BOYS GYMNASTICS

Policies & Procedures





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Policies and Procedures

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USA GYMNASTICS, Competition Rules Manual
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To maintain the sound traditions of this sport, preserve the balance between offense and defense, encourage sportsmanship and minimize the inherent risk of injury, the National Federation of State High School Associations writes playing rules for varsity competition among student-athletes of high school age. High school coaches, officials and administrators who have knowledge and experience regarding this particular sport and age group volunteer their time to serve on the rules committee. Member associations of the NFHS independently make decisions regarding compliance with or modification of these playing rules for the student-athletes in their respective states.

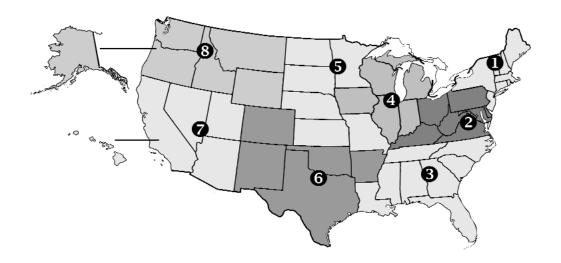
NFHS rules are used by education-based and non-education-based organizations serving children of varying skill-levels who are of high school age and younger. In order to make NFHS rules skill-level and age-level appropriate, the rules may be modified by any organization that chooses to use them. Except as may be specifically noted in this rules book, the NFHS makes no recommendation about the nature or extent of the modifications that may be appropriate for children who are younger or less skilled than high school varsity athletes.

Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, officials and coaches with disabilities. Rule modifications made by the State of Illinois are specific to that state and are not the responsibility of USA Gymnastics or the NFHS.

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Requests for boys gymnastics rule interpretations or explanations should be directed to the state association responsible for the high school boys gymnastics program in your state. The NFHS and USA Gymnastics will assist in answering rules questions **from** state associations whenever called upon.

Parts of this manual have been prepared and will be maintained by USA Gymnastics, as a collaborative effort with the NFHS on behalf of boys high school gymnastics and in support to the NFHS policies and procedures.

USA Gymnastics is responsible for the maintenance and adaptations contained in Sections I, II, VIII and IX as outlined in the table of contents above.

NOTE: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, allow an otherwise illegal piece of equipment, create risk to the athlete/others or place opponents at a disadvantage.

I. POLICIES AND PROCEDURES

COMPETITION

Section 1 UNIFORMS

- **ART. 1**... During team competition, gymnasts on the same team shall wear uniforms of like color and design. Minimum uniform consists of a shirt, solid-colored long pants and footwear (socks or gymnastics shoes and socks). Shorts with/without footwear are acceptable for floor exercise and vaulting. Gymnasts shall wear uniforms properly and as designed by the manufacturer.
- **ART. 2**... An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the uniform provided neither the flag nor the patch interferes with the visibility of any competitor's number.
- **ART. 3**... A single partial/whole manufacturer's logo/trademark/reference, no more than 2 ½ square inches with no dimension more than 2 ½ inches, is permitted on each piece of the uniform.
- **ART. 4** . . . During team competition, the uniform of the first competitor for a team shall establish the color and design to be worn by that team.
- **ART. 5** . . . Jewelry shall not be worn nor taped over in competition.
- **a.** Medical alert medals are not considered jewelry and shall be taped to the body and the alert should be visible.
- **b.** Religious medals are not considered jewelry and shall be taped to the body.
- **ART. 6** . . . Casts or splints on any body part(s) are prohibited.
- **ART. 7** . . . Hand, wrist, elbow, knee and ankle braces, which are unaltered from the manufacturer's original design/production, do not require any additional padding.
- **ART. 8** . . . Athletic equipment shall not be modified from its original manufactured state and worn in the manner the manufacturer intended it to be worn.

ART. 9 . . . Improper uniform deductions for Articles 1-6, (as stated in sec. IX, Competition Rules).

SECTION 2 WARM-UP TIME AND FLOOR PERSONNEL

- **ART. 1** ... Prior to the scheduled meet starting time, the host team shall provide 60 minutes of warm-up time on meet apparatus for eligible competitors only.
- **ART. 2**... Only coaches, competitors and officials are permitted in the competition area.

SECTION 3 ENTRIES AND TEAM SCORING

ART. 1... A team shall be limited to a maximum of five entries per event.

NOTES:

- 1: By state association adoption, a team may have more than five entries per event.
- **2:** By state association adoption, one or more all-around competitors may be required for a team to compete five gymnasts per event.
- **3**: Age determination and competition level does not apply.
- **ART. 2** . . . Gymnasts shall compete block style for all events. The order of team competition shall be alternated so the host team shall compete last in the final event.
- **NOTE:** By state association adoption, gymnasts may compete alternate style.
- **ART. 3**... Changes in the lineup shall be permitted in any event, provided the changes are made before the start of an individual event for that team.
- **ART. 4**... When it is discovered that a gymnast is bleeding, has an open wound or excessive blood on his uniform, he may complete his current event performance. However, he shall not return to competition until he has received proper treatment. (See page 14 for Communicable Disease Procedures.)
- **ART. 5**... Any gymnast who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see page 15 for further details).
- **ART. 6**... An all-around competitor's score shall be the sum of his scores in the six events. If an all-around gymnast does not perform in an event, his score for that event shall be zero.

