

THSGCA

Men's Compulsory Routine Document



Effective this season (2010-2011), the THSGCA Men's Rules Committee voted to continue to use the High School Compulsory routines. A few text errors have been corrected and will appear in red. The judging guide will be the **2004-2008 USA-Gymnastics Men's Junior Olympic Program** document (Section 2) with modifications. The following is the USA-G Men's 2004-2008 JO documents (Section 2) with all the THSGCA modifications.

Equipment and Mat Specifications

1. All Equipment and Mat specifications will come from the THSGCA guidelines.

Start Score for THSGCA Compulsory Competition

1. The scoring system for Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar will be:
 - A. **Base Score = 9.4**
 - B. **Bonus Maximum = .6**
 - C. **Total Maximum per event = 10.00**
2. The scoring system for Vault will be:
 - A. **Base Score = 9.9**
 - B. **Bonus Maximum = 0.1**
 - C. **Total Score Maximum = 10.00**

General Judging Guidelines

1. **Document Precedence:** The FIG Code of Points will be used except where superseded by rules found in the THSGCA Men's Compulsory Guide and approved updates. Therefore, the order of precedence when determining which rules to use in the event of conflict are:
 - a. The THSGCA Men's Compulsory Guide with updates. Updates and the guide can be found at www.thsgca.org.
 - b. The Federation of International Gymnastics (FIG) Code of Points with rules updates printed by the F.I.G. Men's Technical Committee.
2. **Judging Duties:** The judges in all THSGCA compulsory competitions will perform the duties of both A and B Jury Panels as listed in the FIG Code of Points. On floor exercise and vault the judge or judges will have the additional responsibility of line-judge. There will be no time limit on floor.
3. **Minimum Score:** The minimum score for any routine will be **1.00**.

4. **Range of Scores:** When using 2 judges, or 4 judges the point difference between the two middle scores may not be greater than:
- | | | |
|------------------|--------------------------------|-----------------------|
| 0.10 pts. | for an average of | 9.50 and above |
| 0.20 pts. | for an average of | 9.00 to 9.45 |
| 0.30 pts. | for an average of | 8.00 to 8.95 |
| 0.50 pts. | for an average of | 6.00 to 7.95 |
| 0.80 | in all other situations | |
5. **Routine Repetition Rule:** Normally only one attempt at a routine is allowed, however, should circumstances occur that are beyond the control of the gymnast and the routine is interrupted, the gymnast may have the opportunity to repeat his exercise at the discretion of the head judge. (Hand guard failure, equipment failure etc.)
6. **Spotting Deductions:**
- A. If, during the exercise, an **incidental brush or touch** occurs between the spotter and the gymnast, without interrupting the skill, **there is no deduction.**
 - B. If the **spotter assists** in the execution of the skill, deduct **0.5 for the spot** and any **execution errors**. The judge has the right to not recognize the skill if in their opinion, the gymnast could not have completed the skill on his own.
 - C. A spotter is required at Still Rings, and Horizontal Bar. If there is no spotter when required the exercise may not begin. If the **spotter walks away** where required, deduct **0.2 (Medium)** and the coach will be warned that another infraction will disqualify all of his athletes on that event that day.
 - D. A coach may not spot an athlete from a surface which is higher than the allowable competition surface. The head judge will not allow the athlete to compete if this rule is violated.
 - E. All spotting must be done by a THSGCA coach or current team member.
7. **Video Tape Review of Routine Performance**
There is no video tape review of routine performance for any score evaluation in THSGCA competitions.
8. **General Presentation Deductions**
- A. A fall off the apparatus will be deducted 0.5 in addition to any other presentation errors. A gymnast may repeat the skill to earn its value. The gymnast is permitted an additional skill to arrive at a starting position.

If the gymnast falls, the judge announces that the gymnast has 30 seconds to remount the apparatus. The coach may ask the head judge if the gymnast received credit for the skill on which he fell. The head judge will answer the coach with a yes or no response.

There will be no other discussion

- B. If a coach speaks to the gymnast during his performance, deduct **0.2 (Medium)** from the gymnast's score. The deduction will be taken only once during a routine.
- C. If the board is used inside the uprights for the Parallel Bars on the mount, it must be removed as soon as the mount is completed (for the safety of the gymnast), or there will be a **0.2 (Medium)** deduction for unsportsmanlike conduct.
- D. A nominal handstand is shown at plus or minus 15* from vertical.
- E. The THSGCA program will use the FIG (06) rule concerning swings to or through handstand or to strength holds.

