

Texas High School Women's Gymnastics Rules

These rules will be maintained and updated on the THSGCA website, www.thsgca.org.

I. EVALUATION OF OPTIONAL EXERCISES—Texas High School Gymnastics uses USAG Level 8 rules with modifications as outlined in the following pages. All optional routines begin at 9.7 start value with a possible .3 in bonus. "C" skills = +.1; "D/E" skills =+.2. A maximum of .2 may be given in either category. To achieve a 10.0 start value the athlete must have connective bonus as well as difficulty bonus. There are no difficulty restrictions in High School Gymnastics.

Difficulty at a glance:

A. Value Parts: 4 A's, 4B's an Optional Start Value will be 9.70 + .3 bonus = 10.0

*(C's and D's may replace A and B value Parts), as outlined above.

B. Special Requirements: 4 per event evaluated at .5 each C. Difficulty bonus: "C" skills-.1 and "D" skills-.2 (maximum of .2 in difficulty bonus), see above.

D. Combination Bonus: .1 or .2 (use USAG connection bonus & HS bar modifications below)

E. Difficulty Restrictions: No restrictions on skill difficulty

VAULT

II. HIGH SCHOOL VAULT VALUES

****Gymnasts may do round off or front handspring entry vaults; they CAN twist, flip, or both**

HIGH SCHOOL VAULT VALUES

<u>VAULT</u>	<u>VALUE</u>	<u>VAULT</u>	<u>VALUE</u>
RO FF ON W/ANY FLIP	10	¼ - 1 ¼ (1/2 on-1/1 off)	9.4
FHS ON FHS W/ANY FLIP	10	¼ ON ¾ OFF	9.2
HANDSPRING FRONT (T/P)	10	½ ON ½ OFF	9.2
TSUKAHARA (T/P/L)	10	RO FF ON W/ ½ TWIST	9.2
FULL ON FULL OFF	10	FHS ON FHS W/ ½ TWIST	9.2
HALF ON 2/1 OFF	10	HANDSPRING ½	9.1
HANDSPRING 2/1	10	HANDSPRING	9.0
FULL ON-1/2 OFF	9.9	¼ ON ¼ OFF	9.0
½ ON - 1 1/2 OFF	9.9	¼ ON HS OFF	9.0
HS 1 ½	9.9	½ ON REPULSION OFF	9.0
FULL ON HS OFF	9.8	RO FF ON-REPULSION OFF	9.0
RO FF ON -FULL TWIST	9.8	FHS ON FHS-REPULSION OFF	9.0
FHS on FHS 1/1 TWIST	9.8	STOOP OR STRADDLE	7.5
HANDSPRING 1/1	9.5	SQUAT	7.0

****USAG ANGLE DEDUCTIONS FOR NON SALTO VAULTS WILL BE APPLIED.**

***ROUND OFF AND FRONT HANDSPRING ENTRY VAULTS REQUIRE THE USE OF A SAFETY COLLAR**

Any vault that is not on the current list should be submitted to the Women's Technical Committee. The coach must have written confirmation from the president of THSGCA of the vault value to present to the judges prior to the meet.

BARS (4 SR's at .50 each)

1 – Minimum of 1 Bar Change

2& 3 - 2 “B” Elements same or different

a. One “B” flight element, excluding dismount, or one “B” element with a minimum of 180 degree LA turn

- i. • Straddle Cut Catch is considered a release in JO, so it may be used as a release in the routine or as the mount, but not as the dismount)

b. One “B” 360 degree circling element from Groups 3, 6, or 7

- Group 3—Under swings, clear hips
- Group 6—Stalder circles
- Group 7—Circle swings, hechts

4—“A” salto/hecht Dismount, Minimum “A”

Uneven Bar Connection Value Bonus

(All USAG JO Level 9 and 10 Connection Value Bonus applies). In addition, THSGCA will award bonus on bars:

- B + C = 0.1 for CV and 0.1 for DV for the C
- C + C = 0.2 for CV and 0.1 for DV for one C if same and 0.2 if different C's

Uneven Bar ELEMENT VALUE CHANGES

1. Casts will be awarded “B” from vertical to 20 degrees from vertical, all other casts will be awarded an “A,” with body position deductions taken but **not angle deductions.**
2. Clear hip circle to handstand within 20 degrees of vertical will be awarded “C” value, all other clear hips will be awarded “B” value, even those below horizontal.
3. Layout flyaway and flyaway 1/2 will be awarded “B” value
4. Flyaway full will be awarded “C” value
5. Double back will be awarded “D” value
6. **Straddle back and overshoot will be awarded “C” value, caught at any angle**

All other bar skills will have the same value as the skills in the USAG Junior Olympic Code of Points.

