



Georgia High School Gymnastics

Workshop for Coaches and Judges

Nov. 29, 2021

Agenda

Session 1: (6:00 – 6:45) Introductions & GHSA Information from Penny Pitts Mitchell

Coaches: signing up for meets, submitting rosters

Session 2: (6:45 – 8:00)

Helpful resources (GHSA, NFHS, GACA, etc.)

Creating Routines and Understanding Scoring – The Basics

(This workshop is primarily designed for new coaches and judges, but all are welcome)

Session 2: Resources

NFHS	<p>https://www.nfhs.org/activities-sports/gymnastics-girls/</p> <p>General: 2018-2020 Element Clarifications 2018-2020 Frequently Asked Questions 2020-2022 Cue Sheets 2020-2022 Judges Manual 2020-2022 Meet Referee Deduction Sheet 2020-2022 Score Inquiry Form 2020-2022 Scoresheets</p> <p>Rules: 2020-2022 Points of Emphasis Girls Gymnastics Rules Interpretations – 2020-21 NFHS Girls Gymnastics Uniform Rules</p>
GHS GGJA	<p>https://gagymjudges2.wixsite.com/ga-gymnastics-judges</p> <p>Meet Schedule</p>
GHSA Penny Pitts	<p>https://www.ghsa.net/gymnastics</p> <p>Top Stories; Dates to Remember; Quick Score; Fan Central</p>



Contacts

GHSA Gymnastics Director, Penny Pitts Mitchell
penny@ghsa.net

Gymnastics Coordinator, Dr. Lucia B. Norwood
luebella@bellsouth.net

GHS GGJA (Judges Association) President, Margaret Stephens
margaretdstephens@gmail.com

GHS GGJA Vice-President & Treasurer, Amy Eubanks
amyebanks@westminster.net

GHS GGJA Booking Agent, Tripp Norris
frtripp@saintcolumba.net

Session 2: Creating Routines and Understanding Scoring

- Vault
- Uneven Bars
- Beam
- Floor



VAULT

GENERAL

Spotting

- **Touch with Assist**
 - deduct .5 for spot (assist)
 - no VP credit is given
 - no credit for ER/Bonus
- **Touch w/ No Assist**
 - deduct .5 for spot (touch)
 - give VP credit
 - give credit for ER/BBS
- **Catch Falling Gymnast**
 - if fall and spot occur simultaneously, deduct only for the fall

Difficulty Required

1 HS/AHS @ .3	.3
3 S @ .5	1.5
4 M @ .3	1.2
Total	3.0

- Higher value elements may be used to replace missing lower value elements on a one-to-one basis and will retain their value

Range of Scores

9.5 - 10.0	.2
8.5 - 9.475	.3
7.0 - 8.475	.5
Below 7.0	1.0

- Average score determines the range

Equipment Failure

Includes broken/torn handgrip (not incl. bandages or footwear)

- **If Gymnast Stops**
 - may repeat entire routine or continue from point of interruption after reasonable amount of rest (CJ determines time)
- **If Routine is Completed**
 - gymnast decides whether or not to repeat prior to receiving score
 - if repeated, second score is final

VAULT

GENERAL

- Height of table = 100 cm - 135 cm
- Spotting - Spotting block or folded panel mat may be used.
- One **hand placement mat** may be placed on runway for RO vaults only
- Pistons/pedestal (vertical uprights) must be padded
- Tape or velcro (max. 2"x3"), (no chalk), may be placed on runway and must be removed at the end of the rotation.
- Tape, excessive chalk, or other substances are not permitted on table.

PERFORMANCE

- 2 vaults, same or different; average each, better score counts
- Vault value determined by vault performed.
- Body position for majority of vault determines vault performed.
- No penalty for not announcing vault or for performing a different vault than announced
- Vault w/o signal from Chief Judge = -0.5 from next vault performed (Vault w/o signal does **not** count as one of the 3 attempts)
- Coach between board and table = -0.5

ROUND-OFF ENTRY VAULTS

- Safety zone mat **must** be around front and sides of board
- Judging begins with takeoff from board

BALKS

- Balk is an attempt **w/wo** touch of board, table, hand placement mat, or safety zone mat that does **not** result in rest or support on top of vault table (fall on runway is considered a balk)
- 3 attempts to complete one or both vaults
- No 4th attempt allowed

balk - vault - vault	} OK	balk - balk - vault	} OK but no 2nd vault
vault - balk - vault		vault - balk - balk	
balk-balk-balk			score is 0

FACILITATING VAULTS

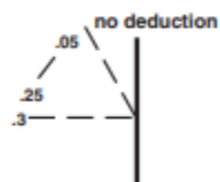
- Spotting that does **not** facilitate or spot on landing - 0.5
- Spotting assistance/facilitating vault - VOID (ex: handspring - 1st and/or 2nd flight = -1.0 each time) (ex: salto vaults - 1st flight = VOID; 2nd flight = -1.0)

2020-2022

Over/Under Rotated Turn on Landing

1° - 30°	.05 - .1
31° - 60°	.15 - .2
61° - 89°	.25 - .3
90° or more	diff. vault

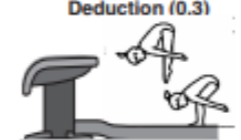
Insufficient Extension / Opening



No Opening Deduction



Maximum Opening Deduction (0.3)



(deduction should reflect body shape prior to landing)

VAULT DEDUCTIONS (Vertical Vaults)

First Flight

Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Hip angle (pike)	up to .2
Arched Body	up to .2
Incomplete Twist	up to .3

Repulsion Phase

Bent arms	up to .5
Head on table (includes arms)	2.0
Too long in support (non-salto vaults)	up to .5
Legs bent in support (salto vaults)	up to .2
Shoulder angle	up to .2
Arched body	up to .2
Not thru vertical	up to .3
Alternate repulsion (fwd entry vaults)	up to .2
Staggered/alt hands (fwd entry vaults)	up to .1
Add'l hand placements	up to .3
Twist too soon	up to .3
One hand vault (CJ)	1.0
No hand contact	VOID

