

2016-17 GYMNASTICS RULES CLINIC

CLINICIAN: DEAN RATLIFF

CONTACT PEOPLE

- Your Athletic Director
- Your WSGCA Rep or President (Ryan Fleisher wsgca@outlook.com) or Assigning Secretary
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CONCUSSION PROTOCOL

The concussion protocol applies for contests of all levels, middle school, high school, varsity and sub-varsity in which WOA (Washington Officials Association) registered officials are being used.

At the pre-CONTEST conference between the coach and officials, the official will ask the coach if he/she has a licensed health care provider that is authorized to evaluate possible concussions on site.

If the answer is yes, the coach must then introduce the official to that health care provider.

If the team does have an approved health care provider with them (on the sideline or courtside) and the official removes an athlete from play for possible concussion signs or symptoms, that athlete could return to play provided they are cleared by the pre-determined health care provider.

If the team does not have an approved health care provider with them (on the sideline or courtside) and the official removes an athlete from play for possible concussion signs or symptoms, that athlete will not be allowed to return to play during that contest.

APPARATUS & GENERAL

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MATTING/MOUNTS

- Manufactured skill cushions and sting mats (maximum 9") are allowed in addition to the maximum landing surface.
- If mounting from a board, the board may NOT be placed on an 8" skill cushion.

EQUIPMENT FAILURE

If there is equipment failure, including broken or completely torn grips, the gymnast may:

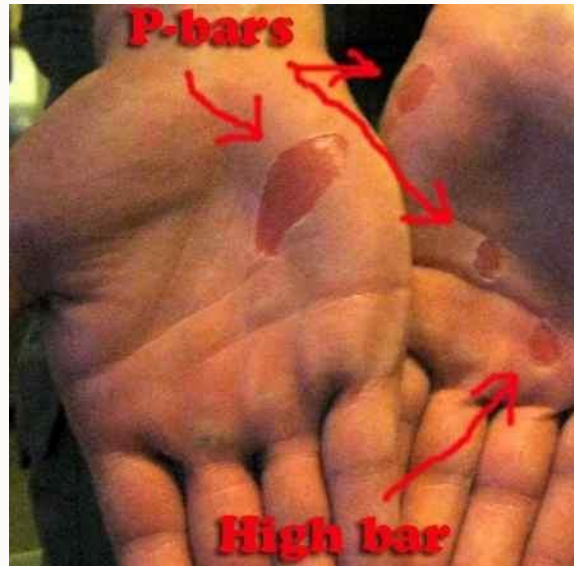
- Stop immediately and request to repeat routine
- Finish routine - at completion of routine, decide to repeat the routine or accept the score. No score will be posted until that decision is made

Equipment failure is not

- Unfastening of bandages or handgrips
- Incorrect bar settings
- Failure to tighten bar cables or handles

BLEEDING

- Injury does not provide reason to repeat routine.
- If fall time exceeded, routine is ended.
- Blood must be removed before next athlete



ASSISTANCE BY THE COACH/TEAMMATES

- The deduction of 0.20 for any verbal/visual assistance by the coach or teammates will be applied only after a warning.
- Assisting an athlete who has forgotten her routine will be applied without a warning.



SPOTTING REQUIREMENTS

- A coach standing on the vault, balance beam, or floor exercise matting or on the uneven bars matting (to spot a low bar only skill) will result in a 0.5 deduction.
 - **JUDGES MUST TAKE THIS DEDUCTION**
- The deduction is only applied once per routine.
- Any team member may hold or stand on the dismount mats to hold from slipping or to pull a springboard after a mount.

ATTIRE

- Flesh-tone, black, white or coordinating with the leotard
- If undergarments are not flesh-tone, black, white or coordinating with the leotard, first a warning, then deduction
- Gymnasts should always look professional and avoid exposed undergarments.
- Hair accessories shall not be considered jewelry and shall be allowed with no deduction or other consideration.
- Hair shall be secured away from the face.



VAULT

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<https://www.youtube.com/watch?v=72EYceBepis>

GENERAL

- Judge from the SV of the performed vault.
- Spotting during vault = 0.00
- Failure to land on feet = 0.00
- Tripping and falling on the vault runway is considered a balk, unless the athlete touches the springboard or vault table, in which case it will be considered a vault and scored 0.00.

APPARATUS

- Maximum height of the table is 135 cm.
- Spring board safety zone mat is required for all round-off entry vaults in the correct position.
 - May also be used for all other vaults in any position that does not block the front of the vault table
- A manufactured hand placement or sting mat may be used for all vaults
- A coach may stand next to the side of the vault with no deduction regardless of the mats they are standing on

QUESTIONS 1

GENERAL

- Value Parts: 3 A's, 4 B's, 1 C
- Start Value: 10.00
- Short Exercise -2.00
 - **UB < 6 elements**
 - BB/FX < 30 seconds
- Saltos must land on the bottom of the feet to receive Value Part credit
- Judges shall always be prepared to share the Start Value of the routine.

REPETITION RULES

- Same element may be recognized TWO times for VP credit, if second performance in a different connection.
- An element performed >2 times may be used to fill SRs, as long as it is in a different connection. It will still not receive VP credit.

UNEVEN BARS

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UNEVEN BARS

[https://www.youtube.com/
watch?v=XWzyCxVInhl](https://www.youtube.com/watch?v=XWzyCxVInhl)

4 LEVELS

- Beginner
- Novice
- Intermediate
- Optional
- Must be inform Judge of the level before the routine begins. Failure to inform the judge will result in it being judged with optional rules.

