

Texas High School Gymnastics Coaches Association
Men's Compulsory/Optional Rule Document - 2012-2016
VERSION - 2

Changes between last years rules, current JO, or FIG rules are printed in **RED**.
Version 2 changes are in **Green** and include USA-G JO Update #1.

The THSGCA Men's Program has adopted the USA Gymnastics Men's 2013-2016 Junior Olympic Level 9 Program rules for all optional competition with modifications. A full description of the program with modifications is included below.

This document begins with Chapter 1 of the 2013-2016 Men's J.O. Age Group Competition Program Manual.

Chapter 1 - General Competition Program Information

I. Explanation and Competition Program Chart

Chapter 1, section 1 and 2 of the 2013-16 Men's J.O. Age Group Competition Program does not apply to the THSGCA Men's Program.

- 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 8 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.**
 - 3. 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. 2012 – R3, then R4, then R1, then R2**
 - 2. 2013 – R4, then R1, then R2, then R3**
 - 3. 2014 – R1, then R2, then R3, then R4**
 - 4. 2015 – R2, then R3, then R4, then R1**The selection process will follow this 4 year pattern.
 - 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 Needed for E.G.
9	10.00	5.5 Small = 0.1 Medium = .02 Large = 0.3 Fall = 0.5 1/2 swing = 0.2 Full swing = 0.3	2.5 5 @ 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 2013-16 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.**

HS 3. The maximum optional score will be a 10.00 and is composed of:

Exercise Presentation 5.5
Element Groups 2.5
Difficulty 2.0

4. Optional score calculation:

- a. Dismount must count for Element Group Requirement.
- b. Count the highest value part for each required Element Group credit first.
- c. Count the highest remaining skills for maximum numbered parts.
- d. Less than 6 recognized skills results in a **1.0** deduction from the 'E' score for each missing part. (5=4.5, 4=3.5, 3=2.5, 2=1.5, 1=0.5)

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, (5.5) 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, Max deduction on pommel horse handstand dismount stays at 0.5.)

II. General Rules and Regulations

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

B. Uniforms

1. On Pommel Horse, Rings, Parallel Bars, and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastic shoe). In THSGCA competition, 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. Does not apply.
4. All gymnasts are required to wear a shirt or competition top on all events during warm-up.
- HS 5. For safety reasons, jewelry of any kind is NOT allowed during competition and is considered a uniform (-0.2) 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.
- HS 6. Proper competition attire must be worn during all competitions. Members of the same team must wear competition attire that is uniform and of the same color.
7. 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.

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 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, the deduction will be 0.3, (Apparatus deduction) 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, the deduction will be 0.2 (Behavior deduction), with a warning to the coach that a second infraction will result in their 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.

E. Specialists (Does not Apply)

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 2012-2016 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 2013-2016 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) and the skill value section of the current NCAA Document.
 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)
- 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. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge.
3. 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.

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 **0.2** (Behavior Deduction) and the coach will be warned that another infraction will disqualify all of his remaining athletes on that event for that day.
The deduction will be taken from the events final team score. If that individual is not affiliated with any team, then the deduction will be taken from the individuals score on that event.
3. If the spotter assists in the execution of the skill, deduct **0.5** for the spot and any execution errors. 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.
4. If, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting the skill, there is no deduction.
5. 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. Video Tape Review of Routine Performance

There is no video tape review of routine performance for any score evaluation in the THSGCA program.

H. 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 presentation errors.
 - b. If the gymnast falls off of the apparatus, the judge announces that the gymnast has 30 seconds to remount the apparatus.
 - c. The coach may ask the head judge if the gymnast received credit for the skill on which he fell. The head judge will answer the coach with a 'yes' or 'no' response. **There will be no other discussion.**
 - d. A gymnast may repeat the skill to earn its value. This rule includes the dismount.
2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of **0.2** 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**.

HS 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.**

I. Landing Deductions:

All landing deductions are as per FIG.

J. 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.

2. Video Tape Review of Routine Performance – There is no video tape review of routine performance for any score evaluation in the THSGCA program.

II. Compulsory Evaluation

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 2013-16 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 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

F. 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 "part" is a "missing part" if it has been omitted or is performed in such a way as to be unrecognizable.
- c. If the "part" is partially completed (more than 50%) it should receive credit and the appropriate FIG deductions (small, medium, large or fall).
- 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 15* from vertical. The THSGCA program will use FIG rules concerning swings to or through handstands or to strength holds.

3. Swings and Position Criteria:

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

- a. Horizontal
- b. 45*
- c. Vertical

4. Added swings:

Added swings will be treated as per FIG as empty (1/2) swing (0.2 medium deduction), or intermediate (full) swing (0.3 large deduction), not as an added part or with the Routine Composition Error.

