

Texas High School - Floor Exercise Compulsory				2025	
FLOOR EXERCISE: Base Score \$		Max. Bonus Allowed: .5		Available Bonus: .7	
Part	Skill	Description	Performance Criteria	Bonus	Award
1	Round Off 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		HS Angle per FIG	Straight Arms	0.1
	Lower to prone 1/2 turn to pike sit				
4	Roll back to candlestick		Hips above chest		
	Roll forward to straddle stand		Show control as athlete stands		
		Straddle roll to stand with straight legs			
5	Bent arm press to Handstand	step down either foot,	Momentary Hold	Straight Arm Press or Endo HS	0.1
	step down, step turn 180	step through other foot,	No momentary hold -.2	Hold 2 sec.	0.1
		180 turn backward with legs together	Press from jump -.2		
6	Run to Front Salto Tucked		Landings & Height per FIG	Pike Salto	0.1
			controled landing	controled landing	
7	Step to handstand w 1/1 pirouette		5 or less hand placements		
8	Tucked forward roll		Straight arm forward roll		
	Step to Lunge - Scale	Scale leg horizontal	Show control as athlete stands		
	One step forward and turn 180*		2 second hold on Scale		
			Scale back leg level minimum		
			horizontal		
9	Run Front Handspring			Front / Front (any Salto position)	0.1
				Replaces #9 & 10	
10	Bounder rebound to stand	Bounder rebound to stand	Landings & Height per FIG	Front tuck (any salto position)	0.1
		No rebound deduct 0.2 and		Replaces #10	
		loss of Stick Bonus		Stick	0.1
Additional Performance Criteria					
All Height & Landings Per FIG		No Additional Matting Allowed			
Performing a front/front with only 1 front: no Bonus awarded and loss of box					
Arm Criteria on ALL Transitions		Lunge Criteria	Scale Criteria	Stick Bonus Criteria	
Arms level or above		Back Leg Straight	Legs Straight	A flag/arm raised for all sticks awarded	
Good Rythm		ack foot turned out with heel down	Back Leg horizontal or above	The NCAA Stick bonus rules will apply	
Deduct 0.1 per skill		Arms level or above	Arms level or above		
Holds - 2 Second and Momentary					
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 no bonus for the numbered skill part even though bonus is not awarded.					
Added Holds on Floor					
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.					
Steps:					
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.					
Floor Patterns:				v 9152025	
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				2025	
<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); <b>No minimum height on leg cut</b>		
3	Leg cut back, leg cut	Left leg cut back, right leg cut forward	<b>Minimum height on leg cuts = elbow</b>		
4	Straddle travel	Simple straddle travel up to front support	<b>No minimum height on legs during simple travel</b>		
5	False Scissor;	Cut right leg to false scissor; Cut right leg to Scissor	<b>Minimum height on leg cuts = Foot at elbow</b>	Head height or better for both	0.1
6	False Scissor;	With left leg already in front, continue to false scissor; Cut left leg to scissor	<b>Minimum height on leg cuts = Foot at elbow</b>	Head height or better on both	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	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 = -.3	1/2 circle with 90 turn to wende dismount (no angle deduction) (Additional loops/circles Stick	0.1
					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				v 9152025	
Additional circles/loops allowed					

Texas High School - Ring Compulsory			2025	
<b>Rings: Base Score 9.5</b>		<b>Max. Bonus Allowed: .5</b>		<b>Available Bonus: 1.0</b>
Part	Skill	Performance Criteria	Bonus	Award
1	Pull with straight arms and piked body to inverted hang	Must show straight inverted hang prior to # Not showing straight body = -0.3 (Routine composition error)	<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</b> <b>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</b> or Straight Arm Press HS w <b>momentary hold</b> Press Handstand held for 2 seconds	0.1 0.2 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 <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 The NCAA Stick bonus rules will apply	
When an Inlocate is required for bonus all additional Inlocates will not incur a Composition Error deduction Must Show Continuous Rhythm		<b>Press Handstand Criteria</b>		
		Bent or Straight arms allowed		
		Momentary Hold required for NO deduction		
<b>Back Up Rise Criteria</b>		Touching straps with feet/legs -.1		
Rings turned out, Arms Free of Straps		Balancing with feet/legs -.3		
Feet 45* below horizontal		<i>Attempting the press will satisfy the shoulderstand requirement</i>		
Straight Arms Required		Pike or Straddle Allowed		
<b>Back uprise Handstand Criteria</b>		Max Bonus is .3		
straight or bent arms		<b>Dislocate Criteria</b>		
Momentary Hold		Straight Arms; Continous Rhythm		
<b>Tuck Planche Criteria</b>		When a dislocate is required or used or bonus, all additional dislocates will not incur a Composition Error deduction		
Arms Straight, Rings turned out, Arms free of straps				
Hips level with shoulders, Legs tucked, 2 second hold				
<b>Holds - 2 Second and Momentary</b>			v 9152025	
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				
3. In the case of awarding bonus, if the gymnast shows control of the final position he will be awarded a bonus. If the				