Second Flight

Twist begun late	up to .5
Legs crossed	up to .1
Incorrect foot form	up to .1
Leg separations	up to .2
Bent knees	up to .3
Insuf. tuck/pike/stretch	up to .3
Insuf. exactness of twist	up to .1
Late completion of twist	up to .3
Height	up to .5
Length	up to .3
Extension (str. vaults)	up to .3
Insuf/Late ext (U.V)	up to .25
No extension (U.V)	.3
Under rotation (saltos)	up to .1
Brush/hit on table	up to .2

Landing

Incomplete/Over Twist	up to .3
Direction	up to .3
Dynamics	up to .3
Slight hop/adjustment/feet staggered	up to .1
Extra arm swings	up to .1
Add'l trunk movements	up to .2
Body posture on landing	up to .2
Extra steps (max .4)	.1 each
Large step/jump (3'+, max .4)	.2 each
Squat on landing	up to .3
Brush/touch w/hand(s) on mat (no support)	up to .3
Fall/support on mat w/ hand(s)	.5
Fall to knees/hips	.5
Fall against apparatus	.5
Land in sit/lie/stand on table	VOID
Not to feet first landing	VOID

** Feet first = any part of the bottom of the feet (if hands/feet land simultaneously - do not void)

Vault: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

Group 1 Flight	Group 2 Hdsp / Yamis		Group 3 Hdsp w/saltos	Group 4 Tsuk / 1/2 on	Group 5 RO-FF	Group 6 RO-FF w/tw on
<u>7.0</u> Squat Straddle	<u>8.6</u> Hdsp 1/2 - Rep 1/4 - 1/4 Yami	<u>9.4</u> Hdsp - 1/1 Yami - 1/1 1/1 - Hdsp	<u>10.0</u> Hdsp - Front Tuck Hdsp - Front Pike Hdsp - 1/2 Back (Cuervo)	<u>9.6</u> Tuck Tsuk	<u>8.6</u> RO - Rep	<u>9.2</u> RO 1/2 - Hdsp
	<u>8.8</u> Hdsp - 1/2 Yami - 1/2	<u>9.6</u> Hdsp - 1 1/2 1/2 - 1 1/2 1/4 - 1 3/4 1/1 - 1/2	Hdsp onto board - Hdsp - Front Tuck	<u>9.8</u> Tuck Tsuk 1/2 Pike Tsuk	<u>8.8</u> RO - 1/2	<u>9.4</u> RO 1/2 - 1/2
	<u>9.0</u> 1/2 - 1/2 1/4 - 3/4	<u>9.8</u> 1/1 - 1/1	Hdsp onto board - Hdsp - Front Pike	<u>10.0</u> Pike Tsuk 1/2 Tuck Tsuk 1/1 Layout Tsuk 1/2 - 1/2 Front 1/4 - 1/4 Front 1/4 - 3/4 Front	<u>9.4</u> RO - 1/1	<u>9.6</u> RO 1/2 - 1/1 RO 1/1 - Rep
	<u>9.2</u> 1/2 - 1/1 1/4 - 1 1/4	<u>10.0</u> Hdsp - 2/1 1/1 - 1 1/2 1/2 - 2/1		<u>9.6</u> RO - 1 1/2 RO - Tuck	<u>9.8</u> RO - Pike	<u>9.8</u> RO 1/2 - 1 1/2 RO 1/1 - 1/2
				<u>9.8</u> RO - Pike	<u>10.0</u> RO - 2/1 RO - Tuck 1/1 RO - Layout RO - 1/2 Front	<u>10.0</u> RO 1/2 - 2/1 RO 1/1 - 1/1 RO 1/2 - Frt Salto RO 1/1 - Salto



Vault No. 1	_____
Vault Value	_____
Deductions	_____
Neutral Ded.	_____
FINAL SCORE	_____

Vault No. 2	_____
Vault Value	_____
Deductions	_____
Neutral Ded.	_____
FINAL SCORE	_____



BARS, BEAM, FLOOR

Scoring for Bars, Beam, and Floor

Difficulty	3.0
Composition	1.0
Event Requirements	1.0
Execution and Amplitude	4.2
Bonus	0.8

Difficulty (3.0)

A basic routine shall contain at least:

1 high superior or advanced high superior Value Part (0.3)	.3
3 superior Value Parts (0.5 each)	1.5
4 medium Value Parts (0.3 each)	1.2

See each event for specific difficulty values.

Execution (Technique/Amplitude/Posture) (4.2)

Small Faults	.05 - .10
Medium Faults	Up to .20
Large Faults	Up to .30
Very Large Faults	.50

Bonus (.8)

- Up to .4 for advanced high superiors
 - Provided there is no fall or spot
 - .2 for one AHS or .4 if there is a second different AHS
- Up to .2 for a high-level back-to-back superior
 - HS + HS; AHS + AHS; HS + AHS
 - For beam only: AHS acro + S acro
 - For floor only: AHS acro + S salto
- Up to .2 for any of the following:
 - Low-level back-to-back superior (S + S, S + HS, S + AHS)
 - 2nd high-level back-to-back superior (same or different)
 - 3rd different AHS (with no fall or spot)

Bonus (.8), continued

- On balance beam only:
An AHS acro element directly connected (before or after) to a S acro element will receive 0.20 as a HL BBS.
- Back-to-back superior credit may be awarded if there is a fall following the second element in the series provided both elements are considered complete according to the criteria for awarding Value Part credit.
- On floor exercise only:
 - S, HS and/or AHS acro elements that are indirectly connected within one continuous, uninterrupted acro pass may be given BBS credit. Example: front salto, round-off, flic-flac, back salto.
 - An AHS acro element directly connected (before or after) to a S salto will receive 0.20 as a HL BBS

EVENT REQUIREMENTS..... 1.0

Lack of event requirement (each one omitted)..0.2

See each event for specific requirements. Elements not awarded

Value Part credit may not be used to fulfill event requirements.

COMPOSITION 1.0

See each event for specific deductions.



