

## NFHS Element Clarifications

Last Update: February 14, 2011

### Vault

- #2.503 ½ on – 2/1 off = 10.0 (11/10/10)
- #4.504 Add to existing vault description – also ¼ - ¼ Front salto = 10.0 (2/14/11)
- #6.403 Round-off, flic flac with 1/1 on - repulsion off = 9.6 (1/14/11)
- #6.404 Round-off, flic flac with 1/1 on – ½ off = 9.8 (1/14/11)

### Uneven Bars

- #8.203 Toe-on underswing with 1/2 (180 degree) turn to clear support on same bar = Superior (12/12/10)
- #7.303 Facing inward – Stalder backward with release and counter movement forward in flight to hang on HB (Ray) = High Superior (1/14/11)

### Balance Beam

- #2.212 ring/stag-ring lp/jp at waist height = Superior (8/27/10)
- #2.412 ring/stag-ring lp/jp at head height = Bonus High Superior (8/27/10)  
Backward shoulder roll = medium (9/13/10) Forward shoulder roll = medium (9/13/10)
- #8.402 Jump backward (flic-flac take-off) with ½ twist (180°) to walkover forward (Onodi)=Bonus High Superior (1/3/11)
- #2.209 switch leg lp/jp 135 degrees w/wo ¼ (2/8/11)
- #2.309 switch leg lp/jp 180 degrees (2/8/11)
- #2.409a switch leg lp/jp 180 degrees w/1/4 to side split (2/8/11)
- #2.409b switch leg lp/jp 180 degrees to straddle pike (2/8/11)
- #2.409c switch leg lp/jp to ring at head height (2/8/11)

### Floor Exercise

- #1.112 ring/stag-ring lp/jp at wait height = Medium (8/27/10)
- #1.212 ring/stag-ring w/wo 1/2 at head height = Superior (8/27/10) #1.312 ring/stag-ring 1/1 at head height = High Superior (8/27/10)
- #9.303 A series of saltos, one of which is forward and one of which is backward = High Superior for the series (Note: saltos must be directly connected) = High Superior (9/6/10)
- #9.402 a. Series of whip saltos backward each with 1/1 twist (360°) = Bonus High Superior (1/6/11)  
b. Series of saltos backward each with 1/1 twist (360°) = Bonus High Superior (1/6/11)
- #1.4.06a Split jp 180° w/ 1½ = Bonus High Superior (1/19/11)
- #8.201 From take-off forward from one or both legs – salto sideward tucked, piked, or stretched = Superior (1/28/11)

## NFHS Gymnastics Frequently Asked Questions

Last Update: January 31, 2011

### EQUIPMENT

1. Can the landing area on vaulting that is required in 2012 be 2 mats that equal 18 feet?  
*Rule 6-1-3 NOTE*  
Yes, the 18 feet may be padded with 2 mats. (11/20/10)

### SCORING

1. If an element is completed (according to the technical requirements) but a fall occurs due to incorrect technique on that element, can credit be given in difficulty and bonus?  
*Rule 4-1*  
Credit may be given in the difficulty category but 0.2 BHS credit may not be awarded in the bonus category for a BHS that has a fall or spot during the element or immediately after the completion of the element. (9/22/10)

2. What is the deduction for gymnasts competing out of order and how is the deduction taken?  
*Rule 5-1-6g*  
 The deduction is 1.0 per event, regardless of the number of gymnasts who are out of order, taken by the meet referee from the final team score. (1/14/11)
3. How many times may the Chief Judge deduct 0.2 for giving specific information to the gymnast on what to do during the routine (without warning)?  
*Rule 6-5-2g, 7-3-7h, 8-3-7h, 9-3-7i*  
 Regardless of the number of cues given, the deduction is taken only once per event. (1/14/11)

