

June 2018

CHSGGJA Summary of Major Rule Changes - 2018-2020 High School Gymnastics Rulebook

GENERAL

- Balks – there are new, extended definitions for what constitutes a balk on vault, beam and bars. Also included are the various applications of the balk rule, especially on vault (see page 3).
- There is a further clarification of when a second trial is permitted on all events (see page 3).
- Code of conduct is expanded to prohibit use of e-cigarettes and alcohol.
- Definition of “Taunting” updated.
- There is a clarification of “incomplete elements” on bars, beam and floor: “Incomplete elements receive no Value Part credit and are considered void elements. Void elements shall not receive credit in Difficulty, Event Requirements, or Bonus (including in a back-to-back superior series).”
- The “Composition” category has been expanded to 1.0 (was 0.7 in the prior rulebook), and definitions have been added to provide an objective method of evaluating composition. The overall scoresheet categories are now as follows:
 - Difficulty 3.0
 - Composition 1.0
 - Event Requirements 1.0
 - Bonus 0.8
 - Execution 4.2

Note: The expanded use of the composition category is defined on the updated “*Colorado High School Composition Guidelines 2018-2020*” chart.

VAULT

- On vault, a salto vault that is facilitated in the second (flight) phase will be scored, but will receive a 1.0 deduction (in prior years the vault would have been voided).

BARS

- An additional deduction has been added to execution on bars “Insufficient amplitude of clear hip circle...Up to 0.40”; an additional picture (*Figure 5*) depicting correct clear hip circle amplitude has been added.
- A note has been added to bars (and beam) to allow “bouncing, walking, standing on the board, or touching the apparatus to check placement” with no deduction before the routine begins.
- A glide kip single leg overshoot on high bar was added (1.104b = M).
- Other bar element changes/adds:
 - 3.403 Uprise backward to handstand on HB with/without turn or hop = AHS
 - 6.402 Jaeger can be tucked, piked, or straddled = AHS
 - 9.405 Expanded flyaway double salto definition = AHS
 - 9.306 Expanded inward front salto definition = HS

BEAM

- A note has been added to beam (and bars) to allow “bouncing, walking, standing on the board, or touching the apparatus to check placement” with no deduction before the routine begins.
- On beam and floor, the word “Hops” was added “Leaps/Jumps/Hops...”.
- Beam element changes/adds:

Additional mounts were added to encourage creativity:

 - 1.105 Scissors leg swing with ½ turn to cross straddle sit = M
 - 1.107 Front walkover (hands on board) to rear support on beam = M

- 1.303 Free straddle jump onto end of beam (180 degree leg separation) = HS
- 1.110 One foot take-off, leg swing ¼-¼ turn to front support = M
- The beam dance chart was updated as follows:
 - ADDED: 2.103 hop w/free leg extended above horizontal
 - ADDED: 2.111b stag /double stag leap/jump = M and 2.211b stag/double stag lp/jp w/1/2 = S
 - DEVALUED: pike jumps “greater than 45 degrees” (with all twist variations) removed from dance chart; pike jump difficulty valued on twist only (not leg/hip angle)
 - Pike jump 90 degrees (or more) = S
 - Pike jump 90 degrees (or more) with ½ twist = HS
 - Pike jump 90 degrees (or more) with ¾ twist = AHS
 - Beam note added to dance chart: “An AHS that exceeds the required twist receives AHS credit”
- Multiple additional AHS dance elements (turns) and acro elements updated with “or more” added to the definition (i.e. 2/1 turn or more on one leg = AHS)
- Additional beam dance elements were added to accommodate all levels of gymnasts:
 - 3.202 1/1 turn with hand holding leg between horizontal and 45 degrees above horizontal = S
 - 3.203 1/1 turn with free leg between horizontal and 45 degrees below horizontal = S
 - 5.101 (*definition expanded*) Stand on one leg, free leg in forward, sideward, or backward hold (support leg bent or extended above 90 degrees) = M
 - 5.103 Free lying with large leg amplitude – torso at end or side of beam = M
- Other beam acro definitions were modified:
 - 8.201 Walkover forward, also w/alternate hand support (tinsica) = S
 - 10.401 Salto (forward/backward/sideward) from 1 or 2 feet, in any body position, w/wo twist = AHS

