



2026-27 NFHS GIRLS GYMNASTICS RULES INTERPRETATIONS

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SITUATION 1: During a tuck jump, tuck jump $\frac{3}{4}$ series on beam, the gymnast pivots $\frac{1}{4}$ turn and pauses prior to take-off for the tuck jump $\frac{3}{4}$. The judges break the series because of the pivot and pause on the feet. **RULING:** Correct procedure. **COMMENT:** A pivot or pause between elements will break the series. (1)

SITUATION 2: The judges prohibit the use of a pit pillow during vault warm-ups. **RULING:** Incorrect procedure. **COMMENT:** An alternative skill cushion made of softer foam may be used during warm-ups but is not allowed for use during competition. (6-1-2j)

SITUATION 3: A coach indicates to the judges that the gymnast will perform a straddle vault as her first vault. The judges explain to the coach that a straddle vault is prohibited because it is no longer considered a vault with a value. **RULING:** Correct procedure. **COMMENT:** Flight vaults are no longer listed in the rules book. (6-5-1)

SITUATION 4: On bars, the cable tightener slips down as the gymnast is performing her routine. The gymnast stops and jumps down off the bars and asks the chief judge to repeat her routine from the point of interruption. **RULING:** Correct procedure. **COMMENT:** It is considered equipment failure when the cable tightener slips after it has been tightened. The gymnast is entitled to continue her routine from the point of interruption after the equipment is repaired. [2-2-1b(9)]

SITUATION 5: On bars, a gymnast performs a clear hip circle that ends in the vertical (handstand) position. The judges do not give event requirement credit. **RULING:** Incorrect procedure. **COMMENT:** A clear hip circle, st-alder circle or pike sole circle may end either in a clear support or the handstand position. (7-2-4b)

SITUATION 6: On beam, the gymnast attempts to perform a tuck jump $\frac{3}{4}$ (HS). As the gymnast prepares to take off from the beam her feet pivot prior to leaving the beam. The judges award a tuck jump $\frac{1}{2}$ (S) instead of the tuck jump $\frac{3}{4}$. **RULING:** Correct procedure. **COMMENT:** The pivot of the feet changed the value of the skill from a high superior to a superior. (8-6-2, 2.201)

SITUATION 7: On beam, the gymnast performs a straddle pike jump followed by a $\frac{1}{4}$ twist (HS) from the cross position landing in the side position. The $\frac{1}{4}$ twist occurs while the gymnast is still in the cross position. The judges award high superior credit. **RULING:** Correct procedure. **COMMENT:** The timing of the twist does not matter as long as the shape of the jump is demonstrated in the side position. (Supplemental Explanation #24f)

SITUATION 8: On beam, a gymnast performs a routine but prior to her dismount she falls off the beam, salutes the judge and walks back to her seat. The judges deduct for a fall (0.50), no superior dismount in event requirements (0.20) and for not having a dismount (0.3). **RULING:** Incorrect procedure. **COMMENT:** The 0.30 deduction for not having a dismount was eliminated as a deduction. (8-3-6)

SITUATION 9: On floor exercise, the coach removes a landing mat after the gymnast's first pass. The coach takes the mat and places it in a different corner of the floor exercise mat for the gymnast's third acro pass. The Chief Judge deducts 0.30 from the average score for the use of unauthorized matting. **RULING:** Correct procedure. **COMMENT:** All matting must be in place prior to the start of the routine and cannot be added after the routine has begun. (9-1-2e)

SITUATION 10: On floor exercise, the gymnast performs a stretched forward salto to complete a single element pass. The judges give credit for one of the three required passes. **RULING:** Incorrect procedure. **COMMENT:** A single element pass must have an advanced high superior as the single element. A stretched forward salto is a superior. [9-2-3a (d)]