UNEVEN BARS

Event Requirements on Bars (1.0)

- Superior release/flight element (excludes dismount)
- One direction change (excludes mount/dismount)
- Kip
- Element that achieves (within 20 degrees) or passes through vertical in a stretched position
- Superior dismount

Composition (1.0)

1. Lack of both forward and backward circling elements	.05
2. Overuse of the same connections (transitions from LB to HB)	.05
3. Choice of elements Overuse of the same types of elements or variations of the same element Types of elements: kips/casts/counterswings/uprisers/hip circles/bwd giants/fwd giants/clear straddle circles/stalder circles/circle-swings/pirouettes/releases. See page 31 for guidelines.	Up to .30
4. Using the same element twice to fulfill difficulty value parts	.10
5. Lack of using all spaces, levels	Up to .10
6. Lack of 2 bar changes	(each 0.05) Up to 0.10
7. Uncharacteristic elements	each 0.10
8. Lack of creativity in the combinations of elements	Up to 0.10
9. Lack of distribution of value parts and maintaining difficulty level throughout	Up to 0.10

Uneven Bars: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0

- 1. Sup release / flight (exclude dsmt) (0.2) _____
- 2. 1 direction change (exclude mt/dsmt) (0.2) _____
- 3. Kip (0.2) _____
- 4. Inverted stretched element (within 20° or pass thru vertical) (0.2) _____
- 5. Superior dsmt (0.2) _____

Composition - 1.0 Consider the following:

- 1. Both fwd/bwd circles (.05) _____
- 2. Same connections (.05) _____
- 3. Choice of elements (up to .3) _____
- 4. Same VP twice for Diff. (.1) _____
- 5. Space/levels (up to .1) _____
- 6. 2 Bar changes (up to .1) _____
- 7. Uncharacteristic (.1 ea) _____
- 8. Creativity (up to .1) _____
- 9. Distributiion (up to .1) _____

Bonus - 0.8

- 1. (max .4) AHS - 2 diff, no fall/spot (0.2 ea) _____
- 2. (.2) HL BBS (0.2) _____
- 3. (max .2) LL BBS (0.1 ea, Up to 0.2) _____
- 2nd HL BBS (0.2) _____
- 3rd AHS - diff, no fall/spot (0.2) _____

TALLY

Difficulty (3.0) _____

Event req. (1.0) _____

Composition (1.0) _____

Bonus (0.8) _____

Execution (4.2) _____

SUBTOTAL _____

Neutral Ded _____

FINAL SCORE _____

CJ Deduction _____
(Deduct from Average)

NOTES

COMPOSITION (up to 1.0)

Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .3 - choice of elements
- 0.1 - same value part used twice to fulfill difficulty
- up to 0.1 - space and levels - above/below, inside/outside bars
- up to 0.1 - bar changes - at least 2 bar changes (.05 each) - fall from 1 bar, continue on other bar counts as a bar change
- 0.1 ea - uncharacteristic elements
- up to 0.1 - creativity of combinations
- up to 0.1 - level not maintained; difficult elements not spaced

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER

- **superior release** - excludes dismount
- **1 direction change** - excludes mt/dsmt - must be in element of value - must continue in opposite direction
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)** - Second AHS must be different - No credit if fall or spot has occurred
- **High Level BBS (0.2)** - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in one of the following ways:**
 - a) **Low level BBS** - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) **2nd high level BBS** - same or different (0.2)
 - c) **3rd different Advanced High Superior** (0.2) - No credit if fall or spot has occurred

UNEVEN BARS

COMPOSITION (up to 1.0)

Consider:

- .05 - use of bwd and fwd elements
- .05 - overuse of same connections
- up to .3 - choice of elements
- 0.1 - same value part used twice to fulfill difficulty
- up to 0.1 - space and levels
 - above/below, inside/outside bars
- up to 0.1 - bar changes
 - at least 2 bar changes (.05 each)
 - fall from 1 bar, continue on other bar counts as a bar change
- 0.1 ea - uncharacteristic elements
- up to 0.1 - creativity of combinations
- up to 0.1 - level not maintained; difficult elements not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - kips end in a different position
 - different degree of turn - 1/2, 1/1, 1 1/2
 - support on 1 or 2 arms
 - legs together or straddled in saltos or Tkatchevs
 - mounts performed within routine
- Elements are the same if:
 - finish in a different grip
 - legs together or straddled (not incl. saltos/Tkatchevs)

NO DISMOUNT

- Terminates intentionally and does not continue
 - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
 - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
 - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
 - .5 fall, -.2 no superior dismount, do not deduct for no dismount

FALL TIMING

- :45 fall time w/warning at :30
- Start with contact on floor
- Stop when feet leave floor to remount
- Coach may lift gymnast to bar after a fall
- 2 pump swings allowed to initiate swing
- Resume judging with first element performed

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **superior release** - excludes dismount
- **1 direction change** - excludes mt/dsmt
 - must be in element of value
 - must continue in opposite direction
- **kip**
- **stretched element within 20° of vertical or that passes thru vertical**
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
- **Max. 0.2 may be earned in one of the following ways:**
 - Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - 2nd high level BBS - same or different (0.2)
 - 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

FALLS

- Contact with bar, then fall -
 - give VP, ER, BBS
 - if AHS - no Bonus but may fulfill difficulty
- No touch of bar - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for steps leading to fall on dismount
 - *** (if hands/bottom of feet land simultaneously - do not void, 0.5 fall is applied)

BALKS (incomplete attempt w/o touch of mount apparatus or bars and w/o running underneath bars)

- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)
- No 4th attempt allowed

NOTES

- Plywood is **not** permitted under the board
- Spotting - spotting block/folded panel mat allowed
- Only dismounts from a handgrasp are allowed
 - exception: Tanac
- Tap swings are considered extra swings (-0.3)
 - 2 or more consecutive extra swings (-0.5)
- When a turn follows a handstand or circling element to handstand, the turn is part of that element and all is considered as 1 element
- Less than 5 elements (short routine) = -2.0 (CJ)



BALANCE BEAM

Event Requirements on Beam (1.0)

- Minimum 360-degree turn on one foot
- One acro flight element (must start and finish on the beam)
- Acro series of difficulty (both elements must start and finish on the beam)
- Superior dismount
- Dance series of difficulty (both elements must start and finish on beam; does not include balances and body waves)

Composition on Beam (1.0)

