

# COMPILATION OF 2021 BOYS GYMNASTICS NFHS/IHSA and FIG INTERPRETATIONS

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It is important that officials check the [IHSOCA.org](http://IHSOCA.org) webpage for weekly updates. Left side of page select Rules Interpretations. Check the categories 2021 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 for less than 2 seconds. A hold **less than one second** is a large deduction and non-recognition of the skill. (FIG 9.4)
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 (FIG 9.2.16):
  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. 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. If a gymnast lands with feet wider than a hand-width apart, deduct according to NFHS Rule 2.1.1. Do not deduct additionally for lifting the foot to close the heels. Lifting a foot to close the heels when the feet are within a hand-width apart would 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. (FIG 9.4)
7. Any **half or** single twisting salto performed with bent legs, will be valued as a layout with appropriate deductions taken for body position. \*Exception - designated FX skills, listed in FIG.
8. NFHS Rule 2.1.H.3, page 29 (concerning tattoos) - remove rule mandating covering of tattoos.
9. The IHSA/NFHS rulebook defines an assist as: The act of touching to give physical or psychological assistance to a gymnast performing a skill, which results in a deduction from the gymnast's score. Therefore, if a coach spots a gymnast in any way during the execution of a skill, the gymnast will receive a 0.5 deduction and no value for the skill. However, the official may use discretion to determine that if the skill would have been completed, regardless of the assistance, value may be given for the skill. (NFHS VIII; FIG 9.2.3)

10. FIG definitions for bending of the arms, legs, or body have been clarified. Please see the following table for the appropriate deductions (FIG 9.2.7; FIG MTC #34):

Error	Angular Deviation	Deduction
Slight bend	>0° - 45°	-0.1 (small)
Strong bend	>45° - 90°	-0.2 (medium)
Extreme bend	>90°	-0.3 (large)

#### 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 a 0.2 bonus if there is no single large deduction in the combination. (See NFHS 2.II.A.3 and 2.II.B)

2. A whipback salto (tempo salto) is not allowed as a single floor exercise skill/pass. If a whipback is done without being in a bounding connection it is evaluated as a poorly executed layout with appropriate execution deductions.

3. 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. (FIG 10.3; FIG MTC #32)

On all landings, appropriate deductions will be taken by rule. If a step is taken upon landing without bringing the feet back together, in addition to the step (small 0.1 or medium 0.2 deduction), possibly landing with feet apart (small 0.1 or medium 0.2 deduction), small 0.1 deduction still applies for not bringing heels together. (FIG 10.2.1.3.e-h)

4. Remove NFHS Rule 2.II.A.2.d. B dismounts on floor exercise will be eligible for stick bonus (+0.1).

#### POMMEL HORSE:

1. 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.

2. 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 an uphill circle or loop position and receive B value for a Russian dismount. When done during the routine, it must be followed by a circling skill, such as a loop, circle, or Schwabenflank (loop around), as opposed to a single leg stockli in.

3. All double-leg skills must begin and end in front support to receive value. In addition, they must be followed by a circling skill or at least the attempt of a circling skill. If a true attempt is made, the gymnast will either complete a circle, perform a 1/2 circle, or display interruption on the circle attempt, leading them to pause, stop and possibly break form. The appropriate deductions for this should be taken.

The above statement reads "In addition, they must be followed by a circling skill...". The interpretation is that immediate skills are permitted. In these circumstances circles between skills are not necessary. However, after the last skill there must be a circle or attempted circle to get value for the second skill. For example:

Side travel: EGIII, box 1. P71

Side travel Wende dismount: EGIII, box 1 followed by EGIV, box 1. P75.

Side travel immediate Schwabenflank: EGIII, box 1 followed by EGII, box 91. P69

Side travel into circle in cross support: EGIII, box 1 followed by EGII box 13. P66. This is not a Schwabenflank. It is a travel, then immediate loop circle.

In the case of a fall, 'value as seen'. 360 Russian to immediate fall-no value, 720 Russian to fall part way through 2nd Russian (say anywhere 450 degrees or more)-B value.

4. If a gymnast performs a single double-leg circle, in either cross support or side support, and it is the only double-leg skill in the routine, he will receive an A for the circle as a FIG skill, but will not receive element group credit, since he did not perform a circling skill afterward.

JO 5. Sivado - In order to receive 3/3 travel credit (D or C value) for a Sivado that starts from "side" support, the gymnast must first show that both hands are in front support on the end in cross support before starting the Sivado. Without showing both hands in front support on the end before starting the Sivado, the gymnast will be only awarded a B value for 2/3 travel.

