

**2022 - 2024**

**BOYS GYMNASTICS**  
**Policies & Procedures**

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National Federation of State  
High School Associations



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2022-24 NFHS

# BOYS GYMNASTICS

## Policies and Procedures

### State of Illinois

This version of the Boys Gymnastics Policies, Procedures and Rules has been prepared specifically for the State of Illinois

ROBERT B. GARDNER, Publisher  
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NFHS Publications

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.

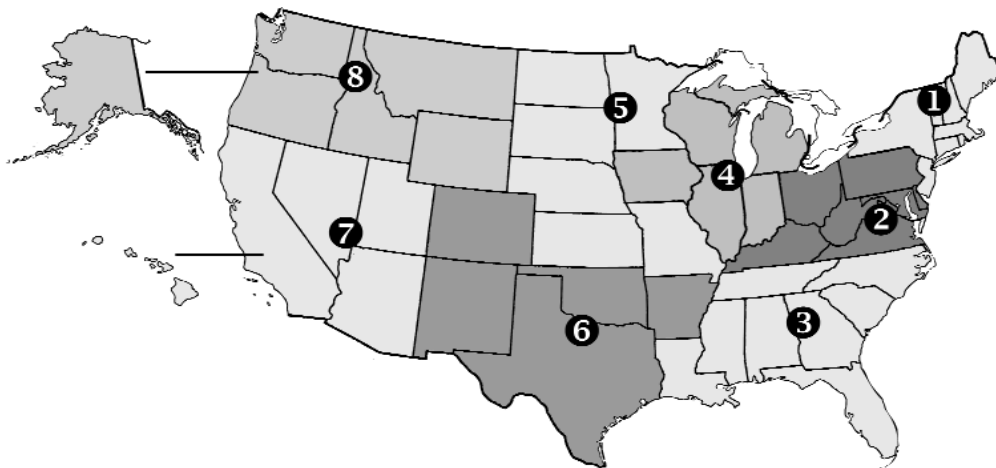
Every individual using these rules is responsible for prudent judgment with respect to each contest, athlete and facility, and each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied so as to make reasonable accommodations for athletes, 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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## MISSION STATEMENT

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**Rules Committee**

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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 of the NFHS policies and procedures.

**DISCLAIMER – NFHS Position Statements and Guidelines**

The NFHS regularly distributes position statements and guidelines to promote public awareness of certain health and safety-related issues. Such information is neither exhaustive nor necessarily applicable to all circumstances or individuals, and is no substitute for consultation with appropriate health-care professionals. Statutes, codes of environmental conditions may be relevant. NFHS position statements or guidelines should be considered in conjunction with other pertinent materials when taking action or planning care. The NFHS reserves the right to rescind or modify any such document at any time.

**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 I.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 . . .** One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of the uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity. Neither the flag nor the patch shall interfere with the visibility of any competitor's number.

**ART. 3 . . .** A single partial/whole manufacturer's logo/trademark/reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ 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 . . .** Compression sleeves may only be worn for joint support or in the bicep area for parallel bars.

(Uniform violations are a medium deduction.)

## SECTION I.2 WARM-UP TIME AND FLOOR PERSONNEL

**ART. 1** . . . Prior to the scheduled meet starting time, the host team shall provide at least 45 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.

**ART. 3** . . . In the event the visiting team arrives late, but before the scheduled starting time of the meet, the Superior Judge shall determine an adequate extension of the warm-up time which shall not extend beyond 20 minutes past the original starting time for the meet. In the event the visiting team arrives late, but after the scheduled starting time of the meet, the Superior Judge shall grant a warm-up period not to exceed 20 minutes.

**ART. 4** . . . Host teams are to schedule march-ins and introductions so that competition begins at the scheduled starting time.

## SECTION I.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. Two events are run concurrently.

**a.** 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. (Please see Section III 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 Section IV for further details.)

**ART. 6 . . .** An all-around competitor's score shall be the sum of his scores in the six events. He must compete on all six events to qualify for the all-around.

**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 I.4 CONDUCT (See competition rules section IX.2.I.H)**

**NOTE:** No official or game personnel shall use any form of alcohol, tobacco, e-cigarette, vaporizer or similar items beginning with arrival at the competition site until departure following the completion of the meet.

**ART. 1 . . .** Unsporting conduct includes actions which are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting.

**NOTE:** The IHSA disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

**ART. 2 . . .** Coaches and/or competitors during the meet shall not approach the judges at any time without authorization, show overt signs of displeasure and/or unsportsmanlike conduct, or delay the meet.

**ART. 3 . . .** 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. 4 . . .** If there is not a team score from which to take a behavior 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.



## II. POLICIES AND PROCEDURES

### OFFICIALS

#### SECTION II.1 DESIGNATED OFFICIALS AND RESPONSIBILITIES

**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.

**ART. 4 . . .** If an official does not show up within 15 minutes of the official starting time, the meet must begin.

- a. If no officials show up, the schools involved must designate a coach that is a registered AAU official to act as an official. If an official shows up after the meet has started, the events in progress will finish. The assigned official will then assume their responsibility. ~~If a registered AAU official is not available, only lower levels can participate, per HSA by-laws.~~
- b. If only one official shows up, the teams involved must do one of the following:
  - i. Use the official present, plus a coach or other official that is in attendance. This must be unanimously agreed upon by the coaches of all schools involved.
  - ii. Use one official only. This must be unanimously agreed upon by the coaches of all schools involved.
  - iii. Use one official plus two coaches.

**ART. 5 . . .** Meet officials or meet personnel shall not use any form of alcohol, tobacco product, e-cigarette, vaporizer or similar items beginning with arrival at the competition site until departure following the completion of the meet.

**ART. 6 . . .** Meet officials shall not use cell phones or other electronic devices in the competitive area except those designated for meet administration.

**ART. 7 . . .** Electronic video devices shall not be used for any review or determination of a judge's decision.

## SECTION II.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. It is the Superior Judge's responsibility to verify the start value is displayed correctly.
- 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 5 seconds remaining;
- j. Verify the scores at the conclusion of the meet, and sign the official scoresheet, if available.

### SECTION II.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. Call for a consultation of judges if anything is noticed contrary to the rules.

### SECTION II.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, when available.

**ART. 4** . . . The meet director may order the floor cleared whenever necessary.

### SECTION II.5 SCORING

**ART. 1** . . . Scoring shall be done by the judges immediately after the performance of each exercise. The closed method of scoring shall be used.

- a. It is recommended scores be posted within 30 seconds;
- b. If the scores that count are not within range, the superior judge shall call a conference until agreement within the proper range is reached.

**ART. 2 . . .** 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. 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**

9.0            If the two scores are identical, the identical score is the evaluation  
9.0            of the performance - 9.0 in this case.

**ART. 3 . . .** The judges' written and personal scoresheet is the official score.

**ART. 4 . . .** Any change in the official score of a judge shall be made before the next gymnast's performance.

**ART. 5 . . .** 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 superior judge for each event shall verify the scores for their event and sign the scoresheet (if available) 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 Sports Medicine Advisory Committee 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, using liquid soap and not a shared bar soap.
- Wash all workout clothing after each practice, washing in hot water and drying on a high heat setting.
- Clean and/or wash all personal gear (knee pads, head gear, braces etc.) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body and/or cosmetic shaving of head, chest, arms, abdomen and groin.

#### 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. All shared equipment shall be properly cleaned/disinfected prior to use.
- 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 use Universal 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 "Blood-borne Pathogens," "Infectious Mononucleosis" and "Skin Conditions in Infections" 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 have suffered a direct blow to the head or 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](http://www.nfhs.org)

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 student-athletes, 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 to give physical or psychological assistance to 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 or backed up, and 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 an exercise.

**Event** - The name of a particular piece of apparatus which is contested in a gymnastics 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 gymnastics meet who is responsible for scoring the competitors and for the proper interpretation of all gymnastics 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.

**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 ½"thick, ± ¼ ") containing a core of rebound foam.



The following boys high school competition rules manual was prepared in collaboration with USA Gymnastics for the NFHS with specific modifications for the State of Illinois.

Rule modifications made by the State of Illinois are specific to that state and are not the responsibility of USA Gymnastics or the NFHS.

[www.usagym.org](http://www.usagym.org)

Questions regarding any portion of the rules manual may be addressed directly to the Illinois High School Gymnastics Coaches Association Rules Committee.

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**Illinois High School Gymnastics Coaches Association  
Rules Committee**

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### Compulsory Addendum – Illinois Freshmen Compulsory Routines

## Chapter 1 – General Competition Program Information

### I. 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.
3. For safety reasons, jewelry of any kind is NOT allowed during warm-up or competition. This includes piercings of any type in the body. This is a medium deduction taken from the gymnast's "E" score.
4. Uniform violations will result in a medium deduction taken from the individual's score on each event in which the infraction occurs.

#### 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. These regulations are intended for the safety of coaches and gymnasts alike, especially when a coach is in the spotting position.

1. Closed toe shoes; no sandals.
2. Slacks, warm-up pants or hemmed dress shorts (No denim or cargo style, which is defined as having large pockets with or without a closure on the front and/or side of the thigh).
3. Collared shirts with slacks or dress shorts, a collared shirt with warm up pants. Note: a team T-shirt will be allowed at meets prior to conference and championship meets.
4. No hats.
5. No backpacks while spotting.
6. Comparable attire for female coaches is acceptable.

#### C. Coach's Spotting Responsibilities:

1. A spotter is required to be in position to safely spot the entire performance on the Still Rings, Vault, and Horizontal Bar.
2. A spotter is allowed on Parallel Bars.
3. If a spotter is present in the area of the Floor Exercise or Pommel Horse event, it is a large apparatus deduction from the final score of the gymnast's routine.
4. The gymnast should not be allowed to begin the routine on Still Rings, Vault, or Horizontal Bar without the presence of the required spotter.
5. 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 IHSA.

## II. 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. The equipment for all competitions must be from an equipment manufacturer and meet the following apparatus specifications.

**Floor Exercise:** A strip floor exercise competitive area shall be 60-68 feet in length by 6-10 feet wide. The entire width of the floor area shall be a level surface. This area should be over a padded spring floor. The floor exercise competitive area shall be lined on the ends, or on all 4 sides if using a 40x40 or if the carpet or foam overhang the boards, there must be a line indicating out of bounds.

**Pommel Horse:** 115cm (45 ¼ inches) shall be from the floor to the top of the horse body. The mat shall provide a level, flat surface at least 10cm (4") thick. An additional mat up to 20cm (8") thick may be used for mounting or remounting. However, the mat must be removed after the gymnast leaves the mat surface.

**Mushroom:** From the surface of the mat to the top of the mushroom the height will range from 16-30 inches. The top diameter is 24" minimum (across dome side to side). The dome is 3-6 inches from dome base to apex. The minimum matted area under the mushroom shall be 10" X 10" X 1 ¼".

**Still Rings:** From the floor to bottom of the ring shall be at least 265cm (104") up to the suggested height of 280cm (110"). The landing surface shall be a minimum of 20cm (8"). If a gymnast demonstrates that his feet touch the mat while hanging from the rings, then the minimum requirement will be 12cm (4.7").

