

| Texas High School - Floor Exercise Compulsory  |  |  |   | 2022   |       |
|--|--|--|---|--|-------|
| FLOOR EXERCISE: Base Score 9.5   |  | Max. Bonus Allowed: .5   |   | Available Bonus: .7                                    |       |
| Part   | Skill  | Description  | Performance Criteria  | Bonus  | Award |
| 1  | Round Off<br>Back Handspring   |  | Missing back handspring -.5   |  |       |
| 2  | Tucked Back Salto  |  | Landings & Height per FIG   | Salto Stretched  | 0.1   |
| 3  | Bent arm back extension roll to HS<br>Lower to prone<br>1/2 turn to pike sit   |  | HS Angle per FIG  | Straight Arms  | 0.1   |
| 4  | Roll back to candlestick<br>Roll forward to straddle stand                     |  | Hips above chest<br>Show control as athlete stands<br>Straddle roll to stand with straight legs                       |  |       |
| 5  | Bent arm press to Handstand<br>step down, step turn 180                        | step down either foot,   | Momentary Hold  | Straight Arm Press or Endo HS                          | 0.1   |
|  |  | step through other foot,<br>180 turn backward with legs together | No momentary hold -.2<br>Press from jump -.2  | Hold 2 sec.  | 0.1   |
| 6  | Run to Front Salto Tucked  |  | Landings & Height per FIG<br>controled landing  | Pike Salto<br>controled landing                        | 0.1   |
| 7  | Step to handstand w 1/1 pirouette  |  | 5 or less hand placements   |  |       |
| 8  | Tucked forward roll<br>Step to Lunge - Scale<br>One step forward and turn 180* | Scale leg horizontal   | Straight arm forward roll<br>Show control as athlete stands<br>2 second hold on Scale<br>Scale back leg level w/floor |  |       |
| 9  | Run Front Handspring   |  |   | Front / Front (any Salto position)<br>Replaces #9 & 10 | 0.1   |
| 10   | Boulder rebound to stand   | Boulder rebound to stand   | Landings & Height per FIG   | Front tuck<br>Replaces #10                             | 0.1   |
|  |  | No rebound deduct 0.2 and<br>loss of Stick Bonus                 |   | Stick  | 0.1   |
| <b>Additional Performance Criteria</b>   |  |  |   |  |       |
| All Height & Landings Per FIG  |  | No Additional Matting <b>Allowed</b>                             |   |  |       |
| Performing a front/front with only 1 front: no Bonus awarded and loss of box 9   |  |  |   |  |       |
| <b>Arm Criteria on ALL Transitions</b>   |  | <b>Lunge Criteria</b>  |   | <b>Scale Criteria</b>                                  |       |
| Arms level or above  |  | Back Leg Straight  |   | Legs Straight  |       |
| Good Rythm   |  | back foot turned out with heel down                              |   | Back Leg horizontal or above                           |       |
| Deduct 0.1 per skill   |  | Arms level or above  |   | Arms level or above                                    |       |
| <b>Stick Bonus Criteria</b>  |  |  |   |  |       |
| A flag/arm raised for all sticks awarded<br>The NCAA Stick bonus rules will apply  |  |  |   |  |       |
| <b>Holds - 2 Second and Momentary</b>  |  |  |   |  |       |
| 1. All holds per FIG   |  |  |   |  |       |
| 2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, <b>receive a medium deduction.</b>   |  |  |   |  |       |
| 3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded. |  |  |   |  |       |
| <b>Added Holds on Floor</b>  |  |  |   |  |       |
| 1. Where continuous rhythm is required, any added pauses greater than 2 seconds will be treated as rhythm errors and result in a small deduction (-0.1) each time.   |  |  |   |  |       |
| 2. Added holds are to be deducted as rhythm errors and not as added parts.   |  |  |   |  |       |
| <b>Steps:</b>  |  |  |   |  |       |
| 1. There is no requirement specifying the number of steps in the run prior to tumbling sequences in floor exercise routines.   |  |  |   |  |       |
| 2. If a run is specified then at least one step must be taken prior to the hurdle otherwise a small deduction of 0.1 will be taken.  |  |  |   |  |       |
| 3. 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.  |  |  |   |  |       |
| <b>Floor Patterns:</b>   |  |  |   |  |       |
| All tumbling passes can be performed on a 40' x 40' Floor Exercise mat or on a tumbling strip up to 60 feet in length.   |  |  |   |  |       |

