

Texas High School Gymnastics Coaches Association (THSGCA)
Men's Compulsory and Optional Rule Document
2024-2028

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 2024-28 USA-Gymnastics Men's Developmental Program (DP) 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 DP 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-Gymnastics DP 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: Small = -0.1, Medium -0.2, Large -0.3)

2. The converted THSGCA Exercise Presentation deductions will be:

Small	Medium	Large	Fall	Empty $\frac{1}{2}$ Swing	Intermediate Swing (Full)
.1	.2	.3	.5	.2	.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](#)

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 their 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 2024-2028 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 DP Manual with Rule Updates published by the 2025-2028 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 8" 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 at 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, its 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	9.5	.5	X	.1	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 - 9.5
 - b. Bonus Maximum - 0.5 (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. **All events will be 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 .5 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	0.3 (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. Partial Completion: If a judge determines that 50% or more of the numbered part was performed then there will not be a deduction for an omitted numbered part. However, a (-0.5) deduction will be taken for the omitted portion of the numbered part and execution deductions will be taken for the completed portion. Additionally, the gymnast will receive credit for having performed the numbered part. In the case of a Specified Bonus skill, the gymnast will receive credit for having performed the original numbered part even though he is not awarded bonus due to a fall or single large deduction

C. Routine Composition Error

1. Routine was not performed as written.
2. **The deduction is a 0.3 global deduction that should be taken once per routine in addition to any execution deductions.**

D. 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.

Section 5 Optional Rules and Guidelines

I. Optional Competition Overview

The THSGCA will use the 2025-28 USA-Gymnastics Men's Developmental Program (DP) Level 9 rules with THSGCA modifications. The optional rules are based on the 2025-28 FIG Code of Points unless specifically noted in the THSGCA Men's Optional rule document (or updates) and will take precedence over the FIG Code of Points and DP rules. Otherwise, all deductions are defined as per FIG. For further clarification, refer to the current FIG Code of Points, its official newsletters, and NGJA interpretations. The optional scoring system is based on a "10.0" maximum as outlined in this section. All FIG Difficulty (D) score categories and Exercise Presentation (EP) deductions will be converted to fit the 10.0 judging system.

A. Important Documents

1. THSGCA Men's Optional and Compulsory Rules (this document)
2. USA-Gymnastics Men's Developmental Program Book
[Men's Development Program: 2025-2028 Junior Competition Manual by USA Gymnastics - Books on Google Play](#)
3. [FIG Men's Code of Points 2025-2028](#)
4. THSGCA [High School Optional Vault Value Table](#)
5. THSGCA Modifications and Exceptions table (*see end of this document*)
6. THSGCA High School Skills Exception Chart (*see end of this document*)

II. Optional Competition Rules

Optional Start Score Chart: (Modified from DP Level 9)

Level	Exercise Presentation (E-Score)	Difficulty Required parts 6 minimum 8 maximum	Difficulty + Bonus + Element Group (D-Score)	Dismount Required	Max Start Score
HS	6.5	8	Max 3.5	Per FIG	10.0

A. Optional Exercise Presentation rules (EP)

All Exercise Presentation rules are outlined in [Section 1. I. C](#) of this document. The base value of the EP score will be a 6.5 and all small, medium, large and fall deductions will be amended to fit the 10.0 system.

B. Element Group Score

1. Element Group I requirement fulfilled by any skill value (except for skills from the “Jr A” list) receives 0.5 points by the D-Jury
2. Element Group II or III requirements fulfilled by B or higher elements (inside the 7 (8 on Floor) counting elements) is awarded with 0.5 points by the D-Jury.
 - a. This rule also applies to Element Group IV for FX
3. Element Group II, or III requirement fulfilled by an A element is awarded with 0.3 points by the D-Jury
 - a. This rule also applies to Element Group IV for FX
4. Element Group IV (on PH,SR,PB,HB) requirement fulfilled receives value of skill by the D-Jury (A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6, G=0.7, etc...)
5. Only FIG listed skills or EG eligible skills listed in the *High School Skills Exception Chart* can receive EG credit.
6. As per FIG: a maximum of 4 elements can be counted from each element group.

C. The Difficulty Score (D)

1. The difficulty is the addition of 7 skills plus the dismount.
2. All bonus will be added into to the 'D score'. The Difficulty + Bonus + Element Group can never exceed 3.5 (maximum 'D score')
3. Any Approved Junior “A” Skill will receive an “A” but will not be eligible for element group credit. Additionally, our *High School Skills Exception Chart* will be used to identify any NON-FIG elements that have been added for use or FIG elements that have been upgraded in value. All these skills can be used for difficulty value however, not all can be used for element group credit. It is important that all coaches are familiar with this document.
4. In the Men’s DP system, 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. 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.

