

2004-05 GIRLS GYMNASTICS EXAMINATION



Instructions: Only the **answer sheet** of this examination will be sent to the grader. **You retain the questions for further study.** Since correction is by machine scanning or perforated key, you must use care in clearly marking correct spaces on the answer sheet according to directions. **Every part** of each question is to be answered. Indicate whether you believe a part is true or false by marking the appropriate blank on the answer sheet.

NOTE: Send answer sheet to your state association office unless otherwise instructed.

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Acting Judges Shall:

1. Deduct up to 0.2 for lack of uniqueness in choreography.
2. Mark their score independently and without communicating with each other unless a conference is called.
3. Sit in places designated by the Superior Judge, preferably apart from each other.
4. Award 0.4 bonus for a full difficulty routine containing two of the same bonus high superiors.

Conduct:

5. A coach may inquire about any of the following: difficulty/vault value; event requirements, back-to-back superiors, bonus, neutral deductions and/or mathematical errors.
6. After a gymnast's score is recorded at the scorer's table, the judges' summary scoresheets may be checked by the coach without penalty.
7. A coach is allowed one inquiry during the meet without penalty regardless of whether or not the score is changed.
8. A 1.0 deduction is taken from the team score for a coach standing outside the competitive area of floor exercise and reaching inside the boundary lines to remove a sting mat.

Equipment:

9. A sting mat may be placed on top of a 4-inch skill cushion on floor exercise, and another sting mat may be placed in another location on the floor exercise mat.
10. The balance beam may be set at a height of 49¼ inches provided it is consistent with manufacturer's specifications.
11. The host school shall mark the maximum dual-lock setting of the bars in red.
12. The top mat, including a sting mat, shall not be wider than any mat underneath it.

General:

13. Combining difficulties from different structure groups is worth up to 0.1 under Composition on Bars, Beam and Floor.
14. By state association adoption during the 2004-05 season, a vault table may be used in place of or in addition to the vault horse.
15. Gymnasts may compete wearing glitter paint.
16. Judges are not required to agree on difficulty, neutral deductions or vault value.

Vault Deductions:

17. The deduction for twisting too soon in the contact phase of a vertical vault is a flat 0.5.
18. There is no deduction for insufficient preflight on vertical vaults.
19. The deduction for walking on the hands is 0.1 each, up to 0.3.
20. A neutral deduction of 0.2 is taken for a spotter touching the horse/table during a vault.

Vault Values:

21. Pike Tsukahara = 9.6.
22. Half on- full off = 9.4.
23. Quarter on - 1¼ off = 9.2
24. Handspring - full = 9.6

Vaulting:

25. A deduction of up to 0.5 is taken for a direction error on any portion of the vault.
26. When a skill cushion is the top mat used in the landing area, it must be secured to the vault horse/table.
27. A gymnast executes a tuck Tsukahara, but does not have a feet-first landing. She is allowed to call and execute a pike Tsukahara on her second vault.
28. For the first vault, a gymnast calls a handspring-full, but executes a handspring-half. A 0.3 deduction shall be taken for executing a vault other than the one designated.

Vault Deductions:

29. When a vault is void because the gymnast executes a one-arm vault, that vault shall not be called or executed a second time.
30. When a gymnast performs a $\frac{1}{4}$ - $\frac{1}{4}$ vault and lands facing the horse/table, the vault is void and a score of zero is given.
31. A vault is void if the spotter stands between the board and the horse/table.
32. A flat 0.3 deduction is taken for a gymnast's knee touching the floor after landing a tuck Tsukahara vault.

Vaulting:

33. The height of the vaulting horse/table shall be 45 $\frac{1}{4}$ - 49 $\frac{1}{4}$ inches.
34. When a gymnast fails to contact the board or horse/table on an incomplete attempt on her first vault, she has two runs remaining to execute two vaults.
35. The horse/table shall be placed on a solid, level surface, and the landing area shall be on the same level.
36. The judges may deduct up to 0.3 for insufficient speed and force in a gymnast's performance of a vault.

Routine Composition on Bars:

37. Credit is given for the salto or twist/turn event requirement for a sole circle on the LB, $\frac{1}{2}$ twist to catch HB.
38. When a routine consists of fewer than eight skills, a 0.5 neutral deduction is taken for each missing skill.
39. A straddle-cut catch on bars may fulfill the event requirement for a regrasp.
40. For a routine containing two series of back-to-back superiors, the gymnast receives 0.4 under Composition.

Deductions on Bars:

41. When a gymnast bounces on the board to check for proper placement after warm-ups have ended, a 0.5 deduction is taken from the competitor's average score.
42. A deduction of 0.1 is taken for each stop on the bars.
43. A deduction of 0.3 is taken for release of one hand without supplementary support.
44. A gymnast may receive 0.1 bonus for performing a clear back hip circle to handstand to the ultimate in technique and no execution deductions.