| Texas High School - Pommel Horse Compulsory  |                                |   |  | 2022   |       |
|--|--------------------------------|---|--|--|-------|
| <b>Pommel Horse</b>  |                                | <b>Base Score 9.5</b>   | <b>Max. Bonus Allowed: .5</b>  | <b>Available Bonus: .7</b>                                     |       |
| *This routine is written for an athlete that swings circles in a clockwise direction, it can be reversed in its entirety   |                                |   |  |  |       |
| Part   | Skills                         | Description   | Performance Criteria   | Bonus  | Award |
| 1  | Front Loop                     | From stand, cross support circle facing forward   | As per FIG (see below)   | Additional Loop(s)   | 0.1   |
| 2  | 3/4 Loop                       | 3/4 Loop with 1/4 turn to rear support with left hand on handle, right leg cut back   | As per FIG (see below); No minimum height on leg cut   |  |       |
| 3  | Leg cut back, leg cut forward  | Left leg cut back, right leg cut forward  | Minimum height on leg cuts = elbow   |  |       |
| 4  | Straddle travel                | Simple straddle travel up to front support  | No minimum height on legs during simple travel   |  |       |
| 5  | False Scissor; Scissor         | Cut right leg to false scissor; Cut right leg to Scissor  | Minimum height on leg cuts = Foot at elbow   | Head height or better for both skills                          | 0.1   |
| 6  | False Scissor; Scissor         | With left leg already in front, continue to false scissor; Cut left leg to scissor  | Minimum height on leg cuts = Foot at elbow   | Head height or better on both skills                           | 0.1   |
| 7  | Leg cut, pick up               | With right leg already in front, cut left leg to 1/2 circle pick up <b>to front support</b>   | As per FIG (see below)   | Additional Circle(s)   | 0.1   |
| 8  | Travel down to Rear support    | 1/2 circle to rear support, then 1/2 circle to front support while traveling sideways and moving the right hand to the left handle, 1/2 circle to rear support on left end of the horse | As per FIG (see below); Hand on Leather = -.3  | Additional Circle(s)   | 0.1   |
| 9  | 1/2 circle with 90 degree turn | 1/2 circle over the handles with 90 degree turn to the right, land facing cross support   | As per FIG (see below); Additional hand placement on handle during 1/2 circle with 90 degree turn = -0.3 | 1/2 circle with 90 turn to wende dismount (no angle deduction) | 0.1   |
|  |                                |   |  | Stick  | 0.1   |
| <b>Additional Performance Criteria</b>   |                                |   | <b>Stick Bonus Criteria</b>  |  |       |
| The routine can be reversed in its entirety  |                                |   | A flag/arm raised for all sticks awarded   |  |       |
| The pommel horse can be lowered to any height below FIG  |                                |   | The NCAA Stick bonus rules will apply  |  |       |
| A panel mat can be used to mount the pommel horse  |                                |   |  |  |       |
| When circles/loops are required or performed for bonus, any additional circles/loops will not incur a Composition error deduction.   |                                |   |  |  |       |
| <b>Amplitude for scissor work</b>  |                                |   |  |  |       |
| Height is measured from the foot at the top of the swing   |                                |   |  |  |       |
| Lack of amplitude deductions:  |                                |   |  |  |       |
| Foot at elbow line = no deduction  |                                |   |  |  |       |
| Foot between elbow and above horizontal line = -0.1  |                                |   |  |  |       |
| Foot below horizontal line = -0.2  |                                |   |  |  |       |
| <b>Circle criteria</b>   |                                |   |  |  |       |
| All circle criteria is per FIG: Ideally circles must be performed with complete extension. Lack of amplitude in body position is deducted as an individual deduction for each element. Circles with a slightly hollow position are permitted. Hip breaks during individual elements in an exercise should be deducted as separate technical errors on each circle. |                                |   |  |  |       |
| Hip breaks during circles = (-0.1 small), or (-0.2 medium)   |                                |   |  |  |       |
| Lack of body extension in circles. Each element = (-0.1 small)   |                                |   |  |  |       |
| <b>Wende</b>   |                                |   |  |  |       |
| NO ANGLE DEDUCTION FOR WENDE   |                                |   |  |  |       |

