

Girls Gymnastics Rules Interpretations - 2019-20

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[*gymnastics-girls*](#)

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SITUATION 1: A coach assists a gymnast in the second flight phase of a Tsukahara vault. The judges deduct 1.0 for facilitating the gymnast. Each judge automatically deducts the maximum of 0.50 for lack of height and 0.30 for lack of length. **RULING:** Incorrect procedure. **COMMENT:** Judges should only deduct the amount for height and length that is proportionate to the error demonstrated. (6-4-3h, i)

SITUATION 2: On bars, a gymnast casts to 50 degrees from vertical prior to performing a backward giant. The judges do not deduct for lack of amplitude for the cast because the element following the cast was a backward giant. **RULING:** Incorrect procedure. **COMMENT:** All casts, except for a cast preceding squat/stoop/straddle onto the low bar jump to high bar, are expected to go to vertical regardless of the succeeding element. The judges should have taken a .05 deduction for lack of amplitude for a cast that is less than 45 degrees. (7-4b Figure 2)

SITUATION 3: A gymnast performs a clear hip circle on bars that exits at 80 degrees from vertical. The judges deduct .20 – .25 for lack of amplitude. **RULING:** Correct procedure. **COMMENT:** The deduction for lack of amplitude at the completion of a clear hip circle between 45 degrees and 90 degrees is .05 – .25. [7-3-4c (9)]

SITUATION 4: A gymnast's beam routine contains the following acro elements: flic flac, flic flac, layout step out, and a separate tuck back on the beam. The dance elements in the routine are: two tuck jumps, split leap and a cat leap. The judges deduct 0.10 in composition. **RULING:** Correct procedure. **COMMENT:** The deduction for lack of balance in the level of acro vs. dance Value Parts is up to 0.10 in composition. 8-3-3 (4)

SITUATION 5: A gymnast's beam routine contains two cartwheels during the first pass and a single cartwheel during the third pass. Additionally, the gymnast performed a forward roll. The judges deduct 0.10 in composition. **RULING:** Correct procedure. **COMMENT:** The deduction for lack of variety of acro elements is an up to 0.10 deduction in composition. 8-3-3 (1)

SITUATION 6: A gymnast's floor exercise routine contains two cat leaps in the opening series of dance combinations and a single cat leap in the middle of her routine. The judges deduct 0.10 in composition for performing more than three cat leaps. **RULING:** Correct procedure. **COMMENT:** The composition deduction

for performing more than two dance elements of the same shape with or without a twist is 0.10 each. 9-3-3
(8)

SITUATION 7: A gymnast performs a wolf jump with a double twist during a floor exercise routine. The judges do not give Value Part credit to the wolf jump double twist because it is not listed in the book.

RULING: Incorrect procedure. **COMMENT:** An Advanced High Superior that exceeds the required twist receives AHS credit. (9-6-1 NOTE 3)