

B. THSGCA Optional Competition Overview:

- 1. The THSGCA will use the 2017-2020 USA-Gymnastics Men's J.O. Age Group Competition Program Level 9 rules with modifications.**
- 2. Optional rules are based on the FIG Code of Points with J.O. and THSGCA modified exceptions listed in the Optional rules sections.**
- 3. The maximum optional score will be a 10.00 and is composed of:**

Exercise Presentation	6.0
Element Groups	2.0
Difficulty	2.0
- 4. Optional score calculation:**
 - a. Dismount is counted first (Apparatus rules apply)**
 - b. Count the next 7 highest elements (counting elements)**
 - c. Identify the Element Group score from the 8 counting elements**
 - d. Identify the Bonus (special event rules apply)**
 - e. Less than 6 recognized skills results in a 1.0 deduction from the 'E' score for each missing part. (5=5.0, 4=4.0, 3=3.0, 2=2.0, 1=1.0)**
- 5. Exercise Presentation rules:**
 - a. Small = 0.1, Medium = 0.2, Large = 0.3, Fall = 0.5, 1/2 extra swing = 0.2, full extra swing = 0.3**
 - b. Because of the 10.0 maximum score and the corresponding reduction assigned to the Exercise Presentation (EP) score, (6.0) it is important that the judge become familiar with the reduced values of each medium and large deduction. Almost all 'EP' errors in the FIG Code of Points are listed as small, medium, large and fall deductions and can easily be converted to the appropriate reduced High School 'EP'. In general, when the FIG Code of Points or the USA-Gymnastics JO Age Group Program book uses a numeric value for a deduction instead of the written small, medium, large or fall references, it should be converted to the appropriate 'EP' deductions for high school. Some deductions will be kept the same and are identified in the text. (Example: short routine stays at 1.0 per missing part)**

II. General Rules and Regulations

A. Age Determination and Competition Level (Does not Apply)

B. Uniforms

- 1. All gymnasts for Levels 6-10 on Pommel Horse, Still Rings, Parallel Bars and Horizontal Bar, must wear long solid colored competition pants and footwear (socks and/or gymnastics shoes). In the THSGCA Competition Program, dark colored competition pants are allowed. On Floor Exercise and Vaulting, gymnasts may compete in short pants with or without footwear. A competition top must be worn on all events.**
- 2. Does not apply.**

Chapter 2 - Judging Guidelines

I. General Judging Guidelines

- A. Document Precedence:** The Federation of International Gymnastics (FIG) Code of Points will be used except where superseded by rules found in the THSGCA

Optional Rule document and approved updates and the USAG Age Group Competition Manual and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict are:

- 1. The 2017-2020 THSGCA Men's Optional Rules document and approved updates available at: www.thsgca.org**
- 2. The THSGCA Constitution, By-Laws, and Manual of Rules document also available at: www.thsgca.org**
3. The USA Gymnastics Junior Olympic Age Group Competition Manual with Rules Updates published by the 2016-2020 Age Group Competition Committee (Rules Updates can be found online at: www.usa-gymnastics.org)
4. The NGJA/USAG Rules Interpretations (available online at: www.ngja.org)
5. The Federation of International Gymnastics (FIG) Code of Points with Rules

aka FIG MTC newsletters are available online at: www.fig-gymnastics.com)

6. Cutoff date for changes for the THSGCA rules and clarifications will be December 1st. The mens rules committee will review FIG / JO updates after that on a case by case and reserve the right to adopt that rule if it is in the best interest of the gymnast.

B. Judging Duties:

1. The judges in all **THSGCA** will perform the duties of both the "D" (Difficulty) and "E" (Execution) Jury Panels as list in the FIG Code of Points, except in the case of a competition where four or more judges are used in a single panel.
2. On floor exercise and vault the judge or judges will have the

E.

