

# 2015 BOYS GYMNASTICS INTERPRETATIONS APPLIED TO USA GYMNASTICS RULES

## General

- If a person is needed to stabilize a landing mat on high bar or vault it should not be the individual responsible for spotting but a different person.
- In order for a JV or Varsity level routine to receive the minimum score of 1.0, the routine must contain a FIG A skill.
- Coaches will be allowed to wear their team T-shirt at meets, up until the Championship meets, at the end of the season.

## Pommel Horse

To receive credit for a double leg skill there must be a double leg circle, 360 degrees, prior to executing the skill. Exceptions would be loop circles and direct stockli A and B moves which have been ruled acceptable by JO.

In clarifying this rule the following would be acceptable:

1. Jump into circle, moore.
2. Jump into back moore.
3. Jump into circle, back stockli.
4. Jump to Russian, on the end (providing there is front support shown at beginning of skill).

The following moves are not acceptable

1. Leg cut backward to: moore, front out, kehr, travels front or back, 1/2 circle to back travel or hop skills.

The FIG technical interpretation of a travel forward in side support to a Schwabenflank to wende dismount (EG-V box 1, p.73) requires an additional circle after the travel into the wende dismount. Because of Illinois past history of immediate circling skills, we will accept a travel forward in side support to an immediate wende dismount (travel down, 1/4 turn into wende) as a fully accepted EG-V dismount. This interpretation will also apply to a travel forward in side support to Schwabenflank (EG-IV box 43, p.71). The extra circle after the travel into the Schwabenflank will not be required.

## Vault

Vault lines are to start at the width of the Table and extend to 1.5 meters wide at a distance of 16 feet from the end of the Table.

## Parallel Bars

A 45 degree Stutz is a B value. The deductions for a Stutz below 45 degrees are as follows,  
0-15 degrees below = .1  
16-30 degrees below = .2  
31-45 degrees below = .3  
> 45 degrees below = .3 and no credit (or below horizontal)

## **Freshmen**

IL HS Rules Book only has two pendulum swings (instead of 3) at the beginning of the PH compulsory. Therefore, gymnasts should only perform two pendulum swings.

Freshmen will use the Vault Table

# **INTERPRETATIONS TO ILLINOIS FRESHMAN COMPULSORY ROUTINES- 2015**

At the freshmen level when a compulsory part is a "sequence" of gymnastics skills the major gymnastics skill will receive a higher weighted value. For example, in floor exercise a round off, flip flop, rebound is a sequence part. Missing this total sequence is a 0.5 deduction. Missing the flip flop would be a 0.3 deduction because it is the major skill in the sequence. Partial credit, 0.2 will be given for the round off rebound. Likewise, when the sequence is composed of two identical skills, missing the second part will be a 0.3 deduction. For example missing the second half of a full pendulum swing on pommel horse is a 0.3 deduction. On pommel horse two full pendulum swings is the skill sequence. Only doing one half a pendulum swing and missing 1 1/2 pendulum swings will be a 0.5 deduction.

p. 40, B, Base Score, #1 should read: The "base score is 4.5 for all compulsory routines.

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

p. 50, A-1, General: Eliminate the wording "It is understood that the apparatus is generally too large for the young gymnast to swing on effectively. .... There are no specified bonus skills on this portion of the exercise but there is an opportunity to recognize virtuosity."

p. 50, B-1, Definitions: A "front support position" is defined as both hands on the pommels with the pommel horse in front of the body.

p. 51, E Notes, #6: Eliminate

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

p. 56, F- Notes,#5: ...before the muscle up is executed. It is not appropriate to start the routine with bent arms.

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

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

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

p. 66, C-1 Basic Technique,: Uprise: Eliminate the wording "so that he has control over the direction of the hop."

p. 68, #2: If a gymnast does Specified Bonus #1, the cast in #2 will be eliminated. The overgrip baby giant will go directly into the back hip circle.

