

Slovak Catholic

Sokols

Gymnastics

Rules and Regulations

and

Qualifications

Gymnastics Rules and Regulations

GYMNASTICS

1. Only gymnasts and coaches will be permitted in the gymnastics competition area.
2. No equipment is to be moved or adjusted without the permission of the meet supervisor.
3. Any questions for the judges must go through the meet supervisor first.
4. No food or drink will be permitted in the gymnastics area or near any equipment.

5. No flash photography.
6. Dress code must be followed and obeyed (please refer to dress code page).
7. Each gymnast, coach and spectator must conduct themselves in a mannerly order.

GOOD SPORTSMANSHIP!!!!

8. Each gymnast must salute the judge before and after competing. Saluting the judge signifies the start and finish of a routine.
9. Each competitor's exercise will be judged from the time he/she begins the routine. Any accidental brushing or scraping of the toes or heels on the mat or apparatus base shall not terminate the exercise but will be considered as bad form and be so marked by the judges.
 10. Falling off the apparatus shall not terminate the exercise. The routine shall be rated with points being taken off for each fall.
 11. Placing someone to assist in order to prevent an accident is permitted but if the assistance or coaching is actually tendered, this shall cause deduction in the rating according to the degree given. If a competitor is too short to jump to a hang on the apparatus, he may be assisted for this and not take a deduction.
 12. No verbal coaching is permitted while a routine is taking place. A deduction will occur. Coaches may consult with competitor after first vault. A coach violating this rule will not be permitted on the floor following second warning.
 13. The supreme physical director or directress shall make all final decisions relative to the meet.
 14. Each competitor must enter at least two (2) events.
 15. There must be at least three (3) competitors in each age group on each individual piece of equipment to constitute gymnastic competition and scoring. Those three (3) competitors may be from the same group.
 16. Any gymnast or coach of said gymnast who approaches a judge to protest a score might be subject to disqualification. The meet director will handle all protests.
 17. No individual place points will be given to the winner unless the score exceeds 8.0.
 18. Point System: All points are governed by the level of difficulty for the specified age Division. Each move has a maximum score. In order to receive a 10.0, one must complete the required moves as well as the optional moves. By ONLY doing the minimum requirements, the competitor will not receive the highest score possible.

Dress Code

1. Every Gymnast will be wearing the same specified uniform. Men's gymnasts will be wearing navy shorts with the Slovak Catholic Sokol shirt. Female gymnasts will be wearing the same uniform leotard. If regulation uniform is not worn there will be a 1.0 deduction.
2. Each gymnast's hair must be all back and out the gymnast's face in a neat order. If the hair tie falls out it will be a .1 deduction.
3. No polish is allowed on finger nails or toe nails. In the act of artificial nails the gymnast must have a natural clear color.
4. No under garments are to be showing. This includes bras of any type. If underwear or bra is shown there will be a .1 deduction taken.
5. No glitter is allowed in the competitor's hair or on his/her body.

Men's Gymnastics Qualifications

The SCS Physical Fitness Board and the United States Gymnastics Federation Rules will govern the competition for All-Around Gymnastics Events.

AGE DIVISIONS: EVENTS:

8-9 year olds Horizontal Bar
10-12 year olds Parallel Bars
13-15 year olds Pommel Horse
16 years and older Floor Exercise
Table Vault*

* All vaulting consists of one of the prescribed vault(s) and a different optional vault. Only the 8 & 9 Division can do the same vault twice.

Height of Vault from Floor to Top of Vault:

8-12 year olds: 3 feet 7 ¼ inches

13 and Older: 3 feet 11 ¾ inches

BOYS 8 – 9 YEAR OLD DIVISION

FLOOR EXERCISE:

Optional exercise must include at least 4 of the prescribed moves.

DESCRIPTION

Cartwheel
Pancake
Forward Roll to Straight Jump
Round off
Side Scale (hold 3 seconds)
Backwards Straddle Roll

PARALLEL BARS:

Optional exercise must include all of the prescribed moves, and must consist of a minimum of 6 swings.

