

USAG CHANGES, DELETIONS AND CLARIFICATIONS FOR

OHSAA COMPETITION 23-24

GENERAL AND RULES/POLICIES

- Clarifications on squat on landing to read hips lower than knees up to .30. This applies to vault landings as well as dismount landings on bars and beam and acro landings on beam and floor. If the gymnast squats in the landing and then falls they are subject to the up to .30 for the squat AND .50 for the fall.
- Addition of a medium step .15 in landings for Vault, UB/BB dismounts, and BB/FX acro elements.

VAULT

- Chalk ONLY allowable on hand placement mat. NO Tape!
- Prescribed LA Turn begun too early changed from up to .50 to up to .30.
- Under rotation of Salto from .10 to up to .10
- A pit pillow is allowed for salto vault timers during warmups ONLY.

UNEVEN BARS

- Clear hip, stalder and toe on skills (3,6,7) with ½ turn clarifications on Value Part (short turns)

From horizontal to 44 degrees from vertical- A value part

From 45-21 degrees from vertical- B value part

From 20 degrees to vertical- C value part

- No chalk or water allowed to be put on bars once exercise has begun.
- #2.205 Cast from HB with grip change and ½ turn to straddle back (new version)
- #8.207 NEW B dismount- clear circle forward OR counter swing to front salto with ½ twist.
- #8.407 Swing forward to double twisting front salto
- #8.507 Swing forward to 2 ½ twisting front salto

BEAM

- #1.210 Press HS mount may also end in walkover out (in addition to options already allowable)
- #1.204 jump backward over beam to front support (add variation)
- #2.501 NEW skill - RADER
- Non flight walkover type elements must show a 180-degree split at some time during the element (up to .20 for insufficient split)

FLOOR

- Coach on the floor changed from .50 to .30
- All forward and backward rolls are A value parts regardless of ending position.
- #1.314 – now a C- Hop with full turn, free leg above horizontal- take off from one leg
- #1.414- now a D- Hop with 1 ½ turn, free leg above horizontal- take off from one leg
- #1.514- now an E- Hop with double turn, free leg above horizontal- take off from one leg
- #2.301 add 2 ½ turn to double turn under this # in code of points
- #1.701 side salto or aerial (from one foot takeoff) is not considered a salto for special requirement or composition.
- Non flight walkover type elements must show a 180 degree split at some time during the element (up to .20 for insufficient split)

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START VALUE, VALUE PART, AND SPECIAL REQUIREMENTS

There is no change in start value or special requirements from rules currently in place. There are a few new and upgraded skills (mostly D or E) which will be included in the appendix items on the website and/or available in the Code of Points.

BONUS

Indirect bonus on floor has been upgraded. On beam a B+C can now include the mount. Our charts are adjusted to show these changes.

VAULT

Hip angle (first flight) now up to .30

Turn too early now up to .50

Turn too late eliminated.

Hop on hands .30 Steps on hands .10 each up to .30

Brush or hit body on table (at far end of table) .20

UNEVEN BARS

Upgraded elements C to D and D to E- all are in code of points.

Clarification on casts into clear hips- This will affect Level 7/8 more than HS since we do not evaluate casts. A cast to handstand or a short cast prior to same element will be considered a different connection. Example: Short cast to clear hip circle (not within 20° of HS) = 0 VP + B Cast to HS to clear hip circle (not within 20° of HS) = B + B Both clear hip circles receive "B" value-part credit.

BALANCE BEAM

More than one pivot turn .10

Knee scales eliminated.

Turns holding leg between horizontal and 45° eliminated.

Must show 2/3 choreography- back, side, forward .05 if only one shown.

Clarification on turns in tuck stand and when the turn is complete- 1) Turn is completed when the support foot and hips have reached 360° rotation and the free leg touches the beam. 2) If the foot of the free leg lands on the beam prior to the full rotation of the support foot and hips, the turn is considered as completed when the free foot touches the beam. • Deduct accordingly to the degree of rotation of the support foot and hips at the time when free leg touches the beam

New A Mount- Cartwheel onto board

Many high-level mounts have been upgraded- all are listed in code.

Front Tuck from 2 feet is now an E skill.

FLOOR EXERCISE

Overall footwork now up to .30

Overall body posture/body position now up to .30

Music and movement throughout now up to .30 (.05 each time and .10 for not ending with music)

NEW- ending pose not held 1 second .05.

Acro elements with 2 arms, 1 arm and aerials are considered all different

ARTISTRY

Still up to .30 with 3 parts. Upgraded language on the .1 choreography includes poses, connections, unnecessary adjustments and/or steps without choreography.

COMPOSITION

Use the composition charts available on the website- no changes from last season.

RULES AND POLICIES

There is no penalty for using a springboard to spot as long as it is moved immediately.

The allowable matting on beam is no longer limited to 2 of the 3 options for placement.

Clarification on fall timing: Fall time begins when the gymnast is on her feet. if an injury occurs, fall time begin when the medical assessment is complete.

Chalk marks may be placed on landing mats as a visual clue. Any markings must be removed after the athlete completes the event

Clarification on equipment failure: If athlete falls due to equipment failure, judging will resume at the point of interruption or the series/combination when equipment failure occurred.