5. The 50% Rule and Non-Recognition

- a. Skill value may be awarded even in the case of a LARGE deduction. This is sometimes referred to as the **50% rule** meaning that credit **may** be allowed if the athlete completes more than ½ of the skill. This is a **judgment call by the judge**, however, leniency is given in an attempt to promote skill development.

6. SHORT ROUTINE Deduction

- a. 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 neutral deduction is taken from the 'E' score. (For example: 5 parts – deduct 1.0, 4 parts – deduct 2.0, etc.)

D. Connection and Bonus

1. General
 - a. Bonus can be awarded for FIG connections on floor exercise and horizontal bar, modified connection on floor exercise, General value bonus, dismount value bonus and stick bonus.
 - b. In order to receive bonus, skills must be performed without a single large deduction.
 - c. All bonuses will be added to the 'D score'. The Difficulty + Bonus + Element Group can never exceed 3.5 (maximum 'D score')
 - d. B or higher
2. Dismount Bonus (Please refer to Modifications and exceptions chart at the end of this document)
 - a. 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. Stick Bonus (Please refer to Modifications and exceptions chart at the end of this document)
 - a. Stick bonus of +0.1 for any "A" or higher value dismount (or last pass on FX) will be awarded.
 - b. Stick bonus of +0.1 will be awarded for any optional vault.
 - c. There is no stick bonus on pommel horse.
 - d. FIG stick definition applies to dismounts and last pass on FX.
4. A single large deduction on a skill that receives bonus will negate any/all bonus for that skill.

III. Event Restrictions, Special Exceptions and Bonus

A. General

1. Special Restrictions
 - a. Any/All Restrictions applied to Jr FIG and/or JDP level 9 also apply to High School unless specified otherwise.

B. Floor Exercise

2. Special Exceptions
 - a. No multiple flipping skill is required.
 - b. The FIG requirement to "Show a balance element on one leg" will not be required in High School.
 - c. The THSGCA will not recognize the simple step or transition to arrive at the corners deduction.

- d. The THSGCA will not time floor routines.
 - e. Any EG 2, EG 3, and EG 4 code box with multiple skills, each of the skills in the box may be used once.
 - f. A total of one landing mat may be placed on the floor (up to 20 cm/8") and can be used for ANY value skill. Using the mat to rebound or punch from is a 0.3 apparatus deduction. The mat must remain in place throughout the routine.
 - g. Refer to the *High School Skills Exception Chart* (and/or the Modifications and exceptions chart) at the end of this document for all approved Non-FIG skills or upgraded skills.
3. Bonus
- a. All FIG connection bonuses will be awarded with the following exceptions:
 - 1. FIG Connection restrictions will not apply, for example, a Back w 3/2 twists to front w 1/1 twist WILL receive a connection bonus (Twisty to Twisty is OK)
 - 2. Any bounding connection equaling 0.5 or higher in total combined difficulty of the 2 connected saltos will receive +0.1 bonus. (ex: Back w 5/2 twist to front tuck - D+A)
 - a. This bonus will not be awarded for connections that already receive JDP or FIG bonus.
 - b. Multiple salto skills will receive +0.1 in bonus.

C. Pommel Horse

- 1. Special Exceptions
 - a. The THSGCA will not require a circling skill or FIG 'A' to receive credit following an Element Group II or Element Group III skill.
 - b. Circle to handstand skills that make it to handstand will receive D score credit and can only receive small (-0.1) and medium (-0.2) deductions for execution errors. No large (-0.3) deductions will be taken.
 - c. Refer to the *High School Skills Exception Chart* (and/or the Modifications and exceptions chart) at the end of this document for all approved Non-FIG skills or upgraded skills.

D. Rings

- 1. Special Exceptions
 - a. Refer to the *High School Skills Exception Chart* (and/or the Modifications and exceptions chart) at the end of this document for all approved Non-FIG skills or upgraded skills.

E. Vault

- 1. The DP/FIG 2nd vault bonus will not be used by the THSGCA.
- 2. All vaults used for the THSGCA Men's program will have adjusted values to reflect the 10.0 maximum score. ([See Vault Value Table](#))
- 3. Multiple flipping vaults are not allowed

4. The THSGCA program will not give a zero vault score, any vault over the table will receive a score.
5. A balked attempt or incomplete vault may be repeated once (with safety in mind and at the coaches' discretion) with a deduction of 1.00 from the score of the second attempt. No third attempt is allowed.

F. Parallel Bars

1. Special Exceptions
 - a. An empty $\frac{1}{2}$ swing is allowed going into any FIG EG III skill.
 - b. Refer to the *High School Skills Exception Chart* (and/or the Modifications and exceptions chart) at the end of this document for all approved Non-FIG skills or upgraded skills.

