



## 2016-17 VHSL Gymnastics Clarifications

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*Also refer to NFHS Gymnastics for FAQ, Element Clarifications, and Judges' Manual*

### Uneven Bars

**Dismount 9.101 reminder:** This dismount comes from a sole circle or clear underswing. The gymnast either casts to a sole circle with her feet on the bar or performs a clear underswing into the dismount. If the gymnast instead “drops” down to a long hang position, swings, and then swings off, that is a dismount of no value. There would be a .3 extra swing deduction, .3 neutral deduction for performing a dismount of no value, and .2 ER deduction for no Superior dismount. (1/3/17)

### Balance Beam

**Handstands on beam:** Handstands are considered acro and therefore may be part of an acro series if done correctly; *vertical* and held for *two seconds*. As discussed in prior seasons, two seconds is a guideline for how long a position should be held to be *marked*, defined on p. 7 as: “A held position demonstrating balance and body control”. If you observe two seconds on a clock, it’s pretty quick. If a handstand is marked, it’s probably two seconds. You could also count it out in your head... a thousand one, a thousand two. Remember that a handstand may not be considered for direction, as it does not pass through the vertical. See p.107. (1/3/17)

**Double bounce:** If a gymnast double bounces on her mount, the second bounce is considered a fall because timing starts when a gymnast's feet leave the floor/board. (1/3/17)

### **Floor Exercise**

**Front or back handsprings reminder:** Situation: A gymnast performs front handspring, front handspring, front handspring. Would she receive credit for a pass since she did a third front handspring? Ruling: Yes. Since a single front handspring (6.101) is listed separately from a series of front handsprings (6.201), she could do 6.101 twice and 6.201 twice for VP credit. In this pass, there would be one single front handspring and one series. Same for back handsprings. (1/3/17)

**Direction under composition:** Situation: If one of the needed directions (backward, and either forward/side) is in an intended pass but the pass is broken, will she lose .1 under Spacing and Direction within Composition? Ruling: Yes. Acro elements in a pass must be directly connected. The direction requirement must be met in a pass. (1/3/17)

**Element performed third time in a pass:** Situation: A gymnast performs a back tuck in her first pass, a back tuck in her second pass, and a back tuck in her third pass. Can the third pass still be a pass with the third back tuck? Ruling: No. Starting with the 2106-18 Rules Book, *all* elements in a pass must receive VP credit. An element performed for the third time will not receive VP credit. Therefore, she would not receive ER credit for three acro passes. (1/3/17)

**Superior in third acro pass or as last acro:** In the situation above, the gymnast would not get ER credit for having three passes, AND unless there was a S acro performed as the last element in that third intended pass with no medium acro following, or a S acro following that intended pass performed as the last acro

element, she will lose .2 ER for no S acro in 3<sup>rd</sup> pass or as last acro element. Check out NFHS FAQ for more scenarios on this principle. (1/3/17)