

# Georgia High School Gymnastics

Workshop for New Coaches and Judges

December 2, 2018

# Agenda

- Introductions & GHSA Information from Penny Pitts (1:00 – 1:30)
- Session 1 (1:30 – 2:45)  
Creating Routines and Understanding Scoring
- Session 2 (3:00 – 3:30)  
Rule Changes, Rule Interpretations, and Frequently Asked Questions
- Session 3 (3:30 – 4:00)  
Helpful Resources
- Session 4 (4:15 – 4:45)  
Split session
  1. Meet Management (Coaches)
  2. Expectations and Requirements (Judges)

\*This workshop is primarily designed for new coaches and judges, but all are welcome!

# Session 1: Creating Routines and Understanding Scoring

- Vault
- Uneven Bars
- Beam
- Floor

VAULT



**VAULT**

| <b>COMMON DEDUCTIONS FOR ALL VERTICAL VAULTS</b> |  | <b>VOID VAULTS</b>   |
|--|--|--|
|  | See book for Group 1 (flight vault) deductions   | 2nd or 3rd balk<br>pistons/pedestal not padded<br>support on top of table<br>facilitated (other than salto or handspring)<br>no hand contact on table<br>not landing on bottom of feet<br>RO entry w/o spotter   |
| <b>1st Flight Phase</b>                          | bent knees - up to .3<br>incomplete twist - up to .3<br>arch, pike, leg separation - up to .2<br>legs crossed, incorrect foot form - up to .1  |  |
| <b>Support/Repulsion</b>                         | Head contacting table - 2.0<br>Touch w/only one hand - 1.0 (CJ)<br>too long in support - up to .5<br>bent arms - up to .5 (.5 for 90° or more)<br>twisting early - up to .3<br>steps/hops on hands - .1 each (up to .3)<br>early tuck or pike (salto vaults) - up to .2<br>arch, shoulder angle, alternate repulsion - up to .2<br>alternate hand placement - up to .1 |  |
|  |  | <b>TALLY</b>   |
|  |  | Vault Value<br>Deductions  |
|  |  | <b>SUBTOTAL</b>  |
| <b>2nd Flight Phase</b>                          | twisting late (twisting vaults) - up to .5<br>insufficient height - up to .5<br>insufficient tuck, pike (tuck, pike salto vaults)- up to .3<br>arch or pike (stretched salto vaults) - up to .3<br>extension of body before landing - up to .3<br>Brush or hit of head - up to .2  | Neutral Ded  |
|  |  | <b>FINAL SCORE</b>   |
| <b>Landing</b>                                   | Fall/Support on hands or against apparatus - .5<br>Landing in a squat - up to .3<br>Touch of hands - up to .3<br>Incomplete twist - up to .3<br>Insufficient dynamics - up to .3<br>Truck movements to maintain balance - up to .2<br>Extra steps - .1 each (up to .4)<br>Slight hop/adjustment/staggered feet - up to .1<br>Extra arm swings - up to .1               | CJ Deduction-from average<br>Touch w/only one hand - 1.0<br>(Others: failure to present, improper uniform,<br>spotter blocking view of judge, beginning prior to signal,<br>talking during performance, extra warm-up, conduct,<br>delaying meet, unauthorized approach to judge,<br>altering equipment, verbal abuse) |

**BARS, BEAM, FLOOR**

# Scoring for Bars, Beam, and Floor

|                         |     |
|-------------------------|-----|
| Difficulty              | 3.0 |
| Composition             | 1.0 |
| Event Requirements      | 1.0 |
| Execution and Amplitude | 4.2 |
| Bonus                   | 0.8 |

# Difficulty (3.0)

A basic routine shall contain at least:

- 1 high superior or advanced high superior Value Part (0.3).....0.3
- 3 superior Value Parts (0.5 each).....1.5
- 4 medium Value Parts (0.3 each).....1.2

See each event for specific difficulty values.

# Difficulty

When a gymnast is lacking the minimum number of elements of any value (M/S/HS), elements of a higher value shall be used to replace elements of a lesser value on a one for one basis. If any element(s) is still missing, deduct the actual value of the missing element(s).

NOTE: Calculate difficulty credit to the benefit of the gymnast. Elements of a higher value that are used to replace elements of a lower value, retain their original value.

When a gymnast uses an advanced high superior, rather than a high superior to fulfill difficulty, the advanced high superior may also be awarded 0.2 in Bonus provided it is performed without a fall or spot.

# Awarding Difficulty

No Value Part is awarded:

- Fall during execution of element (weight not borne)
  - If the element is almost complete before the fall, Value Part credit is given, but the fall deduction is taken
- Failure to land on any part of the bottom of the feet
- Spotter facilitates the element
- Element performed a third time

NOTE: Elements/series listed separately in the rules book are considered separate elements/series. Any element can be recognized as a Value Part two times. The third time an element is repeated it will not receive Value Part credit. If an element does not receive Value Part credit, it cannot be used to fulfill event requirements or Bonus.

