**New Rules for 2017 – 2018 for PSAL Boys Gymnastics**

## As a result of a polling of the coaches, with the result being a consensus in favor,

## The following will be in effect for the 2017 – 2018 year. These pages, along with the updated Rules Interpretations and the NFHS 2011-2013 Rules shall govern PSAL Boys Gymnastics. Also in this email is a copy of the current rules interpretations of 2017. By September these two documents will be merged into one cohesive document to supplement the NFHS Rule Book

## Special Requirements

## Changes in Italics

**Floor Exercise**

1. ***One tumbling skill moving forward or moving backward of at least “C” value.***

***EITHER One series (at least 2 skills) moving in the opposite direction of number 1 above with a “B” value, OR, a single tumbling skill of a least C value in the opposite direction of number 1.***

***Note: A Standing Back Salto should be considered a “FX” part rather than a tumbling part since it does not move.***

3. One strength part - at least “B” value

**Pommel Horse**

***1. Any two scissors.***

2. ***Double leg circle skill of at least B value, excluding mount (must start from circle or rear support).***

***3.***Additional double leg skill of at least B value (may include the dismount).

***Note1: While both Requirements 2 and 3 may include the dismount, in Requirement 2, if the mount is part of an “extended skill” combining elements for an increased but single letter, it may count.***

***Note 2: A dismount, such as schwabenflanke from rear support which is a B may count even if it is the only double leg circling B skill.***

***Note3: Regardless of the diagrams, or similarly for non-diagrammed skills, an element cannot come from a single leg position and then go to a single leg position and earn Requirement 2 or Requirement 3.***

**Still Rings**

1. One static strength skill of at least “B” value.

2. ***A (nominally) straight body “B” value inlocate or dislocate (shoulders rise halfway to the bottom of rings)***

3.One handstand executed with strength any value (hold 2 sec.).

**Parallel Bars**

1. One skill, at least “B” value in which both hands are free of the bars, then re-grasp with one or both hands.

2. One skill done in or through the handstand.

3. One skill on two rails in or through a hang.

**Horizontal Bar**

1. One in-bar skill of at least “B” value.

2. ***A long hang ½ turn, fwd. or bwd., either from and to giants or between a giant and at least a “B” value skill.***

## 3.A “B” skill in which both hands are free of the bar, lift, then re-grasp with one or both hands.

## Additional Changes:

## Short Routine: Although the difficulty requirement will remain at 4A 4B 2C (10 letters), the deductions from Presentation for a short routine will begin when there are fewer than 8 skills. This will allow and encourage more attention to proper form and execution. The scale of deductions from Presentation will be:

## 8 skills 0.0 deduction

## 7 skills 0.5 deduction

## 6 skills 1.0 deduction

## 5 skills: 1.5 deduction

## 4 skills 2.0 deduction

## 3 skills 2.5 deduction

## 2 or less skills 3.0 deduction

## Skill value changes

## *FX: In line with F.I.G. the all head first Saltos (Front 1 ¾, etc.) and full twisting or greater dive rolls are removed from the book and may not be competed.*

## *PH: Reverse hop from saddle to end or end to saddle, not from circles = B (& no requirement)*

## *(To earn the double leg circle requirement, the skill must be done from circles)*

## *SR.1 Like the roll-out saltos on FX – FIG does not allow juniors to do a Guczogy, nor should we.*

## *SR.2 Back Lever, hold 2 sec, = B*

## *SR.3 Straight body inlocate or dislocate, shoulders rise halfway to the bottom of the rings = B.*

## *SR..4 Straight body inlocate or dislocate, shoulders rise to the bottom of the rings = C.*

## *(Giant inlocate and giant dislocate as described in the NFHS 2011-2013 Rules)*

## *VT: Half on – full off = 9.2, full on – full off = 9.4*

## *HB 1. Flyaway tuck or stretched or with 1/2t, not from giants, hips rising to bar height = B*