DESCRIPTION

2 Controlled Swings (forwards and backwards = 1 swing)
1/2 Pirouette
Strength Move (hold 3 Seconds; i.e. 'L-Seat')

POMMEL HORSE:

Optional exercise must include all 4 prescribed moves and must travel each end of the horse.

DESCRIPTION

Single Leg Uphill Travel
Single Leg Downhill Travel
Straddle Swings (minimum 2)
Leg Cuts to Front and Rear Support

VAULT:

One prescribed vault. Optional vault may be same vault.

DESCRIPTION

Squat on; jump off

BOYS 10 – 12 YEAR OLD DIVISION

FLOOR EXERCISE:

Optional exercise must include at least 4 of the prescribed moves.

DESCRIPTION

Cartwheel, Cartwheel

Handstand Forward Roll (hold 3 sec.)

Side Scale (hold 3 sec.)

Forward Straddle Roll

Prone Fall

Round off Backward Roll

PARALLEL BARS:

Optional exercise must include at least 4 of the prescribed moves, and must consist of a minimum of 6 elements and 3 swings.

DESCRIPTION

Shoulder Stand

Full Pirouette

L-Support (hold 3 Seconds)

Straddle Forward Roll

Backward Roll

POMMEL HORSE:

Optional exercise must include all 4 prescribed moves and must travel each end of the horse.

DESCRIPTION

Single Leg Uphill Travel

Single Leg Downhill Travel

Scissors

Dismount

VAULT:

One Prescribed Vault & One Optional Vault – Different from prescribed vault.

DESCRIPTION

Squat on Round off Dismount

BOYS 13 – 15 YEAR OLD DIVISION

FLOOR EXERCISE:

Optional exercise must include at least 4 of the prescribed moves

DESCRIPTION

Handstand (Hold 3 Seconds)

Front Handspring

Piked Forward Roll

Dive Forward Roll

Roundoff Back Handspring

Back Extension Roll to Handstand (hold minimum 1 sec.)

PARALLEL BARS:

Optional exercise must include at least 4 of the prescribed moves. Routine must consist of a minimum of 6 elements and 3 swings.

DESCRIPTION

“L” Support (hold 3 seconds)
Shoulder Stand (hold 3 seconds)
Forward Roll
Back Uprise Support
Straddle Press to Shoulder Stand
Piked Upper Arm Support
Kip to Straddle Support (or) Upper Arm Support

POMMEL HORSE:

Optional exercise must include at least 4 of the prescribed moves and must travel each end of the horse.

VALUE DESCRIPTION

Half Loop (onto Horse)
Scissors (minimum of 2) action must be continuous
Single Leg Uphill Travel
Single Leg Downhill Travel
Half Double Leg Circle

VAULT:

One Prescribed Vault & One Optional Vault – Different from prescribed vault.

DESCRIPTION

Front Handspring
Squat Through

BOYS 16 AND OLDER DIVISION

FLOOR EXERCISE:

Optional exercise must include at least 4 of the prescribed moves.

DESCRIPTION

Prone Fall, Turn Over, Lower to Pancake
Front Handspring
Side Lunge to Side Scale (hold 3 seconds)
Back Extension Roll (hold 2 seconds)
Roundoff Back Handspring

PARALLEL BARS:

Optional exercise must include at least 4 of the prescribed moves. Routine must consist of a minimum of 6 elements and 3 swings.

DESCRIPTION

Piked Upper Arm Support
“L” Support (hold 3 seconds)
Front Uprise Support
Forward Roll to Uprise Support
Handstand (hold 3 seconds)
Straddle Press to Shoulder Stand

POMMEL HORSE:

Optional exercise must include at least 4 of the prescribed moves and must travel each end of the horse.

