SUPPLEMENTAL HANDBOOK

for the

NATIONAL FESTIVAL RULEBOOK

REVISED

2022

GYMNASTICS

General Information:

- Coaches/gymnasts are responsible for their own music
- USAG Judges will be used for ALL ages & levels
- Girls (Youth, Jr. & Active): USAG Levels 3-5 (compulsories) & 6-10 (optionals); Xcel Levels Bronze, Silver, Gold, Platinum or Diamond (optional routines)
- Boys (Youth, Jr. & Active): USAG Levels 4-10
- No modifications allowed for any USAG/Xcel routines/skill requirements
- To obtain detailed information regarding USAG compulsory routines and the Xcel Program contact USAG at 132 E. Washington St., Suite 700, Indianapolis, IN 46204; 317-237-5050 or www.usagym.org.
- The gymnastic facility shall have all three vaulting areas (mat stack, sidehorse & table vault). A sidehorse and table vault shall be set up for Senior competition. Women 30-59 can also use the 32" (or higher) mat stack and 60+ Women can also use the 16" mat stack.

SENIOR WOMEN:

- All routines (except vault) shall consist of a minimum of five (5) different skills, which include a mount and dismount.
- General Scoring:
    Execution and Form – 3.0
    Minimum required skills – 5.0 (1 point per skill; Walking/Running is not considered a skill)
    General Impression – 2.0 (This is where credit is given for more difficult skills)
    Missing minimum requirements – 1 point for each missing requirement
    Falls off the apparatus - .5
    Falls on the apparatus - .3

    Bars – Uneven: 10 point start value **OR** Parallel (**50+**): 10 point start value

    Beam – High Beam: 10 point start value **OR** Low Beam: 9.5 start value
        Time limit – 30 seconds to 1 minute 30 seconds
        Over/under time deduction - .1
        Requirements:
        1. Turn on one foot at least 180 degrees OR one foot balance of any kind held 2 seconds
        2. Jump OR leap
        3. Must be at least 3 passes

    Vault (Sidehorse or Table) –
        Handspring type vaults – 10 point start value
        Layout Squat, Straddle or Stoop – 9.5 start value

Squat, Straddle or Stoop (no pre-flight) – 9.0 start value
Ages 30-59 also has the option to do the <mark>Xcel Bronze vault:</mark> handstand flat fall onto a 32" (or higher) mat stack – 9.0 start value
Ages 60+ also has the option to do a Run, jump on spring board, stretch jump onto 16" mat – 8.0 start value

Pommel Horse (**50+**) – 10 point start value

Floor Exercise – 10 point start value
Time limit – 30 seconds to 1 minute 30 seconds, with or without music
Over/under time deduction - .1
Using music which has singing/talking - .2 deduction
Stepping out of bounds - .1 each time
Requirements:
1. Jump OR leap
2. Turn on one foot at least 180 degrees OR one foot balance of any kind
3. Move of any kind down on the floor
4. Must cover all four quadrants of the floor (30-59)
5. Must travel on the diagonal from one corner to the other **OR** two passes along the 40 foot length of the floor ex. mat (60+)

Rhythmic Gymnastics routine – 10 point start value
Ages 60+ may perform only ONE rhythmic routine (ball, hoop, ribbon, clubs or rope) in place of one piece of apparatus.
Maximum time of 1 minute
Using music which has singing/talking - .2 deduction
Gymnast must travel at least from one corner to another.

SENIOR MEN:

- On Floor, Parallel Bars, High Bar, Still Rings and Pommel Horse the routines shall consist of a minimum of five (5) different skills.
- Ages 60+ can do a second optional routine on ONE event. The same basic routine can be used with at least two skills within the routine being different.
- Vault shall be two attempts of either the same or different skills.

NOTE: There will not be any compulsory routines for Senior Men and Women. All routines shall be optional.

RHYTHMIC GYMNASTICS

- This is a Special Event for Women ages 7-13, 14-29 and 30+.
- Hand apparatus includes ball, ribbon, rope, hoop and clubs.

- Each competitor must provide and compete with only one of the above pieces of apparatus.
- Each competitor must provide their own music. (.2 deduction for music with singing/talking)
- A free exercise mat will be used for the competition
- Performance time shall be between 1 minute and 1 minute, 30 seconds.
- Required skills shall include: Leaps, Turns, Tosses, Jumps, Hand Exchanges, Flexibility and Floor work.
- The routine shall include and be judged using the following criteria:
    1. Variety of dance steps and good transitions from one skill to the next (.50 deduction)
    2. One transition to the floor (.3 deduction)
    3. Use all 4 corners of the floor (.1 deduction for each corner not used)
    4. One acrobatic skill: front, back or side roll; cartwheel; or front/back walkover (.3 deduction)

TUMBLING

- Routine shall have a minimum of 3 skills per pass with 1 flight element per pass.
- Scores will be determined on a combination of form and difficulty.
- Tumbling rules can be found at usagym.org

TRACK

General Information:

- Athletes are allowed **no more than 2 practice** jumps/throws before competition starts for each event, **amount or warm-up time to be determined by meet director**.

