

NATIONAL FEDERATION OF STATE  
HIGH SCHOOL ASSOCIATIONS



## NEWS RELEASE

### **2014 Girls Gymnastics Rules Changes Focus on Current Trends and Consistent Terminology**

**FOR IMMEDIATE RELEASE**

Contact: Becky Oakes

INDIANAPOLIS, IN (January 30, 2014) — Rules changes approved by the NFHS Girls Gymnastics Rules Committee during its October 20-22 meeting in Indianapolis centered on the athleticism of today’s high school gymnasts, current trends in the sport and consistency in terminology within the rules book. The recommended rules changes were subsequently approved by the NFHS Board of Directors.

“The rules committee focused on revising the rules to benefit the gymnast, as well as preserve the integrity of interscholastic competitive gymnastics,” said Becky Oakes, NFHS director of sports and liaison to the Girls Gymnastics Rules Committee.

Event deductions were changed for all events to allow for consistency between events and improvements where deductions may occur.

In the vault, for example, in Rule 6-4-2b it is maximum deduction if an arm is bent 90 degrees or more.

Similar changes were made in the uneven bars terminology. Rule 7-3-4a(5) becomes 7-3-4a(6) and reads, “legs crossed during dismounts with a twist is up to 0.10 deduction.”

Most of the changes in terminology were made in the balance beam including a clarification of Rule 8-3-4c(3), which now states that a squat on landing (hips even with or lower than the knees) is up to a 0.30 deduction.

In floor exercise, Rule 9-3-7o(1) was revised to state that whistles, animal sounds and human sounds are allowed, provided there are no words spoken or sung.

Other rules revisions involve event requirements for the uneven bars, balance beam and floor exercise. Rule 4-1-2b changes Event Requirements from 1.2 to 1.0, and Rule 4-1-2d revises Execution from 4.2 to 4.4, which applies to all three events.

“The committee worked on adjusting event requirements and composition to better address the athleticism of today’s high school gymnast,” Oakes said.

Another significant rules change allows expanded use of electronic devices by coaches and judges under specified criteria during the meet.

“The committee’s action addresses what is now being used for coaching tools and in the administration of meets,” Oakes said.

A complete listing of all the rules changes is available on the NFHS Web site at [www.nfhs.org](http://www.nfhs.org). Click on “Athletic Activities” in the sidebar menu on the home page, and select “Gymnastics – Girls.”

According to the 2012-13 NFHS High School Athletics Participation Survey, 1,516 schools offered girls gymnastics in 2012-13 and 19,563 high school girls participated nationwide.

###

*This press release was written by Megan Filipowski, an intern in the NFHS*

*Publications/Communications Department and a graduate student at Indiana University Purdue University - Indianapolis.*

**About the National Federation of State High School Associations (NFHS)**

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education-based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets direction for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities. The NFHS writes playing rules for 16 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.7 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS Web site at [www.nfhs.org](http://www.nfhs.org).

**MEDIA CONTACTS:**

Bruce Howard, 317-972-6900  
Director of Publications and Communications  
National Federation of State High School Associations  
[bhoward@nfhs.org](mailto:bhoward@nfhs.org)

Chris Boone, 317-972-6900  
Assistant Director of Publications and Communications  
National Federation of State High School Associations  
[cboone@nfhs.org](mailto:cboone@nfhs.org)