



National  
Gymnastics  
Judges  
Association

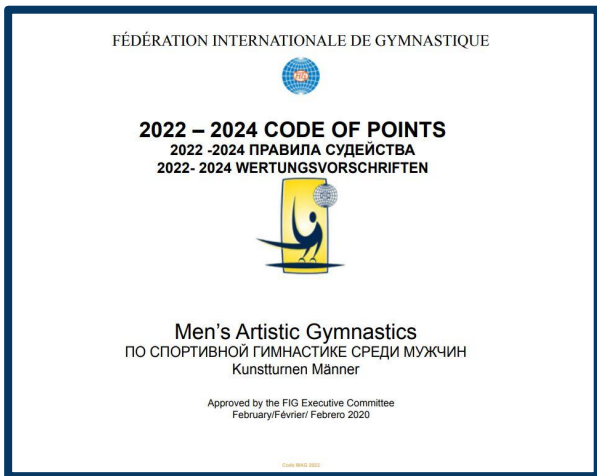
# NGJA 2021 Fall Judges Course

## Optional Certification

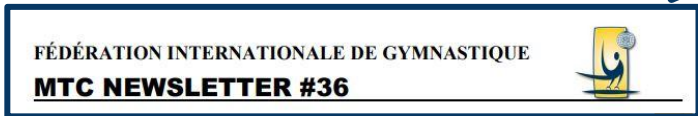
(Includes FIG + JDP Level 7-10 & NCAA)

**FX, PH, SR, V, PB, & HB**

# Optional Document Precedence



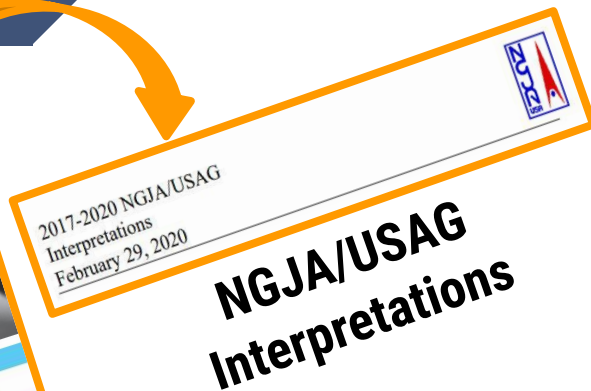
**FIG Code of Points - Junior**



**FIG - MTC Newsletters**



**USAG Junior Program Manual**



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2. Pommel Horse
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4. Vault
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# Floor Exercise

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# Most Overlooked FX Issues

(as indicated by our NALs)

SrNAL: Brian Meeker (MN)

JrNAL: Tom Kutz (CA)

\*In no particular order

1

Landings with chest low on fwd. & bwd. Salto elements

2

Incomplete twists (especially within connections)

3

Non-distinct body positions (tuck, pike, layout)

4

Preparation for landings on salto elements

# FX

## Difficulty

# FIG Element Groups

Element Group	Examples
I. Non-Acrobatic Elements	Split, press HS, circles/flairs, etc.
II. Acrobatic Elements Forward	Front handspring, front saltos (and with twists), etc.
III. Acrobatic Elements Backward	Back handspring, back saltos (and with twists), etc.
IV. Dismount	Any skill from Element Group II or III

# Level 8 FX Element Groups (& Exceptions)

<b>Element Group I</b>	Non - Acrobatic (FIG EG I)
<b>Element Group II</b>	Acrobatic Forward (FIG EG II)
<b>Element Group III</b>	Acrobatic Backward (FIG EG III)
<b>Element Group IV</b>	≥ “A” Dismount (FIG EG IV)
Double flipping skill NOT required	
<b>Non-double flipping D+B or higher combination allowed for bonus</b>	



# USAG FX Modifications & Exceptions

- **Level 7-9 - Connection bonus for non-double flipping combinations.**
- **Level 7-9 - The following skills have been provided their own virtual code box ...**
  - Front Layout & Front Layout ½ tw.**
  - Front Layout 1/1 tw. & Front Layout 3/2 tw.**
  - Back Layout & Whipback,**
  - Back Layout ½ tw. & Back Layout 1/1 tw.**
  - Back Layout 3/2 tw. & Back Layout 2/1 tw. (NOT OFFICIAL, pending inclusion in first JDP Update later this Fall).**
- **Level 7-10 - Double salto skill is NOT required.**

# USAG FX Jr. "A" Skills

**Cartwheel or Round Off**

**Back Extension Roll**

**Headspring**

**Press to Headstand**

**Pancake**

**Swedish Fall**



**USA GYMNASTICS**

# Dismounts

Elements can only fulfill one Element Group. Therefore, an element executed as the dismount can only fulfill the dismount Element Group and the gymnast must perform another element from the same Element Group to receive value for the respective Element Group.

\*The element used for the dismount is ALWAYS the first of five skills counted within an Element Group, EXCEPT in the case of basic repetition.

PRACTICE YOUR JUDGING AND SEE IF YOU CAN FIND THIS ISSUE IN ONE OF THE ROUTINES IN THE *"HOW TO CALCULATE A START VALUE"* PRESENTATION

# Connection Bonus (CB)

Directly connected salto skills, WITHOUT A LARGE DEDUCTION, will receive connection bonus if they meet the criteria listed below ...

D (or higher) + B or C	=	+ 0.1
D (or higher) + D (or higher)	=	+ 0.2

- **No CB will be given for directly connected single saltos with turns.**
- **To receive CB, all skills must be inside the counting 10 elements (8 for USAG JD).**
- **CB can be awarded on both sides of a 3 skill (or more) connection.**
- **There is no limit to the amount of CB awarded in a routine.**
- No CB will be awarded for counter saltos (ex: Double Layout + front 1 ¼ ).

# EX: CONNECTION BONUS (CB)

1. No CB will be given for directly connected single saltos with twists.
  - a. RO Salto Bwd. Stretched 5/2t. (D) + Salto Fwd. Stretched 1/1t. (C) = NO Connection Bonus
  - b. RO Salto Bwd. Stretched 5/2t. (D) + Salto Fwd. Stretched (B) = 0.1 Connection Bonus

2. CB can be awarded on both sides of a 3 skill (or more) tumbling pass.

- a. RO Whip (B) + Back Salto Stretched 5/2t. (D) + Double Front Salto tuck (D)

+0.1  $\longrightarrow$  +0.2  $\longrightarrow$  = 0.3 Connection Bonus

Note: Connections are unlimited and any skill used for Connection Bonus MUST be inside the counting 10 elements

# Special Repetitions

Special Repetitions refer to special rules on an event that do NOT allow for repetition of similar types of skills. ON FX, the following types of skills fall under this category ...

## ➤ **STRENGTH ELEMENTS**

A maximum of 2 strength elements (including strength handstands) may be performed for value in a routine.

\*A simple handstand or a pirouette are NOT included within this rule.

## ➤ **CIRCLE / FLAIR ELEMENTS**

A maximum of 2 circles, flairs or Russian elements may be performed in an exercise for difficulty value.

# Circle & Flair Elements

ALL circle and flair elements begin and end in front support.

<p>Russians</p> <ul style="list-style-type: none"><li>➤ 2 techniques: Reach under &amp; Reach over</li><li>➤ Reach under technique - begin counting Russians after <math>\frac{1}{4}</math> turn Czech motion is initiated</li><li>➤ Reach over technique - begin counting russians immediately as one hand reaches over the other</li></ul>	<p>Gogoladze Elements</p> <ul style="list-style-type: none"><li>➤ The Flair down from the handstand requires a full circle to front support</li></ul>
<p>Flair with <math>\geq 270^\circ</math> Spindle to HS</p> <ul style="list-style-type: none"><li>➤ Spindle must be completed within 2 circles</li><li>➤ If the spindle is not completed within 2 circles, the skill will be devalued to an "A" <math>\frac{1}{2}</math> spindle</li></ul>	<p>Air Flair</p> <ul style="list-style-type: none"><li>➤ Must contain two <math>180^\circ</math> hops</li><li>➤ No extra elements can be added before or after to increase the value</li></ul>

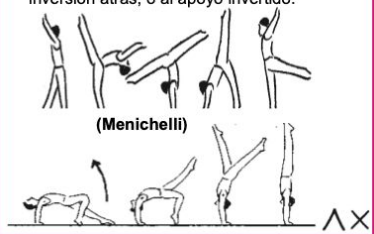
# Press Handstand

If a gymnast steps or lowers his legs and touches the floor while pressing to a HS, no value be given for the press. However, the handstand (A) will be given credit if it is held.



# FX: Removed Skills

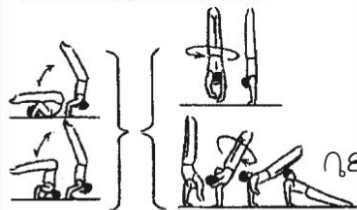
49. De la station ou de l'appui couché dorsal, 1 jambe fléchie, renv. arrière ou à l'appui renverse. From stand or rear support, push off 1 foot through hdst. or back walkover. Desde la pos. o el ap. acostado dorsal, 1 p. flex., inversión atrás, o al apoyo invertido.



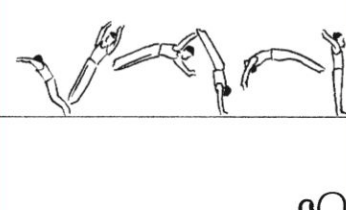
85. Variantes de breakdance. Breakdance variations. Variantes de Breakdance.



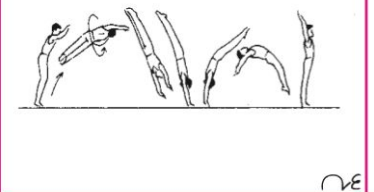
1. Bascule de nuque ou de tête avec 1/2 t. à l'appui renv. ou 1/1 t à l'appui dorsal. Neck or head spring w. 1/2 t. to hdst. or 1/1 t. to rear support. Báscula de nuca o cabeza con 1/2 g. al apoyo invertido o apoyo acostado facial.



43. Saut en arr. avec 1/2 t. et renversement avant. Jump bwd. with 1/2 t. to handspring forward. Salto atrás con 1/2 g. y paloma.



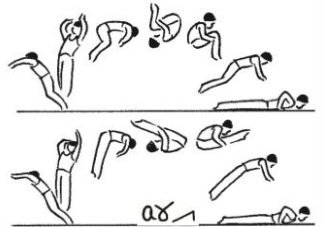
14. Saut avec 1/1 t. et renversement avant. Jump with 1/1 twist to fwd. hdsp. Salto con 1/1 y paloma.



51. Salto av. gr., ca. ou tendu avec 1/1t. à l'appui fac. Salto fwd. t., p or str. with 1/1 t. to front support. Mortal adelante agrupado en carpa o ext. con 1/1 g. al apoyo acostado facial.



44. Saut en arrière avec 1/2 t. et salto avant gr. ou carpé à l'appui ou couché facial. Jump bwd. with 1/2 t. to salto fwd. t. or p. to f. sup. Salto atrás con 1/2 g. y mortal adelante agrupado o en carpa al apoyo acostado facial.

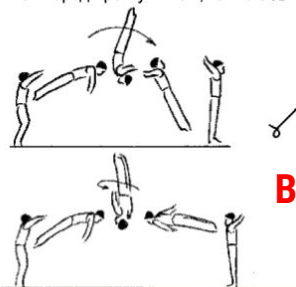


# FX: Merged Skills

13. Salto vw. geh. o. geb., auch mit 1/2 Drhg.  
Salto fwd. tucked or piked, also with 1/2 t.  
Сальто вп. в групп. или согн. также с 1/2 п..



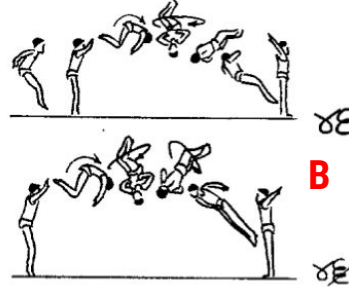
14. Salto vw. gestr., auch mit 1/2 Drhg.  
Salto fwd. straight, also with 1/2 t.  
Сальто вперед прогнувшись., также с 1/2 п.



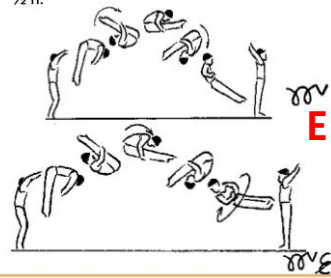
16. Doppelsalto vw. geh., auch mit 1/2 Drhg.  
Double salto fwd. tucked, also with 1/2 t.  
Двойное сальто вперед с также с 1/2 п.



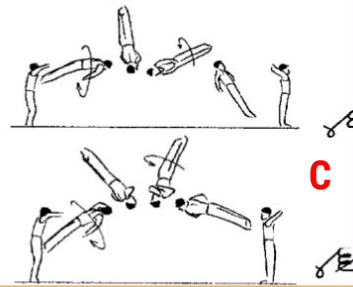
20. Salto vw. geh. m. 1/1 Dr., auch mit 3/2 Dr.  
Salto tucked with 1/1 t., also with 3/2 t.  
Сальто вп. в групп. с 1/1 п., также с 3/2 п.