ART. 7 . . . The top three scores for each team in each individual event are added to determine the team's score for that event.

NOTE: By state association adoption, the top four scores for each team in each event may be used to determine the team score for that event.

ART. 8... The total team score is determined by adding the team's event scores for all six events.

SECTION 4 CONDUCT

- **ART. 1** . . . Coaches and/or competitors during the meet shall not:
- a. Approach the judges at any time without authorization to discuss scores.
- b. Show overt signs of displeasure and/or unsportsmanlike conduct.
- c. Delay the meet.
- **ART. 2**... The gymnast shall acknowledge the head judge by raising his hand at the start of the exercise, after he has been recognized with a green flag, and shall acknowledge a judge at the end of his routine.

ART. 3 . . .

a. Showing displeasure and/or unsportsmanlike conduct first occurrence: As per rules (see competition rules section IX). If there is not a team score from which to take the deduction, it is taken from the gymnast's event score.

(Subsequent occurrence may lead to disqualification from the meet.)

NOTE: If a coach is disqualified and no qualified school personnel is available, the coach's team shall be disqualified from the meet.

- b. Delay of meet (each occurrence): (see competition rules section IX).
- c. Failure to acknowledge the head judge at the beginning of the routine by raising one arm: (see competition rules section IX).
- d. Failure to acknowledge a judge at the end of the routine by raising both arms: (see competition rules section IX).
- **ART. 4**... When in the judgment of the head judge, a coach moves out of proper position to spot during his gymnast's still rings or horizontal bar routine, the coach is given a warning once during the meet before a team deduction is taken. Thereafter, (see competition rules section IX) a team deduction shall be taken for each occurrence.

II. POLICIES AND PROCEDURES

OFFICIALS

SECTION 1 DESIGNATED OFFICIALS

- **ART. 1**... It is recommended that either one, two or four judges, one of whom shall be the head judge, evaluate all routines.
- **ART. 2**... All teams shall be evaluated by the same judge(s) on the same event(s). A scorekeeper shall be assigned by the host school.
- **ART. 3**... The meet officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction. State associations may intercede in the event of unusual incidents after the officials" jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation competition.

SECTION 2 DUTIES OF THE HEAD JUDGE

ART. 1 . . . Before the meet:

- a. Arrive at the meet site 20 minutes prior to the scheduled competition, and enforce all rules of competition;
- b. Ensure that the meet begins on time unless there are extenuating circumstances;
- c. Measure equipment and check floor markings for vaulting to verify specifications;
- d. Inquire about any unusual facility problems with meet director;
- e. Conduct a premeet conference with judges;
- f. Review responsibilities of scorers and flashers.

ART. 2 . . . During the meet:

- a. Judge every performance and record the score;
- b. In meets where inquiries are permitted, the head judge shall post the start value of the routine. The judges shall agree on the start value.

- c. Supervise the group of judges, control the scores when they are out of range and gather the judges together for consultation and corrections when it is noticed a judgment is contrary to the rules;
- d. Be responsible for the smooth running of the judging and the enforcement of the rules of competition and shall be responsible for all decisions throughout the meet;
- e. Has the right to consult with the other judges when scores drift from normal;
- f. All conferences should be as brief as possible;
- g. Determine the acting judges are ready and then give the signal for the gymnast to begin the exercise;
- h. Time falls from apparatus or routine interruptions, notifying gymnast when he has 30, 20, 10 and five seconds remaining;
- i. Allow the contestant a second trial of the complete routine at a time selected by the head judge when there is equipment failure or interference not within the control of the gymnast;

NOTE: Failure of palm-guards or dowels shall be considered not within the control of the gymnast. A second complete trial shall be allowed at the discretion of the head judge.

j. Verify and sign the official scoresheet at the conclusion of the meet.

SECTION 3 DUTIES OF ACTING JUDGES

ART. 1 . . . Before the meet:

- a. Arrive at the meet site 20 minutes prior to the scheduled competition;
- b. Participate in the premeet conference with the head judge;
- c. Be familiar with the rules, difficulty ratings and specific deductions;
- d. Follow the directions of the head judge.

ART. 2 . . . During the meet:

- a. Score each exercise of each event separately, without consultation;
- b. Place themselves around the apparatus, at the four corners whenever possible;
- c. Call for a consultation of judges if anything is noticed contrary to the rules.

SECTION 4 MEET DIRECTOR

- **ART. 1**... The meet director shall obtain the facilities, equipment and personnel necessary for the conduct of a successful meet.
- **ART. 2** . . . Prior to warm-ups, the meet director shall see that all equipment is measured and meets rule specifications.
- **ART. 3**... Prior to the meet, the meet director shall designate areas where gymnasts may stretch just prior to competing, and areas where they may warm up skills during the meet.
- **ART. 4** . . . The meet director may order the floor cleared whenever necessary.

