



January 14, 2026

NFHS Weekly Girl's Gymnastics Rule Interpretation

Uneven Bars – Extra Swings

Rules Reference: Rule 1; Rule 7-3-4c(8)

Interpretation:

Rule 1 defines an *extra swing* as a swing forward or backward when the swing is not required for the next element. There are a variety of ways an extra swing may occur during an uneven bars routine. It is important for officials to distinguish between a rhythm deduction and an extra swing deduction, as they are not the same.

A rhythm deduction of up to 0.10 may be applied when the hips do not leave the bar during a very minimal forward and backward quiver of the body that does not lead to the next element. This is different from a full extra swing, which receives a 0.30 deduction.

Examples of situations that constitute an extra swing include:

- A complete stop between elements without continuous movement from one element to the next.
- A cast that returns to the bar without the cast leading directly into another element.
- A tap swing forward and backward that is not part of another element.
- An element that ends in a dead hang, requiring the gymnast to regain momentum with an extra swing in order to continue.
- A swing with a half turn that is not required for the next element.

Each of these situations receives a 0.30 deduction for an extra swing. When two consecutive extra swings occur on the same element, a maximum of 0.50 in execution deductions is applied for that element. A routine may contain multiple elements that incur extra swing deductions; however, the maximum deduction applied to any single element remains 0.50.

APPLICATION EXAMPLES

Situation A:

- Glide kip (LB)
- Cast to horizontal and return to the LB to a stop on the LB – *extra swing*
- Cast, back hip circle
- Stop – *extra swing*
- Cast to squat on, jump to HB
- Long hang kip
- Cast and return to the bar, stop – *extra swing*
- Cast flyaway dismount

Ruling:

This routine would receive 0.90 in extra swing deductions.

Situation B:

- Glide kip (LB)
- Cast to clear back hip circle to handstand
- Glide kip
- Cast to squat on, jump to HB
- Long hang kip
- Cast to long hang kip
- Cast flyaway dismount

Ruling:

This routine would not receive an extra swing deduction, as all swings are required to continue into the next element.

Situation C:

- Jump to long hang kip
- Cast to handstand, $\frac{1}{2}$ turn
- Tap swing, straddle counter swing over the low bar
- Glide kip (LB)
- Toe-on underswing on low bar, release with counter movement forward in flight to catch the high bar in a dead hang – *extra swing, extra swing*
- Long hang kip
- Cast flyaway dismount

Ruling:

This routine would receive a 0.50 deduction for two consecutive extra swings on the same element.