### **GENERAL DEDUCTIONS**

1. What is the deduction for 4 steps and a fall on any event?  
*Rule 6-4-4, 7-3-4, 8-3-4, 9-3-4*  
 Deduct 0.5 for the fall and do not deduct for each step. (11/20/10)
2. What is the deduction if a gymnast lands in a lunge after a tumbling pass and then steps backward?  
*Page 94*  
 If a gymnast has a "controlled" landing at the end of a pass which lands in a lunge and then steps backward, there is no deduction. (1/6/11)
3. What procedure is used when an element is completed but then is followed by a fall?  
*Rule 4-1-2E*  
 If an element is completed (according to the technical requirements) but then is followed by a fall due to incorrect technique on that element, credit may be given in the difficulty category but 0.2 may not be awarded in the bonus category for a BHS. Note: BHS's require that no fall occur after the completion of the element. (1/6/11)
4. When should scoring begin after a gymnast falls on bars or beam?  
*Rule 7-2-3 & 4, 7-2-1* After a fall, scoring shall resume when the gymnast restarts her exercise with an element that is listed in the book. On beam, scoring shall resume when the gymnast begins her first move after remounting. (1/6/11)
5. What is the deduction if a gymnast is tugs on her leotard, brushes her hair off her face or wears nail polish that is distracting?  
*Rule 6-3-1 through 4, 7-3-4, 8-3-4, 9-3-4*  
 Although there is no specific deduction regarding tugging on the leotard, brush of hair or nail polish, each of these may negatively affect how a judge evaluates the execution of an individual's exercise. Execution is defined as the performance of an exercise with assurance and perfection in form and technique. Anything that detracts from the perfection of performance is a fault and may receive a deduction. What is distracting to one judge may not be distracting to another judge. If tugging on the leotard, brushing of the hair or wearing distracting nail polish negatively influences a judge in her Execution deductions, then a deduction may not also be taken in Artistry. Deducting for Artistry should be reserved for displaying poor quality of movement which reflects the personal style and the quality of expression of the gymnast. (1/14/11)

### **VAULT**

1. On vault, what should the CJ do if a gymnast begins to vault without the signal?  
*Rule 6-2-5b and 6-5-2k*  
 If the gymnast starts the exercise before the signal is given, she should be asked to stop and repeat the performance immediately. (8/26/10)
2. If a gymnast vaults before the signal, is that considered one of the three attempts?  
*Rule 6-2-5*  
 A gymnast is allowed a total of 3 attempts to do 2 vaults. If the gymnast vaults before the CJ signal, it is considered attempt number 1. The gymnast would have 2 more attempts. (11/20/10)
3. Can a  $\frac{1}{4}$  -  $\frac{3}{4}$  twist in either direction?  
*Rule 6-6-2*  
 Yes the twist may be either direction. (1/28/11)

### **UNEVEN BARS**

1. On the uneven bars, in composition, what are considered uncharacteristic elements?  
*Rule 7-3-3c*  
 Uncharacteristic elements include: a 1/2 turn on feet on the bar, jumping to a support on the HB, climbing or crawling

onto the bar, a leg cut that is not simultaneous, swings of no value (excludes extra swings), a scale, a v-sit, a skin-the-cat or any other odd movement. (8/26/10)

2. On the uneven bars, is there a deduction for stopping?

*Rule 7-3-4* No, there isn't a deduction for stopping. The deduction is: poor rhythm in elements/connections, each up to 0.1. (8/26/10)

3. On the uneven bars, does a cast that is not within 20° of vertical receive Value Part credit?

*Rule 7-4 Figure 1*

A cast that is not within 20 degrees of vertical does not receive VP credit. (9/6/10)

4. On the uneven bars, is following sequence of 2 back-to-back superiors, long hang kip + cast 45 degrees + giant + giant + tuck flyaway broke by the short cast?

*Rule 7-4*

A cast that does not go to vertical does not break the sequence of 2 back-to-back superiors. (9/6/10)

5. On the uneven bars, is a long hang kip, push away, long hang kip a back-to-back superior?

*Rule 1-Definitions*

The 2 long hang kips are superiors that are directly connected. The push away is actually an attempt to cast to the second long hang kip. It does not break the connection between the 2 long hang kips. (9/6/10)

6. What is the penalty if an element ends in a dead hang and the gymnast uses extra swings to regain momentum?

*Rule 7-3-4c*

If an element is performed poorly and it ends in a dead hang, a maximum deduction of 0.6 is taken for the extra swings that the gymnast uses to create momentum. More than 2 consecutive extra swings are not penalized. If there are more than 2 consecutive extra swings, only deduct for 2 extra swings which equals 0.6. It is possible to take the extra swing deduction on several elements in a routine. The only restriction is that no more than 2 consecutive extra swings should be taken on a single element. If the gymnast then continues on and does another element and does an extra swing, then a 0.3 deduction would be taken. If the gymnast continues on after that and does 2 consecutive extra swings on a single element, the maximum deduction for that element is 0.6. (11/24/10)

7. If a gymnast does a long hang kip mount (#1.208), and then performs two long hang kips within the routine can she receive superior credit for all three kips?