2. If a coach speaks directly to the gymnast, by giving signals, shouts (cheers) or similar during the exercise, etc., a medium behavioral deduction

only once during a routine. It is not a deduction for a coach to speak to his gymnast during the 30 second time between a fall and a re-

A. Philosophy of Structure - (Does not Apply)

B. Start Score:

1. The start score for Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar will be calculated as follows:

a. Base Score - 9.4

b. Bonus Maximum - 0.6 (Specified Bonus Only)

c. Total Maximum - 10.00

2. The start score for Vault will be calculated as follows:



e. A Routine Composition Error includes any and all added "parts"

- c. A gymnast may take as many or as few steps as is necessary to execute the routine within the defined limits of the floor exercise mat.

7. Somersault Height:

All somersault heights (Floor and dismounts) are measured from the center of mass. Center of mass is defined as the point around which the body is rotating in space during the execution of the somersault.

8. Floor Patterns:

a tumbling strip up to 60 feet in length.

9. Pommel Horse:

- a. Unless otherwise specified, all elements, compulsory or optional, begin and end in front support.
- b. On all single leg cuts, the top leg (cutting leg) should be at minimum horizontal with the hips fully extended.**
- c. On all pendulum swings, false scissors and scissors, the top leg should be minimum horizontal with the hips fully extended.**

10. Still Rings:

Unless otherwise specified all basic swings on Still Rings should show a "turnover" action.

11. Vault:

- a. The THSGCA program will not give a zero score for any attempted vault. The minimum score for any attempted vault will be 1.00.
- b. A balked attempt or incomplete vault may be repeated once (with safety in mind and at the judge's discretion) with a deduction of 1.00 from the score of the second attempt. No third attempt is allowed.

12. Parallel Bars:

- a. -on- is allowed without deduction on any compulsory skill that originates from support and bails into a long hang swing. There should be no evidence of facilitation to the element other than to ensure a secure grip.
- b. Extra swings are not permitted where specified routine composition is listed in the description of the numbered value parts in succession.

13. Horizontal Bar:

Unless otherwise specified all swings forward on Horizontal Bar should be tap swings.

14. Floor Exercise, Pommel Horse, Still Rings, P-Bar & High Bar Bonus:

a. Specified Bonus:

i. Specified bonus will be awarded as written in the text of the

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- ii. Bonus will not be awarded for a skill with a single large deduction (0.3).
- b. Virtuosity Bonus: (Not Awarded)
- c. Stick Bonus: (Not Awarded)

15. Vault Bonus:

- a. Virtuosity Bonus: (+0.2)
 - i. Award +0.1 for vertical takeoff with conspicuous rise
 - ii. Award +0.1 for stretch (head back, not dropping chin to chest)
- b. Stick Bonus: +0.1

III. Optional Judging & Rules Guidelines

A. General Bonus:

1. Execution Bonus:

2. Stick Bonus:

- a.
- b. dismounts
- c. Stick bonus of +0.1 will be awarded for stuck vaults.
- d. Stick bonus of +0.1 will be awarded for stuck “B” and “C” FIG value dismounts. This is in addition to any JO stick bonus listed above. (No more than 0.2 will be awarded for stick bonus)
- e. There is no stick bonus on pommel horse.

3. Dismount Bonus:

- a. All FIG rated ‘C’ value dismounts will receive +0.1 bonus if performed without a single large deduction.
- b. All FIG rated ‘D’ value or greater dismounts will receive +0.2 bonus if performed without a single large deduction.
- c. On Rings, P-Bars, and High Bar all multiple flipping and/or multiple twisting dismounts will receive 0.1 in bonus, if performed without a single large deduction. (multiple twist is 540° or more)

- 4. All bonus will be added to the 'D score'. The 'D score' + Bonus can never exceed 2.0 (maximum 'D score')

B. Event Specific Bonus, Restrictions and Special Exceptions:

1. Floor Exercise:

- a.
- b. Multiple salto skills will receive +0.1 in bonus.