1. Lack of variety of acro elements	Up to 0.15
2. Lack of variety of dance elements	Up to 0.15
3. Lack of balance in the quantity of acro vs. dance value parts	Up to 0.10
4. Lack of balance in the level of acro vs. dance value parts	Up to 0.10
5. Lack of variety of connections (non-value parts)	Up to 0.10
6. Lack of using all levels and the entire length of the beam	Up to 0.10
7. Lack of an acro element in each of two different directions (one must be backward and another may be forward or sideward)	Up to 0.10
8. Lack of artistry	Up to 0.10
9. Insufficient distribution	Up to 0.10

Balance Beam: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0

- 1. 360° turn on 1 foot (0.2) _____
- 2. 1 acro flight elem (on beam) (0.2) _____
- 3. Acro series of diff (on beam) (0.2) _____
- 4. Dance series of diff (on beam) (0.2) _____
- 5. Superior dismt (0.2) _____

Composition - 1.0 Consider the following:

- 1. Variety of acro (up to .15) _____
- 2. Variety of dance (up to .15) _____
- 3. Balance- acro vs dance (up to .1) _____
- 4. Level- acro vs dance (up to .1) _____
- 5. Variety of connections (up to .1) _____
- 6. Use entire beam (up to .1) _____
- 7. Acro direction (up to .1) _____
- 8. Artistry (up to .1) _____
- 9. Distribution (up to .1) _____

Bonus - 0.8

- 1. (max .4) AHS - 2 diff, no fall/spot (0.2 ea) _____
- 2. (.2) HL BBS (0.2) _____
- 3. (max .2) LL BBS (0.1 ea, Up to 0.2) _____
- 2nd HL BBS (0.2) _____
- 3rd AHS - diff, no fall/spot (0.2) _____

TALLY

Difficulty (3.0) _____

Event req. (1.0) _____

Composition (1.0) _____

Bonus (0.8) _____

Execution (4.2) _____

SUBTOTAL _____

Neutral Ded _____

FINAL SCORE _____

CJ Deduction _____
(Deduct from Average)

NOTES

COMPOSITION (up to 1.0)

- up to .15 - variety of acro
- up to .15 - variety of dance
- up to 0.1 - balance of acro vs. dance
- up to 0.1 - level of acro vs. level of dance
- up to 0.1 - variety of connections
- up to 0.1 - use of all levels/entire beam
- up to 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - may include mount
 - handstands are not considered
 - .05 if dsmt is the only fwd/swd or bwd
 - have both **on** the beam - no deduction
 - missing one or both - deduct .1
 - have both but one is dsmt - deduct .05
- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements not spaced

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 360° turn on 1 foot**
- **acro flight element** - must start and finish **on BB**
- **acro series** - must start and finish **on BB**
- **dance series** - may **not** include mount or dismount
- may **not** include dance balances or body waves
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
 - AHS acro directly connected (before or after) to S acro
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

Note: If there is a fall following the second element in a series, BBS credit may be given provided both elements are complete and receive VP credit.

BALANCE BEAM

COMPOSITION (up to 1.0)

- up to .15 - variety of acro
- up to .15 - variety of dance
- up to 0.1 - balance of acro vs. dance
- up to 0.1 - level of acro vs. level of dance
- up to 0.1 - variety of connections
- up to 0.1 - use of all levels/entire beam
- up to 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - may include mount
 - handstands are not considered
 - .05 if dsmt is the only fwd/swd or bwd
 - have both **on** the beam - no deduction
 - missing one or both - deduct .1
 - have both but one is dsmt - deduct .05
- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn
 - (1/4 not different unless listed in rulebook)
 - takeoff from 1 or 2 legs on lps/jps/hps
 - support on 1 or 2 arms
 - acros takeoff or land on 1 or 2 legs
 - mount elements are within routine
- AHS leap and jump elements with a 1/2 or 3/4 may be considered different if an add'l 1/4 is added
- Other AHS's with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

DIFFICULTY EXCEPTIONS

- series of cartwheels = S
- series of back walkovers = S
- series of one cartwheel and one back walkover = S

TIMING

- **Not longer than 1:30** -
 - (warning at 1:20; overtime -0.1 CJ)
- **Less than :30 (short routine) = -2.0 (CJ)**
- Timing begins with takeoff from floor/board
- Time is stopped when gymnast arrives on floor (If in air when final time is called - overtime)
- Evaluate whole routine even if overtime
- **Fall timing** - (:45 fall time w/warning at :30)
- Start with contact on floor, stop when feet leave floor
- Resume routine watch w/first movement
- 2nd fall before official time begins - 0.5 fall

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 360° turn on 1 foot**
- **acro flight element** - must start and finish **on** BB
- **acro series** - must start and finish **on** BB
- **dance series** - may **not** include mount or dismount
 - may **not** include dance balances or body waves
- **superior dismount**

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
 - AHS acro directly connected (before or after) to S acro
- **Max. 0.2 may be earned in one of the following ways:**
 - Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - 2nd high level BBS - same or different (0.2)
 - 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

Note: If there is a fall following the second element in a series, BBS credit may be given provided both elements are complete and receive VP credit.

FALLS

- Contact bottom of 1 or 2 feet on top of BB, then fall -
 - give VP, ER, BBS
 - if AHS - no Bonus but may fulfill difficulty
- No touch (bottom) of BB - no VP, no ER, no Bonus
- Deduct for ex/amp errors in addition to fall
- Do not deduct for balance errors/steps leading to fall
 - *** (if hands/soles of feet land simultaneously - do not void, 0.5 fall is applied)

BALKS (incomplete attempt w/o touch of mount apparatus or beam and w/o running underneath beam)

- If touch or run underneath (-0.5 - judged as a fall)
- No deduction for first balk
- After 2 balks, 3rd attempt allowed with 0.5 deduction
 - Balk-Balk-Mount (-0.5)
- No 4th attempt allowed

NO DISMOUNT

- Terminates intentionally and does not continue
 - .3 no dismount, -.2 no superior dismount
- Dismount of no value (not in rulebook)
 - .3 no dismount, -.2 no superior dismount
- Falls and does not continue
 - .5 fall, -.3 no dismount, -.2 no superior dismount
- Dismount that does not land on the feet first
 - .5 fall, -.2 no superior dismount, do not deduct for no dismount



FLOOR EXERCISE

Event Requirements on Floor

a. Acro

1. **Twisting salto** - at least $\frac{1}{2}$ (180 degrees)

2. **Three acro passes**

a series consisting of two or more directly connected acro elements:

a. With the exception of the round-off, all elements must have Value Part credit.

b. Elements may be in any of the three directions: forward, backward or sideward.