**Vaulting:** Height of the vaulting table from the floor to center top of the vaulting table is 135cm (53"). The landing surface shall be at least 30cm (4" + 8"). A minimum landing distance of 15.5 feet from the end of the vault table to any structure will be provided. A minimum distance of 60 feet shall be provided for the run up, up to the suggested maximum of 82 feet. The FIG landing zone will be used. Vaulting lines are to start at the width of 0.95 meters and extend to 1.5 meters wide at a distance of 15.5 feet from the edge of the vaulting table where the landing mats begin. There will be an apparatus deduction taken from the home school team if vaulting lines are not marked on the designated vaulting surface before the start of team introductions. This is a large (0.3) apparatus deduction, taken from the team score. This is applied to each level of competition held by the host team at that particular meet. All mats provided by the host school at vault must be lined. The required landing surface of 30cm (4" + 8") can be increased to a maximum of 50cm (20"). One manufactured hand placement mat may be placed on the run-up strip (not on the board) for a round-off entry vault. It is the responsibility of the team of the gymnast performing the round-off entry vault to provide the safety collar and/or hand placement mat.

**Parallel Bars:** Maximum height from the floor to top of bars shall be 200cm (78 ¾"). The landing surface shall be 20cm (8"). The mat surface between the bars and uprights must be a minimum of 10cm (4").

**Horizontal Bar:** Height of the horizontal bar from the floor to top of the bar shall be 265cm (104") to the suggested height of 280cm (110"). The matted surface area shall be 7.5'W X 30'L X 10cm (4") H. The landing area on both sides of the uprights shall be 30cm (4" + 8").

**B. General:**

1. A panel mat may be used to mount pommel horse or parallel bars.
2. The spring board may only be used to mount the Parallel Bars and for Vault. If a spring board is used inside the uprights to mount Parallel Bars, it must be removed as soon as the mount is completed (for the safety of the gymnast).
3. It is the responsibility of the coach to determine if ceiling mounted rings provided are acceptable for their 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 their gymnasts participate.
4. A school may not host a Sectional meet if the school cannot provide a ring tower for competition.

**C. Additional Matting:**

1. **Floor Exercise:** A landing mat up to 10cm (4") may be used once for landings of any value skill. The mat must be removed at a safe time after that skill. The mat may only be used for one skill per routine. If the person placing or removing the mat steps into the competitive area during a gymnast's performance or a 4 inch mat is placed in more than one location there shall be a large apparatus violation deduction taken from the gymnast's score.
2. **Still Rings:** The landing surface may be raised to a height of 30cm (12").
3. **Parallel Bars:** An additional safety cushion of up to 20cm (8") may be used.
4. **Horizontal Bar:** An additional safety cushion of up to 10cm (4") may be used.



## Chapter 2 – Judging Guidelines

### I. General Judging Guidelines:

**A. Document Precedence:**

1. The International Gymnastics Federation (Fédération Internationale de Gymnastique, FIG) 2017-2020 *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. Illinois High School Gymnastics Coaches Association approved updates found at [www.ihsgca.org](http://www.ihsgca.org).
  - b. Illinois High School Association Boy’s Program Manual with Rules Updates published by USAG and the IHSGCA Rules Committee.

**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*.
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.

**C. Minimum Score:**

The minimum score for any boys gymnastics routine, including vault, is 1.0. If the gymnast mounts the event and attempts a routine by showing movement towards a gymnastics skill, the lowest possible score he can earn 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
9.50 - 10.00	9.50 - 10.00	0.10
9.00 - 9.45	9.00 - 9.45	0.20
8.00 - 8.95	8.00 - 8.95	0.30
6.00 - 7.95	6.00 - 7.95	0.50
<6.0	<6.00	0.80

**E. Routine Repetition Rule:**

1. No element may be repeated for Difficulty credit.
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) significantly tear during the routine, the gymnast will be allowed to repeat his performance, at the discretion of the head judge. The time allotted for the gymnast to restart will also be determined by the head judge.

**F. Spotting Deductions:**

1. If there is no spotter when required, the routine may not begin. If the spotter walks away prior to the completion of the routine a medium deduction will be applied with a warning to the coach that a second infraction will result in their remaining gymnasts not being allowed to compete on that event that day. The spotting deduction(s) will be taken from the final team score. If there is no team affiliation in the competition, the deduction will be taken from the individual's score on that event.
2. 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.
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. An assist is defined 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 will use discretion to determine if and how the skill would have been completed, regardless of the assistance, and award value for the skill including potential deductions.

**G. Videotape Review:**

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

**H. General Apparatus and Behavioral Deductions:** General spotting, apparatus, and behavior deductions should be taken from the "E" score.

1. Behavior violations are a medium deduction for the gymnast and include uniform violations, not acknowledging the official at the beginning or the end of a routine, speaking during a routine, delay of meet by an individual gymnast, or other undisciplined behavior. Apparatus violations are a large deduction for the gymnast and include the presence of a spotter on FX or PH and improper mat usage. Gymnasts competing out of order is a team violation with a 1.0 deduction from the team score.
2. If a coach speaks to the gymnast during his performance, a medium behavioral deduction of 0.2 should be taken from the gymnast's score. This deduction will be taken only once during a routine. It is not a deduction for a coach to speak to their gymnast during the 30 second time between a fall and a re-mount of the apparatus for the continuation of his routine.
3. Unsportsmanlike conduct by a coach, which includes delay of meet and speaking to active judges, is a team violation with a large deduction from the team score. Speaking aggressively to active judges or other undisciplined behavior is a team violation with a 1.0 deduction from the team score.
4. Falls:
  - a. A fall onto or off the apparatus will be deducted 0.5 in addition to any other execution errors.
  - b. If the gymnast falls off of the apparatus, the judge will announce that the gymnast has 30 seconds to remount the apparatus, once the gymnast is on his feet. Blatant stalling will result in a delay of meet penalty.
  - 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.

- I. Landings and Dismounts on the Feet without Deduction:** For safety reasons, a gymnast may land or dismount with their feet apart (enough to properly join their heels together) upon landing from any salto. A stick is defined as a landing in which the feet do not move. All FIG execution deductions (those while in the flight phase and lack of extension before landing) must always be considered in addition to the landing requirements. The feet are allowed to be the width of a fist apart for no deduction. Deductions for the feet apart, lateral, or astride in any direction are: Less than the width of the shoulders is a small deduction, wider than the width of the shoulders is a medium deduction. The gymnast must complete the landing by bringing his heels together without lifting and moving the front of his feet. This is done by raising the heels off the mat and joining them together without lifting the front of the feet. The arms must also be in complete control with no unnecessary swings.
1. A stuck dismount by definition will be given regardless of how far the feet are apart sideways or astride. Proper bonus value (0.1 or 0.2) will be awarded.
  2. After landing a Floor Exercise pass or a dismount, the gymnast must demonstrate complete control and move the heels together by pivoting on balls of the feet. 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 accordingly. 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. If steps or hops are taken without showing the control described, appropriate deductions will be taken by rule, up to 0.5.
- J. Inquires:** At championship meets, two written inquiries are permitted. A third inquiry is permitted if one of the first two inquiries is upheld. A second inquiry is permitted for the same skill/routine. It will be applied toward a coach's total inquiries.
- a. The inquiry may only pertain to difficulty, element group requirements, and bonus. A major deduction (0.5) shall be taken for any illegal inquiry.
  - b. The inquiry shall be submitted no later than seven minutes after all scores are flashed for that team.
  - c. The inquiry shall be given to the meet director/meet referee, who will give all legal inquiries to the event judges for review. The judges may consult with the meet referee, however, there shall be no video review.
  - d. Decision of the judges at the conclusion of the inquiry is final.
  - e. When more than one inquiry is submitted on a given event, the coach shall receive the outcome of the first inquiry and must then inform the official whether to proceed or withdraw the subsequent inquiry.
  - f. If a procedural error occurs and the incorrect start value is flashed that results in an inquiry, the correction will be noted and the inquiry will be marked "void". This void inquiry will not count toward the two permitted inquiries.
- K. Illinois High School Gymnastics Optional Competitive Overview:**
1. Illinois High School Gymnastics will use the 2021-24 USA Gymnastics Men's Development Program Competition Manual Level 9 rules with Illinois modifications.
  2. Optional rules are based on the FIG Code of Points with Development Program and Illinois modified exceptions listed in the Optional rules sections.
  3. Optional score calculation:
    - a. Dismount must count for Element Group requirement.
    - b. Count the highest value part for each required Element Group credit first.
    - c. Count the highest remaining skills for maximum numbered parts.
    - d. Less than 6 recognized skills results in a 1.0 deduction from the "E" score for each missing part. For championship meets (where start values are flashed), deductions will be taken prior to flashing the start value for a routine that is short parts.

4. Exercise Presentation Rules:
- a. Small = 0.1, Medium = 0.2, Large = 0.3, Fall = 0.5, ½ extra swing = 0.2, full extra swing = 0.3.
  - b. Because of the 10.0 maximum score and the corresponding reduction assigned to the Exercise Presentation (“E” score, 5.8), it is important that the judge become familiar with the reduced values of each medium and large deduction. Almost all “EP” errors in the FIG Code of Points are listed as small, medium, large and fall deductions and can easily be converted to the appropriate reduced High School “EP”. In general, when the FIG Code of Points or the USA Gymnastics Development Program book uses a numeric value for a deduction instead of the written small, medium, large or fall references, it should be converted to the appropriate “EP” deductions for high school. Some deductions will be kept the same and are identified in the text.

Example: Short routine stays at 1.0 per missing part.

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

5. All General Judging and Rule Guidelines will be deducted from the “E” score. Technical directives governing the “E” score can be found in the FIG *Code of Points*, Section 9.

**II. Optional Judging & Rules Guidelines:**

**A. Routine Construction Table:**

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.

\* See Chart Below

**10.0 Maximum Score Format**

<b>Routine Construction Table – 10.0 Maximum Score</b>	
<b>Exercise Presentation Start Value (“E” Score)</b>	<b>5.8</b>
<b>Floor Exercise, Pommel Horse, Still Rings, Parallel Bars, &amp; Horizontal Bar</b>	
Number of Skills Counted for Difficulty (Part of “D” Score)	10 (9 + dismount)
<b>Maximum Difficulty (“D” Score)</b>	<b>2.2</b>
<b>Difficulty Values for individual skills</b>	<b>A=0.1, B=0.3, C=0.4, D=0.5, E=0.6, F=0.7</b>
<b>Maximum Element Group Start Value</b>	<b>2.0</b> (0.5 for Element Groups I, II, III) (0.3 or 0.5 for Element Group IV)
Dismount Skill Value Required for Full Element Group IV Credit (0.5)	B or higher value dismount
Dismount Skill Value Required for Partial Element Group IV Credit (0.3)	"A" value FIG dismount exceptions noted in II.E - 3g, 5g, 6n
<b>Vault</b>	
Number of Vaults Allowed	1

**B. General Bonus:**

**1. Execution Bonus:**

- a. Routines that have 6-10 parts with execution deductions of 0.8 or less will be awarded 0.1 in bonus if all Element Group requirements are met.
- b. For any two-panel judge competition, the average total in deductions must be 0.8 or less to award 0.1 bonus.

**2. Stick bonus:**

- a. Stick bonus of 0.1 for a B value dismount, 0.2 for a C or higher value dismount.
- b. There is no stick bonus on Pommel Horse.
- c. Stick bonus of 0.1 for non-salto vaults. Stick bonus of 0.2 for salto vaults.

3. All bonus will be added to the “D” score. The “D” score plus bonus can never exceed 2.2 (maximum “D” score). Bonus cannot be awarded if there is a single large deduction or fall while executing the skill.

**C. Event Specific Bonus:**

One skill or combination may fulfill one bonus requirement. The higher value bonus will be awarded.

**1. Floor Exercise:**

- a. Multiple salto skills will receive 0.1 bonus.
- b. Any C+B or B+C skill acrobatic connection will receive 0.1 bonus if performed without a single large execution error. Bonus will not be awarded for counter salto. Example: Double back salto stretched (D), plus front salto layout (B).
- c. Bonus is allowed on both sides of a floor exercise combination (B+C+B could be awarded 0.2 bonus).
- d. No connection bonus will be awarded if there is a large deduction in the combination. This includes the 0.5 jump to prone deduction.

