

## SUPPLEMENTAL EXPLANATIONS

### 1. Six Ways to Break a Series:

In order to receive credit for a series on BB or FX, the elements must be directly connected, that is, with no extra step or stop between. Series are not connected if there is:

- A stop between the elements that delays the immediate take-off of the next element
- A loss of balance causing a stop between elements
- An extra step, hop or jump between elements
  - If an element lands on two feet...
    - the next element must take off from two feet with no movement of either foot between elements
  - If an element lands on one foot...
    - the free leg may be set down right next to the landing foot for a two-foot takeoff
    - or
    - the free leg may be the takeoff leg for another element by taking a step into the next element as in – (step L, leap R, step L onto free leg, leap R)
  - An example of an acro series that is considered non-connectable, regardless of how quickly the elements are performed:
    - Back walkover to lunge (or back handspring step-out to lunge) to round-off, cartwheel, front walkover, or handstand:
  - The first element lands on one foot and then the second foot (free leg) is placed on the beam behind in a lunge. The gymnast then leans forward to initiate the second element.

**NOTE:** The elements in the example could connect to a second element by landing the first element on one leg and then swinging the other leg (free leg) forward to step into the second element. During the step, the leg swing forward must be no higher than 45° or the series will be considered broken
- A repositioning or pivoting on the support leg
- A landing in a pli  from the first element, followed by a straightening of the legs, with another pli  prior to the takeoff of the second element
- A large arm swing that causes a stop and delays the immediate takeoff of the second element. Ideally, at the end of the first element, the arms should end in a position for takeoff for the second element. If the body continues its movement, an arm circle does not necessarily break the connection.
  - In gainer elements, the arms are allowed to continue circling forward-upward and backward-downward without automatically breaking the connection. The circling action is an inherent arm pattern for gainer type elements.
  - A backward acro flight series would be considered broken when the arms move as low as the thighs or further back after the landing of the first element in the connection. A cautious, slow-moving attempt to connect backward flight elements would be considered broken and no rhythm deduction is applied. This does not apply to series of non-flight acro, acro flight with forward and/or sideward elements, counter acro flights, and dance or mixed elements.
  - With the exception of backward acro flight series, if a connection is a bit slow or there is a slight hesitation, credit can be given with a deduction taken for incorrect rhythm.

## **2. Spotting:**

When a spotter facilitates or assists an element (gymnast could not have completed the element on her own), the deduction is 0.5 for the spot and no Value Part credit is awarded. Therefore, no credit is given for event requirements, no AHS bonus credit is awarded and the element may not be used for credit as part of a back-to-back superior series.

When a spotter touches a gymnast without assisting (gymnast completed element on her own), the deduction is 0.5 for the spot. If the element is completed according to technical requirements, it can still be awarded Value Part credit, event requirements and may be part of a back-to-back superior series.

- Any type of spot on an AHS that results in a 0.5 deduction will make the element ineligible for 0.2 in Bonus for an AHS (must be completed without a fall or spot).
- If a gymnast falls after being spotted (facilitated or touched) during an element within a routine, 0.5 is deducted for the fall in addition to the 0.5 that is deducted for the spot.
- If a gymnast is spotted upon landing of a dismount, a total deduction of 0.5 is taken. Do not deduct for both a spot and a fall, if a fall occurs.
- If a coach catches a falling gymnast, deduct 0.5 for the fall only.
- If a coach touches or pushes a gymnast when, or after, she lands an element to stop her momentum, deduct 0.5 only. If a fall occurs after touch, do not also deduct an additional 0.5 for the fall.
- There is no penalty if a gymnast inadvertently touches the coach.