BEAM (4 SR's at .5 each)

1— Acro series (minimum of 2 elements—1 with flight). Excluding Mount and dismount.

2— Minimum of 360 degree turn on one foot (may be included in a series or performed as an isolated element)

3— 1 leap/jump with 180° cross or side split (isolated or in series).

The leap or jump must be a minimum of “A” value, must start and finish on the beam. There is no special requirement to have a dance series, but there is a .2 compositional deduction for lack of dance series (minimum of 2 dance elements from groups 1, 2, or 3).

4—Aerial or salto dismount—minimum “A”

Balance beam Connection Value Bonus

(All USAG JO Level 9 and 10 Connection Value Bonus applies).

1. 2-Acro Flight Element Connection (excluding mount or dismount):

B + C-Salto = + 0.1 CV and THSGCA + 0.1 DV for the "C"

2. Turns: A-Turn + C Turn (or reverse) receives + 0.1 CV (and THSGCA + 0.1 DV for the "C").

BALANCE BEAM ELEMENT VALUE CHANGES

a. Straddle Jump - starting and finishing in a cross position (facing length of beam), in side position and all straddle jumps with 1/4 turn will receive "C" value.

b. Split jump facing sideways as well as a 1/4 turn jump to face sideways into a split jump will receive "C" value.

All other Beam skills will have the same value as the skills in the USAG Junior Olympic Code of Points.

Balance Beam Compositional Deductions:

.2 - lack of dance series

.1 - overuse of dance elements (more than 2 of same shape; wolf, tuck, or straddle)

.1 - failure to perform acro elements in two different directions (backward and forward/sideward). However, if the only element done in that direction is the dismount, it would be - .05

.05 - single element dismount of "A" value

.1 - more than 1 pivot turn

FLOOR (4 SR's at .5 each)

1— One Acro series with 2 saltos OR 2 directly connected saltos (same or different)

2—3 Different saltos within the exercise (not aerials)

3— Dance Series (Minimum of 2 different group 1 elements, directly or indirectly connected, one of which is a leap (one foot takeoff) requiring a 180° cross or side split.

Note: An indirect connection allows for running steps, small leaps, hops, chasse's, assemble's or any kind of turn on 1 or 2 feet between the two dance value part elements.

4— Minimum of an "A" salto performed as last isolated salto or within last salto connection

Floor Connection Value bonus:

(All USAG JO Level 9 and 10 Connection Value Bonus rules apply).

- Dance/Mixed Connective Value: A "D" salto connected to an "A" Jump (in this order only) will receive + 0.1 CV and THSGCA the "D" will receive + 0.2 for DV.

All Floor Exercise skills will have the same value as the skills in the USAG Junior Olympic Code of Points.

Compositional Deductions for floor: .2 – lack of a B turn

.3 - lack of a B salto

.1 - overuse of dance elements (more than 2 of same shape; wolf, tuck, or straddle)

.1 – failure to perform saltos in two different directions (backward and forward/sideward)

.05 – failure to hold of ending pose for 1 second

III. EVALUATION OF LEVEL 5 COMPULSORIES AND CHANGES

The THSGCA uses the USA gymnastics Level 5 age group compulsories with the following modifications:

1- Uneven bars - allow straddle swing between the rails in both directions; legs must rejoin in counter swing.

2- Uneven bars fall time for compulsory and optional competition increased to 45 seconds.

3- Add a .3 deduction for a stop between elements in an acro series in a compulsory floor routine.