G. Horizontal Bar

1. Special Exceptions
 - a. 5 swings are permitted to begin a routine on horizontal bar.
 - b. All jam (Adler) values are based on the DP Jam value table. (refer to *High School Skills Exception Chart*)
 - c. Refer to the *High School Skills Exception Chart* (and/or the Modifications and exceptions chart) at the end of this document for all approved Non-FIG skills or upgraded skills.
2. Bonus
 - a. All FIG connection bonuses will be awarded.

THSGCA Men's Review Committee:

- a. New, original or old unvalued skills may be submitted directly to the THSGCA Men's Review Committee (in electronic video form) for review.
- b. The Committee will be chaired by the **THSGCA Judging Liaison**
- c. Judging Liaison will present a list of judges and/or technical decision makers to the rules committee to act on the Men's Review Committee each season. Men's Rules Committee will select 2 judges and/or technical decision makers from that list to serve on the Men's Review Committee. Judging Liaison will lead the committee and only vote if a tie is needed to be broken.
- d. The Committee will have 7 days to evaluate new or unlisted skills.
- e. The process for receiving new or unlisted skills will be: Coach – THSGCA Men's VP – THSGCA Judges Liaison/Committee.
- f. The process for returning new or unlisted skills will be: Committee – THSGCA Men's VP – Coach/Webmaster
- g. The last date to submit new, original or old unvalued skills for evaluation is **February 21** (February 28 is the last day for any changes to occur)

THSGCA - 2024+ Optional Rules - Modifications and Exceptions Chart
Any/All Restrictions applied to Jr FIG and/or JDP level 9 also apply to High School unless specified otherwise
All FIG connection bonuses will be awarded
All "B value" Skills receive +0.1 (except all FX, and PH EG1)
All "C or higher" Skills receive +0.2 (except all FX, and PH EG1)
All double flipping skills receive +0.1 (in addition to any other skill bonus)
Dismounts on SR, PB, HB with 540' or more twists receive +0.1 (in addition to any other skill bonus)
In order to receive bonus, skills must be performed without a single large deduction
FIG definition of a 'Stick' will be applied in High School
All "A or higher" value Dismount Sticks receive +0.1 (including last pass FX, No stick for PH)
Where two skills are listed (for Jr. A value), both may count for Jr. A value
Floor
The FIG requirement to "Show a balance element on one leg" will not be required in High School
The THSGCA will not recognize the simple step or transition to arrive at the corners deduction
The THSGCA will not time floor routines
FIG Connection restrictions will not apply, for example, a Back w 3/2 twists to front w 1/1 twist WILL receive a connection bonus
Any bounding connection equaling 0.5 or higher in total combined difficulty of the 2 connected saltos will receive +0.1 bonus
A total of <u>one</u> landing mat may be placed on the floor (up to 20 cm/8") and can be used for ANY value skill. Using the mat to rebound or punch from is a 0.3 apparatus deduction. The mat must remain in place throughout the routine
Pommel Horse
The THSGCA will not require a circling skill or FIG 'A' to receive credit following an Element Group II or Element Group III skill
Single leg traveling skills do not have a leg amplitude requirement
Circle to handstand skills that make it to handstand will receive D score credit and can only receive small (-0.1) and medium (-0.2) deductions for execution errors. No large (-0.3) deductions will be taken
Scissor hop 3/3 with 1/2 twist (C, EG1)
3/4 Bailey down (B, EG2)
Any EG2 or EG4 Russian Style skills upgraded one letter
2022-2024 FIG skill EG3.81 (Kroll) From side support pommel between hand, russian wendeswing 360' with travel to the other end in side support (C, EG3)
Circle to Handstand dismount remains a FIG B (This is different from Level 9)
FIG skill EG4.13 - from side support wendeswing fwd. w 1/2 to support followed by wende (B, EG4)

