

**COMPILATION OF 2017 BOYS GYMNASTICS  
NFHS/IHSA and FIG INTERPRETATIONS**

**4/06/2017**

**It is important that officials check the IHSOCA.org webpage for weekly updates.** Left side of page select Rules Interpretations. Check the categories 2017 Boys Gymnastics Interpretations and "A" skills.

**GENERAL CLARIFICATIONS**

1. The Rules Committee interpretations shall be delivered to the IHSOCA Secretary and Judges' Assignment Chairmen. The Secretary shall immediately distribute the interpretations to all association members and the Judges' Assignment Chairmen shall immediately distribute to all judges. The interpretations shall then become effective immediately.
2. When JO Updates are made and apply to IHSA gymnastics, they will be added to these interpretations and marked with the initials JO.
3. Static and swing to strength elements must be held for 2 seconds after arriving at the end position. A medium deduction is applied if the skill is held less than 2 seconds. A hold **less than one second** is a large deduction and non-recognition of the skill.
4. Recognizable Skill - If the official does not recognize a trick done as a skill, there is no value given. A PB dismount when the gymnast buckles and simply rolls off the bars can be non recognizable.
5. Landings and Dismounts on the Feet:
  1. A stuck dismount by definition will be given regardless of how far the feet are apart sideways or astride. 0.1 bonus will be given.
  2. On all landings, appropriate deductions will be taken by rule.
  3. After a landing or dismount the gymnast must move the heels together by pivoting on balls of the feet as defined in our rulebook or may close the heels by lifting one foot and stepping together to a stand. Either technique **will not** result in a deduction. If the gymnast does not close the feet together, it will result in a small (0.1) deduction.
6. Twisting Skills: Twisting skills executed with too much or too little twist, will be valued as seen. Officials may award the higher level skill value with appropriate deduction for being short on the twist or award a lesser value skill when short more than 90 degrees and take appropriate deductions for over twisting.
7. FIG skills designated with a red dot are permitted in Illinois high school gymnastics unless specified in the NFHS rules book p. 38-39 , II-E- 3&4.

**FLOOR EXERCISE:**

JO 1: Connection for bonus is allowed on both sides of a multiple skill floor exercise combination. A B+C+B combination could be awarded 0.2 bonus if there is no single large deduction in the combination. (See NFHS II.A.3 and II.B)

JO 2: One skill from a bounding connection can be repeated once for additional value outside of the connecting bounding sequence. For example a front salto layout - front salto tuck 1/1, B+B. You can repeat either the front salto layout or front salto 1/1 for value as a single skill not in bounding sequence. Since chronological sequence is no longer applied, this single skill can be done before or after the

bounding connection. (JO interpretations are not finished on this item)

\*Note: A whipback salto is not allowed as a single floor exercise skill/pass. If a whipback is done without being in bounding connection it is evaluated as a poorly executed layout with appropriate execution deductions.

3. The new FIG ruling of demonstrating control after saltos and landings must be demonstrated by bringing the heels together. This applies to each floor exercise pass. A pass that ends with an immediate jump to prone will be considered a large deduction. Immediately falling to prone is considered a fall.

#### **POMMEL HORSE:**

1. EG II-1 p.68, Double rear (kehr). Acceptable because FIG does not mention circles. The kehr must have a half circle after it to end in a front support per rule.

2. A dismount must cross the body of the horse and land in cross stand facing along the long axis of the horse. A simple handstand dismount must cross the horse in order to be recognized. A handstand dismount does not have to cross the horse provided that it includes a turn of at least 270 degrees from the side support or 360 degrees from the cross support." Crossing over the horse body must be in a continuous swinging direction from the circle into the handstand. However, when going up to the handstand with a counter circling movement over the horse body it will result in a medium deduction with value given.

JO 3. A gymnast will receive value and element group credit for travels or turns partially completed during execution of longitudinal travels or Russians. Example: Fall on Magyar you award B for 1/2 or 2/3 travel during execution.