5. Required holds:

- a. Holds are two seconds, unless noted. Hold deductions are per FIG.
- b. Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop, receive the FIG deduction for no hold of 0.3 (large deduction).

6. 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 0.3**.

7. Steps:

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

8. Floor Exercise, Pommel Horse, Still Rings, Parallel bars & Horizontal 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)**.
- iii. Specified bonus skills may only be attempted once to receive the bonus.

b. Virtuosity Bonus: (Not Awarded)

c. Stick Bonus: (Not Awarded)

9. Vault Bonus:

a. Virtuosity Bonus: (+0.2)

Award +0.1 for vertical takeoff with conspicuous rise

Award +0.1 for stretch (head back, not dropping chin to chest)

b. Stick Bonus: +0.1

10. 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.

11. Pommel Horse:

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

12. Still Rings:

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

13. Vault:

- a. The THSGCA program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch).
- 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.
- c. No third attempt of the same vault will be allowed. The minimum score for any attempted vault will be **1.00**.

14. Horizontal Bar:

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

III. Optional Judging & Rules Guidelines

A. Routine Construction Table (Level 9)

Routine Construction Table – Optional Level 9

Presentation Start Value ('E' Score)	5.5	
Number of Skills Counted for Difficulty ('D' Score)	8	(7 + dismount)
Maximum Element Group Start Value ('D' Score)	2.5	0.5 per element group - must include dismount to receive full EG credit There is no limit to the number of skills allowed per element group.
Dismount Skill Value Required	'B' 'A'	Full credit 0.5 Partial Credit 0.3
Dismount Stick Bonus	0.1	Awarded for Full EG dismount credit only.
Number of Vaults Allowed	1	

B. General Bonus:

1. Execution Bonus:

The THSGCA Men's program will not use Execution Bonus.

2. Stick Bonus:

- a. Stick bonus of +0.1 will be awarded for stuck dismounts which receive full Element Group V credit.
- b. Stick bonus will be added to the **'D score'**.

- 3. Dismount Bonus:**
- HS a. All FIG rated 'C' value dismounts will receive +0.1 bonus if performed without a single large deduction.
 - HS b. All FIG rated 'D' value or greater dismounts will receive +0.2 bonus if performed without a single large deduction.
 - HS c. 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.
- HS 4. All bonus will be added to the 'D score'.
The 'D score' + Bonus can never exceed 2.0 (maximum 'D score')

C. Event Specific Bonus:

New Except where specifically defined, Event Specific Bonus cannot be awarded if there is a single large error (0.3) or fall (0.5) in the execution of the skill.

1. Floor Exercise:

- a. Multiple salto skills will receive +0.1 in bonus.
- b. Any "C" skill + "C" skill acrobatic connection will receive +0.1 in bonus.
- HS c. Any "C" + "B" or "B" + "C" skill acrobatic connection will receive +0.1 in bonus if performed without a single large error.

2. Pommel Horse:

- a. Any "B" or higher Flair skill will receive +0.1 in bonus. This does not apply to the JO excepted dismount as described in Event Specific Exceptions.
- b. Any "B" or higher Spindle skill will receive +0.1 in bonus.
- c. Any "B" or higher Flair with a Spindle will receive both bonuses for a total of +0.2 in bonus.
- d. A full longitudinal cross support travel (Magyar or Sivado) with 1 extra circle in the saddle (4 hand placements for Magyar & 3 hand placements for Sivado) will receive "E" difficulty credit and Element Group III credit." This bonus skill, Magyar or Sivado, can only be performed one time. All other FIG rules apply
- e. A full longitudinal cross support travel (Magyar or Sivado) with 2 extra circles in the saddle (6 hand placements for Magyar & 5 hand placements for Sivado) will receive "F" difficulty credit and Element Group III credit." This bonus skill, Magyar or Sivado, can only be performed one time. All other FIG rules apply.
- f. An athlete may use both a bonus "F" and "E" travel (Magyar or Sivado) in his routine. (Example: "F" Magyar + "E" Sivado). He cannot use either 2 "F" or 2 "E" travels (Example: "E" Magyar + "E" Sivado).