JO 6. On PH EG III, #3 (Circles with travel forward in side support (3/3), hands between the pommels) must start and finish in side support in order to receive C credit. If the gymnast does not finish in side support at the end of the travel but does a quarter turn to cross support, he will only receive an A value for the side travel from the end to the middle and repetition for the side travel from the middle to the other end with the quarter turn.

JO 7. Circles or scissors to handstands will not be recognized if too much strength is utilized. If the gymnast performs a press to handstand, then there is no recognition for the skill (judge must use gymnastics sense to determine use of press). This interpretation includes handstand dismounts. (FIG 11.2.1.f)

8. All elements must be executed with swing and without the slightest interruption of the exercise. Although a circle is not required before all skills, unless explicitly stated in the FIG code box, EG II and EG III skills must resemble circling skills. All appropriate deductions in execution should be taken, including the possibility of no value for a skill that is altered in such a manner that it is not swinging in a circular plane of movement. (FIG 11.2.1.3.a)

9. When mounting the event, it is allowable to step side to side. It is also allowable to take one hop in addition to a step. If a gymnast hops more than once (with both feet leaving the floor), a medium 0.2 deduction applies. (FIG 11.2.1.1)

## STILL RINGS:

1. The ring dismount back uprise and salto backward (Köste) 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.

JO 3. Swing to strength skills (ie - kip to cross or uprise bwd to cross) that enter the position above 45° are defined as non-recognizable. If Honma cross is not recognized for entry higher than 45 degrees, no partial value is awarded for Honma (B) or Cross (B). This interpretation applies to all EG III skills.

JO 4. There is a strict evaluation of cross pull to maltese. If the gymnast pulls too high towards support prior to the maltese, there will be non-recognition of the pull to maltese, but the planche (high maltese) will be recognized as a C. (FIG MTC #35)

JO 5. Cross or L cross pull to straddle planche (support scale) is C value. Skill must be performed without going to a support. (EGII box 88)

## 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. (FIG 13.2.2.7; NFHS 2.I.C)

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. (FIG 13.2.1.8)

## PARALLEL BARS

JO 1. PB skills to support, such as, stutz (stützkehr), peach (basket), 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.

2. A stutz (stützkehr) 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. (FIG 9.2.12)

3. 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. (EGIII box 61)

JO 4. Performing a B or C Value Moy to support and then performing a "Lay back" to upper arm support is allowed for no deduction.

For Example:

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 receives "B" value. There is no deduction for reversing direction.

JO 5. Performing a glide kip to upper arm is not allowed per the COP. (EGIII box 61)

JO 6. Gagnon ( EGIII box 123) and Gagnon 2 (EGIII box 124). FIG Jan 2018 updated book. This skill is finished in an underarm layaway position. Ideally legs are even with bars. If the legs are below the bars apply angle deductions, if lower than 45 degrees below bars no value. FIG also uses Execution Requirements. Noting page 116, Article 14.3 - Lack of extension at horizontal regrasping after salto (0.1-0.2), and uncontrolled regrasping after salto, not grasping bars with hands first but landing on underarms (0.2- 0.3).

7. Front Up Rise - After receiving further interpretation from JO, the intent was to diminish the trend of finishing the front uprise into an immediate L hold. If done to an L, deduct 0.2 for height. A regular front uprise should demonstrate the height of the hips level with the elbows as they straighten. If lower, take appropriate angle deductions. (FIG MTC #34)

8. Only TWO of the following static skills can be used in a Parallel Bar routine. They will receive Element Group I credit and assigned the appropriate difficulty. A legs together planche or "V" will be given "B" difficulty value. A legs together planche on one bar, any Manna or swallow/maltese will be given "C" difficulty value. (NFHS 2.II.D.5.e)

## 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.

6. Overgrip kip cast to handstand, hop to undergrip will be valued as a single skill. Award "A" value and EG III credit.

7. NFHS Rule 2.II.B.6.c (pg 32 and pg 34) - 0.1 bonus applies to FIG skills. The non-diagrammed A swing 1/2 turn will not receive bonus if performed after a giant.

8. Pirouette to one arm giant to immediate blind change = B and receives bonus for both the piro and blind change.

## FRESHMEN COMPULSORY ROUTINES

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

The online 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.

2. p. 50, Floor Exercise Chart: Following #10, a gymnast does not need to perform Specified Bonus #4 in order to perform Specified Bonus #5.

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

4. p. 55, Mushroom Chart, Specified Bonus #3: Czechkehre (Moore).

### 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. (Gymnast does not have to go over the vaulting table.)

## **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**