

Georgia High School Gymnastics

Workshop for New Coaches and Judges

December 8, 2019

Agenda

- Session 1: (2:00 – 2:45) Introductions & GHSA Information from Penny Pitts

Coaches: signing up for meets, submitting rosters

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

- Session 2: (3:00 – 3:45) Creating Routines and Understanding Scoring – The Basics

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

- Session 3: (4:00 – 5:30) Annual Judges Meeting and Clinic

Session 1: Resources

NFHS	https://www.nfhs.org/activities-sports/gymnastics-girls/
Rule Interpretations	https://www.nfhs.org/sports-resource-content/girls-gymnastics-rules-interpretations-2018-19/
Frequently Asked Questions	https://www.nfhs.org/sports-resource-content/2018-2020-frequently-asked-questions/
GHSGGJA	http://gagymjudges.wixsite.com/ga-gymnastics-judges
GHSA Penny Pitts	https://www.ghsa.net/gymnastics

Contacts

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Session 2: Creating Routines and Understanding Scoring

- Vault
- Uneven Bars
- Beam
- Floor

VAULT

VAULT

COMMON DEDUCTIONS FOR ALL VERTICAL VAULTS		VOID VAULTS
See book for Group 1 (flight vault) deductions		2nd or 3rd balk
1st Flight Phase	bent knees - up to .3	pistons/pedestal not padded
	incomplete twist - up to .3	support on top of table
	arch, pike, leg separation - up to .2	facilitated (other than salto or handspring)
	legs crossed, incorrect foot form - up to .1	no hand contact on table
Support/Repulsion	Head contacting table - 2.0	not landing on bottom of feet
	Touch w/only one hand - 1.0 (CJ)	RO entry w/o spotter
	too long in support - up to .5	
	bent arms - up to .5 (.5 for 90° or more)	TALLY
	twisting early - up to .3	Vault Value
	steps/hops on hands - .1 each (up to .3)	Deductions
	early tuck or pike (salto vaults) - up to .2	
	arch, shoulder angle, alternate repulsion - up to .2	SUBTOTAL
	alternate hand placement - up to .1	
2nd Flight Phase	twisting late (twisting vaults) - up to .5	Neutral Ded
	insufficient height - up to .5	
	insufficient tuck, pike (tuck, pike salto vaults)- up to .3	FINAL SCORE
	arch or pike (stretched salto vaults) - up to .3	CJ Deduction-from average
	extension of body before landing - up to .3	Touch w/only one hand - 1.0
	Brush or hit of head - up to .2	(Others: failure to present, improper uniform, spotter blocking view of judge, beginning prior to signal, talking during performance, extra warm-up, conduct, delaying meet, unauthorized approach to judge, altering equipment, verbal abuse)
Landing	Fall/Support on hands or against apparatus - .5	
	Landing in a squat - up to .3	
	Touch of hands - up to .3	
	Incomplete twist - up to .3	
	Insufficient dynamics - up to .3	
	Truck movements to maintain balance - up to .2	
	Extra steps - .1 each (up to .4)	
	Slight hop/adjustment/staggered feet - up to .1	
Extra arm swings - up to .1		

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).....0.3
- 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.

Difficulty

When a gymnast is lacking the minimum number of elements of any value (M/S/HS), elements of a higher value shall be used to replace elements of a lesser value on a one for one basis. If any element(s) is still missing, deduct the actual value of the missing element(s).

NOTE: Calculate difficulty credit to the benefit of the gymnast. Elements of a higher value that are used to replace elements of a lower value, retain their original value.

When a gymnast uses an advanced high superior, rather than a high superior to fulfill difficulty, the advanced high superior may also be awarded 0.2 in Bonus provided it is performed without a fall or spot.

Awarding Difficulty

No Value Part is awarded:

- Fall during execution of element (weight not borne)
 - If the element is almost complete before the fall, Value Part credit is given, but the fall deduction is taken
- Failure to land on any part of the bottom of the feet
- Spotter facilitates the element
- Element performed a third time

NOTE: Elements/series listed separately in the rules book are considered separate elements/series. Any element can be recognized as a Value Part two times. The third time an element is repeated it will not receive Value Part credit. If an element does not receive Value Part credit, it cannot be used to fulfill event requirements or Bonus.