Uneven Parallel Bars:

45. A clear back hip circle to back salto dismount is a bonus high superior difficulty.
46. A judge may deduct 0.05 for lack of progressive distribution of difficulties.
47. A back giant fulfills the handstand event requirement.
48. A sole circle, with flight, to regrasp the high bar is a superior difficulty.

Uneven Parallel Bars:

49. The gymnast performs two forward stalders to handstand in her bar routine and is awarded 0.4 under Bonus.
50. All high difficulty skills are performed at the end of the gymnast's routine. Up to 0.2 deduction is taken for lack of progressive distribution.
51. A counterflight, in pike position, over the LB to suspension under the LB is a superior.
52. The gymnast performs one back giant with hands in overgrip and one back giant with hands in mixed grip. These would be considered two separate skills.

UPB Difficulties:

53. A back giant to back salto is given credit as two skills.
54. A long hang uprise to handstand is a bonus high superior.
55. A long hang uprise to front support on HB is a superior difficulty.
56. A gymnast performs a clear back hip circle to handstand, clear back hip circle to glide kip and a clear back hip circle back salto dismount. She receives credit for all the skills.

Bonus High Superior Credit is Awarded on Bars for:

57. Quarter sole circle on LB counterflight to catch HB.
58. Front support on HB to inward front salto dismount.
59. Deltchev dismount with half twist.
60. Underswing to front salto dismount.

Balance Beam Difficulties:

61. A roundoff with flight to a two-foot landing directly connected to a back walkover is a high superior.
62. A bent-hip front handspring mount is a superior.
63. A pike jump, 90 degrees, with half twist is a high superior difficulty.
64. A back handspring series receives credit for a high superior and a superior.

Balance Beam:

65. A jump to straddle position, press to side handstand mount is a bonus high superior.
66. A Schuschunova to back hip circle receives superior difficulty credit.
67. A coach may use a manufactured spotting block to spot a bonus high superior skill.
68. A cat leap, 1/1 twist with thighs more than 10 degrees below horizontal is a high superior.

Balance Beam:

69. If a gymnast initiates a front salto dismount at 1:32, she is credited with a superior dismount and a 0.1 superior judge deduction is taken from her average score for overtime.
70. A tuck jump, ½ twist in which the thighs do not reach within 10 degrees of horizontal is awarded superior difficulty credit.
71. A back handspring directly connected to a back salto dismount receives credit for one high superior (back handspring), one superior (back salto dismount), a back-to-back superior and the tumbling series and handspring/salto event requirements.
72. A gymnast receives credit for the dance to tumbling event requirement for a front scale to handstand, forward roll.

Balance Beam Deductions:

73. A neutral deduction of 1.0 is taken for a beam routine containing only six skills.
74. If a gymnast takes three steps and falls on her dismount, the deduction shall be 0.8.
75. A gymnast over-rotates her front salto dismount and lands on her hands and knees. The judges void the dismount, take a 0.5 deduction under Execution for the fall and 0.2 under Event Requirements for not having a superior dismount.
76. A gymnast performs a full twisting back salto dismount to a sideward landing. Judges shall void the skill and deduct 0.2 under Event Requirements for not having a superior dismount.

Balance Beam Event Requirements Include:

77. A tumbling series of difficulty, both performed on the beam.
78. A dance series of difficulty, not including a balance or body wave, with all skills performed on the beam.
79. A minimum of three passes.
80. A medium jump or leap.

Bonus High Superior Difficulty on the Beam Shall be Awarded for a:

81. Roundoff with flight to two-foot landing directly connected to a back handspring.
82. Double turn on 1 foot.
83. Pike jump, 90 degrees with more than ½ twist.
84. Sheep jump, feet shoulder high, head dropped back.

Floor Exercise Difficulties:

85. A series of whipbacks is a high superior.
86. A full turn with 180-degree split throughout the turn is a superior.
87. A pike jump, 45 degrees, with 1/1 twist is a high superior.
88. A third roundoff in a routine is not given difficulty credit.

Superior Difficulty Shall be Awarded on Floor Exercise for:

89. A front aerial/salto to valdez position.
90. A sheep jump, feet waist high, head dropped back.
91. A straight-body jump, 1/1 twist to prone position.
92. A series of front handsprings.

Floor Exercise:

93. All the skills in a dance series must have difficulty value to fulfill the event requirement.
94. The following series would receive back-to-back superior credit: front handspring, front salto step out right, push off left for roundoff, back handspring, back salto.
95. A gymnast receives credit for a front tumbling pass for a flyspring to front salto.
96. A gymnast includes one pike back salto and two tuck back saltos. She would not receive credit for the third back salto.

Floor Exercise:

97. A back handspring with ½ twist does not fulfill the half-twist tumbling event requirement.
98. A gymnast performs a roundoff, back handspring, Arabian salto for one of her tumbling passes and receives credit for front or back tumbling.
99. A gymnast attempts a roundoff, back handspring, back salto and lands the salto on her knees. The gymnast does not receive difficulty for the back salto nor credit for a tumbling pass.
100. A single skill may fulfill more than one event requirement, and may receive credit in both dance and tumbling.