*Rule 7-5*

Elements are different if a mount element is performed as an element within the routine. (11/20/10)

8. What is the deduction for pump swings used to create momentum after a fall?

*Page 92 #2*

After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and then take a maximum of two pump swings to initiate momentum to resume the exercise. If more than two pump swings are taken, a 0.3 deduction for each extra swing(s) would be applied. (11/24/10)

9. Does a glide ½ turn glide kip, within a routine (not the mount), fulfill the LA twist/turn?

*Rule 7-2-2b*

Yes. The mount and dismount may not be used to fulfill the LA twist/turn event requirement. (1/6/11)

10. Why isn't an uprise to front support listed in the new rule book?

*Element #3.303*

An uprise is complete when it reaches a clear support position. A clear support position consists of the hips away from the bar, the arms straight and the shoulders above the bar. At the completion of an uprise, the body could pass through a front support but most gymnasts do a clear back hip circle out of an uprise and some weaker gymnasts may do just a back hip circle out of an uprise. Stopping in a front support is unlikely because that runs counter to the current trend of a bar routine swinging from element to element. The superior uprise element in the previous book was deleted because it is not an actual element but is a poorly performed uprise. Additionally, if an attempt at an uprise is performed so poorly that the arms are bent and the gymnast pulls into the bar and does a circle around her stomach or chest, only credit for the back hip circle should be given. No credit is given for the movement prior to the back hip circle and the appropriate execution deductions should be taken for poor body position. As the book was recodified last year, elements and descriptions that were not technically correct were removed. (1/6/11)

11. Can a bail (#8.304a & b) on bars count for a direction change and the LA twist/turn?

*Rule 7-2-2b & 7-3-3c*

Yes. A bail is an element of value that twists and moves in the opposite direction. (1/14/11)

12. What is a bar change?

*Rule 7-3-3b*

During a routine, if a gymnast moves from one bar to another bar to continue the routine, that is considered one bar change. For example, if a gymnast starts on the LB, she must move to the HB for 1 bar change and she must move to the LB for a 2<sup>nd</sup> bar change. (1/28/11)

13. Is a swing ½ turn a direction change on bars?

*Rule 1*

No. A direction change is defined as the body turning/twisting and moving in the opposite direction within an element of value. (1/28/11)

14. What is the deduction if a gymnast falls on the bars?

*Rule 7-3-4d & p. 92*

If there is a fall on the bars, a .5 deduction is taken. The gymnast may take 2 pump swings to get started again without penalty. If more than 2 pump swings are taken then a .3 deduction is taken for each additional swing. (1/31/11)

### **BALANCE BEAM**

1. What is the value of a ring/stag–ring leap/jump on balance beam or floor exercise?

*Balance Beam--Rule 8-6-2*

#2.212 ring/stag-ring lp/jp at waist height = Superior (8/27/10)

#2.412 ring/stag-ring lp/jp at head height = Bonus High Superior (8/27/10)

2. On beam, what is the value of a backward shoulder roll and a forward shoulder roll?

*Rule 8-6-7*

Although the rule book states a “backward roll with hand support” or “forward roll with hand support”, the book does not restrict the roll’s performance to over the head. Therefore, a back shoulder roll or forward shoulder roll are considered medium elements. Both rolls could be used to fulfill the forward or backward direction requirement. (9/13/10)

3. On beam, which direction, forward or backward, does a tic-toc fulfill? *Rule 8-3-3b*

A tic-toc may fulfill either a forward or backward direction. (11/20/10)

4. What is the value of a Schuschunova on beam?

*Element #2.308*

The note at the bottom of the chart on page 60 states that leaps and jumps to prone/back hip circle shall be evaluated consistent with the root jump/leap. A Schuschunova ends in a prone and is most like #2.308 and will be valued at a high superior. (1/6/11)

5. Can the legs be in any position during a handstand pirouette? Also, can a handstand count if it is within 20° of vertical?

