



## VHSL Gymnastics Newsflash January 2012

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*Happy 2012~I hope your season has gotten off to a great start!*

### NFHS Element Clarifications since the Nov. Newsflash:

- BB 1.407 Salto forward to arrive in stand or sit also w/ ½ twist

NFHS FAQ's are continually updated...remember to check them out, and all the other info available on the [gymnastics pages @ www.nfhs.org](http://www.nfhs.org) and [www.vhsl.org](http://www.vhsl.org)

### Q&A, Reminders, Clarifications

**Reminder:** *Directly connected* is defined on p. 6. It is also helpful to review p. 96 (under ER) that explains when connecting elements, if the first element involves a 2 foot landing, no steps are permitted between the elements. If the first element involves a 1 foot landing, the free leg becomes the takeoff leg for the next element. There are some situations in the book to illustrate this:

- P. 71; 8.2.3 D: Explains that for a 1 foot landing, you may close to a 2 foot takeoff, but a 2 foot landing cannot connect to an element with a 1 foot takeoff
- P 71, 8.2.3 E: Situation describes an element where the second foot landed in a lunge; in order to connect, after landing the first leg, the free leg must have become the take off leg.
- P. 89, 9.3.5: Another example of a 2 foot landing cannot directly connect to a 1 foot takeoff.

### Clarifications:

- UB: A ½ twist to drop kip within a routine is a variation of 1.208b, Superior.
- UB: An underswing to counterswing by itself is an extra swing. Also, review 2011-12 NFHS FAQ, UB question #1, and the rules book, p. 92 under Extra Swings, for reminders that tap swings are considered extra swings.
- BB: A cartwheel performed on the mat then arriving in a sit on the beam as a mount is not an element of value.

**Question:** On BB, a straddle pike jump with ½ twist (2.408) is a BHS. A ¾ twist is not listed, is it still a BHS? **Answer:** Yes. A ½ twist is listed as the minimum degree of twist to earn a BHS- if a gymnast goes beyond the minimum, it is still BHS.

**Question:** On FX a gymnast performs 2 acro passes with a S acro element in the 2<sup>nd</sup> pass. She then performs a handstand forward roll into her final pose. Will she earn ER credit for a S acro in the 3<sup>rd</sup> pass or as a last acro element? **Answer:** No, she will not earn this ER because the S acro element is in the second pass. She could have still earned ER credit had the S acro in the 2<sup>nd</sup> pass been the last acro element performed.

*That's all for now...keep your questions coming. There will be one more newsletter before the tournaments. Enjoy the season!*

*\*\*\* Coaches: remember the matting changes for V and BB effective July 2012- if you or your AD have any questions, please contact me.*

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