## **3. Supplemental Explanations for the Definitions:**

- LA Turn/Twist – Any type of turn or twist that goes around the longitudinal axis of the body. The longitudinal axis is a line drawn down the middle of the body from head to toe.
- LA Turns/Twists That Are Direction Changes – Only  $\frac{1}{2}$ ,  $1\frac{1}{2}$ , and  $2\frac{1}{2}$  LA turns/twists are direction changes. All other LA turns/twists, 1/1 and 2/1, finish facing and moving the same direction and therefore do not constitute a change of direction.
- Elements – Any movement with value is called an element.
- Value Parts – Elements become Value Parts and can count for difficulty when they are performed according to specific criteria on each event:
  - Criteria on each event:
    - Bars: To receive Value Part credit, an element is almost completed and contact with the bar occurs. (7-2-6)
    - Beam: To receive Value Part credit, an element is almost completed and weight is borne. (8-2-6)
    - Floor: To receive Value Part credit, an element is almost completed and weight is borne. (9-2-5)
- Difficulty – The sum of the Value Parts.

## **4. Inquiries:**

A coach shall submit a written inquiry or a verbal intent to inquire with the meet referee within five minutes after all scores are recorded for that team for that event. For example, if a coach wants to submit a written inquiry on balance beam, but the team is immediately up on floor exercise, the coach may verbally notify the meet referee of intent to inquire. At the next earliest opportunity, the coach shall submit the written inquiry to the meet referee. Following the first

**failed** inquiry submitted by the coach, any subsequent inquiry, with the exception of inquiries concerning mathematical errors that do not result in a score correction shall result in a 0.5 team score deduction.

### **5. Vaulting:**

Due to the 3° slant in the top of the vault table, a slight bend in the first arm to make contact is acceptable technique on Tsukahara and quarter-on vaults, so there is no deduction taken.

### **6. Extra Swings:**

- If an element is performed poorly or ends in a dead hang, extra swings may be necessary to regain momentum. Extra swing deductions may be taken on several elements but no more than 2 consecutive extra swings should be taken on any one single element (maximum of 0.6).
- After a fall, the gymnast is allowed to jump (or be lifted) to the high bar and take a maximum of two “pump” swings to initiate momentum to resume the exercise. If more than two pump swings are taken, a 0.3 deduction for each extra swing(s) (after the two allowed) would be applied up to a maximum of 0.6.
- The tap swing technique used by itself to swing forward and backward, not as part of an element, is considered an extra swing.
- The following occurrences are NOT considered extra swings/casts and would possible receive deductions for rhythm and execution:
  - Performing consecutive sole circles on low bar in the attempt to stand and jump to high bar.
  - In the attempt to perform a cast handstand ½ pirouette, the gymnast does not reach handstand, swings down to another glide kip and casts again (one or more times).

### **7. Uncharacteristic elements on bars:**

- Squat on LB, jump with ½ turn to HB
- ½ turn on feet on LB
- leg cut that is not simultaneous
- v-sit on LB
- scale
- climbing or crawling onto the LB
- jumping from the LB to support on HB continuing to a forward roll over the HB

### **8. Bar change:**

A bar change occurs when there is movement from one bar to the other bar. A gymnast who performs elements on the low bar and then moves to the high bar has fulfilled a bar change. A fall from one bar with continuation of routine (performance of a listed Value Part element) on the other bar is considered a bar change.

### **9. Description of Handstand Turn Techniques – Uneven Bars:**

- Blind Change – A basic ½ turn typically performed as a back giant, back staldler, sole circle, or clear hip to handstand nears completion. The gymnast’s chest leads or moves forward. When turning left, the left hand remains on the bar and, if continuing through handstand, the right hand regrips in an undergrip. A blind change can include a second hand change to finish in an overgrip if connecting to an underswing ½ over the low bar (bail ½ turn) rather than continuing through handstand.

- Pirouette – This term is normally used for a ½ turn in handstand in which there are two hand changes, one before the turn and one after the turn. When turning right, the left hand first changes from overgrip to undergrip while pivoting around the left arm. As the turn is completed, the right hand regrips in overgrip and the left hand is again in overgrip as a result of the ½ turn.
- Higgins Roll – This ½ turn occurs as the gymnast leaves the handstand, leading with the back. When turning right, the left hand remains on the bar and twists to an L-grip as she turns. The right hand regrips in either a mixed L-grip or in an L-grip. (Looks like a ½ pirouette but the base hand doesn't move).
- Healy Technique: 360 degree turn on one arm – this is a full turn on one arm performed after the handstand phase. The base (pivoting) hand begins in undergrip and pivots on one arm until a full turn has been completed. It finishes in a mixed L-grip or L-grip.

