

New York State Officials of Girls Gymnastics



State Certification Coordinator State Rules Interpreter



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TO: New York State HS. Coaches and NYSOGG Judges

RE: RULE CHANGES for the FALL 2010 Season

The following changes have been voted on by the Section Gymnastic Coordinators of NYSPHSAA at their state meeting in March of 2010.

GENERAL: New Jewelry rules - see attached sheet

VAULT:

ADD # 4.307 RO – Back Layout 1/1 10.0 value

BARS:

ELEMENT VALUE CHANGE –

Page 30 - DELETE # 3.200

There will no longer be a differentiation between the underswing catch HB and the countermovement release to HB. ALL will be of “C” value - # 3.300.

Appropriate deductions will be taken.

Page 30 - REVISE wording of # 3.300 to read –Clear underswing, **pike sole circle or straddle sole circle** on LB release and countermovement forward in flight to hang on HB; also with ½ turn value =C

NEW BAR ANGLE DIRECTIVES and DEDUCTIONS -

Pages 23 and 24 have been rewritten - see attached sheets

BEAM:

ELEMENT VALUE CHANGE – the straddle jump facing the length of the beam will be “C” value

Page 46 - Delete #2.207

Page 46 - ADD and REVISE to #2.303 Value = C

Straddle pike jump in side or cross position; also with ¼ turn

IV. TECHNICAL DIRECTIVES

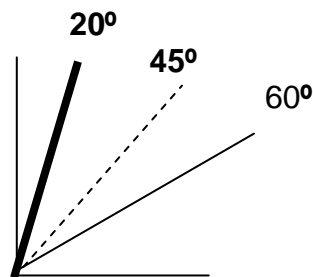
When evaluating the angle of the body, look at the line from the shoulders through the mid-point of the lowest body part.

A. Amplitude of Casts to Handstand

- must reach to within 20° from vertical for “B” value

- Casts from 0° to 20° from vertical - “B” value part - No deduction
- Casts from 21° to 45° from vertical - **NO** value part - **No** deduction
- Casts from 46° to 60° from vertical - No value part - deduct 0.10 P.
- Casts 61° from vertical and below - No value part - deduct 0.20 P.

There are **NO** amplitude deductions for casts prior to a flyaway dismount; a squat/ stoop/ straddle on to a flight element (including dismount), or a squat/ stoop/ straddle on to a jump from LB to HB.



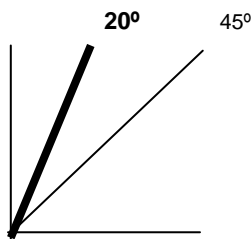
B. Amplitude of elements with flight to Handstand on low bar / Uprises to Handstand

- angle of body must be within 20° from vertical for higher value part to be awarded.

- 0° to 20° from vertical - Award the value part, No deduction
- 21° or more from vertical - Award a lower value part, No deduction

C. Amplitude of Circling Elements to Handstand – Clear hips, Sole circles, Stalders

- angle of body must be within 20° from vertical for higher value part to be awarded.



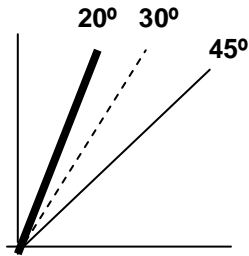
- Up to 20° from vertical
0° to 20° - Award value part credit
- No deduction
- 21° - 45° from vertical - Award lower value part
No deduction
- 46° - horizontal - Award lower value part
- deduct Up to 0.10 P.

D. Amplitude of Elements with turns **IN** the Handstand

Ex. - Cast to HS $\frac{1}{2}$ turn (C); Clear hip circle $\frac{1}{2}$ turn (C); Front Giant $\frac{1}{2}$ turn (C)
Back Giant 1/1 turn (C)

Value part is always awarded – Deduct for the angle of body at turn completion:

- Up to 20° from vertical - No deduction
- 21° to 30° from vertical - deduct 0.05 P.
- 31° to 45° from vertical - deduct 0.10 P.
- 46° or more from vertical - deduct 0.20 P.



E. Amplitude of Elements with a turn **AFTER** handstand

- **1/1** Turn on one arm after the handstand on the descent phase
- Any element with $1\frac{1}{2}$ pirouette or more, using any technique

Value part is always awarded – Deduct for the angle of body at turn completion:

- Up to 30° from vertical - NO deduction
- 31° to 45° from vertical - deduct 0.10 P.
- 46° or more from vertical - deduct 0.20 P.