SECTION 5 SCORING

- **ART. 1** . . . Scoring shall be done by the judges immediately after the performance of each exercise. The open method of scoring shall be used (**Note:** By state association adoption, closed scoring may be used).
- a. It is recommended scores be posted within 30 seconds;
- b. The head judge shall post the score first, concealed from the other judges;
- c. Other judges shall post their scores to the head judge;
- d. If the scores that count are within range, all scores shall be flashed simultaneously;
- e. If the scores that count are not within range, the head judge shall call a conference until agreement within the proper range is reached.
- **ART. 2** ... When four judges are used per event, the scorer shall note on scoresheets the marks of each judge and then eliminate the highest and lowest marks, using the average of the two intermediate marks for the evaluation of the performance.
- a. Example: 10.0 scoring
- 9.6 and 8.6 are dropped, 8.9 and 8.7 are averaged, making the
- 8.9 evaluation of the routine 8.8.
- 8.7
- 8.6
- b. Example: 10.0 scoring
- 9.2 If there are two or more identical high (or low) marks, only one
- 9.2 is dropped, 9.2 and 9.4 are dropped, 9.2 and 9.4 are averaged,
- 9.4 making the evaluation of the routine 9.3.
- 9.4

- **ART. 3** . . . When two judges are used per event, the scorer shall note on scoresheets the marks of each judge and then average the marks for the evaluation of the performance.
- a. Example: 10.0 scoring
- 9.0 If the two scores are identical, the identical score is the evaluation
- 9.0 of the performance 9.0 in this case.
- **ART. 4** . . . The judges" written and personal scoresheet is the official score.
- **ART. 5** . . . The allowable range between the two scores that count shall be as follows:

D + E Panel Score	Allowable Deviation
9.60 - 10.00	0.10
9.40 - 9.60	0.20
9.00 - 9.40	0.30
8.50 - 9.00	0.40
8.00 - 8.50	0.50
7.50 - 8.00	0.60
<7.50	0.70

- **ART. 6**... Any change in the official score of a judge shall be made before the next gymnast's performance.
- **ART. 7**... A computational error at the scoring table may be corrected in context with the official score of the judge at any time during or within 30 minutes after the meet. The head judge for each event shall verify the scores for his event and sign the scoresheet making the score official.

III. General Guidelines for Sports Hygiene, Skin Infections and Communicable Disease

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

Universal Hygiene Protocol for All Sports

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.

Infectious Skin Diseases

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of the infection.
- Coaches, officials, and appropriate health-care professionals must follow NFHS or state/local guidelines on "time until return to competition." Participation with a covered lesion may be considered if in accordance with NFHS, state or local guidelines and the lesion is no longer contagious.

Blood-Borne Infectious Diseases

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.
- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.
- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

Other Communicable Diseases

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During times of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the "Infectious Disease and Blood-borne Pathogens" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook.

IV. Suggested Guidelines for Management of Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be "knocked out") to have suffered a concussion.

Common Signs and Symptoms of Concussion Include:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Headaches or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Suggested Concussion Management:

- 1. No athlete should return to play (RTP) or practice on the same day of a concussion.
- 2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
- 3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- 4. After medical clearance, RTP should follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms at rest, while doing school work or with physical activity.

For further details please see the "NFHS Suggested Guidelines for Management of Concussion in Sports" at www.nfhs.org

(2013)

NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

V. Equipment Guidelines

- 1. Each NFHS sports rules committee is responsible for recommending the official playing rules to the NFHS Board of Directors for adoption. The committee is not responsible for testing or approving playing equipment for use in interscholastic sports. Equipment manufacturers have undertaken the responsibility for the development of playing equipment that meets the specifications established by the committee. The NFHS urges manufacturers to work with the various independent testing agencies to ensure the production of safe products. Neither the NFHS nor the applicable NFHS sport rules committee certifies the safety of any sport equipment. Only equipment that meets the dimensions and specifications in the NFHS sport rules may be used in interscholastic competition. While the committee does not regulate the development of new equipment and does not set technical or scientific standards for testing equipment, the committee may, from time to time, provide manufacturers with guidance as to the equipment-performance levels it considers consistent with the integrity of the game. The committee reserves the right to intercede to protect and maintain that integrity.
- 2. Each NFHS sport rules committee suggests that manufacturers planning innovative changes in sports equipment submit the equipment to the applicable NFHS sport rules committee for review before production.

VI. Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times. Accordingly, the NFHS Board of Directors has adopted the following guidelines for coaches.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association.

VII. Officials Code of Ethics

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility. The purpose of this Code is to establish guidelines for ethical standards of conduct for all interscholastic officials.

Officials shall master both the rules of the game and the mechanics necessary to enforce the rules, and shall exercise authority in an impartial, firm and controlled manner.

Officials shall work with each other and their state associations in a constructive and cooperative manner.