## **10. Tap Swing:**

A tap swing is a technique used to execute a giant or another circling element and is used to increase speed in a swing. It can best be described as: the body is in a hollow position as it begins the downward-forward swing from the high bar. As the feet pass the low bar, the body relaxes from the hollow position to a slight arch. The slight arch position is maintained through the vertical (under the bar) and is followed by an aggressive kick forward-upward with the legs/feet together while the body, at this point, returns to the hollow position as it moves toward the level of the high bar. A tap swing used by itself to swing forward and backward, not as a part of an element, is considered an extra swing.

## **11. Description of Hand Grip Positions – Uneven Bars:**

**NOTE:** When a handstand or circling element to handstand is followed by a turn, the turn is considered as part of that circle or handstand. Together, it is considered one element. (Example: clear hip handstand 1/2 turn is one advanced high superior element.)

- Overgrip or Regular Grip – Used for kips, casts, hip circles, backward giants, etc. When in a front support, knuckles are facing upward, palms down.
- Undergrip or Reverse Grip – Used for front giants, forward stride (mill circles), etc. and is sometimes attained by means of a “hop change” from overgrip. When in a front support, knuckles are facing downward, palms upward or forward.
- Mixed Grip – One hand is in overgrip and the other is in undergrip.
- L-Grip or Eagle Grip – The arms are twisted 360 degrees from undergrip, through overgrip and continuing. The arms are twisted with thumbs pointed away from the body. In an L-grip front giant, elbows are pointing in the direction of the giant.
- Mixed L-Grip – One hand is in L-grip and the other hand is almost always in an undergrip.

## **12. Handstands on beam and floor:**

A handstand does not fit into any directional category. It is neither forward, backward nor sideward. An acro element must pass through the vertical plane either forward, backward or sideward to satisfy the composition requirement of one backward acro element and a second acro element that is either forward or sideward. A handstand moves up to the vertical plane and comes back down but never passes through the vertical plane. Therefore, a handstand may not be credited as a backward or forward/sideward acro element in composition. The handstand may be used in an acro series to fulfill the event requirement.

## **13. Description of Selected Jumps and Leaps:**

- There are three leg positions that are the basis of the criteria for awarding credit for leaps and jumps requiring a split. Split or stag-split leaps/jumps have a forward-backward split. Side split jumps have a sideward split (straddle). In a straddle pike position, the body is piked at the hips with legs horizontal and split to at least 135°.
- To receive credit for a Schuschunova, the gymnast must show straddle-pike jump, legs horizontal, then legs circle around to stretched position prior to landing in a front lying position on the floor.
- The Khorkina is listed to draw attention to the fact that the twist is a horizontal, not a vertical twist and it has no root jump/leap. A Khorkina is leap, 1½ horizontal twist to the prone position. All other jumps and leaps have the same value to the prone position as to a stand.
- A switch-leg leap to wolf position has the same value as a wolf jump. It is considered a different element because the take-off is from one leg rather than from two. A switch-leg leap to wolf position is a wolf shape.
- On balance beam and floor exercise: Switch-leg leap with ¼ (90°) turn (switch-side leap), BB #2.409, FX #1.309. If the gymnast swings the first leg to a minimum of 45° but begins the ¼ (90°) turn early (before the first leg begins to swing backward), apply the “Lack of precision in dance Value Parts deduction of Up to 0.1.”

#### **14. Direction of specific elements on beam and floor:**

- Round-off on beam = sideward
- Round-off on floor = no direction
- Jump backward (flic-flac take-off) with ½ (180°) twist to walkover forward (Onodi) = forward
- Jump backward with ½ (180°) twist to salto forward (Arabian salto) = forward
- Cartwheel or dive cartwheel = sideward
- Aerial cartwheel = sideward
- Handstand = no direction
- Butterfly forward or backward = sideward
- Aerial round-off = sideward
- Sideward salto = sideward
- Flic-flac with ¼ twist (90°) to side handstand = backward
- Backward roll to handstand = backward
- Tic-Toc on beam and floor = forward or backward