

Freshman compulsories:

FX

Gymnast must perform SB #4 (back handspring) in order to perform SB #5 (back tuck salto), as specified in the rule book.

General

There is a maximum deduction per box/number at the freshman level of 0.4. For example, #3 on high bar is swing backward, tap swing forward, 1/2 turn. The max deduction on that sequence is 0.4.

Freshmen may not be awarded bonus for a skill with a single large deduction. This rule is the same at the JV/Varsity level.

JV/Varsity:

General

Skills can only receive one bonus. For example, a B press on rings cannot receive both the 0.2 bonus for a press handstand + the 0.1 bonus for a B EG II skill.

Matting

Mats may be raised above the minimum height for the safety of the gymnast. Specified matting exceptions still apply (ie - on FX, up to a 4" skill cushion may be used one time for one skill).

FX

When performing a 'V', the gymnast must have straight legs when lifting to the hold position. If he starts from a bent leg position, apply appropriate deductions.

PH

Consecutive skills are allowed for credit. If a gymnast performs scissor, false scissor consecutively, this is allowed for credit. They would not be required to leg cut after the scissor and return to front support prior to completing the false scissor.

A loop circle to a 1/4 turn to an uphill position can count as two 'A' skills, per our non-diagrammed skills.

Mounting with a leg cut should be continuous. If there is movement that does not lead to a pendulum swing, deduct accordingly.

All three parts of the horse need to be touched, not necessarily having a skill performed on it.

SR

Felge to support or cross should be executed with straight arms. If not, deduct accordingly.

V

Assistance by a spotter in the completion of an element is a 0.5 deduction and non-recognition, if the official deems the skill would not have been completed without assistance. Since vault is just one skill, the whole vault becomes unrecognizable. Thus, the vault score would be recorded as 1.0.

If hands touch the ground before the feet, award value but apply appropriate deductions (ie- fall, low chest, lack of preparation for landing, etc.). Egregious errors (ie- landing upside down) are grounds for non-recognition.

HB

Gymnasts may slide their hand when performing turns in giants as necessary for proper positioning on the bar.

Kip cast must be performed to a minimum angle of 45 degrees for credit. There is no deduction for change of direction.

The back up rise into a vault catch is part of the skill. It is not two value parts and cannot be broken up if a gymnast is short on value parts.