



# Georgia High School Gymnastics

**2024-26**

**NFHS Gymnastics Rule Changes**

# Rule 2-2-1b(9)

If there is a failure or interference, the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected.

- On floor, the gymnast may choose to finish the routine and then decide whether to resume at the point of the music failure. The score will not be flashed until after a decision is made. No deduction for music failure shall be taken.

# Rule 2-2-1b(10), 6-5-2e, 7-3-7f, 8-3-7g, 9-3-7h

AFTER one warning, notify the coach of a deduction for improper uniform so the gymnast has an opportunity to correct the error before the next event.

- If it cannot be corrected at the meet, the deduction (0.2) is taken one time only.

# Rule 3-3-4

Athletes may wear stud earring not to exceed ONE PER EAR.

Rule 4-1-2c & d, 7-3-3 & 4, 8-3-3- & 4,  
9-3-3- & 4

Composition: 0.60

Execution (Technique/Amplitude/Posture): 4.6

# Rule 4-1-2e NOTES 3, 7-3-5 NOTES 3, 8-3-5 NOTES 3, 9-3-5 NOTES 3, APPENDIX A #4

Direct connection of three or more elements, the second and following elements may be used twice when awarding Back-to-Back Superior (BBS).

- The first time as the last element of a BBS and the second time as the first element of a BBS.
- Dance elements shall come from Groups 1, 2, or 3.
- \*Dance balances and body waves may not be used.

# Rule 6-1-1e, 6-1-2f, 6-1-2g

The use of tape, chalk, or other substance is not permitted on the vault table.

Tape is not permitted on the hand placement mat. Chalk may be used.

If used, the safety zone mat must be placed against the vaulting board.

# Rule 6-1-2j (NEW), 7-1-2h (NEW)

A “pit pillow” is permissible during vault warm-ups only for a salto vault and during uneven bars for release elements that then must be immediately removed following the attempt.



# Rule 6-2-1, 7-2-2, 8-2-1b

Specifies that the fall time for a gymnast begins when the gymnast is standing on their feet and medical assessment is complete. The change also clarifies that the timer should verbally indicate "15 seconds remaining."

- If the allowed fall time (45 seconds) is exceeded, a second vault will not be allowed.
- If an injury occurs following a fall on the first vault, the fall time begins when the gymnast is standing on their feet AND medical assessment is complete.

# Rule 6-3-1a, 6-4-1b

Hip Angle: Up to 0.30

- Provides a wider range in the deduction of hip angle.

# Rule 6-4-2a(5)

Legs bent in support for all vaults with saltos (early tuck):  
Up to 0.30

- Provides a wider range in the deduction for bending knees early in salto vaults.

# Rule 6-4-3a

Removed deduction for beginning LA twist in second flight phase too late.

# Rule 6-4-3I

I. Under-rotation of salto vaults: Up to 0.10

- Provides a wider range in the deduction for the under rotation of a salto vault.

# Rule 6-3-4a, 6-4-4e, 7-3-4a(14), 8-3-4a(13)

Small or medium steps on landing (max. of 4 steps)... each 0.10-0.15 max 0.40

- If gymnast takes steps and then falls, max. deduction is 0.5.
- \*Large step or jump on landing (approx. 3 ft; max. of 2)... each 0.20
- Greater flexibility when applying a deduction for gymnasts taking small or medium steps on their landing.

Rule 6-4-4g, 7-3-4c(4), 8-3-4c(3), 9-3-4c(3)

Squat on landing..... Up to 0.30

- Landing with the hips lower than the knees will incur a deduction.

Rule 6-4-4g NOTE (NEW), 7-3-4c(4)  
NOTE (NEW), 8-3-4c(3) NOTE (NEW),  
9-3-4c(3) NOTE (NEW)

Lands in squat position, then falls... up to  $0.30 + 0.5$



# Rule 6-6-1, 2, 4, 5

New vault values:

- Group 2: 1/1 – 1/1 ... 10.0
- Group 4: Tsuk – Tuck  $\frac{1}{2}$  ... 10.0
- Group 5: RO – FF on Rep. off ... 8.8
- Group 5: RO – FF on  $\frac{1}{2}$  off ... 9.0
- Group 5: RO – FF on – Back tuck  $\frac{1}{2}$  ... 10.0

# Rule 7-1-3b & c, 8-1-3b

A board may not be placed on an 8-inch skill cushion.

Placing a folded panel mat or mount trainer mat on an 8-inch skill cushion is allowed.

# Rule 7-2-4b

EVENT REQUIREMENTS ON BARS (one of five; each valued at 0.20):

Choice of 360 clear hip circle, stalder circle, or pike sole circle that ends in a clear support.

