

Senior Showcase Rules

This is not the complete set of rules; however, all requirements will be outlined. For a complete listing of all the rules, refer to USA Gymnastics (USAG) Level 9 rules. The only exceptions to the Level 9 rules are bonus connections on uneven bars and the vault values.

You are always free to contact Dean Ratliff, NHSGA Technical Director (rdean@aol.com) to help you make sure you are structuring your routines to your best advantage.

If you require more detail than this, you can purchase materials from USAG.

General Rules

- 1) Start Value is 9.70 with the possibility of 0.30 in bonus.
 - a) Bonus may be any combination of Connection Values or D or E elements.
- 2) Bonus is always awarded regardless of execution errors unless there is a fall.
- 3) Value part requirements are: 3 A's @ 0.10, 4 B's @ 0.30 and 1 C at 0.50.
 - a) D's receive +0.10 in bonus and E's receive +0.20 in bonus.
- 4) Each event has four Special Requirements @ 0.50 each.
- 5) Unlimited inquiries will be allowed without penalty
- 6) Required Composition or Compositional Deductions
 - a) Failure to present before/after (CJ) each time0.10
 - b) Exceeds Floor Ex. Boundary (CJ) each.....0.10
 - c) Overtime (CJ)0.10
 - d) Coach stands between bars or next to BB throughout exercise (CJ)0.10
 - e) Excessive use of magnesia (chalk) (CJ)0.20
 - f) Incorrect attire/jewelry (after 1 warning) (CJ).....0.20
 - g) Signals/verbal cues by coach/team (after warning) (CJ)0.20
 - h) Coach instructs gymnast during routine (CJ)0.20
 - i) Exceeds warm-up time (after warning) (CJ).....0.20
 - j) Board on unpermitted surface (CJ)0.30
 - k) Failure to remove board after mount (CJ).....0.30
 - l) No Dismount from Start Value0.30
 - m) Spotting Assistance.....0.50
 - n) Coach on FX mat (CJ).....0.50
 - o) Short Exercise: (UB < 5 Value Parts, BB/FX <30 seconds) (CJ)2.00



Vault

	On	Off	NHSGA
Handspring Types	Handspring		8.8
	Handspring	1/2	8.8
	Yamashita		8.8
	Yamashita	1/2	9.0
	1/4 - 1/2	3/4 - 1/2	8.9
	1/4 - 1/2		8.8
	Handspring	1/1	9.2
	FHS to board, Handspring	1/1	9.3
	Handspring	1 1/2	9.5
	FHS to board, Handspring	1 1/2	9.6
	Yamashita	1/1	9.3
	Yamashita	1 1/2	9.6
	1/4 - 1/2	1 3/4 - 1 1/2	9.5
	1/4 - 1/2	1 1/4 - 1/1	9.1
	1/1	Handspring/Yamashita	9.6

	On	Off	NHSGA
Handspring Front Types	1/1	1/2	9.6
	Handspring	2/1	10.0
	FHS to board, Handspring	2/1	10.0
	1/4 - 1/2	2 1/4 - 2/1	9.9
	1/4 - 1/2	2 3/4 - 2 1/2	10.0
	1/1	1/1	9.8
	1/1	1 1/2	10.0
	1/1	2/1	10.0
	Handspring	2 1/2	10.0
	Handspring	3/1	10.0
	Handspring Front Types	Handspring	Front Tuck
Handspring		Front Tuck 1/2	9.9
Handspring		1/2 off, Back Tuck (Cuervo Tuck)	9.9
Handspring		Front Pike	9.9
FHS to board, Handspring		Front Tuck	9.9
FHS to board, Handspring		Front Pike (Garbarino)	10.0
Handspring		Front Tuck 1/1	10.0
Handspring		1/2 Back Tuck 1/2 (Cuervo Tuck 1/2)	10.0
Handspring		Front Pike 1/2	10.0
Handspring		1/2 Back Pike (Cuervo Pike)	10.0
Handspring		Front Layout	10.0
Handspring		Front Layout 1/2 or 1/2 Back Layout	10.0
1/1		Front Tuck	10.0
FHS to board, Handspring		Front Tuck 1/2	10.0
Handspring		Double Front Tuck	10.0
Handspring		Front Tuck 1 1/2	10.0
Handspring		Front Layout 1/1	10.0
Handspring		Front Layout 1 1/2	10.0
1/1		Front Pike	10.0
Handspring		Front Layout 2/1	10.0
1/1	Front Layout	10.0	
Tsukahara Types	Tsukahara	Back Tuck	9.5
	Tsukahara	Back Tuck 1/1 1/2-3/4 Front Tuck 1/2	9.9
	Tsukahara	Back Pike	9.6
	Tsukahara	Back Pike 1/1	10.0
	Tsukahara	Back Layout	9.8
	1/4-1/2 1/4	3/4-1/2 Front Tuck 1/4 Front Tuck (land facing out) Back Tuck 1/2	9.8
	1/4-1/2 1/4	3/4-1/2 Front Pike 1/4 Front Pike (land facing out) Back Pike 1/2	9.9
	Tsukahara	Back Tuck 1 1/2	10.0
	Tsukahara	Back Layout 1/1	10.0
	1/4-1/2 1/4	3/4-1/2 Front Layout 1/4 Front Layout (land facing out) Back Layout 1/2	10.0
	Tsukahara	Back Layout 1/2	