DESCRIPTION

Half Double Leg Circle over Pommel

Single Leg Uphill Travel

Single Leg Downhill Travel

Scissors (minimum of 3) action must be continuous

Full Loop

VAULT:

DESCRIPTION

Roundoff

Front Handspring

Pommel Horse

- Mounting onto Horse:
 - ½ Double Leg Circle
 - Full Double Leg Circle
 - Jump Onto

- General Moves:
 - Uphill Travel
 - Downhill Travel
 - Leg Cuts
 - Scissors
 - Straddle Swings (8-9 yr olds)
 - ½ Double Leg Circle
 - Full Double Leg Circle
 - Full Double Leg Circle with Travel
 - Push To Handstand
 - L-Seat -> Push To Handstand
 - ½ Turn

- Dismounts:
 - Jump Over
 - Push To Handstand -> Twist Over

Floor Exercise

- General Moves:
 - Cartwheel
 - 1 Handed Cartwheel
 - Side Aerial
 - Round-off
 - Prone Fall
 - Pancake
 - Forward / Backward Roll
 - Forward / Backward Straddle Roll
 - Side Scale
 - Front Scale
 - 2 Point Stance
 - 2 Point Stance -> Handstand
 - Jump Toe-Touch

- Dive Forward Roll
 - Handstand
 - Straddle Press To Handstand
 - Handstand ½ Pirouette
 - Handstand Full Pirouette
 - Back Extension
 - Kip-Up
 - Forward / Backward Pike Roll
 - Front / Back Handspring
 - Head Spring
 - Standing Front/Back Tuck
 - Front Tuck With Twist
 - Front / Back Layout
 - Gainer (Walking Back Tuck)
 - Handspring Step-Out
 - Tinsaka (Cartwheel twist to Handspring)
- Combination Moves:
 - Round-Off -> Back Handspring
 - Round-Off -> Back Handspring -> Back Tuck (-> With Twist)
 - Round-Off -> Back Handspring -> Back Layout
 - Dive Forward Roll -> Front Tuck
 - Jump Toe Touch -> Dive Forward Roll *or* Front Tuck
 - Front Handspring -> Front Tuck *or* Dive Forward Roll
 - One Handed Handstand -> ½ Turn (-> Back Handspring)

Parallel Bars

- Mount Onto Bar:
 - Kip-Up (“Top Kip”)
 - Forward Roll Onto
 - Shoulder Stand Onto
 - Glide Kip
 - Straddle On
- General Moves:
 - Forward Roll
 - Backward Roll
 - L-Seat
 - L-Seat Push to Handstand
 - Pirouette
 - L-Seat Pirouette
 - Straddle Cut
 - Back Up-Rise
 - Front Up-Rise
 - Handstand
 - Shoulder Stand
 - Backswing Scissor Turn

- Vault:
 - Jump on Jump off
 - Half Turn
 - Full Turn
 - Squat Through
 - Straddle Over
 - Pike Over
 - Front Handsping
 - Roundoff
 - $\frac{1}{4}$ On with $\frac{1}{2}$ Twist
 - $\frac{1}{4}$ On with Full Twist

Women's Gymnastics

Four Division

8-9 year olds

10-11-12 year olds

13-15 year olds

Women 16 and over

NOTE: An individual may compete in an age division above her present age: but; once entered in such a division, the individual must remain in that age group until her age catches up: or by choice, she advances to the next division

EXAMPLE: If a 9 year old is entered in the 13-15 division, the following competition year-when she is 11- she must compete no lower than the 13-15 division. The following competition year-when she is 13- the individual can remain with her age group.

BALANCE BEAM: Height is 4 feet. Extra mats may be placed underneath the beam for very small girls. Duration of exercise: Minimum 1 minute. Maximum 1 minute 30 seconds. When the

gymnast arrives at 1 minute 20 seconds a warning will be called and the gymnast will have 10 seconds to finish and dismount.

FLOOR EXERCISE: Floor exercise music can be on either a CD or Cassette. Each girl must have her own INDIVIDUAL CD or cassette with identification (name and group number). A group may add floor music to one CD but they must have an assigned music person who knows which song is what number. No specific floor pattern is required; however, the entire floor area should be covered. Duration of exercise: Minimum 1 minute. Maximum 1 minute 15 seconds. Size of mat: 40 x40 square feet.