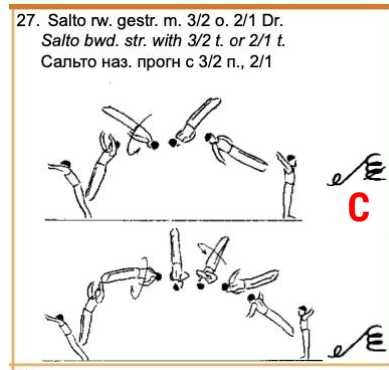
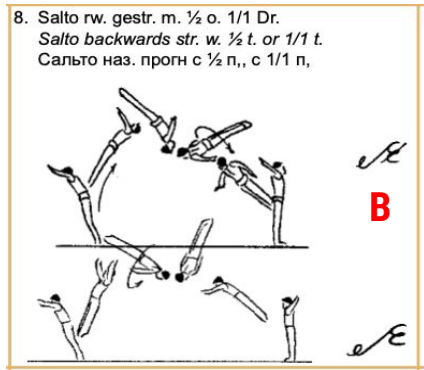
17. Doppelsalto vw. geb., auch mit 1/2 Drhg.  
Double salto fwd. piked, also with 1/2 t.  
Двойное сальто вперед согнувшись, также с 1/2 п.



27. Salto vw. gestr. m. 1/1 Dr., auch mit 3/2 Dr.  
Salto fwd. str. with 1/1 t., also with 3/2 t.  
Сальто вп. прогн с 1/1 п также с 3/2 п.



# FX: Merged Skills (Cont.)

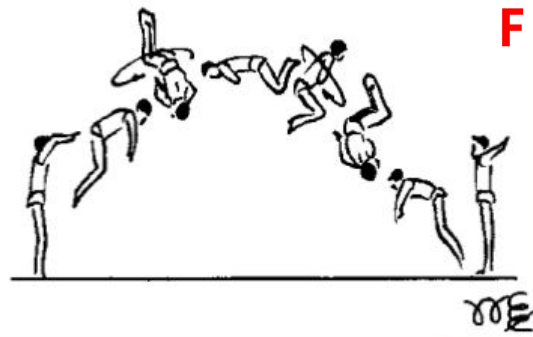


# FX: Devalued Skills

41. Doppelsalto vw. geh. m. 1/1 Dr.  
*Double salto fwd. tucked with 1/1 turn.*  
Двойное сальто вп. с 1/1 п.



48. Doppelsalto vw. geh. m. 3/2 Dr.  
*Double salto fwd. tucked with 3/2 turn.*  
Двойное сальто вп. с 3/2 п..  
(Zapata)



# FX: Updated Skill



Previously read "2 circles or flairs"

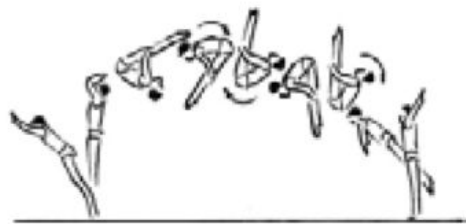
# FX: New Skills

24. Drefachsalto rw. geb.

*Triple salto bwd. piked.*

Тройное сальто согн.

**(Nagorni)**



# FX

## Execution & Neutral Deductions

# Corner Pauses

Deductions applied:  
S

Pauses of 2 seconds or longer before an acrobatic series or elements are not permitted.

**\*Simple movements of the arms are included in the definition of a pause (2 seconds begins once the gymnast comes to a stand).**



# Uncontrolled Landings

**Deductions applied:  
S, M, L**

Acrobatic elements or combinations must end in a visibly controlled landing and show a pause before continuing to a non-acrobatic element. The gymnast is allowed to land with their feet apart but must complete the landing by bringing their feet together.

# Insufficient Height in Acrobatic Elements

**Deductions applied:  
S, M**

In connection sequences, it is typically only the last skill that is deducted for amplitude

# Lack of Landing Prep

**Deductions applied:  
S, M**

The gymnast must extend their body upon preparation for landing each tumbling pass.

# Simple Steps

**Deductions applied:**  
**S**

The gymnast must not use simple steps to arrive to a particular corner. Simple steps occur when the gymnast repositions himself without the use of any choreography.

- Turning  $\geq 180^\circ$
- Jumping
- Lifting leg above horizontal during step

# Jump to Prone

**Deductions applied:**

**L**

Jumping into a prone fall immediately after a salto is not allowed (-0.5). The gymnast must show control after each landing.

# Japanese Handstand

Deductions applied:  
S, M, L

Japanese handstands require a closing of the legs and the head must be within **one hand thickness** to receive no deduction.

**THIS**



**NOT this**



# Neutral Deductions: Line Violations

Deductions applied:  
**S, M**

It is permissible to step on line but NOT over line. Unless judging an FIG, USA or NCAA Championship type event, these violations are always applied by the assigned event judge(s) (rather than designated line judges)

Small Error (- 0.1)	Medium Error (- 0.3)	Medium Error (- 0.3)	No Value
Landing or touching with <b>one foot or one hand</b> outside the FX area.	Touching with <b>feet, hands, foot and hand</b> , or with any other body part outside of the FX area.	Landing <b>directly outside</b> of the FX area.	Elements <b>initiated outside</b> the FX area.

\* Steps to return onto the FX area after landing outside of the lines are NOT deducted.

# Neutral Deductions: Time

Deductions applied:  
S, M, L

All FX routines (JD Level 7-10, NCAA and FIG) are timed. Timing is measured with the first movement of the feet through the dismount which ends in a standing position with the feet together. **A FX routine is allowed up to 75 seconds** up to which no deduction is taken. Deductions for being over the time limit are as follows ...

Small Error (- 0.1)	Medium Error (- 0.3)	Large Error (- 0.5)
$\leq 2$ seconds	$> 2 - 5$ seconds	$> 5$ seconds

\*It is the responsibility of meet directors to provide a timer for USAG competitions with Level 7-10 gymnasts. It is the responsibility of the judge to make sure the volunteer timer knows what to do!



# Neutral Deductions: Use of Diagonals

Deductions applied:  
M

The full Floor area must be used. There is no limit to how many times a diagonal can be used. However, **if a gymnast uses the same diagonal more than 2x in a row, a minimum “B” value skill from EG1 must be used to break up the sequence (failure to do so will result in a 0.3 deduction)**

# Table of Neutral Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Exercise longer than <b>75 sec.</b>	x	x	x
Landing or touching w/ 1 foot or one hand outside FX area	x		
Touching with feet, hands, foot and hand or any other body part outside of FX area		x	
Landing directly outside FX area		x	
No pass to and/or from each corner		x	
Using same diagonal more than 2x in a row		X (once in exercise)	
No multiple salto element		x	
Elements initiated outside FX area	No Value		

# Table of Execution Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Insufficient height in acrobatic elements	x	x	
Lack of flexibility during static elements	x	x	
Roll-out elements w/o hand support		On back of hands	Without support
Pause of 2 sec. or more before element	x		
Uncontrolled momentary landings (also in transitions)	x	x	x
Simple steps or transitions to arrive to corners	x		
Jump to prone landing after salto			x

# FX

## Video Examples

Watch the following routine. Are there any deductions for **Pauses > 2 Seconds**? If so, what are the total deductions for pauses?



There are 3 pauses for a total of 0.3 deductions (0.1 each time). The pauses occur ...

- after the first tumbling pass
- before the flair sequence
- before the last tumbling pass

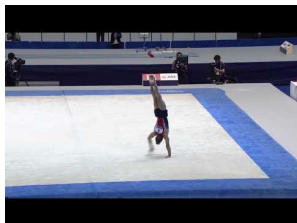
View the following connections and determine the total difficulty value including any possible **Connection Bonus (CB)**.

1.



Frt. Layout 1/1 tw. + Frt.  
Layout 2/1 tw  
**C (0.3) + D (0.4) = 0.7**  
Note: No CB for  
consecutive twisting saltos

2.



Frt. Layout + Double Front ½ tw  
**B (0.2) + D (0.4) = 0.1 CB = 0.7.**

3.



Frt. Layout 2/1 tw. + Frt.  
Layout ½ tw.  
**D (0.4) + B (0.2)**  
Note: No CB for  
consecutive twisting saltos

4.



Frt. Layout 2/1 tw. + Double Frt.  
**D (0.4) + D (0.4) + 0.2 CB = 1.0**

5.



Bck. Layout 5/2 tw. + Frt.  
Pike ½ tw.  
**D (0.4) + A (0.1) = 0.5**

6.



Whip + Arabian Double Frt.  
**B (0.2) + D (0.4) + 0.1 CB = 0.7**

7.



Bck. Layout 3/2 tw. + Frt.  
Layout 2/1 tw.  
**C (0.3) + D (0.4) + 0.7**  
Note: No CB for for  
consecutive twisting  
saltos.

**It is possible that the FIG could change the CB rules in the future. This is our current understanding of the rule.**

View the **Circle / Flair elements** below and determine the difficulty value of the element / sequence.

1.



Flair > 270° spindle to handstand continue to flair (**D**)  
+ Flair w/ 360° hop (2x) and continue to flair (**D**)

2.



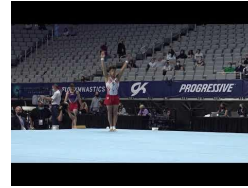
½ spindle (**A**) + repetition, Gogoladze (**C**) + repetition  
Note: 270° or greater spindle is NOT completed within 2 circles. Therefore only ½ spindle credit can be given.

3.



1080° Russian (**C**)  
\*Gymnast uses “reach under” technique discussed on slide 20.

4.



Flair > 270° spindle to handstand continue to flair (**D**) + Gogoladze (**C**)

5.



Gogoladze (**C**), Flair > 270° spindle to handstand continue to flair (**D**), ~~1080°~~  
Russian (**C**)  
Note: Only 2 circle / flair elements can be counted for difficulty  
\*Gymnast uses “reach over” technique discussed on slide 20

Evaluate the following EG1 **Press Handstands** for difficulty and execution.

1.



**"B"** value legs together planche (-0.5 short hold)

Note: Elements involving two strength parts for one value require a stop position in both strength parts to receive listed value.

2.



**NO CREDIT "B"** value press to HS from split (-0.5 legs touching floor)

3.



**"A"** value press HS from straddle stand (-0.3 short hold)

4.



**"B"** value press from split (-0.1 arch, -0.3 short hold)  
**NO CREDIT "B"** value endo roll to hdst. (-0.1 hand step, -0.5 no hold)



# Evaluate the following **Japanese Handstands** for difficulty and execution.

1.



**"B"** value press to Japanese HS from straddle stand

Small deduction (-0.1)

2.



**"B"** value press to Japanese HS from straddle stand

No deduction

3.



**"C"** value press to Japanese HS from "low position"  
\*FIG Newsletter 35 indicates pressing from a low position would achieve "C" value

4.



**"C"** value press to Japanese HS from split

Medium deduction (-0.3)

5.



**No Credit**  
Held too high

Large Deduction (-0.5)

Evaluate the following sequences for difficulty and execution of **Body Positions** only.

1.



Frt. Layout 2/1 tw. +  
Frt. tuck ½ tw. **(D+A)**

No deduction

2.



Bck. Layout 5/2 tw. +  
Frt tuck 1/1 tw. **(D+B)**

0.3 deduction on Frt.  
tuck 1/1 tw.

3.



Bck. Layout 5/2 tw. +  
Frt. Layout 1/1 tw.  
**(D+C)**

0.1 deduction on Back  
layout 5/2 tw.  
0.1 deduction for pike  
on Frt. Layout 1/1 tw.  
0.1 deduction for tuck  
on Frt. Layout 1/1 tw.

4.



Bck. Layout 3/2 tw. +  
Frt. tuck 1/1 tw. **(C+B)**

0.1 deduction on Frt.  
tuck 1/1 tw.

Evaluate the execution of the following sequences for any deductions regarding **Insufficient Height** (Note: In a bounding sequence this deduction is usually taken on skills after the first salto).

1.



No deduction

2.



Small deduction (-0.1)

3.



Medium deduction (-0.3)

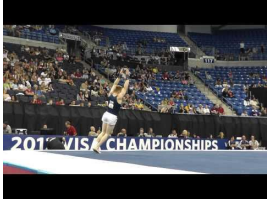
4.



Medium deduction (-0.3)

# Evaluate the execution of the following **Landings**.

1.



Medium deduction (-0.3),  
lack of control

2.



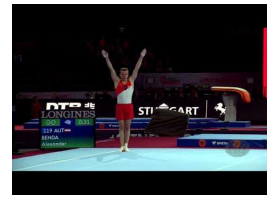
Small deduction (-0.1),  
heels not coming  
together

3.



Large deduction (-0.5),  
jump to prone

4.



Medium deduction (-0.3), hop  
Small deduction (-0.1), heels  
not coming together

5.



Medium deduction  
(-0.3), lack of control

5.



Small deduction (-0.1), lack  
of control  
Small deduction (-0.1)-for  
heels not coming together

7.



Small deduction (-0.1), hop  
Small deduction (-0.1), lack  
of control

8.



No deduction

Evaluate the execution of the **Chest Position** on the following landings.

1.



Medium deduction (-0.3)

2.



Medium deduction (-0.3)

3.



No deduction

4.



Small deduction (-0.1)

5.



No deduction

6.



Small deduction (-0.1)

Evaluate the execution of the **Completion of the Twist** in the following elements.

1.