Texas High School - Parallel Bar Compulsory				2025	
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	Early or late drop allowed Hips at bar height on catch		
3	Back uprise	Back uprise to	Arms Straight at completion of skill Body horizontal at completion of skill	45* above horizontal Back uprise to Hand	0.1 0.2
4	L-sit	L-sit w 2 second hold	2 second hold, 90* hip angle	V-sit (2 seconds) All angles/holds per FIG	0.1
5	Bent arm press to handstand	Piked or straddled bent-arm press to Handstand (hold)	2 second hold	Straight Arm Press - hold 2 sec	0.1
6	Swing Forward, Swing Backward to handstand	Swing forward and swing backward to handstand	Fwd-Hips horizontal, body stretched Bkwd - Handstand per FIG No momentary hold needed	Stutz (immediate layaway) Hop to handstand (no hold required)	0.1 0.1
7	Layaway front uprise and		Hips above bar at completion		
8	Swing bkwd to horizontal and Swing forward then		Hips horizontal, body stretched Hips horizontal, body stretched	Swing Hand	0.1
9	Swing backward and Wende Dismount		Good rhythm (no pause)		
			Dismount Bonus		
			Back Salto Bonus - Performed after #8 (swing forward and back salto)		
			Front Salto Bonus - Performed after #9 (swing backward and front salto)		
			Any distinct body position allowed (tuck,pike,stretch)		
				Stick on Dismount	0.1
Additional Performance Criteria					
All angles and holds per FIG unless specifically amended					
L-sit, V-sit hold criteria All angles and holds per FIG		Salto Dismount criteria Any position allowed		Stick Bonus Criteria A flag/arm raised for all sticks awarded The NCAA Stick bonus rules will apply	
Stutz criteria Straight arm catch Body above bars		All Height & Landings Per FIG All Swing Hand Criteria No momentary hold required			
Front uprise criteria Hips above bar at completion		No deduction for holding Arms Straight			
Support Swing criteria unless specifically amended use:		Press criteria 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		Cast to Hang criteria Hips at bar height on catch Early or late drop allowed			
Hop to Handstand criteria No hold required Hands must show clearance Angle per FIG No deduction for holding Arms Straight					
Holds - 2 Second and Momentary					
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 no bonus for the numbered skill part even though bonus is not awarded.					
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Texas High School - Horizontal Bar Compulsory				2025		
Horizontal Bar		Base Score: 9.5	Max. Bonus Allowed: .5	Available Bonus: .9		
Part	Skills	Description	Performance Criteria	Bonus	Award	
	Up to 5 swings are allowed prior to the Kip/Stem					
1	Kip to support	From a swing, still, or 1/2 turn any grip kip to support (pause allowed after kip)	Bent arms allowed,	Mix grip kip	0.1	
			pause allowed change to under grip allowed	Mix grip kip immediate cast (replaces part 1 & 2)	0.2	
2	Cast to an undergrip	cast up and over the bar with the cast ending in an undergrip	No angle deduction on cast	Under/Mix grip Stem (replaces part 1 & 2)	0.1	
			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			
3	One or more undergrip giants		Additional giants allowed			
4	Pirouette		No angle deduction for pirouette	45* or above	0.1	
				Handstand	0.2	
5	One or more overgrip giants		Additional giants allowed			
6	Swing 1/2 turn or hop 1/2 turn	Swing forward and change both hands to overgrip	No angle deduction	45* or above Handstand	0.1 0.2	
7	Swing forward to			Add one or more giants	0.1	
8	Salto backward dismount		Any distinct body position allowed (tuck,pike,stretch)	Above Bar Height	0.1	
			Hips at bar height			
					stick landing	0.1
Additional Performance Criteria						
Cast criteria		Giant criteria	Stick Bonus Criteria			
Pause allowed		Arms straight	A flag/arm raised for all sticks awarded			
Any grip, over bar		Body straight in handstand	The NCAA Stick bonus rules will apply			
No angle deduction		When giants are required or performed for bonus, any additional giants will not incur a deduction.	<b>Kip criteria</b> Bent arms allowed Mixed grip allowed 1/2 turn allowed prior to kip Kip, immediate cast to any angle, up to and including handstand, that returns to support will still earn +0.1, and no deduction for returning to support will be applied			
layaway after cast -0.5						
<b>Pirouette criteria</b>						
No angle deduction						
Arms and body straight						
Aligned axis in turn		<b>Swing 1/2 or Hop 1/2 criteria</b>				
<b>Stem criteria</b>		No angle deduction				
No angle deduction		Arms and body straight				
Straight arms at completion		Aligned axis in turn				
Mix grip or Undergrip allowed		Additional hand movement allowed prior to 1/2 turn				
		<b>Salto backward Dismount Criteria</b>				
		Any distinct body position allowed (tuck,pike,stretch)				
		Hips at bar height				
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