Execution (Technique/Amplitude/Posture) (4.2)

Slight/Small Faults 0.05-0.10

Medium FaultsUp to 0.20

Large Faults Up to 0.30

Very Large Faults 0.50

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:
 - a. 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.
 - b. 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.

EXECUTION (Technique/Amplitude/Posture).....4.2

See each event for specific execution deductions.

UNEVEN BARS

UNEVEN BARS		
EVENT REQUIREMENTS (45 second remount)	1.0 (0.2 each)	TALLY
1. superior release/flight (excludes dismount)-ex: straddle cut catch, straddle back		D (Difficulty) - 3.0 4 mediums @ .3 each = 1.2 3 superiors @ .5 each = 1.5 1 high superior or advanced high superior @ 0.3 = 0.3 Total = 3.0
2. 1 direction change (excludes mt/dismt)		
3. kip- ex: glide kip, long hang kip		
4. element that achieves <small>within 20 degrees or passes the parallel in a selected position (ex. Handstand, pike)</small>		
5. superior dismt- ex: flyaway, sole full		
COMPOSITION 1.0		Event Requirement -1.0
1. Lack of performance of both forward and backward circling elements 0.05		Composition - 1.0 Bonus - 0.8 Execution - 4.2 (ex:bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, extra swings 0.3, steps on landing 0.1 each, balance, etc.)
2. Overuse of the same connections (transitions from LB to HB) 0.05		
3. Lack of balance/overuse of elements from the same group Up to 0.20		
4. Overuse of variations of the same element. Up to 0.10		
5. Elements of highest value connected primarily to elements of lowest value up to 0.1		
6. Using the same element twice to fulfill difficulty value parts. 0.10		
Lack of using all spaces, levels up to 0.10		
Lack of 2 bar changes (each 0.05) up to 0.10		
Uncharacteristic elements each 0.10		
Lack of creativity in the combinations of elements up to 0.10		
Lack of distribution of value parts and maintaining difficulty level up to 0.10		
BONUS 0.8		SUBTOTAL
3 categories:		Neutral Ded
1. (max 0.4): AHS - 2 different, no fall/spot (0.2 each)		EX: no dismount 0.3; spotting 0.5, third attempt to mount 0.5
2. (max 0.2): HL BBS		
3. (max 0.2):		
LLBBS (0.1 each, up to 0.2)		FINAL SCORE
2nd HL BBS (0.2)		CJ Deduction-from average
3rd AHS - different, no fall/spot (0.2)		(ex:failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, failure to remove board 0.3, beginning prior to signal 0.5,
		talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2,
		delaying meet, unauthorized approach to judge 1.0,
		verbal abuse- DQ)
		* routine consisting of less than 5 elements that receive value part credit (must be listed in the rules book) 2.0

Event Requirements on Bars (1.0)

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

Composition (1.0)

Specific Compositional Deductions to be Considered:

1. Lack of performance of both forward and backward circling elements0.05
 2. Overuse of the same connections (transitions from LB to HB.....0.05
 3. Lack of balance/overuse of elements from the same group Up to 0.20
Examples: circles / swings / kips / pirouettes / releases
 4. Overuse of variations of the same element Up to 0.10
 5. Elements of highest value connected primarily to those of lowest value...Up to 0.10
 6. Using the same element twice to fulfill difficulty value parts.....0.10
 7. Lack of using all spaces, levels Up to 0.10
 8. Lack of 2 bar changes.....(each 0.05) Up to 0.10
- NOTE: A fall from 1 bar and continuation on the other bar constitutes a bar change.
9. Uncharacteristic elements each 0.10
 10. Lack of creativity in the combinations of elements Up to 0.10
 11. Lack of distribution of value parts and maintaining difficulty level throughout
Up to 0.10