| Texas High School - Ring Compulsory  |   |  | 2022  |   |
|--|---|--|---|---|
| Rings: Base Score 9.5  |   | Max. Bonus Allowed: .5   |   | Available Bonus: 1.0  |
| Part   | Skill   | Performance Criteria   | Bonus   | Award   |
| 1  | Pull with straight arms and piked body to inverted hang |  | <b>Pull straight arm and straight body</b>                            | 0.1   |
| 2  | Lower to inverted pike and Cast                         |  | <b>Add one or more straight body inlocates<br/>Max. bonus of +0.1</b> | 0.1   |
| 3  | Swing to straight arm back uprise                       | See Below  | Add back uprise hand w momentary hold                                 | 0.2   |
| 4  | L-sit hold  | 2 second hold  |   |   |
| 5  | Tuck planche hold                                       | 2 Second Hold; (See Below)   | A tuck planche performed w/o a deduction will receive bonus           | 0.1   |
| 6  | L-sit hold  | 2 second hold  |   |   |
| 7  | Press to shoulder stand hold                            | 2 second hold, See Below   | Bent Arm Press HS w <b>momentary hold or</b>                          | 0.1   |
|  |   |  | Straight Arm Press HS w <b>momentary hold</b>                         | 0.2   |
|  |   |  | Press Handstand held for 2 seconds                                    | 0.1   |
| 8  | Roll back to piked inverted hang                        | Bent Arms allowed on roll down   |   |   |
| 9  | <b>One or More Dislocates</b>                           | Straight Arms; Continuous Rhythm   | Shoulders above bottom of rings<br><b>Max. bonus of +0.1</b>          | 0.1   |
| 10   | Salto back stretched                                    | Hips At Ring Height  |   |   |
| <b>Additional Performance Criteria</b>   |   |  | <b>Stick</b>  | <b>0.1</b>  |
| <b>Straight Body Inlocate</b>  |   | <b>Shoulder stand Criteria</b>   |   | <b>Stick Bonus Criteria</b>   |
| Straight body required for Bonus   |   | Straight body; Rings turned out; Arms free of straps   |   | A flag/arm raised for all sticks awarded<br>The NCAA Stick bonus rules will apply |
| When an Inlocate is required for bonus, all additional Inlocates will not incur a Composition Error deduction<br>Must Show Continuous Rhythm   |   | <b>Press Handstand Criteria</b>  |   |   |
|  |   | Bent or Straight arms allowed<br>Momentary Hold required for NO deduction  |   |   |
| <b>Back Up Rise Criteria</b>   |   | Touching straps with feet/legs -.1<br>Balancing with feet/legs -.3<br><i>Attempting the press will satisfy the shoulderstand requirement</i> |   |   |
| Rings turned out,<br>Arms Free of Straps<br>Feet 45* below horizontal<br>Straight Arms Required  |   | Pike or Straddle Allowed<br>Max Bonus is .3  |   |   |
| <b>Back uprise Handstand Criteria</b>  |   | <b>Dislocate Criteria</b>  |   |   |
| straight or bent arms<br>Momentary Hold  |   | Straight Arms; Continous Rhythm  |   |   |
| <b>Tuck Planche Criteria</b>   |   | When a dislocate is required or used for bonus, all additional dislocates will not incur a Composition Error deduction                       |   |   |
| Arms Straight, Rings turned out,<br>Arms free of straps<br>Hips level with shoulders,<br>Legs tucked, 2 second hold  |   |  |   |   |
| <b>Holds - 2 Second and Momentary</b>  |   |  | v3, 11282022  |   |
| 1. All holds per FIG   |   |  |   |   |
| 2. Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, receive a medium deduction.  |   |  |   |   |
| 3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded. |   |  |   |   |

|   |  |  |  |                   |              |
|---|--|--|--|-------------------|--------------|
| <b>Texas High School - VAULT Compulsory</b> |  |  |  | Base Score        | <b>9.70</b>  |
|   |  |  |  | Rise              | <b>0.10</b>  |
| <b>VAULT - FRONT HANDSPRING</b>             |  |  |  | Stretch           | <b>0.10</b>  |
|   |  |  |  | Stick             | <b>0.10</b>  |
|   |  |  |  | <b>Max. Score</b> | <b>10.00</b> |

**Vault: Special Rules**

(1) 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.

(2) 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.