# Execution (Technique/Amplitude/Posture) (4.2)

Slight/Small Faults ..... 0.05-0.10

Medium Faults .....Up to 0.20

Large Faults ..... Up to 0.30

Very Large Faults ..... 0.50

# Bonus (.8)

- Up to .4 for advanced high superiors
  - Provided there is no fall or spot
  - .2 for one AHS or .4 if there is a second different AHS
- Up to .2 for a high-level back-to-back superior
  - HS + HS; AHS + AHS; HS + AHS
  - For beam only: AHS acro + S acro
  - For floor only: AHS acro + S salto
- Up to .2 for any of the following:
  - Low-level back-to-back superior (S + S, S + HS, S + AHS)
  - 2nd high-level back-to-back superior (same or different)
  - 3<sup>rd</sup> different AHS (with no fall or spot)



# Bonus (.8), continued

- On balance beam only:  
An AHS acro element directly connected (before or after) to a S acro element will receive 0.20 as a HL BBS.
- Back-to-back superior credit may be awarded if there is a fall following the second element in the series provided both elements are considered complete according to the criteria for awarding Value Part credit.
- On floor exercise only:
  - a. S, HS and/or AHS acro elements that are indirectly connected within one continuous, uninterrupted acro pass may be given BBS credit. Example: front salto, round-off, flic-flac, back salto.
  - b. An AHS acro element directly connected (before or after) to a S salto will receive 0.20 as a HL BBS

**EVENT REQUIREMENTS..... 1.0**

Lack of event requirement (each one omitted...0.2

See each event for specific requirements. Elements not awarded Value  
Part credit may not be used to fulfill event requirements.

**COMPOSITION ..... 1.0**

See each event for specific deductions.

**EXECUTION (Technique/Amplitude/Posture).....4.2**

See each event for specific execution deductions.

UNEVEN BARS

**UNEVEN BARS**

| <b>EVENT REQUIREMENTS (45 second remount)</b>   | <b>1.0 (0.2 each)</b> | <b>TALLY</b>  |
|---|-----------------------|---|
| 1. superior release/flight (excludes dismount)-ex: straddle cut catch, straddle back                                  |                       | <b>D (Difficulty) - 3.0</b>   |
| 2. 1 direction change (excludes mt/dismt)   |                       | 4 mediums @ .3 each = 1.2   |
| 3. kip- ex: glide kip, long hang kip  |                       | 3 superiors @ .5 each = 1.5   |
| 4. element that achieves <i>with 20 degrees or greater thru vertical in a selected position - ex. Handstand, pike</i> |                       | 1 high superior or advanced high superior @ 0.3 = 0.3   |
| 5. superior dismt- ex: flyaway, sole full   |                       | Total = 3.0   |
| <b>COMPOSITION</b>  | <b>1.0</b>            | <b>Event Requirement -1.0</b>   |
| 1. Lack of performance of both forward and backward circling elements   | 0.05                  | <b>Composition - 1.0</b>  |
| 2. Overuse of the same connections (transitions from LB to HB)  | 0.05                  | <b>Bonus - 0.8</b>  |
| 3. Lack of balance/overuse of elements from the same group  | Up to 0.20            | <b>Execution - 4.2</b>  |
| 4. Overuse of variations of the same element.   | Up to 0.10            | (ex: bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, extra swings 0.3, steps on landing 0.1 each, balance, etc.)                 |
| 5. Elements of highest value connected primarily to elements of lowest value  | up to 0.1             |   |
| 6. Using the same element twice to fulfill difficulty value parts.  | 0.10                  |   |
| Lack of using all spaces, levels  | up to 0.10            |   |
| Lack of 2 bar changes (each 0.05)   | up to 0.10            |   |
| Uncharacteristic elements   | each 0.10             |   |
| Lack of creativity in the combinations of elements  | up to 0.10            |   |
| Lack of distribution of value parts and maintaining difficulty level  | up to 0.10            |   |
| <b>BONUS</b>  | <b>0.8</b>            | <b>SUBTOTAL</b>   |
| 3 categories:   |                       | Neutral Ded   |
| 1. (max 0.4): AHS - 2 different, no fall/spot (0.2 each)  |                       | EX: no dismount 0.3; spotting 0.5, third attempt to mount 0.5   |
| 2. (max 0.2): HL BBS  |                       |   |
| 3. (max 0.2):   |                       | <b>FINAL SCORE</b>  |
| LLBBS (0.1 each, up to 0.2)   |                       | CJ Deduction-from average   |
| 2nd HL BBS (0.2)  |                       | (ex: failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, failure to remove board 0.3, beginning prior to signal 0.5, |
| 3rd AHS - different, no fall/spot (0.2)   |                       | talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2, delaying meet, unauthorized approach to judge 1.0, verbal abuse- DQ)               |
|   |                       | *routine consisting of less than 5 elements that receive value part credit (must be listed in the rules book) 2.0   |

# Event Requirements on Bars (1.0)

- a. Superior release/flight element (excludes dismount)
- b. One direction change (excludes mount/dismount)
- c. Kip
- d. Element that achieves (within 20 degrees) or passes through vertical in a stretched position
- e. Superior dismount

# Composition (1.0)

Specific Compositional Deductions to be Considered:

1. Lack of performance of both forward and backward circling elements .....0.05
2. Overuse of the same connections (transitions from LB to HB.....0.05
3. Lack of balance/overuse of elements from the same group ..... Up to 0.20  
Examples: circles / swings / kips / pirouettes / releases
4. Overuse of variations of the same element ..... Up to 0.10
5. Elements of highest value connected primarily to those of lowest value...Up to 0.10
6. Using the same element twice to fulfill difficulty value parts.....0.10
7. Lack of using all spaces, levels ..... Up to 0.10
8. Lack of 2 bar changes.....(each 0.05) Up to 0.10  
NOTE: A fall from 1 bar and continuation on the other bar constitutes a bar change.
9. Uncharacteristic elements ..... each 0.10
10. Lack of creativity in the combinations of elements ..... Up to 0.10
11. Lack of distribution of value parts and maintaining difficulty level throughout .....  
Up to 0.10

# BALANCE BEAM



**BALANCE BEAM**

| <b>EVENT REQUIREMENTS (no longer than 1:30 min.; 30 sec. to remount)</b>   | <b>1.0 (0.2 each)</b> | <b>TALLY</b>  |
|--|-----------------------|---|
| 1. min. of 360 degree turn on one foot   |                       | <b>D (Difficulty) - 3.0</b><br>4 mediums @ .3 each = 1.2<br>3 superiors @ .5 each = 1.5<br>1 high superior or advanced high superior @ 0.3 = 0.3<br>Total = 3.0   |
| 2. 1 acro flight element (must start & finish on beam)   |                       |   |
| 3. acro series of difficulty (both must start & finish on beam)  |                       |   |
| 4. superior dismount   |                       |   |
| 5. dance series of difficulty (on beam)  |                       |   |
| <b>COMPOSITION</b>   | <b>1.0</b>            | <b>Event Requirement -1.0</b>   |
| 1. Lack of variety of acro elements up to 0.10   |                       | <b>Composition - 1.0</b><br><br><b>Bonus - 0.8</b><br><br><b>Execution - 4.2</b><br><br>(ex: bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, steps on landing 0.1 for each, balance, etc.)<br><br><b>SUBTOTAL</b><br><br>Neutral Ded<br>EX: no dismount 0.3; spotting 0.5<br><br><b>FINAL SCORE</b><br><br>CJ Deduction-from average<br>(ex: failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, beginning prior to signal 0.5, talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2, delaying meet, unauthorized approach to judge 1.0, verbal abuse- [DQ])<br>delaying meet<br>2.0 deduction- routine less than 30 seconds |
| 2. Lack of variety of dance elements up to 0.10  |                       |   |
| 3. Lack of balance (quantity) of acro vs dance elements up to 0.10   |                       |   |
| 4. Lack of balance in the level of acro vs. dance value parts up to 0.10   |                       |   |
| 5. Most higher level value parts being isolated elements up to 0.10  |                       |   |
| 6. Using the same element twice to fulfill difficulty value parts 0.10   |                       |   |
| 7. Variety of connections (non-value parts) up to 0.10   |                       |   |
| 8. More than two dance elements of the same shape with or without a twist each 0.10  |                       |   |
| 9. Lack of using all levels. Up to 0.10  |                       |   |
| 10. Insufficient use of the entire length of the beam up to 0.10   |                       |   |
| 11. Insufficient use of direction changes up to 0.10   |                       |   |
| 12. Lack of an acro element in each of two different directions (one must be backward and another may be forward or sideward) up to 0.10 |                       |   |
| 13. Lack of artistry up to 0.10  |                       |   |
| 14. Insufficient distribution. Up to 0.10  |                       |   |
| <b>BONUS</b>   | <b>0.8</b>            |   |
| 3 categories:  |                       |   |
| 1. (max 0.4): AHS - 2 different, no fall/spot (0.2 each)   |                       |   |
| 2. (max 0.2): HL BBS   |                       |   |
| 3. (max 0.2):  |                       |   |
| LLBBS (0.1 each, up to 0.2)  |                       |   |
| 2nd HL BBS (0.2)   |                       |   |
| 3rd AHS - different, no fall/spot (0.2)  |                       |   |
| note: an AHS acro element directly connected (before or after) to a Superior acro element counts as HL BBS                               |                       |   |



# Event Requirements on Beam (1.0)

- a. Minimum 360-degree turn on one foot;
- b. One acro flight element (must start and finish on the beam);
- c. Acro series of difficulty (both elements must start and finish on the beam);
- d. Superior dismount;
- e. Dance series of difficulty (on beam; does not include balances and body waves)

# Composition on Beam (1.0)

All are up to .1, unless otherwise noted:

- Lack of variety of acro elements
- Lack of variety of dance elements
- Lack of balance (quantity) of acro vs. dance
- Lack of balance in the level of acro vs. dance value parts
- Most higher level value parts being isolated elements
- Using the same element twice to fulfill difficulty (.1)
- Variety of connections
  - non-value parts, arm movements, locomotor movements
  - more than 2 straight leg pivot turns
- More than two dance elements of the same shape with or without a twist (.1)
- Lack of using all levels
  - Movements that are high off the beam, semi-low, and low (kneel, squat, sit, lying)
- Insufficient use of the entire length of the beam
- Insufficient use of direction changes
  - Movements/non-value parts/choreography, forward, backward, & sideward

