

2009-10
ILLINOIS HIGH SCHOOL ASSOCIATION
CLARIFICATION OF NATIONAL FEDERATION RULES

The Illinois High School Association will utilize the rules of the National Federation of State High School Associations for interscholastic boys gymnastics in its member schools. Following are provisions related to these rules which are special policies for interscholastic gymnastics competition in Illinois in areas where the Federation rules provide no coverage. This supplement should be used in conjunction with the National Federation Boys Gymnastics Rules Book for 2009-20011.

I. ISSUES NOT COVERED BY NATIONAL FEDERATION RULES

- A. Rule 2, Sec. 5, Art. 3. When two events are being run at a time, a lineup change may be made at any time due to a working order conflict.
- B. Rule 3, Sec. 2, Art. 1b. Late arrivals: In the event the visiting team arrives late, but before the scheduled starting time of the meet, the Superior Judge shall determine an adequate extension of the warm-up time which shall not extend beyond 20 minutes past the original starting time for the meet. In the event the visiting team arrives late, but after the scheduled starting time of the meet, the Superior Judge shall grant a warm-up period not to exceed 20 minutes.

Host teams are to schedule march-ins and introductions so that competition begins at the scheduled starting time.

- C. Rule 2, Sec. 2, Art. 1. **NOTE:** Only equipment deemed acceptable and/or required by the state office may be used in state competition.

II. POINTS OF CLARIFICATION AND CORRECTION IN THE NATIONAL FEDERATION RULES

- A. A General Statement: When the drawing and wording of a skill are in conflict, the IHSA Office will clarify any discrepancy.
- B. Officials
 - 1. If an official does not show up within 15 minutes of the official starting time, the meet must begin.
 - 2. When no officials show up, the schools involved must provide a coach to act as an official. This person or persons will act as an official for the entire meet.
 - 3. When only one official shows up, the teams involved must do one of the following:
 - a. Use the official present, plus a coach or other official that is in attendance. This must be unanimously agreed upon by the coaches of all schools involved.
 - b. Use one official only. This must be unanimously agreed upon by the coaches of all schools involved.
 - c. Use 1 official plus 2 coaches. The average of the 3 scores will be used. The coaches and official must judge all 6 events (unless the other official shows up). If the other official shows up, he will not judge until a new event begins. (The 3 persons who already started judging will complete the event they are judging.)
- C. Rule 2-5-2. Gymnasts will compete block style for all events. The host team shall compete in event order and the visiting team will compete on the opposite event. See attached page for triangular or double dual meets.

- D. Rule 5-1-1. No one mat may exceed 2 inches in thickness and the total of all mats is recommended between 1-1/2 to 2 inches, including the carpet covering if used. The height of the spring floor is excluded from the 2 inch recommendation.

III. ILLINOIS DUAL MEET PROGRAM AND PROCEDURES

- A. In Freshman and Sophomore and J.V. competition, a team shall be limited to a maximum of five entries per event. (Note: Number depends on league.)
- B. On all levels of competition, two events are run concurrently with one judge per event. The highest three (3) scores in each event determine the team score.
- C. In Freshmen, Frosh/Soph and J.V. meets, Tumbling will be required in place of Floor Exercise. (By league consent, J.V. level may work Floor Exercise.)
1. A routine shall consist of not more than three (3) passes of three (3) or more consecutive moves in a single direction.
 2. All moves must be of a swing nature and all stops and hesitations shall be deducted according to the code.
 3. A forward pass must contain at least three (3) consecutive forward/side stunts. Deduction 1.0.
 4. All routines must show alternating work and bounders and a ½ twisting salto. Alternating and bounding work may be either forward or backward. Front salto, handspring, front salto -- back salto, back handspring, back salto -- front salto, front salto -- back salto, back salto. Deduction .4 each requirement = total 1.2 for special requirements
 5. All skills will have the same value as rated in the rules book for Floor Exercise.
 6. All routines must start and end on the mat.
 7. No additional equipment may be used to aid or assist the gymnast.
- F. Freshmen will not be limited to one remount.
- G. Vaulting- Freshmen will be allowed to perform any difficulty vault.
- H. Mat thickness--In Freshman and Sophomore competition, there shall be no deduction for additional mat usage for dismounts on the Horizontal Bar, Parallel Bars, Still Rings or Long Horse Vault.
- I. General: Whenever an A, B, C, or D skill or combination of skills, or a technical situation occurs that is not covered in the National Federation Rule Book, the following process will be followed:
1. The Illinois High School Association will contact the National Federation to make a decision which will remain in effect for the rest of that competitive season.
 2. The National Federation decision will be sent to:
 - a) Illinois Coaches Association president
 - b) National Federation Regional Rules Committee representative
 - c) All IHSA registered judges
 - d) All coaches of IHSA member schools entered in boys gymnastics
 3. The National Federation Rules Committee representative will take the any additional information to the annual rules meeting for further clarification.

V. RECOMMENDED ROTATION FOR TRIANGULAR AND DOUBLE DUAL MEETS:

1. **All Levels: (3 events at a time)**

Rotation I.

TUMBLING

Home Team
Team A
Team B

POMMEL HORSE

Team B
Home
Team A

STILL RINGS

Team A
Team B
Home

Rotation II.

VAULTING

Home
Team A
Team B

PARALLEL BARS

Team B
Home
Team A

HORIZONTAL BAR

Team A
Team B
Home

VI. SPECIAL REQUIREMENTS

Tumbling:

1. 1/2 Twisting
2. Alternates (Salto, handspring, salto)
3. Bounders (Salto, Salto)

PH:

1. Two front or back Scissors in immediate connection
2. Two consecutive double leg circles any part of the horse
3. Double leg skill of at least B value

SR:

1. One strength move of "A" value or better
2. One handstand of "A" value or better
3. A swing move beginning and ending above the rings

PB:

1. Swing or press to a held handstand of any value
2. One skill on two rails in or through a hang
3. Somersault dismount that comes from the support position

HB:

1. One skill passing through a handstand
2. One skill beginning above the bar, swinging through the bottom, and ending on top
3. Salto dismount