**2. Pommel Horse:**

- a. Any circling FIG skill that includes at least a 180° or more turn (spindle, Russian, Schwabenflank, etc.) will receive 0.1 bonus. This does not include dismounts.

**3. Still Rings:**

- a. All Element Group II and III “B” value or higher skills performed without a single large deduction will receive 0.1 bonus (except uprise fwd to L-sit).
- b. All Element Group II and III “C” value or higher skills performed without a single large deduction will receive 0.2 bonus.
- c. Any FIG skill done to a handstand by swing or strength will receive 0.2 bonus once for Element Group I and once for Element Group II.
- d. All multiple flipping and/or single or more twisting dismounts will receive a 0.1 bonus if performed without a single large deduction.

**4. Vault:**

**5. Parallel Bars:**

- a. Any swinging “B” value or higher skill performed without a single large deduction will receive 0.1 bonus. This does not include dismounts.
- b. All multiple (more than one) flipping and/or twisting dismounts will receive 0.1 bonus if performed without a single large deduction.

**6. Horizontal Bar:**

- a. Any “C” value Jam to handstand will receive 0.1 bonus.
- b. Any turning skill into or out of giants will receive a 0.1 bonus if performed without a single large deduction.
- c. Any FIG “A” dismount preceded by a FIG “A” skill on Horizontal Bar will receive 0.1 bonus.
- d. Any multiple flipping and/or single or more twisting dismounts will receive 0.1 bonus if performed without a single large deduction.

<b>Bonus Table - Optional Level</b>	
Execution Bonus	0.1 is awarded if routine contains 6-10 parts, execution deductions are 0.8 or less, and all Element Group requirements are met.
Stick Bonus All Events Except Vault and Pommel Horse	No Stick Bonus for "A" value dismounts 0.1 for "B" value dismount 0.2 for "C" or higher level dismount
Stick Bonus for Vault	0.1 for non-salto vaults 0.2 for salto vaults
<b>Floor Exercise</b>	
Any "B"+"C" or "C"+"B" acrobatic connection	0.1
Multiple salto skills	0.1
<b>Pommel Horse</b>	
Any circling FIG skill that includes at least a 180° or more turn (spindle, Russian, Czechkehre, Schwabenflank, etc.); this does not include dismounts	0.1
<b>Still Rings</b>	
Element Group II and III "B" or higher value skills performed without a single large deduction (except uprise fwd to L-sit)	0.1
Element Group II and III "C" or higher value skills performed without a single large deduction	0.2
Any FIG skill done to a handstand by swing or strength will receive 0.2 bonus once for Element Group I and once for Element Group II	0.2 max for EG I 0.2 max for EG II
All multiple flipping and/or single or more twisting dismounts performed without a single large deduction	0.1
<b>Vault</b>	
<b>Parallel Bars</b>	
Any swinging "B" value or higher skill performed without a single large deduction will receive 0.1 in bonus; this does not include dismounts	0.1
All multiple (more than one) flipping and/or twisting dismounts performed without a single large deduction	0.1
<b>Horizontal Bar</b>	
Any "C" value Jam to handstand	0.1
Any turning skill into or out of giants	0.1
Any FIG "A" dismount preceded by a FIG "A" skill	0.1
All multiple flipping and/or single or more twisting dismounts performed without a single large deduction	0.1

**D. General Exceptions to the FIG Code of Points:**

**1. Dismount Exceptions:**

- a. Gymnasts will receive full Element Group IV credit for a “B” or higher value dismount. An “A” value dismount will receive 0.3 in Element Group IV Credit.
- b. Only a skill which has been designated as a dismount in either the Development Program or FIG rules may receive Element Group IV credit.
- c. Large deduction if a routine does not receive any Element Group IV credit.

**2. Recognizable Gymnastics Skills:**

- a. Only skills appearing in the non-diagrammed skills list are recognized for “A” value and receive no element group credit. Skills not on the list and not found in the FIG Code of Points will not receive value (see 2.II.G, pg 38).
- b. When a fall occurs in an exercise, judges must give value for the completed part of the element prior to the fall. Give value for the skill that is seen.

**3. Value as Seen:**

- a. If two or more skills are combined for one value part but are performed independently, they may receive their individual values. Always consider the benefit of the gymnast.
- b. For example:  
 PH: 360° Russian to immediate fall: no value; 720° Russian to fall part way through 2nd Russian (anywhere 450° or more): “B” value.  
 SR: Uprise bwd to cross, where the uprise bwd is performed at an angle that is too high to be considered a connection. The uprise bwd could receive an “A” skill and the cross a “B” skill. This would not receive a “C” skill in EG III. Potential deductions for a poorly done back up rise would apply.  
 PB: Fwd uprise and straddle cut bwd where the legs stop on the bars. The fwd uprise could receive an “A” skill and the straddle cut bwd an “A” skill. This would not receive a “B” skill in EG II. Potential deductions for a poorly done straddle cut would apply, including possible non-recognition.

**4. Twisting Skills:**

- a. 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° and take appropriate deductions for over-twisting.
- b. 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.

**5. Holds:**

- a. 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.

**6. Short Routine:**

- a. 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.



**7. Element Group Requirements:**

- a. There is no restriction on the number of skills that can be performed from an Element Group for value.

**8. Skill Exceptions and Repetition:**

- a. A skill which has a letter value assigned should be evaluated as if it has its own "code box".
- b. Parallel Bars has two skills which may be performed for a "B" value to lower than 45° above horizontal: a Stützkehr fwd and a salto bwd to handstand. However, both of these skills may only be done for credit once in a routine regardless of angle caught.  
*Example #1:* A gymnast performs both a FIG "C" Stützkehr fwd to handstand and the excepted "B" Stützkehr fwd to 45° above horizontal in the same routine, only the FIG "C" Stützkehr fwd to handstand would be recognized because of its higher value.
- c. The one exception to this repetition rule is on Parallel Bars for the basket (peach) skills. Both FIG value basket (peach) to handstand and the excepted "B" value basket (peach) with straight arms to support lower than 45° above horizontal may be used in a routine with each counting 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 once for any value skill for landings only. Using the landing mat to rebound or punch from is an apparatus deduction. The mat should be removed at a safe time after completion of the skill.
- b. 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.
- c. Control after a press handstand must be demonstrated. If a gymnast takes steps with the hands but then stops and holds the handstand for a period of one second or greater, give value with appropriate deductions. If a gymnast holds the handstand for less than one second and then pirouettes, credit is not given for the press, since the gymnast moved on to the next skill.
- d. A Japanese handstand must be low enough where the head nearly touches the ground to receive no deduction. This distance is measured as a vertical fist between the floor and head. It is possible to receive a large deduction and non-recognition due to height.
- e. Endo forward roll to wide arm press to handstand, hold 2 seconds: "C" value, Element Group I.

**2. Pommel Horse:**

- a. For Pommel Horse FIG skills to receive value they must be followed by an attempt to execute a double leg circle or circling skill, except scissor-type skills and dismounts.
- b. A gymnast may perform a travel fwd (FIG pg. 71, Box 1) without a circle afterward and receive EG III credit. The travel must finish in front support to receive credit.
- c. If the athlete uses his feet or legs to push off of the horse, neither Difficulty nor Element Group credit will be given.
- d. Any circle or flair to handstand dismount will receive a minimum of "C" value with no limit on execution deductions.
- e. A Russian wendeswing is done within a 270°/360° circle with four hand placements. This can also be done as a dismount from an uphill circle or loop position and receive "B" value.
- f. 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 deduction applies.
- g. Skills that can be used to mount pommel horse, such as jumping into a moore (Czechkehr) or a Russian wendeswing, will receive full value and EG credit.

Performance criteria (beginning and ending in front support, circling out of the skill) still apply.

- h. 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 Development Program.
- i. 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.

### 3. Still Rings:

- a. No swing to handstand is a large deduction.
- b. No more than three Element Group II & III skills can be performed in direct succession on Still Rings without being broken up by an "A" (or higher) swing element that has not already been done in the routine. The "A" (or higher) swing element can either be a FIG Element Group I or a bail recognized by Illinois rules.
- c. Any swing to strength skill is not recognized for entry higher than 45°. Skills can be broken apart into separate individual skills for the benefit of the gymnast.
- d. A Felge (shoot handstand) upward with bent arms to handstand or giant swing to handstand will receive "B" value in Element Group I.
- e. An uprise backward to handstand with bent arms or giant swing to handstand will receive "B" value in Element Group I.
- f. The ring dismount back uprise and salto backward (Köste) is subject to angle deductions if support of the trunk (torso) on top of the rings is past a vertical body position.
- g. A tuck salto dismount forward or backward receives "A" value in Element Group IV. (partial credit, 0.3)

### 4. Vault:

- a. All vaults used for Illinois High School Gymnastics will have adjusted values to reflect the 10.0 maximum score. See the Optional Vault Values Chart.
- b. The gymnast shall perform only one vault.
- c. If the gymnast balks on his first attempt, a second attempt will be allowed with a 1.0 deduction taken from his vault value. No other rule violations will permit a second vault. No third attempt will be allowed.
- d. 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.
- e. Yurchenko style vaults will have similar value to regular entry vaults as follows
  - 1. Vaults with rearward entry to the table will have a start value similar to Tsukahara vaults.
  - 2. Vaults with ½ turn and forward entry to the table will have a start value similar to handspring vaults.
  - 3. The start value for Yurchenko vaults will be determined by the guidelines for the number of rotations and twists.
  - 4. Yurchenko vaults for Level 9 are identified in IX.2.II.F.4.a on pg. 37.
  - 5. All Yurchenko vaults must be performed with a safety collar around the board or the vault shall receive a zero. It is the responsibility of the vaulter's school to provide the safety collar.

**Illinois High School Association  
2022-2024 Optional Vault Values**

**Non-Flipping Vaults:**

Straddle/stoop/hecht	6.0
Front Handspring	7.0
Front Handspring ½ twist	7.2
Front Handspring 1/1 twist	7.4
Front Handspring 3/2 twist	7.9
Front Handspring 2/1 twist	8.5
¼ turn on - ¼ turn off, round-off, or ½ turn on	6.5
¼ turn on - ¾ turn off	7.2
¼ turn on - 5/4 turn off	7.4

**Back-Flipping Vaults:**

Tsukahara Tuck	9.0
Tsukahara Tuck ½ twist	9.2
Tsukahara Tuck 1/1 or Kasamasu	9.6
Tsukahara Tuck 3/2 or more twist	9.9
Tsukahara Pike	9.2
Tsukahara Pike 1/1 twist	9.9
Tsukahara Stretch	9.6
Tsukahara Stretch ½ or more twist	9.9

**Front-Flipping Vaults:**

Handspring, Tuck Front	9.3
Handspring, Tuck Front ½	9.6
Handspring, Tuck Front 1/1 or more	9.9
Handspring, Pike Front	9.6
Handspring, Pike Front ½ or more	9.9
Handspring, Stretch Front	9.9
¼ Turn On, ¼ off to Tuck Front	9.3
¼ Turn On, ¼ off to Pike Front	9.6
¼ Turn On, ¼ off to Stretch Front	9.9

**5. Parallel Bars:**

- a. Allow empty (½) swing prior to performing Element Group III skills using an early- or late-drop technique. An intermediate (full) swing is not allowed. (Example: Glide kip to swing, bail to Moy support, swing backwards to horizontal, drop to peach support).
- b. PB skills to support, such as, stutz (stützkehr), peach (basket), giant, and salto backward have no height or angle requirement when caught. These skills receive “B” value.
- c. Forward uprise may not finish in an immediate L-sit. If done to an “L”, deduct 0.2 for height plus appropriate angle deductions.
- d. Only two of the following static skills can be used in a Parallel Bar routine. They will receive Element Group I credit: a legs together planche or “V” will receive “B” value; a legs together planche on one bar and any Manna or swallow/maltese will receive “C” value.
- e. A giant swing with straight arms to any support position lower than nominal handstand will receive “B” value in Element Group III.