**Table of Specific Errors and Deductions for Vault**

| Error | Small | Medium | Large |
|-------|-------|--------|-------|
|-------|-------|--------|-------|

**First (Pre) Flight Deductions**

|   |            |            |            |
|---|------------|------------|------------|
| Diving or insufficient rotation to the blocking surface | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |
| Body position too arched or piked                       | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |
| All other deductions per FIG                            | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |

**Second (Post) Flight Deductions**

|   |            |            |            |
|---|------------|------------|------------|
| Repulsion not within 0* - 15* of vertical           | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |
| Lack of distinct lift or rise from blocking surface | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |
| Body position too arched or piked                   | <b>0.1</b> | <b>0.2</b> | <b>0.3</b> |

**Landing Deductions - All landing deductions per FIG**

**Bonus**

|   |            |
|---|------------|
| Rise: Vertical take off with conspicuous rise             | <b>0.1</b> |
| Stretch: Head back and not dropping the chin to the chest | <b>0.1</b> |
| Stick (NCAA rules)  | <b>0.1</b> |

**Texas High School - Parallel Bar Compulsory**

**2022**

| Parallel Bars |   | Base Score: 9.5  | Max. Bonus Allowed: .5  | Available Bonus: 1.0  |            |
|---------------|---|--|---|---|------------|
| Part          | Skills  | Description  | Performance Criteria  | Bonus   | Award      |
| 1             | Glide Kip to support - swing backward           | From stand or short run, glide kip to support and swing backward | Body horizontal and stretched at completion of the back swing                         | Swing Hand  | 0.1        |
| 2             | Cast to upper arm hang                          | Cast to upper arm hang   | <b>Early or late drop allowed</b><br>Hips at bar height on catch                      |   |            |
| 3             | Back uprise                                     | Back uprise to   | <b>Arms Straight at completion of skill</b><br>Body horizontal at completion of skill | 45* above horizontal<br>Back uprise to Hand                 | 0.1<br>0.2 |
| 4             | <b>L-sit</b>                                    | L-sit w 2 second hold  | 2 second hold, <b>90* hip angle</b>   | <b>V-sit (2 seconds)</b><br><b>All angles/holds per FIG</b> | <b>0.1</b> |
| 5             | Bent arm press to handstand                     | <b>Piked or straddled</b> bent-arm press to Handstand (hold)     | 2 second hold   | Straight Arm Press - hold 2 sec                             | 0.1        |
| 6             | Swing Forward,                                  | Swing forward and  | <b>Fwd-Hips horizontal, body stretched</b>  | Stutz (immediate layaway)                                   | 0.1        |
|               | Swing Backward to handstand                     | swing backward to handstand                                      | <b>Bkwd - Handstand per FIG</b><br><b>No momentary hold needed</b>                    | <b>Hop to handstand</b><br><b>(no hold required)</b>        | <b>0.1</b> |
| 7             | Layaway front uprise and                        |  | <b>Hips above bar at completion</b>   |   |            |
| 8             | Swing bkwd to horizontal and Swing forward then |  | <b>Hips horizontal, body stretched</b><br><b>Hips horizontal, body stretched</b>      | Swing Hand  | 0.1        |
| 9             | Swing backward and Wende Dismount               |  | Good rhythm (no pause)  |   |            |
|               |   |  | <b>Dismount Bonus</b>   |   |            |
|               |   |  | <b>Back Salto Bonus - Performed after #8 (swing forward and back salto)</b>           |   | 0.1        |
|               |   |  | <b>Front Salto Bonus - Performed after #9 (swing backward and front salto)</b>        |   | 0.1        |
|               |   |  | Any distinct body position allowed (tuck,pike,stretch)                                |   |            |
|               |   |  | <b>Stick on Dismount</b>  |   | <b>0.1</b> |

**Additional Performance Criteria**

All angles and holds per FIG unless specifically amended

| L-sit, V-sit hold criteria                   | Salto Dismount criteria        | Stick Bonus Criteria                     |
|--|--------------------------------|--|
| All angles and holds per FIG                 | Any position allowed           | A flag/arm raised for all sticks awarded |
| <b>Stutz criteria</b>                        | All Height & Landings Per FIG  | The NCAA Stick bonus rules will apply    |
| Straight arm catch                           | <b>All Swing Hand Criteria</b> |  |
| Body above bars                              | No momentary hold required     |  |
| <b>Front uprise criteria</b>                 | No deduction for holding       |  |
| Hips above bar at completion                 | Arms Straight                  |  |
| <b>Support Swing criteria</b>                | <b>Press criteria</b>          |  |
| unless specifically amended use:             | Bent arms allowed              |  |
| Front Swing: Hips Horizontal, body stretched | 2 second hold required         |  |
| Back Swing: Hips Horizontal, body stretched  | Pike or straddled allowed      |  |
| Arms Straight                                | <b>Cast to Hang criteria</b>   |  |
| <b>Hop to Handstand criteria</b>             | Hips at bar height on catch    |  |
| No hold required                             | Early or late drop allowed     |  |
| Hands must show clearance                    |                                |  |
| Angle per FIG                                |                                |  |
| No deduction for holding                     |                                |  |
| Arms Straight                                |                                |  |