BARS: Upper bar 7 feet 6 ½ inches. If a competitor is taller than 5 feet 4 inches, the upper bar may be raised to accommodate her height. Lower bar 4 feet 11 inches width may be adjusted.

TABLE VAULT: Length is 47 inches and width of 37 inches. Height of the vault is (floor to top of horse) 3 feet 11 ¾ inches. Height may be lowered for 12 year olds and under to 3 feet 7 inches. The option of standard vault will NOT be an option.

Girls 8-9 Division

Floor Exercise: Optional exercise must include 4 of the 6 required moves

Description

Split Leap

Tuck Jump ½ Turn

Straddle Jump Dive Forward Roll

Cartwheel, Cartwheel

Handstand Forward Roll

Hitch Kick

Balance Beam: Optional exercise must include 4 of the 6 required moves.

Description

Scale (knee or standing)

Squat Turn

2 Horizontal Dip Kicks

Chasse Straight Jump

Tuck Jump
Forward Roll

Uneven Bars: Optional exercise must include 4 of the 6 required moves.

Description

Flank Cut
Horizontal Cast
Basket Swing
Forward Roll (may be used as a dismount)
Back Hip Circle
Pull Over

Vault:

Description

Squat On-Straight Jump Off

Girls 10-11-12 Division

Floor Exercise: Optional exercise must include 4 of the 6 required moves

Description

Jump Full Turn (tuck, wolfe, pike etc.)
One Arm Cartwheel
Round Off Straddle Jump
Leap Series (includes a series of 3 leaps or jumps)
Handstand Forward Roll
Back Walkover

Balance Beam: Optional exercise must include 4 of the 6 required moves.

Description

Tuck Jump $\frac{1}{2}$ Turn
1 Split Leap
Standing Scale (holding for 3 seconds)
Chase Straight Jump
Cartwheel
Forward Roll

Uneven Bars: Optional exercise must include 4 of the 6 required moves.

Description

Flank Cut

Horizontal Cast

Pull Over

Back Hip Circle

Mill Circle

Between Bars facing the high bar, swing

Forward long hang swing- Counter swing to place feet back on low bar

Vault: One required vault. One optional vault may be same as required or higher level.

Description

Squat on with a round off dismount

Girls 13-14-15 and Women 16 and up

Floor Exercise: All of the 6 elements are required

Description

- Leap Series consisting of 3 consecutive leaps and/or jumps
- Front or back walk over
- Twisting element (on foot or in the air-jump full turn or step full turn)
- On the ground move (this can be anything tht is performed on the floor mat)
- 3 tumbling passes consisting of back/front handsprings or higher
- 1 Dance –Tumble-Dance or Tumble-Dance-Tumble
 - Cartwheel –tuck jump-Cartwheel
 - Cartwheel-Tuck Jump
 - Wolfe Jump-back walkover-Wolfe Jump
 - Round Off-Straddle Jump-Dive Roll

~Dance meaning a jump/leap. ‘Tumble’ meaning a tumble trick. Any of the above combinations would count or you can make up your own.

Balance Beam: All of the 6 elements are required

Description

- Balance Move (must be held for 3 seconds inverted or side scale/back scale with leg up to head)
- Turning Move (can be jumping or on foot but must be at least $\frac{3}{4}$ around)
- 2 Connecting Leaps
- Dismount must be flipping (round off, front handspring, back tuck, Ariel, front tuck ect.)
- Dance to Tumble or Tumble to Dance
- 2 connecting elements
 - Cartwheel Cartwheel
 - Back Walkover Back Walkover
 - Two No hand Forward Rolls
 - Cartwheel Back Walkover

Uneven Bars: Optional Exercise must include 3 of the 5 required moves with one move at least high bar

Description

- Squat On
- Half Kip or Better
- Long Hang Pull over or Long Hang Kip
- Mill Circle
- Back Hip Circle

Vault: One required vault.
One optional vault may be same as required or higher level.

16 and Over

Front Hand Spring

13-15

Pike on with a Round off Dismount