tucked, piked, or stretched salto dismount will receive "A" difficulty credit and Element Group IV credit. (Partial Credit)**
 - **A layout flyaway dismount with a 1/1 twist backward will receive a "B" value and full Element Group IV credit.**
 - **A pike or layout flyaway dismount with a ½ twist forward will receive a "B" value and full Element Group IV credit.**

D. General Exceptions to the FIG Code of Points

1. Recognizable Gymnastics Skills:

- a. Any Approved Junior “A” Skill will receive an “A” but will not be eligible for element group credit.
- b. **New, original or old unvalued skills may be submitted directly to the THSGCA Men’s Review Committee (in electronic video form) for review.**
- c. **THSGCA Men’s Review Committee:**
 1. **The Committee will be made up of the TGJA President and two (2) TGJA Judges. The identity of the 2 TGJA judges will not be revealed. The TGJA President has the option to choose different judges for different events or skills (the same judges do not have to be used every time).**
 2. **The Committee will have 3 business days to evaluate new or unlisted skills.**
 3. **The process for receiving new or unlisted skills will be: Coach – THSGCA Men’s VP – TGJA President/Committee.**
 4. **The process for returning new or unlisted skills will be: Committee – THSGCA Men’s VP – Coach/Webmaster**
 5. **The last date to submit skills for evaluation is February 28.**

2. Short Routine:

The deduction for performing an exercise containing less than six parts recognizable gymnastics skills is 1.0 for each skill or element less than six. This deduction is taken from the ‘E’ score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.)

3. Element Group Requirement

There is no restriction on the number of skills that can be performed from an element group for value.

4. General Restrictions and Special Exceptions:

- a. In the Men’s Junior Olympic Age Group Competition Program, a skill which has a letter value assigned should be evaluated as if it has its own “code box”.
 - Example: A “B” Stutzkehr forward to support on Parallel Bars would have a different “virtual code box” for routine construction purposes than a FIG “C” value Stutzkehr forward to handstand.
- b. It is, however, not the intention of this interpretation to allow for undue repetition of elements. FIG rules regarding repetition will be enforced

except where specifically noted in the following event specific exceptions.

- Example: A gymnast performs both a FIG “C” value Stutzkehr to handstand and the excepted “B” Stutzkehr forward to support in the same routine, only the FIG “C” value Stutzkehr forward to handstand would be recognized because of its higher value.
- c. Floor Exercise – One landing mat of up to 10 cm (4”) may be used for “C” value or greater skills. The mat must remain in place throughout the routine. The mat must be used for landing only. An apparatus related deduction of **0.3** will be taken if the mat is used for take-off during the execution of a skill.

THSGCA-Men's Competition Rules

Recommended Mat and Equipment Specifications for Men

All equipment and mat specifications for use in THSGCA Men's competitions will use the Federation International Gymnastics (FIG) recommendations unless otherwise stated in this document. The FIG apparatus and matting standards can be found at: www.fig-gymnastics.com.

I. Floor Exercise

Equipment Specifications: FIG – 12m x 12m (40' x 40' is acceptable) with a 5cm delimitation marking used to mark the 40' x 40' area. **1 1/2" foam on 4" spring deck** The entire delimitation mark is considered inbounds.

Matting Specifications: Same as FIG

THSGCA variants to FIG: 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.

II. Pommel Horse

Equipment Specifications: Maximum height FIG – 115cm (45 1/4") as measured from the floor to the top of the Horse body **or 105cm from top of mat.**

THSGCA variants to FIG: The Horse can be set at any height up to 115cm.

Matting Specifications: FIG – 400cm x 400cm (13' x 13'). The thickness of the mat should be 10cm (4").

THSGCA variants to FIG: A 12' x 12' mat area is acceptable. A panel mat may be used to mount the pommel horse.

III. Rings

Equipment Specifications: Same as FIG – **Maximum** height – 280cm (110 1/4") as measured from the floor to the inside bottom of the Ring or **260cm from top of mat.**

THSGCA variants to FIG: 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.

Matting Specifications: FIG – 200cm x 500cm (6.5' x 16 1/2')

THSGCA variants to FIG: A 6' x 15.5' mat area is acceptable. The minimum thickness of the matting must be 20cm (8"). Additional matting up to 30cm (12") can be added.

IV. Vault

Equipment Specifications: FIG – **Maximum** height set at 135cm (53”) as measured from the floor to the top middle of the vault table

Matting Specifications: FIG – 250cm x 600cm (8’ x 19 ½’)

Landing Zone: FIG - 95cm x 500cm x 150cm. (37”x 16.5’x 59”) The line must be 5cm wide and is considered in bounds.

THSGCA variants to FIG: 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.

The vault may be set at any height.

V. Parallel Bars

Equipment Specifications: FIG – **Maximum** height set at 200cm (78 ¾”) as measured from the floor to the top of the rail or **180 cm from top of mat.**

THSGCA variants to FIG: The Parallel Bars may be set a max height of 2 notches above FIG setting.

Matting Specifications: FIG – 450cm x 500cm (14.76’ x 16.5’)

THSGCA variants to FIG: 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.

A panel mat can be used to mount the parallel bars, however, a board can not be placed on top of a panel mat.

V. Horizontal Bar

Equipment Specifications: FIG – **Maximum** Height set at 280cm (110 1/4”) as measured from the floor to the top of the bar or **260 cm from top of mat.**

THSGCA variants to FIG: 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.

Matting Specifications: FIG – 300cm x 1200cm (9.84’ x 39.37’) **THSGCA**

variants to FIG: 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.