

## THSGCA Men's Compulsory Routines

### FLOOR EXERCISE

Base Score	9.40
Specified Bonus	0.60
<b>Maximum Score</b>	<b>10.00</b>

Pattern  
A to B  
B to A  
A to B



	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Round Off Flip-Flop <b>A-B</b>	Run, Hurdle, Round Off Flip-Flop		
2	Back Salto Tuck		Salto head height	Above head height with kick out <b>+0.1</b>
3	Back Extension Roll Prone Support Rear Support Candlestick	Back extension roll to handstand, lower to prone support, 1/2 turn to rear support and roll back to candlestick	Bent arms allowed on back extension roll	
4	Straddle Stand Press to Handstand	Roll to straddle stand, or roll to straddle L to support on hands to straddle stand, bent arm press to handstand	Jump to handstand <b>-0.3</b>	Straight Arm Press <b>+0.1</b> Stalder Press <b>+0.2</b> 2 Sec. Handstand <b>+0.1</b>
5	180* Step Turn	Step down with either foot, step through with other foot with turn of 180-degrees backward, legs together		
6	Front Salto Tuck Forward Roll <b>B-A</b>	Run, tuck front salto, forward roll	Salto shoulder height with controlled landing	Salto head height <b>0.1</b>
7	Jump to Handstand (tuck or pike) 360* Pirouette	Jump pike or tuck, press through handstand with full pirouette	Straight arms No more than 5 steps	
8	Roll out Lunge Scale	Roll out to stand, step with either leg, lunge to, scale	Front Scale 2 sec. hold	135 degree split in Scale <b>+0.1</b>
9	180* Step Turn	Step Forward with 180-degree turn backward, legs together		
10	Front Handspring Bouncer Rebound <b>A-B</b>	Run, front handspring, two-foot take off handspring (bouncer) rebound to stand	Front handspring stretched & good rhythm	Handspring to bouncer stretched & good rhythm <b>0.1</b> Handspring Front (in place of Handspring-Bouncer) <b>0.1</b> Handspring-Bouncer-Front (in place of Handspring-Bouncer) <b>0.2</b>

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### POMMEL HORSE



Base Score	9.40
Specified Bonus	0.60
<b>Maximum Score</b>	<b>10.00</b>

This routine may be reversed as a whole.

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Loop Circle	Facing the end of horse, one Loop circle		135 degree extension in Loop <b>+0.1</b>
2	Loop around	3/4 loop circle with 1/4 turn to rear support with left hand on pommel		135 degree extension in Loop <b>+0.1</b>
3	Right Leg Cut Left Leg Cut	Right Leg cut backward, left leg cut backward	45 degree straddle on all leg work	
4	Right Leg Cut Simple Travel Up	Right Leg cut forward, simple travel up to front support on pommels	45 degree straddle on all leg work	
5	Right Leg Cut Left False Scissor Left Front Scissor	Cut right leg forward to left front false scissor, cut right leg forward to left front scissor	45 degree straddle on all leg work	90 degree straddle on false scissor <b>+0.1</b> 90 degree straddle on scissor <b>+0.1</b>
6	Left Leg Cut Right False Scissor Right Front Scissor	Cut left leg forward to right front false scissor, cut left leg forward to right front scissor	45 degree straddle on all leg work	90 degree straddle on false scissor <b>+0.1</b> 90 degree straddle on scissor <b>+0.1</b>
7	Left Leg Cut Double Leg Circle	Cut left leg forward to 1 double leg circle on pommels	45 degree straddle on all leg work	135 degree extension in Circle <b>+0.1</b>
8	1/2 Circle	1/2 double leg circle while moving the right hand to the left pommel		135 degree extension in Circle <b>+0.1</b>
9	Travel Circle	Double leg travel circle to rear support on the end of the horse	If the travel prior to the dismount is done on the leather a <b>-0.3</b> deduction will be taken	135 degree extension in Circle <b>+0.1</b>
10	1/2 Circle with Turn	1/2 double leg circle over the pommel with 90 degree turn to the right, land in side stand crossways (flank dismount)		135 degree extension in Circle <b>+0.1</b> Additional double leg circle before flank dismount <b>0.1</b>