NOTE: A handstand with or without a turn has no direction unless it is completed as a front walkover or a handstand forward roll.

c. A two element pass shall include a back-to-back superior, a high superior or an advanced high superior.

3. **Superior acro element in the third acro pass or as last acro element**

a. Credit may be awarded even if the first and/or second pass is broken

b. A series of front or back handsprings, which receives superior credit, can be considered the last acro element

b. Dance

1. One **jump/leap or turn on one foot** of at least superior difficulty

2. **Dance series of difficulty** of two different Group 1 leaps/jumps

Composition on Floor (1.0)

1. Lack of variety of acro elements	Up to 0.15
2. Lack of variety of dance elements	Up to 0.15
3. Lack of balance in the quantity of acro vs. dance value parts	Up to 0.10
4. Lack of balance in the level of acro vs. dance value parts	Up to 0.10
5. Lack of variety of connections (non-value parts)	Up to 0.10
6. Insufficient use of the entire floor exercise area	Up to 0.10
7. Lack of an acro element, within a pass, in each of two different directions (one must be backward and another may be forward or sideward)	Up to 0.10
8. Lack of artistry	Up to 0.10
9. Insufficient distribution	Up to 0.10

Floor Ex: Judge's Initials _____ CJ/AJ Gymnast _____ School _____

SUMMARY SCORE SHEET

Event Requirements - 1.0		
Acro	1. Salto with min of 180°	(0.2) _____
	2. 3 acro passes	(0.2) _____
	3. Sup acro elem - in 3rd acro pass or as last acro elem	(0.2) _____
Dance	4. Sup lp / jp / turn on 1 foot	(0.2) _____
	5. Dance series of 2 diff Grp 1 elements	(0.2) _____

Composition - 1.0 Consider the following:			
1. Variety of acro	(up to .15) _____	6. Use of FX area	(up to .1) _____
2. Variety of dance	(up to .15) _____	7. Acro direction	(.1) _____
3. Balance- acro vs dance	(up to .1) _____	8. Artistry	(up to .1) _____
4. Level- acro vs dance	(up to .1) _____	9. Distribution	(up to .1) _____
5. Variety of connections	(up to .1) _____		

Bonus - 0.8			
1. (max .4) AHS - 2 diff, no fall/spot	(0.2 ea)	_____	_____
2. (.2) HL BBS	(0.2)	_____	_____
3. (max .2) LL BBS	(0.1 ea, Up to 0.2)	_____	_____
2nd HL BBS	(0.2)	_____	_____
3rd AHS - diff, no fall/spot	(0.2)	_____	_____

TALLY	
Difficulty (3.0)	_____
Event req. (1.0)	_____
Composition (1.0)	_____
Bonus (0.8)	_____
Execution (4.2)	_____
SUBTOTAL	_____
Neutral Ded	_____
FINAL SCORE	_____
CJ Deduction (Deduct from Average)	_____

NOTES

COMPOSITION (up to 1.0)

- up to .15 - variety of acro
- up to .15 - variety of dance
- up to 0.1 - balance of acro vs. dance
- up to 0.1 - level of acro vs. level of dance
- up to 0.1 - variety of connections
- up to 0.1 - use entire floor
- 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - must be within an acro pass
 - excludes roundoff and handstand
- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements not spaced

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 180° twisting salto**
 - entire twist must be in air
- **3 acro passes**
 - 3 directly connected acro elements
 - **or** 2 directly connected acro elements that include a HS, AHS, or BBS
 - except for the round-off, all elements in a pass must receive Value Part credit
 - all elements may be in any direction (bwd/twd/swd)
- **superior acro dismount**
 - may be in 3rd acro pass
 - **or** may be the last acro element in the routine
 - credit may be awarded if 1st or 2nd pass is broken
- **superior jump, leap, or turn on 1 foot**
 - jp/lp may be isolated or within dance series
- **dance series** - min. 2 different value parts
 - any elements from Group 1 leaps/jumps

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
 - AHS acro directly connected (before or after) to S salto
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

FLOOR EXERCISE

COMPOSITION (up to 1.0)

- up to .15 - variety of acro
- up to .15 - variety of dance
- up to 0.1 - balance of acro vs. dance
- up to 0.1 - level of acro vs. level of dance
- up to 0.1 - variety of connections
- up to 0.1 - use entire floor
- 0.1 - acro in 2 directions
 - one must be forward or sideward
 - one must be backward
 - must be within an acro pass
 - excludes roundoff and handstand
- up to 0.1 - artistry
 - quality of expression (projection, emotion, focus) and movement to reflect personal style; originality/creativity
- up to 0.1 - level not maintained; difficult elements not spaced

RECOGNITION OF VALUE PARTS

- Elements can receive VP credit twice
- Elements are **different** if:
 - different # in the rulebook
 - saltos have different body position
 - different degree of turn (1/4 not different unless listed in rulebook)
 - support is on 1 or 2 arms
 - takeoff for leaps or jumps is from 1 or 2 legs
- Elements are the **same** if:
 - takeoff for acro elements is from 1 or 2 legs
- Note: AHS elements with a 1/1, 1 1/2, or 2/1 must add a 1/2 to be considered different.

DIFFICULTY EXCEPTIONS

- series of flic-flacs (back handsprings) = S
- series of front handsprings = S

TIMING

- **Not longer than 1:30** -
 - Timing begins with first movement
 - Time stops with gymnast's final position
 - Evaluate whole routine even if overtime
 - No warning is called
- **Less than :30 (short routine) = -2.0 (CJ)**

EVENT REQUIREMENTS (1.0)

- Deduct -0.2 for each missing requirement
- 1 element may fulfill more than 1 ER
- Elements **not** awarded VP credit may **not** fulfill ER
- **min. 180° twisting salto**
 - entire twist must be in air
- **3 acro passes**
 - 3 directly connected acro elements
 - **or** 2 directly connected acro elements that include a HS, AHS, or BBS
 - except for the round-off, all elements in a pass must receive Value Part credit
 - all elements may be in any direction (bwd/fwd/swd)
- **superior acro dismount**
 - may be in 3rd acro pass
 - **or** may be the last acro element in the routine
 - credit may be awarded if 1st or 2nd pass is broken
- **superior jump, leap, or turn on 1 foot**
 - jp/lp may be isolated or within dance series
- **dance series** - min. 2 different value parts
 - any elements from Group 1 leaps/jumps