4. Illinois high school will define a Russian Wendeswing as a Russian skill done within a 270/360 degree circle with four hand placements. This can be done from a uphill circle or loop position and receive B value for a Russian dismount. When done during the routine, it must be completed by a schwabenflank (loop around) as opposed to a single leg stockli in.

JO 5. All Russian wendeswing, Russian traveling type elements, flops and combined elements with flops and Russians require a FIG element afterwards (circle, Russian wendeswing, travel, etc.) in order to receive value. In case of a fall after starting the element afterwards, the Russian Wendeswing, Russian traveling type elements, flops and combined elements with flops and Russians will receive difficulty value. Partial difficulty value can be awarded if a fall occurs during the same listed elements. This is also true for Russian skills performed on the end (See JO 3 above).

For Russian wendeswing skills - this would include Russians on the end where at least 180° (front support to front support) is reached before the stop or fall occurs - give 'A' value for the appropriate skill (this is usually a 180° russian or front-in).

## **STILL RINGS:**

1. The ring dismount back uprise and salto backward in a tuck, pike, or layout should be executed with a release of the rings and no support demonstrated on top of the rings. If support of the trunk (torso) on top of the rings is past a vertical body position you should apply angle deductions as follows:

0-15 degrees 0.1

16-30 degrees 0.2

31-45 degrees 0.3

>45 degrees 0.3 and non recognition

Likewise, to be done properly the entire body (hands through feet) should rise to ring level. If any body part (usually the hips or feet) don't reach ring height the same angle deductions would apply.

2. When the Code of Points uses the term "from" one strength element to another, it is implied the first element is held. The word "through" means no hold is required.

3. To receive 0.2 bonus on a straight arm shoot handstand or giant swing there cannot be any deduction for elbow bend.

4. Swing to strength skills (ie - kip to cross or uprise bwd to cross) that enter the position above 45° are defined as non-recognizable. A gymnast can still receive the cross for credit if done within the proper angles. Angle deductions still apply.

## **VAULTING**

JO 1. Yamashita vault will be allowed and has the same value as a handspring. A pike of 90 degrees or more is required for a Yamashita. If the angle does not reach 90 degrees it will be judged as a handspring with appropriate execution deductions.

2. To receive the minimum score of a 1.0, the gymnast needs to make contact with the table.

3. Assistance by a spotter in the completion of an element is a 1.0 deduction and non-recognition. Since vault is just one skill, the whole vault becomes unrecognizable. Thus, the vault score would be recorded as 1.0.

4. There will be an apparatus deduction taken from the home school team if vaulting lines are not marked on the vaulting surface before the start of team introductions. This is a large (0.3) apparatus deduction, taken from the team score.

## **PARALLEL BARS**

1. Moy to support, immediately lower to upper arm hang and back uprise to handstand = B + B Moy receives "B" value and back uprise to handstand received "B" value. There is no deduction for reversing direction.

JO 2. PB skills to support, such as, stutz, peach, giant, and salto backward have no height or angle requirement when caught. Award "B" value and apply technical deductions for form and execution.

Currently, a stutz is listed in our book as needing to be performed at 45 degrees. This interpretation overrides that rule.

3. A stutz handstand is a C value skill. Any regular stutz is B value with no angle or height requirement. If we consider the concept "benefit of the gymnast", a stutz done 46 degrees above horizontal can be considered a C skill with a medium deduction or a B skill with no angle deduction.

JO 4. Two peach supports in succession may be performed for credit. (pg. 2.8. III B 5c )

5. A glide kip must be performed with the feet in front of the body to receive credit. If the legs drag behind, the skill will not be recognized.

## **HORIZONTAL BAR**

1. An undershoot swing from support on top of the high bar (as done in the freshman compulsory) is not considered a free swing. This can be seen as one of the four swings allowed to start a routine or done in the middle of a routine as a transition to another skill.