Large deduction (-0.5) on  
Bck. Layout 5/2 tw.

2.



Small deduction (-0.1)

3.



Small deduction (-0.1) on  
Frt. Layout 1/1 tw.  
Medium deduction (-0.3)  
on Frt. Layout 2/1 tw.

4.



Medium deduction (0.3)  
on Frt. 1/1 tw. tucked  
Small deduction (-0.1) on  
Frt. 2/1 tw. stretched

5.



Medium deduction (-0.3)

6.



No deduction

Evaluate the execution for the **Landing Preparation** on the following skills.

1.



Medium Deduction (-0.3)

2.



Small deduction (-0.1)

3.



Medium deduction (-0.3)

4.



No deduction

# 2

# Pommel Horse

***Linked PH Sections***

***Difficulty***  
***Execution & Neutral Deductions***  
***Video Examples***

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***Pommels***

**48**



# Most Overlooked PH Issues

(as indicated by our NALs)

SrNAL: Jon Corbitt (NJ)  
JrNAL: Tim Michaels (VA)

\*In no particular order

1

Use of strength on scissor HS and circle HS skills and dismounts (S, M, L)

2

Lack of extension (S) & hip breaks (S, M) on EG2 & EG3 skills

3

Amplitude on scissors / leg cuts (including piked hips) (S, M)

4

Skew on travel elements (S, M, L)

# PH

**Difficulty**

# FIG Element Groups

Element Group	Examples
I. Single Leg Swings & Scissors	Scissor, scissor to handstand
II. Circles & Flairs with and/or without spindles, handstands, kehres, russians, flops, etc.	Circle, Czechkehre, DSA, LLSS
III. Travel Type Elements including Kroll, Tong Fei, Wu, Roth and Traveling Spindles	Travel down, Magyar, Moguilny
IV. Dismount	Wende, Russian, DSA to Handstand

# Level 8 PH Element Groups

<b>Element Group I</b>	<b>Flair Elements</b>
<b>Element Group II</b>	<b>Circles / Turning Skills (FIG EG II)</b>
<b>Element Group III</b>	<b>Travel Elements (FIG EG III)</b>
<b>Element Group IV</b>	<b>≥ “A” Dismount (FIG EG IV)</b>
Elements must come from the Level 8 pommel-less horse table	
Note: EG I Flair skills replace the FIG EG I category for single leg or scissor skills	

# USAG PH Modifications & Exceptions

- **Level 7 - NOT required to use all 3 parts of horse.**
- **Level 7 - Maximum -0.5 global deduction for any number of intermediate swings. (NOT official, pending inclusion in first JDP Update later this Fall)**
- Level 8 - ALL skills must come from Pommel-Less Horse COP listed in the JMCP Manual as well as here in this slideshow.
- **Level 7-9 - Circle to handstand dismount receives "C" value.**

# USAG PH Jr. "A" Skills

**False Scissor**

**Single Leg Travel**

**Single Leg Stockli**

**Flair in any position**

**Flank Off dismount (any position)**

**Loop with 1/4 turn to leg cut**



**USA GYMNASTICS**

# Level 8 PH Element Rules & Skills

- Only skills listed in the following tables are allowed within Level 8 routines.
- The FIG rule of touching all 3 parts of the horse DOES apply.

## Skills - These skills receive value, but do not fulfill any Special Requirement

Skill Description	FIG Code Box	Modification	Value
1/4 turn from cross support frontways (1/2 Kehr)		Added Skill	A
1/4 turn frontways from side support (1/2 Kehr)		Added Skill	A
1/4 turn from cross support rearways (1/2 Stockli)		Added Skill	A
1/4 turn rearways from side support (1/2 Stockli)		Added Skill	A

# Level 8 PH Element Rules & Skills

## EG 1 - Flairs

*Note: Skills from EG2 or EG3 done FLAIRED, can fulfill EG1*

Skill Description	FIG Code Box	Modification	Value
Circle in side support	2.1	Flaired	A
Circle in cross support frontways (front loop)	2.13	Flaired	A
Circle in cross support rearways (back loop)	2.19	Flaired	A
1/1 Flair spindle from side support (2 circles)	2.28	Flaired	D
1/4 Spindle on end ( <i>from cross or side support</i> )	2.25	Flaired	A
1/2 Spindle on end ( <i>from cross or side support</i> )	2.26	Flaired	B
Magyar - 1/1 spindle (2 circles)	2.34	Flaired	D
Tippelt - Flair or Circle through H.S. back to circle/flair	2.39	Flaired	C
Busnari	2.54		G



# Level 8 PH Element Rules & Skills

**FIG EG 2 - Circle with and/or without spindles and handstands, Kehre swings, Russian wende swings, flops & combined elements.**

Skill Description	FIG Code Box	Modification	Value
Circle in side support	2.1		A
Circle in cross support frontways (front loop)	2.13		A
Circle in cross support rearways (back loop)	2.19		A
1/4 Spindle on end ( <i>from cross or side support</i> )	2.25		A
1/2 Spindle on end ( <i>from cross or side support</i> )	2.26		B
1/1 Flair spindle from side support (2 circles)	2.28		D
Magyar - 1/1 spindle (2 circles)	2.34		D
Tippelt - Flair or Circle through H.S. back to circle/flair	2.39		C
Direct Stockli A ( <i>*from cross or side support</i> )	2.50		B
Busnari	2.54		G
Double rear (Kehre)	2.61		A
Reverse Stockli 180° or 270°	2.80		B
Schwabenflank	2.91		A
Czechkehre ( <i>*from cross or side support</i> )	2.92		B
180° or 270° Russian	2.103		A
360° or 540° Russian	2.104		B
720° or 900° Russian	2.105		C
1080° Russian	2.106		D
180° or 270° Russian (in the middle)	2.110		B
360° or 540° Russian (in the middle)	2.111		C
720° or 900° Russian (in the middle)	2.112		D
1080° Russian (in the middle)	2.113		E

- The Czechkehre and DSA can start and end in both side and cross support.
- Skill 2.28 does NOT have to be done over the pommel as stated in the FIG COP.

# Level 8 PH Element Rules & Skills

## FIG EG 3 - Travel type elements, including Krolls, Tong Fei, Wu, Roth & Traveling Spindles.

Skill Description	FIG Code Box	Modification	Value
Travel in side support (1/2)	3.1		A
Travel in side support (3/3)	3.2		B
Travel with 1/2 spindle from cross support (1/2)	3.27		C
Travel from side support with 2x 1/2 spindles (3/3)	3.29		E
Travel forward in cross support (1/2)	3.44		B
Magyar - Travel forward in cross support (3/3)	3.46		D
Travel backward in cross support (1/2)	3.56		B
Sivado - Travel backward in cross support (3/3)	3.58		D
Urzica: kehre forward, reverse Stockli (3/3)	3.69		C
Molguilny: Kehre forward, reverse Stockli, Kehre forward (3/3)	3.70		D
Belenki: reverse Stockli, Kehre forward, reverse Stockli (3/3)	3.76		D
Roth: 360° Russian with 3/3 travel	3.88		D
Wu Guonian: 720° Russian with 3/3 travel	3.89		E
360° Russian with 1/2 travel		Added Skill	C

- All traveling skills will either be evaluated as traveling 1/2 or 3/3 of the horse.

# Level 8 PH Element Rules & Skills

## FIG EG 4 - Dismounts

Skill Description	FIG Code Box	Modification	Value
Flank off (facing out)		Added Skill	A
Wende	4.1		A
Chagunian to wende	4.2		B
Kolyvanov - circle or flair H.S. + 3/3 travel + 450° turn	4.4		D
DSA to handstand, 3/3 travel with 450° or more turn	4.5		E
360° or 540° Russian	4.8		B
720° or 900° Russian	4.9		C
1080° Russian	4.10		D
180° Russian with 1/2 travel	4.14		B
Circle or FLAIR to handstand	4.20	Junior upgrade	C

➤ **Flank off from cross support in middle of horse or from cross support facing in is an allowable dismount that will receive EG4 credit.**

# Skill Recognition (Part 1)

All circling type skills (EG2 & EG3) begin and end in front support. This is the most essential item for a judge to remember on pommel horse when determining whether a skill has been completed or not.

However, all listed elements in EG2 and EG3 require a listed COP element afterward for value.

\*The only exception would be a swing forward with both legs (half circle) and finishing the circle with one leg, followed by a simple leg swing or scissor (Ex: LLSS finishing the circle with one leg followed by a simple leg swing).

\*All basic circles in cross or side support (also on one pommel) may end with a  $\frac{1}{4}$  turn without changing the value of the element.

# Skill Recognition (Part 2) - Falls

In the case of a fall, if the gymnast has initiated the subsequent element, the previous element will receive credit.

# Special Repetitions

Pommel Horse, like other events, requires gymnasts to perform a variety of different types of skills. There are rules that prohibit too much use of similar types of elements. **A routine is allowed to contain a maximum of two of the following elements:**

- Russian wendeswings (including dismount)  
**\*Any russians performed on the end, including the dismount are considered repetition.**
- Handstand elements from circles/flairs and scissors (not including dismount)
- 3/3 cross support travels
- **3/3 Russian wendeswing travel elements**
- **3/3 Travels with spindles**
- **1/1 spindle elements**

\*If this rule is violated, and more than 2 of any of these elements are performed, the 2 highest valued elements will be counted toward difficulty.

# Special Repetitions (Russians)

The following examples demonstrate how the Russian repetition rule would be applied in a routine with more than Russian being performed on the end of the PH:

- ~~Russian 1080° on-end~~ (No Value) + Russian 720° dismount (C)  
Note: Only one of these elements can be counted so the dismount is always counted first.
- ~~Russian 1080° on-end~~ (No Value) + Russian 1080° dismount (D)  
Note: Only one of these elements can be counted so the dismount is always counted first.
- Russian 360° between pommels (C) + ~~Russian 1080° on-end~~ (No Value) + Russian 360° dismount (B)  
Note: Like the first example, only one Russian on the end can be counted. The dismount is always counted first. Therefore, the higher valued Russian 1080° is given no value.

# Special Repetitions (3/3 Travels)

The following skills are included within the maximum of two 3/3 Travels that count toward repetition:

35. Transport av. (3/3) en appui transv. av. saut.  
Travel forward in cross support over both pommels.  
Прогонд вл. в упоре поперек ч. обе ручки.



D

36. T3/3 Wandern i. Querstütz vw. gesprungen  
3/3 cross support travel fwd. with hop  
3/3 прогонд вл. в упоре поперек прыжком.

(Driggs)



E



39. Wanderfl. vw. i. Qst.: Pferdende - Pausche - Pausche - Pferdende (3/3) (1-2-4-5).  
Travel fwd. in cross support with support on leather, pommel, pommel, leather(3/3) (1-2-4-5).  
Прогонд вл. в упоре поперек тело, ручка, ручка, тело (3/3) (1-2-4-5).



C



40. Alle anderen Wanderfl. vw. i. Qst. von einen Pferdene auf das andere Pferdende (3/3).  
Any other travel fwd. in cross support to other end (3/3).  
Любой другой прогонд вл. в упоре поперек д другого конца (3/3) (Magyar)



D



45. Qst. vl. a. d. Pferdende, Wanderfl. vw. innerhalb v. 2. Kreisfl. m. Stütz a. d. 1.P.-2.P. m. 1/4 Dr. i. d. Sst. a. d. andere Pferdende (3/3).  
Fr. cr. sup. on end, tr. fwd. in 2 circles to 1st p., to 2nd p., with 1/4 turn to side sup. on other end (3/3).  
Из упора поперек. прогонд вл. за 2 круга, с 1/4 пов. в упор прод. на другом конце.

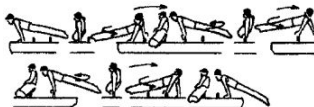
(Bilozzerchev)



C



51. Wanderfl. rw. i. Qst. vom Pferdende-Pausche-Pausche-Pferdende (3/3) (5-4-2-1).  
Travel bwd. in cross sup with support on leather pommel, pommel, leather(3/3) (5-4-2-1).  
Прогонд наз. в упоре поперек тело, ручка, тело (3/3) (1-2-4-5).



C



52. Alle anderen Wanderfl. rw. i. Qst. a. d. andere (3/3).  
Any other travel bwd. in cross support to other end (3/3).  
Любой другой прогонд наз. в упоре поперек до другого конца (Sfado)



D



53. Wandern rw. im Querstütz über beide Pauschen  
Travel backward in cross support over both pommels.  
Прогонд назад в упоре поперек с через обе ручки.

(Kurbanov)




E



# Special Repetitions (3/3 Russian Wende Travels)


The following skills are included within the maximum of two 3/3 Russian Wendeswing Travels that count toward repetition:

70. Stütz a. d. Pferdende, Russenwendeschw. vw. a. d. andere Pferdende ohne Stütz a. d. o. zw. d. Pausche (Sst.-Sst., Sst.-Qst., Qst.-Sst., Qst.-Qst.)  
*From sup. on end, Russian wendeswing fwd. to other end without sup. on or btw. the p. (side to side support, side to cross support, cross to side cross to cross) .*  
 Из упора на конце русский круг на другой конец без упора между или на ручку(прод. в прод., прод. в попер., попер. в прод.).