*Continued on next page*

# Composition on Beam, cont.

All are up to .1, unless otherwise noted:

- Lack of an acro element in each of two different directions (one must be backward and another may be forward or sideward)
  - Must have one of each that both start and finish on the beam for no deduction.  
EXCEPTION: The mount may be used.
  - If either or both is missing – deduct 0.10
  - If both are included but one is the dismount – deduct 0.05
  - A tic-toc may count as a forward or backward direction element.
  - May not include a handstand which has no direction
- Lack of artistry
  - Quality of gymnast's movement to reflect her personal style, Quality of expression (projection, emotion, focus), Originality
- Insufficient distribution
  - Level of difficulty not maintained throughout the exercise
  - Most difficult elements placed in same section of exercise

# Timing on Beam

The duration of the exercise shall be no longer than 1:30. There is a deduction if the routine is less than 30 seconds.

- The timing and evaluation shall begin at the moment the gymnast's hands or feet leave the floor or board and conclude when the gymnast arrives on the floor at the completion of her dismount.
- If the gymnast falls from the beam, the routine watch is stopped. Following a fall, the timing of the routine resumes with the first movement to continue the routine.
- A warning signal shall be given at 1:20 and time at 1:30. If the gymnast is on the beam or in the air at the final time signal, the judges continue to evaluate the routine.
- The gymnast is allowed 30 seconds to remount the beam after a fall.

# FLOOR EXERCISE

| <b>FLOOR EXERCISE</b>   |                       |  | <b>TALLY</b>   |
|---|-----------------------|--|--|
| <b>EVENT REQUIREMENTS (no longer than 1:30 min.)</b>  | <b>1.0 (0.2 each)</b> |  |  |
| 1. Acro- twisting salto - at least 1/2 (180 degrees)  |                       |  | <b>D (Difficulty) - 3.0</b><br>4 mediums @ .3 each = 1.2<br>3 superiors @ .5 each = 1.5<br>1 high superior or advanced high superior @ 0.3 = 0.3<br>Total = 3.0  |
| 2. 3 acro passes - a series of 2 or more directly connected acro elements   |                       |  |  |
| a. with exception of round-off, all elements must receive value part credit   |                       |  |  |
| b. elements in any direction (forward, backward, or sideward)   |                       |  |  |
| c. 2 element pass shall include a BBS, HS, or AHS   |                       |  |  |
| 3. superior acro element in 3rd acro pass or as last acro element   |                       |  | <b>Event Requirement -1.0</b>  |
| 4. one jump/leap or turn on 1 foot of superior diff   |                       |  |  |
| 5. dance series of difficulty of 2 different group 1 leaps/jumps  |                       |  | <b>Composition - 1.0</b>   |
|   |                       |  |  |
| <b>COMPOSITION</b>  | <b>1.0</b>            |  | <b>Bonus - 0.8</b>   |
| 1. Lack of variety of acro elements   | up to 0.10            |  |  |
| 2. Lack of variety of dance elements  | up to 0.10            |  | <b>Execution - 4.2</b><br><br>(ex:bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, steps on landing 0.1 for each, balance, etc.)   |
| 3. Lack of balance (quantity) of acro vs dance elements   | up to 0.10            |  |  |
| 4. Lack of balance in the level of acro vs. dance value parts   | up to 0.10            |  |  |
| 5. Most higher level value parts being isolated elements  | up to 0.10            |  |  |
| 6. Using the same element twice to fulfill difficulty value parts   | 0.10                  |  |  |
| 7. Variety of connections (non-value parts)   | up to 0.10            |  |  |
| 8. More than two dance elements of the same shape with or without a twist   | each 0.10             |  |  |
| 9. More than one leap/jump/hop to prone position  | each 0.10             |  |  |
| 10. Insufficient use of the entire floor exercise area  | up to 0.10            |  |  |
| 11. Insufficient use of direction changes   | up to 0.10            |  |  |
| 12. Lack of an acro element, within a pass, in each of two different directions (one must be backward and another may be forward or sideward) | 0.10                  |  |  |
| 13. Lack of artistry  | up to 0.10            |  |  |
| 14. Insufficient distribution. Up to 0.10   |                       |  |  |
| <b>BONUS</b>  | <b>0.8</b>            |  |  |
| 3 categories:   |                       |  |  |
| 1. (max 0.4): AHS - 2 different, no fall/spot   | (0.2 each)            |  | Neutral Ded<br>EX: no dismount 0.3; spotting 0.5   |
| 2. (max 0.2): HL BBS  |                       |  |  |
| 3. (max 0.2):   |                       |  |  |
| LLBBS   | (0.1 each, up to 0.2) |  |  |
| 2nd HL BBS  | (0.2)                 |  | <b>FINAL SCORE</b><br><br>CJ Deduction-from average<br>(ex:failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, beginning prior to signal 0.5, talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2, delaying meet, unauthorized approach to judge 1.0, verbal abuse- DQ)<br>delaying meet<br>2.0 deduction- routine less than 30 seconds |
| 3rd AHS - different, no fall/spot   | (0.2)                 |  |  |
| note: an AHS acro element directly connected (before or after) to a Superior acro element counts as HL BBS                                    |                       |  |  |
|   |                       |  |  |
|   |                       |  |  |

## Timing on Floor

The duration of the routine shall not exceed 1 minute, 30 seconds.