Officials shall uphold the honor and dignity of the profession in all interaction with student-athletes, coaches, athletic directors, school administrators, colleagues, and the public.

Officials shall prepare themselves both physically and mentally, shall dress neatly and appropriately, and shall comport themselves in a manner consistent with the high standards of the profession.

Officials shall be punctual and professional in the fulfillment of all contractual obligations.

Officials shall remain mindful that their conduct influences the respect that studentathletes, coaches and the public hold for the profession.

Officials shall, while enforcing the rules of play, remain aware of the inherent risk of injury that competition poses to student-athletes. Where appropriate, they shall inform event management of conditions or situations that appear unreasonably hazardous.

Officials shall take reasonable steps to educate themselves in the recognition of emergency conditions that might arise during the course of competition.

Officials shall maintain an ethical approach while participating in forums, chat rooms and all forms of social media.

VIII. Definitions

NOTE: The verb "shall" denotes mandatory.

Alternate Style - That system of competition in which members of competing teams shall alternate turns in each event is permitted by state association adoption.

Apparatus Specifications - Those limitations indicating size, width, thickness, height, stress and other pertinent information relative to apparatus.

Assist - The act of touching a gymnast performing a skill, which results in a deduction from the gymnast's score.

Average Score - The score that results when the scores that count are added together and divided by two.

Balk - Any forward motion towards the vault table that is either stopped and backed up, or does not result in contact with the vaulting board or table.

Block Style - That system of competition in which all members of one team participate in succession in each event.

Coach - Any individual designated by the school with the responsibility of directing its team.

Content Structure - How skills are combined in the exercise.

Difficulty - A predetermined value of a particular gymnastic skill.

Dismount - The final skill of value used by a gymnast which completes a exercise.

Event - The name of a particular piece of apparatus which is contested in a gymnastic meet.

Exercise (Routine) - The complete set of skills or exercise performed by a gymnast.

Form - The body appearance and control a gymnast exhibits when performing.

Head Judge - An official at a gymnastic meet who is responsible for scoring the competitors and for the proper interpretation of all gymnastic rules.

Landing Mat - Any mat at least 4 inches ($\pm \frac{1}{2}$ inch) in thickness, which is designed to provide a cushioning effect upon dismounting the apparatus. (When purchasing new landing mats, it is recommended they be $4\frac{3}{4}$ inches thick.)

Mat - A protective and resilient covering on the floor.

Mount - The first skill performed in an exercise.

Open Scoring - A system of scoring in which each judge openly displays the score he/she has awarded the gymnast.

Presentation - The manner in which a gymnast expresses himself before and after his exercise.

Safety Collar- A manufactured safety collar is required around the vaulting board for all round-off entry vaults.

Scorer - The person responsible for recording individual gymnast's scores and computing team scores.

Skill - A gymnastic movement with difficulty value.

Spotter - A coach who is in position to aid the gymnast during his exercise.

Stand - The position obtained by the gymnast before and after his routine in which he is in a balanced position upon his feet.

Sting Mat - A manufactured mat $(1 \frac{1}{2})$ " thick, $\pm \frac{1}{4}$ ") containing a core of rebound foam.



Competition Rules

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How To Use This Rules Manual

The Men's Program of USA Gymnastics, in consultation with current high school administrators and coaches, has prepared this 2013 to 2016 High School Program Competition Rules Manual. The manual is an adaptation of the USA Gymnastics Junior Olympic Program rules for optional competition.

This manual has been written to provide states with a degree of flexibility regarding the level of competition, scoring format and special rule adaptations.

In this high school manual, two levels of competition are shown, Levels 8 and 9. Both levels are very closely related to the same levels of competition in the USA Gymnastics age group program. Level 8 constitutes competition requirements consistent with entry-level optional competition. The Level 8 program allows for the inclusion of higher difficulty elements and contains bonus opportunities for higher-level skills and performance factors. Level 9 requires potentially higher difficulty content, but is still appropriate for less experienced athletes.

Both levels of competition can be adapted to use either the current International Gymnastics Federation (FIG) additive scoring format - which is also being currently used by the NCAA men's program - or the more traditional 10.0 scoring system. Scoring requirements for both systems are listed in this rules manual.

State coaches associations can also modify specific rule areas as needed to meet particular goals or requirements with regard to development in their state. For example a state might wish to modify dismount requirements or an individual skill difficulty rating.

USA Gymnastics stands ready to provide consulting support regarding any rule or format changes in order to assist states to tailor a rules manual to their needs. In addition, USA Gymnastics, when requested, will provide states with a final version of the Boys High School Gymnastics rules that meet their scoring and format choices. A state specific rules manual will make for easy use by a state's coaches, athletes and officials.

For rules manual support, please contact the Men's Program Director at USA Gymnastics.