*Element #6.101*

Handstands on beam and floor can have the legs in any position, i.e., stag, together, straddled. The body, torso, must be in the vertical and it must be a technically correct vertical. The handstand must be held for 2 seconds to receive Value Part credit. The handstand must be in the vertical position. Twenty degrees of vertical is not acceptable. (1/6/11)

6. Can the dismount be used as one of the two required directions on beam?

*8-3-3b*

The dismount may not be used for one of the two required directions on beam. (1/6/11)

7. What is the value of a switch wolf on beam?

*Page 97-7d, Element #2.203*

The value of a switch wolf is the same as a wolf jump on beam which is a superior. (1/14/11)

### **FLOOR EXERCISE**

1. What is the value of a ring/stag–ring leap/jump on balance beam or floor exercise?

*Floor Exercise--Rule 9-6-1*

#1.112 ring/stag-ring lp/jp at waist height = Medium (8/27/10)

#1.212 ring/stag-ring w/wo 1/2 at head height = Superior (8/27/10)

#1.312 ring/stag-ring 1/1 at head height = Bonus High Superior (8/27/10)

2. On floor exercise, can two 4 inch landing mats be used in place of one 8 inch skill cushion?  
*Rule 9-1-5a*  
Up to 2 manufactured mats may be placed separately on the floor exercise area. (8/26/10)
3. On floor exercise, is a switch side leap, directly connected to a straddle jump considered two different shapes?  
*Rule 1-Definitions*  
A switch side leap and a straddle jump are the same shape. (8/26/10)
4. On floor exercise, what is the value of a series of saltos?  
*Rule 9-6-8 & 9*  
A series of saltos, one of which is forward and one of which is backward = High Superior for the series (9/6/10)
5. On floor exercise, does a split leap directly connected to a switch leap fulfill an event requirement?  
*Rule 9-2-3*  
No, the event requirement states that it must be a dance series of 2 different shapes. A split leap is a split shape and a switch leap is a split shape. (9/6/10)
6. On floor exercise, a gymnast performs 3 passes: Pass #1 - round-off, back handspring, layout salto with a full twist, Pass #2 – front handspring to layout front salto, Pass #3 – round-off back handspring tuck back salto. In addition, at the end of her routine she does a dive forward roll. Is the gymnast penalized for ending the exercise with a medium acro element?  
*Rule 9-2-3*  
A gymnast is not penalized for ending with a medium acro element if she completed a superior acro element in her third acro pass. (9/6/10)
7. On floor exercise, what is the value of the following combination: tuck front salto, round-off, stretched back salto?  
*Rule 9-6-8 & 9*  
Each salto would be a superior value part. This combination could receive BBS. However, this combination is not considered a series of saltos, one forward and one backward, because the round-off breaks the direct connection. (9/20/10)
8. Can a turn be used as the dance in the dance/acro series on floor exercise?  
*Rule 9-2-3b*  
Yes a turn may be used as the dance in the dance/acro. (11/20/10)
9. What shape is a sissone on floor?  
*Rule 1*  
A sissone is a split shape. (11/20/10)
10. What shape is a Strug on floor?  
*Rule 1*  
A Strug is a split shape. (11/20/10)
11. Is a tuck jump the same shape as a wolf jump?  
*Rule 1*  
A tuck jump and a wolf jump are different shapes. (1/6/11)
12. How do you determine the shape of a leap or jump on floor?  
*Rule 1*  
The shape of a leap or jump is determined at the apex (highest point) to the finish (landing). (1/6/11)
13. Can a high superior or bonus high superior be used for the event requirement of a superior acro element in the 3<sup>rd</sup> acro pass or as the last acro element?  
*9-2-3a*  
Yes a high superior or bonus high superior may be used for the event requirement of a superior acro element in the 3<sup>rd</sup> acro pass or as the last acro element. Rule 9-2-3a states a “superior” acro element which is the minimum required. (1/6/11)
14. Can the acro direction requirement in composition have a deduction of one-half tenth for only part of the requirement missing?

9-3-3b

The composition requirement for requiring a backward acro element as well as a forward or sideward acro element is a flat 0.1. No half tenths may be used. (1/6/11)

15. Can a handstand full pirouette, step down, kick back up into another handstand full pirouette be given back-to-back superior credit?