The clock shall start as soon as the gymnast begins a movement of the exercise and shall stop when she when she maintains her final position.



# Event Requirements on Floor

All of the following event requirements are required in the routine. A single element may fulfill more than one event requirement (exception: A single element within a series shall not be used twice in order to fulfill two series requirements).



# Event Requirements on Floor

## a. Acro

1. Twisting salto - at least  $1/2$  (180 degrees);
2. Three acro passes – a series consisting of two or more directly connected acro elements:
  - a. With the exception of the round-off, all elements in a pass must receive Value Part credit;
  - b. Elements may be in any of the three directions: forward, backward or sideward;  
NOTE: A handstand with or without a turn has no direction unless it is completed as a front walkover or a handstand forward roll.
  - c. A two element pass shall include a back-to-back superior, a high superior or an advanced high superior.
3. Superior acro element in the third acro pass or as last acro element;
  - a. Credit may be awarded even if the first and/or second pass is broken
  - b. A series of front or back handsprings, which receives superior credit can be considered the last acro element.

## b. Dance

1. One jump/leap or turn on one foot of at least superior difficulty;
2. Dance series of difficulty of two different Group 1 leaps/jumps.

# Composition on Floor (1.0)

All are up to .1, unless otherwise noted:

- Lack of variety of acro elements
- Lack of variety of dance elements
- Lack of balance (quantity) of acro vs. dance
- Lack of balance in the level of acro vs. dance value parts
- Most higher level value parts being isolated elements
- Using the same element twice to fulfill difficulty (.1)
- Variety of connections
  - non-value parts, arm movements, locomotor movements
- More than two dance elements of the same shape with or without a twist (.1)

*Continued on next slide*

# Composition on Floor, cont.

All are up to .1, unless otherwise noted:

- More than one leap/hop/jump to prone position
- Insufficient use of the entire floor area
- Insufficient use of direction change
  - Movements/non-value parts/choreography, forward, backward, & sideward
- Lack of an acro element, within a pass, in each of two different directions (one must be backward and another may be forward or sideward)
  - The two directions do not need to be in the same pass.
  - Any acro element may be used to fulfill the two direction requirement except a roundoff and a handstand.
- Lack of artistry
  - Quality of gymnast's movement to reflect her personal style, Quality of expression (projection, emotion, focus), Originality
- Insufficient distribution
  - Level of difficulty not maintained throughout the exercise
  - Most difficult elements placed in same section of exercise

# Inquiries

A coach may address the meet referee only by submitting in writing, an inquiry(ies) concerning his/her gymnast(s). The written inquiry or the verbal intent to inquire shall be submitted to the meet referee no later than five minutes after all scores for that team are recorded for that individual event.

The inquiry(ies) shall only concern:

- Difficulty/vault value
- Event requirements
- Bonus
- Neutral deductions
- A mathematical error

NOTES:

- No other judgment decisions shall be questioned.
- A gymnast's recorded scores may be checked by a coach at the scorer's table without a deduction. After being recorded at the scorer's table, the judges' event summary scoresheets may be checked by the coach without deduction.
- See: Score Inquiry Form on page 114 in Rule Book

# Chief Judge Deductions

|   |     |
|---|-----|
| Flagrant exceeding of warm-up time or warming up in the competitive area (after one warning) <ul style="list-style-type: none"><li>• From event score – or team score if team exceeds time</li><li>• Only applies to practice of element</li><li>• If preparing for element or dismount when time is called, gymnast may complete element or dismount without penalty</li></ul> | 0.2 |
| Making an unauthorized approach of a judge concerning a score or rules infraction   | 1.0 |
| Questioning or attempting to influence judges' decisions  | 1.0 |
| Unsporting conduct of gymnast (after one warning)   | 0.2 |
| Gymnast failing to begin exercise within 30 seconds after chief judge signals to begin  | 0.8 |
| Verbally abusing or disrespectfully addressing a judge/meet official or using profanity <ul style="list-style-type: none"><li>• DQ from event and all-around. May lead to DQ from meet by meet ref</li></ul>  | DQ  |

# Session 2: Rule Changes, Rule Interpretations, and Frequently Asked Questions





## BALK DEFINITION - VAULT RULE 1

On vault, a balk is an incomplete attempt (one is allowed with no deduction) that results in one of the following:

- Fall during the run
- Stops mid-run
- Runs off the runway
- Contacts the board, hand placement mat, or board safety mat without touching the vault table
- Contacts the vault table without coming to a rest or support on top of the vault table
  - Example: cannot stop and runs into front of table





## NON-BALK EXAMPLES - VAULT RULE 1

The following will be considered a completed vault (with rest or support on top of the table) and will receive a score of zero:

- Hands are placed on top of table and weight is shifted over hands in support but gymnast is unable to continue and lands back down on the board
- Hands are placed on top of the table and gymnast finishes in a stand/kneel/sit on top of the table







## NON-BALK EXAMPLES - VAULT RULE 1

- Gymnast reaches an almost inverted position, runs out of momentum and steps down onto the table or lands back down on the board
- Gymnast's steps are off, she cannot slow down and ends up in a "belly slide" on top of the table





