

2013 – 2014 RULES GOVERNING JUDGING FOR THSGCA WOMEN'S PROGRAM

Difficulty

- A. Value Parts: 4 A's, 4 B's, 0 C's and Optional Start Value will be $9.7 + .3 \text{ bonus} = 10.00$
- B. Difficulty Bonus: "C" skills - .1 and "D" skills - .2 (maximum of .2 in difficulty bonus)
- C. Combination Bonus: .1 or .2 (use USAG connection bonus & HS bar Modifications below)
- D. Difficulty Restrictions: No restrictions on skill difficulty

Connection Value Bonus

All USAG JO Level 9 & 10 Connection Value bonus applies to: Uneven Bars, Balance Beam and Floor Exercise

Skill Value

All other Uneven Bars, Balance Beam and Floor Exercise skills not listed on this form will have the same value as the skills in the USAG Junior Olympic Code of Points.

Special Requirements (SR's)

BARS (4 SR's at .20 each)

1 – 1 Bar Change

2 & 3 – 2 Elements same or different Minimum "B"

- 1 with Flight OR LA Turn (not mt or dsmt) Flight is defined as: elements with flight from HB to LB or LB to HB, counter flight, vault, or salto on same bar, release hop grip of both hands in ascending phase & finish in different grip
- 1 from Element Groups 3, 6 or 7

4 – "A" salto/hecht Dismount

Bars Combination Bonus: Modified

B + C = .1 (or reversed)

C + C = .2 (or more)

High School Modified Values

Layout Flyaway & Flyaway $\frac{1}{2}$ = B

Full Twisting Flyaway = C

Flight of "B" & LA/180° turn of "B" = .1 (may be met in a single element or in two elements – elements not necessarily connected to each other – not as a mt or dsmt)

UNEVEN BAR Element Value Changes –

- Casts will be awarded "B" from vertical to 20° from vertical
*all other casts will be awarded an "A", with body position deductions taken but not angle deductions
- Clear hip circle to handstand within 20° of vertical will be awarded "C"
* all other clear hips will be awarded "B", even those below horizontal.

BEAM (4 SR's at .50 each)

- 1 – Acro series (minimum of 2 elements – 1 with flight)
- 2 – Minimum of 360° turn on one foot (may be included in a series)
- 3 – 1 *leap/jump with 180° split (isolated or in series)*
*Not a special requirement (.50) to have a dance series, but there is a:
.2 compositional deduction for lack of dance series with a minimum of 2
dance elements from groups 1, 2 or 3*
- 4 – Aerial or Salto dismount – minimum “A”

Beam Connection Values:

2 Acro Flight Elements, one a salto (not mt/dsmt) B + C-salto = .1	2 Acro Flight Elements (not dsmt) B + D = .2 C + C = .2 B + E = .2 C + D = .2 D + D = .2	3 Acro Flight Elements (mt/dsmt okay) B + B + C = .1 B + C + C = .2 B + B + D = .2 C + C + C = .2 B + C + D = .2	2 Dance or Dance/Acro (mt okay/not dsmt) A + D = .1 B + C = .1 B + D = .2 C + C = .2
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Connection Value Principles on Balance Beam

- Turns: A-Turn + C Turn (or reverse) receives +.10 CV (and THSGCA +/-10 DV for the “C”)

Balance Beam Element Value Changes

- Straddle Jump – starting and finishing in a cross position (facing length of the beam), in side position and all straddle jumps with ¼ turn will be valued a “C”.

FLOOR (4 SR's at .5 each)

- 1 – Acro series with 2 saltos OR 2 *directly connected saltos* (same or different)
- 2 – 3 Different saltos within the exercise
- 3 – Dance Series (with a minimum of two different Group 1 elements, directly or indirectly connected, one of which is a leap (one foot take-off) requiring a 180° cross or side split position.
- 4 – “A” salto performed as last isolated salto or within last salto connection

Floor Connection Values:

Indirect acro connections of 2 or more saltos or aerials:

C Salto Series: A/B + A/B + C = .1 C + C = .1	D Salto Series: A/B + A/B + D = .1 B + D = .1	A + D = .1 C + D = .2
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Direct acro connection of 2 or more saltos or aerials:

A + C = .1	B + B = .1	A + A + C = .1		
A + A + D = .2	B + C = .2	C + C = .2	A/B + D = .2	B + D = .2

Dance and Dance/Acro:

C + C = .1 (same or different dance from Groups 1 & 2)	B + D = .1	C + D = .2	D-Salto + A-Jump (this order only) = .10 THSGCA – C will receive +.1 DV D will receive +.2 DV
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OPTIONAL VAULT VALUES

Round-off entry vaults are allowed, but gymnast may either flip or twist, NOT both

HIGH SCHOOL VAULT VALUES

VAULT	VALUE	VAULT	VALUE
RO FF ON – (P/L/TWIST)	10*	YAMASHITA – FULL	9.8
HANDSPRING FRONT (T/P/S)	10	¼ ON - 1 ¼ OFF	9.8
TSUKAHARA (P/S)	10	¼ ON - ¾ OFF	9.2
FULL ON – FULL OFF	10	½ ON - ½ OFF	9.2
HALF ON – 2/1 OFF	10	HECHT ½	9.2
HANDSPRING 2/1	10	HDSRING ½ OR ¾ OFF	9.1
RO FF ON – TUCK OFF	9.9*	YAMASHITA ½ OR ¾ OFF	9.1
TSUKAHARA (T)	9.9	HANDSPRING OR YAMI	9.0
FULL ON – ½ OFF	9.9	¼ ON – ¼ OFF	9.0
½ ON – 1 ½ OFF	9.9	¼ ON HS OFF	9.0
HS 1 ½ OR 1 ¾	9.9	½ ON HS OFF	9.0
FULL ON – HS OFF	9.8	HECHT	9.0
HDSPRG ON - FULL OFF	9.8	STOOP OR STRADDLE	7.5
½ ON – FULL OFF	9.8	SQUAT	7.0

*ROUND OFF ENTRY VAULTS REQUIRE THE USE OF A SAFETY COLLAR

Any vault that is not on the current list should be submitted to the Women's Technical Committee. The coach must have written confirmation from the President of THSGCA of the vault value to present to the judges prior to the meet.

LEVEL 5 COMPULSORIES

The THSGCA uses the USA Gymnastics Level 5 age group compulsories with the following modifications:

*Uneven Bars – Allow straddle swing between the rails in both directions.