FLOOR

- On beam and floor, the word “Hops” was added “Leaps/Jumps/Hops...”.
- Event requirements were further clarified as follows:
 - Although the requirement for three acro passes may contain forward, backward or sideward elements, a handstand with/without a turn has no direction unless completed as a front walkover or handstand forward roll.
 - The superior acro element in the third acro pass or as last acro element contains a note: “Credit may be awarded even if the first *and/or* second pass is broken”.
- Clarification of music deduction: “If music stops (mechanical failure) at any point during a floor routine and the gymnast continues to finish her routine, no deduction would be taken for lack of music if she chooses not to repeat”.
- Element changes/additions on floor dance chart:
 - 1.106b Stag/double stag lp/jp w/wo ½ twist = M and 1.206b stag/double stag lp/jp w 1/1 twist = S added to dance chart
 - 1.409c Switch leg leap 180 w/additional 1/1 (Frolova) = AHS
 - 1.213 Sheep jump at head ht w/wo ½ = S; 1.313 Sheep jump 1/1 at head height = HS
- Note added to dance chart: “An AHS that exceeds the required twist receives AHS credit”
- Other element changes/adds on floor:
 - 2.205, 2.305, 2.405 turning tuckstands were added (free leg optional); 1/1 = S, 1 ½ = HS, 2/1 turn = AHS
 - 6.102 added: flyspring forward take off both legs landing on one foot = M
- Multiple additional AHS dance elements (turns) and acro elements updated with “or more” added to the definition (i.e. Double salto backward, also with ½ twist or more = AHS)

Additional/general sections updated include the points of emphasis and supplemental explanations (pages 103-113).

Balk - General Definition Rule 1:

On vault, an incomplete attempt that results in a fall during the run, stops mid-run, runs off the runway, or contacts the board, hand placement mat, board safety mat, or vault table without coming to a rest or support on top of the vault table. On bars and beam, an incomplete attempt to mount without touching the board or apparatus or running underneath the apparatus.

Balk/Vault, Rule 6-2-5

A balk is an incomplete attempt that results in a fall during the run, stops mid-run, runs off the runway, or contacts the hand placement mat, board safety mat, board, or vault table without coming to a rest or support on top of the vault table. One balk is allowed and counts as one of the three attempts without penalty. A second or third balk counts as a void vault and receives a score of zero. A fourth attempt is not permitted.

Balk/Bars, Rule 7-2-7 and Rule 7-3-6d

A balk is an incomplete attempt to mount the apparatus. The gymnast has two attempts to mount without penalty, provided she has not touched the board/folded panel mat or mount trainer mat and/or bars, or run underneath the bars without mounting on either attempt. If the gymnast balks two times, she may take one more attempt however, on the third attempt, each judge takes a 0.50 balk deduction. If the gymnast runs and touches the board/folded panel mat or mount trainer mat and/or bars or runs underneath the bars without mounting, the attempt is considered a fall and a 0.50 fall deduction is applied.

7-3-6d Third attempt to mount, 0.50. If a gymnast balks two times (without touching board, mounting apparatus, bar, or running underneath bar) she is allowed one more attempt, however, on the third attempt each judge deducts 0.50.

Balk/Beam, Rule 8-2-6 and Rule 8-3-6d

A balk is an incomplete attempt to mount the apparatus. The gymnast has two attempts to mount without penalty, provided she has not touched the board/folded panel mat or mount trainer mat and/or beam, or run underneath the beam without mounting on either attempt. If the gymnast balks two times, she may take one more attempt however, on the third attempt, each judge takes a 0.50 balk deduction. If the gymnast runs and touches the board/folded panel mat or mount trainer mat and/or beam or runs underneath the beam without mounting, the attempt is considered a fall and a 0.50 fall deduction is applied.

7-3-6d Third attempt to mount, 0.50. If a gymnast balks two times (without touching board, mounting apparatus, beam, or running underneath beam) she is allowed one more attempt, however, on the third attempt each judge deducts 0.50.

Allowing for a second trial, Rule 2-2-1b(9) - expanded definition:

"Allow a second trial when the apparatus fails or other interference occurs not within the control of the performer (i.e. torn hand guard, power failure, etc.). Fastening of handgrips, braces, wraps, and equipment setting is the responsibility of the gymnast and does not constitute equipment failure if something comes loose. A routine may be repeated only in the case of something breaking/tearing. A gymnast may get off the equipment in order to correct the problem with the 30-45 seconds allowed for a fall, then remount and complete her routine. A deduction of 0.5 would be taken for a fall and no second trial is allowed."