## **JUDGES UPDATE II 2015 Illinois, NFHS, FIG Rules**

It is important for officials to keep updated on interpretations as we progress through this season. I will periodically send out updates. **However, it is imperative that you check the IHSGCA.org web page for weekly updates.** Left side of page, select Rules Interpretations. Check the categories 2014 Boys Gymnastics Interpretations, "A" skills update, and Interpretations to Illinois Freshmen Compulsory Routines.

As coaches and officials work through our transition to new rules and skill values, I would request all parties in this process be respectful of each other. Discuss routines off the main floor. If an official feels abused or disrespected to an extent that further action is necessary I would suggest looking for the Athletic Director. If he is not at the meet report the action to the administrator on duty and request a return call to confirm the incident is addressed. Make written note of the action for your personal records. I would not report the incident to the IHSA until the local administration has an opportunity to address the behavior at the school level.

### **GENERAL COMMENTS**

1. You may not repeat an attempt to perform an element in the same box if the first attempt resulted in non-recognition of the element. The exception is if the first attempt results in a fall from the apparatus. (E.g. Back uprise Maltese (no hold), repeat back uprise Maltese hold 2 sec, the 2nd attempt of the back uprise Maltese is also not recognized. However, on high bar, the gymnast attempts a Kovacs & falls, he may repeat the Kovacs)

### **FLOOR EXERCISE:**

1. A dismount that does not land on the feet (including rollout elements on Floor Exercise) is considered a non-legitimate dismount. The exercise must end with an acrobatic element that lands with both feet together.
2. If the floor exercise dismount is a repeated element, then the dismount is not recognized. If no dismount is performed then you only count 7 skills (because you count 7 skills + a dismount). In the case of repetition, the second skill is given no value in all circumstances.

Example: RO (A), FF (A), whip back (B), tuck back (A), HS front layout (B), RO FF Arabian (B), RO FF tuck back (no credit, repetition)

3. The acrobatic connection whip back, 1 1/2 twisting back salto, front salto full twist will receive 0.1 bonus if performed without a single large execution error. NFHS p. 30 B-1-b. The bonus is for the total sequence. You can not use the second skill on the front end connection and the back end connection.
4. Jump with ½ turn to prone and jump to prone are included in the rule which limits the number of elements which are performed to prone or roll out (see Article 10.2.2.5b which states that a gymnast may use a maximum of two elements that finish with a roll out or in a front support position).

A 'fall' to prone or '1/2 turn fall to prone' does not contribute to this problem because there is no "jump" prior to the front support. Note: It is important that during a fall to prone, the feet do not leave the floor; otherwise, it could be interpreted as a jump to prone.

5. If a gymnast performs a Manna on FX and holds for 2 seconds, then presses to a handstand with no hold = "C" credit for the Manna held for 2 seconds.

#### **POMMEL HORSE:**

1. Element group II is titled "circles, spindles and handstands" because it is referring to the multiple skills that are listed in those areas. If you look in box # 1 of group II, it states "any circle or flair in side support." So one circle gets A value and element group I.  
On FX however, it specifies that you must do "2 circles or flairs" for "A" credit.
2. This FIG rule being referenced refers to handstand dismounts only. If the dismount was completed poorly, done to the point of no credit, he can get back up on the horse and repeat. The text says on p. 56 (I) If the original dismount received a large deduction and the dismount is repeated, the large deduction must be increased to - 0.5. An example of a no credit handstand might be the feet pushing off the horse, going up and dipping all the way back down toward a straddle L before going back up again, not crossing over the body of the horse and bending arms past 90 degrees and never hitting a handstand position.

3. On pommel horse, there is a rule regarding there being no more than 2 Russians on the pommels or leather in a routine, this includes the dismount. The third Russian is not counted.