BALANCE BEAM

BALANCE BEAM			TALLY
EVENT REQUIREMENTS (no longer than 1:30 min.; 30 sec. to remount)	1.0 (0.2 eac		
1. min. of 360 degree turn on one foot			D (Difficulty) - 3.0
2. 1 acro flight element (must start & finish on beam)			4 mediums @ .3 each = 1.2
3. acro series of difficulty (both must start & finish on beam)			3 superiors @ .5 each = 1.5
4. superior dismount			1 high superior or advanced high superior @ 0.3 = 0.3
5. dance series of difficulty (on beam)			Total = 3.0
COMPOSITION	1.0		Event Requirement -1.0
1. Lack of variety of acro elements up to 0.10			Composition - 1.0
2. Lack of variety of dance elements up to 0.10			Bonus - 0.8
3. Lack of balance (quantity) of acro vs dance elements up to 0.10			Execution - 4.2
4. Lack of balance in the level of acro vs. dance value parts up to 0.10			(ex: bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, steps on landing 0.1 for each, balance, etc.)
5. Most higher level value parts being isolated elements up to 0.10			
6. Using the same element twice to fulfill difficulty value parts 0.10			SUBTOTAL
7. Variety of connections (non-value parts) up to 0.10			
8. More than two dance elements of the same shape with or without a twist each 0.10			
9. Lack of using all levels. Up to 0.10			
10. Insufficient use of the entire length of the beam up to 0.10			
11. Insufficient use of direction changes up to 0.10			
12. 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			
13. Lack of artistry up to 0.10			
14. Insufficient distribution. Up to 0.10			
BONUS	0.8		Neutral Ded
3 categories:			EX: no dismount 0.3; spotting 0.5
1. (max 0.4): AHS - 2 different, no fall/spot (0.2 each)			FINAL SCORE
2. (max 0.2): HL BBS			CJ Deduction-from average
3. (max 0.2):			(ex: failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, beginning prior to signal 0.5, talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2, delaying meet, unauthorized approach to judge 1.0, verbal abuse- DQ)
LLBBS (0.1 each, up to 0.2)			delaying meet
2nd HL BBS (0.2)			2.0 deduction- routine less than 30 seconds
3rd AHS - different, no fall/spot (0.2)			
note: an AHS acro element directly connected (before or after) to a Superior acro element counts as HL BBS			

Event Requirements on Beam (1.0)

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

Composition on Beam (1.0)

All are up to .1, unless otherwise noted:

- Lack of variety of acro elements
- Lack of variety of dance elements
- Lack of balance (quantity) of acro vs. dance
- Lack of balance in the level of acro vs. dance value parts
- Most higher level value parts being isolated elements
- Using the same element twice to fulfill difficulty (.1)
- Variety of connections
 - non-value parts, arm movements, locomotor movements
 - more than 2 straight leg pivot turns
- More than two dance elements of the same shape with or without a twist (.1)
- Lack of using all levels
 - Movements that are high off the beam, semi-low, and low (kneel, squat, sit, lying)
- Insufficient use of the entire length of the beam
- Insufficient use of direction changes
 - Movements/non-value parts/choreography, forward, backward, & sideward

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Composition on Beam, cont.

All are up to .1, unless otherwise noted:

- Lack of an acro element in each of two different directions (one must be backward and another may be forward or sideward)
 - Must have one of each that both start and finish on the beam for no deduction.
EXCEPTION: The mount may be used.
 - If either or both is missing – deduct 0.10
 - If both are included but one is the dismount – deduct 0.05
 - A tic-toc may count as a forward or backward direction element.
 - May not include a handstand which has no direction
- Lack of artistry
 - Quality of gymnast's movement to reflect her personal style, Quality of expression (projection, emotion, focus), Originality
- Insufficient distribution
 - Level of difficulty not maintained throughout the exercise
 - Most difficult elements placed in same section of exercise

Timing on Beam

The duration of the exercise shall be no longer than 1:30. There is a deduction if the routine is less than 30 seconds.

- The timing and evaluation shall begin at the moment the gymnast's hands or feet leave the floor or board and conclude when the gymnast arrives on the floor at the completion of her dismount.
- If the gymnast falls from the beam, the routine watch is stopped. Following a fall, the timing of the routine resumes with the first movement to continue the routine.
- A warning signal shall be given at 1:20 and time at 1:30. If the gymnast is on the beam or in the air at the final time signal, the judges continue to evaluate the routine.
- The gymnast is allowed 30 seconds to remount the beam after a fall.