## BALK RULE APPLICATION - VAULT RULE 1

On vault, three attempts are allowed:

- One balk is allowed with no deduction
- If a second balk occurs, a score of zero is given for that attempt
- If a gymnast balks three times, a final event score of zero is given
- No fourth attempt is allowed



## USING THE BALK RULE - VAULT RULE 1

### Examples:

- Balk – Balk – Completes Vault #1
  - Count the score of the one vault performed
- Completes Vault #1 – Balk – Completes Vault #2
  - Count the vault with the higher score
- Balk – Balk – Balk
  - 2<sup>nd</sup> and 3<sup>rd</sup> balks receive zero – final score is zero
- Balk – Completes Vault #1 – Balk
  - Count the score of the one vault performed
- Completes Vault #1 – Balk – Vault #2 not to feet first
  - Count the score of Vault #1





## **BALK DEFINITION – BARS AND BEAM** **RULE 1**

On bars and beam, a balk is an incomplete attempt to mount. To be considered a balk:

- No contact may be made with the mount apparatus
  - No contact may be made with the bars or beam
  - The gymnast may not run underneath the bars or beam without mounting
  - There is no deduction for the first balk
- 
- Note: Gymnast may walk/run under bar when mounting with jump to high bar from between bars



## BALK APPLICATION – BARS AND BEAM RULE 1

If a gymnast balks on her second attempt to mount:

- The gymnast may have a third attempt to mount but 0.50 is deducted for the third attempt

If a gymnast balks on her third attempt to mount:

- 0.50 is taken for the third attempt
- No 4<sup>th</sup> attempt to mount is allowed
- The gymnast must then mount without a run





## BALK EXAMPLES – BARS AND BEAM RULE 1

### Examples:

- Balk – Completes mount
  - No deduction
- Balk – Balk – Completes mount
  - -0.50 for third attempt
- Balk – Balk – Balk
  - -0.50 for third attempt
  - No 4th attempt allowed – must mount without a run





## NON-BALKS – BARS AND BEAM RULE 1

If a gymnast touches the apparatus, mount apparatus, or runs underneath the apparatus without mounting:

- The attempt is not considered a balk
- The attempt is considered a fall
- A 0.50 fall deduction is taken





## FACILITATING VAULTS RULE 6

- Handspring -
  - -1.0 if facilitated in the first flight
  - -1.0 if facilitated in the second flight
  - -2.0 if facilitated in both flights
- Salto Vaults only -
  - VOID if facilitated in the first flight
  - **-1.0 if facilitated in the second flight**
- All other vaults –
  - VOID if facilitated in either flight







## SCORING RULE 4

---

- **Composition**
  - Category increased from 0.70 to 1.0
- **Execution**
  - Category decreased from 4.5 to 4.2



## COMPOSITION

### RULES 6-3-3, 7-3-3, 8-3-3

#### Composition

- Value of category has increased to 1.0
- Sub-categories of variety, spacing, choreography and distribution have been eliminated
- All deductions are written in list form
- Any deduction that applies may be taken
- Maximum Composition deduction is 1.0



## UNEVEN BARS – COMPOSITION RULE 7-3-3

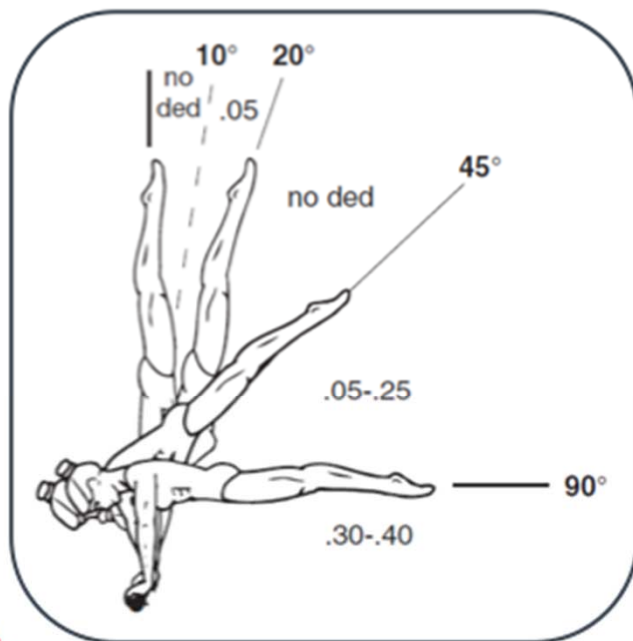
### Composition deductions:

- Lack of forward and backward circling = 0.05
- Overuse of same connections (LB to HB) = 0.05
- Overuse of elements from same group = **up to 0.20**
  - Circles/swings/kips/pirouettes/releases
- Overuse of variations of same element = up to 0.10
- Elements of highest value connected primarily to elements of lowest value = up to 0.10
- Using same Value Part twice to fulfill Difficulty = 0.10