	On	Off	NHSGA
Yurchenko Types	Tsukahara	Back Layout 1½	10.0
	Tsukahara	Back Layout 2/1	10.0
	½	½ Front Layout ½	10.0
	¼-½	¾-½ Front Pike ½	10.0
	Tsukahara	Back Layout 2½	10.0
	Tsukahara	Double Back Tuck	10.0
	RO,FF		8.8
	RO,FF	1/1	9.2
	RO,FF	1½	9.5
	RO,FF	Back Tuck	9.5
	RO,FF	2/1	9.9
	RO,FF	Back Tuck 1/1	9.9
	RO,FF	Back Pike	9.6
	RO,FF	Back Layout	9.8
	RO,FF	Back Layout 1/1	10.0
	RO,FF	½ Front Tuck or Back Tuck ½	9.8
	RO,FF	½ Front Pike or Back Pike ½	9.9
	RO,FF	½ Front Layout or Back Layout ½	10.0
	RO,FF	Back Tuck 1½	10.0
	RO,FF	Back Layout 1½	10.0
	RO,FF	½ Front Tuck ½	9.9
	RO,FF	Back Tuck 2/1	10.0
	RO,FF	Back Layout 2/1	10.0
	RO,FF	½ Front Pike ½	10.0
	RO,FF	Back Layout 2½	10.0
	RO,FF	Back Pike 1/1	10.0
	RO,FF	½ Front Layout ½	10.0
	RO,FF	Double Back Tuck	10.0
	RO,FF ½	1/1	9.3
	RO,FF ½	1½	9.5
	RO,FF 1/1	1/1	9.7
	RO,FF ½	Front Tuck	9.9
	RO,FF ½	2/1	10.0
	RO,FF ½	Front Tuck ½	10.0
	RO,FF ½	½ Back Tuck	10.0
	RO,FF ½	Front Pike	10.0
	RO,FF ½	Front Pike ½	10.0
	RO,FF ½	½ Back Pike	10.0
	RO,FF ½	Front Layout	10.0
	RO,FF 1/1	Back Tuck	10.0
	RO,FF 1/1	Back Pike	10.0
	RO,FF 1/1	½ Front Tuck	10.0
	RO,FF 1/1	1½	9.9
	RO,FF 1/1	2/1	10.0
	RO,FF ½	Front Tuck 1½	10.0
	RO,FF ½	½ Back Layout or Front Layout ½	10.0
	RO,FF 1/1	Back Layout	10.0
	RO,FF 1½	1/1	10.0

