

2010 BOYS GYMNASTICS INTERPRETATIONS APPLIED TO NATIONAL FEDERATION RULES

FLOOR EXERCISE/TUMBLING:

1. FX- Arabian double front= D+B, Piked=D+C
2. Front salto w/ 1 1/2 tw = D must be lay out/piked
3. Front salto 2 tw = D + C must be lay out
4. Japanese press w/.2 elbow bend = B w .2 deduction
5. To receive credit on Japanese H. = 130 degrees
6. B press w/walking in Handstand. and then hold = credit w/deductions
7. Punch dive roll that shows flight is considered a springing skill
8. Round off is back tumbling / side somi is neither front nor back
9. Maltese = D w/no deduction /C w / .1 deduction /.2 elbow bend = no credit.
10. Back tuck, back tuck followed by a second back tuck, back tuck in the routine. Repetition. A combination of two identical skills performed in succession will be given value. The individual skill in this combination can be performed once again for value. Thus, the second back tuck, back tuck will only get B credit for the first tuck back and repetition for the second tuck back with no value and no additional deduction.
11. Thomas tucked (1 1/2 tw, 1 3/4 ss) = D+B
12. Thomas layed out = D+C
13. A press w/o hold is not given value and has a 0.2 deduction.
14. Kick to wide arm handstand w/ less than a 1 sec. hold is a .2 deduction and no value
15. Arabians are back tumbling movements
16. A layout front salto needs to have a body line that is between a slight hollow to an arch. Any break in the hips toward a pike is not a layout, except at the beginning of the skill. If the knees bend more than 30 degrees, the skill will be considered a tuck/pike with appropriate deductions.
17. Judges need to keep in mind Rule 5-3-1a "The exercise does not form a harmonious and rhythmical whole, small to medium deduction". This is often seen as extra movements (parts of no value) to move from one part of the floor to another. Such as extra Chasses, turns and switch kicks. If the transition becomes unrhythmical, the Rule should apply.
18. Landing a skill out of bounds would be a deduction for steps taken, execution and the .1 for being out of bounds, but value is still given and no deduction for the gymnast to move himself back in bounds.
19. Circle, Moore, circle is valued at a C, however, doing two additional circles before or after, in order to attain another B value, would require 3 circles in a row and a repetition deduction.
20. In reference to using a mat or having a spotter present for a D skill, you may have either a spotter at the edge of the mat, not on, or up to a 4" mat. You need to choose between the two and may only do this once during the routine. Since you are only allowed a 4" mat or a spotter, when using the mat, the coach needs to be out of the spotting/coaching position until the need to remove the mat.
21. A standing back somi with full twist, tucked=B, with no deduction for bending of knees. This does not apply to tumbling back fulls.

Tumbling (not FX)

1. There is no overuse and no repetition for handsprings and saltos. This means that 3 tuck fronts can be done in a row, or 2 passes containing 2 flip flops in each.
2. On this event all three requirements may be done in one pass, connecting requirement to requirement. I.e. back, flip-flop, back, back with a 1/2 twist.
3. Alternates are defined as a handspring/headspring between saltos. Front salto, forward roll, front salto is not an alternate. Front salto, round off, back salto or back handspring is not an alternate.
4. There is a 1.0 deduction for a pass with less than 3 skills.
5. A Cartwheel can be either front or back tumbling.

POMMEL HORSE:

1. Circles done over one pommel (High B) need to be done with the pommel in line with the middle of the gymnast body. If done with the body mostly to the left or right of the pommel value as A.
2. Routine done in all flairs = .4 deduction if 4 of 6 valued parts are flaired
3. Scissor hops must have continuous leg movement following hop, otherwise devalue one letter and take appropriate deductions, however, if there is a sit no value is given and deductions are taken.
4. All double leg movements done for value must be preceded by a double leg circle and followed by 1/2 circle or devalue 1 letter grade.

