

Updated 2/05/07

## 2006-07 IHSAA Gymnastics Rules Interpretations

### **NFHS Rule 7-3-3c, page 27**

Deductions may be taken under composition of up to 0.1 for lack of a direction change. The National Federation has recommended that a 0.05 deduction be assessed for only one directional change, and no deductions be assessed for 2 or more directional changes.

### **NFHS Rule 7-4-2, page 32**

The width between the bars has widened to the point that performing skills 22 - 24 through a stretched position is acceptable. The starting position would determine the difficulty value for the overshoot 1/2 twist:

Skill 22 - would originate from a long hand position. The gymnast would have not been over the high bar. Example: jump from LB to catch HB in a long hang, 1/2 turn, overshoot LB to 1/2 twist to suspension under LB.

Skill 23 - would originate from over the HB. Example: from a front support or a clear back hip circle, cast to a stretched position overshoot to a 1/2 twist over LB, re-grasp LB to suspension under LB.

Skill 24 - would originate from a handstand position or pass through a handstand position continuing in the stretched position overshoot LB 1/2 twist to re-grasp LB to suspension under LB.

### **Skill Values**

1. A one armed front walkover is valued as a high superior.