(Tong Fei) **D** T<sub>f</sub>

75. A. d. Stütz a. einer Pausche, Russenwende- schw. vw. ohne Stütz a. d. o. zw. d. Pauschen a. d. andere Pferdende (Sst.-Sst., Sst.-Qst., Qst.-Sst.)  
*From sup. on 1 p., Russian wendeswing fwd. to other end without sup. on or btw. the p. (side to side support, side to cross support, cross to side support).*  
 Из упора на 1 ой ручке русский круг на другой конец без упора между или на ручку(прод. в прод., прод. в попер., попер. в прод.).



**C** W


76. De l'appui sur 1 arçon, double fac. russe d'une extr. à l'autre sans appui sur et entre les arçons (ap. lat. au lat., transv. au lat.)  
*From sup. 1-2., 3/3 travel in Russian type wendeswing with 630° or more turning.*  
 Desde el ap. 1-2, 3/3 desplazamiento en rusa facial con giro de 360° o más.



**D**


77. Tout transport 3/3 dans Facial russe avec 720° ou plus tours.  
*Any 3/3 travel in Russian type wendeswing with 720° or more turning.*  
 Todo desplazamiento 3/3 en rusa facial con 720° o más giros.

(Wu Guonian)



**E** W<sub>u</sub>


81. A. d. Sst., Pausche zw. d. Händen, Russenwendeschwung mit 360° mit Wandern i. d. Sst. a. d. andere Pferdende.  
*From side sup. pommel between hand, russian wendeswing 360° with travel to the other end in side sup.*  
 Из упора прод. ручка между рук русский круг 360° с прох. на другой конец в упор прод.



**C** K<sub>r</sub>

82. Jeder Russenwendeschwung m. 360° Dr. u. 3/3 Wandern.  
*Any Russian wend. with 360° t. and 3/3 travel.*  
 Любой русский круг 360° с прох. 3/3.


(Roth)



**D** R<sub>o</sub>

89. A. d. Pferdkörper, a. d. Qst., Russenwendeschw. m. 360° o. 540° über beide Pauschen.  
*On the leather, from cross support, Russian wendeswing with 360° or 540° over both pommels.*  
 На теле русский круг, из упора поперек, с 360° или 540° через обе ручки

(Vammen)



**E** W

# Special Repetitions (3/3 Spindle Travels)

The following skills are included within the maximum of two 3/3 Spindle Travel elements that count toward repetition:

23. Von einem Pferdende, Seitwandern m. 2 x  $\frac{1}{2}$  Spindel a. d. andere Pferdende.  
*From an end side travel with 2x  $\frac{1}{2}$  spindle to other end.*  
 С одного конца проход прод. 2x  $\frac{1}{2}$  шпид. до другого конца.

28. Querwandern vorwärts mit  $\frac{1}{2}$  Spindel auf die erste Pausche über die zweite Pausche.  
*Cross travel fwd. 3/3 with  $\frac{1}{2}$  Spindle from one pommel over the other pommel.*  
 Проход вперед поперек 3/3 с  $\frac{1}{2}$  противхода с одной ручки через другую ручки.

(Nin Reyes)

29. Wandern 3/3 über beide Pauschen mit einer  $\frac{1}{2}$  Spindel.  
*Travel 3/3 over both pommels with  $\frac{1}{2}$  Spindle.*  
 Проход вперед поперек 3/3 через две ручки с  $\frac{1}{2}$  противхода.

(Nin Reyes 2)

# Special Repetitions (1/1 Spindles)

The following skills are included within the maximum of two 1/1 Spindle elements that count toward repetition:

28. Pausche zwischen den Händen  
*Any side support 1/1 spindle w. legs stradd inside max. 2 circles.*  
 Любой 1/1 против. в упоре прод. ноги врозь, ручка между рук, макс. 2 круга.

29. 1/1 Spindel im Seitstütz m. Transport auf die andere Pferdseite u. zurück (max. 2 Kreisflanken).  
*Any side support 1/1 spindle with hand support to the other side and return (max. 2 flairs or circles)*  
 Любой 1/1 против. в упоре прод. с упором рук на другой части и обратно, макс. 2 круга

(Eichorn)

30. Seitstütz, 1/1 Spindel m. beiden Pauschen zw. den Händen (Kreisfl. o. gespr. Kreisfl.).  
*Side support, 1/1 spindle with both pommels between the hands (flair or circle).*  
 1/1 против. в упоре прод. ручки между рук (круги или Томас).

(Keikha 1)

(Keikha 5)

34. Im Querstütz alle 1/1 Spindeln innerhalb max. 2 Kreisflanken.  
*Any 1/1 spindle within max. 2 circles on the end.*  
 Любой 1/1 противох., макс. 2 круга на конце.

(Magyar)

35. 1/1 Spindel i. Qst. m. beiden Händen zw. d. Pauschen innerhalb max. 2. Kreisflanken.  
*Cross support, 1/1 spindle with hands between the pommels max. 2 circles.*  
 Из упора попер., руки между ручек 1/1 противох., макс. 2 круга.

41. 1/1 Spindel auf den Pauschen m. geschl. o. gespr. Beinen innerhalb max. 2 Kreisfl.

*1/1 spindle w. legs straddled or together on the pommels inside max. 2 circles.*  
 1/1 против. в упоре на ручках ноги врозь, или вместе макс. 2 круга.

(Berki)

# Travel Elements (Part 1)

1. Travel elements in cross support end when the travel action or the cross support position is either interrupted by a circle or some other element.
2. Magyar and Sivado may share a common circle that connects them. To receive credit for an A value circle between the two travels, the A value circle must be completed fully from front support to front support.
3. Belenki, Urzica and Moguilny may begin begin from cross support (also facing out) minus 90° on first turn AND final turn, with travel from one end to the other.

# Travel Elements (Cont.)

4. A Wu (3/3 travel with 720° or more turn) requires a minimum 360° turn of the body to be completed with one or two hands between the pommels. Once the Wu is completed, any additional skills can be performed (R360, R1080, etc.).
5. **For all travel in side support start position 1-2 and final position 4-5 considered as enough to fulfill requirements**
6. Starting position from rear support on the leather facing out is allowed for backward travels (Sivado), Wu, Roth, etc.

# Russian Elements

Counting Russian elements can be tricky. It is essential to understand when the skill actually begins. There are two techniques that can be used:

Reach Under:

Gymnast brings hand back in a Czechkehre motion. After initial  $\frac{1}{4}$  turn is completed, the Russian begins



Reach Over:

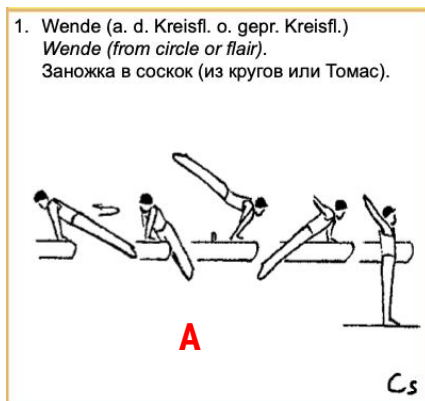
Gymnast reaches over supporting hand immediately beginning the Russian



# Russian Elements (Cont.)

When used as a dismount ... gymnast must complete the desired number of Russians before the Wende is initiated to complete the dismount.

\*Don't forget if using the "Reach Under" technique, don't begin counting the Russians until after the gymnast completes the initial  $\frac{1}{4}$  turn.



# Spindles

Spindles in EG2 in cross or side support (with legs together or flair) must be performed within a maximum 2 circles for D value.

1. Any side support flaired 1/1 spindle inside of max. 2 flairs (II.28).
2. Any cross or side support 1/1 spindle within max. 2 circles (II.34).
3. \*Both may be performed in same routine.

Note: A "B" value  $\frac{1}{2}$  spindle must be performed within 1 circle (II.26).



# Flop Sequences

A flop sequence consists of 3 or 4 elements that include combinations of circle in side support, circle in cross support (with or without  $\frac{1}{4}$  turn), DSB, DSA, Bertonecelj and  $\frac{3}{4}$  Bezugo. The following rules pertain to flop sequences in general:

1. Only one flop sequence can be used in a routine.
2. The same element may NOT be formed more than 2x in succession. 2 flops in succession will only receive credit for the first skill (no value / recognition for second).
3. DSB is considered finished in side support frontways on one pommel.
4. DSA requires two separate  $\frac{1}{4}$  turns (in and out) and may only appear at the end of a flop sequence.
5. Flop sequences performed in a flaired position will receive a one letter upgrade.

# Combined Flop Sequences

	Flops		<b>Bertoncelj / Bezugo 270° + Flop</b>
	1	2	
Russian	1	2	
R180 or R270 (B)	B+B	D	<b>E</b>
R360 or R540 (C)	D	E	<b>F</b>
R720 or R900 (D)	E	F	<b>G</b>
R1080 (E)	F	G	<b>H</b>



- Only one of these combined flop/russian sequences may be used in a routine.
- Flop and Combined Sequences must be separate by one circle (minimum) with one hand off of pommel.

# Handstands & Handstand Dismounts

	Handstand		
	“B”	“C”	“D”
w/ 450° turn OR 3/3 travel*	C	D	E
w/ 450° turn AND 3/3 travel*	D	E	F

\* 3/3 travel requires a minimum of 270° turn

\*\* When performing a 3/3 travel during a handstand (within routine or as a dismount), a support must be shown with one hand on both ends of the horse to receive the letter upgrade.

**Regarding swinging with strength and/or lowering of hips / legs ...** If there is a large error (-0.5), no recognition will be given for handstand (or dismount). Other aesthetic errors may be present (legs, feet, bent arms, touch horse, etc.). No deductions for strength or angle will apply.

# Scissor Handstands

- Regarding swinging with strength and/or lowering of hips / legs, like handstand dismounts ... If there is a large error (-0.5), no recognition will be given for handstand (or dismount). Other aesthetic errors may be present (legs, feet, bent arms, touch horse, etc.). No deductions for strength or angle will apply.
- All scissor handstands that pass through a handstand on one pommel must show a change of arm or pommel to receive value.

# Repeated Dismounts

Generally speaking, dismounts cannot be repeated. Pommel Horse is the one exception where a dismount can be repeated (one time only) in the case of a large deduction or fall where no credit was given.

1. If the gymnast completed a handstand dismount, for example, but was not given credit due to a large deduction, the gymnast can repeat the dismount but the large deduction (- 0.5) must be changed to a fall (- 1.0)
2. If the gymnast falls while attempting a Russian dismount, the gymnast will receive no credit as no partial value is given.
3. Once the gymnast remounts the horse, any dismount can be performed.

# Busnari Type Skills

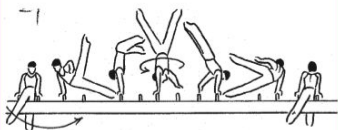
	Busnari Type Skills Circle or Flair Handstand and lower to circle/flair		
	“B”	“C”	“D”
Lower to circle / flair	C	D	E
w/ 360° turn OR 3/3 travell*	D	E	F
w/ 360° turn AND 3/3 travel*	E	F	G

\* 3/3 travel requires a minimum of 180° turn.

# PH: Removed Skills

34. Ciseau av. avec 1/4 t. à l'app. renv., 1/4 t. et retour sur un bras, jambes écartés à l'autre arçon.  
*Scissor fwd. 1/4 t. to hdst., 1/4 t. and straddle down bwd on 1 arm on the other pommel.*  
 Tijera ad. con 1/4 g. al ap. inv., 1/4 g. y descender sobre un brazo piernas abiertas al otro arco.

(Bryan)



Xf

40. Ciseau arrière avec 1/4 t. à l'appui renv., 1/4 t. et retour sur un bras, jambes écartés à l'autre arçon.  
*Scissor bwd. 1/4 t. to hdst., 1/4 t. and straddle down bwd on 1 arm on the other pommel.*  
 Tijera at. con 1/4 g. al ap. inv., 1/4 g. y descender sobre un brazo piernas abiertas al otro arco.



Xf

45. Mouvement éc. d. jamb. en arr. par l'app. renv. et retour au cercle éc., cercle jambes serrées.  
*Leg cut or undercut bwd. through hdst. and lower to flair or circle.*  
 Movim. piernas abiertas atrás por el apoyo invertido y volver a molino o molino piernas abiertas.



Jf

38. Cercle éc. ou cercles à l'app. renvs. et retour à l'appui jambes éc. transv.  
*Flair or circle through hdst. and lower to sup. w. strad. legs.*  
 Molino o molinos p. ab. al ap. inv. y volver al apoyo piernas abiertas transversal.



fb

51. Stöckli inv. ou SDA avec jamb. éc. à l'app. renvs. et retour à l'app. jamb. éc. transv.  
*Reverse Stöckli or DSA strad. through hdst. and lower to sup. w. strad. legs.*  
 Stöckli invertida o SDA p. ab. al apoyo inv. y volver al ap. piernas ab. transv.



Sap

62. Passé dorsal arrière avec 1/2 t. sauté sur les arçons.  
*Kehrschwing bwd. hop with 1/2 t. on the pommels.*  
 Pase dorsal con 1/2 g. saltado sobre los arcos.



k

45. Cercle éc. avec transport sauté arr. à l'app. renvs. et retour à l'app. jambes éc. transv.  
*Flair with hop travel bwd. through hdst. and lower to sup. w. straddle legs.*  
 Molino p. abiertas con desplaz. saltado at. al ap. invertido y volver al apoyo, piernas ab. transv.



fl

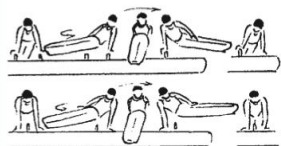
86. Suisse double.  
*Double Swiss.*  
 Suiza doble.