- g. The following sequences on one pommel:
1. Direct Stockli B (DSB) + Direct Stockli B (DSB)
 2. Direct Stockli B (DSB) + Pommel loop
 3. Pommel loop + Direct Stockli B (DSB).
- will receive “C” value and Element Group IV credit. These sequences count as ‘flop sequences’ and will follow all FIG rules.
- HS** f. Any ‘B’ value or higher circling skill (no scissors) will receive +0.1 in bonus. This excludes dismounts and the above (a,b,c,d,e,f,g) pommel horse specific bonus.
- 3. Rings:**
- HS** a. All Element Group III and IV “B” or greater value skills performed without a single large error (0.3) will receive +0.1 in bonus.
- HS** b. Any Element Group I and II FIG ‘C’ or higher value skill performed without a single large error will receive +0.1 in bonus.
- 4. Vault**
- HS** The vaulting bonus section will not be used by the THSGCA Men’s program.
- 5. Parallel Bars:**
- a. All Giant swings backward with turns (Giant swing backward with ½, Giant swing backward with Diamodov) will receive a +0.1 bonus.
- HS** b. Any Element Group I, II, III, IV FIG ‘C’ or higher value skill will receive +0.1 in bonus. This excludes dismounts and the above (a) parallel bar specific bonus.
- 6. Horizontal Bar:**
- a. Any “C” value Element Group II – Flight Element will receive +0.1 in bonus.
 - b. Any “D” value Element Group II – Flight Element, will receive +0.2 in bonus.
 - c. A Quintero to El-grip, “E” value skill will receive +0.2 in bonus.
 - d. Any “E” or “F” value Element Group II – Flight Element, except for a Quintero to El-grip, will receive +0.3 in bonus.
 - e. Any Kovacs (Double salto backward over the bar) will receive +0.3 in bonus.
 - f. Any “C” value Element Group II skill + “C” Element Group II – Flight Element + “C” or higher Element Group II – Flight Element will receive +0.1 in bonus (same as FIG).
 - g. A “C” value Jam to handstand will receive +0.1 in bonus.

- HS
- h. Any “B” or higher Element Group I, II, III, IV FIG value skill will receive +0.1 in bonus. This excludes discounts and the above (a, b, c, d, e, f, g) high bar specific bonus.**

D. General Exceptions to the FIG Code of Points

1. Dismount Exceptions:

- a. Level 9 will receive full Element Group V credit for a “B” value dismount. An “A” value dismount will receive 0.3 in Element Group V credit.
- b. Only a skill which has been designated as a dismount in either the JO or FIG rules may receive Element Group V credit.

2. Recognizable Gymnastics Skills:

- a. Any recognizable gymnastics skill which is not listed in the FIG Code of Points, NGJA/USA Gymnastics Interpretations, Men’s Junior Olympic Age Group Competition Program Manual or Men’s Junior Olympic Age Group Competition Program Update will receive an “A” value with no Element Group credit.
- b. Skills that are not listed in the FIG Code of Points, the USAG/NGJA Interpretations or the AGCC Update will always receive an “A” value until that skill has been submitted for evaluation.

- HS
- c. New, original or old unvalued skills may be submitted directly to the THSGCA Men’s Review Committee (in electronic video form) for review.**

- HS
- d. 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.**

3. Straddling of the legs:

The Men’s Junior Olympic Age Group Competition Program will allow straddling of the legs on skills including a strength press or hold.

4. Short Routine:

- HS
- The deduction for performing an exercise containing less than six parts (skills or elements) is 1.0 for each skill or element less than**

six. This deduction is taken from the 'E' score. (For example: 5 parts 4.5, 4 parts 3.5, 3 parts 2.5, 2 parts 1.5, 1 part 0.5)

5. Skill 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".
- b. For instance a "B" Stutzkehre forward would have a different "virtual code box" for routine construction purposes than a FIG "C" value Stutzkehre forward to handstand.
- c. It is, however, not the intention of this interpretation to allow for undue repetition of elements.
- d. The one exception to this repetition rule is on Parallel Bars in all levels for the basket (peach) skills. Both a FIG value basket (peach) to handstand and the excepted "B" value basket (peach) with straight arms to support lower than 45* above horizontal may be used in a routine with each counting for difficulty.
- e. Example #1: A gymnast performs both a FIG "C" Stutzkehre forward to handstand and the excepted "B" Stutzkehre to 45* above horizontal in the same routine, only the FIG "C" Stutzkehre forward to handstand would be recognized because of its higher value.

E. Event Specific Exceptions to the FIG Code of Points:

1. Floor Exercise:

- HS**
- a. **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.**
 - b. **The THSGCA will not recognize the simple step or transition to arrive to the corners deduction.**
 - c. **The THSGCA will not time floor exercise routines.**
- HS**

2. Pommel Horse:

- a. For all "C" or higher longitudinal travels in cross support a global skewing deduction will be applied (once per skill) rather than the FIG skewing deduction taken per each section of the pommel horse except where specified in the Junior Elite program.
- b. Any dismount skill that achieves a handstand will receive full Element Group V credit and a maximum (0.5) in execution deductions. If the athlete uses his feet or legs to push off the horse to the handstand, neither difficulty nor Element Group V credit will be given.
- c. Any circle or flair to handstand dismount will receive a minimum of "C" value. (Note: If a "B" or higher value flair to handstand

dismount is performed it does not receive an additional (+0.1) under the “B” or higher flair skills (+0.1) Bonus rule

3. Rings:

- HS a. A forward or backward tucked slato dismount will receive “A” difficulty credit and Element Group V credit. (Partial Credit)
- HS b. A Felge upward with bent arms to handstand will receive a “B” in Element Group II.
- HS c. An uprise backward to handstand or giant swing to handstand with bent arms will receive a “B” in Element Group II.
- HS d. A bail from a handstand will receive an ‘A’ and NO Element Group.