- f. Only one of the following skill combinations can be used in a Parallel Bars routine. A kip reverse straddle cut will receive “B” difficulty value and Element Group III credit. A front uprise reverse straddle cut will receive “B” difficulty value and Element Group II credit.
- g. A tuck salto dismount forward or backward receives an “A” value in Element Group IV (partial credit, 0.3).

**6. Horizontal Bar:**

- a. There is no deduction for a change of direction on Horizontal Bar. For example: Back uprise to support, free hip: No deduction.
- b. Mount: A maximum of up to five forward and backward body movements, of which the 5<sup>th</sup> movement must be a skill (free hip circle, Stalder, etc.), will be allowed without deduction. Inclusion of a “back uprise” action, even to partial support up to or on the 4<sup>th</sup> movement, will either be allowed without deduction as a non-skill or it may be counted for credit if it is to the benefit of the gymnast.
- c. An undershoot swing from support on top of the high bar 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.
- d. There is no requirement for entry from a handstand on Endo or Stalder.
- e. A kip cast to handstand with a ½ turn (pirouette) in any grip will be eligible for bonus. A gymnast may still perform an additional pirouette in their routine for value and bonus.
- f. A ½ Higgins is considered the same code box as a blind change (FIG pg. 141, Box 37) and therefore a gymnast can only receive credit and applicable bonus for one of these within a routine.
- g. Drop kip to handstand is allowable for EG III credit.
- h. Any “C” or higher Element Group II may be repeated once in direct connection to itself or another “C” or higher Element Group II. If not performed in direct connection, normal repetition rules apply.
- i. Adler skills:
  - 1. A “C” value jam to handstand will receive 0.1 bonus.

Jam to handstand	FIG “C” value	No angle deduction
Jam from 15° to 45° below vertical	DP “B” value	No angle deduction
Jam from 44° down to Horizontal	DP “A” value	No angle deduction
Jam below Horizontal	DP “A” value	Angle deduction 0.3

- j. Stoop in straddle leg cut from any swing will receive “A” value and Element Group III (Inbar).
- k. Any free hip or toe on front salto dismount will receive “A” value and Element Group IV.
- l. Hop or double roll to eagle grip will receive “B” value and Element Group I.
- m. A back or front sole circle to handstand will receive “A” value and Element Group III.
- n. A tuck salto dismount forward or backward will receive “A” value and Element Group IV (partial credit, 0.3).

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

- 1. Floor Exercise:**  
No restrictions on this event.
- 2. Pommel Horse:**  
No restrictions on this event.
- 3. Still Rings:**
  - a. All red dot skills listed in FIG are prohibited.
  - b. Gymnasts are allowed to perform only one Honma skill from Element Group I. An additional Honma skill may be performed from Element Group III.
- 4. Vault:**
  - a. 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).
  - b. Gymnasts may not perform vaults with multiple flips.
- 5. Parallel Bars:**
  - a. All red dot skills listed in FIG are prohibited.
- 6. Horizontal Bar:**  
No restrictions on this event.

**G. Approved Non-FIG Value Skills:**

Floor Exercise	Pommel Horse
Cartwheel	False scissor
Any backward roll	Single leg travel
Headspring	Single leg Stockli
Press to headstand	Flair in any position
Round-off	Any flank off dismount
Swedish fall	Loop w/ ¼ turn to leg cut (must begin in side support)
	1 double leg circle (if only circle in routine)
	Single leg circle
Still Rings	Vault
Tuck planche	No exceptions to the FIG Code
Shoulder stand or giant to shoulder stand	
Hanging "L" hold	
German hang	
Muscle up to support unassisted	
Bail (from any skill, once in each direction)	
Parallel Bars	Horizontal Bar
Moy to upper arm (from any position)	Kip or drop kip to support
Flank, Stutz, or Wende dismount	Toe-on Toe-off, either direction
Drop kip	Front or back hip circle
Back uprise to support	Pullover to support
Shoulder stand or forward roll	¾ giant, either direction
Peach to upper arm	Swing ½ turn
	(From above the bar) hop from u/g to o/g
	Back uprise to support

Note: Where two skills or directions are listed, both may count for value

**Compulsory Addendum**



**2022-2024  
Men's Development Program  
  
ILLINOIS HIGH SCHOOL  
FRESHMEN COMPULSORY  
ROUTINES**

# **Compulsory Judging Guidelines**

## **A. Philosophy of Structural Elements of Scoring:**

The compulsory routines have been designed with a dual purpose because not all gymnasts should be asked to meet the same advanced development goals at any given competition level. Therefore, the scoring framework was created to provide basic routines for everyone and gradually increase the opportunity for bonus as an athlete's development progresses. The first purpose is to provide basic routines that are constructed to encourage participation, promote growth, and provide opportunity for the recreational gymnast to be successful and continue to progress. At the same time, the second purpose is to include in the routines the opportunity for the talented gymnast to challenge his development and mastery at each level with additional benchmarks which are rewarded with bonus. With this dual purpose in mind, the scoring format which utilizes a base score and bonus opportunities was developed. The specifics of each of the scoring components are addressed in detail below, but the philosophy behind the system of bonuses is expressed here. Specified Bonus was added to the basic routines to provide the perfect tool for having basic fundamental compulsory routines suitable and achievable for the recreational athlete, and at the same time, providing developmental goals and challenges for the more talented athlete. The end result of these variable scoring elements is to create a range of scoring that will adequately separate a diverse field of gymnasts and meet the needs of the wide range of ability levels within the program.

## **B. Base Score:**

1. The "base score" or "E" score for execution is 4.8 for all compulsory routines.
2. In a compulsory routine, the "base score" is an arbitrary number from which execution deductions are taken during the performance of the routine. The basic routines are designed so that they are achievable and should not result in falls or excessive deductions for the average recreational participant.

## **C. Specified Bonus:**

1. The use of Specified Bonus has proven to be a very successful addition to the Men's Development Program.
2. At each level of competition we provide a set of basic skills that provides the foundation of fundamental ability and fitness. When the compulsory skills at that level reach an acceptable degree of mastery, the gymnast can matriculate to the next level that offers new challenges.
3. To create growth and challenge within each level we offer options for achieving a specified performance bonus. This bonus rewards athletes for aspiring to a higher standard based upon achieving different benchmarks of skill mastery that are appropriate for that level.
4. The routines have been designed in such a way that at least one of the specified bonus skills is a little easier to achieve than the others in order to encourage each athlete's development.



5. The value of the specified bonus skills is +0.4 each.
6. Specified bonus cannot be rewarded if there is a single “large error” (0.3) in the execution of the skill.
7. There should be a purposeful balance between encouraging a talented athlete’s development and clean execution of basics. If a gymnast can successfully perform a specified bonus skill with a “medium” (0.2) or less deduction, he would be rewarded slightly for his higher level of achievement. Poor execution will negate the advantage. Officials are encouraged to take appropriate and fair execution deductions for the performance of the skill. Therefore, this program is designed to encourage an athlete’s skill development and provide opportunities for specified bonus in each routine while maintaining a standard of “risk vs. reward” that is equitable within the overall context of the program.
8. A gymnast may repeat the skill to earn its value (including the dismount).

#### **D. Routine Error and Deduction Table:**

<b>Table of Routine Errors and Deductions</b>	
<b>Error</b>	<b>Deduction</b>
Missing part	0.5
Non-Recognized part	Element not recognized + execution errors
Routine Composition Error (added part or incorrect sequence)	0.3 (to be taken once per routine)
Fall	0.5
Fall on or off Mushroom	0.3
Large Error	0.3
Medium Error	0.2
Small Error	0.1
Empty and Intermediate swings	Empty ( $\frac{1}{2}$ ) - 0.2, Intermediate (Full) - 0.3
Max total deductions per skill without a fall (excludes Vault)	0.3

#### **E. Specific Judging Guidelines:**

##### **1. Explanation of “Part” & Routine Composition Error:**

- a. A “part” is defined as a “numbered skill or sequence” in the routine.
- b. A “part” is a “missing part” if it has been omitted or is performed in such a way as to be unrecognizable.
- c. If the “part” is partially completed (more than 50%) it should receive credit and the appropriate FIG deductions (small, medium, large, or fall).
- d. Added “parts”, such as extra circles on mushroom, should be judged for execution error, not treated as routine composition error.

- e. 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 handstand, forward roll is a sequence part. Missing the handstand would be a 0.3 deduction because it is the major skill in the sequence. Partial credit, 0.2 will be given for the forward roll. 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.

## **2. Deductions:**

For all events except Vault, the maximum total deduction on a skill at the freshman level is 0.3, unless there is a fall. If there is a fall, the maximum total deduction is 0.5 for that skill.

## **3. Handstands:**

A nominal handstand is shown at plus or minus 15° from vertical. The development program will use FIG rules concerning swings to or through handstand or to strength holds.

## **4. Swing and Position Criteria:**

All swing and position required criteria are defined as one of the following:

- a. Horizontal
- b. 45°
- c. Vertical

## **5. Added swings:**

For routines that contain swings as elements, there will be no deduction for additional swings added (for example, completing 3 swings instead of 2 prior to the dismount for the base routine on Still Rings. Added swings in other parts of a routine will be treated, per FIG, as empty (½) swing medium deduction, or intermediate (full) swing large deduction, not as an added part or with the Routine Composition Error.

## **6. Required holds:**

- a. Holds are two seconds, unless noted.
- b. Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop receive a large deduction for no hold.

## **7. Added Holds:**

- a. Added holds are to be deducted as rhythm errors and not as added parts.
- b. Multiple added holds will be treated as a Routine Composition Error and will be subject to a one-time large deduction.

### **8. Floor Exercise Steps:**

- a. There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.
- b. If a run is specified, then at least one step must be taken prior to the hurdle; otherwise, a small deduction will be taken.
- c. A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.

### **9. Floor Exercise, Pommel Horse, Still Rings, Parallel Bars, & Horizontal Bar Bonus:**

- a. Specified Bonus:
  - i. Award +0.4 per specified bonus skill or sequence for performance as indicated in the compulsory routine text described.
  - ii. Bonus will not be awarded for a skill with a single large deduction.
- b. Stick Bonus: Award +0.2 for stuck dismounts.

### **10. Vault Bonus:**

- a. Award +0.4 for vaulting at 135cm (Varsity height).
- b. Stick Bonus: Award +0.2 for stuck landings to the feet.

### **11. Somersault Height:**

All somersault heights (Floor Exercise and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the somersault.

### **12. Pommel Horse:**

- a. On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.
- b. On all pendulum swings, and false scissors, the top leg should be at minimum horizontal with the hips fully extended.
- c. Unless otherwise specified, all elements — compulsory or optional — begin and end in front support as per FIG.

### **13. Still Rings:**

Unless otherwise specified, all basic swings on Still Rings should show a “turnover” action. See “Still Rings-Overview and Explanations, Basic Technique: Basic Swing” for a full description.