BONUS (0.8)

- **Advanced High Superiors (0.2 each, max. 0.4)**
 - Second AHS must be different
 - No credit if fall or spot has occurred
- **High Level BBS (0.2)**
 - HS+HS, HS+AHS, AHS+AHS
 - AHS acro directly connected (before or after) to S salto
- **Max. 0.2 may be earned in one of the following ways:**
 - a) Low level BBS - same or different (0.1 ea, max. 0.2)
 - S+S, S+HS, S+AHS
 - Series of 3 receives only one BBS
 - b) 2nd high level BBS - same or different (0.2)
 - c) 3rd different Advanced High Superior (0.2)
 - No credit if fall or spot has occurred

ADDITIONAL MATTING

- Add'l matting may be used for **any** type of element
- up to 2 mats (max. 8") may be placed separately on FX
- If 8", the skill cushion must be 5'x10'
- A sting mat **may** be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the 2 mats will count as 1 of the allowed additional mats
- Only one mat may be used per acro pass
- If mat covers boundary, boundary must be marked
- Failure to mark boundary on mat = -0.1 CJ
- There is no requirement to remove additional mats
- If removed, may not be placed back on FX
- One step inside boundary to place, adjust, or remove mat is permissible

Inquiries

A coach may address the meet referee only by submitting in writing, an inquiry(ies) concerning his/her gymnast(s). The written inquiry or the verbal intent to inquire shall be submitted to the meet referee no later than five minutes after all scores for that team are recorded for that individual event.

The inquiry(ies) shall only concern:

- Difficulty/vault value
- Event requirements
- Bonus
- Neutral deductions
- A mathematical error

NOTES:

- No other judgment decisions shall be questioned.
- A gymnast's recorded scores may be checked by a coach at the scorer's table without a deduction. After being recorded at the scorer's table, the judges' event summary scoresheets may be checked by the coach without deduction.
- See: Score Inquiry Form on page 115 in Rule Book
- Video review is not allowed as part of an inquiry.

Chief Judge Deductions (Taken off average)

Examples that apply to all events:

Flagrant exceeding of warm-up time or warming up in the competitive area (after one warning) <ul style="list-style-type: none">• From event score – or team score if team exceeds time• Only applies to practice of element• If preparing for element or dismount when time is called, gymnast may complete element or dismount without penalty	0.2
Making an unauthorized approach of a judge concerning a score or rules infraction; Questioning or attempting to influence judges' decisions	1.0
Improper uniform	0.2
Unsporting conduct of gymnast (after one warning)	0.2
Gymnast failing to begin exercise within 30 seconds after chief judge signals to begin	0.2
Verbally abusing or disrespectfully addressing a judge/meet official or using profanity <ul style="list-style-type: none">• DQ from event and all-around. May lead to DQ from meet by meet ref	DQ

Chief Judge Deductions (Taken off average)

Event-specific examples:

Bars: Routine consisting of less than 5 elements that receive Value Part credit (must be listed in the rules book) Beam/Floor: Routine less than 30 seconds	2.0
Bars/Beam: Failure to remove the board/folded panel mat after the mount	0.3
Beam/Floor: overtime Floor: out of bounds	0.1
Floor: Coach on floor	0.5
Floor: Absence of music or music with song/speech	1.0

Neutral Deductions (Taken by each judge off score)

Exercise without a dismount – Bars/Beam	0.3
Spotting upon during element/landing	0.5
Third attempt to mount- Bars/Beam	0.5

2018-20 NFHS Girls Gymnastics

DANCE CRITERIA / TECHNIQUE

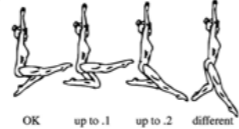
TUCK JUMP

- Expectation: Thighs horizontal, knees bent to 90°
- Insufficient tuck (thighs up to 44° below horizontal) - up to .2
 - Thighs >44° below horizontal - recognize as different element



WOLF JUMP

- Expectation: Thighs horizontal, one knee bent to 90°
- Thighs up to 44° below horizontal - up to .1 each
 - Thighs >44° below horizontal - recognize as different element



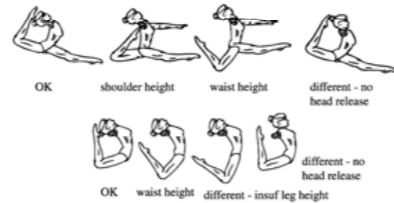
PIKE JUMP

- Expectation: 90° closure, legs straight
- Closure 91° - 134° - up to .2
 - Closure >134° - recognize as different element



RING LEAP or JUMP / SHEEP JUMP

- Expectation: Head release backward past vertical line
Foot at waist or head height required
- No head release - recognize as different element
 - Waist height required - up to .2 if at least hip height
 - Head height required - up to .2 if at least shoulder height



CAT LEAP

- Expectation: Thighs horizontal, alternated leg lift
Knees bent, legs turned out
- Thighs up to 44° below horizontal - up to .1 ea
 - Thighs >44° below horizontal - recognize as different element



STRADDLE PIKE JUMP

- Expectation: Thighs horizontal, 135° split
- Thighs up to 44° below horizontal - up to .2
 - Split missing up to 44° - up to .2
 - Thighs >44° below horizontal or split <91° - recognize as different element



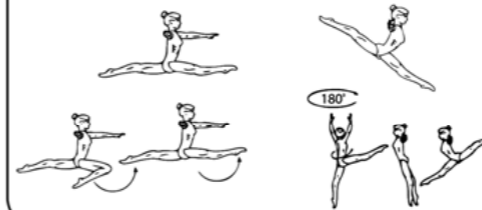
SIDE SPLIT (straddle) JUMP

- Expectation: 135° or 180° split required
- Split missing up to 44° - up to .2
 - Split less than 91° - recognize as different element



SPLIT / STAG SPLIT / SISSONE / TOUR JETE

- Expectation: 135° or 180° split required
- Split missing up to 44° - up to .2
 - Split less than 91° - recognize as different element