5. In regards to using all parts of the horse, there has to be support with one hand and part of the body passing over the horse with the center of gravity over the end. I.e. A stock out dismount or a scissors $\frac{1}{2}$ to end would be considered using that end...
6. Front and back loop circles along with flairs are considered circles and therefore can only be done two at a time. I.e. Flair 3 times in a row would be a deduction of 0.2, but Flair 2x, circle, Flair 2x would be B+A+B.
7. Reverse of direction is considered a part of no value (.2) this is commonly seen on leg cuts before or after scissors and stockli.
8. On the Varsity level, a straddle travel would be considered a transition move, but not a part of value
9. Any walk around where there is 360 degrees turn, value as a C.
10. If a Russian 3/3 travel is not completed with a loop around, and ends in the downhill circle position value=D+B instead of D+C
11. From circles in the middle, turn to back Moore position and back loop over horse to dismount=B, doesn't count as working the end of horse even if the hand touches the end upon dismounting.
12. Same as above, but finishing travel on end with a back loop off. =C+B, this would count as working that end
13. Same as above, but with 2 back loops=C+C
14. Loop, loop followed by a loop around is an A+B or B+A not B+B. If started with a downhill circle and then loop, loop to loop around it would be Low B+Low B.
15. From the middle, travel down with a $\frac{1}{4}$ turn step down to front loop position, Low B
16. From the middle, $\frac{1}{4}$ turn to two hands placement, on the pommel, back longitude travel to loop position, C
17. Our book definition of a dismount as "The final skill of value used by a gymnast which completes an exercise." On higher level routines the interpretation is the gymnast must complete a double leg skill done as a dismount and demonstrate intent of landing and exiting the equipment. Some dismounts may be valued as C + A (Wende or flank off). The interpretation is a C dismount provided the A Wende is not needed for 10 parts.
18. From the middle, $\frac{1}{4}$ turn to pommel loop. (3 hand placements), longitudinal travel to Loop position. C+C
19. If a walk around is done w/o completing the loop around, but single leg stockli into the middle, it is devalued to a B. However, if the walk around starts from the loop position, it may be finished with a single leg stockli and receive a C, because the gymnast completed the required 360.
20. Interpretation of double leg circles beyond two: From a front support, 1 $\frac{1}{2}$ circles are traditionally done before starting a skill - travel, moore, stockli, Bailey. From a rear support, 2 circles are done before starting a skill - travel, moore, stockli, Bailey. Skills are technically started when posting the first support arm into the skill.
21. PH- A gymnast is considered to mount the horse when both feet leave the floor. If both feet have left the floor and return to the floor without an attempted skill, there will be a .2 deduction each occurrence.
22. Referring to Rule 6-3-1c, there is no deduction for doing two double leg circles on a given part of the horse more than once. The rule is simply referring to repetition.

RINGS:

1. Front lever no hold pop cross = C
 2. Pull to straddle front lever = A
 3. Yamawki must be executed as a double salto - not as a whippet to forward roll - if so, value as B + A
 4. The straight arm bail should be given regardless of holding handstand as long as the handstand position is shown
 5. Bail dislocate above the rings, B+B
 6. Bail to straight arm giant, pause in handstand (just less than 1 sec.), B+C. If there is no pause, B+B
 7. Cross to front lever=upgrade on front lever
 8. Straddling of the legs on giants is a deduction
 9. Swinging to a back or front lever does not elevate the lever. Typically, swinging to a strength move needs below the rings to above in order to elevate the strength skill.
 10. To receive connection bonus and a value raise for a Maltese to Cross, the top of the shoulders cannot rise above a 30° angle of support in transitioning.
- Technical execution deductions can be applied to the skills in the combination.

VAULT:

1. Lines for distance deductions need to be placed such that the whole line is good.
2. Tsuk with a $\frac{1}{2}$ turn is the same value as w/o the $\frac{1}{2}$ turn.
3. Round off on to the board to flip-flop over vault is valued as a handspring. Any twist done at that point would be according to other handspring twist vaults.

4. The distance bonus is still give regardless of landing deductions. Therefore, if the gymnast falls towards the table after landing, he will be given the distance of his feet.