### **14. Vault:**

- a. The development program will not give a zero score for any vault, with the exception of failure to attempt the vault at all (a scratch).
- b. A barked attempt vault may be repeated once with a deduction of 1.0 from the score of the second attempt.
- c. No third attempt of the same vault will be allowed. The minimum score for any attempted vault will be 1.0.
- d. The following specific errors and deductions will be applied to vault:

<b>Table of Specific Errors and Deductions for Vault</b>			
Error	Small	Medium	Large
<b>Run Deductions:</b>			
Run slows down before hurdle, insufficient velocity or acceleration	0.1	0.2	N/A
Improper arm swing action complementary to run	0.1	0.2	N/A
Rhythm break during run (stutter-steps) or insufficient stride	0.1	0.2	N/A
<b>Hurdle Deductions:</b>			
Hurdle does not stay on level plane as knees lift, insufficient knee lift	0.1	0.2	N/A
Feet not clearly in front of hips upon impact with the springboard	0.1	0.2	N/A
Arm circle or reach insufficient	0.1	0.2	N/A
<b>First (Pre) Flight Deductions:</b>			
Diving or insufficient rotation to the blocking surface	0.1	0.2	0.3
Body position too arched or piked	0.1	0.2	0.3
All other deductions per FIG	0.1	0.2	0.3
<b>Second (Post) Flight Deductions:</b>			
Repulsion not within 0° - 15° of vertical	0.1	0.2	0.3
Lack of distinct lift or rise from blocking surface	0.1	0.2	0.3
Body position too arched or piked	0.1	0.2	0.3
<b>Landing Deductions:</b>			
All landing deductions per Illinois High School Gymnastics varsity rules			

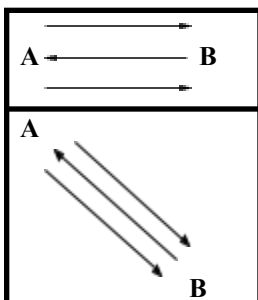
**15. Horizontal Bar:**

Unless otherwise specified, all swings forward on Horizontal Bar should be tap swings.

See “Horizontal Bar-Overview and Explanations, Basic Technique: Tap Swing” for a full description.

# 2022-2024 Illinois High School Freshmen Compulsory Routines

## FLOOR EXERCISE



Stand at point A  
Facing point B  
pattern:  
A to B  
B to A  
A to B  
Top diagram: Strip floor  
Bottom diagram: 40x40

Base Score	4.8
Specified Bonus	2.0
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

Note: All arm positions are optional, unless otherwise indicated.

Skills	Description	Performance Criteria
1. Forward handspring	Show good presentation and posture while lifting arms upward. Run, hurdle, forward handspring to stand	Rebound allowed. Hurdle should show full extension reaching through the lunge position.
2. Handstand, forward roll	With either leg, step forward through lunge and kick to momentary handstand	Continuous rhythm must be shown throughout.
<b>Specified Bonus #1: In #2, Hold handstand with straight arms (2 second hold required).</b>		
<b>SB#1. Handstand (2 second hold)</b>	Kick to handstand, straddle press handstand with straight arms, or endo roll press to handstand with straight arms allowed.	2 second hold of handstand required.
3. Front scale	Lift back leg at 45° minimum below horizontal to front scale, return to stand with good presentation	2 second hold of front scale required.
4. 180° turn	Gymnast may choose the style of transition used. Step forward to 180° turn (½ turn) rearward facing (A)	Continuous rhythm must be shown throughout.
5. Dive roll	Run, punch straight body dive roll to stand	Roll smoothly with support on hands to stand. Hollow or tight arch is allowed.
<b>Specified Bonus #2: In #5, Run to punch, salto forward tucked, forward roll to stand (+0.4)</b>		
<b>SB#2. Salto forward tucked</b>	Run to punch, salto forward tucked, forward roll to stand	Lift arms upward through vertical. Head neutral and chest up on takeoff.

## FLOOR EXERCISE (Continued):

Skills	Description	Performance Criteria
6. Jump ½ turn, backward roll to stand	Jump ½ turn to backward roll to stand	There is no height requirement for backward roll. Show continuous rhythm.
<b>Specified Bonus #3: In #6, back extension roll through handstand(+0.4)</b>		
<b>SB#3. Back extension roll</b>	Back extension roll through handstand may be done with bent or straight arms, lower piked to stand	Back extension roll must pass through handstand to receive value. Show continuous rhythm. Show turnover position to vertical with tight body.
7. Cartwheel, 180° turn (if necessary)	Lift leg rearward with ¼ turn (90°) either direction to cartwheel or ½ turn (180°) to cartwheel, choice of transition with a ½ turn to corner facing (B)	The cartwheel may begin from either a sideward or forward facing position and the sequence should show continuous rhythm with no stop.
8. Round-off, rebound	Run, hurdle, round-off, rebound to stand	Show turnover position and rotation to vertical with tight body on rebound. Control landing.
<b>Specified Bonus #4: In #8, Run, hurdle, round-off, back handspring, rebound to stand (+0.4)</b>		
<b>SB#4. Round-off, back handspring, rebound</b>	Run, hurdle, round-off, back handspring, rebound to stand	Show turnover position and rotation to vertical with tight body on rebound. Control landing.
<b>Specified Bonus #5: Following the round-off, back handspring in Specified Bonus #4, complete a tucked backward salto. (+0.4) A gymnast must complete Specified Bonus #4 to perform Specified Bonus #5.</b>		
<b>SB#5. Salto backward Tucked</b>	Out of the back handspring complete a tucked back salto	Turnover past vertical on round-off and back handspring. Vertical takeoff into salto with head neutral.

## 2022-2024

# Illinois High School Freshmen Compulsory Routines

## POMMEL HORSE

1. The routine can be performed in either direction; "left" and "right" are just for illustrative purposes.
2. Extra ½ front or rear delta swings can be added to set up the next skill's preferred direction as needed.
3. Change of direction movements are medium deductions.

Base Score	4.8
Specified Bonus	2.0
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

Skills	Description	Performance Criteria
1. From uphill position, jump to leg cut	From uphill position (left hand on leather, right hand on the left pommel), jump while cutting left leg forward to stride support	Arms straight, body straight, continuous movement.
2. Simple leg travel to middle and reverse leg cut to front support	Bring right leg forward around the pommel, into the center, move left hand to pommel, move right hand to right pommel as left leg swings back, then leg cut right leg back to front support.	Continuous movement, legs lifting to horizontal with each movement.
3. Two full pendulum swings	From right leg cut back in #2, immediately initiate two full pendulum swings with the legs straddled 45° - 90° apart.	Shoulders and weight must shift from side to side. Top leg must be at or above horizontal on the 2nd and 3rd pendulum swing. Extra half pendulum swing allowed to set up scissor sequence for opposite direction.
4. Leg cut forward, false scissor	Cut right leg forward to stride support, continue stride support swing to right leg undercut returning to straddled front support swing (false scissor)	The top leg should be at least horizontal with the hips extended.
<b>Specified Bonus #1: After #4, scissor forward (+0.4)</b>		
<b>SB#1. Scissor forward</b>	From false scissor, directly connect swing in straddled front support (½ delta swing), cut right leg forward to scissor, cut right leg forward to rear support and skip #5	The top leg should be at least horizontal with the hips extended.
5. Leg cut forward, Leg cut forward	Right leg cut forward, left leg cut forward	Straddled position should be maintained with top leg at or above horizontal and the hips extended.
6. Leg cut backward, Leg cut backward	Right leg cut backward, left leg cut backward	Straddled position should be maintained with top leg at or above horizontal and the hips extended.
<b>Specified Bonus #2: After #6, single leg circle (+0.4)</b>		
<b>SB#2. Single leg circle</b>	After second leg cut backwards, directly connect swing to single leg circle, ending in front support.	Mostly continuous motion and leg roughly horizontal throughout. Add ½ delta swing before or after #6 if opposite direction needed.

## POMMEL HORSE (Continued):

Skills	Description	Performance Criteria
<b>Specified Bonus #3: After #6 or SB #2, ½ circle to rear support (+0.4)</b>		
<b>SB#3. ½ circle to rear support</b>	From leg cut (#6) or single leg circle (SB #2), ½ circle to rear support. Leg cuts backwards to front support or continue swing to SB #4.	Show lean and post over the pommel. Catch in clear rear support. Add ½ delta swing before or after #6 if opposite direction needed. Gymnast would ideally directly connect SB #2 but may add an extra ½ single leg circle to set up a leg cut backward into their ½ circle.
<b>Specified Bonus #4: From SB #3, continuous swing to complete circle (+0.4)</b>		
<b>SB#4. Complete circle</b>	Continue swing from SB #3 and complete the circle to front support.	Requires continuous swing throughout; cannot be a ½ circle to rear support, pause, ½ circle back. Normal circling deductions apply.
7. Leg cut forward, Leg cut forward, Dismount	Right leg cut forward, left leg cut forward and dismount to stand in front of the pommel horse	Straddled position should be maintained with top leg at or above horizontal and the hips extended.
<b>Specified Bonus #5: After #6 or SB #2 or SB #3 or SB #4, wende dismount (+0.4)</b>		
<b>SB#5. Wende dismount</b>	After second leg cut backwards (#6, SB #3) or single leg circle (SB #2) or completed circle (SB #4) directly connect swing to bring both legs over right pommel and ¼ turn to stand	Maintain stretched body while rising above horse. Add ½ delta before or after #6 if opposite direction needed.



# 2022-2024 Illinois High School Freshmen Compulsory Routines

## STILL RINGS

Base Score	4.8
Specified Bonus	2.0
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

Skills	Description	Performance Criteria
1. Muscle-up	From a hang with false grip with arms extended and as straight as possible, muscle up to support	Spotter assistance is allowed. Cables must remain taut (no slack). Slight pike in hips permitted.
<b>Specified Bonus #1: From a hang with false grip, muscle up to support with no spotter assistance. (+0.4)</b>		
<b>SB#1. Muscle-up unassisted</b>	From a hang with false grip, muscle up to support with no spotter assistance	Arms extended and as straight as possible. Slight pike in hips permitted.
2. Support	Straight body, straight arm support with the rings turned out	2 second hold, arms free of straps.
3. L-sit	From support in #2, lift legs to "L" position (L-sit)	2 second hold
4. Backward roll, piked inverted hang	From "L" position, roll backward and down to a momentary piked inverted hang	Bent arms allowed during roll. Show continuous rhythm.
5. German hang	Lower and extend to German hang position	2 second hold
6. Piked inverted hang, swing backward	Pull out to momentary piked inverted hang and immediately cast forward to swing backward	Turnover swing shown. Feet at 45° below horizontal minimum.
7. Swing forward, swing backward	Swing forward, swing backward	Turnover swing shown. Feet at ring level.
<b>Specified Bonus #2: From forward swing in #7, swing backward to uprise backward to support. (+0.4)</b>		
<b>SB#2. Swing backward to uprise bwd, roll backward, swing backward</b>	From forward swing, swing backward to uprise backward toward "L" position, roll backward and down to piked inverted hang, then swing backward	Straight or bent arms during uprise. Bent arms allowed during roll. Show continuous rhythm.
8. Swing forward, swing backward	Swing forward, swing backward to immediate	Turnover swing shown. Feet at ring level.

### STILL RINGS: (Continued)

<b>Specified Bonus #3: Inlocate stretched to swing backward. (+0.4)</b>		
<b>SB#3. Inlocate stretched, swing backward</b>	Inlocate stretched to swing backward	Stretched body during inlocate
<b>Specified Bonus #4: After #8 or from SB#3, swing forward to piked inverted hang, dislocate. (+0.4)</b>		
<b>SB#4. Swing forward, piked inverted hang, dislocate</b>	Swing forward then immediately compress to tight pike and shoot to dislocate backward piked	Head neutral with straight body and pressure downward and forward on rings
9. Swing forward, salto backward tucked dismount	Swing forward to salto backward tucked dismount	Showing turnover at ring level before release. Salto at ring level.
<b>Specified Bonus #5: In place of #9, swing forward, salto backward layout dismount</b>		
<b>SB#5. Swing forward, salto backward layout dismount</b>	Swing forward to salto backward layout dismount	Showing turnover at ring level before release. Hips at ring level.

