

2007-08 NFHS Gymnastics Rules Changes

The NFHS Girls Gymnastics Rules Committee recommended and the NFHS Board of Directors approved the following rules changes with an immediate implementation date for the 2007-08 school year:

Rule 1 Definitions, page 8

Hand Placement Mat (Round-off pad) – A manufactured mat to be used in vaulting for assistance in hand placement and extra cushioning. The mat may be 36 inches x 36 inches x 1 3/8 inches or 36 inches x 54 inches x 1 3/8 inches.

Rule 6-1-3d Vaulting, page 19

One manufactured **hand placement mat** may be used on the runway (not on the board) for any vault.

NOTE: A manufactured sting mat shall not be permitted to be placed on the runway for vaulting.

Rationale: A sting mat was designed for landings and not to be a hand placement mat.

Rule 6-1-1 Equipment and Specifications (Vaulting), page 19

The pistons/pedestal (vertical uprights) of the vaulting table shall be padded with the manufacturer's protective padding.

Rule 6-2-5b new 10, pages 19-20

b. When any of the following occur, the vault is void, a score of zero is given and the coach/gymnast is notified:

10. Gymnast performs a vault without the pistons/pedestal of the vaulting table being padded.

Rationale: Vaulting tables are manufactured with padding for the pistons/pedestal. A retro-fit table must use manufactured protective padding designed for this purpose. The protective padding is required for risk minimization for the gymnast.