Chapter 1 – General Competition Program Information

I. Competition Program Charts

Competition Program Chart - Optional Levels					
	Score Components				
Level		Element	Dismount	Stick	
	Number of Skills	Groups	ווווטטווופוט	Bonus	Execution Bonus
8	8 (7 + dismount)*	1.5	B = 0.5 A = 0.3	0.2	0.1 bonus if execution deductions are between
9	8 (7 + dismount)*	2.5	B = 0.5 A = 0.3	0.2	0.9 – 1.2 0.2 bonus if execution deductions are less than 0.9
	(7 + dismount)*		A = 0.3		

*Dismount must count for Element Group Requirement

- 1. Optional Rules are based on the FIG Code of Points with Junior Olympic modified exceptions listed in the Optional Levels 8 & 9 Judging & Rules Guidelines section.
- 2. Count the highest value part for each required Element Group Credit first.
- 3. Count the highest remaining skills for maximum numbered parts.
- 4. Less than 6 recognized skills results in a 1.0 deduction from the 'E' score for each missing skill

II. General Rules and Regulations

A. Uniforms:

- 1. On Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, all gymnasts must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). 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. All gymnasts are required to wear a shirt or competition top on all events during warm-ups.
- For safety reasons, jewelry of any kind is <u>NOT</u> allowed during competition and is considered a uniform violation.
- **4.** Uniform violations will result in a medium behavioral deduction of 0.3 on each event in which the infraction occurs. The judge will warn the gymnast that the deduction will be taken at each event.

B. 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

C. 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 is 0.5 from the routine's final score.
- 4. 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 0.3, with a warning to the coach that a second infraction will result in his remaining gymnasts not being allowed to compete on that event that day. The spotting deduction will be taken from the event's final team score. If that individual is not affiliated with any team, then the deduction will be taken from the individual's score on that event.
- An additional spotter is permitted on Still Rings, Vault, Parallel Bars and Horizontal Bar without deduction.
- **6.** Assistance at any apparatus, whether general or as the required spotter, must be provided by an official coach as defined by the state high school association.

D. Specialists:

While All-Around competition is encouraged, it is recognized that specialists and multievent participants can make significant contributions. Participation by specialists and multievent athletes is permitted and strongly encouraged in all levels of competition.

III. Equipment and Mat Specifications

The NFHS does not perform scientific tests on any specific items of equipment to determine if the equipment poses undue risks to student-athletes, coaches, officials or spectators. Such determinations are the responsibility of equipment manufacturers.

A. International Gymnastics Federation (FIG)

All specifications of equipment and mats are per FIG unless otherwise stated. Equipment heights listed below are maximums. FIG height requirements may only be exceeded where allowed by FIG.

Floor Exercise: FIG – 12m x 12m (40' x 40')

Pommel Horse: Maximum FIG height (up to 115 cm from the floor)
Still Rings: Maximum FIG height (up to 280 cm from the floor)
Vault: Maximum FIG height (up to 135 cm from the floor)
Parallel Bars: Maximum FIG height (up to 200 cm from the floor)
Horizontal Bar: Maximum FIG height (up to 280 cm from the floor)

B. General:

- 1. A panel mat may be used to mount pommel horse or parallel bars.
- 2. There is no minimum height requirement on the pommel horse, vault or parallel bars.
- 3. The spring board may only be used to mount the Parallel Bars and for vaulting.
- 4. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for his gymnast's use. If a ring tower will not be available for competition, the coach should be notified in the premeet information packet so that the coach may choose if he wishes to have his gymnasts participate.

C. Additional Matting:

- 1. Floor Exercise: A landing mat of up to 10 cm (4") may be used for landings of "C" value skills or greater. The mat must remain in place throughout the routine.
- 2. Still Rings: The landing surface may be raised to a height of 30 cm (12"). An additional safety cushion of up to 20 cm (8") may be used.
- 3. Vault: An additional safety cushion of up to 20 cm (8") may be used in addition to the required 30 cm (12") landing surface height. In Junior Elite competition, up to 32" of additional matting may be used to raise the landing surface.
- 4. Parallel Bars: An additional safety cushion of up to 20 cm (8") may be used.

5. Horizontal Bar: An additional safety cushion of up to 20 cm (8") may be used in addition to the required 30 cm landing surface height.

Chapter 2 – Judging Guidelines

I. General Judging Guidelines:

A. Document Precedence:

- 1. The International Gymnastics Federation (Fédération Internationale de Gymnastique, FIG) Code of Points will be used except where superseded by rules found in this High School Competition Program Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict is:
 - **a.** The High School Competition Program Manual with Rules Updates published by High School Competition Committee
 - b. The NGJA/USAG Rules Interpretations (available online at: http://www.ngja.org)
 - c. The International Gymnastics Federation (Fédération Internationale de Gymnastique FIG) Code of Points with Rules Updates published by the FIG Men's Technical Committee (Rules Updates [aka FIG MTC newsletters] are available online at: http://www.fig-gymnastics.com)

B. Judging Duties:

- 1. The judges in all boys competitions will perform the duties of both the "D" (Difficulty) and "E" (Execution) Jury Panels as listed 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 judges will have the additional responsibility of Line Judge.
- 3. There is no time limit on floor exercise so there is no need for a Time Judge to keep time on floor exercise.