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## Illinois High School Freshmen Compulsory Routines

### VAULT

Base Score	6.4
Specified Bonus	0.4
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

1. If the gymnast balks on his first attempt, a 1.00 deduction will be taken from the final score of the second attempt. No third attempts will be allowed.
2. The minimum score for any vault will be 1.00.
3. The minimum required matting for landing is 12" (30 cm).
4. The vaulting table may be set at the lowest manufacturer setting that allows the vault to lock in (105cm) and any intermediate lockable position, up to and including 135cm (Varsity height)

### Handspring

Components	Description	Performance Criteria
1. Run	Run from less than 82" (25m).	Run must show an increase in velocity to sprinting speed and maintenance of that velocity through the hurdle. Distinct lift of the front leg and extension of the back leg in the stride. Rhythmical movement with the arms flexed or bent during the run.
2. Hurdle	Hurdle by lifting the knees forward while the body's center of gravity remains level and the feet extend forward to contact the springboard well in front of the body.	Feet must be well in front of hips on contact with springboard. Arm swing must begin from behind the shoulders and circle distinctly forward to an extended position through the hurdle. Arms may be bent or straight during the under arm swing.
3. First flight (pre-flight)	Body transitions from hollowed to straight or tightly arched to fully extended before vertical.	From the springboard, the gymnast must rotate forward or turnover very quickly with fully extended body position as he contacts the vaulting table.
4. Second flight (post-flight)	Body should show significant rise in post-flight. Nominal straight body position is maintained during post-flight.	Straight arms and fully extended body should be shown at the completion of blocking action. Body should show rise and leave the vault table upon reaching vertical. Maintain nominal straight body position throughout second flight. Body should show significant rise during second flight.
5. Landing	Maintain straight body position until landing.	Demonstrate control by showing extension in preparation of landing.
<b>Specified Bonus: Vault at 135cm (Varsity height) (+0.4)</b>		

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**Illinois High School Freshmen Compulsory Routines**

**PARALLEL BARS**

Base Score	4.8
Specified Bonus	2.0
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

Skills	Description	Performance Criteria
1. Jump to long hang swing forward	From stand or short run, jump to long hang swing forward (tap swing, not glide swing)	Long hang swing forward to 45° below horizontal (bent knees allowed)
2. Long hang swing backward, long hang swing forward	Long hang swing backward. long hang swing forward	Tap swing, not glide swing. Straight legs required at peak of swing backward. Long hang swing forward to 45° below horizontal (bent knees allowed)
<b>Specified Bonus #1: In place of #1 &amp; 2, Jump to glide kip, swing backward, bail to long hang swing forward. (+0.4)</b>		
<b>SB#1. Jump to glide kip</b>	From stand or short run, jump to glide kip to support, bail to long hang swing forward	Full extension on glide. Bent legs allowed on bail to long hang swing forward.
3. Long hang swing backward, upper arm hang (back uprise to upper arm)	Long hang swing backward to upper arm hang (back uprise to upper arm)	Long hang swing backward to 45° below horizontal. Straight legs at top of back swing.
<b>Specified Bonus #2: After #3 swing forward, swing backward, bail, Moy to upper arm (+0.4)</b>		
<b>SB#2. Swing forward, swing backward, bail, moy to upper arm support, upper arm swing back</b>	Swing forward, swing backward and bail to Moy catching in upper arm support, to upper arm swing backwards; skip #4	Swing forward. Swing backward. Hips at bar height at catch of the Moy. An open or pike position can be shown at the catch of the Moy. Hand-on-hand spot allowed on bail.
4. Upper arm swing forward, upper arm swing backward	Upper arm swing forward, upper arm swing backward	Shoulders even with elbows in upper arm support.
5. Upper arm swing forward, straddled support	Upper arm swing forward to straddled support on bars	Legs should be straight as arms push up to the straight arm support with hips extended.
<b>Specified Bonus #3: In #5, upper arm swing forward to forward uprise to support. (+0.4)</b>		
<b>SB#3. Upper arm swing forward, forward uprise</b>	Upper arm swing forward to forward uprise to support	Full extension on forward uprise with feet at bar height.

## PARALLEL BARS: (Continued)

Skills	Description	Performance Criteria
6. Push off bars, swing backward	Push off bars to swing backward	Legs straight with continuous rhythm. Swing backward to feet at bar height.
7. Swing forward, "L" sit	Swing forward to "L" sit	2 second hold. Chest up and hips even with hands.
8. Cast forward, swing backward	Extend forward and swing backward	Swing backward to feet at bar height.
9. Swing forward, swing backward	Swing forward, swing backward	Swing forward and backward to horizontal.
10. Swing forward, Swing backward to handstand, dismount to side	Swing forward, swing backward to nominal handstand and push off either side to dismount landing	Swing forward to horizontal. Hand change to one bar during push off.
<b>Specified Bonus #4: In #10, swing backward to hold handstand prior to dismount. (+0.4)</b>		
<b>SB#4. Hold handstand</b>	Swing forward, swing backward to hold handstand and push off either side to dismount landing	2 second hold
<b>Specified Bonus #5: Swing forward to back salto tuck dismount.</b>		
<b>SB#5. Salto backward tucked dismount</b>	Following #10 or SB #4, swing through support to salto backward tucked dismount	Salto backward should lift off the bars at shoulder level to dismount landing.

# 2022-2024

## Illinois High School Freshmen Compulsory Routines

### HORIZONTAL BAR

Base Score	4.8
Specified Bonus	2.0
<u>Stick Bonus</u>	<u>0.2</u>
Maximum Score	7.0

**Note:** Unless otherwise indicated, all swings forward are tap swings and are to be a minimum of 45° below horizontal. Failure to show tap swings with proper body positions will result in a deduction per occurrence. Unless otherwise indicated, all swings backward are to be a minimum of 45° below horizontal with a hollowed body shape at the peak of the swing

Skills	Description	Performance Criteria
1. Pullover, cast	From hang position in overgrip, pullover to support, then pike and cast	Momentary stop in support allowed. Cast to horizontal.
<b>Specified Bonus #1: After #1, Cast forward to ¾ giant swing backward (overgrip baby giant) (+0.4)</b>		
<b>SB#1. ¾ giant swing backward</b>	¾ giant swing backward to (baby giant)	Shift wrists prior to support.
2. Back hip circle, undershoot	Straight body back hip circle to undershoot forward	
<b>Specified Bonus #2: In #2, replace back hip circle with free hip circle to support free of bar (+0.4)</b>		
<b>SB#2. Free hip circle</b>	Pike and cast to free hip circle to undershoot forward	Straight or hollow body position on free hip circle. Hips clear of the bar throughout the free hip circle, support and undershoot.
3. Swing backward, tap swing forward, ½ turn	Swing backward, tap swing forward to ½ turn to mixed grip	Head neutral, toes leading on turn, hollow body shape.
4. Tap swing forward, swing backward, grip change	Tap swing forward, swing backward, change to overgrip	Rise in shoulders to hollow position on grip change.
5. Swing forward, kip	Extended swing forward and kip to support	Swing forward with chest and hips leading through the bottom prior to kip.
If a coach assists the gymnast in the successful performance of the kip, the maximum deduction will be 0.3. If the kip is attempted and missed, the maximum execution deduction for the entire skill including the coach's spot to help the athlete to a support position will NOT exceed 0.3. Exception will be if the gymnast falls off the bar, then a 0.5 deduction will be taken.		
<b>Specified Bonus #3: In #5 &amp; #6, kip to immediate cast with continuous rhythm. (+0.4)</b>		
<b>SB#3. Kip, cast</b>	Extended swing forward and kip to immediate cast to undershoot forward, swing backward	Swing forward with chest and hips leading through the bottom prior to kip. Cast to any height.
6. Cast, undershoot, swing backward	Cast to undershoot forward, swing backward	Cast to horizontal.

## HORIZONTAL BAR: (Continued)

Skills	Description	Performance Criteria
<b>Specified Bonus #4: In #6, swing backward to back uprise to undershoot forward. (+0.4)</b>		
<b>SB#4. Back uprise to undershoot forward</b>	Uprise in hollow position and undershoot forward	Uprise to support with feet 45° below horizontal.
7. Tap swing forward, swing backward	Tap swing forward, swing backward	
8. Tap swing forward, swing backward, uprise, dismount	Tap swing forward, swing backward to uprise in hollow position and release bar dismounting to stand	Uprise with shoulders to bar height.
<b>Specified Bonus #5: In # 8, replace dismount to stand with salto backward (flyaway) tucked, piked, or hollow layout. For safety reasons, the spotter must follow, but not assist, the gymnast during the execution of this skill. (+0.4)</b>		
<b>SB#5. Salto backward tucked, piked, or hollow layout dismount</b>	Tap swing forward, swing backward, swing forward to salto backward tucked, piked, or hollow layout dismount	Show hollow body candlestick position with head neutral on release and stretched body before landing. Must show lift.

# **FLOOR EXERCISE-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. The compulsory floor routine is designed so it can be done on a tumbling strip 60 to 68 feet in length.
2. The routine on Floor Exercise emphasizes the gymnast working rhythmically and continuously throughout the exercise. A “hold” such as a designated handstand or a scale, may be the only allowed stops. There should be no other stops in the routines. The designated hold elements in the routines should be shown for only as long as indicated in the performance criteria or a rhythm deduction will be assessed. The tumbling and corner sequences are designed to encourage rhythm and have been developed to promote a variety of different transitional movements. As a result, the routine should be successfully executed in 45 to 60 seconds and must show continuous rhythm.
3. Unless otherwise specified, all transitional lunges should be executed with the back leg straight, front knee bent, heels down and the toes turned slightly outward. Only a momentary pause is allowed to show the position. Holding the lunge position more than momentarily will result in a deduction for rhythm.
4. The basic exercises are designed to help the recreational level participant successfully execute the routine.
5. Specified bonus elements tend to be skills that will be included or required in routines at the next level and follow a pattern of consistent progression.
6. Forward handsprings should be slightly over-rotated. A forward rebound is allowed.
7. On forward and backward saltos, the minimum center of mass should be chest high.
8. All hurdles should be executed with a full extension of the arms and shoulders and the forward leg should bend in pli  as the arms reach to contact the floor. The back leg should kick straight over the top as the forward leg thrusts from the floor and the hands push through the wrists and fingertips simultaneously to create maximum force and turnover.

### **B. Definitions:**

1. The term “pli ” is defined as a bending of the knees as the feet contact the floor and is used to cushion the landing and promote control and/or rhythm. All jumps should land in “pli ” to assist control, balance, and rhythm on landings.
2. A “salto” is defined as a flipping or somersaulting skill performed in the air and can be performed forward, backward or sideward.



### **C. Basic Technique: Forward Handspring**

The forward handsprings should show a straight-arm blocking action with full extension of the shoulders and a visible lift or rise from the floor. The forward leg should bend through the lunge position with the arms and shoulders fully extended upon contact with the ground.

It should also show turnover past vertical to the rebound with a fully extended position.