Compulsory Judging Guidelines

1. Routine error and deduction table

Error	Deduction
Missing Part	1.0
Added Part	0.5
Fall	0.5
Large Error	0.3
Medium Error	0.2
Small Error	0.1
Intermediate Swing	Half 0.2, Whole 0.3

NOTE: A "**part**" is defined as a "**numbered**" skill or sequence in the Routine Description
 A part is a Missing Part if it has been omitted or is performed in such a way as to be unrecognizable.
 If the part is partially completed (more than 50%) it should receive credit and the appropriate FIG deduction (small, medium, large).

NOTE: On **pommel horse** if the travel prior to the dismount is done on the leather a deduction of 0.3 (large) will be taken.

2. Special notes or circumstances

- A. All swing and position required criteria are defined as one of the following:
 - 1. Horizontal
 - 2. 45*
 - 3. Vertical

- B. Added swings** will be deducted as per FIG as extra swings, not added parts. **Missing parts deductions** come from **Start Value**. **Added parts** deductions come from **Exercise Presentation**.
- C. Required holds:**
1. Holds are two seconds, unless noted. Hold deductions are as per FIG.
 2. Momentary holds are defined as holds which show a definite stop and are held up to one second. Momentary holds that do not show a definite stop, receive the FIG deduction for no hold (0.3 - Large)
- D. Added Holds** are considered as possible rhythm deductions not as added parts.
- E. All landing deductions** are as per FIG. (Note – this does not refer to distance requirements on vaulting, just the landing itself).
- F.** There is **no specific required number of steps** in the run prior to a tumbling sequence in the Floor Exercise routine. Therefore, there is no deduction for too many or too few steps.
- G. BONUS:**
1. Only the Specified Bonus listed for each routine in the THSGCA Men's Compulsory document will be allowed.
 2. There will be **no General Performance Award Bonus**.
 3. There will be **no Stick Bonus**.
 4. There will be **no Virtuosity Bonus except for Vault**.
 5. Bonus will not be awarded for a skill with a single large deduction.
 6. Vault bonus may be awarded for: Extension and Stretch with Amplitude. Head should be back, arms up, with a tight arch and a block that goes up not out.
- H.** All **somersault heights** (Floor Exercise and dismounts) are measured from the Center of Gravity
- I. Pommel Horse:**
1. On all single leg cuts, the top leg (cutting leg) should be at horizontal.
 2. On all pendulum swings, false scissors and scissors, the top leg should be horizontal.
- J. Still Rings:**
Swing height and body position is defined as:

Forward – the line from the shoulders to feet with body position hollow.

Backward – The line from the shoulders to feet with body in a tight arch.

K. Vaulting: The THSGCA will not give a zero score for any vault, with the exception of failure to contact the vault table at all or if a vaulter fails to complete the run to or beyond the board. A zero vault may be repeated once with a deduction of 1.00 from the score of the second attempt. Otherwise the minimum score for any actual vault will be 1.00. No third attempt will be allowed.

L. Horizontal Bar:

Unless otherwise specified, a tap swing is required on all forward swings.

2010-2011 High School Gymnastics Compulsories

REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Floor Exercise:

1. Run, round off, back handspring
2. Tucked back somersault (back head height)
(+.1 back above head height, kick out at horizontal)
3. Back extension roll to handstand, lower to prone support, ½ turn to rear support and roll back to candlestick (bent arms OK on back roll)
4. Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand (jump to handstand -.3)
(+.1 straight arm press) (+.2 stalker roll to handstand) (+.1 two sec. hold of handstand)
5. Step down with either foot, step through with other foot with turn of 180-degrees backward, legs together
6. Run, tuck front somersault, forward roll (front shoulder height, should show a controlled landing)
(+.1 head high)
7. Jump pike or tuck, press through handstand with full pirouette (straight arms no more than 5 steps)
8. Roll out to stand, step with either leg, lunge to, scale (front scale 2 sec. hold)
(+.1 135 degree split in scale)
9. Step forward with 180-degree turn backward, legs together
10. Run, front handspring, two-foot take off handspring (bounder) rebound to stand (Front handspring stretched & good rhythm)
(+.1 handspring to bounder stretched & good rhythm)
(+.1 tuck front flip after handspring in place of bounder)
(+.2 tuck front after bounding handspring)
(MAX. of +.2 on last pass)

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Pommel Horse:

+1 for 135 degree extension in any circle.