4. Vault

- a. Multiple flipping vaults are prohibited.
- b. Yamashita and Yamashita ½ vaults are permitted.
- c. The JO/FIG 2nd vault bonus will not be used by the THSGCA.**
- d. All vaults used for the THSGCA Men's program will have adjusted values to reflect the 10.0 maximum score. (See Vault Value Table)**

5. Parallel Bars:

- a. r EG I 0.2 Each time-FIG Box (1-22,28,29,30,40,70,71,76,77,95) receives +.2
- b. -FIG Box (3-05,29,35,107,108,114,120) receives +.2
- c.
- d. Giant to support will receive
- e. An empty ½ swing is allowed going into any FIG below bar skill.
- f. Any Element Group I, II, III, FIG 'C' or higher value skill will receive +0.1 in bonus. This excludes dismounts and the above parallel bar specific bonus.**
- g. A tucked salto dismount forward or backward and a wende receives an "A" in Element Group IV. (Partial Credit)**
- h. The THSGCA Men's Program will give a V, Straddle Planche, Straight Planche, and Manna "B" value and Element Group I credit. All these skills are considered to have the same box identification and can only be used once.**
- i. The back toss performed 45° to 74° above horizontal will receive a "B" in Element Group I.**
- j. A bent knee moy will receive "C" value in Element Group III.**

6. Horizontal Bar:

- a. higher EG III Adler skill will receive +0.2 bonus.
- b. 5 swings are permitted to begin a routine on horizontal bar.
- c. A swing ½ turn is allowed after non-flipping release skills.
- d. All jam values are based on the JO Jam value table.
- e. Jam hand will receive +.1
- f. Any "C" or higher value Element Group II – Flight Element will receive +0.1 in bonus.**
- g. Any "B" or higher Element Group I, II, III FIG value skill will receive +0.1 in bonus. This is in addition to any other listed bonus.**
- h. A forward or backward tucked, piked, or stretched salto dismount will receive "A" difficulty credit and Element Group IV credit. (Partial Credit)**
- i. A layout flyaway dismount with a 1/1 twist backward will receive a "B" value and full Element Group IV credit.**
- j. A pike or layout flyaway dismount with a ½ twist forward will re**

D. General Exceptions to the FIG Code of Points

1. Recognizable Gymnastics Skills:

- a. Any recognizable gymnastics skill which is not listed in the FIG Code of

no Element Group credit.

- b. Skills that are not listed in the FIG Code of Points, the USAG/NGJA

until that skill has been submitted for evaluation.

- c. **New, original or old unvalued skills may be submitted directly to the THSGCA Men's Review Committee (in electronic video form) for review.**

- d. **THSGCA Men's Review Committee:**

1. **The Committee will be made up of the TGJA President and two (2) TGJA Judges. The identity of the 2 TGJA judges will not be revealed. The TGJA President has the option to choose different judges for different events or skills (the same judges do not have to be used every time).**
2. **The Committee will have 3 business days to evaluate new or unlisted skills.**
3. **The process for receiving new or unlisted skills will be: Coach – THSGCA Men's VP – TGJA President/Committee.**
4. **The process for returning new or unlisted skills will be: Committee – THSGCA Men's VP – Coach/Webmaster**
5. **The last date to submit skills for evaluation is February 28.**

2. Short Routine:

The deduction for performing an exercise containing less than six parts recognizable gymnastics skills is 1.0 for each skill or element less than six. deduct

1.0, 4 parts deduct 2.0, etc.)

3. Element Group Requirement

There is no restriction on the number of skills that can be performed from an element group for value.

4. General Restrictions and Special Exceptions:

- a. which has a letter value assigned should be evaluated as if it has its own

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- b. It is, however, not the intention of this interpretation to allow for undue repetition of elements. FIG rules regarding repetition will be enforced

except where specifically noted in the following event specific exceptions.

- Example: A gymnast perform

handstand would be recognized because of its higher value.

c. Floor Exercise

routine. The mat must be used for landing only. An apparatus related deduction of **0.3** will be taken if the mat is used for take-off during the execution of a skill.

5. Not Applicable

THSGCA-Men's Competition Rules
Recommended Mat and Equipment Specifications for Men
2012-16

the Federation International Gymnastics (FIG) recommendations unless otherwise stated in this document. The FIG apparatus and matting standards can be found at: www.fig-gymnastics.com.

I. Floor Exercise

Equipment Specifications: FIG

IV. Vault

Equipment Specifications: FIG *Maximum*