

# 2022-2023 NGJA/NCAA Interpretations & Rules Update

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FIG Code of Points (Version "2022-2024 MAG CoP") and this document will be used for all NCAA Gymnastics competitions (<https://www.gymnastics.sport/site/rules/#2>).

Skill Committee updates - These are NGJA Interpretations only and are based on USA interpretations of the current FIG Code of Points.

The NCAA Men's Gymnastics Committee has authorized a skills evaluation committee to interpret skills and publish interpretations for use in NCAA competitions. This document lists those evaluations. Skills not previously evaluated must be submitted prior to major competitions for review. If a skill is not evaluated by the committee in advance of a competition, a provisional value may be given prior to the start of the competition.

Changes from a previous version of this document will show "\*\*\*" in front of the interpretation. Depending on how often elements are submitted, this document could be updated frequently. Please monitor NGJA.org for new versions of this document.

## Document Precedence

These rules determine which documents apply to each level of competition and in which priority order.

\*\*\* Precedence Order of current version of the following documents:

- FIG MAG Code of Points
- Current MTC Newsletters
- NGJA/USAG Interpretations
- NGJA/NCAA Interpretations

## How to Submit New Elements for Evaluation?

If you wish to submit a new element or sequence for evaluation, please submit your new skill as follows:

1. Go to the NGJA website <http://ngja.org/>
2. In the box titled "Coaches Corner", click on the link "New Skill Submission Page"
3. Complete info and attach a video for the skill committee to review.

## General Information

1. \*\*\* On December 4, 2022, the FIG released Newsletter #2 with new and updated rules to the FIG COP. <https://www.ngja.org/wp-content/uploads/2022/12/Newsletter-2.pdf>  
Per the NCAA Men's Gymnastics Rules Modification Document, (#1.F, page 4), dated October 1, 2022, "The cutoff date for changes to the NCAA rules and clarifications, which uses the FIG Code of Points as its basis is December 1. The NCAA Men's Gymnastics Committee will review interpretations to the FIG Code received after this on a case-by-case basis, and reserves the right to adopt changes that are in the best interest of the gymnast."

In compliance with that ruling, the Committee reviewed that update and approved adoption of rule updates it felt benefited the athletes. The following table denotes which rules in FIG Newsletter #2 have been adopted and which have not for the 2023 NCAA competitive season. .

Rule/Skill/Interpretation	Results	Comments
Landings - Definition of "slightly"	Non - adoption	Rule change does not benefit the gymnast
Low Landings - Definition of low landing	Non - adoption	Rule change does not benefit the gymnast
FX: Endo Jump - Performance expectation	Non - adoption	Rule change does not benefit the gymnast
FX: Spindle to Handstand	Adopt	This is a rule clarification, not a rule change
PH: Scissor to Handstand	Non - adoption	Rule change does not benefit the gymnast
SR: Start of Exercise	Adopt	This is a rule clarification, not a rule change
SR: Balandin Elements	Adopt	This is a rule clarification, not a rule change
HB: Start of Exercise	Adopt	This is a rule clarification, not a rule change
HB: Straight Tkatchev - Definition of position	Adopt	This is a rule clarification, not a rule change
HB: Grip Changes	Non - adoption	Rule change does not benefit the gymnast
SR: Element Value – Zou	Adopt	New element added to COP
SR: Element - Simonov	Adopt	New element added to COP
SR: Element - Garcia	Adopt	New element added to COP
HB: Element - Faulk	Adopt	New element added to COP

Thus, the deductions for landings related to the FIG Newsletter #2 definition of "slightly" apart and for low landings will not be applied in the 2023 NCAA season.

## Floor Exercise

### Skills:

1. \*\*\* See above note regarding non-adoption of Endo jump performance expectations defined in 2022 FIG Newsletter #2.
2. \*\*\* See above note regarding adoption of Spindle to Handstand performance expectations defined in 2022 FIG Newsletter #2. That is a clarification of existing criteria, not a rule change.

## Pommel Horse

### Skills:

1. \*\*\* See above note regarding non-adoption of scissor handstand performance expectations defined in 2022 FIG Newsletter #2.

## Still Rings

### **General:**

1. \*\*\* See above note regarding adoption of start of exercise performance expectations as defined in 2022 FIG Newsletter #2. That is a clarification of existing criteria, not a rule change.

### **Skills:**

1. \*\*\* See above note regarding adoption of Balandin-elements performance expectations as defined in 2022 FIG Newsletter #2. That is a clarification of existing criteria, not a rule change.
2. \*\*\* See above note regarding adoption of ZOU, "E" in EG II (2022 FIG Newsletter #2).
3. \*\*\* See above note regarding adoption of SIMONOV, "F" in EG II (2022 FIG Newsletter #2).
4. \*\*\* See above note regarding adoption of GARCIA, "C" in EG III (2022 FIG Newsletter #2).

## Parallel Bars

### **Skills:**

1. \*\*\* Underbar swing to counter-salto tucked front dismount will be evaluated as "B", EG IV.

## High Bar

### **General:**

1. \*\*\* See above note regarding adoption of start of exercise performance expectations as defined in 2022 FIG Newsletter #2. That is a clarification of existing criteria, not a rule change.
2. \*\*\* See above note regarding non adoption of grip change performance expectations as defined in 2022 FIG Newsletter #2.

### **Skills:**

2. \*\*\* See above note regarding adoption of Straight Body Tkatchev performance expectations as defined in 2022 FIG Newsletter #2. That is a clarification of existing criteria, not a rule change.
3. \*\*\* See above note regarding adoption of FAULK, "E" in EG IV (2022 FIG Newsletter #2).