

## 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 (where Level 9 or 10 bonus will be used, whichever provides the greater bonus) and the vault values which are the NCAA values (which are higher values than Level 10 and include all vaults, Level 9 does not, and in the instances where NCAA has values of 9.75 or 9.95, they are rounded up to 9.8 and 10 respectively).

You are always free and encouraged to contact Dean Ratliff, NHSGA Technical Director ([rdeanr@aol.com](mailto:rdeanr@aol.com)) to help make sure you are structuring your routines to your best advantage.

If you require more detail than this, you can contact Dean, or purchase materials from USA Gymnastics.

### 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 time .....                   | 0.10 |
| b) Exceeds Floor Ex. Boundary (CJ) .....                                  | 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 Value .....                                     | 0.30 |
| 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

See separate link for vault values

### 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 & Required Composition or Compositional Deductions  
See separate attachment
- 3) 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 HS .....   | C         |
| 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 HB .....         | C         |
| vi)                    | Sole circle/clear underswing on HB, ½ turn over LB to catch LB .....        | B         |
| vii)                   | From HS on HB, ½ turn over LB to catch LB .....                             | C         |
| viii)                  | From HB, ½ turn over LB to HS on LB .....                                   | D         |
| ix)                    | Giant swing backward on HB.....   | B         |
| x)                     | Giant swing forward on HB .....   | C         |
| xi)                    | Stalder to HS.....  | C         |
| c) Passing of the legs |   |           |
| i)                     | Counterflight over LB in pike position to suspension under LB .....         | B         |
| ii)                    | Counterflight over LB to HS on LB .....                                     | C         |
| d) Uprises             |   |           |
| i)                     | Long uprise to clear support on HB .....                                    | B         |
| ii)                    | Long uprise to HS on HB .....   | C         |
| e) Inverted Supports   |   |           |
| i)                     | Cast to HS ½ turn or hot to grip change in HS .....                         | C         |
| ii)                    | Cast to HS with 1/1 turn, or more, in HS or after .....                     | C or D    |
| f) Dismounts           |   |           |
| i)                     | Flyaway back salto stretch .....  | A         |
| ii)                    | Flyaway back salto with ½ turn .....  | B         |
| 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

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

### 2) Connection Bonus & Required Composition or Compositional Deductions

See separate attachment

### 3) Element Values

#### a) Mounts

- Free jump from 2 feet to splits or with ½ turn to stand ..... B |- Straddle cut to clear pike/straddle support..... B |- Press HS from stand or clear support ..... B |- Round-off, BHS to stand or swing down ..... C |

#### b) Turns

- 1/1 illusion or more ..... E |- 1/1 turn with leg extended at horizontal ..... C |- 1 ½ turn with leg extended at horizontal..... D |- 2/1 turn on one foot ..... D |

#### c) Jumps/Leaps

- Tuck jump with ¾ turn ..... C |- Tuck jump with 1/1 turn..... D |- Cat leap with 1/1 turn..... C |- Wolf jump with ½ turn ..... B |- Wolf jump with ¾ turn ..... C |- Stretch jump with 1/1 turn..... C |

|  |              |
|--|--------------|
| vii) Split with 180° split and ½ turn .....                                  | C            |
| viii) Split with 180° split and 1/1 turn .....                               | E            |
| ix) Side split jump (straddle) with 180° split, with or without ¼ turn ..... | B or C       |
| x) Side split jump (straddle) with 180° split, with ½ turn .....             | D            |
| xi) Straddle pike jump with or without ¼ turn.....                           | B or C       |
| xii) Straddle pike jump with ½ turn .....                                    | D            |
| xiii) Switch leg leap with 180° split .....                                  | C            |
| xiv) Switch leg leap with ¼ turn to 180° side split or straddle pike .....   | D            |
| xv) Switch leg leap to ring (foot head height) .....                         | E            |
| xvi) Tour jeté .....   | D            |
| 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 chaîné 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 & Required Composition or Compositional Deductions

See separate attachment

### 3) Element Values

- a) Jumps/Leaps
  - i) Tuck jump or cat leap with 1½ turn.....C

- ii) Tuck jump or cat leap with 2/1 turn .....D
- iii) Wolf jump with 1/1 turn.....C
- iv) Wolf jump with 1½ turn .....D
- v) Stretch jump with 2/1 turn .....C
- vi) Straddle pike 1/1 turn (Popa) .....C
- vii) Switch leg leap with 180° split with ½ turn .....C
- viii) Switch leg leap with 180° split with ¼ turn to side split or straddle pike .....C
- 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 horizontal .....D

c) Saltos

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