Standing Long Jump:
- Toes can curl over the edge of the take-off board, but cannot touch the sand.
- The jump is marked from the point closest to the take-off board where the athlete landed in the sand. Example, if the athlete lands in the sand with both feet, but then falls back and puts a hand down, the hand is where the jump gets marked from. If the athlete lands in the sand with both feet, but then falls forward onto hands and knees, the jump is marked from the heel of the foot that is closest to the take-off board.
- Each athlete is allowed 2 consecutive jumps.
- The longest jump measured is the final score.

Running Long Jump:

- The athlete runs toward the sand pit, landing one foot on or near the white take-off line and jumps into the sand, preferably landing on two feet.
- The foot may touch the take-off line, but may not go beyond the white take-off line at all.
- A jump is not measured if any part of the foot goes beyond the take-off line. This will be considered one attempt.
- Each athlete is allowed 2 jumps/attempts.
- The jump is marked from the point closest to the take-off board where the athlete landed in the sand. Example, if the athlete lands in the sand with both feet, but then falls back and puts a hand down, the hand is where the jump gets marked from. If the athlete lands in the sand with both feet, but then falls forward onto hands and knees, the jump is marked from the heel of the foot that is closest to the take-off board.
- The longest jump measured is the final score.

Shot Put:
- The athlete must hold the shot at the side of the neck near the jaw line and ear.
- Standing within the circle near the back, the athlete may circle-step or side-step towards the front of the circle and push the shot forward to achieve greatest distance from the circle.
- The toss is not measured if the athlete steps on or over the circle. This is considered one attempt.
- Each athlete is allowed 2 consecutive tosses/attempts.
- The farthest measured toss is the final score.

Hurl Ball:
- The athlete stands a desired distance behind the foul line holding the strap of the hurl ball with one hand.
- With either circle-steps or side-steps the athlete moves forward towards the foul line, circling the hurl ball at the same time.
- The hurl ball is then released forward to achieve the farthest distance forward.
- Athlete may also stand behind foul line, circle the ball and then release without taking any steps.
- If the athlete crosses over the foul line the throw will not be measured. This is considered one attempt.
- The hurl ball must land within the designated sidelines for the throw to be measured.
- Each athlete is allowed 2 consecutive throws/attempts.
- The farthest measured throw is the final score.

Softball Distance Throw:
- The athlete, using any throwing style, throws the ball forward to achieve the farthest distance from the foul line.
- If the athlete crosses over the foul line the throw will not be measured. This is considered one attempt.
- The ball must land within the designated sidelines for the throw to be measured.
- Each athlete is allowed 2 consecutive throws/attempts.

- The farthest measured throw is the final score.

Softball Accuracy Throw:
- The athlete, using any throwing style, throws the ball forward to attempt to get the ball thru the marked opening.
- If the athlete crosses over the foul line the throw will not be counted. This is considered one attempt.
- Each athlete is allowed 10 consecutive throws/attempts.
- The total number of balls that went thru the opening is the final score.

Dash, Walk/Run:
- The athletes line up at the starting line with their toes behind the line. One runner per lane.
- On the starter's command, either with a starter's gun or whistle, the athlete runs/walks forward towards the designated finish line.
- The athlete must stay in his/her own lane or will be disqualified from that running event. A second false start by the same runner shall disqualify that competitor for that event.

Middle Distance Running Events:
- The athletes line up on either the "waterfall start line" or "stagger start lines".
- On the starter's command, either with a starter's gun or whistle, the athlete runs forward towards the designated finish line.
- After the start of the race, when moving towards the center lane (at the designated place), the athletes may not trip another athlete. Any athlete appearing to trip another will be disqualified from that running event.

PICKLEBALL

Divisions: 18-29, 30-49, 50-69 & 70+

Teams: Doubles only. No gender requirements, can be mixed or not. No limit as to how many teams can register from a Society/District.

Rules: A competitor may play in a younger age group with another player in that younger age group. No player is allowed to play in an older age group. Format based on number of teams registered. No uniform requirements. Players may use a coin toss to determine who will serve first. The winner of the coin toss will have the option to choose side or to serve or receive.

