



## 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.
- Any skill may count as a value part twice, as long as the 2nd time it is performed it is done in a different connection
- 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 from the average
- Skill Level 1 is permitted a maximum of 2 skills with flight. More than 2 will result in a .5 deduction from the average.
- 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  $\frac{1}{2}$  pirouette
  - Clear hip to handstand with  $\frac{1}{2}$  pirouette
  - Backward stalder circle to handstand
  - Backward stalder to handstand with  $\frac{1}{2}$  pirouette
  - Backward toe hand
  - Backward toe hand with  $\frac{1}{2}$  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 from the average.

- Skill Level Diamond has NO Difficulty Restrictions
- Skill Levels 1-Platinum will not be penalized for a skill done in a manner that exceeds expectation or increases skill value. This includes, but is not limited to splitting dance elements and bar elements such as casts and clear hips.
- All 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 Level Platinum have a 10.0 SV
- 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: Limit .1 difficulty for "D" bonus
- Uneven Bars: 2 tap swings allowed at Skill Levels 3/Gold and 1 tap swing at Skill Level Platinum
- A Stretch jump on Floor is not be considered an element

## **VAULT**

### **Vault Mat/Table Heights Per Level**

Skill Level 1-min 8in max 24in (Minimum of 2 Springs in the Board)  
Skill Level 2-min 16in max 32in (Minimum of 2 Springs in the Board)  
Skill Level 3-min 24in max 40in (Minimum of 2 Springs in the Board)  
Skill Level 4/5-min 24in  
Skill Level Gold-no minimum  
Skill Level Platinum-no minimum  
Skill Level Diamond-no minimum  
Skill Level 6/7- no minimum table/24in min matting  
Skill Level 8,9,10-110cm

### **Counting of Value Parts**

- 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 POINT 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 is required to meet special requirements unless otherwise noted

### **Counting of Bar Value Parts**

- 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.
- 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: Beam mount must be listed in skill chart as an “A” mount to be considered an element
- 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 skills
- Skill Level 1-Gold; All mounts will be considered “A” value part
- Skill Level 5-10; Beam mounts must be listed in the Beam Skill chart

## **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
- 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, and executional deductions will apply to all attempted skills.

## **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 2 FX chasse to 1/2 turn may contain 1 OR 2 steps (or a kick) before the 1/2 turn allowing the athlete to chasse and turn off of their preferred side.
- 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.

12/28/20

- Coaches are allowed on the floor at Skill Levels 1-7 without deduction [spotting an element is still a deduction]

- Coaches are NOT allowed on the floor at Skill Levels 8-10

## 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.
- Up to 8in skill cushion is allowed to be placed on floor for aid in landings. If mat interferes with floor boundaries, it must be marked with chalk. Coaches may walk on floor to remove or shift mats during a routine.