

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 (rdeanr@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-Vault Values are on a separate page.

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 mount0.20

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 ½ 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 mount0.20
- 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 ½ 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 ½ turn with leg extended at horizontalD
- iv) 2/1 turn on one footD

c) Jumps/Leaps

- i) Tuck jump with ¾ turnC
- ii) Tuck jump with 1/1 turnD
- iii) Cat leap with 1/1 turnC
- iv) Wolf jump with ½ turnB
- v) Wolf jump with ¾ turnC
- vi) Stretch jump with 1/1 turnC
- vii) Split with 180° split and ½ turnC
- viii) Split with 180° split and 1/1 turnE
- ix) Side split jump (straddle) with 180° split, with or without ¼ turnB or C
- x) Side split jump (straddle) with 180° split, with ½ turnD
- xi) Straddle pike jump with or without ¼ turnB or C
- xii) Straddle pike jump with ½ turnD
- xiii) Switch leg leap with 180° splitC
- xiv) Switch leg leap with ¼ 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 HSB
- ii) HS on one armC
- iii) PlancheC

e) Tumbling

- i) Back extension rollB
- ii) Aerial cartwheel, aerial walkoverD
- iii) Round-offB
- iv) BHSB
- v) Gainer BHSB
- vi) BHS on one armC
- vii) FHSB
- viii) Salto (front, back or side)C, D or E

f) Dismounts

- i) Barani with ½ turnB

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

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

2) Connection Bonus

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

3) Required Composition or Compositional Deductions

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

4) Element Values

- Jumps/Leaps
 - Tuck jump or cat leap with 1½ turn.....C
 - Tuck jump or cat leap with 2/1 turnD
 - Wolf jump with 1/1 turn.....C
 - Wolf jump with 1½ turnD
 - Stretch jump with 2/1 turnC
 - Straddle pike 1/1 turn (Popa)C
 - Switch leg leap with 180° split with ½ turnC
 - Switch leg leap with 180° split with ¼ turn to side split or straddle pikeC
 - Switch leg leap to ring (foot head height)C
 - Tour jeté with 180° split with ½ turn.....C
- 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 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