The Serve: The Serve must be underhand. Paddle contact with the ball must be below the server's waist (navel level). The serve is initiated with at least one foot behind the baseline; neither foot may contact the baseline or court until after the ball is struck. The serve is made diagonally crosscourt and must land within the confines of the opposite diagonal court. Only one serve attempt is allowed, except in the event of a let (the ball touches the net on the serve and lands on the proper service court; let serves are replayed)

<u>Service Sequence</u>: Both players on the serving doubles team have the opportunity to serve and score points until they commit a fault *(except for the first service sequence of each new game). The first serve of each side-out is made from the right-hand court. If a point is scored, the server switches sides and the server initiates the next serve from the left-hand court. As subsequent points are scored, the server continues switching back and forth until a fault is committed and the first server loses the serve. When the first server loses the serve the partner then serves from their correct side of the court (except for the first service sequence of the game*). The second server continues serving until his team commits a fault and loses the serve to the opposing team. Once the service goes to the opposition (at side out), the first serve is from the right-hand court and both players on that team have the opportunity to serve and score points until their team commits two faults.

*At the beginning of each new game only one partner on the serving team has the opportunity to serve before faulting, after which the service passes to the receiving team.

<u>Scoring</u>: Points are scored only by the serving team. Games are played to 11 points, win by 2. When the serving team's score is even (0,2,4,6,8,10) the player who was the first server in the game for that team will be in the right-side court when serving or receiving; when odd (1,3,5,7,9) that player will be in the left-side court when serving or receiving.

<u>Double-Bounce Rule</u>: When the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning, thus two bounces. After the ball has bounced once in each team's court, both teams may either volley the ball (hit the ball before it bounces) or play it off a bounce (ground stroke). The double bounce rule eliminates the serve and volley advantage and extends rallies.

<u>Non-Volley Zone</u>: The non-volley zone is the court area within 7 feet on both sides of the net. Volleying is prohibited within the non-volley zone. This rule prevents players from executing smashes from a position within the zone. It is a fault if, when volleying a ball, the player steps on the non-volley zone, including the line and/or when the player's momentum causes them or anything they are wearing or carrying to touch the non-volley zone including the associated lines. It is fault if, after volleying, a player is carried by momentum into or touches the non-volley zone, even if the volleyed ball is declared dead before this happens. A player may legally be in the non-volley zone any time other than when volleying a ball. The non-volley zone is commonly referred to as "the kitchen".

<u>Line calls</u>: A ball contacting any line, except the non-volley zone line on a serve, is considered "in". A serve contacting the non-volley zone line is short and a fault.

<u>Faults</u>: A fault is any action that stops play because of a rule violation. A fault by the receiving team results in a point for the serving team. A fault by the serving team results in the server's loss of serve or side out. A fault occurs when:
  - A serve does not land within the confines of the receiving court.
  - The ball is hit into the net on the serve or any return
  - The ball is volleyed before a bounce has occurred on each side
  - The ball is hit out of bounds
  - A ball is volleyed from the non-volley zone
  - A ball bounces twice before being struck by the receiver

- A player, player's clothing, or any part of a player's paddle touches the net or the net post when the ball is in play
- There is a violation of a service rule
- A ball in play strikes a player or anything the player is wearing or carrying
- A ball in play strikes any permanent object before bouncing on the court

3 ON 3 BASKETBALL TOURNAMENT

Divisions:
Youth Boys – ages 7 to 13, Men – 14 to 29, Seniors – 30 and over
Youth Girls – Ages 7 to 13, Women – 14 to 29, Seniors – 30 and over

Teams:
Each team will have a maximum of 5 players (3 playing and 2 subs). Seniors and Youths will be allowed 6 players per team (3 playing and 3 subs)

Rules:
Games are played to 11 points by 1's. There are no 3 point shots. Games will be played on 1 half of a full size court. 2 games can be played at the same time on one regulation sized court. Substitution of players can occur at any time during the game. Each team will receive one 1 minute timeout per game. (Seniors and Youths will be allowed 2) The ball must be checked by an opposing player before it is put into play. The player must pass the ball at the top of the court to begin play. After a basket has been scored or a foul called, a player must put the ball in play from above the foul key. All held balls will be put into play from atop the foul key, as well, possession given alternately to each team. On defensive rebounds or steals, players must return the ball by dribble or pass across the top of the key before a basket may be attempted. Once across the line, they do not have to pass the ball before shooting. After a basket, the team scored upon will put the ball in play. No make-it, take-it. Fouls will be called by participating players for ages 14-29 & 30+. Adult players from other teams will call fouls for ages 7-13. All fouls will result in the ball being taken out at the top of the key.

Tournament Structure: (Based on the number of participants.)
6 teams: Each team would play every other team once in the preliminaries. The record of each team after these games will then seed the teams in a single elimination tournament to decide a winner.

12 teams: The 12 teams would draw into 2 divisions/pools of 6. Each team would play every other team once in the preliminaries. The record for each team after these games will then seed the teams in a single elimination tournament to decide the winner of each division. The winners of each division will play in a final game to decide the tournament champion. The 2nd place finishers in each division will play for 3rd place.