4. Vault:

- HS a. All vaults used for the THSGCA Men’s program will have adjusted values to reflect the 10.0 maximum score. (See the THSGCA Men’s Vault Appendices)
- JO Omitted b. The second attempt rule on any zero vault as defined by the FIG code of points will be used by the THSGCA Men’s Program.
- HS c. Yurchenko vaults will not be allowed.

5. Parallel Bars:

- a. Gymnasts at all levels may perform basket (peach) or giant with straight arms to support lower than 45* above horizontal and receive “B” difficulty credit and Element Group IV credit. FIG angle deductions will not apply, only general execution deductions.
- b. Stutzkehre forward to 45* above horizontal will receive “B” difficulty credit and Element Group I credit. . FIG angle deductions apply.
- New JO c. Giant swing backward to handstand may be performed twice for difficulty credit (FIG COP page 115, #21 – Kenmotsu only).
- New JO d. Basket (peach) to handstand may be performed twice for difficulty credit (FIG COP 118, #10).
- e. Allow empty (1/2) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed. (Example: Glide kip to swing 45* above horizontal, bail to Moy support, swing backwards to horizontal, drop to peach support.)
- HS f. A tucked salto dismount forward or backward and a wende receives an “A” in Element Group V. (Partial Credit)
- HS g. 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.

- HS h. **The back toss performed 45* to 74* above horizontal will receive a "B" in Element Group I.**
- HS i. **A giant swing with straight arms to any support position lower than nominal handstand will receive a "B" in Element Group III.**

6. High Bar:

- a. Any “C” or higher Element Group II – Flight Element may be repeated once in direct connection to itself or another “C” or higher Element Group II – Flight Element. If not performed in direct connection, normal repetition rules apply.
(Examples: 1. Tkatchev straddled + Tkatchev straddled
2. Tkatchev straddled, giant, Tkatchev straddled + Geinger
3. Tkatchev Straddled, giant, Tkatchev straddled – this would be repetition, no credit for second Tkatchev straddled.)
- b. A full ‘El-grip’ swing through the hang position that hops to a full undergrip and continues over the bar to a giant swing forward or hop pirouette and continues into a giant swing backward will receive an ‘A’ value and full Element Group IV credit.
Example: 1/1 pirouette to El-grip swing through the bottom and hop to undergrip and continue to giant = “C” difficulty credit for 1/1 pirouette and “A” difficulty credit and Element Group IV credit for the hop.
- c. **Upon catching a release skill the gymnast is allowed to perform a swing with a ½ turn and change of grip on the subsequent swing forward to a kip without deduction. This swing 1/2 turn will receive “A” difficulty credit and no Element Group credit.**
- d. **A maximum of 5 forward and backward body movements (of which the 5th must be a skill – i.e. stemme, free hip circle, Stalder etc.) will be allowed without a deduction. Inclusion of a ‘back-uprise’ action, even to partial support, on up to the 4th movement will be allowed without deduction.**
- e. **The Junior Program will allow the following values for a Jam in Element Group IV (see below). There are no FIG angle deductions for these skills, only general execution deductions.**

Horizontal Bar ‘Jam’ Exception Table	
<u>EG Group IV Jam</u>	<u>Difficulty Credit</u>
0* - 15*	“C” = 0.1
16*- 45*	“C”
46*- 90*	“B”
Below horizontal	“A”

- f. **A forward or backward tucked, piked, or stretched salto dismount will receive “A” difficulty credit and Element Group V credit. (Partial Credit)**

HS g. **A layout flyaway dismount with a 1/1 twist backward will receive a “B” value and full Element Group V credit.**

F. Event Specific Restrictions to the FIG Code of Points

1. Floor Exercise:

JO New a. **Level 9 gymnasts are not allowed to perform “C” value or higher salto skills with head first roll-out.**

2. Pommel Horse: No restrictions on this event.

3. Rings:

JO New a. **Level 9 gymnasts are not allowed to perform Guczoghy skills or skills including to or from Li Ning skills.**

JO New b. **Level 9 gymnasts are allowed to perform only one Honma skill from Element Group I. An additional Honma skill may be performed from Element Group III.**

HS **4. Vault:**

a. **Yurchenko vaults are prohibited at all THSGCA Men’s competitions.**

5. Parallel Bars: No restrictions at this time.

6. Horizontal Bar: No restrictions at this time.

THSGCA-Men's Competition Rules
Recommended Mat and Equipment Specifications for Men
2012-16

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 can be set at any height.

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.