C. Minimum Score:

The minimum score for any exercise in the High School Program is 1.0.

D. Range of Allowable Scores:

When using two judges, or a four or more judge panel, the point difference between both, or the middle scores, may not be greater than:

E Panel Score Additive Scoring Format	D + E Panel Score 10.0 Maximum Scoring Format	Allowable Deviation
9.60 - 10.00	9.60 - 10.00	0.10
9.40 - 9.60	9.40 - 9.60	0.20
9.00 - 9.40	9.00 - 9.40	0.30
8.50 - 9.00	8.50 - 9.00	0.40
8.00 - 8.50	8.00 - 8.50	0.50
7.50 - 8.00	7.50 - 8.00	0.60
<7.50	<7.50	0.70

E. Routine Repetition Rule:

- 1. One attempt at a routine is allowed.
- 2. Should circumstances occur that are beyond the control of the gymnast which interrupt his attempt at a routine, the gymnast may be given the opportunity to repeat his routine, at the discretion of the head judge.
- **3.** Should a handguard (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. An official coach, as defined by the state high school association, must do all spotting.
- 2. If there is no spotter when required, the routine may not begin. If the spotter walks away when required, deduct 0.3 and the coach will be warned that another infraction will disqualify all of his athletes on that event for that day. The spotting deduction will be taken from the event's final team 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, during the exercise, an incidental brush or touch occurs between the spotter and the gymnast, without interrupting or assisting in the skill, there is no deduction.
- **4.** A coach may not spot an athlete from a surface that is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated

G. Videotape Review:

There is no videotape review of routine performance for any score evaluation.

H. General Apparatus and Behavioral Deductions:

- 1. Falls:
 - **a.** A fall onto or off of the apparatus will be deducted 1.0 in addition to any other execution 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 dismounts.
- 2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.3 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 0.5.

I. Landing Deductions:

All landing deductions are as per FIG.

II. Optional Levels 8 – 9 Judging & Rules Guidelines:

A. Routine Construction Table for Levels 8 & 9:

Note that unless otherwise stated, all rules will be as per the FIG Code of Points. Please refer to the document precedence statement in Chapter 2 – Section I - Paragraph A, for further clarification.

Routine composition rules are listed for two different scoring systems:

- Additive Scoring system current FIG, NCAA, and USA Gymnastics format
- 10.0 Maximum Score traditional scoring format

See chart next page

Additive Scoring (FIG) Format

Routine Construction Table – Additive Scoring				
	Levels & Age Groups			
	Level 8	Level 9		
Presentation Start Value ('E' Score)	10.0	10.0		
Floor Exercise, Pommel	Horse, Still Rings, Para	ıllel Bars & Horizontal Bar		
	0.2	0.2		
Execution Bonus	Awarded if execution deductions are less than 0.9			
	0.1	0.1		
	Awarded if execution deductions are between 0.9 – 1.2			
Number of Skills Counted for Difficulty	8	8		
(Part of 'D' Score)	(7 + dismount)	(7 + dismount)		
Maximum Element Group	1.5	2.5		
Start Value	0.5 per element group - must include dismount to receive full element			
(Part of 'D' Score)	group credit			
Dismount Skill Value Required for 0.3	В	В		
Element Group Credit 0.2 Stick Bonus can only be awarded for		awarded for Full Element Group Credit		
	Dismount			
Vault				
Number of Vaults Allowed	1	1		

10.0 Maximum Score Format

Routine Construction Table – 10.0 Maximum Score				
	Levels & Age Groups			
	Level 8	Level 9		
Presentation Start Value ('E' Score)	6.5	5.5		
Floor Exercise, Pommel	Horse, Still Rings, Para	Illel Bars & Horizontal Bar		
	0.2	0.2		
Execution Bonus	Awarded if execution deductions are less than 0.9			
	0.1	0.1		
	Awarded if execution deductions are between 0.9 – 1.2			
Number of Skills Counted for Difficulty	8 skill	8		
(Part of 'D' Score)	(7 + dismount)	(7 + dismount)		
Maximum Difficulty (D) score	2.0	2.0		
Maximum Element Group	1.5	2.5		
Start Value	0.5 per element group - must include dismount to receive full element			
(Part of 'D' Score)	group credit			
Dismount Skill Value Required for 0.3	В	В		
Element Group Credit	0.2 Stick Bonus can only be awarded for Full Element Group Credit Dismount			
Vault				
Number of Vaults Allowed	1	1		

B. General Bonus:

1. Execution Bonus:

- a. Routines that have execution deductions of less than 0.9 will be awarded +0.2 in bonus.
- **b.** Routines that have execution deductions between 0.9 and 1.2 will be awarded +0.1 in bonus.
- c. There is no execution bonus for vault.

2. Stick bonus:

- **a.** Stick bonus of +0.2 will be awarded for stuck dismounts which receive full Element Group V credit.
- **b.** Stick bonus will be added to the start value.