## UNEVEN BARS – CLEAR HIP CIRCLE RULE 7-3-4c



### New Deduction

**Insufficient amplitude  
of clear hip circle  
Up to 0.40**

|           |                    |
|-----------|--------------------|
| 0° - 10°  | no ded. = HS       |
| 11° - 20° | deduct .05 = HS    |
| 21° - 45° | no ded. = S        |
| 46° - 89° | deduct .05-.25 = S |
| 90°-below | deduct .30-.40 = S |





## BARS – ELEMENT CLARIFICATIONS RULE 7-6

- 9.306b - HS: Swing down in regular grip between the bars with a grip change to cross grip and  $\frac{1}{2}$  (180°) turn in range of hang position and swing upward-backward to salto forward tucked, piked or stretched
- 9.405c – AHS: Flyaway – any forward or backward double salto in any body position w/wo twist





## BALANCE BEAM – COMPOSITION

### RULE 8-3-3

#### Composition deductions:

- Variety of acro elements = up to 0.10
- Variety of dance elements = up to 0.10
- Balance of acro vs. dance = up to 0.10
- Balance in level of acro vs. dance = up to 0.10
- Most higher level Value Parts are isolated = up to 0.10
- Using same Value Part twice to fulfill Difficulty = 0.10
- Variety of connections (non-Value Parts) = up to 0.10
  - more than 2 straight leg pivots
  - variety of arm movements, locomotor movements, etc.
- More than 2 dance elements of the same shape = 0.1 ea



## BALANCE BEAM – COMPOSITION RULE 8-3-3

### Composition deductions (cont):

- Lack of using all levels = **up to 0.10**
  - High/low (kneel, squat, sit, lying)
- Insufficient use of entire beam = **up to 0.10**
- Insufficient use of direction changes = **up to 0.10**
  - Movements forward, backward, sideward





## BALANCE BEAM – COMPOSITION RULE 8-3-3

### Composition deductions (cont):

- Lack of acro elements in 2 directions = up to 0.10
  - One backward and one forward or sideward
  - Both must start and finish on beam
    - Exception – mount may be used
  - Either or both missing = 0.10
  - Both included but one is the dismount = .05
- Lack of artistry = up to 0.10
  - Quality of movement to reflect personal style
  - Quality of expression (projection/emotion/focus)
  - Originality
- Distribution of Value Parts, maintaining level = up to 0.10







## BEAM – ELEMENT CLARIFICATIONS RULE 8-6

- 1.303 – HS: Free straddle jump onto end of beam (180° leg separation)
- 1.105 – M: Scissors leg swing with ½ turn (180° ) to cross straddle sit
- 3.202 – S: 1/1 turn with hand holding leg between horizontal and 45° above horizontal
- 3.203 – S: 1/1 turn with the free leg between horizontal and 45° below horizontal





## BEAM – ELEMENT CLARIFICATIONS RULE 8-6

- 5.101 – M: Stand on one leg (whole foot), free leg in forward, sideward, or backward hold (support leg bent or extended) above 90° (2 sec.)
- 5.103 – M: Free lying hang with large amplitude – torso at end or side of beam (2 sec.)



## BEAM/FLOOR ELEMENT CLARIFICATION RULE 8, 9

### NOTE

All pike jumps with a 45° closure  
have been deleted from both beam and floor

Pike jumps must show at least a 90° closure and  
will receive VP credit as listed





## FLOOR EXERCISE – COMPOSITION RULE 9-3-3

### Composition deductions:

- Variety of acro elements = up to 0.10
- Variety of dance elements = up to 0.10
- Balance of acro vs. dance = up to 0.10
- Balance in level of acro vs. dance = up to 0.10
- Most higher level Value Parts are isolated = up to 0.10
- Using same Value Part twice to fulfill Difficulty = 0.10
- Variety of connections (non-Value Parts) = up to 0.10
  - variety of arm movements, locomotor movements, etc.
- More than 2 of the same shape dance = 0.1 each
- More than 1 leap/jump/hop to prone = 0.1 each





## FLOOR EXERCISE – COMPOSITION RULE 9-3-3

### Composition deductions (cont):

- Insufficient use of entire floor area = up to 0.10
- Insufficient use of direction changes = **up to 0.10**
  - Movements forward, backward, sideward
- Acro element (in a pass) in 2 directions = 0.10
  - One backward and one forward or sideward
  - Both do not need to be in the same pass
  - Round-offs and handstands that step down and do not finish as a forward roll or walkover may not be used





## FLOOR EXERCISE – COMPOSITION RULE 9-3-3

### Composition deductions (cont):

- Lack of artistry = up to 0.10
  - Quality of movement to reflect personal style
  - Quality of expression (projection/emotion/focus)
  - Originality
- Distribution of Value Parts, maintaining level = up to 0.10







## FLOOR – ELEMENT CLARIFICATIONS RULE 9-6

- 1.106b – M: stag or double stag leap or jump w/wo ½
- 1.206b – S: stag or double stag leap or jump w/ 1/1
- 1.409c – AHS: switch leg leap 180° w/ 1/1 (Frolova)
- 1.213 – S: sheep jump at head height w/wo ½
- 1.313 – HS: sheep jump at head height w/ 1/1