### **D. Basic Technique: Round-off and Back Handspring**

1. The round-off and back handspring should turnover past vertical to a hollow body position with the hips rounded under, knees behind the toes, and the arms extended at horizontal or above in preparation for the take off backward to the handstand blocking position. The takeoff phase of the back handspring should fully extend backward in a linear horizontal direction.
2. The snap down phase of the back handspring, in preparation for a rebound, should be shorter and rotate up quickly to a standing position with the arms next to the ears, the head neutral, and at a blocking angle short of vertical for the rebound.
3. The snap down phase of the back handspring prior to the salto backward tucked should be shorter and rotate up quickly to a standing position with the arms next to the ears, head neutral, and at a blocking angle short of vertical.

### **E. Notes:**

1. A tucked backward roll is intended as a progression toward a back extension roll to handstand. There is no height requirement on the backward roll.
2. The front scale should be done with chest and head up, arms to side with palms down, and the back leg at a 45° minimum angle below horizontal with the foot turned out on the standing leg. The back leg should be straight with the foot pointed and clear of the floor.
3. Cartwheels should show continuous rhythm. The landing leg should bend into plié and move smoothly through the lunge position with arms extended overhead into the next skill.
4. The height of the dive roll should be consistent with the gymnast's center of mass. There is no distance requirement. The body position should be straight (a slight hollow or tight arch is allowed) and care should be taken to ensure that there is proper pressure exerted by the arms and hands upon arrival to the floor to ensure a smooth roll. In a properly executed dive roll, the body will roll through somewhat of a "candlestick" position and continue on through the tuck to the feet without stop, hesitation, or bounce.
5. The salto backward tucked takeoff position leaving the floor should be vertical. The hips and knees should lift upward in front while the arms extend upward and the head is neutral.

6. The rotation for the salto backward tucked should be initiated by lifting the lower body upward to the tuck position very quickly. The rotation is sustained by continuing to lift the upper body as the somersault turns over while extending the legs and hips quickly through the vertical position.

# **POMMEL HORSE-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. Single leg swings will continue to emphasize rhythm and pendulum swing mechanics. An effort has been made to limit unnecessary repetition that can result in excessive execution deductions. It is understood that the apparatus is generally too large for the young gymnast to swing on effectively. With this in mind, the two full pendulum swings will be judged for execution.
2. The basic format of the mushroom exercises is intended to keep the routines geared to the average recreational participant. The emphasis is on good circle technique.

### **B. Definitions:**

1. A “front support position” is defined as one hand on either pommel with the pommel horse in front of the body. Arms straight, body straight and legs may be straddled.
2. A “rear support position” is defined as one hand on either pommel with the pommel horse behind the body. Arms straight, body straight and legs may be straddled.
3. A “full pendulum swing” is defined as one complete swing on each side of the pommel horse.
4. A “double leg circle” should start and finish in a front support position.

### **C. Basic Technique: Pendulum Swing**

1. The pendulum swing performed on the pommel horse is intended to teach the gymnast to develop a rhythmical shifting of the body weight to the support arm on each side with as much lean as possible while initiating the swing from the shoulders.
2. The legs should remain apart in a straddle position throughout the pendulum swings and leg cuts to promote a single body unit while swinging. It is important for the gymnast to develop the idea of initiating the pendulum swing from the shoulders while feeling the whole body moving as a single unit
3. The straddled position of the legs on each side is in addition to the swinging action of the torso from side to side. The amplitude of the swing by achieving a greater lean with the shoulders and extending the hips to a higher position on each side is the main goal in this development. Releasing the hand from the pommel on each side also encourages the athlete to shift his weight effectively, although it is not required for evaluation of the skill.

#### **D. Basic Technique: Mushroom Circle**

1. The proper technique for the basic mushroom circle should show a complete extension of the hips with an open chest at the  $\frac{1}{4}$  and  $\frac{3}{4}$  circle positions. Squeezing the hips and gluteus muscles tight will enable him to maintain a straight body position throughout the circle.
2. There should be a slight counter rotation and opening of the hips and chest at the  $\frac{1}{4}$  circle position to prevent “rolling the hips over” as the circle travels around the front of the mushroom. This “rolling the hips over” will cause the gymnast to pike or over-hollow in an effort to square up his hips to the mushroom at the completion of the full circle. Properly executed, the counter-rotation on the first  $\frac{1}{4}$  circle will allow the hips to square up as the gymnast reaches the  $\frac{1}{2}$  circle in the rear support position.
3. Reaching the  $\frac{1}{2}$  circle in the rear support position with his hips squared or slightly counter turned will enable him to “lead” with his heels into the  $\frac{3}{4}$  circle position as he transfers his weight to his second arm. The greater the shoulder lean, the greater the circle speed and extension the gymnast will be able to achieve. The gymnast may use this lean and “heel drive” action to accelerate his circle through the  $\frac{3}{4}$  circle position throughout the second half of the circle.
4. The gymnast should keep his shoulders erect as he completes the full circle so that his body remains straight and extended, and he can effectively initiate the counter rotation into the next circle as he transfers his weight back to the first arm.
5. The goal is to educate the gymnast to correct circle technique. Training devices such as the floor mushroom can be used effectively to break down the various positions to achieve a proper circle technique.

#### **E. Basic Technique: Czechkehre (Moore)**

1. The Czechkehre is a circle skill that allows the gymnast to turn  $180^\circ$  in the same direction as the circle. The Czechkehre should start at the  $\frac{3}{4}$  position (second half of the circle) as the weight is shifted to the support arm.
2. During the second half of the circle the gymnast should execute a  $90^\circ$  turn rearward finishing in FRONT support on both hands ( $\frac{1}{4}$  reverse stockli action ). Note: The hands should be slightly behind the vertical line in front support.
3. From the front support the gymnast shifts his weight to the opposite arm in support completing the circle with a  $90^\circ$  turn forward( $\frac{1}{4}$  kehre action) to rear support. The circle continues from the rear support as the gymnast executes another  $\frac{1}{2}$  circle to the front support position to complete the Czechkehre.
4. Using the vertical center-line of the mushroom in the front support, the gymnast should imagine pommels on either side of the line and the hand placements to be made on the turns by placing the hands on these imaginary pommels with respect to the circle and each turn.
5. Basic description:  $\frac{1}{4}$  reverse stockli action to front support followed by a  $\frac{1}{4}$  kehre action to rear support continuing with another  $\frac{1}{2}$  circle to front support.

6. Definitions: A reverse stockli is a 90° turn rearward to front support. A kehre is a 90° turn forward to rear support.

#### **F. Notes:**

1. Education of the circle technique and pendulum swing technique with an understanding of good body position is the goal at this level. The basic routine is designed to be achievable for the recreational gymnast while allowing him time to develop the strength to perform multiple circles.
2. Gymnasts who can progress more rapidly without compromising their proper circle technique are rewarded with specified bonus for performing multiple circles.
3. The pendulum swing, including the weight-shifting rhythm and swinging from the shoulders with extended hips will transfer to the double leg circles on mushroom and facilitate their success.
4. On the mushroom, the gymnast should continue to refine his circle. As this technique develops, the circle should become higher in elevation from support, faster in speed, and the lean should become stronger or more acute on each side. Developing the quality of this circle will be an important component in being able to transfer a double leg circle from the mushroom to the pommel horse.
5. As the gymnast performs the spindle or czechkehre actions he should maintain full extension with his body position throughout the skill. Developing the quality of the double leg circle with chest and hip extension, speed, weight shift and shoulder lean will facilitate the ability to perform the spindle and czechkehre elements without deduction.

# **STILL RINGS-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. The inlocate should only be attempted by gymnasts who are able to execute an excellent basic swing at this level. The dislocate is introduced in this routine from the inverted pike position. The gymnast can focus on downward pressure and proper body position in the learning stages. The goal is to make sure the gymnast can execute the inlocate and dislocate safely while developing the strength and understanding of proper technique.

### **B. Definitions:**

1. “Turnover” refers to the rotation of the basic ring swing to the inverted position. See a more detailed definition under Basic Technique: Basic Swing below.

### **C. Basic Technique: Basic Swing**

1. Basic swings in these routines should show a “turnover” action. “Turnover” is defined as follows for forward and backward swings:
  - a. Forward – At the completion of the front swing, the body is in a candlestick position - shoulders down and toes up with a hollow body position, tight hips and gluteus muscles, and head forward. Backward and downward pressure on the rings must be applied as the body approaches the completion of the swing. The gymnast may perform this phase of the swing with arms straight or bent, but must forcibly apply pressure downward and backward on the rings to keep the center of gravity positioned correctly between the uprights and to maintain the proper body shape.
  - b. Backward – During the execution of the back swing, the body is in a tight arch with shoulders down, rings spread as the body is approaching vertical (reverse candlestick position). Arms may be wide to facilitate keeping the shoulders down and maintaining downward pressure on the rings. Forward and downward pressure on the rings can be applied as the body approaches the completion of the swing.
2. It takes many years to develop an effective ring swing. Patience and deliberate focus during the early years on the properly executed turnover swing is one of the key components to further development.
3. Care should be taken to stress proper body shape and rotation in the swing first, rather than the height of the swing.

4. The fully developed ring swing can be executed to handstand in either direction with the proper body shape and technique. As an athlete increases his turnover angle and quickness, downward pressure can be applied to the rings to facilitate the lifting of the shoulders from their position between the rings and toward the handstand in each direction. This pressure should only be applied at the very completion of the turnover as the body is approaching the vertical in each direction.
5. It is a common mistake for an athlete to apply this pressure prematurely during the swings. This inhibits the rotation of the body to vertical. This mistake will retard the development of a good ring swing.

#### **D. Basic Technique: Inlocate**

1. The inlocate should be an extension of a well-executed turnover swing. The body will transition from the tight arch (reverse candlestick) in the back swing through straight body as the body passes vertical and then to a hollowed position with pressure downward and backward on the rings during the downswing. The minimum amplitude for a properly executed inlocate should be with shoulders at ring level and directly between the uprights with the body at the vertical position during the swing.
2. On inlocates, "ring level" is defined as the bottom of the rings or the hands.

#### **E. Basic Technique: Dislocate**

1. To perform the piked dislocate, the gymnast should first learn to keep pressure downward on the rings while keeping his body in a tight hollow position with the head neutral as he opens backwards at or above horizontal to the dislocate.
2. From the tight hollow position the gymnast should push the rings forward while leading with his chest through the bottom of the swing. This forward pressure on the rings will result in the gymnast's ability to keep his center of gravity (hips) between or even with the uprights. Pushing the chest through the bottom while maintaining the tight arch promotes a late kick with the legs and hips to accelerate the rotation of the gymnast's turnover to the hollow candlestick position in the front swing.
3. It is important to learn this technique before the gymnast attempts the larger stretched dislocate or giant swing.
4. Spotting or holding the gymnast in the correct body positions while learning the skill can help the gymnast to understand how to apply pressure to the rings and keep his body position strong throughout the skill. It is best to perform this skill at horizontal for proper execution.