+1 for 90 degree straddle maintained throughout single leg work. Bonus may be awarded on each false scissor and each scissor.

On all single leg work there should be a minimum of a 45 degree straddle.

1. Facing the end of horse, one loop circle
(+1 for 135 degree extension in any circle)
2. $\frac{3}{4}$ loop circle with $\frac{1}{4}$ turn to rear support with left hand on pommel
(+1 extension in circle)
3. Right leg cut backward, left leg cut backward
4. Right leg cut forward, simple travel up to front support on pommels
5. Cut right leg forward to left front false scissor, cut right leg forward to left front scissor
(+1 for 90 degree straddle on all scissor work)
6. Cut left leg forward to right front false scissor, cut left leg forward to left front scissor
(+1 for 90-degree straddle on all scissor work)
7. Cut left leg forward to 1 double leg circle on pommels
(+1 135-degree extension)
8. $\frac{1}{2}$ double leg circle while moving the right hand to the left pommel
(+1 135-degree extension)
9. Double leg travel circle to rear support on the end of the horse
(+1 135-degree extension)
10. $\frac{1}{2}$ double leg circle over the pommel with 90 degree turn to the right, land in side stand crossways (flank dismount)
(+1 for additional double leg circle before flank dismount)
(+1 135-degree extension)

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REVISED 2010

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
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Rings:

1. Lift body to straight body inverted hang
lower to pike inverted hang and cast forward to

2. Straight body inlocate (rise in shoulders)
(+.1 shoulders at bottom of rings)

3. Straight body inlocate (rise in shoulders)
(+.1 shoulders at bottom of rings)

4. Back uprise to L support 2 sec. hold (Straight arms and feet 45 below horizontal)
(+.1 45 degrees above horizontal, bent arms allowed)
(+.2 back uprise to handstand, bent arms allowed)

5. Press to tuck planche momentary hold with straight-arms
(A one second hold is required with arms straight and rings turned out, the back should be parallel to the floor)
*A Straight body planche may be substituted for the tuck planche, no bonus will be awarded and exercise presentation errors will still apply (9-09)
(+.1, may be awarded for a 2-sec. hold)

6. L support 2 sec. hold, press to shoulderstand 2 sec. hold (if handstand is performed, shoulder stand does not have to be done)
(+.1 bent arm press to handstand piked or straddled)
(+.2 straight arm press handstand piked or straddled)
(+.1 handstand held two sec.)

7. Lower down and roll around to pike inverted hang and

8. Dislocate (rise in shoulders on dislocate)
(+.1 shoulders at bottom of rings on dislocate)

9. Straight body dislocate to (rise in shoulders on dislocate)
(+.1 shoulders at bottom of rings on dislocate)

10. Swing forward to layout back somersault (layout back at ring height)
(+.1 layout dismount with hips above top of rings)

2010-2011 High School Gymnastics Compulsories

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High School Vault - Front Handspring

Base Score: 9.9
 Bonus: 0.1 Virtuosity (Height and Stretched Throughout)
 Maximum Score: 10.00

Bonus may be awarded for: Extension and Stretch with Amplitude. Head should be back, arms up, with a tight arch and a block that goes up not out.

The THSGCA men's program will not give a zero score for the compulsory vault with exception of failure to contact the horse at all which will receive a zero. Otherwise the minimum score for any actual vault will be 1.0. A zero vault as defined by the FIG, may be repeated once with a deduction of 1.00 from the value of the second attempt. NO third attempt will be allowed.

Performance Expectations

Deduction Criteria

Pre-Flight: From the time the gymnast leaves the board up to the instant their hands vault table.

<p>1 Incorrect position of legs, feet and body in the Pre-flight. Evaluate for leg separations, bent knees, toe point, and incorrect body position.</p> <p>Emphasize the hollow-arch technique off the board. From the board the gymnast should be in an upright hollow body (slight pike at hips) position. Just prior to and through out contact with the table, the body should "release" from the hollow to a tight arch position.</p>	<p>For each occurrence of an error in leg, foot and body positions in pre-flight.</p> <p>Small Error -0.1 Medium Error -0.2 Large Error -0.3</p>
<p>2 Bent Arms at contact with the table Evaluate for he maximum amount of arm bend while the hands are still in contact with the table.</p>	<p>Small Error -0.1 Medium Error -0.2 Large Error -0.3</p>

Post-Flight: From the time the hands leave the horse until the feet contact the mat.

