

**2008-2009 RULES GOVERNING JUDGING FOR THSGCA WOMEN'S PROGRAM**

**Difficulty**

- A. Value Parts: 4 A's, 4 B's, 0 C's\* and Optional Start Value will be 9.70+. 30 bonus = 10.00  
\* (C's and D's may replace A & B Value Parts)
- B. Difficulty Bonus: "C" skills - .1 and "D" skills - .2 (maximum of .2 in difficulty bonus)
- C. Combination Bonus: .1 or .2 (use USAG connection bonus & HS Bar modifications below)
- D. Difficulty Restrictions: No restrictions on skill difficulty

**Special Requirements (SR's)**

**BARS (4 SR's at .20 each) - NEW FOR 2007-2008 SEASON**

1 - 1 Bar change

2 & 3 - 2 Elements same or different Minimum "B"

- 1 with Flight OR LA Turn (not mt or dsmt) Flight is defined as: elements with flight from HB to LB or LB to HB, counter flight, vault, or salto on same bar, release hop grip of both hands in ascending phase & finish in different grip
- 1 from Element Groups 3,6, or 7

4 - "A" salto/hecht Dismount

**Bars Combination Bonus: Modified**

B+C = .1 (or reversed)

C+C = .2 (or more)

Flight of "B" & LA/180° turn of "B" = .1 (may be met in a single element or in two elements - elements not necessarily connected to each other - not as a mt or dsmt)

**High School Modified Values**

Layout Flyaway = B

Full Twisting Flyaway = C

**BEAM (4 SR's at .50 each)**

1 - Acro series (minimum of 2 elements - 1 with flight)

2 - Minimum of 360 degree turn on one foot (may be included in a series)

3 - 1 leap/jump with 180° split (isolated or in series)

*Not a special requirement (.50) to have a dance series, but there is a:  
.2 compositional deduction for lack of dance series with a minimum  
of 2 dance elements from groups 1,2 or 3*

4 - Aerial or salto dismount - minimum "A"

**Beam Connection Values:**

**2 Acro Flight Elements**  
(not dsmt)

B+D = .2

C+C = .2

B+E = .2

C+D = .2

D+D = .2

**3 Acro Flight Elements**  
(mt/dsmt okay)

B+B+C = .1

B+C+C = .2

B+B+D = .2

C+C+C = .2

B+C+D = .2

**2 Dance or Dance/Acro**  
(mt okay/not dsmt)

A+D = .1

B+C = .1

C+C = .1 (same dance)

B+D = .2

C+C = .2 (different dance)

**FLOOR (4 SR'S at .50 each)**

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

2 - 3 Different saltos within the exercise

3 - Dance Series (minimum 2 elements, 1 a leap with 180° split, cross or side)

4 - "A" salto performed as last isolated salto or within last salto connection

**Floor Connection Values:**

**Indirect acro connections of 2 or more saltos or aerials:**

**C Salto Series:**

A/+A/B+C = .1

C+C = .1

**D Salto Series:**

A/+A/B+D = .1

B+D = .1

A+D = .1

C+D = .2

**Direct acro connection of 2 or more saltos or aerials:**

A+C = .1

B+B = .1

A+A+C = .1

A+A+D = .2

B+C = .2

C+C = .2

A+D = .2

B+D = .2

**Dance and Dance/Acro:**

C+C = .1 (different dance)

B+D = .1

C+D = .2

### OPTIONAL VAULT VALUES

Round-off entry vaults are allowed, but gymnast may either flip or twist, NOT both.

### HIGH SCHOOL VAULT VALUES

<u>VAULT</u>	<u>VALUE</u>	<u>VAULT</u>	<u>VALUE</u>
RO FF ON – PIKE OF LAYOUT	10*	YAMASHITA-FULL	9.8
ANY FLIP/TWIST	10	¼ - 1 ¼	9.8
HANDSPRING FRONT (T/P/S)	10	¼ ON ¾ OFF	9.2
TSUKAHARA (P/S)	10	½ ON ½ OFF	9.2
FULL ON – FULL OFF	10	HECHT ½	9.2
HALF ON – 2/1 OFF	10	HANDSPRING ½ OR ¾	9.1
HANDSPRING 2/1	10	YAMASHITA ½ OR ¾	9.1
RO FF ON – TUCK OFF	9.9*	HANDSPRING OR YAMI	9.0
TSUKARA (T)	9.9	¼ ON - ¼ OFF	9.0
FULL ON - ½ OFF	9.9	¼ ON HS OFF	9.0
½ ON – 1 1/2 OFF	9.9	½ ON HS OFF	9.0
HS 1 ½ OR 1 ¾	9.9	HECHT	9.0
FULL ON – HS OFF	9.8	STOOP OR STRADDLE	7.5
HDSPRG FULL or HALF – FULL	9.8	SQUAT	7.0

\*ROUND OFF 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.

### LEVEL 6 COMPULSORIES

The THSGCA uses the USA Gymnastics Level 6 age group compulsories with the following modifications: Uneven Bars – Allow straddle swing between the rails in both directions. Beam – Routine time limit is 1:15 (same as new 2007 USAG change).

#### **New USAG changes -**

- 1 - Uneven bars fall time for compulsory and optional competition increase to 45 seconds.
- 2 - Add a .30 deduction for a stop between elements in an acro series in a Compulsory Floor Ex.
- 3 - 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 .20 is taken from the average without warning.

#### Element Values

Bars - Back uprise with ½ turn in handstand from D to C

Bars -Weller kip to handstand with 1/1 turn after handstand (Healy) from E to D

Bars - Jaeger from LB to HB from D to C

Bars -Long swing forward with ½ turn and flight over LG to hang on LB to a "C" whenever it is performed immediately following a D or E release element

Beam -Side aerial from C to D

Beam -1/1 turn w/ heel of free leg forward, at 45° through out the turn, forward leg extended = B

Beam - 1/1 turn on one leg, thigh of free leg backward upward at 45° throughout the turn = B

Floor - Salto forward tucked with ½ twist on floor from A to B

Beam – Tsukahara tucked dismount = C

Beam – Split jump with change of legs prior to split position landing on both feet = C

Beam – Switch-side leap with additional turn = E

Beam – From stand on one leg, swing through front aerial = D

Beam – Flic-flac with ¼ twist to side handstand to immediate 1/1 pirouette = D

Beam – From stand on one leg, swing through side salto = D

Bars – Clear hip on HB through HS, to reverse hecht in pike position = E