Sw

# PH: Removed Skills (Cont.)

13. Cercles de jambes avec transport arrière à l'appui latéral.  
*Circles with travel bwd. in side support.*  
Molinos con desplazamiento atrás al apoyo lateral.



21. Cercles des jambes avec transport arr sauté 2x.  
*Circles with travel bwd. with hop 2x.*  
Molinos con desplazamiento atrás de salto 2 veces.



65. Tout autre transport ar. sur l'autre extrém. (3/3) cercles écartées.  
*Any other travel bwd. in cross support to other end (3/3) in flairs.*  
Todo desplazamiento atrás hacia el otro extremo (3/3.) molinos piernas abiertas.



fmf

53. Tout autre transport av. (3/3) en appui transversal av. avec les jambes écartées.  
*3/3 cross support travel fwd. in flairs.*  
Desplazamiento ad. (3/3) en apoyo transversal adelante con piernas abiertas.



fmf

86. Suisse double.  
*Double Swiss.*  
Suiza doble.



Sw



# PH: Merged Skills

25. Jede ¼ Spindel auf dem Pferdende.  
*Any ¼ spindle on the end.*  
 Любой ¼ противох. на конце..



**A**

24

26. Jede ½ Spindel auf dem Pferdende.  
*Any ½ spindle on the end.*  
 Любой ½ противох. на конце.



**B**



30. Seitstütz, 1/1 Spindelm. beiden Pauschen zw. den Händen (Kreisfl. o. gespr. Kreisfl.).  
*Side support, 1/1 spindle with both pommels between the hands (flair or circle).*  
 1/1 против. в упоре прод. ручки между рук (круги или Томас).

(Keikha 1)



(Keikha 5)



34. Im Querstütz alle 1/1 Spindeln innerhalb max. 2 Kreisflanken.  
*Any 1/1 spindle within max. 2 circles on the end.*  
 Любой 1/1 противох., макс. 2 круга на конце.



**D**

(Magyar)



3. A. d. vl. Seitstütz a. einem Pferdende, W. m. 4 Stütz beider Hände zw. d. Pauschen a. d. andere Pferdende (3/3).  
*Any travel in side support (3/3), hands between pommels.*  
 Проход вперед в упоре продольно 3/3, руки между ручек.



**C**



4. A. d. Seitstütz vl. a. einem Pferdende, W. vw. über d. Pauschen a. d. andere Pferdende innerhalb 1 Kreisflanke.  
*Any travel in side support (3/3) over both pommels.*  
 Любой проход в упоре продольно 3/3, через обе ручки.

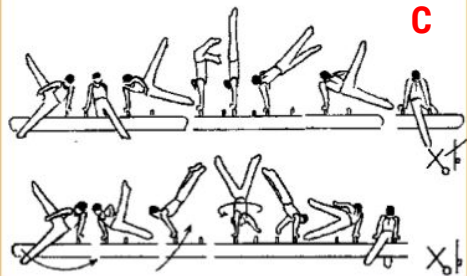


**D**



# PH: Devalued Skills

21. Schwung rw. m.  $\frac{1}{4}$  Dr. d. d. Hdst. a. 1 Pausche, :  
Senken z. Stütz m. gegr. Beinen.  
*Swing bwd. w.  $\frac{1}{4}$  t. through hstd. on 1 p., lower  
to sup. w. strad. legs.*  
Махом наз. с  $\frac{1}{4}$  через ст. на 1 ручке (также  
с  $\frac{1}{4}$  п. после) и опускание в упор н. врозь.



# PH: Upgraded Skills

35. Transport av. (3/3) en appui transv. av. saut. :  
*Travel forward in cross support over both pommels.*  
Проход вп. в упоре поперек ч. обе ручки.



E

36. T3/3 Wandern i. Querstütz vw. gesprungen  
*3/3 cross support travel fwd. with hop*  
3/3 проход вп. в упоре поперек прыжком.

(Driggs)



F



# PH: New Skills

52. Stöckli directe A (SDA) XXXXXXXX.  
*Direct Stöckli A (DSA) outside pommels.*  
 Прямой стойкли А (ПСА) ручки между рук.  
 (Keikha 3)

(Keikha 6)

**D**

76. De l'appui sur 1 arçon, double fac. russe d'une extr. à l'autre sans appui sur et entre les arçons (ap. lat. au lat., transv. au lat.).  
*From sup. 1-2., 3/3 travel in Russian type wendeswing with 630° or more turning.*  
 Desde el ap. 1-2, 3/3 desplazamiento en rusa facial con giro de 360° o más.

**D**

93.  
*Reverse Stöckli from cross support on end to the far pommel*  
 Обратный стойкли из упора поперек наружу, на дальнюю ручку (5-5 в 2-2)

(Romero)

**C**

22.  
*180° Russian from one end of the horse to the other end through Handstand to dismount*  
 Русский 180° с одного конца коня на другой, ч. стойку на руках.  
 (Pellerin)

**D**

**\*Was classified as a Roth in previous COP. The Roth remains in its own box.**

# PH

## Execution & Neutral Deductions

# Swing with Strength / Pauses

**Deductions applied:  
S, M, L**

A routine must consist exclusively of swings without visible pauses or visible use of strength. This is especially critical in all Handstand elements but can else be an issue in non-handstand elements.

# Skew / Oblique Positions

**Deductions applied:  
S, M, L**

Oblique positions during circles and flairs are not permitted. Ideally these elements should be performed in a very clear cross support or side support position. In addition, all turning elements should begin and end in either a cross support or side support.

# Lack of Extension / Amplitude

Deductions applied:  
S

Ideally circles and flairs should be performed with complete extension. Lack of amplitude in body position is deducted for each element.

**Example:** Gymnast maintains a consistent slight pike (and thus a lack of extension) throughout a Magyar (D) and a LLSS (E) flop sequence. Because these skills are recognized as one element (even though they contain multiple circling movements), there would only be one small deduction (-0.1) applied for each of these elements.



# Hip Breaks

Deductions applied:  
S, M

Hip breaks during individual elements within an exercise should be deducted as separate technical errors on each circle or flair.

**Example:** Gymnast maintains a consistent body shape throughout a LLSS (E) flop sequence. However, an error mid-sequence causes the gymnast to break his body line and pike in an effort to continue swinging before returning to their more natural body line.

# Elevation and Separation of Scissors / Simple Leg Swings

**Deductions applied:  
S, M**

During scissors and single leg swings, the gymnast must demonstrate a significant elevation and large separation of the legs.

Amplitude	Deduction
Above shoulder line	0.0
Between shoulder and horizontal line.	0.1
Lower horizontal line.	0.3



# Russian (& Other Non-Handstand) Dismounts

**Deductions applied:**  
**M**

All dismounts other than handstand dismounts must be performed with the body at a minimum angle of 30° above the shoulder horizontal line before landing.

# Busnari Type Elements

**Deductions applied:  
S, M, L**

In flair/circle to handstand dismounts and elements returning to flairs or circles, execution deductions should be applied for ...

- Hesitation
- Strength
- Bent arms
- Lowering of the hips
- Unsteadiness

Each of these items must be considered on the rise up to the handstand, within the pirouette, the lower from the handstand, and the extension of the flairs or circles upon completion of the element. There is NO deduction for bending of the hips on the way up to the handstand.

# Scissor To Handstand Elements

**Execution of Scissor HS**  
**Deductions applied:**  
**S, M, L**

**Stepping off Pommel**  
**Deductions applied:**  
**M, L**

There are various execution expectations also for scissor to handstand elements. Possible deductions could include ...

- Use of strength or hesitation
- Pronounced hip bend
- Lowering of the hips
- No closing of the legs

And then when stepping off the pommels ...

- Step off pommel w/ 1 hand with return to the single pommel = -0.3 + other execution errors
- Step off pommel w/ 1 hand with no return to the single pommel = -0.5 + other execution errors
- Step off pommel w/ both hands = NO value & -0.5 or -1.0 (dependent on continuance of exercise or fall) + other execution errors.

## Neutral Deductions: Non-Utilization of 3 parts of Horse

Deductions applied:  
M

Gymnasts must touch all 3 sections of the horse within their routine.

**\*This rule does NOT apply to USAG Level 7.**

# Table of Execution Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Lack of amplitude in scissors / simple leg swings	x	x	
Handstand w/ visible strength	x	x	x
Pausing or stopping in handstand	x	x	x
Hip breaks during circles	x	x	
Lack of body extension in circles or flairs (each element)	x		
Legs apart during elements	0° - 30°	> 30° - 60°	> 60° - 90°
Angular deviations in cross support circles and travels	> 15° - 30°	>30° - 45°	> 45° (NR)

# Table of Execution Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Landing oblique or not facing out from long axis of PH	> 45°	90°	
Body position under 30° over shoulder horizontal line on non-handstand dismounts		x	
Scissor to handstand w/ hip bend	x	x	X (NR)
Scissor to handstand w/o closing legs	x	x	
Extra ½ swing on mount w/o a leg changing sides		x	
Unsteadiness in the handstand dismount, turning problems	x	x	
Lowering of legs on elements to a handstand (from original position)	0° - 15°	16° - 30°	31° - 45° > 45° (NR)



# PH

## Video Examples

**Counting Russians** on the leather can be tricky because you have to pay close attention to the starting position of the Russian. Slide 72 detailed the difference between the “reach under” and “reach over” techniques. Watch the following clips and identify how many russians were completed and the difficulty value.

1.



2.



3.



4.



5.



1. 990° Russian (C) using the “reach under” technique. It appears as if the gymnast has done a 1080° Russian.. However, you must remember that all Russian dismounts must finish with a Wende which is not considered part of the Russian.
2. 720° Russian (C) using the “reach over” technique. Do you know where the Wu ends and the Russian begins?
3. 1080° Russian (~~D~~). However, because an EG2 or EG3 was not completed immediately following, no credit is given for the element.
4. 990° Russian (C) using the “reach over” technique. It appears as if the gymnast has done a 1080° Russian.. However, you must remember that all Russian dismounts must finish with a Wende which is not considered part of the Russian.
5. 1350° Russian (D). Same gymnast as previous video. He now does doesn't the necessary amount of turns before the Wende to receive “D” value.

Traveling Russians such as **Kroll, a Roth and a Wu** can be difficult to identify if you're not ready to recognize their starting position. Watch the clips below and determine the element and difficulty value.

1.



3/3 Russian Travel w/  
720° turn (EGIII.77)(E)

2.



3/3 Russian Travel w/  
360° turn (EGIII.82)(D)

3.



3/3 Russian Travel w/  
720° turn (EGIII.77)(E)

4.



From support 1-2, 3/3  
Russian Travel w/ 630° turn  
(EGIII.76)(D)

5.



3/3 Russian Travel w/ 720°  
turn (EGIII.77)(E)

6.



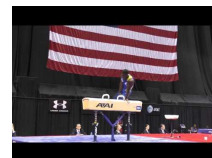
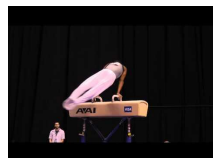
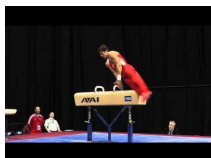
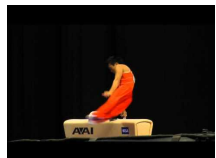
From support 1-2, 3/3  
Russian Travel w/ 630° turn  
(EGIII.76)(D)

7.



From side support w/ pommel between  
hand, Russian Travel w/ 360° turn and  
travel to other end (EGIII.81)(C)

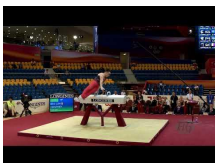
Simply recognizing whether a sequence is 3 flops (D) or 4 flops (E) is not sufficient. Judges need to be able to recognize what type of flop is being performed to be able to apply specific flop and repetition rules. See if you can recognize the following **Flop Sequences** while also applying specific rules regarding their difficulty values.



1. ~~LLSS~~ **(B)** - 3 of the same type of flop in a row is considered repetition. Therefore, anything performed afterward is unrecognized.
2. ~~LL~~ **(B)** - This sequence also contains 3 of the same flop in a row. Although, the last pommel loop may look like a Stockli A, it only has one ¼ turn (instead of the required two).
3. ~~LL~~ **(B)** - This sequence is also 3 loops in a row. The last pommel loop may look like a Stockli B, but like the previous example it only has one ¼ turn
4. ~~SS~~ **(B)** - Two consecutive flops do NOT combine to form one skill. This is repetition.
5. ~~LLSLLSR180~~ **(B)** - Like #1, three of the same flops to begin the sequence. Therefore all flops after are unrecognized.
6. ~~LLSSLLR1080~~ **(E)** - A regular flop sequence and a combined flop sequence are allowed in the same routine. However, they must be separated by at least a circle. Therefore, everything after the first 4 flop sequence is unrecognized.
7. ~~LLR180~~ **(B)** - The Russian 180° was not completed, no credit.. Therefore only one flop was counted due to repetitions (2 loops in row).

