

## Ohio High School Gymnastics Rules Updates as of 10/2010

Excerpts from Technical Committee Meeting Minutes 5/10 & 5/11, 2010 and  
Joint Jr. Olympic/Technical Committee Meeting Minutes 5/10/2010

*Only the rule changes that apply to High School are included. To see the Minutes in their entirety you may go to [www.usa-gymnastics.org](http://www.usa-gymnastics.org) select Women, go to Rules, and select Technical Updates.*

### **VAULT**

#### C. Vault Runway

Allow athletic tape, Velcro strips or small chalk marks to be placed across the width of the vault runway. The markings should be removed no later than at the end of the rotation. Effective immediately.

#### D. Vault Value change

Recommendation for Levels 8-10 to change the value of the following vaults to 7.00:

#1.106 1/4 - 1/2 turn on - with repulsion to feet off

#4.101 RO, FF on - repulsion to feet off

#### E. Foot Form Deduction on Vault

Optional Vault (Levels 7-10) to add a deduction of "up to 0.10" for incorrect foot form in each phase (pre-flight, support, after-flight) of the vault.

### **UNEVEN BARS**

A. Clarification: all flyaway dismounts must be initiated from the High Bar in order to receive value part credit.

#### B. Extra swings

Whenever more than one extra swing is performed following a single element, the maximum deduction is 0.60.

#### D. Clarification on Group 8 – Bar Dismount descriptions

Delete the reference to starting position - "(Handstand on HB)" from any dismount currently described as such in the *JO Code of Points*.

#### 3. Clarification on Bar Technique, *JO Code of Points*, Pg 57. G. 2. b - Uprise to handstand

In order to receive "B" value part credit, the gymnast must show a closed shoulder angle, pulling the shoulders over the bar (not an extended shoulder position in a long swing).

### **BALANCE BEAM**

A. New elements performed at the 2010 JO National Championships:

Accepted the values for the following new Beam elements:

Free aerial walkover forward with 2/1 (720°) twist dismount of the end of the beam (Cammi Muhr-Region 3) #9.402 Value = D

#### B. Description of Stretch jump on Beam

Recommendation to make the following change of wording in the *JO Code of Points* (Beam element #2.108) to indicate that the stretch jump no longer is required to move forward or show an arch to receive A value part.

1<sup>st</sup> illustration: Stretched jump or arch jump

2<sup>nd</sup> illustration: Stretched jump with 1/2 turn (180°)

3<sup>rd</sup> illustration: Stretched jump with change/beat of legs

C. Clarification of the compositional requirement of use of acrobatic elements in two different directions on Beam in the *JO Code of Points*, page 147 IV. A. 1.

To be considered as a forward or sideward element, the element must move through a forward or sideward plane and must be from Groups 1-Mounts, 6-Rolls, 7-Walkovers/Cartwheels and 8-Saltos. A kick-up to handstand - step down is a Group 5 element, and therefore cannot be used to fulfill this compositional requirement.

### III. JO Code of Points additions/changes

#### A. Beam Clarification - JO Code of Points, page 147, B.

Delete B in its entirety and replace with the following:

B. It is possible to connect certain acro elements that either land on one foot and swing the free leg forward to step into a second acro element **or** land on two feet simultaneously; however, these connections may be broken when:

1. The first element lands on one foot and the second foot steps down behind into a lunge.
  - **Example of broken series:** Back walkover lands on Right foot and Left leg steps down behind to finish in a Right lunge. It is not possible to connect to a second element which has counter movement (i.e., front walkover, cartwheel, round-off) either by lifting the Right foot to step into the next element or by leaving both feet on the beam and just leaning forward into the second element.
  - **Example of possible connections:** Back Walkover lands on Right foot, Left foot steps behind and body continues moving backward to perform a 2<sup>nd</sup> back walkover (or a Back Walkover, step down on Right foot, place Left foot beside Right and perform a Flic-flac step-out)
2. The first element lands on one foot and the second foot swings forward to step-kick into the second element. During the step between the elements, the free leg must be no higher than 45°, or the series will be considered broken.
3. The first element lands on two feet close together simultaneously (not step-out to lunge).
  - **Example of a broken series:** Gymnast performs a Right Round-off, landing simultaneously on two feet. It is not possible to connect to a second element which has counter movement (i.e., front walkover, cartwheel, round-off) either by lifting the Right foot to step into the next element or by leaving both feet on the beam and just leaning forward into the second element.
  - **Examples of possible connections:**
    - o Round-off lands on two feet simultaneously and the body continues moving backward to perform a Flicflac step-out.
    - o Round-off lands on two feet simultaneously with a rebound (punch) into a dive (mounting) front walkover.