PARALLEL BARS:

1. Moy values = cast values. On twisting Moys, feet should be bar height when catching. If not, devalue one letter grade.
2. Feet brushing floor on Moys = .2 or w/support = .5
3. Stutz to one bar = same as two bar
4. Glide peach support/Handstand = same as regular peaches
5. Back Stutz = feet catch above bar for no deduction/feet at bar or below give B w/deduction
6. Back swing in hang to support with 1/2 turn = B if straight arms
7. A Maltese is evaluated the same as it is on FX in regards to below bending. Some part of the shoulders must be at the top of the bars for the skill to be considered a Maltese. If not low enough, value as a planche. Elbow bend should also be taken in consideration as to how low the shoulders would be if they were straight.
8. To get the connection for two reverse pirois in a row, they need to have a minimum pause (>1 sec.)
9. In the case of Stutz, Back toss, Diamidov, ect. a 2 sec. handstand in between skills is expectable for connection.
10. Front uprise V=A+B or C
11. A drop kip and glide kip are in the same box and therefore, considered the same skill. A glide kip V and a drop kip V are the same skill.
12. Underbar flyaways with a twist should be done with straight legs once the knees pass through bottom. If not, value as seen and deduct for knee bend.
13. Flyaway 1/2 twist=B 1 twist=C
14. Tippelt done with bent knees through the bottom=C
15. F/S levels can get three parts for a shoulder stand, forward roll, back up rise.
16. Bail from planche, is no deduction, but not an A part.
17. Glide kip reverse cut to handstand 2 sec., C+B If the handstand isn't held, there would be a .2 deduction and value as only a C.
18. One bar English Press (stiff-stiff) hold 2 Sec. C, press and hold 2 sec. on two bars B.
19. A back toss swinging through a handstand, catching up to 15* =C w/ no deduction; catching 16*- 30*= C w/ a small deduction; catching 31* - 44* = C w/ a medium deduction. Catching in support below 45* value as a B.
20. Two circles facing outwards on end of bars=C. **Back moore=C, C circling skills can be connected for bonus.**

HORIZONTAL BAR:

1. Kip hop with a stop or double pump would still receive credit with deductions
2. Kip cast to 1/2 Higgins is no deduction. The cast must be to a nominal handstand. Angle deductions apply with no value when the Higgins turn is completed below 44 degrees.
3. **Cast to a free hip or Fly Away is no deduction, but elbow bending or stop/pausing is.**
4. Mix grip eagle hop piro = B release. However, the gymnast must hop on the eagle grip hand to get a B and release credit.
5. 1/2 Higgins, 3/4 giant and roll under grip hand to eagle grip = B into dorsal
6. A Free Hip at 45 degrees or lower will be considered an 'A' part, with possibility of execution deductions, but not a large deduction and non-recognition of skill.
7. Back uprise hand, over the top to hop, undergrip, B+B and release
8. To receive dorsal/cubital, the intent is to use it in the format of a giant swing or a near giant swing. I.e. Stem rise double roll. It is not given for a small swing in the grip involving a B skill. I.e. Cut catch in the eagle grip.
9. Pushing the gymnast when lifting him onto the HB, would result in a .1-.2 deduction.
10. A free hip to hand, but falling out backward, would still receive credit with deductions for falling when not intending to.
11. Double front fly away=C

Bonus

No skill or connection of skills may receive any type of bonus when a single large deduction

is taken on that skill. I.e. D+D+C with a large deduction on the first D, .2 for bent knees and .2 for elbow bend on the second D and a fall on the C=only .2 overall bonus, which is for the second D. explanation- the first D and the C had a single large deduction, so no bonus, no connection and no extra C.