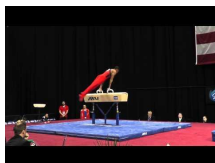
Now that you understand and are able to recognize flop rules, see if you can recognize the following more straight forward **Flop Sequences** and their difficulty value.

1.



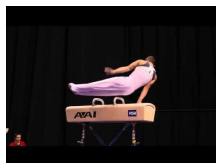
**LLS (D)**

2.



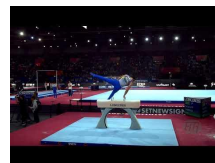
**SLL (D)**

3.



**LLS (D)**

4.



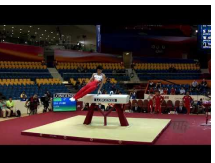
**LLSS (E)**

5.



**SSLL (E)**

6.



**SLLS (E)**

7.



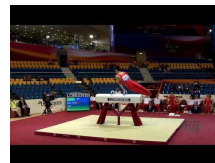
**LSLL (E)**

8.

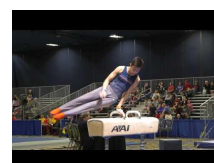


**LLSL (E)**

9.



**SLLSa (E)**



**LLSSa (E)**

Evaluate the difficulty of the following **Spindles**. Remember a  $\frac{1}{2}$  spindle needs to be completed within 1 circle. A 1/1 spindle should be completed within 2 circles.

1.



**"A"  $\frac{1}{4}$  spindle**

Four circles are needed to complete 1/1 spindle.

2.



**"B"  $\frac{1}{2}$  spindle**

Three circles are needed to complete 1/1 spindle.

3.



**"D" 1/1 spindle**

Completed within two circles.

4.



**"B"  $\frac{1}{2}$  spindle**

Completed within one circle.

5.



**"A"  $\frac{1}{4}$  spindle**

Two circles are needed to complete  $\frac{1}{2}$  spindle.

6.



**"A"  $\frac{1}{4}$  spindle**

Same as #5.

Decide whether or not the following **Handstand Dismounts** should receive credit and determine their difficulty value.

1.



**No Credit** due to a large error (-0.5) for pressing. Gymnast would have the ability to repeat and Judge change the -0.5 deduction to a -1.0 deduction.

3.



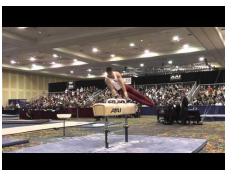
**No Credit** due to not crossing crossing the body of the horse (with  $< 270^\circ$  turn.). Like example #1, gymnast can repeat.

5.



**C value.** Gymnast does not get the 3/3 travel upgrade because he does not complete a  $270^\circ$  turn.

7.



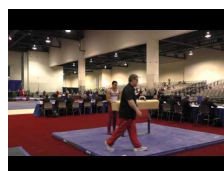
**D value.** Gymnast completes 3/3 travel w/  $270^\circ$  turn.

2.



**C value.** Gymnast completes a  $270^\circ$  turn but does not touch (& show support) on far end of horse.

4.



**C value.** Gymnast completes a 3/3 trave(with a  $270^\circ$  turn) but does not complete a  $450^\circ$  turn for the additional upgrade.

6.



**C value.** Gymnast does not get a 3/3 travel upgrade because he does not show support with with one hand on end or complete a  $270^\circ$  turn.

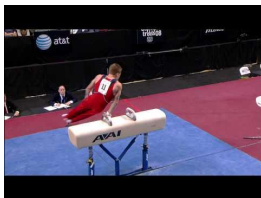
8.



**E value.** Gymnast completes 3/3 travel and  $450^\circ$  turn upgrades.

Evaluation of the execution regarding **leg cuts / single leg swings and scissors** have become much more stringent over the past few years. This still seems to be an overlooked area by all types of coaches / gymnasts. Evaluate the execution of the following the sequences.

1.



-0.8 for entire single leg sequence

2.



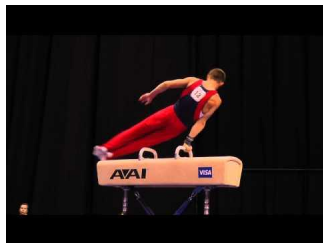
-1.6 for entire single leg sequence

3.



-1.2 for entire single leg sequence

4.



-1.3 for entire single leg sequence  
\*-1.0 for scissor hop 1/1 sitting on horse

5.



-0.9 for entire single leg sequence



Evaluate the execution of the following **Scissor to Handstands**. In addition, be sure to apply any special rules regarding difficulty.

1.



Scissor bwd. with  $\frac{1}{4}$  turn to HS (C)

- 0.3 strong piking
- 0.5 swing with strength

2.



Li Ning (D)

- 0.1 slight piking
- NO CREDIT - no change of direction

3.



Li Ning (D)

- 0.3 strong piking
- 0.3 stopping in HS
- 0.5 & NO CREDIT for stepping off pommel with both hands

4.



Li Ning (D)

- 0.1 for slight piking

5.



Scissor bwd. with  $\frac{1}{4}$  turn to HS (C)

- 0.3 strong piking
- 0.1 swing with strength

6.



Li Ning (D)

- No deductions!

Determining execution deductions for **Skewing on Longitudinal Travels** can often be the difference between a significant separation in execution between two judges. Evaluate the execution of the following travels and see if you can find yourself within range of the total deductions.

1.



Magyar - 0.1, 0.1, 0.1  
Sivado - 0.1, 0.1, 0.1  
**-0.6 Total**

2.



Magyar -  
Sivado -  
**No Deductions**

3.



Magyar - 0.1, 0.3, 0.3  
Sivado - 0.1, 0.1  
**-0.9 Total**

\*Because the Magyar and Sivado are connected and share a circle, the skew deduction is only taken once.

4.



Magyar - 0.1, 0.1, 0.1  
Rev. Loop - 0.1  
Sivado - 0.1, 0.1, 0.1  
Fr. Loop - 0.1  
**-0.8 Total**

5.



Magyar - 0.0, 0.0, 0.3  
Sivado - 0.0, 0.0  
**-0.3 Total**

Do you remember the difference in the application of **lack of amplitude / extension and hip break** deductions? The understanding of these concepts seems to be inconsistent in terms of their applications. View the following clips and determine the execution deductions for both of these areas.

1.



**-0.3 Hip Break**

Flop sequence is very extended until last flop where the body line breaks significantly.

2.



**-0.1 Hip Break**

Similar to #1. Hip Break not as significant.

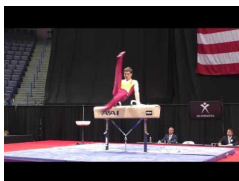
3.



**-0.4 Lack of Extension**

Gymnast maintains the same piked body line on both skills with no hip break. (Magyar -0.3, Sivado -0.1)

4.



**-0.7 Lack of Extension**

Flairs lack complete extension. Lack of extension is taken per skill (NOT per circle)

5.



**-0.3 Lack of Extension**

-0.1 on the front loop and both longitudinal travels.

6.



**No Deductions** for Hip Break or Lack of Extension

**Busnari Type Elements** (skills that circle/flair to a handstand and then lower back down to circle/flair) have numerous possibilities for deductions. Evaluate the following clips and determine the difficulty value of the sequence as well as your total execution deductions. Are you in range?

1.



2.



3.



4.



5.



1. **No Credit** - All circling handstands that lower into saddle have been removed from COP.  
**-0.1** for slight pause in HS
2. **"F" Value.** "C" Handstand + 3/3 travel + 360° pirouette + lower flair  
**-0.4 Total** - 0.1 arm bend and 0.3 lack of extension on flair
3. **"D" Value.** "B" Handstand + 360° pirouette + lower flair  
**No Deductions**
4. **"F" Value.** "C" Handstand + 3/3 travel + 360° pirouette + lower flair  
**-0.9 Total** - 0.1 swing w/ strength on way up, 0.1 arm bend on way up, 0.1 arm bend in pirouette, 0.1 hesitation in pirouette, 0.1 arm bend on flair, 0.1 swing w/ strength on way down, 0.3 lack of extension on flair
5. **"E" Value.** "B" Handstand + 3/3 travel + 360° pirouette + lower flair  
**-0.1 Total** - lack of extension on flair down from handstand

Evaluate the execution of the following **non-handstand dismounts** and determine whether or not a deduction body angle should be taken on the flank off.

1.



**-0.3** Under 30° over shoulder horizontal line

2.



**No Deduction.** > 30° over shoulder horizontal line

3.



**No Deduction.** > 30° over shoulder horizontal line

4.



**-0.3** Under 30° over shoulder horizontal line

5.

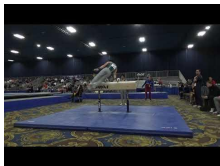


**-0.3** Under 30° over shoulder horizontal line

\* **The angle deduction is -0.3 no matter how far below 30° the Wende is completed.**

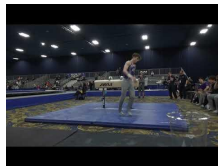
To receive credit for any circling element (EG2 and EG3), the gymnast must complete a circling element (EG2 and EG3) afterward. However falls require a greater attention to detail. If a fall occurs after a skill has been performed, credit will be given if gymnast A) reaches a front support and B) initiates a circling motion before the fall occurs. Watch the following clips and determine whether the skill receives **Credit or No Credit After a Fall**.

1.



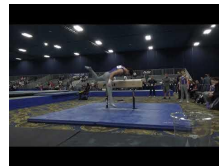
**No Credit** - a front support was not shown with the right hand upon completing the Magyar.

2.



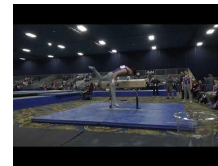
**No Credit** - Gymnast completed the flop sequence, however, did not, at minimum begin a circling motion to set up next skill.

3.



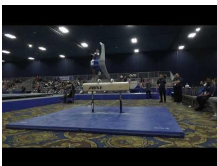
**No Credit** - no front support shown after Bezugo.

4.



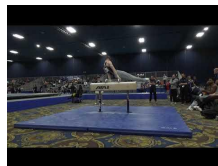
**Credit** - Roth achieved front support and completed a circle (EG2) afterward.

5.



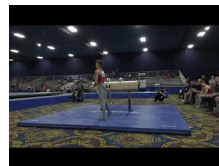
**No Credit** - per FIG, gymnast would've lost credit when he completely stopped in the HS. For the JDP credit could have been given if Flair down was completed while at minimum initiating a circle afterward.

6.



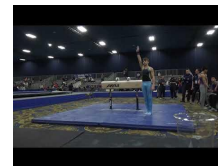
**Credit** - Tong Fei achieve front support and initiated a circling motion afterward.

7.



**No Credit** - no front support shown after the LLR180

8.



**No Credit** - no front support shown after Stockli A.

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# 3

## Still Rings

*[Linked SR Sections](#)*

*[Difficulty](#)*  
*[Execution & Neutral Deductions](#)*  
*[Video Examples](#)*

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*Rings*

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# Most Overlooked SR Issues

(as indicated by our NALs)

SrNAL: Mike Juszczak (GA)  
JrNAL: Andy Brown (MI)

\*In no particular order

1

Holding of non-value parts (i.e. inverted hang).

2

Bent arms on transition skills.

3

Basic holds of L-sits and Handstands.

4

False grip on strength elements.



# SR

## Difficulty

# FIG Element Groups

Element Group	Examples
I. Kip and Swing Elements & swings through or to handstand (2 sec.)	Homna, Yamawaki, uprise to handstand, etc.
II. Strength and hold elements (2 sec.)	L-sit, cross, planche, press handstand, etc.
III. Swing to strength hold elements (2 sec.)	Front uprise L-sit, Kip to cross, uprise maltese, etc.
IV. Dismount	Double back, Salto bwd stretched with . 1/1 tw.

# Level 8 SR Element Groups

<b>Element Group I</b>	<b>Kips &amp; Swings (FIG EG I)</b>
<b>Element Group II</b>	<b>Strength &amp; Holds (FIG EG II)</b>
<b>Element Group III</b>	<b>2 sec. Handstand Hold</b>
<b>Element Group IV</b>	<b>≥ “A” Dismount (FIG EG IV)</b>
<b>EG II: Any FIG EG II or EG III skill may fulfill the EG II requirement</b>	
EG III: Held Handstand required (No Hold = NO EG, momentary hold = -0.3 & EG credit)	
Swing to Handstand NOT required (FIG requirement)	

# USAG SR Modifications & Exceptions

- **Level 7 - Maximum -0.5 global deduction for any number of intermediate swings.**
- **Level 7-8 - FIG swing handstand is NOT required.**

# USAG SR Jr. “A” Skills

**Tuck Planche**

**Shoulder Stand (or Giant  
Shoulder Stand)**

**Hanging “L” Hold**

**German Hang**

**Muscle Up to Support (or “L”)**

**Tuck Salto dismount**



**USA GYMNASTICS**

# Required Matting

**A 10 cm mat on top of the typical 20 cm landing is now required (Same as HB and V).**



# Strength Hold Recognition



To receive credit and minimize deductions for strength and swing to strength elements ...

- Must show a definitive stop and be **held for 2 sec.** to receive **no deduction.**
- **Must not deviate** from the correct body, arm, or leg positions by **greater than 45°** or it will NOT be recognized.
  - Cross with shoulder angle  $> 45^\circ$
  - Planche with hip bend  $> 45^\circ$

# Consecutive Strength Elements

A maximum of 3 strength skills from EG2 and EG3 can be performed in direct succession. Unless separated by a minimum “B” value swing element (except any kind of kip/back kip) from EG1, any strength elements performed beyond the original 3 elements will NOT be recognized.