## **F. Notes:**

1. The primary emphasis in this routine should be to develop the basic swing in the manner described in the overview above. The forward swing can be executed with straight or bent arms. There is no height requirement on the front swing.
2. It is not necessary to rise or lift the body horizontally in the backward swing. Instead, emphasis should be on a tight-arch quick turnover with the shoulders down and the rings spread while keeping pressure forward and downward on the rings.
3. Emphasis on developing strength in the core and upper body with the pull-up and lifting legs to the "L" position as well as the lower to German hang elements is balanced in this routine with the emphasis on the basic swing.
4. Elements identified as momentary holds should not be held longer than required. The focus should be on good rhythm in execution and precision in the positions held... Show, stop, and go.
5. The muscle-up can be done with spotter assistance. The athlete should perform as much of it as possible, but there is no deduction for the spot. As the athlete is lifted to position, he should work his hands into a false grip (with wrists bent and on top of the lower curve of the rings). We understand that it is difficult to keep the arms completely straight and keep the wrists up high enough to facilitate the muscle-up. The arms should, however, be as extended and straight as possible before the muscle-up is executed. It is not appropriate to start the routine with bent arms. The muscle-up should be continuous. As the gymnast reaches the support position and the arms extend into full support, the body should be tight and straight once more with the rings turned out and arms free of the straps.
6. If the bonus option to perform the inlocate is attempted, it should conform to the Basic Technique for an inlocate as listed above. The skill will be judged strictly by these standards in order to emphasize the importance of maximizing the basic swing. It is the intent of this routine to continue to refine the basic swing until it can be performed with the correct turnover technique at ring level or higher.
7. Deductions on the inlocate can be taken for piking, insufficient pressure on the rings, lack of turnover, and other obvious technical errors.
8. The intent of the dismount is to encourage the gymnast to keep pressure on the rings while executing the turnover technique until his body has reached at least ring level. The dismount should also rise and show a full opening and extension prior to landing.



# **VAULT-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. Opinions regarding the development of vaulting skills vary greatly. The reason behind selection of our entry level vault is to focus on the very important skills of the run, the hurdle, and proper board technique and developing a meaningful progression to the handspring blocking technique on the vault table.
2. In order to promote further development, Specified Bonus for vaulting at 135cm and the +0.2 for Stick Bonus are available.

### **B. Definitions:**

1. "First flight" (pre-flight) is defined as from the moment that the gymnast's feet touch the springboard up to the support with one or two hands on the vaulting table.
2. "Second flight" (post-flight) is defined as including the pushing off from the table up to the landing in a standing position.

### **C. Basic Technique: Run**

1. A good run technique will be comprised of the following components:
  - a. Run should accelerate in velocity to sprinting speed and that velocity should be maintained through the hurdle.
  - b. Arms should be bent at the elbow and swing forward and backward rhythmically in a parallel and complementary movement to the run.
  - c. The legs should show a distinct lifting of the front knee and a full extension of the back leg in long quick strides as the gymnast leans forward into the run.

### **D. Basic Technique: Hurdle**

1. The arms should circle or move from back to front in preparation for the takeoff from the springboard. The arms may be bent or straight.
2. The knees should lift up and forward, and the gymnast should bend slightly at the hips while the body's center of gravity remains level during the hurdle. The legs and feet then extend forward to contact and fully depress the springboard well in front of the body. At this point of contact, the arms should be at shoulder level or above and almost fully extended in preparation for the contact with the blocking surface.
3. From a full depression of the springboard with the feet well in front of the hips and the arms extended forward, the gymnast must rotate quickly with a straight body, shoulders extended, tight body position as he rebounds and leaves the springboard surface. This rotation increases the velocity into the blocking surface.

## **E. Basic Technique: Block**

1. Blocking mechanics demand that the gymnast should rotate and extend fully to a tight hollow or straight body position into the blocking surface.
2. The gymnast can then block with an extended shoulder angle pushing down through the fingers and leaving the surface at vertical with a rise of the center of gravity. A straight-arm, quick blocking action should result in a distinct and powerful repulsion as the gymnast leaves the blocking surface and rises vertically with his body fully extended.

## **F. Notes:**

1. The Flyspring (Boulder Handspring) over the panel mat surface is used to both lead up to the Forward Handspring and promote and complement the blocking technique that is used in the forward handspring in basic tumbling.
2. The technique to accomplish this execution would be to set the springboard back from the blocking surface far enough to allow the gymnast to rotate and extend directly to a tight hollow or straight body position into the blocking surface.
3. The gymnast should prepare with the basic hurdle technique as he approaches the springboard so that the completion of the arm circle results in a full extension of the arms and shoulders as he contacts the springboard.
4. The gymnast can then block with an extended shoulder angle pushing down through the fingers and leaving the surface at vertical with a rise of the center of gravity. When the run, hurdle, and block are executed properly, the gymnast will create sufficient power to continue to rotate to a stand on the landing mat.
5. If performed efficiently, the post-flight should not result in or require an excessive arch or pike in order for the gymnast to rotate to the landing position. A straight body, vertical repulsion from the panel-mat blocking surface should promote a tight body position as well as an extended shoulder angle as the gymnast leaves the blocking surface. A tight arch or tight hollow position is allowed without deduction during the post flight.
6. During the forward handspring, the run, hurdle and blocking mechanics become extremely important.
7. The most important concept to learn at this level is to become efficient with the proper run, hurdle and blocking technique in order to create the power and velocity which will convert to height and rotation from the vault table.
8. The gymnast should promote maximum depression of the springboard. From the springboard, the gymnast must rotate forward or turnover very quickly to a fully extended body position as he contacts the vault table.
9. A common flaw is to hit the springboard standing too straight up. This makes it difficult to create rotational velocity. "Diving" onto the horse provides insufficient time to block and leave the vault table before passing vertical and starting to rise. This inefficient approach can result in a much less powerful post-flight.
10. Efficient execution of these essential techniques will allow the gymnast to progress toward somersault and twisting vaults.

# **PARALLEL BARS-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. There is emphasis on basic swing mechanics.
2. Obviously, the support swing to handstand is one of the most important elements on parallel bars. The program emphasizes the basic swing technique and avoids encouraging gymnasts to get to the handstand with excessive use of strength. This philosophy will also make the routines more achievable for the recreational participant.
3. A “hand-on-hand” spot is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation of the element other than to ensure a secure grip.

### **B. Definition:**

The “proper grip” of the hands on the bar in a long hang is with wrists fully extended so that the fingers are the only part of the hand on the top of the bar. Care should be taken to rotate the hands inward to this grip as the shoulders extend from the beginning of the bail swing.

### **C. Basic Technique: Support Swing**

1. The development of a good support swing on parallel bars is essential to learning more advanced skills, so ample time should be devoted to develop the correct technique.
2. The ability of a young athlete to relax in the shoulders and lead with the chest through the forward downswing should be approached in small increments at first. When this position becomes stronger and more stable, the gymnast can exert more force and achieve higher amplitude with the swing.
3. The shoulders should stay over the hands in support for both the forward and backward swing.
4. Fluid movement and flexibility in the shoulders will allow for greater freedom and a smoother swing action. At the bottom of the swing, in both directions, the bars will flex downward. The gymnast should feel a downward push on the bars both to further depress the bars and to maintain pressure against the bars to promote control of the swing. As the flex of the bars returns in the upward direction, after the bottom of the swing, the gymnast will continue to push and extend to the straight body or tight hollow position at the peak of both the forward and backward swing.

#### **D. Basic Technique: Long Hang Swing**

1. The long hang swing should be executed as a tap swing showing the following components: The body should have a distinct straight knee hollow shape at the peak of the back swing; relax to a fully extended hang at the lower vertical position; and kick once again to a tight hollow in the front swing.
2. Bent knees are allowed through the lower vertical position and on the front swing, but legs must be straight at the peak of the back swing.
3. The gymnast should fully extend in the shoulders on the downswing with the head neutral through the bottom of the swing.

#### **E. Basic Technique: Upper Arm Support**

1. In the correct upper arm support, the shoulders will be even with or behind the elbows (if the body is viewed from the side).
2. This position is conducive to the development of the necessary strength for any upper arm swing or skill acquisition. Although this strength takes time to develop, the gymnast should take care not to compromise the proper position of the arms in support during this swing.
3. Supplementing training with holds or upper arm dips in the correct position will help to build this strength.

#### **F. Notes:**

1. An additional long hang tap swing has been added before the backward uprise to upper arm support to allow the athlete to show a correct stretched hollow position on the back swing. The goal in adding this swing is to require the athlete to show a well-developed tap swing that has a distance straight knee hollow shape at the peak of the backswing.
2. The front swing should exhibit the same tap as a front swing on horizontal bar with the exception of perhaps a bending of the knees (if it is necessary). The gymnast should learn to fully extend in the shoulders on the downswing with the head neutral through the bottom of the swing.
3. The concept for developing the forward uprise involves providing a longer progressive learning period for the development of this strength. To facilitate this, we have included in the basic routine the use of the legs pressing down on the bars to both assist the arms pushing up to a straight arm support position more quickly and to help extend the hips forward to the straight body position at the completion of the movement. When done correctly the legs should remain extended as this action is completed. As the gymnast builds more strength and quickness into this movement, he will be able to "bounce" his legs off the bars as he extends to the forward uprise position. When he is ready, he can use a forward uprise as a specified bonus skill.
4. On the dismount, shifting of the opposite hand to the dismount rail is allowed.

# **HORIZONTAL BAR-Overview and Explanations**

## **Illinois High School Freshmen Compulsory Routine**

### **A. General:**

1. The most important focus on the horizontal bar is the continued development of the basic giant swing technique. The more effective the body position is in the downward and upward phases of the swing the easier it is to perform the skills required on this event. Close attention should be paid to precise execution in this area in order to ensure the safety of the gymnast as he progresses through each level.
2. The salto backward dismounts (flyaway) requires mastery of the hang position, the “tap swing” action, control of proper body position and timing of the lift.
3. In addition, turning skills such as the “blind turn” and the pirouette cannot be executed without mastery of proper swing technique, body position, timing of the wrist shift, and control of the proper body position.
4. Of particular importance in executing the “in-bar” skills that are included in the specified bonus options is the understanding of the importance of an early wrist shift to control the support position. The gymnast’s future development on this event is in large part dependent upon the ability to control the handstand position. Shifting the wrists early and freely in both the forward and backward direction to gain early support as well as an efficient hang position are the most important skills a young gymnast can develop.

### **B. Definitions:**

1. The “hollow” position is defined as body position with a hollow or rounded position in the chest and hips. This position is the start position in the back and finish position in the front of the basic tap swing.
2. The “tap swing” is defined as basic swing which starts and finishes in a hollow position, passing through a tight arch position at the bottom.

### **C. Basic Technique: Uprise**

1. An “uprise” should be performed by pulling down on the bar as the gymnast rises toward the peak of the backward swing in the hollow tight body position.

#### **D. Basic Technique: Tap Swing**

1. The execution of the basic tap swing should start in the back and finish in the front in the “hollow” position as defined above.
2. The gymnast should relax fully, pushing his chest and hips down through the bottom past vertical in the “tight arch position” while letting his feet drag behind before initiating the piking action or kick to the hollow position on the upward phase of the forward swing.
3. It is critical that this swing be refined so that the timing of the tap produces a powerful lift and acceleration in the vertical direction. The hang position in the backward giant is a critical element to develop for future control of release skills and dismounts.

#### **E. Notes:**

1. The committee wants athletes to attempt the kip. Every effort has been made to write the text to encourage athletes and coaches to “go for it”. The goal is to make it worth the attempt and to be somewhat forgiving of execution during this skill-acquisition process.
2. To encourage those gymnasts that are being successful with the kip, specified bonus will be given to a kip to an immediate cast to any height.
3. The development of the swing  $\frac{1}{2}$  turn is extremely important and should be a priority. The criteria for proper execution of a “blind” turn are consistent through the routines and emphasize proper body position rather than extreme amplitude.
4. The option for a salto backward tucked or piked (flyaway) is included as a specified bonus skill. However, as with all specified bonus skills, the technical execution of the tap swing and the salto backward (flyaway) must be correct in order for the gymnast to gain the advantage of the points. Improper execution may actually result in a loss of points even though this skill is “fun to do.”

#### **Note:**

The spotter is required to “follow the gymnast” through this skill for safety without deduction. If the gymnast is actually assisted in the skill rather than simply followed, the judge will take appropriate execution deductions and no specified bonus points will be awarded.