*Rule 1*

The combination of elements is a BBS if the gymnast steps down on the right foot and swings the left foot through and steps on the left swinging the right one up into the next handstand. This counts since the free leg is the take-off leg for the next element. Rhythm deductions are possible in this combination if the connecting swing of the take-off leg into the 2<sup>nd</sup> handstand is too high (above 45 degrees) resulting in a pause/break of the series. Even if the series is not broken, it is possible that the series will have a rhythm deduction. (1/6/11)

16. Why isn't a barani listed in the rule book?

*Element #8.201, 8.202, 8.301*

The term "barani" is used differently in different regions of the country. In some regions a barani refers to a dismount off of balance beam. In other regions the word barani is loosely used to describe a tumbling move on floor exercise. The origin of a barani began on the trampoline and was used as a method of twisting a front salto from a two foot take off. A barani is no longer listed in the rulebook because it is not an element but rather a technique used to perform a front salto with a ½ twist. A barani is not an aerial roundoff because all aerials take off of one foot. The barani technique involves a two foot take off whereas an aerial roundoff is a 1 foot take off. The twist on the front with a ½ twist, using the barani technique, occurs early. Therefore, a tucked or piked front with a ½ twist using the barani technique of twisting early is most closely identified with elements #8.201 or #8.202 on floor exercise and would receive superior credit. A stretched front with a ½ twist would be #8.301 and would be a high superior. (1/14/11)

17. Can a roundoff flip flop, flip flop straddle jump count as both a tumbling pass and the dance/acro series event requirements?

*Rule 1*

Credit for a tumbling series and the dance/acro series may not overlap. A roundoff flip flop, flip flop tuck back salto to straddle jump may count for both a tumbling pass and the dance/acro series event requirements because there are enough elements (5) to fulfill both series without overlapping. (1/14/11)

18. What direction is an aerial roundoff?

*Rule 9-3-3b, Element #7.201b*

An aerial roundoff may be considered a sideward direction. (1/14/11)

19. Can an aerial roundoff be used to fulfill the 180° twist event requirement?

*Element #7.201b*

No. An aerial roundoff initiates a twist by dipping the shoulder and twisting the body while the push foot is still in contact with the floor. The 180° twist requires the twist to be initiated and completed in the air. (1/14/11)

20. If a front salto/aerial to a sitting position (#7.102) is a medium, would a back salto to a prone position be a medium.

*Element #7.102*

Yes. Both are not considered saltos that land on 2 feet. (1/14/11)

21. What is the value of a switch wolf on FX?

*Page 92-7d, Element #1.103*

A switch wolf is a medium. (1/14/11)

22. If a gymnast performs as side somie, is she allowed to bring her feet together to do a straddle jump in order to get BBS?

*Rule 1*

The side sommie to a straddle jump would connect for a mixed series as long as the 2 elements are connected like any other 2 elements are connected. That is, if the side sommie lands on 2 feet the gymnast must immediately take off of 2 feet. If the side sommie lands on 1 foot, the other foot must land right beside the first foot in order to take off from 2 feet. Once a foot lands it cannot move again. (1/28/11)

## IHSAA Gymnastics Rules Interpretations

### Balance Beam

Page 92, Points of Emphasis, #7. d:

A switch-leg leap to wolf position has the same value as a wolf jump.

- #2.209 switch leg lp/jp 135 degrees w/wo ¼
- #2.309 switch leg lp/jp 180 degrees
- #2.409a switch leg lp/jp 180 degrees w/1/4 to side split
- #2.409b switch leg lp/jp 180 degrees to straddle pike
- #2.409c switch leg lp/jp to ring at head height

**Clarification:** A handstand (Group 6) MAY NOT be used in composition as an acro element of direction when considering the lack of a backward and forward or sideward acro element under spacing and direction because it does not pass through vertical. Group 5 is designated as dance holds. Group 6 is not dance. Thus, a handstand MAY be used to fulfill the event requirements as part of an acro series or a mixed series as long as the handstand **reaches vertical and is held for 2 seconds.**

### Floor

Page 92, Points of Emphasis, #7. d:

A switch-leg leap to wolf position has the same value as a wolf jump.

### Revised 2-29-11

Each of the following are different shapes:

The following are considered different shapes: tuck, cat, pike, wolf, split, straddle, ring, sheep, and stretched. A switch leg leap takes on the shape of what happens after the switch. Examples, switch leg leap is considered a split leap. A switch wolf is considered a wolf. A switch to side straddle is considered a straddle. A schushnova is considered a straddle. A tour jete is considered a split.

The floor exercise event requirement of tumbling in 2 directions has been deleted. The lack of an acro element, within a pass, in each of two directions (one must be backward and another must be forward or sideward) is now under composition (pg 75, Rule 9-3-b.). A pass is defined as a minimum of three directly connected acro elements. Thus, a dance-acro or acro-dance series would not fulfill this requirement.

Page 92, Section 5, letter B:

An Arabian walkover and Arabian salto are considered forward in direction. Page 92, Section 5, letter B