<p>1 Body position in the post-flight Deviations from the tight arch position should be evaluated for both hollow/pike and for excessive arch. The objective is to encourage maintaining the tight arch position all the way through the post flight.</p>	<p>As Per FIG Small Error -0.1 Medium Error -0.2 Large Error -0.3</p>
<p>2 Rise in the post-flight The hips should show a definite rise from a strong blocking action.</p> <p>a. Hips rise 0 to 1/4 gymnasts body height b. Hips do not rise c. Hips drop from vertical</p>	<p>Small Error -0.1 Medium Error -0.2 Large Error -0.3</p>

Vault Performance Criteria - Continued

Landing			
1	Distance:	Landing 1.0 - 1.5 meters from table	No Error
		Landing 0.5 - 1.0 meters from table	Medium Error -0.2
		Landing less than 0.5 meters from table	Large Error -0.3
2	Landings and Axis		As per FIG
		Slight imbalance, small step or Hop (.1 per step)	Small
		Large step or hop or touching with 1 or 2 hands	Medium
		Support with 1 or 2 hands on floor	Large
		Fall during any landing	0.5
		Fall during any landing without feet contact first	0 vault
		Legs apart on landing	
		Less then Shoulder width	Small
		Greater then shoulder width	Medium
		Unsteadiness minor adjustments of feet, excessive arm swings on landings	Small
		Poor posture or body position or postural corrections in end positions.	Small
			Medium
			Large
		Touching with one foot or one hand outside landing area	Small
		Touching with feet, hands, or any other part of body outside the landing area	Medium

The vault is invalid (0.00 points) when:

- 1 The approach is executed and the gymnast passes by vault without touching vault or board or steps on to the springboard and touches the table without vaulting.
- 2 The approach is interrupted and the gymnast returns for a second attempt.
- 3 The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with his feet.
- 4 The gymnast double touches the table; i.e., the support of one or both hands occurs twice.
- 5 The vault is executed without a support phase, i.e. neither hand touches the table.
- 6 The gymnast does not land with his feet first. This means that at least one foot must contact the landing mat before any other part of the body.
- 7 The gymnast intentionally lands in a side stand.
- 8 The gymnast performs a prohibited vault (straddled legs, salto in first flight, prohibited pre-element before the vaulting board, etc.

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Parallel Bars:

1. From stand or short run, glide kip to support swing backward (body horizontal and stretched at completion of back swing)
(+.1 swing to handstand)
2. Swing forward, drop and cast to upper arms (can do early drop)
(+.1 hips above bar height on catch of cast)
3. Back uprise to (body horizontal at completion of back uprise)
(+.1 back uprise 45 degrees above horizontal)
(+.2 back uprise to handstand)
4. L support 2 sec. hold
5. Bent arm press to handstand, 2 sec. hold (Pike or straddle press OK)
(+.1 straight arm press to handstand)
6. Swing forward and, swing backward to handstand (swings should be stretched, hips above horizontal)
(+.1 Stutz body above rails)
(+.2 Stutz 45 degrees above horizontal)
(Stutz will replace back swing)
7. Layaway, front uprise
8. Swing backward to horizontal
(+.1 swing to handstand)
9. Swing forward (swing should be stretched, hips above horizontal)
10. Swing backward to Wendy dismount
(+.1 back flip in any position, back will replace swing backward and Wendy)

2010-2011 High School Gymnastics Compulsories

REVISED 2009

Base score - 9.40. Start score may not be greater than 10.0 regardless of bonus.
NO GPA [General Performance] on compulsory routines.

Horizontal Bar:

1. From hang in under grip, pullover to support
(**+1 stem to giant**)
2. Cast to nominal handstand forward to
3. One under grip giant to
4. One under grip giant to
5. On third Hop to over grip, swing forward, kip cast (The hop can be at any height)
(**+1 hop to handstand**) and (**+1 kip to handstand**)
or after number 4
(**+1 pirouette completed 45 degrees above horizontal**) (**Pir. on 3rd giant**)
(**+2 pirouette completed to nominal handstand within 15 degrees**) (**Pir. on 3rd giant**)
6. One over grip giant to
7. One over grip giant to
8. Swing $\frac{1}{2}$ turn to horizontal
(**+1 45 degrees above horizontal**)
(**+2 to nominal handstand; with in 15 degrees**)
9. Change both hands to over grip swing forward to
(**+1 one over grip giant**)
10. Flyaway in any position (center of gravity at bar high)
(**+1 above bar height**)