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### RINGS

Base Score	9.40
Specified Bonus	0.60
<b>Maximum Score</b>	<b>10.00</b>



	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Inverted Hang Piked Inverted Hang	Lift body to straight body inverted hang lower to pike inverted hang and cast forward to		
2	Inlocate	Straight body inlocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
3	Inlocate	Straight body inlocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
4	Back Uprise L Support	Back uprise to L support	Straight Arms and feet 45* below horizontal 2 second hold	Back uprise 45* above horizontal, bent arms OK <b>0.1</b> Back uprise to handstand bent arms OK <b>0.2</b>
5	Tuck Planche	Press to tuck planche or straight body planche	Momentary Hold Straight Arms, Rings turned out, back parallel to floor	2 second Hold <b>0.1</b>
6	L support Shoulderstand	L support (hold), press to shoulderstand (hold)	2 second hold on L and shoulderstand If handstand is performed shoulderstand is omitted	Bent arm press to hand (Piked or Straddled) <b>0.1</b> Straight arm press to hand (Piked or Straddled) <b>0.2</b> 2 second Handstand <b>0.1</b>
7	Piked Inverted hang	Lower down and roll around to pike inverted hang and		
8	Dislocate	Dislocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
9	Dislocate	Dislocate	Rise in shoulders	Shoulders at bottom of rings <b>+0.1</b>
10	Layout Salto	Swing forward to layout back salto	Salto at ring height	Layout Salto with hips above top of rings <b>0.1</b>

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### VAULT - FRONT HANDSPRING

Base Score	9.70
Stick	0.10
Rise	0.10
Stretch	0.10
<b>Maximum Score</b>	<b>10.00</b>

1. An incomplete vault may be repeated once (with safety in mind and at the judge's discretion) with a deduction of -1.00 from the final score of the second attempt. No third attempts will be allowed. The minimum score for any attempted vault will be 1.00.

### Table of Specific Errors and Deductions for Vault

Error	Small	Medium	Large
<b>First (Pre) Flight Deductions:</b>			
Diving or insufficient rotation to the blocking surface	0.1	0.2	0.3
Body position too arched or piked	0.1	0.2	0.3
All other deductions per FIG	0.1	0.2	0.3
<b>Second (Post) Flight Deductions:</b>			
Repulsion not within 0* - 15* of vertical	0.1	0.2	0.3
Lack of distinct lift or rise from blocking surface	0.1	0.2	0.3
Body position too arched or piked	0.1	0.2	0.3
<b>Landing Deductions:</b> All landing deductions per FIG.			
<b>Bonus</b>			
Stick	0.1		
Rise: Vertical take off with conspicuous rise	0.1		
Stretch: Head back and not dropping the chin to the chest	0.1		

## THSGCA Men's Compulsory Routines

### PARALLEL BARS



Base Score	9.40
Specified Bonus	0.60
<b>Maximum Score</b>	<b>10.00</b>

	<b>Skills</b>	<b>Descriptions</b>	<b>Performance Criteria</b>	<b>Specified Bonus</b>
1	Glide Kip Support Swing	From stand or short run, glide kip to support swing backward	Body horizontal and stretched at completion of back swing	Swing to Handstand <b>0.1</b>
2	Drop Cast	Swing forward, drop and cast to upper arms	Early drop allowed	Hips above bar height on catch of cast <b>0.1</b>
3	Back Uprise	Back uprise to	Body horizontal at completion of back uprise	45* above horizontal <b>0.1</b> Back uprise to Hand <b>0.2</b>
4	L Support	L support (hold)	2 second hold	
5	Bent arm Press	Bent arm press to handstand (hold)	2 second hold Pike or straddle press allowed	Straight arm Press to handstand <b>+0.1</b>
6	Swing Forward Swing Backward	Swing forward and swing backward to handstand	Swings stretched, hips above horizontal	Stutz above rails <b>0.1</b> Stutz 45* above rails <b>0.2</b> Stutz replaces back swing
7	Layaway Front Uprise	Layaway, front uprise		
8	Swing Backward	Swing backward to horizontal		Swing to handstand <b>0.1</b>
9	Swing Forward		Swings stretched, hips above horizontal	
10	Swing Backward Wendy Dismount	Swing backward to Wendy dismount		Back Salto in any distinct body position <b>+0.1</b>  Front Salto in any distinct body position <b>+0.1</b>

## THSGCA Men's Compulsory Routines

### HORIZONTAL BAR



Base Score	9.40
Specified Bonus	0.60
<b>Maximum Score</b>	<b>10.00</b>

	Skills	Descriptions	Performance Criteria	Specified Bonus
1	Pullover	From hang in under grip, pullover to support		Stem to Giant <b>0.1</b>
2	Cast	Cast to nominal handstand forward to		
3	Under Grip Giant			
4	Under Grip Giant			
5	Hop to Over Grip Swing Forward Kip Cast	On 3rd giant, hop to over grip, swing forward, kip, cast		Hop to handstand <b>+0.1</b> Kip to handstand <b>+0.1</b> Pirouette 45* (3rd giant) <b>0.1</b> Pirouette to Handstand (3rd giant) <b>0.2</b> (Pirouette replaces hop)
6	Over Grip Giant			
7	Over Grip Giant			
8	Swing 1/2 turn	Swing 1/2 turn to horizontal		45* above horizontal <b>0.1</b> Nominal handstand (15*) <b>0.2</b>
9	Swing Forward	Change both hands to over grip and swing forward to		Over grip giant after grip change <b>0.1</b>
10	Flyaway	Flyaway in any position	Center of gravity at bar height	Above bar height <b>0.1</b>