



WOMEN'S RULE CLARIFICATIONS

GENERAL

- An athlete MAY NOT use one skill to fulfill more than one requirement, but the same skill done twice as long as it is in a different connection can fulfill 2 requirements. For example, you can use a clear hip to fill a clear hip requirement, and then another clear hip to fulfill a circling skill requirement.
- An athlete can receive value part credit 2 times for the same skill as long as the second time the skill is performed it is done in a different combination than the first time it was performed.
- X skills will count as "A" elements for levels 1-3. Skill Levels 4-10 may NOT use X skills as "A" elements with the exception of Skill Level 4 & Gold Bars
- Max 1 "A" Aerial or Salto is allowed at level 3
- Saltos and Aerials are not permitted at levels 1 and 2 floor exercise. Performing an unallowable skill will result in a .5 deduction
- Skill Level 1 is permitted a maximum of 2 skills with flight. More than 2 will result in a .5 deduction
- Any allowable "C" skills performed at Skill Level 7 will be considered "B" elements.
- Allowable "C" bar skill elements at Skill Level 7
 - Clear hip to handstand
 - Cast to handstand with ½ pirouette
 - Clear hip to handstand with ½ pirouette
 - Backward stalder circle to handstand
 - Backward stalder to handstand with ½ pirouette
 - Backward toe hand
 - Backward toe hand with ½ pirouette
- Any allowable "C" skills performed at Skill Level 8 will be considered "B" elements.
- Any allowable "D" skills performed at Skill Level 9 will be considered "C" for connective bonus purposes.
- Skill Level 10 "D" and "E" skills will only be awarded difficulty bonus once. They may be awarded connective bonus twice if they are used in two DIFFERENT connections.

- A routine containing an unallowable element will receive a .5 deduction
- Skill Level Diamond has NO Difficulty Restrictions (they will use level 8 vault chart, but are also permitted to perform any level 9 or 10 vaults with listed 10.0 start values)
- Skill Levels 1-Platinum will not be penalized for a skill done in a manner that exceeds expectation or increases skill value (exception when a 1/2 or full turn is a special requirement without the word “minimum”) This includes, but is not limited to splitting dance elements and bar elements such as casts and clear hips.
- Floor exercise-acro skills used for special requirements must start and finish on feet (or 1 foot)
*Exception: Skill Level 3 limbering skill
- Fall times: 45 secs to resume routine with a *10 second warning (UB/BB) All Skill Levels
- After 45 sec fall time, routine will be terminated
- SV must be flashed at All Levels
- Vault: *Skill Levels 4/5/6/7 judging stops once athlete lands on feet first or back (on Resi)
- *Skill Levels 1-8: Coach is allowed to stand between Vault table/Resi and the board, with no deduction
- *Skill Levels 1-7: Coach is allowed on the floor with no deduction
- Skill Level 9: May receive .1 difficulty bonus for “D” skill performed without a fall. If “D” skill is performed in connection, it will be recognized as a “C” for connective bonus. If a level 9 routines contains more than 1 “D” skill, the bonus .1 will be awarded to the first one successfully completed.
- A Stretch jump on Floor is not be considered an element

VAULT

- Vaults that don't land feet first are VOID
- Vaults performed with 1 arm (in the event the athlete does not have a handicap preventing the use of 2 arms) will receive a 1.00 deduction.
- Round off entry vaults must use collar

UNEVEN BARS

- Skill Level 8 bars may contain “C” skills

- Skill Level 9 bars may contain 2 “D” skills
- Spring boards or blocks used for mounting must be removed immediately following mount
- Only 1 cast per routine needs to meet specified angle requirement to receive special requirement.

Counting of Bar Value Parts

- For levels 5 and platinum-A cast that successfully achieves the given special requirement but falls short of a “B” cast will be awarded an “A” value part. The “A” value part may only be awarded to the 1st cast achieving the special requirement even if another cast in the routine achieves the specified angle. This is in an effort aid the athletes and help bridge the skill development gap as they work towards more advanced bar skills. Please note, this is only for these specific levels and it still remains there is no formal “A” cast in the code. In this special occurrence an “A” will be given for achieving the casting special requirement. Cast angle chart deductions still apply.
- Squat/Pike on receives “A” value when hands leave the bar and body is balancing on feet only.
- Release skills receive value part credit upon touching of bar with hands. An athlete cannot receive connection bonus on a combination in which they fall on one or all skills.
- Level 10-difficulty bonus can be awarded to any “D” or “E” skill that is completed without falling.
- If a salto dismount does not land feet first, no value part will be awarded, the gymnast will not receive a special requirement and they will be deducted .5 for a fall.

BALANCE BEAM

- All Skill levels-All mounts will be given “A” value if not listed in the code. All mounts listed in the code will be awarded their specified value part.
- Skill Level 7 beam may include 1 “C” dance element but cannot contain “C” acro skills
- Skill Level 8 beam may contain 1 “C” acro skill and any number of “C” dance skills.
- Skill Level 9 beam may contain 1 “D” acro skill and any number of “D” dance

Counting of Beam Value Parts

- A gymnast must touch at least one foot on the beam prior to a fall in order to receive the value part. This does not include skills that are not intended to land on feet such as a back handspring swing down.
- If a salto dismount does not land feet first, no value part will be awarded, the gymnast will not receive a special requirement and they will be deducted .5 for a fall.

- Spring boards or blocks used for mounting must be removed immediately following mount.

When using an aid such as a springboard or manufactures mounting block, only the manufactured block may be placed on a (maximum 8in) skill cushion. Springboards may only be placed on supplemental or landing matting. (Bars and Balance Beam)

- Max of 8in skill cushion may be used under the beam
- An acro series on beam that contains a connection of the same skill - In the event that a repetition of a series causes an athlete to perform a skill more than twice, the athlete may continue to perform the series and get credit for a special requirement acro series regardless of number of attempts as long as the connection is credited and a foot touches the beam on the second skill. However, value part credit will not be given more than twice per element as can only be awarded if in a different connection. Executional deductions will apply to all attempted skills regardless if they receive value part credit.

FLOOR

- Jump/Leap series on floor can be fulfilled as 2 skills, same or different, jumps, leaps, or one jump and one leap. The two skills can be directly or indirectly connected.
- Skill Level 7 floor may contain 1 "C" dance skill but may not contain "C" acro skills.
- Skill Level 8 floor may contain 1 "C" acro skill and any number of "C" dance skills.
- Skill Level 2 FX cartwheel may include the following cartwheel variations:
Side / Step-in / One arm
- Skill Level 4 FX requirement #4 maybe be any "A" skill that passes through a bridging position. The landing position of this skill is optional. For example, back walkover to one knee.
- Coaches are NOT allowed on the floor at Skill Levels 8-10. A coach on the floor at this level receives a .5 deduction from the average UNLESS the coach is placing or removing matting.
- When matting is placed on FX, if the mat covers the boundary line, the line must be marked on the surface of the mat with tape or chalk. Failure to do this will result in a .3 deduction from the average.
- Maximum of 8in skill cushion may be used on the FX.

Counting of Floor Value Parts

- If a salto does not land feet first, there will be no value part awarded for that skill, and .5 will be taken for a fall. If a salto that does not land feet first is part of a special requirement, the special requirement will not be awarded.

- Saltos that are not intended to land feet first will receive value part and will not be deducted for a fall. For example, back tuck that drops to a front lying position.