- The skill from EG1 used to separate strength skills MUST be among the top 10 counting elements (8 for juniors).
- ALL EG2 and EG3 skills contribute to this rule whether they are inside counting 10 elements or not. This even includes elements that have not been recognized.



# Special Repetitions

A maximum of 1 final strength position in each EG may be recognized for difficulty.

The following elements are considered to be the same “family” for purposes of special repetition

- Cross, L-Cross, V-Cross
- Straddle planche and legs together planche
- Kip L-sit, Homna L-sit, Front Uprise L-sit

## Special Repetitions (Cont.)

So ... a kip to cross and a back uprise V-cross can NOT be performed in the same routine because they are both from EG3 and the same Family.

\*Basic strength positions such as an L-sit and a V-sit are deemed to be different types of elements. So... it is possible to perform a front uprise L-sit and a front uprise V-sit in the same routine.

*However*, one can NOT perform a kip to L-sit and a front uprise L-sit in the same routine as they are from the same element group and Family.

## Strength Presses & Lifts From Previous Hold Element

Strength presses and lifts that follow a previous strength element are only recognized IF the preceding strength element was recognized and if a stop was shown. **(Pg. 80, #3 Final Hold if performed correctly can get credit)**

- Uprise Maltese (1 sec. hold) + press to legs together planche (2 sec.) - Credit. Because the Uprise Maltese has shown a stop, both skills receive credit.
- Kip to cross (2 sec.) at 60° and pull to L-sit (2 sec.) - No Credit. Because the kip to cross is held at angle > 45° and unrecognized. ***Therefore, both skills receive no credit.*** **L-sit will get credit (Pull to L-sit will not)**

**If there is minimal body movement from one position to the next position, only the final hold element will be recognized. If the press does not begin from a perfect position, the element will be subject to deductions.**

## **SR: Swing to Strength & Final Hold Position**

If the deviation from perfect end position in swing to strength skills is greater than 45° the element will not be recognized and receive a 0.5 deduction. However, the final hold position CAN be recognized if performed correctly.

Example: Homna to cross with an entry position above 45° will receive a 0.5 deduction and a “B” value for the cross if performance criteria is fulfilled.

# Yamawaki / Jonasson Elements

Yamawaki / Jonasson elements must be performed with continuous movement and with shoulders above ring height. If a very clear support phase is shown, the element will not be recognized and receive a 0.5 deduction. It is possible for these elements to be performed with small (-0.1) or medium (-0.3) deduction. The element can NOT be split into a homna and fwd. Swing to a hang.

## Swings To Handstand (or swing to hold positions)

During swings to handstand (or swing to hold positions), the lowering of the legs from the initial entry position of greater than  $45^\circ$  will lead to non-recognition and a 0.5 deduction.

## Strength Press from Hang (i.e. Balandin Elements)

Strength presses from hang must be performed with ...

- With straight arms
- With straight body
- Slowly

# Planche (Support Scale) vs. Swallow (Maltese)

A swallow is ideally performed with ...

- A straight body and shoulders in line with bottom of rings
- Arms wide and not in contact with body
  - Touching of the arms = - 0.1
  - Support on the arms = - 0.3

A planche is ideally performed with ...

- A straight body and shoulders completely above the top of the rings
- \* Position of the arms does not define the value of the element



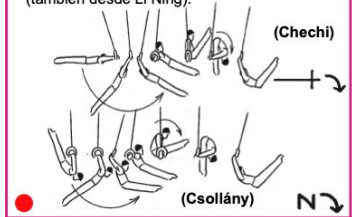
# Nakayama Type Elements

All Nakayama style elements must ...

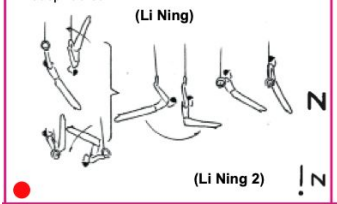
- Pass through a complete hanging scale rearways (back lever) to avoid execution deductions

# SR: Removed Skills

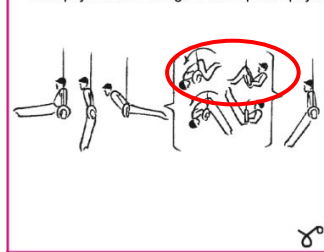
8. #1 et contre-salto av. à l'élan en arrière par la susp. (aussi de Li Ning).  
 #1 and counter salto fwd. to bwd swing in hang. (also from Li Ning).  
 #1 y contra salto ad. a impulso atrás por la susp. (también desde Li Ning).



20. De la susp., ou l'appui renversement arr. à la susp. dors., etablis. av. à l'appui.  
 From a hang or support, back toss to hang rv. to uprise fwd. to support.  
 De la suspensión invertida o el apoyo at. a la susp. dorsal.

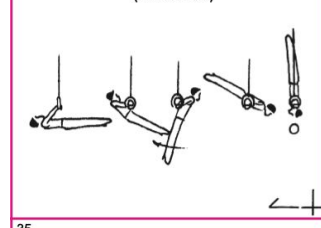


69. De l'appui, salto av. gr. ou carpé à l'appui.  
 Bwd. swing, salto fwd tuck or piked to support.  
 Del apoyo mortal ad. agr. o en carpa al apoyo.

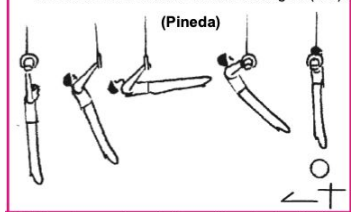


29. Pineda à la croix renverse (2 s.).  
 Pineda to inverted Cross (2 s.).  
 Pineda a cristo invertido (2 s.).

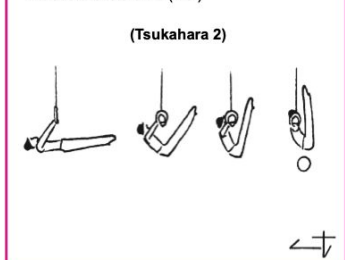
(Petrounias)



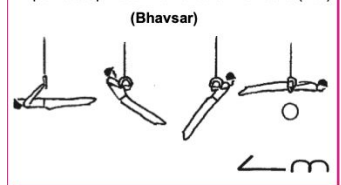
40. Etablis. en force bras et corps tendus en passant par la susp. fac. h. à la croix ou croix angle (2 s.).  
 Pull with straight arms and body through momentary front lever to cross or L-cross (2 s.).  
 Domin. a fuerza br. y c. ext. pasando por la susp. fac. horiz. mom. a cristo o cristo en ángulo (2 s.).



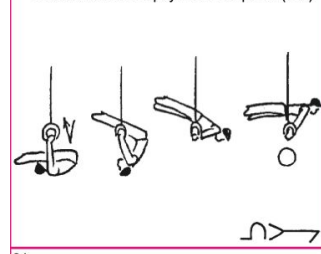
41. Pineda à la croix jambes levées en V (2 s.).  
 Pineda to V cross (2 s.).  
 Pineda a cristo en V (2 s.).



47. Établissement en force bras et corps tendus en passant par la susp. fac. horiz. à l'appui fac. horiz. entre les anneaux (2 s.).  
 Pull with straight body and arms through moment. front lever to swallow (2 s.).  
 Dominación a fuerza br. y cuerpo ext. pasando por la susp. facial horizontal a hirondele (2 s.).

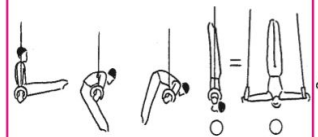


75. Bascule dorsale à l'appui facial horiz. éc. (2 s.).  
 Back kip to support scale straddled (2 s.).  
 Báscula dorsal al apoyo fac. hor. p. ab. (2 s.).



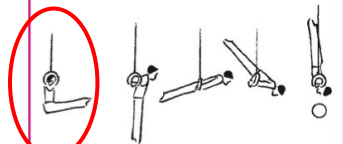
# SR: Removed Skills (Cont.)

75. De l'équerre, s'élever corps fléchi et bras tendus, à la croix renversée. (2 s.).  
*From L-sit, press to inverted cross (2 s.).*  
 De ángulo, elevarse cuerpo flex. y brazos ext. a cristo invertido (2 s.).



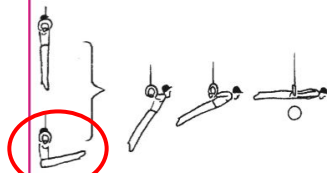
81. De la croix ou croix angle, établir de force à l'équerre.

77. De la croix s'élever corps tendu à la croix renversée (2 s.).  
*From cross, press with straight body to inverted cross (2 s.).*  
 De cristo elevarse cuerpo ext. a cristo inv. (2 s.).



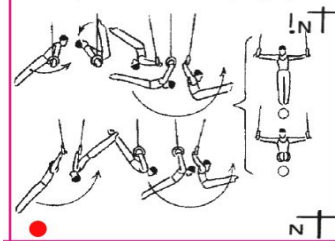
**Regular cross OK**

89. De la croix, s'élever à l'hirondelle (2 s.).  
*From cross, press to swallow (2 s.).*  
 De cristo, elevarse a Hirondelle (2 s.).



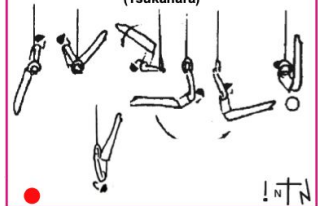
**Regular cross OK**

39. Li Ning à la croix ou croix angle (2 s.).  
*Li Ning or Li Ning 2 to cross or L-cross (2 s.).*  
 Li Ning a cristo o cristo en ángulo (2 s.).



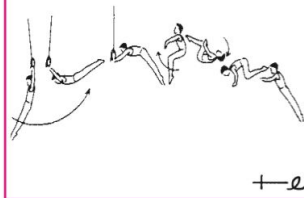
40. Li Ning ou Li Ning 2 à la croix jambes levées en V (2 s.).  
*Li Ning or Li Ning 2 to V Cross (2 s.).*  
 Li Ning o Li Ning 2 a cristo en V (2 s.).

(Tsukahara)

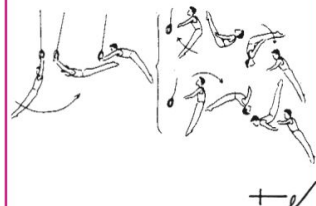


19. Établissement arrière et salto arrière groupé.  
*Uprise bwd. and salto bwd t.*  
 Dominación atrás y mortal atrás agrupado.

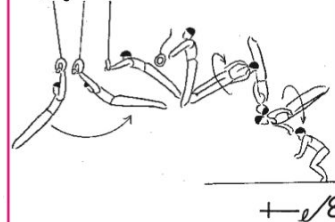
(Köste)



20. Établissement arr. et salto arrière ca. ou tendu.  
*Uprise bwd. and salto bwd p. or str.*  
 Dominación atrás y mortal atrás en carpa o ext.



21. Établissement arrière et salto arrière tendu avec 1/1 t.  
*Uprise bwd. and salto bwd str. with 1/1 t.*  
 Dominación at. y mortal at. en carpa o ext. con 1/1 g.



Rings

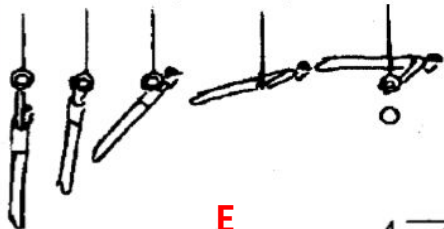
# SR: Merged Skills

131 A. d. Hang, Heben i. d. Schwalbe od. über die Schwalbe in die Stützwaage (2 s.).

*From hang vertical pull up thr. swallow to sup. scale (2 s.).*

Из виса подъем силой через самолет в гор. упор (2 с.).

(Balandin 3)

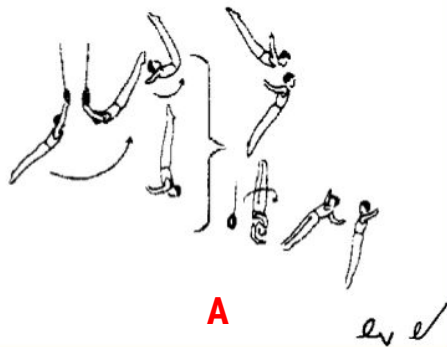


Unmerged with Balandin 1

25. Salto rückw. geb. o. gestr. (auch mit ½ Dr.)

*Salto bwd. piked or straight also with ½.*

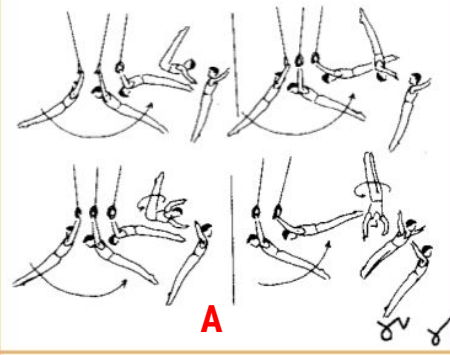
Сальто наз. согн. или прогн. также с ½ п.