FLOOR EXERCISE

FLOOR EXERCISE

EVENT REQUIREMENTS (no longer than 1:30 min.)		1.0 (0.2 each)	TALLY
1. Acro- twisting salto - at least 1/2 (180 degrees)			D (Difficulty) - 3.0 4 mediums @ .3 each = 1.2 3 superiors @ .5 each = 1.5 1 high superior or advanced high superior @ 0.3 = 0.3 Total = 3.0
2. 3 acro passes - a series of 2 or more directly connected acro elements			
a. with exception of round-off, all elements must receive value part credit			
b. elements in any direction (forward, backward, or sideward)			
c. 2 element pass shall include a BBS, HS, or AHS			
3. superior acro element in 3rd acro pass or as last acro element			Event Requirement -1.0 Composition - 1.0 Bonus - 0.8 Execution - 4.2 (ex:bent legs, faults, falls 0.5, projection, elegance, dynamics 0.3, stops 0.1, steps on landing 0.1 for each, balance, etc.)
4. one jump/leap or turn on 1 foot of superior diff			
5. dance series of difficulty of 2 different group 1 leaps/jumps			
COMPOSITION		1.0	
1. Lack of variety of acro elements up to 0.10			
2. Lack of variety of dance elements up to 0.10			SUBTOTAL
3. Lack of balance (quantity) of acro vs dance elements up to 0.10			
4. Lack of balance in the level of acro vs. dance value parts up to 0.10			
5. Most higher level value parts being isolated elements up to 0.10			
6. Using the same element twice to fulfill difficulty value parts 0.10			
7. Variety of connections (non-value parts) up to 0.10			
8. More than two dance elements of the same shape with or without a twist each 0.10			
9. More than one leap/jump/hop to prone position each 0.10			
10. Insufficient use of the entire floor exercise area up to 0.10			
11. Insufficient use of direction changes up to 0.10			
12. 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) 0.10			
13. Lack of artistry up to 0.10			
14. Insufficient distribution. Up to 0.10			
BONUS		0.8	
3 categories:			
1. (max 0.4): AHS - 2 different, no fall/spot (0.2 each)			
2. (max 0.2): HL BBS			
3. (max 0.2):			
LLBBS	(0.1 each, up to 0.2)		FINAL SCORE CJ Deduction-from average (ex:failure to present 0.1, overtime 0.1, improper uniform 0.2, spotter blocking view of judge?, beginning prior to signal 0.5, talking during performance 0.2, extra warm-up 0.2, unsporting conduct 0.2, delaying meet, unauthorized approach to judge 1.0, verbal abuse- DQ) delaying meet 2.0 deduction- routine less than 30 seconds
2nd HL BBS	(0.2)		
3rd AHS - different, no fall/spot	(0.2)		
note: an AHS acro element directly connected (before or after) to a Superior acro element counts as HL BBS			

Timing on Floor

The duration of the routine shall not exceed 1 minute, 30 seconds.

The clock shall start as soon as the gymnast begins a movement of the exercise and shall stop when she when she maintains her final position.

Event Requirements on Floor

All of the following event requirements are required in the routine. A single element may fulfill more than one event requirement (exception: A single element within a series shall not be used twice in order to fulfill two series requirements).

Event Requirements on Floor

a. Acro

1. **Twisting salto** - at least 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 in a pass must receive 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)

All are up to .1, unless otherwise noted:

- Lack of variety of acro elements
- Lack of variety of dance elements
- Lack of balance (quantity) of acro vs. dance
- Lack of balance in the level of acro vs. dance value parts
- Most higher level value parts being isolated elements
- Using the same element twice to fulfill difficulty (.1)
- Variety of connections
 - non-value parts, arm movements, locomotor movements
- More than two dance elements of the same shape with or without a twist (.1)

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Composition on Floor, cont.

All are up to .1, unless otherwise noted:

- More than one leap/hop/jump to prone position
- Insufficient use of the entire floor area
- Insufficient use of direction change
 - Movements/non-value parts/choreography, forward, backward, & sideward
- 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)
 - The two directions do not need to be in the same pass.
 - Any acro element may be used to fulfill the two direction requirement except a roundoff and a handstand.
- Lack of artistry
 - Quality of gymnast's movement to reflect her personal style, Quality of expression (projection, emotion, focus), Originality
- Insufficient distribution
 - Level of difficulty not maintained throughout the exercise
 - Most difficult elements placed in same section of exercise

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 114 in Rule Book

Chief Judge Deductions

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	1.0
Questioning or attempting to influence judges' decisions	1.0
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

Session 3: 4:00- 5:30

Judges Meeting