JO 2. A maximum of 5 swings forward and backward of which the 5th must be a skill (i.e., free hip, stemme) is allowed. The JO program will allow a change of direction on the 5th skill without deduction.

JO 3. The JO program will disregard the FIG requirement for entry from a handstand on Endo or Stalder.

4. The IHSA Rule book gives a tuck salto dismount forward or backward A value in Element Group IV (partial credit). Since this is the same Element Group credit as a FIG A dismount, it will be eligible for 0.1 bonus if done out of a FIG A skill.

\*Please note: NFHS Rule 2.II.B.6.j (pg 33) - 0.1 bonus only applies to A dismounts, not B or higher dismounts.

5. A 1/2 Higgins is considered the same code box as a blind change (FIG pg. 141, Box 37) and therefore, you can only receive credit and applicable bonus for one of these within a routine.

## **FRESHMEN COMPULSORY ROUTINES**

1. Coaches must pay strict attention to the written description of our compulsory routines.

The on-line videos are sometimes incorrect in their presentation.

Example 1: Parallel Bars: Skill #3, back uprise to upper arm hang. This is done to an under arm position not to straight arm support on top of the bars.

Example 2: Rings: Skill #3, backward roll, piked inverted hang. The description reads lift legs toward "L" position and roll backward and down to piked inverted hang. You do not hold an "L" position. Skill #2 you hold the support position for two seconds, arms free of straps.

In summary, when you add a part ("L" hold) it is a Routine Composition Error resulting in a 0.3 deduction. In addition, a missing part (support position, 2 seconds) is a 0.5 deduction plus execution errors.

2. At the freshmen level when a compulsory part is a "sequence" of gymnastics skills the major gymnastics skill will receive a higher weighted value. For example, in floor exercise a round off, flip flop, rebound is a sequence part. Missing this total sequence is a 0.5 deduction. Missing the flip flop would be a 0.3 deduction because it is the major skill in the sequence. Partial credit, 0.2 will be given for the round

off rebound. Likewise, when the sequence is composed of two identical skills, missing the second part will be a 0.3 deduction. For example missing the second half of a full pendulum swing on pommel horse is a 0.3 deduction. Only doing one half a pendulum swing and missing 1 1/2 pendulum swings will be a 0.5 deduction.

### **FLOOR EXERCISE**

1. p. 49, Floor Exercise Chart, Specified Bonus #3: In #6, Run to punch, salto forward tucked, forward roll.

### **POMMEL HORSE**

1. **Mushroom/Pommel Horse:** The gymnast must attempt all three circles to receive credit for the 1/4 turn dismount. The ¼ turn dismount must be done from at least one half of a double leg circle to be valued.

Please note: A fall for an attempted circle is 0.3 deduction, as opposed to 0.5.

2. The minimum score of 1.0 applies to the combined total of mushroom and pommel horse. It is not 1.0 for mushroom and 1.0 for pommel horse which totals 2.0

3. p. 53, Pommel Horse Chart, Specified Bonus #2: After Specified Bonus #1  
1/2 pendulum swing, leg cut forward, left leg false scissor.

### **STILL RINGS**

### **VAULT**

1. In order to receive the minimum score of 1.0, the gymnast needs to attempt a vault. Touching of the table will be considered attempting a vault. (He does not have to go over it.)

### **PARALLEL BARS**

1. p. 64, Specified Bonus #1: In place of #1 & #2, Jump to glide kip, swing backward, bail to long hang swing forward (+0.4) Continue to skill #3.

2. p. 64. If a gymnast does Specified Bonus #1 and/or #2 in sequence they will skip skill #4 and immediately go to skill #5. Virtuosity for upper arm swings in this sequence can be given if the criteria is met.

3. Replace SB #4 ("Swing forward to 'V' sit or Manna") with a new SB (back off dismount). The change would mean that the current SB #4 would be a held handstand and SB #5 would be a Back off.

### **HORIZONTAL BAR**