## FLOOR – ELEMENT CLARIFICATIONS RULE 9-6

- 2.205 – S: 1/1 turn in tuckstand on one leg, free leg optional
- 2.305 – HS: 1 1/2 turn in tuckstand on one leg, free leg optional
- 2.405 – AHS: 2/1 turn in tuckstand on one leg, free leg optional
- 6.102 – M: flyspring forward, take-off from both legs w/wo hecht phase before hand support landing on one foot



## ADVANCED HIGH SUPERIORS RULES 7, 8, 9

**AHS's that exceed the required twist receive AHS credit**

**Examples:**

- **Beam**
  - Straddle pike jump w/  $\frac{1}{2}$  is listed as AHS, 2.408
  - Straddle pike jump w/  $\frac{3}{4}$  or  $1/1$  is not listed but would also receive AHS credit since it exceeds the degree of twist required for the AHS
- **Floor**
  - $2/1$  turn in tuckstand on one leg is listed as AHS, 2.405
  - $3/1$  turn in tuckstand would also receive AHS credit





## POINTS OF EMPHASIS

- Balks on Vault
- Balks on Bars and Beam
- Spotting
- Awarding Credit
- Event Requirements on Floor
- Composition







## SUPPLEMENTAL EXPLANATIONS JUDGING MANUAL

- Supplemental Explanations
  - Revised for clarity
  - More comprehensive
  - Formatted for ease of use
- Judging Manual
  - Online
  - Inquiry Sheet
  - Chief Judge/Meet Referee Deduction Sheet
  - Event Scoresheets
  - Judges Cue Sheets



# Session 3: Resources

|                                   |   |
|-----------------------------------|---|
| <b>NFHS</b>                       | <a href="https://www.nfhs.org/activities-sports/gymnastics-girls/">https://www.nfhs.org/activities-sports/gymnastics-girls/</a>   |
| <b>Rule Interpretations</b>       | <a href="https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-interpretations-2018-19/">https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-interpretations-2018-19/</a> |
| <b>Frequently Asked Questions</b> | <a href="https://www.nfhs.org/sports-resource-content/2018-2020-frequently-asked-questions/">https://www.nfhs.org/sports-resource-content/2018-2020-frequently-asked-questions/</a>                     |
| <b>GHS GGJA</b>                   | <a href="http://gagymjudges.wixsite.com/ga-gymnastics-judges">http://gagymjudges.wixsite.com/ga-gymnastics-judges</a>   |
| <b>GHSA<br/>Penny Pitts</b>       | <a href="https://www.ghsa.net/gymnastics">https://www.ghsa.net/gymnastics</a>   |
|                                   |   |

## Gymnastics-Girls Articles

[View All](#)



**NFHS Welcomes New Girls Gymnastics Committee Members**



**New Scoring Procedures, Balk Definition Highlight 2018-19 Girls Gym...**



**Music in the Marketplace**

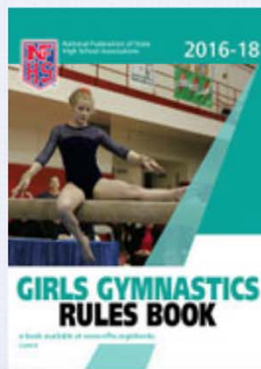


**Julie Cochran Named NFHS Director of Sports**

## Rules Changes

**Girls Gymnastics Rules Changes - 2018-20**

## Publications



For your convenience, NFHS offers rules and case books in multiple formats. E-Books are available via iTunes and Amazon, while print publications can be purchased on [NFHS.com](https://www.nfhs.com). [↗](#)

[View e-Books](#)

[View Print Books](#)



# Gymnastics-Girls Resources

---

## General

[2018-2020 Cue Sheets](#)

[2018-2020 Element Clarifications](#)

[2018-2020 Frequently Asked Questions](#)

[2018-2020 Judges Manual](#) PDF

[2018-2020 Meet Referee Deduction Sheet](#)  
PDF

[2018-2020 Score Inquiry Form](#) PDF

[2018-2020 Scoresheets](#)

[Public-Address Announcers Guidelines](#)

[Rules Writing Process Video](#)

## Rules

[2018-2020 Points of Emphasis](#)

[Girls Gymnastics Rules Interpretations - 2018-19](#)

[Girls Gymnastics Rules Poster - 2018-20](#)  
PDF

[NFHS Girls Gymnastics Uniform Rules \(April 2016\)](#) PDF

## Safety

# GHS GGJA

<http://gagymjudges.wixsite.com/ga-gymnastics-judges>

# Contacts

Gymnastics Coordinator, Dr. Lucia B. Norwood

[luebella@bellsouth.net](mailto:luebella@bellsouth.net)

GHSA Gymnastics Director, Penny Pitts Mitchell

[pennypitts@ghsa.net](mailto:pennypitts@ghsa.net)

GHS GGJA (Judges Association) President, Margaret Stephens

[margaret.stephens@westrock.com](mailto:margaret.stephens@westrock.com)

GHS GGJA Vice-President & Treasurer/NFHS Rules Committee, Amy Eubanks

[amye@westminster.net](mailto:amye@westminster.net)

GHS GGJA Booking Agent, Tripp Norris

[frtripp@saintcolumba.net](mailto:frtripp@saintcolumba.net)



# **Session 4: 4:00- 4:30**

Coaches - Meet management

New Judges - Expectations,  
requirements, etc.