**Example:**

front loop (A)  
360 Russian (B)  
single leg stockli  
scissor (A)  
scissor 1/1 (B)  
circle (A)  
travel down (A)  
1/4 turn (cross support position)  
720 Russian (C)  
front loop  
360 Russian dismount (B)

Count the dismount first (360 Russian) with the understanding that it is your 1st Russian skill. Then go back to beginning of routine and count the other 360 Russian. A 360 Russian on the horse and for a dismount are separate skills with separate boxes. You now have 2 Russian skills. The 720 Russian which is the highest valued of the skills gets tossed as the third Russian skill.

Excluded from this rule are elements which include Russian Wendeswings on one pommel. So a gymnast could do a 720 Russian mid-routine, pommel loop-pommel loop-Russian 180, and a 720 Russian dismount in the routine. A gymnast is allowed to do two flop sequences in a routine. One of them would have to be a straight flop sequence: loop-loop-DSB-DSB and the other one would have to be a combined flop/Russian sequence: loop-loop-Russian 180.

4. If a gymnast falls on or from the apparatus during an element the deduction is 0.5. FIG p. 34 chart.

**STILL RINGS:**

1. When a bent arm shoot handstand and a straight arm shoot handstand are performed in the same routine the FIG C straight arm shoot to handstand will be recognized because of its higher value.
2. A regular L and straddle L are in the same box therefore the same skill.
3. Not more than three elements from Groups III or IV can be presented in direct succession. The interpretation of this statement is that skills from Group III or IV can be separated by "A" skills and still be considered in direct succession. The 4th and subsequent elements will be considered as repetition, and not recognized by the D jury. However, if the gymnast decides to execute more elements from EG III and/or IV, in order to be recognized by the D jury, he must perform at least a B value swing element (except any kind of kip/back kip) between the first sequence of maximum 3, and another element or sequence from EG III and/or IV.

**Example #1:** (Maximum 3 strength skills in a row):

Back uprise planche = A + D (legs together)

Lower to cross = B

Kip to L = B (however a kip skill does not break the sequence)

Press to straddle planche = B

Press to handstand = no value (4th group III/IV)

**Example #2:** (Element Group 1 or 2, less than a B)

Kip cross = C

Pull out of cross to L = C (pull out and L are considered two strength elements because you must hold the L two seconds)

Roll forward in support to inlocate = A + A (does not break sequence since these are only A skills. Must have at least a B swinging element)

Back uprise straddle Planche = C not recognized (4th group III/IV)

Press handstand = B not recognized (5th group III/IV)

4. From a hold, press to a strength element is not recognized if the previous hold position is not recognized: Consider the following sequence:
  - a. Press to Inverted Cross -C
  - b. Lower to Maltese = D
  - c. Kip to Maltese = A + non-rec. (2nd Maltese)
  - d. Press to Planche = also non-recognition because the previous element is not recognized.
5. Note: When the Code of Points uses the term “from” one strength element to another, it is implied the first element is held. The word “through” means no hold is required
6. Gymnast bails to tuck felge on Rings through support and drops backward to inverted hang and immediate back lever = A + A as follows –“A” for felge, to “A” back lever. Special Comment –The felge goes through a support position (no matter how quickly). In addition, 0.5 deduction for bent legs on the felge.

#### **VAULTING:**

1. The only printed height for the vault table is 135cm or 53 inches. This is the same height freshmen through varsity levels that has been used for past three years. Changes in height are not permitted.
2. Assistance by a spotter in the completion of an element is a 1.0 deduction and non-recognition. Assistance is defined on page 19 of the NFHS Rules Manual. The deduction applied is in the table of deductions in FIG code page 34. Since vault is just one skill, the whole vault becomes unrecognizable. Thus, the score would be recorded as 1.0. If it is a skill within a routine, it is a 1.0 deduction and non-recognition.