4- Signals, verbal cues for compulsory and optional competition—if the gymnast is competing on the apparatus and the coach instructs her by giving specific information on what to do during the routine, the deduction of .2 is taken from the average without warning.

IV. RECOMMENDED APPARATUS AND MAT SPECIFICATIONS FOR GIRLS

The THSGCA uses the USAG Rules and Policies for all meets; we also use all mat specifications from the USA Gymnastics Rules & Policies handbook

1. VAULT

There is no height requirement of the vault. The vaulting table should be placed on the floor. The vault board shall be placed on the gymnasium floor or the runway strip. There shall be a runway strip, no less than 1 inch thick and a minimum of 80 feet long. It shall have a non-slip surface. Mats—The landing area shall be a minimum of 18 feet by 6 feet and shall be padded with a minimum of one base mat (at least 18' x 1 ¼' +/-1/4") and one landing mat (at least 12' x 6' x 3 ¾" +/-1/2"). A single 5"-10" landing mat that does not slip may be used without a base mat underneath it. The landing mat shall be secured to prevent slippage. The total padding shall not exceed 16".

All round off entry vaults are REQUIRED to use the vault collar. A vault performed without the collar will be VOID. NO EXCEPTIONS.

2. UNEVEN PARALLEL BARS

Both bars may be raised or lowered to any height. The bar shall be placed on a level and stable foundation with fastenings to the floor or ground where possible. If fastening is not possible, the base shall be suitably weighted to prevent movement. The rails shall be constructed of multi-laminated wood (unvarnished) or of fiberglass that is properly covered. Both rails shall be the same shape and of the same material. The rails shall not be altered by any foreign substance except water and gymnastic chalk. A gymnast may mount from a vaulting board, but the board must be removed after the mount is completed.

Updated 09/26

If the board is placed on a base mat, the board shall be removed and the landing mat placed on the base mat after the mount is completed. The board shall not be placed on any matting that exceeds 6 inches in thickness, or on the base frame of the uneven bars. A gymnast may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board. The board used in mounting shall meet the specs as outlined in the vault section. Mats— the entire area underneath the bars, and at the mount and dismount area must be covered with 5 ¼" +/- ½" thick mats. Any combination of basic mats (various sizes) may be used without overlapping their sides. One additional 8" landing mat is allowed to be placed on top of the required base mats. The total thickness of all mats may not exceed 16 inches.

3. BALANCE BEAM

The height of the beam shall be 47 ¼ inches (1200mm) measured from the floor to the top of the beam. The length shall be 16 feet 4 inches (5000mm). The beam shall be covered with a cross section of: thickness at widest part, 5 1/8 inches (130 mm) and 3 15/16 inches (100mm) at upper and lower margins; depth, 6 5/16 inches (160mm). The beam shall be placed on a level and stable foundation. The support should be constructed to provide maximum stability and not to interfere with the performer in any way. The gymnast may mount from a board, but the board must be removed after the mount is completed. The vaulting board shall not be placed on any mat(s) which exceeds 6 inches thick, or on the base frame of the beam. The board used for mounting shall meet specifications used for vault. Gymnasts may mount the apparatus from a maximum of 10 inches of padding when mounting without the aid of a board. Mats—the entire area underneath the beam, between the bases, and at the ends of the beam must be covered with a minimum of 4" thick mat. Any combination of basic mats (various sizes) may be used without overlapping their sides. The total thickness of all mats may not exceed 16 inches.

4. FLOOR EXERCISE

The dimensions of the padded competitive area shall be between 39 feet 4 ½ inches (12m) +/-1 inch x 39 feet 4 ½ inches (12m) +/-1 inches and 40 feet by 40 feet, clearly marked with solid lines in an area of at least 45 feet 11 3/16 inches (14m) x 45 feet 11 3/16 inches (14m). The competitive area shall be a smooth surface. When new, the mat shall be at least 1 inch thick. If the mat is covered by another material, it shall be taut in order to prevent wrinkles and uneven surfaces. Each of the individual sections shall be fastened together securely. There shall be a competitive boundary marker at least 1 inch wide and in contrasting color to the floor exercise mat. The floor exercise mat shall be measured from the outer edges of the boundary line.