START VALUES ON BARS

- The start values for the Beginner, Novice and Intermediate routines are always 5.0, 7.0 and 8.0 respectively.
- Deductions for missing elements, incomplete elements, etc., are never reflected in the start value.

BEGINNER AND NOVICE

- Element values = 0.50
- Omitting/changing element – Beginner routine = -0.5
- Omitting/changing element – Novice routine = -1.00
- If an element is omitted then performed out of order, the deduction for omission is applied. The element is not evaluated, except in the case of a fall.

BEGINNER

- Mount: Pull Over Or Glide Kip (Straddle Or Pike) (0.50)
- Front Hip Circle (0.50)
- Cast To Horizontal & Return To Front Support (0.50)
- Small Cast
- Back Hip Circle (0.50)
- Underswing dismount (0.50)

NOVICE

- Mount: pull-over 0.50 deduction
- Long hang kip or long hang pull-over may be performed.
- Dismount: tap swing $\frac{1}{2}$ turn or tuck flyaway may be performed.

INTERMEDIATE

- Start Value: 8.00
- All requirements worth 0.50
- Omitting a requirement: 1.00
- Incomplete requirement: up to 0.50

OPTIONAL SPECIAL REQUIREMENTS (0.50 EACH)

- 1 bar changes
- B flight (includes mount) or a B element with minimum $\frac{1}{2}$ turn (including mount or dismount)
- B element from Groups 3, 6 or 7
- A salto/hecht dismount

NEW COMPOSITION REQUIREMENT

- Lack of 2 elements on the high bar = 0.30
- Elements must start and finish on the high bar

ELEMENT VALUES

- Underswing (clear or sole circle) from low bar to high bar catching with feet in front of the body or on the outside of the high bar = A.
- Clear Hip Circles
 - C = within 20° of vertical
 - B = 21° of vertical and lower
 - Amplitude of the B clear hip is up to 0.40 with 0.30 at horizontal
- Casts
 - Casts at or below 20° of vertical receive up to 0.30 deduction for amplitude and a B value part.
 - Casts below 20° of vertical receive no value
- Flyaway Dismounts
 - Must be from the high bar

QUESTIONS 2

BALANCE BEAM

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BALANCE BEAM

<https://www.youtube.com/watch?v=LODbr6O18hl>

SPECIAL REQUIREMENTS (0.50 EACH)

- Acro series (B required one skill)
- Leap or jump with 180° split
- Full turn on foot
- Salto dismount

SERIES CONNECTIONS

- Connections must be continuous
- Backward Acro Flight Series
 - Must be immediate
 - Arms moving to thighs or lower will break series
- Non-flight acro, acro flight with forward or sideward elements, counter acro flight series and dance or mixed series
- Lack of tempo/poor rhythm for continuous, but slow connections = up to 0.20

SERIES CONNECTIONS

- 2 foot landing = 2 foot take off
- Broken series
 - Stop between elements
 - Loss of balance
 - Repositioning of a support leg
 - Extra step, hop or jump between elements

ACRO SERIES

- Only from Group 6, 7 or 8 elements
- One skill is required to be a minimum B, or higher, value
- No holds are allowed
- Can only be filled by elements that start and finish on the beam

COMPOSITIONAL REQUIREMENTS

- Lack of dance series with a minimum of 2 dance elements from Groups 1/2/3 = 0.20
- Missing a forward/sideward and backward acro element = 0.10 each
 - If in dismount only = 0.05
- Lack of an acrobatic element with or without flight = 0.30
- Lack of acrobatic series with flight in both elements = 0.30

SPECIFIC EXECUTION ERRORS

- Split leaps/jumps
 - Legs not parallel to the beam = up to 0.20
- Cat leaps
 - Failure to reach horizontal = up to 0.10 each leg
 - Incorrect leg position = up to 0.20

QUESTIONS 3

FLOOR EXERCISE

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FLOOR EXERCISE

<https://www.youtube.com/watch?v=2UgGiqyLMBg>

SPECIAL REQUIREMENTS (0.50/0.20)

- Acrobatic series
- 2 salto connection
 - Note: the two SR's listed above may not be met with one connection. They must be met separately
- 3 different saltos (anywhere in routine) (each 0.20)
 - Performed anywhere in the routine, in a series or single element
- Dance Passage

DANCE PASSAGE

- 2 different Group 1 elements, one must be a leap with 180° split
- Direction Connection = immediately connected element (same as former Dance Series)
- Indirect Connection = running steps, small leaps, hops, chassés, assemblés or turns between the two elements
- No acro elements, pauses or stops
- Turns of any kind may be included in indirect connections

COMPOSITIONAL REQUIREMENTS

- B dance turn = 0.20
- Lack of acrobatic element minimum B = 0.30

FLOOR EXERCISE CLARIFICATIONS & REMINDERS

- Out of bounds may only be taken if there are line judges.
- Only digital music will be allowed at the state tournament.



IDEALS (NO DEDUCTIONS)



Straddle



Wolf

IDEALS (NO DEDUCTIONS)



Ring Leap



Split Leap

EXAMPLE OF ARTISTRY

<https://www.youtube.com/watch?v=xckUJHZ9HUA>

QUESTIONS 4