C. Event Specific Bonus:

1. Floor Exercise:

- Multiple salto skills will receive +0.1 in bonus if they do not include a large execution error.
- **b.** Any "C" skill + "C" skill acrobatic connection will receive +0.1 in bonus if performed without a large execution error.

2. Pommel Horse:

- a. Any "B" or higher Flair skill will receive +0.1 in bonus.
- **b.** Any "B" or higher Spindle skill will receive +0.1 in bonus.
- **c.** Any full longitudinal cross support travel (Magyar) with two circles in the saddle (4 hand placements) will receive +0.1 in bonus.
- **d.** Any full longitudinal cross support travel (Magyar) with three circles in the saddle (6 hand placements) will receive +0.2 in bonus.
- **e.** The following flop combinations on one pommel will receive +0.1 in bonus:

Direct Stöckli B (DSB) to Direct Stöckli B (DSB);

Direct Stöckli B (DSB) to pommel loop circle;

Pommel loop circle to Direct Stöckli B (DSB).

3. Still Rings:

All Element Group III and IV "B" value skills performed with 0.3 or less in execution deductions will receive +0.1 in bonus.

4. Vault:

If the gymnast balks on his first attempt, a second attempt will be allowed with a 1.0 deduction taken from his execution score. No third attempt will be allowed. There is no execution bonus for vault.

5. Parallel Bars:

All Giant swings backward with turns (Giant swing backward with ½ turn, Giant swing backward with Diamidov) will receive a +0.1 bonus.

6. Horizontal Bar:

- a. Any "C" value Element Group II Flight Element will receive +0.1 in bonus.
- Any "D" value Element Group II Flight Element, except for a Kovacs, 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 Elgrip, will receive +0.3 in bonus.
- e. Any Kovacs (Double salto backward over the bar) will receive +0.3 in bonus.
- f. Any "C" skill + "C" Element Group II Flight Element connection will receive +0.1 in bonus. (Any "C" value or higher Element Group II – Flight Element may be repeated once in direct connection.)
- g. A "C" value Jam to handstand will receive +0.1 in bonus.

Bonus T	able - Optional Lev	els			
Levels & Age Groups					
	Level 8	Level 9			
Presentation Start Value Additive Format ('E' Score)	10.0	10.0			
Presentation Start Value 10.0 Maximum Score Format ('E' Score)	6.5	5.5			
Ap	plied to All Events				
•	0.2	0.2			
Execution Bonus	Awarded if execution dedu	ictions are less than 0.8			
	0.1	0.1			
	Awarded if execution deducti				
Stick Bonus	0.2	0.2			
	Awarded only for Full Eleme	nt Group Credit Dismount			
	Floor Exercise				
Multiple salto skills	0.1	0.1			
Any "C" + "C" acrobatic connection	0.1	0.1			
	Pommel Horse				
Any "B" or higher Flair	0.1	0.1			
Any "B" or higher Spindle	0.1	0.1			
Magyar - 2 circles in saddle	0.1	0.1			
Magyar – 3 circles in saddle	0.2	0.2			
On one pommel: DSB + DSB, DSB + Pommel loop or Pommel loop + DSB	0.1	0.1			
	Still Rings				
Element Group III and IV "B" value skills performed with 0.3 or less in execution deductions	0.1	0.1			
	Vault				
	Not Applicable	Not Applicable			
	Parallel Bars				
Any Giant swing backward with turns	0.1	0.1			
Horizontal Bar					
Any "C" value Element Group II skill	0.1	0.1			
Any "D" value Element Group II skill					
(except Kovacs)	0.2	0.2			
Quintero to El-grip "E" value skill	0.2	0.2			
Any "E" or "F" value Element Group II skill (except Quintero to El-grip)	0.3	0.3			
Kovacs	0.3	0.3			
"C" skill + "C" value Element Group II skill in direct connection	0.1	0.1			
"C" value Jam to handstand	0.1	0.1			

D. General Exceptions to the FIG Code of Points:

1. Dismount Exceptions:

- **a.** Level 8 and 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 J.O. 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, High School 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 will always receive an "A" value until that skill has been submitted for evaluation.
- c. New and original skills <u>must</u> be submitted (in electronic video form) directly to the High School rules committee or through the NGJA web site selecting the 'New Skill Submission Page' link. The skill will be evaluated by the NGJA/USAG Technical Committee.

3. Straddling of the legs:

Straddling of the legs is allowed on skills including a strength press or hold.

4. Short Routine:

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 – deduct 1.0, 4 parts – deduct 2.0, etc.)

5. Skill Exceptions:

- a. A skill which has a letter value assigned should be evaluated as if it has its own "code box."
- **b.** For instance a "B" Stützkehre forward would have a different "virtual code box" for routine construction purposes than a FIG "C" value Stützkehre 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 nominal handstand may be used in a routine with each counting for difficulty.
- **e.** Example #1: A gymnast performs both a FIG "C" Stützkehre forward to handstand and the excepted "B" Stützkehre forward to 45° above horizontal in the same routine, only the FIG "C" Stützkehre forward to handstand would be recognized because of its higher value.
- f. Example #2: A Level 8 gymnast performs both a FIG "C" basket (peach) to handstand and the excepted "B" basket (peach) with straight arms to support lower than nominal handstand in the same routine. Both will be counted for difficulty.