## PARALLEL BARS:

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

## HORIZONTAL BAR:

1. Elements that do not continue in intended direction results in a large deduction (0.3)  
**Example:** Free hip circle to handstand without going over the bar (reverses direction) = 0.3 deduction. Endo to handstand, but finishes without going over the bar (reverses direction) = 0.3 deduction.
2. 1/2 piro and 1/1 piro would be different skills.
3. On high bar, a gymnast can not do more than one variation of a turning skill for credit. These turning skills could include:  
1/2 Higgins & full Higgins to e/g  
1/1 spin/piro m/g & 1/1 spin/piro to e/g

If a gymnast does a 1/2 Higgins early on in the routine and then later does a full Higgins to e/g, the second Higgins skill is not recognized. Skills are considered the same variation if they are the exact same skill but the only difference is a simple grip change.

You can do a 1/1 piro to m/g and an Endo 1/1 piro m/g in the same routine. The reason is because they are in different element groups, coming from different starting positions. Similarly, you can also do a Higgins to e/g and a stalder Higgins e/g in the same routine.

4. For an elgrip or Russian giant swing to be recognized after a turning skill, the giant requires a complete el grip swing over the bar.
5. Stoop in straddle leg cut (EG 2, #1) does not have to start from a handstand to receive credit. It will receive an A value and EG 2 when performed from any swing.

## FRESHMEN COMPULSORY ROUTINES

1. Coaches must pay strict attention to the written description of our compulsory routines. The on line videos are sometimes incorrect in their presentation.

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

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

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

## JUDGES UPDATE III

2015

### Illinois, USA Gymnastics, FIG Rules

FIG Newsletter #27

#### General:

#### **Landings & 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 FIG dismount. 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.

<b>Action (without steps, hops, or arm swings)</b>	<b>]</b>	<b>Result</b>
Landing with feet slightly apart and gymnast lifts heels and joins both heels together without lifting and moving the front of his feet.	]	No deduction
Landing with feet slightly apart or less than shoulder width apart and gymnast picks up a foot moving both feet together, OR does not join both feet together by lifting only the heels.	]	0.1 deduction for landing with feet apart
Landing with feet more than shoulder width apart, AND gymnast picks up one foot moving both feet together, OR does not join both feet together.	]	0.2 deduction for landing with feet apart

Note: All other execution deductions (those while in the flight phase or for lack of extension before landing) must always be considered in addition to the landing requirements noted above.



## **Rings**

1. All "V" hold positions (2sec.) must be performed with legs vertical. This is the same as the requirement for Floor Exercise.
2. An exercise must start in a hang position with arms vertical and straight. The gymnast may NOT bend their arms in moving to the first position unless specifically needed for element completion. Ex: Cast up and underswing backward may be started with bent arms.
3. During an exercise, a gymnast may only bend their arms during a transition between elements when necessary to properly perform the next element.

## **III. NEW RULES**

### **General:**

1. Touching the apparatus or floor - change the deduction from 0.2 to 0.1 for touching with legs or feet. Touching with the hands remains as a 0.2 deduction. Some Examples of 0.1: touching feet on the floor in a long hang swing on PB or touching the PH with feet while performing circles.  
Note: The 0.5 deduction for hitting the apparatus remains in effect.

### **Pommel Horse**

1. All scissors to handstand require the legs to close or a 0.1-0.2 will be applied.
2. Only two scissors to handstand in an exercise are permitted for difficulty value. This rule is to prevent the apparatus from losing its foundation of circling elements.
3. A handstand dismount may also be performed in addition to the maximum of two handstand elements from circles or flairs.

## **Rings**

1. Only two cross type elements (regular, L cross, or V cross) are permitted in an exercise for difficulty value. A third in chronological order will not be recognized.
2. Only two Planche type elements (Support Scale or Support Scale straddled) are permitted in an exercise for difficulty value. A third in chronological order will not be recognized.
3. For the hold of a non-listed part for 2 seconds or more, deduct 0.1 each time. Examples include: holds (2sec) of inverted hang, inverted pike, and dorsal hang.