Uneven Bars

1) Special Requirements

- a) Minimum of 2 bar changes
 - b) One flight element, minimum B
 - c) A second (different) flight element (minimum C) OR an element with LA turn (minimum C)
 - d) Salto or hecht dismount, minimum B
- 2) Connection Bonus
- a) C+C = +0.10 if there is no turn/flight in either element, but they must be different elements
 - b) C+D = +0.10, no turn/flight requirement
 - c) C+C = +0.20, if there is turn/flight in both elements
 - d) D+D = +0.20, no turn/flight requirement
- 3) Required Composition or Compositional Deductions
- a) Uncharacteristic elements each0.10
 - b) ¾ forward Giant circle (w/ or w/o grip change) each.....0.10
 - c) Failure to perform both forward & backward circles & releases0.05
 - d) More than 1 element before mount.....0.20
- 4) Element Values
- a) Mounts
 - i) Clear hecht over LB, catch HB.....B
 - ii) Jump with ½ turn, kip to HB.....B
 - b) Circles
 - i) Clear back hip circle to HSC
 - ii) Clear hip circle LB, hecht with or without ½ turn to catch HB.....C
 - iii) Clear hip circle through HS on LB, flight to catch HB (Shaposhnikova)D
 - iv) Sole circle to HS.....C
 - v) Sole circle/clear underswing on LB, counterflight to catch HBC
 - vi) Sole circle/clear underswing on HB, ½ turn over LB to catch LBB
 - vii) From HS on HB, ½ turn over LB to catch LBC
 - viii) From HB, ½ turn over LB to HS on LBD
 - ix) Giant swing backward on HB.....B
 - x) Giant swing forward on HBC
 - xi) Stalder to HS.....C
 - c) Passing of the legs
 - i) Counterflight over LB in pike position to suspension under LBB
 - ii) Counterflight over LB to HS on LBC
 - d) Uprises
 - i) Long uprise to clear support on HBB
 - ii) Long uprise to HS on HBC
 - e) Inverted Supports
 - i) Cast to HS ½ turn or hot to grip change in HSC
 - ii) Cast to HS with 1/1 turn, or more, in HS or afterC or D
 - f) Dismounts
 - i) Flyaway back salto stretchA
 - ii) Flyaway back salto with ½ turnB
 - iii) Flyaway back salto with 1/1 turn (tuck/pike/stretch).....B
 - iv) Flyaway double salto (front or back)C, D or E

Balance Beam

- 1) Special Requirements
- a) Acro series: minimum of 2 flight elements. (Both elements must start & finish on beam)
 - b) One leap/jump requiring 180° split (isolated or in a series)
 - c) Minimum of 360° turn on one foot
 - d) Aerial or salto dismount, minimum B

2) Connection Bonus

a) Acro Flight (2 element connections may not include the mount or dismount)

- i) $B+C = +0.10$, C must be a salto or aerial
- ii) $B+D/E$, $C/D+C/D = +0.20$
- iii) $B+ B +C = +0.10$
- iv) $B+C+C$, $B+B+D = +0.20$

b) Dance/Mix Connections (excluding dismount)

- i) $A+D$, $B+C = +0.10$
- ii) $B/C+D = +0.20$
- iii) $C+C = +0.20$

c) Turns

- i) $A+C = +0.10$

d) All acro elements used for CV must have flight

3) Required Composition or Compositional Deductions

- a) Missing Acro backward & forward or sideward each0.10
 - i) If only in dismount0.05
- b) More than 2 pivot (straight leg $\frac{1}{2}$ turns) throughout exercise.....0.10
- c) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type0.10
- d) More than 1 leap/jump to front support each0.10
- e) More than 1 element before mount.....0.20
- f) Lack of dance series (Minimum 2 dance elements from Groups 1, 2, 3)0.20

4) Element Values

a) Mounts

- i) Free jump from 2 feet to splits or with $\frac{1}{2}$ turn to standB
- ii) Straddle cut to clear pike/straddle supportB
- iii) Press HS from stand or clear supportB
- iv) Round-off, BHS to stand or swing downC

b) Turns

- i) 1/1 illusion or moreE
- ii) 1/1 turn with leg extended at horizontalC
- iii) 1 $\frac{1}{2}$ turn with leg extended at horizontalD
- iv) 2/1 turn on one footD