SWITCH LEG LEAPS

- Expectation: 135° or 180° split required after switch
Leg swing before switch to at least 45°
- Leg swing below 45° - recognize as different element
 - Split missing up to 44° - up to .2
 - Split less than 91° - recognize as different element



Tuck, Cat, Wolf, Straddle Pike, Hitchkick

- horizontal expected
 - If up to 44° below horiz - deduct up to 0.2
 - If > 44° below horizontal - credit different element
- horizontal
45° below horiz

Pike Jump

- 90° closure expected
 - If 91°-134° closure - deduct up to 0.2
 - If > 134°, - credit as stretched jump
- 90°
135°

Split Leaps/Jumps

- 135° or 180° split expected
- 180°
135°
90°
- If up to 44° is missing 90° - deduct up to 0.2
If > 44° is missing, - credit different element

Dance Turns and Leaps/Jumps w/ Twists

- 0.05-.10 45°
.15-.20 90°
- (1/1 or more)
1° - 44° deduct .05 - .1
45° - 89° deduct .15 - .2
If >89° is missing, - credit different element
- Turns are complete when heel drops.
Twists are complete when feet land.

EQUIPMENT 2020-2022

MATS

- **Base Mat:** 1 ¼" ± ¼" x 12' x 6'
May be underneath or on top of any landing mat.
If using 4 ¾" landing mats, base mat is not required.
- **Landing Mat (Throw Mat):** 4" ± ½" x 12' x 6' (10 cm)
- **Competition Landing Mat (CLM):** 4 ¾" - 8" thick ± ½" x 12' x 8' (12 cm - 20 cm)
- **Skill Cushion:** 4" - 8" ± ½"
Soft, open-celled, shock absorbent foam.
- **Sting Mat:** 1 ¾" ± ¼"
Manufactured mat containing rebound foam.

VAULT, UNEVEN BARS, BALANCE BEAM

- The "Required Minimum Matting" for the working and landing area of V, UB, and BB:
 - Matting of at least 4 ¾" thick - this may be a non-slip mat at least 4 ¾" or a base mat with a 4" landing mat
- Any combination of additional matting may be used provided the total matting does not exceed 19"
 - When add'l mats are used, it is recommended that the mats (except sting mat) be the same width
 - The top mat, including a sting mat, shall not be wider than any mat underneath it

Exception: A mat placed on top of only a base mat may be wider than the base mat provided it is at least 4" thick

FLOOR EXERCISE

- **IN ADDITION**, up to 2 manufactured mats may be placed separately on the floor with only one mat per acro pass
 - If 8", the skill cushion must be 5'x10'
 - A sting mat may be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the two mats will count as one of the allowed additional mats
 - If a mat is removed during a routine, it may not be placed back on the floor

BOARD

- Only unaltered manufactured regulation vaulting boards are allowed. Plywood is **not** permitted underneath the board.

MOUNTING WITH BOARD

- A board, folded panel mat, or mount trainer mat may be used for mounting. It can be placed on 1 or 2 10cm-12cm landing mats or 1 20cm landing mat. In addition, an up to 4" (10cm) skill cushion or sting mat may be added. A base mat may be underneath or on top of the landing mat. A mounting device may not be placed on an 8' skill cushion or on another mounting device and must be removed as soon as possible after the gymnast has mounted.

MOUNTING WITHOUT BOARD

- May mount **without** a board from a maximum of 19" of matting

VAULT

- **Required Minimum Matting:** The entire landing area of vault (18' x 8') **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat 12cm - 20cm.
- When landing is over a pit, the surface must provide for a solid landing and meet all specifications.
- All manufactured vault tables (incl. retro-fit) are allowed provided they can be adjusted to height specs.
- Pistons/pedestals (vertical uprights) **shall be padded** with the manufacturer's protective padding.
- **Measure** vault table from the highest point of the mid-point of table to the floor.
- **Height:** 100 cm - 135 cm (39½" - 53¼") - must be within the allowances identified by the manufacturer
- **Runway:** Measured from a point even with the front edge of the table. Minimum 60' and no more than 1" thick ± ½"
- A **manufactured hand placement mat** may be placed across the runway for **RO entry vaults only**. Sting mat is **not** allowed.
- **Safety zone mat** is optional for all vaults and **required for round-off entry vaults**.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- Athletic tape or velcro strips (max. 2"x3"), (no chalk), may be placed on the runway but must be removed at end of rotation.
- Tape, excessive chalk or other substances are not permitted on the vault table. Chalk on hands is permitted.

UNEVEN BARS

- **Required Minimum Matting:** The working area of UB **must** be matted with at least one base mat and one landing mat **OR** a single nonslip landing mat (12cm - 20cm). Matting between the supports of the bars shall be 7 1/2' wide.
- May adjust either bar to any height/width provided that, after adjustment, they are dual-locked and bars remain within the allowances identified by the manufacturer and the low bar is not lower than 58" and the high bar is not lower than 88". Rails should extend to at least 47.2". Round fiberglass rails are required.
- Maximum dual-lock setting must be marked in red and minimum must be marked in black.
- A manufactured safety zone mat shall be used for any round-off entry mount.
- A spotting block or folded panel mat may be used to spot any element but must be removed after the element is performed.

BALANCE BEAM

- **Required Minimum Matting:** The working area of BB (under entire BB and at least 12' x 8' at each end) **must** be matted with at least one base mat and one landing mat **OR** a single 12cm - 20cm nonslip landing mat.
- Height shall be 47¼" ± ½" - 49¼" ± ½" (120 cm) measured from the floor to the top of the beam.
- Padding for the beam uprights is recommended.
- Small chalk markings (not tape) on beam are allowed.
- A spotting block or folded panel mat may be used to spot but must be removed after the element is performed.
- A manufactured safety zone mat **shall** be used for any round-off entry mount.

FLOOR EXERCISE

- **Size:** Between 39' 4 ½" X 39' 4 ½" (12 meters) and 40' x 40' in an area 42' x 42'
 - Floor must be a minimum of 1" thick ± ¼"
- Measure from outside of tape or where carpet changes color. Top of the mat must be joined into one continuous level surface.
- When additional matting is used that covers boundary lines, the lines shall be marked on the top mat. If not marked, a 0.1 Chief Judge deduction will be taken and out-of-bounds will be left to the judge's discretion.