ADDITIONAL POINTS

1. All 'V's' need to be done with the legs at 60 degrees from the floor. If done lower than 60, it would be an A value with deduction.
2. All Manna stands need to be done at 30 degrees from the correct position of horizontal. Otherwise it would be a V.
3. In the rules of gymnastics terms, such as, elegance, aesthetics, and gymnastically object table are used. A tattoo that is displayed outside coverage of a competitive uniform is considered gymnastically object able. A medium deduction (0.2) is given.
4. Shoulder stand on the varsity level, on any event is 0.2 deduction.
5. The 0.1 bonus for stuck landings would only apply to the landing with no deduction.
6. When a routine has a dismount that is composed of a B+B that could make it a C value, it cannot be a B+B and be considered a C at the same time. Example PH-Dismounting with a back loop 2x with a full bonus routine, but needing the back loops to be a B+B for parts, would not be a C dismount for a commensurate dismount.
7. As per repetition, a gymnast may only do two consecutive skills. Although some skills have a different number, they are basically the same skill, but done at a different angle or held longer. I.e. Stutz, Dislocate, Inlocate, Stalder roll, Kenmotsu, Moy ½ turn, and Streuli type movements. i.e. 3 dislocates done with the last one above the rings would receive a .2 deduction and no value for the 3rd dislocate.

OVERUSE

1. Overuse: If C and B parts come mostly from one group, medium deduction (4- 3-4-g). The fourth time a B, C, D, skill from the same category or family is used a .2 deduction will be given.
2. The deduction for overuse is for each time a skill, in the same family, is done over the 3rd time. Example: front tuck-front tuck, front layout, front layout, front tuck. Value for all skills is given with no repetition. However, overuse of the last two front saltos is applied - .2 deduction each.
3. When skills have a different sub-number, repetition does not apply. However, overuse does.
4. If two skills are used together for bonus and they have already been used 3 times prior, they would be deducted .2 for each, which is .4 total for that bonus part and therefore no bonus.

FAMILIES

A FAMILY IS DEFINED AS SAME:

1. FX - All back saltos (whip, tuck, pike, and layout) are the same.
2. FX - All front saltos (tuck, pike, layout, forward roll front, step out) are the same.
3. PH - All scissors on pommel horse are from the same family.
4. PB - All straddle cut moves front or back are from the same family.
5. PB - All pirouettes front or reverse are from the same family.
6. PB - Kenmotsu and Moy are the same family.
7. HB - All Higgins turns (full or half) are from the same family.
8. HB - Stalder and Endos are from the same family.

A family is defined as different:

1. FX - Full twisting saltos are a different family.
2. PB - Front stutz and back stutz are from different families.

REPETITION RULE

A skill performed three times in succession shall not have value and shall receive a medium deduction. Boxes in the book, no longer mean anything for repetition. The subnumber given to each skill(s) is what determines if two or more skills are considered the same.

On pommel horse a maximum of two circles on each part of the horse is permitted for value.

On horizontal bar, two forward giants, regardless of grip, and two backward giants, regardless of grip, are permitted for value.

Repetition is evaluated in the chronological order the skills are performed.

HOLD PARTS

- If a skill is required to show a 2 sec. hold then there will be a deduction for anything less than 2 sec. This means even if the part is not needed the gymnast still must hold the full 2 sec. or the appropriate deduction will be taken.
- This does not include skills that do not require a hold to get credit. Example- piro. on Ps

FROSH/SOPH RULES:

Tumbling

1. 1/2 Twisting Salto
2. Alternates (Salto, hand/headspring, Salto)
3. Bounders (Salto, Salto)

Note: Must contain a front pass consisting of at least 3 consecutive front/side skills. 1.0 deduction for no front pass.

Pommel Horse

1. Two consecutive scissors in any connection
2. Two Consecutive double leg circles any part of the horse
3. Double leg skill of at least B value

Still Rings

1. A strength move of "A" value or better. (an 'L' does not meet this. Any varsity strength or an 'A' rule book strength. I.e. Straddle 'L', Muscle-up, back lever, forward or backward roll, any press hand, straddle front lever)... Lowering through a cross is no longer a skill.
2. A handstand of "A" value or better
3. A swing move beginning and ending above the rings

Parallel Bars

1. Swing or press to handstand of any value
2. One skill on 2 rails in or through a hang
3. Somersault dismount through support

High Bar

1. One skill passing through handstand
2. One skill beginning above the bar, swinging through the bottom, and ending on top (i.e. baby giants, giants, undergrip cast, back uprise)
3. Salto dismount