Other 4:

- Superior release/flight element (excludes dismount)
- Kip
- Element that achieves (within 20 degrees) or passes through vertical (stretched position).
- Superior dismount

# Rule 7-3-3

## COMPOSITION ON BARS

Lack of variety of elements... up to 0.20 (ded. 01. for each uncharacteristic element)

Lack of two bar changes... 0.10

Lack of using all spaces and levels... up to 0.10

Lack of distribution ... up to 0.10

Lack of an element with a direction change ... 0.10 (excluding mount and dismount)

# Rule 8-3-3

## COMPOSITION ON BEAM

Lack of variety of acro and dance ... 0.20

Lack of balance in quantity & level of acro vs. dance... up to 0.10

Lack of an acro element in each of two different directions (one must be backward & another may be forward or sideward- on the beam or mount; \*if both included, but one is in the dismount... deduct 0.50)... up to 0.10

Lack of level change and lack of distribution ... up to 0.10

Lack of artistry/choreography (Quality of movement, expression & originality) ... 0.10

# Rule 9-3-3

## COMPOSITION ON FLOOR

Lack of variety of acro and dance ... 0.20

Lack of balance in quantity & level of acro vs. dance... up to 0.10

Lack of an acro element, within a pass, in each of two different directions (one must be backward & another forward or sideward; \*the two directions do not need to be in the same pass; any acro element may be used except roundoff & handstand) ...up to 0.10

Lack of use of entire floor and lack of distribution ... up to 0.10

Lack of artistry/choreography (Quality of movement, expression & originality) ... 0.10

# Rule 7-3-4b(3), 8-3-4b(8), 9-3-4b(8)

Provides a wider range in the deduction for deficiencies in the hip angle on bars, beam, and floor... up to 0.30.

# Rule 8-2-3e

EVENT REQUIREMENTS ON BEAM (one of five; each valued at 0.20):

Dance series OR mixed series (acro & dance of difficulty on beam)

Other 4:

- Min. 360 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



# Rule 8-3-4b(2), 9-3-4b(2)

Specifies footwork deductions to reflect current trends.

Relaxed/incorrect footwork in non-value parts throughout exercise ... up to 0.30

# Rule 9-3-4b(15), 4c(7)

Poor relationship of music and movement throughout ... up to 0.30

Failure to hold ending pose for one second... 0.05

Failure to end with music... 0.10

# Rule 9-3-70

Coach on the floor exercise inside the border marking ...  
0.30

- No deduction taken to remove and object fallen from gymnast
- No deduction to adjust placement of or to remove additional matting
- \*one mat per acro pass; no more than two mats at any one point in time.

# Additional Information

- Situations and rulings for each rule are located at the end of each section.
- 2022-24 Points of Emphasis: page 5
- Supplemental Explanations: pages 109-116
- Dance Criteria/Technique: page 117
- Score Inquiry Form: page 118
- Chief Judge/Meet Referee Deduction Sheet: page 119

# Contacts

GHSA Gymnastics Director, Penny Pitts Mitchell  
[penny@ghsa.net](mailto:penny@ghsa.net)

GHS GGJA (Judges Association) President, Tanya Richard  
[tanya.richard1@gmail.com](mailto:tanya.richard1@gmail.com)

GHS GGJA Vice-President & Treasurer, Amy Eubanks  
[amyjoeubanks@gmail.com](mailto:amyjoeubanks@gmail.com)

GHS GGJA Booking Agent, Tripp Norris  
[frtripp@saintcolumba.net](mailto:frtripp@saintcolumba.net)

# Resources

<b>NFHS</b>  <b>General:</b>         <b>Rules:</b>	<a href="https://www.nfhs.org/activities-sports/gymnastics-girls/">https://www.nfhs.org/activities-sports/gymnastics-girls/</a>  Rule Changes Judges Manual Cue Sheets Meet Referee Deduction Sheet Score Inquiry Form Scoresheets – We use GHSGGJA forms Supplemental Explanations Dance Passage Leap Chart Points of Emphasis Rules Interpretations Uniform Rules
<b>GHSGGJA</b>	<a href="https://gagymjudges2.wixsite.com/ga-gymnastics-judges">https://gagymjudges2.wixsite.com/ga-gymnastics-judges</a>
<b>GHSA</b> <b>Penny Mitchell</b>	<a href="https://www.ghsa.net/gymnastics">https://www.ghsa.net/gymnastics</a>  Top Stories Dates to Remember Quick Source (contracts, scoresheets, rules) Fan Central (schedule, past champions, state results)