**Holds - 2 Second and Momentary**

- All holds per FIG
- Momentary holds are defined as holds that show a definite stop or control of the final finish position and are held less than or up to one second. Momentary holds that do not show a definite stop or control of the final finish position, **receive a medium deduction.**
- In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the gymnast clearly does not show control of the final finish position he will receive a single medium deduction for failing to meet the required hold criteria and therefore not receive a bonus for the skill. If a Specified Bonus skill is executed (50% or greater rule) but incurs a single large deduction or fall, the gymnast receives credit for the numbered skill part even though bonus is not awarded.

**Texas High School - Horizontal Bar Compulsory**

**2022**

**Horizontal Bar**      **Base Score: 9.5**      **Max. Bonus Allowed: .5**      **Available Bonus: .9**

| Part  | Skills                                | Description   | Performance Criteria   | Bonus  | Award      |
|---|---------------------------------------|---|--|--|------------|
| <b>Up to 5 swings are allowed prior to the Kip/Stem</b> |                                       |   |  |  |            |
| 1   | <b>Kip to support</b>                 | <b>From a swing, still, or 1/2 turn any grip kip to support</b> (pause allowed after kip) | <b>Bent arms allowed, pause allowed change to under grip allowed</b>   | <b>Mix grip kip</b>                                      | <b>0.1</b> |
|   |                                       |   |  | <b>Mix grip kip immediate cast</b> (replaces part 1 & 2) | <b>0.2</b> |
| 2   | Cast to an undergrip                  | <b>cast up and over the bar with the cast ending in an undergrip</b>                      | <b>No angle deduction on cast The cast may be performed in any grip but must finish in undergrip. A cast that does not finish in undergrip, or finishes in overgrip and comes down in the same direction will incur a -0.5 deduction</b> | <b>Under/Mix grip Stem</b> (replaces part 1 & 2)         | 0.1        |
|   |                                       |   |  |  |            |
| 3   | <b>One or more undergrip giants</b>   |   | <b>Additional giants allowed</b>   |  |            |
| 4   | <b>Pirouette</b>                      |   | <b>No angle deduction for pirouette</b>  | 45* or above   | 0.1        |
|   |                                       |   |  | Handstand  | 0.2        |
| 5   | <b>One or more overgrip giants</b>    |   | <b>Additional giants allowed</b>   |  |            |
| 6   | Swing 1/2 turn or <b>hop 1/2 turn</b> | Swing forward and change both hands to overgrip   | <b>No angle deduction</b>  | 45* or above   | 0.1        |
|   |                                       |   |  | Handstand  | 0.2        |
| 7   | Swing forward to                      |   |  | <b>Add one or more giants</b>                            | 0.1        |
| 8   | Salto backward dismount               |   | Any distinct body position allowed (tuck,pike,stretch)<br><b>Hips at bar height</b>  | Above Bar Height   | 0.1        |
|   |                                       |   |  | <b>stick landing</b>                                     | <b>0.1</b> |

**Additional Performance Criteria**

| <b>Kip criteria</b>           | <b>Giant criteria</b>   | <b>Stick Bonus Criteria</b>   |
|-------------------------------|---|---|
| Bent arms allowed             | Arms straight   | A flag/arm raised for all sticks awarded<br>The NCAA Stick bonus rules will apply |
| Mixed grip allowed            | Body straight in handstand  |   |
| 1/2 turn allowed prior to kip | When giants are required or performed for bonus, any additional giants will not incur a |   |
| <b>Cast criteria</b>          | Composition error deduction.  |   |
| Pause allowed                 |   |   |
| Any grip, over bar            |   |   |
| No angle deduction            |   |   |
| layaway after cast -0.5       | <b>Swing 1/2 or Hop 1/2 criteria</b>  |   |
| <b>Pirouette criteria</b>     | No angle deduction  |   |
| No angle deduction            | Arms and body straight  |   |
| Arms and body straight        | Aligned axis in turn  |   |
| Aligned axis in turn          | Additional hand movement allowed prior to 1/2 turn                                      |   |
| <b>Stem criteria</b>          | <b>Salto backward Dismount Criteria</b>   |   |
| No angle deduction            | Any distinct body position allowed  |   |
| Straight arms at completion   | (tuck,pike,stretch)   |   |
| Mix grip or Undergrip allowed | Hips at bar height  |   |