



2018-19 NFHS GIRLS GYMNASTICS RULES INTERPRETATIONS

Publisher's Note: The National Federation of State High School Associations is the only source of official high school interpretations. They do not set aside nor modify any rule. They are made and published by the NFHS in response to situations presented.

Dr. Karissa L. Niehoff, Publisher, NFHS Publications © 2018

RULES BOOK CORRECTIONS:

Page 32, 7-4 NOTE: The angle of the lowest body part shall be used to determine amplitude deductions for the following figures: a through e; **Page 46, 7-6-7:** Clear Straddle Circles/Stalder Circles; **Page 54, Rule 7:** Clear Straddle Circles/Stalder Circles; **Page 64, 8-6-1:** 1.107 illustration box should be shaded as new.

SITUATION 1: A gymnast falls on the runway, gets up, and continues to successfully perform her first vault. The judges score the vault and deduct 0.5 for the fall on the runway. **RULING:** Incorrect procedure. **COMMENT:** Following a fall on the runway, the gymnast may continue from the fall to perform her vault receiving no fall deduction. If she chooses to return to the end of the runway to begin again, it would be her second attempt and her first attempt would be assessed as a balk. (6-2-5)

SITUATION 2: A coach facilitates a gymnast in the second flight phase of a round-off on – repulsion off vault. The judges score the vault and take a spotting deduction of 1.0. **RULING:** Incorrect procedure. **COMMENT:** The only vaults that are not void when facilitated are a handspring and any vault with a salto in the second flight phase. Other vaults that are facilitated would incur a 1.0 spotting deduction. [6-2-6c(5)]

SITUATION 3: In an attempt to mount the beam, the gymnast runs, stops on the board, returns to her starting position and attempts to mount a second time. The judges take a 0.5 deduction for a fall. **RULING:** Correct procedure. **COMMENT:** On bars and beam, if a gymnast contacts the board or apparatus without mounting, it is considered a fall and not a balk as in vault. (8-2-6)

SITUATION 4: A gymnast performs an element that varies slightly from the illustration shown in the rules book.

The judges do not award credit due to the discrepancy between the performed element and the illustration. **RULING:** Incorrect procedure. **COMMENT:** The written description always takes precedence when evaluating elements. The illustration is used as an aid only to assist in the understanding of an element.

SITUATION 5: A gymnast includes eight elements in her bar routine, two of which are long hang kips. The judges deduct 0.1 for using the same Value Part twice to fulfill difficulty. **RULING:** Correct procedure. **COMMENT:** Only when a gymnast needs a second identical element to fulfill the difficulty category is an 0.1 deduction taken. If the gymnast's routine consists of more than eight elements, which is the number required to fulfill difficulty, and the duplicate is in addition to the required eight elements of difficulty, this deduction is not taken. (7-3-3)