## **Horizontal Bar**

1. Yamawaki (Element Group II, 10) must be stretched and pass through a vertical body position over the bar for no deductions. An excessive pike or a poor vertical position over the bar will be deducted and could also lead to recognition of a B value flight element.

## **USA GYMNASTICS, Age Group Competition Program - Update #4**

### **Event Specific Exceptions to the FIG Code**

**General:** The FIG Code of Points, Part III, Apparatus has a red dot in the lower left corner of some skill boxes. This red dot designates that skill is prohibited for junior (JO) use in an exercise.

**Still Rings:** No more than 3 Element Group III & IV skills that can be performed in direct succession on Still Rings without being broken up by an "A" swing element.

#### **Parallel Bars:**

1. Allow empty (1/2) swing prior to performing Element Group III and Element Group IV skills. An intermediate (full) extra swing is not allowed. Example: Glide kip swing to 45 degrees above horizontal, bail to Moy support, swing backward to horizontal, drop to basket (peach) with straight arms to support.
2. Upon catching a release skill the gymnast is allowed to perform a swing with a 1/2 turn and change of grip on the subsequent swing forward to a kip without deduction. This swing 1/2 turn will receive "A" difficulty credit and no Element Group credit.

# **2014-15**

## **ILLINOIS HIGH SCHOOL ASSOCIATION**

### **CLARIFICATION OF USA GYMNASTICS RULES**

The Illinois High School Association will utilize the rules of USA Gymnastics for interscholastic boys gymnastics in its member schools. Following are provisions related to these rules which are special policies for interscholastic gymnastics competition in Illinois in areas where the USA Gymnastics rules provide no coverage. This supplement should be used in conjunction with the USA Gymnastics Rules Book for 2014-2015.

#### **I. ISSUES NOT COVERED BY USAG RULES**

A. When two events are being run at a time, a lineup change may be made at any time due to a working order conflict.

B. Late arrivals: 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.

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

C. NOTE: Only equipment deemed acceptable and/or required by the state office may be used in state competition.

#### **II. POINTS OF CLARIFICATION AND CORRECTION IN THE USAG RULES**

A. A General Statement: When the drawing and wording of a skill are in conflict, the IHSA Office will clarify any discrepancy.

##### **B. Officials**

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

2. When no officials show up, the schools involved must provide a coach to act as an official. This person or persons will act as an official for the entire meet.

3. When only one official shows up, the teams involved must do one of the following:
- a. 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.
  - b. Use one official only. This must be unanimously agreed upon by the coaches of all schools involved.
  - c. Use 1 official plus 2 coaches. The average of the 3 scores will be used. The coaches and official must judge all 6 events (unless the other official shows up). If the other official shows up, he will not judge until a new event begins. (The 3 persons who already started judging will complete the event they are judging.)

C. Gymnasts will compete block style for all events. The host team shall compete in event order and the visiting team will compete on the opposite event. See attached page for triangular or double dual meets.

### III. ILLINOIS DUAL MEET PROGRAM AND PROCEDURES

A. In Freshman and Sophomore and J.V. competition, a team shall be limited to a maximum of five entries per event. (Note: Number depends on league.)

B. On all levels of competition, two events are run concurrently with one judge per event. The highest three (3) scores in each event determine the team score.

### V. RECOMMENDED ROTATION FOR TRIANGULAR AND DOUBLE DUAL MEETS:

#### 1. All Levels: (3 events at a time)

##### Rotation I.

<u>FLOOR EXERCISE</u>	<u>POMMEL HORSE</u>	<u>STILL RINGS</u>
Home Team	Team B	Team A
Team A	Home	Team B
Team B	Team A	Home

##### Rotation II.

<u>VAULTING</u>	<u>PARALLEL BARS</u>	<u>HORIZONTAL BAR</u>
Home	Team B	Team A
Team A	Home	Team B
Team B	Team A	Home