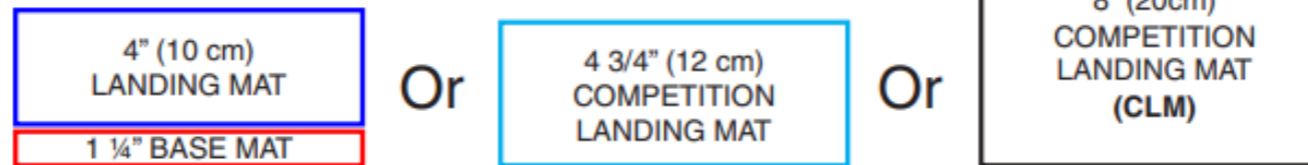
EQUIPMENT DEDUCTIONS (Chief Judge)

- | | |
|-----|---|
| 0.3 | failure to remove mounting apparatus / spotting device or board on unauthorized surface (from event score) |
| 0.3 | incorrect apparatus specs or use of additional mats (from event score) |
| 0.1 | failure to mark additional matting that covers boundary line on FX (from event score) |

2020-2022

MINIMUM REQUIRED Matting

At least 4 3/4"



(Base mat may be under or over any landing mat)

MAXIMUM ALLOWABLE Matting

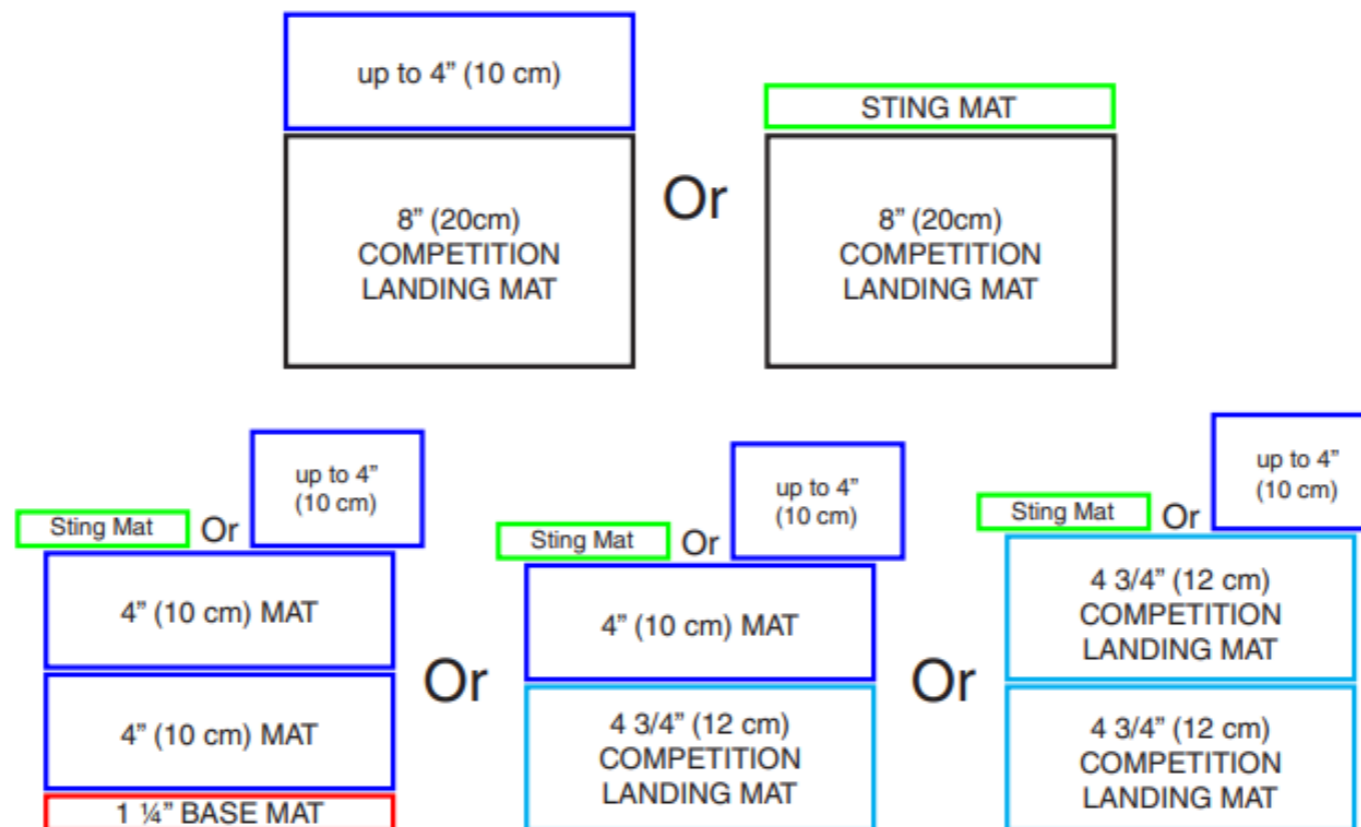
any combination of matting not to exceed 19 inches (48 cm)

VAULT BOARD, FOLDED PANEL MAT OR MOUNT TRAINER MAT MAY BE USED FOR MOUNTING AND MAY BE PLACED ON

One or two 10 cm or 12 cm mats or a 20 cm CLM mat.

In addition, an up to 4" mat or sting mat may be added.


It may **not** be placed on an 8" skill cushion OR on another mounting device.



Floor Exercise—Up to 2 mats (up to 8") may be placed separately on the FX area for any element (only one per acro pass). A sting mat may be placed on top of or under an up to 8" skill cushion (including another sting mat) and the combination of the two mats will be counted as one additional mat. If either mat is removed, it may not be placed back on the floor.

Additional Information


- Situations and rulings for each rule are located at the end of each section.
- 2020-22 Points of Emphasis: page 105
- Meet Management: page 106 (nfhs.org)
- Supplemental Explanations: pages 107-114
- Score Inquiry Form: page 115
- Chief Judge/Meet Referee Deduction Sheet: page 116



Next GHS GGJA meeting: Thursday, December 2, 6-7:30

Business meeting: rulebooks, exams, fees, scheduling

Link will be sent later



***Thank you for your
time!***