#### D. Acro, Mixed and Dance Series Clarifications, page 146, III. in JO Code of Points

Change the deduction for lack of tempo/poor rhythm between elements performed in a series to up to 0.20 for:

- acrobatic (forward acro, counter acro, backward non-flight acro)
- mixed series
- dance connections

*Note: The connection of two or more backward acro elements, with a minimum of one flight, is still evaluated as either connected or not connected. If not, deduct 0.50 for missing the Special Requirement [0.2 for HS] and do not award value part credit for the second element IF both elements are the same.*

#### JO Code of Points: Page 146 Reword Under III. A. 1. Backward Acro flight series

- a. Arms moving as low as the thighs or further back "**after landing**" will break the series.

Raise the value of Beam #2.306 (see 2<sup>nd</sup> description) - Pike jump from cross position (hip < 90°) with 3/4 turn (270°) from "C" to "D".

#### F. Beam Clarifications:

1. Beam element # 5.203 - Balance stand on one foot, free leg in sideward upward hold above 140° (2 sec.) may be performed also by holding the leg with the hand.
2. Gr. 4 Body waves (#4.101, 4.102, 4.103, 4.201, 4.202, 4.203) add to the description that the balance stand requires a 2 second hold. (#4.204-Toe rise) does not require a 2-second hold.
3. Clarification that any press handstand used as a mount or within the exercise is not required to have a two-second hold to receive value part credit.

#### B. BEAM [E elements receive no credit in High School]

1. Raise Beam elements #7.408 (Flic-flac with 3/4 - 1/1 turn before hand support) and #7.411 (gainer flic-flac with 3/4 - 1/1 turn before hand support) from D to E
2. Recommendation to raise the value of Beam element #7.402 - D (last description/illustration) Free (aerial) walkover forward to land on two feet (Davidson) to #7.502 - E.

### C. BEAM & FLOOR EXERCISE

Add a deduction of "up to 0.10" on beam and floor exercise for "Failure to perform value parts from the turn category in high relevé."

### FLOOR EXERCISE

- A. Clarification: Stag leap forward with leg change (Stag-switch leg leap) will be added to the JO Code under #1.104 = A
- B. Double stag jump with 1/1 (360°) turn and double stag leap with 1/1(360°) turn be valued at "B" (#1.201), effective August 1, 2010.

### C. Dance Passage Re-defined

In order to allow for more creativity and simplification, the committees made some changes to the Dance Passage Special Requirement (changes in *italics type*):

Floor Exercise Special Requirement redefined effective August 1, 2010, as:

Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, or *any kind of turn on 1 or 2 feet* between the two dance Value Part elements.

- No pauses or stops are allowed within the dance passage.
  - Example: *Using a lunge preparation that creates a pause prior to a turn on one foot would break the dance passage.*
- Acro elements performed between the dance value part elements will break the dance passage.
- Change in *JO Code of Points*, pg. 224, 3.d.: Group 1 elements in the dance passage may land on one or both feet as the first and/or second/last element of the dance passage. *Rebounding out of a leap/jump is allowed and does NOT constitute a pause or stop.*
- The leap with 180° split
  1. If the cross position is used, it must have the forward leg extended.
  2. If the forward leg of one of the two dance value parts finishes in a stag position, it will NOT fulfill the Special Requirement.
  3. If the rear leg finishes in a stag position, it WILL fulfill the Special Requirement.
  4. The stride leap forward with change of legs to wolf position (#1.404) DOES NOT require a 180° split; therefore it will not fulfill that part of the Special Requirement.
- The second (or last) element may also land in a prone or split-sit position.

### D. Clarification for recognizing Dance Value Parts

If a dance element is performed that is a variation of an element listed in the *JO Code of Points* and the root skill is recognizable, it may be given the same value as the root skill and can be used to fulfill the Dance passage Special Requirement.

- Example: Tuck jump to prone position = Tuck jump

### G. Dance Connection Bonus

Allow the same dance element (from Group 1 or 2) to be used in a direct connection on Floor Exercise to receive C+ C (same or different) Connection Value bonus of +0.10, effective August 1, 2010.

### H. Coach on the Floor Exercise mat

Reduce the Chief Judge deduction for coach on the floor exercise mat at Optional levels from 1.00 to 0.50, effective August 1, 2010.

### I. Meet protocol on Floor Exercise

Clarification that gymnasts and coaches are permitted to stand around the floor exercise area (and cheer), provided that they do not obstruct the view of the judges and spectators.