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

1. Floor Exercise:

a. One landing mat of up to 10 cm (4") may be used for "C" value or greater skills. The mat must remain in place throughout the routine.

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 (as long as the gymnast does not use his feet or legs to push off the horse) will receive full Element Group V credit and a maximum of 0.5 in execution deductions.

3. Still Rings:

No exceptions on this event.

4. Vault:

Increase the start value of a Handspring forward and salto forward piked with a ½ twist to 5.0. (FIG vault 320 – Group III, #20)

5. Parallel Bars:

- **a.** Gymnasts at all levels may perform basket (peach) with straight arms to support lower than nominal handstand and receive "B" difficulty credit and Element Group IV credit.
- **b.** Stützkehre forward to 45° above horizontal will receive "B" difficulty credit and Element Group I credit.
- **c.** Giant swing backward may be performed twice without repetition deduction.
- d. Basket (peach) to handstand may be performed twice without repetition deduction.
- **e.** Allow empty (½) swing prior to performing Element Group III giant skills and Element Group IV basket (peach) skills. An intermediate (full) extra swing is not allowed.

6. Horizontal Bar:

- a. Any "C" or higher release element may be done a second time if done in direct connection with any other "C" or higher release element. If not performed in direct connection, normal repetition rules apply.
 - (Examples: (1) Tkatchev straddled to Tkatchev straddled (2) Tkatchev, giant swing backward, Tkatchev to Gienger)
- b. A full 'El-grip' swing through the hang position that hops to a full undergrip and continues over the bar to an giant swing forward or to hop pirouette and continues into a giant swing backward will receive an "A" value and full Element Group IV credit.

Event Checific Eventions to the FIC Code of Dainte					
Event Specific Exceptions to the FIG Code of Points					
Levels & Age Groups					
	Level 8	Level 9			
	Floor Exercise				
One landing mat of up to 10 cm rema	(4") may be used for "C" value of in in place throughout the routing				
	Pommel Horse				
Any dismount skill that achieves a head to push off the horse) will receive f					
For all "C" or higher longitudinal tra (once per skill) rather than the FIG					
	Still Rings				
	No exceptions on this event.				
	Vault				
Increase the value of a handspring forward and salto forward piked with a ½ twist (FIG vault 320 – Group III, #20)	5.0	5.0			
Parallel Bars					
Basket (Peach) with straight arms to support lower than nominal handstand	B + Element Group IV	B + Element Group IV			
Stützkehre forward to 45° above horizontal	B + Element Group I	B + Element Group I			
Repetition of giant swing backward to handstand	1 time	1 time			
Repetition of basket (peach) to handstand	1 time	1 time			

Event Specific Exceptions - continued

Horizontal Bar

Any "C" or higher release skill may be done a 2nd time in direct connection with any other "C" release skill. If not in direct connection, normal repetition rules apply.

Full El-grip to hop undergrip or hop pirouette continuing over the bar to a giant swing will receive an "A" value & Element Group IV credit.

F. Event Specific Restrictions to the FIG Code of Points:

i. Floor Exercise:

Level 8 and Level 9 gymnasts are not allowed to perform "C" value or higher salto skills with head-first roll-out.

ii. Pommel Horse:

No restrictions on this event.

iii. Still Rings:

- a. Not allowed to perform Guczoghy skills or skills including to or from Li Ning.
- **b.** Level 8 and 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.

iv. Vault:

- a. Level 8 gymnasts are not allowed to perform round-off entry vaults (Group V).
- **b.** Level 9 gymnasts are restricted to performing only the following round-off entry vault (Group V), Yurchenko in tucked, piked or stretched position with only one salto in the second (post) flight and up to one full (1/1) twist in the second (post) flight to include FIG Group V, Code box #'s (7, 8, 9, 13, 15, 19, 20, 21).

v. Parallel Bars:

No restrictions on this event.

vi. Horizontal Bar:

No restrictions on this event.

Event Specific Restrictions						
	Levels & Age Groups					
	Level 8	Level 9				
	Floor Exercise					
FIG "C" value or higher salto skills with head-first roll-out.	None Allowed	None Allowed				
	Pommel Horse					
	No exceptions on this event.					
	Still Rings					
Limit of Honma skills allowed from Element Group I	1	1				
Guczoghy & skills including to or from Li Ning	Not Allowed	Not Allowed				
	Vault					
Round-off entry vaults (Group V)	Not Allowed	Allowed with restrictions*				
*Yurchenko in tucked, piked, or stretched position with only one salto and up to one twist in the second (post) flight – FIG Group V, Code box #'s (7, 8, 9, 13, 15, 19, 20, 21)						
Parallel Bars						
No exceptions on this event.						
Horizontal Bar						
No exceptions on this event.						