c) Jumps/Leaps

- i) Tuck jump with $\frac{3}{4}$ turnC
- ii) Tuck jump with 1/1 turnD
- iii) Cat leap with 1/1 turnC
- iv) Wolf jump with $\frac{1}{2}$ turnB
- v) Wolf jump with $\frac{3}{4}$ turnC
- vi) Stretch jump with 1/1 turnC
- vii) Split with 180° split and $\frac{1}{2}$ turnC
- viii) Split with 180° split and 1/1 turnE
- ix) Side split jump (straddle) with 180° split, with or without $\frac{1}{4}$ turnB or C
- x) Side split jump (straddle) with 180° split, with $\frac{1}{2}$ turnD
- xi) Straddle pike jump with or without $\frac{1}{4}$ turnB or C
- xii) Straddle pike jump with $\frac{1}{2}$ turnD
- xiii) Switch leg leap with 180° splitC
- xiv) Switch leg leap with $\frac{1}{4}$ turn to 180° side split or straddle pikeD
- xv) Switch leg leap to ring (foot head height)E
- xvi) Tour jetéD
- xvii) Tour jeté to ring (foot head height)E
- xviii) Ring leap/jump (foot head height)C
- xix) Sheep jump (feet head height)D

d) Inverted Balances

i) Press HS	B
ii) HS on one arm	C
iii) Planche.....	C
e) Tumbling	
i) Back extension roll	B
ii) Aerial cartwheel, aerial walkover	D
iii) Round-off	B
iv) BHS.....	B
v) Gainer BHS.....	B
vi) BHS on one arm	C
vii) FHS	B
viii) Salto (front, back or side)	C, D or E
f) Dismounts	
i) Barani with ½ turn	B
ii) Barani with 1/1 turn	C
iii) Back salto with ½ turn	B
iv) Back salto with 1/1 turn	B
v) Gainer back salto off end - tuck.....	B
vi) Gainer back salto off end - pike	C
vii) Gainer back salto off side with ½ turn	B
viii) Gainer back salto with 1/1 turn	B, C, D or E
ix) Front layout salto with or without ½ turn	B
x) Front salto with 1/1 turn	C
xi) Double salto (front or back).....	E

Floor Exercise

1) Special Requirements

- a) One Acro series with 2 saltos, OR 2 directly connected saltos (same or different)
- b) Three different saltos within the exercise
- c) Dance Passage with minimum of 2 different Group 1 elements (directly or indirectly connected) - one, a LEAP with 180° cross or side split
 - i) An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés or chainé turns between the two VP elements.
 - ii) The leap requiring 180° split may be in cross or side.
 - iii) The second element may land in prone or split-sit position.
- d) Minimum of B salto as last salto or in last connection of saltos

2) Connection Bonus

- a) Indirect Acro
 - i) A/B+ A/B +C/D, C+C, A/B+D = +0.10
 - ii) C+D = +0.20
- b) Acro Direct
 - i) B+B, A+C, A+A+C = +0.10
 - ii) B/C+C, A/B+D, A+A+D = +0.20
- c) Dance/Mix Connections (No bonus for a turn followed by a jump)
 - i) B+D = +0.10
 - ii) C+C = +0.10, if different dance elements
 - iii) D salto+A jump = +0.10, this order only
 - iv) C+D = +0.20

3) Required Composition or Compositional Deductions

- a) Failure to perform saltos in 2 diff. directions (backward & forward or sideward)0.10 each
- b) More than 2 dance elements of the same shape (tuck/wolf or straddle) each type0.10
- c) More than 1 leap/jump to prone position each0.10
- d) Lack of turn on 1 foot, Minimum B0.20
- e) Lack of Minimum of B salto0.30

4) Element Values

a) Jumps/Leaps

- i) Tuck jump or cat leap with 1½ turn.....C
- ii) Tuck jump or cat leap with 2/1 turnD
- iii) Wolf jump with 1/1 turn.....C
- iv) Wolf jump with 1½ turnD
- v) Stretch jump with 2/1 turnC
- vi) Straddle pike 1/1 turn (Popa)C
- vii) Switch leg leap with 180° split with ½ turnC
- viii) Switch leg leap with 180° split with ¼ turn to side split or straddle pikeC
- ix) Switch leg leap to ring (foot head height)C
- x) Tour jeté with 180° split with ½ turn.....C

b) Turns

- i) 1½ turn with leg at horizontal.....C
- ii) 2/1 turn with leg at horizontalD

c) Saltos

- i) Back salto with 1/1 turn.....B
- ii) Back salto with at least 1½ turnC, D or E
- iii) Front salto stretch with or without ½ turn.....B
- iv) Front salto with 1/1 turnC
- v) Arabian salto, stretchB