THSGCA - 2024+ Optional Rules - Modifications and Exceptions Chart	
Still Rings	
An A Value EG1 (except any kind of kip/back kip or element in the same code box) can be used to split up three consecutive EG2 or EG3 skills in sequence	
Support scale & support scale straddled skills from element group II or III (Elements II.9, II.19, III.56, III.58, III.68, III.70, III.82) will be upgraded one letter value and can only receive small (-0.1) and medium (-0.2) deductions for execution errors. No large (-0.3) deductions will be taken	
Cross, Inverted Cross, Swallow, or Inverted Swallow skills from element group II or III can only receive small (-0.1) and medium (-0.2) deductions for execution errors. No large (-0.3) deductions will be taken	
Press to handstand with straight arms and bent body (Element II.26), will receive a "C" value. Arms must be perfectly straight on the way up and in the handstand with rings turned parallel or greater	
Worth noting: Cross and Swing to Cross are both of C value (no upgraded letter) and receive bonus of +0.2 due to our General bonus rules	
Handstand Bail (A, No EG)	
Felge to handstand with bent arms (B, EG1)	
Back uprise to handstand with bent arms (B, EG1)	
Front/Back salto tuck (A, EG4)	
Front/Back salto stretch or piked with 1/2 (B, EG4)	
Back uprise back salto tuck or pike (B, EG4)	
Vault	
see THSGCA vault value chart	
The DP/FIG 2nd vault bonus will not be used by the THSGCA	
All Stuck Vaults receive +0.1	
Parallel Bars	
V, Planche, Manna - SAME BOX - can only use 1 (B, EG2)	
Stutz to support (B, EG2)	
Back Toss to Support (B, EG2)	
Giant to support (B, EG3)	
wende dismount (A, EG4)	
front/back salto dismount (A, EG4)	
Front Salto pike or layout with ½ twist,(B, EG4)	
back salto pike or layout with 1/2 (B, EG4)	
Horizontal Bar	
All jam (Adler) values are based on the DP Jam value table. (refer to High School Skills Exception Chart)	
Toe on - Toe off Forward (B, No EG)	
Toe on - Toe off Backward (B, No EG)	
FIG skill EG1.8 swing bwd. And 1/1 pirouette to hang (B, EG2)	
FIG skill EG1.9 swing bwd. And 1/1 pirouette to support (C, EG2)	
FIG skill EG3.103 stoop circle fwd. to straddle cut hang or sup. (A, EG2)	
FIG skill EG3.104 stoop circle fwd. to straddle cut through hdst. (B, EG2)	
front or back salto tuck (A, EG4)	
front salto pike/stretch with 1/2 (B, EG4)	
back salto pike/stretch with 1/1 (B, EG4)	
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Texas High School Skill Exception List							2024		v1072024	
	A - NO EG	A		B		C		D		
FX	Cartwheel									
	Press to-headstand									
	Any backward roll									
	Headspring									
	Round-off									
	Swedish fall									
	No EG Awarded									
	A - NO EG	A		B		C		D		
PH	False Scissor	Russian 180 - 270	EG2	Russian 360 - 540	EG2	Russian 720 - 900	EG2	Russian 1080+	EG2	
	Single leg stockli			3/4 Bailey down	EG2	Kroll	EG3			
	Single leg travel					Scissor hop 3/3 w 1/2 twist	EG1			
	Flair in any position			EG4.13: "Front out" dismount	EG4					
	Loop w 1/4 turn to leg cut									
	Any Flank Dismount									
	No EG Awarded									
	A - NO EG	A		B		B		C		
SR	Shoulder stand or giant to shoulder stand	Front/Back salto tucked	EG4	Front/Back salto stretched/piked w 1/2	EG4	Back uprise back salto (pike/stretch)	EG4	Swing to straddle Planche	EG3	
	Tuck planche			Felge to handstand with bent arms	EG1	Back uprise to handstand with bent arms	EG1	Lock arm press HS	EG2	
	German hang							D		
	Hanging "L" hold							Straight planche	EG2	
	Muscle up to support unassisted							E		
	Handstand bail							Swing to straight planche	EG3	
	No EG Awarded									
	A - NO EG	A		B		B				
PB	Forward roll									
	Shoulder stand	Front/Back salto dismount	EG 4	V, Planche, Manna *Same Box* only 1 may be used	EG1	Stutz to support	EG1			
	Back uprise to support	Wende dismount	EG 4	Back Toss to supp.	EG1	Giant to support	EG1			
	Moy to upper arm									
	Drop kip									
	Flank, Stutz dismount			Back salto stretch/piked w 1/2	EG4	Front salto stretch/piked w 1/2	EG4			
	No EG Awarded									
	A - NO EG	A		B		C		All Adler Skill Modifications		
HB	Pull over	Front or back salto, tuck, pike, stretched	EG 4	Toe-on Toe-off forward		Listed FIG skill: EG1.9 swing bwd. and 1/1 pirouette to support.	EG2	Adler to Hand	"D" value	
	Swing 1/2			No EG credit				Adler (15*-45*)	"C" value	
	Front hip circle			Toe-on Toe-off backwd				Adler (44*-horiz.)	"B" value	
	Back hip circle	Listed FIG skill: EG3.103 Stoop circle fwd. to straddle cut hang or sup.	EG 2	No EG credit				Adler below horiz.	Junior "A" value - Large (-0.3) angle ded.	
	3/4 giant forward			Back salto stretch/piked w 1/1	EG4			All Adlers above horizontal will receive EG credit		
	3/4 giant backward							No angle deductions for the D, C, or B value Adler variations		
	Any kip to support									
	Back uprise			Front salto pike/stretch w 1/2	EG4					
	Swing 1/2 turn to any height									
	No EG Awarded			Listed FIG skill: EG1.8 swing bwd. and 1/1 pirouette to hang.	EG2					
				Listed FIG skill: EG3.104 Stoop circle fwd. to straddle cut through hdst.	EG2					