1. Salto vorw. geb. o. gestr. (auch mit ½ Dr.)

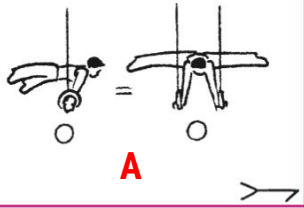
*Salto fwd. piked or straight, also with ½ t.*

Сальто вп. согн. или прогн. также с ½ п.

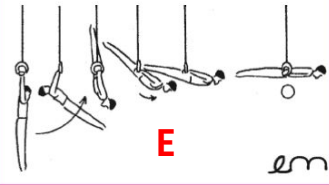


# SR: Devalued Skills

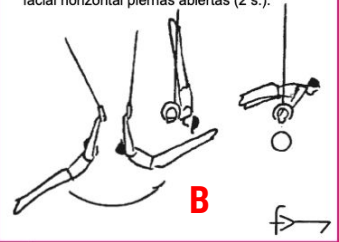
8. Appui facial horizontal éc. (2 s.).  
*Support scale straddled (2 s.).*  
Apoyo facial horizontal piernas abiertas (2 s.).



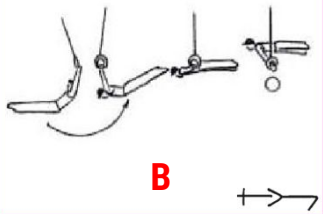
102. Tour en arrière. lent. corps et bras tendus à l'appui facial horiz. entre les anneaux (2 s.).  
*Roll bwd. slowly with str. arms and body to swallow (2 s.).*  
Voltear atrás cuerpo y brazos ext. hironelle (2 s.).



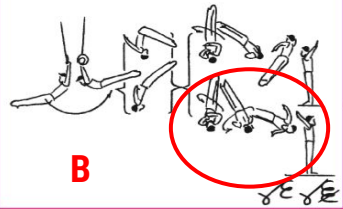
63. Etablissement. en av. en tournant en arrière à l'appui facial horizontal écarté (2 s.).  
*Felge upward to support scale straddled (2 s.).*  
Dominación adelante volteando atrás al apoyo facial horizontal piernas abiertas (2 s.).



69. Etablissement. en arrière à l'appui facial horizontal écarté (2 s.).  
*Uprise bwd. to support scale straddled (2 s.).*  
Dominación atrás al apoyo facial horizontal piernas abiertas (2 s.).

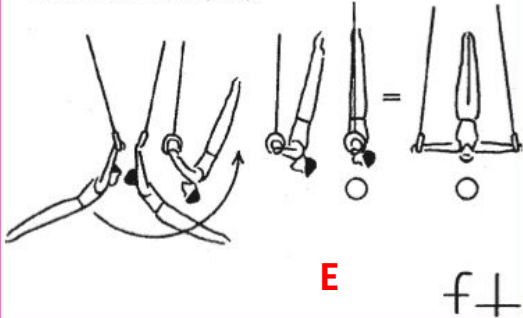


3. Salto avant carpé ou tendu avec 1/1 ou 3/2 t.  
*Salto fwd. piked or stretched with 1/1 or 3/2 t.*  
Mortal ad. en carpa o extendido con 1/1 o. 3/2 g.

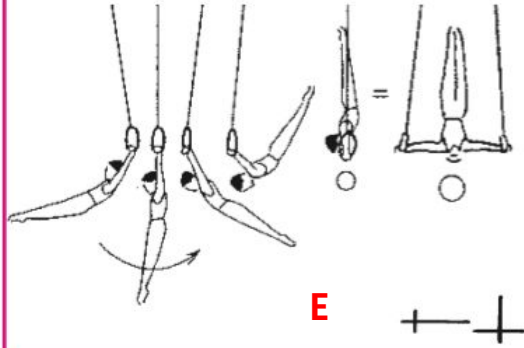


# SR: Upgraded Skills

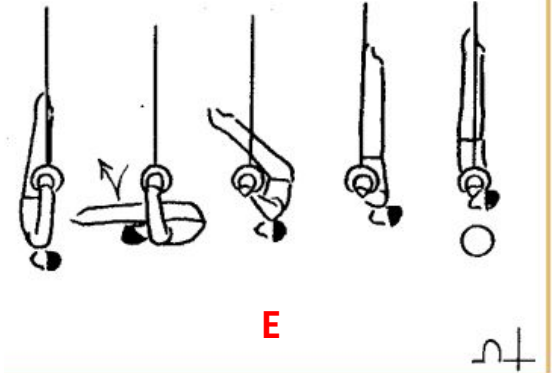
88. Établissement en avant en tournant en arrière à bras tendu à la croix renversée (2 s.).  
*Felge upward with straight arms to invert. cross (2 s.).*  
Dominación adelante volteando atrás brazos ext. a cristo invertido (2 s.).



94. Établissement. arrière à la croix renvs. (2 s.).  
*Uprise bwd. to inverted cross (2 s.).*  
Dominación atrás a cristo invertido (2 s.).

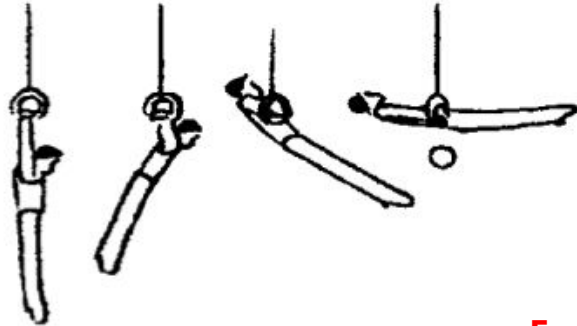


101. Kreuzkippe i. d. Kopfkreuz (2 s.).  
*Back kip to inverted cross (2 s.).*  
Подъем разгибом наз. в крест вниз головой (2 с.).



# SR: New Skills

66. a.d. Hang Zugstemme z.Schwalbe umgekehrt  
*From hang vertical pull up, slowly with straight  
arms through cross to inverted swallow (2 s.).*  
Desde la susp. subir lentamente con brazos  
ext. a través de cristo a cristo inv. (2 seg.)



(Tulloch 2)

F

# SR

## Execution & Neutral Deductions



# Beginning the Routine & Transitions

**Lift to Begin Routine  
Deductions applied:  
M**

**Bent Arm Transitions  
Deductions applied:  
S, M, L**

The exercise evaluation begins the moment the gymnast's feet leave the floor. The gymnast is expected to ...

- Maintain good form
- Begin routine from a still hang

A routine must start from a straight arm hang position. The gymnast is NOT allowed to ...

- Bend their arms while moving to their first element. However, the gymnast is allowed to pike up to an inverted hang while keeping their arms straight
- Bend their arms during transitions between skills

# Swing to Strength & Strength Presses

Deductions applied:  
S, M, L

The shoulders and/or body may NOT rise above the perfect ending position. This deduction IS different from the final hold position.

- Example: Back uprise to Cross at 25° (-0.3) and lower to a hold position at 10° (-0.1)

**If the deviation from perfect end position is greater than 45° the element will not be recognized and receive a 0.5 deduction. However, the final hold position CAN be recognized if performed correctly.**

- **Example: Honma to cross with an entry position above 45° will receive a 0.5 deduction and a "B" value for the cross if performance criteria is fulfilled.**

# Swing to Strength OR Strength Presses

**Deductions applied:  
S, M, L**

During swings to a hold position or strength presses, the shoulders and/or body may NOT rise above the perfect hold position. If the shoulders do rise above the perfect hold position, the deduction is ...

Small Error (-0.1)	Medium Error (-0.3)	Large Error (-0.5)
Up to 15°	16° - 30°	31° - 45° > 45° (non-recognition)

# Empty Swings & Layaways

**Deductions applied:**  
**M**

Back swings in support (or hang) that do not lead to a value part but simply reverse direction will be deducted (-0.3).

- Honma swing back to straddle L-sit
- Kip to support and layaway to front uprise

# Added Holds of Non-Listed Parts

Deductions applied:  
S

The hold of non-listed parts for more than 2 seconds, will be deducted (-0.1) each time. Examples include ...

- Inverted hang (& inverted pike)
- German hang (acceptable for USAG level 7-10 as it is a Jr. "A" skill)

# False Grip

Deductions applied:  
S

A false grip (or over grip) for strength holds is not permitted and will be deducted (-0.1 each time). A false grip is when the wrists are bent in order to gain an advantage when performing a strength element.



# Bent Arm Presses

**Deductions applied:  
S, M, L**

Certain press handstands require bent arms (II.25 and II.26). At times, these presses require minimal touching of the straps with the lower arms. No deduction should be taken for minimal contact with the straps.

# Kip Elements - bending of the body

**Deductions applied:  
S, M, L**

Kip type elements are swinging elements that need to be initiated from a deep fold, followed by a dynamic swing action. An element such as a back kip to support scale at ring height (III.59) performed with minimal fold and swing will be deducted.



# Azarian Type Elements

**Deductions applied:  
S, M, L**

Slow roll type elements (or Azarian type skills) must be performed with a consistently slow roll and straight body throughout. Any other variations will lead to execution deductions and **potential non-recognition**.

# Neutral Deductions: No Swing Handstand

**Deductions applied:**  
**M**

One swing handstand element (2 sec.) is required in the exercise and **MUST** be inside the 10 counting elements (or 8 counting elements for Juniors)

\*USAG Level 7 and 8 are **NOT** required to perform a swing handstand (2 sec.) in their routines.

# Table of Execution Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Legs apart <b>or other poor execution</b> during jump / lift to rings		x	
Pre-swing before start of exercise		x	
Coach gives gymnast an initial push / swing	x		
Layaway on back swing		x	
<b>Slow, interruption or support phase during Jonasson and Yamawaki</b>	x	x	x NR
Hold of a non-listed part for 2 sec. or more (each time)	X Each time		
Compositional errors		x	

# Table of Execution Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
False grip (over grip) during strength holds (each time)	x		
Bent arms during swing to strength holds or to establish hold position	x	x	x
Touching cables or straps with arms, feet or other parts of body		x	
Supporting or balancing with feet or legs on cables			x NR
Fall from handstand			x NR
Excessive swing of cables (per element)	Per element		
Preceding strength hold high angle - press to strength (apply to second element)	x	x	

# Table of Execution Deductions (Cont.)

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Touching or support of arms against body during Swallow	x	x	
Swing with strength	x	x	

# SR

## Video Examples

Evaluate the difficulty value and execution of the following **Press Handstands**. There are numerous deductions to consider (bent arms, rings turned in / contact with straps, short hold, body position, etc.)

1.



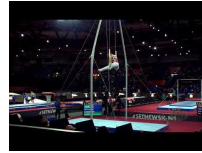
**"B" Value, -0.8 Total**  
-0.3 strength w/ swing  
-0.3 on straps on press  
-0.1 bent arms  
-0.1 balance check  
-0.1 on straps in HS

2.



**"B" Value, -0.3 Total**  
-0.1 strength w/ swing  
-0.1 on straps / rings turned in on press  
-0.1 on straps in HS

3.



**"C" Value, -1.0 Total**  
-0.3 strength w/ swing  
-0.3 shoulder angle  
-0.3 hip angle  
-0.1 on straps on press

4.



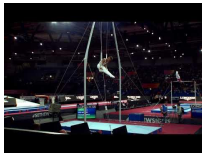
**"B" Value, -0.2 Total**  
-0.1 bent body on press  
-0.1 on straps in HS  
**Note:** minimal touching of straps is allowed while pressing.

5.



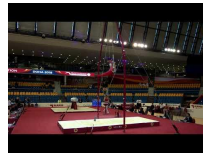
**"B" Value, -1.4 Total**  
-0.3 bent arms  
-0.3 on straps on press  
-0.3 on straps in HS  
-0.1 body position  
-0.1 unsteadiness in HS  
-0.3 short hold

6.



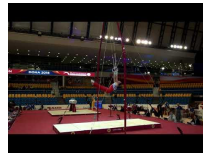
**"B" Value, -0.1 Total**  
-0.1 on straps on press

7.



**"A" Value, -0.5 Total**  
-0.1 on straps in HS  
-0.1 balance check  
-0.3 short hold in HS

8.



**"A" Value, -0.1 Total**  
-0.1 on straps in HS

Evaluate the execution of the following **Straddle Planches**. There are numerous deductions to consider (entry position, final hold position, bent body, bent arms, rings turned in / contact with straps, short hold, etc.).

1.



**"B" Value, -1.6 Total**

- 0.1 bent arms on uprise
- 0.1 bent arms in planche
- 0.5 high entry
- 0.5 final hold position
- 0.1 unsteadiness
- 0.3 short hold

2.



**"B" Value, -0.6 Total**

- 0.1 bent arms on uprise
- 0.3 high entry
- 0.1 final hold position
- 0.1 hip angle

3.



**"A" Value, -0.4 Total**

- 0.1 hip angle
- 0.3 short hold

4.



**"B" Value, -1.1 Total**

- 0.5 high entry
- 0.3 final hold position
- 0.3 hip angle

5.



**"B" Value, -1.9 Total**

- 0.5 high entry
- 0.5 final hold position
- 0.5 hip angle
- 0.1 arm bend
- 0.3 short hold

**Note:** 30° -45° hold position = Large ded. And >45° = No Credit, this does not appear to be greater than 45°



Evaluate the following **Maltese and Planche** elements. Determine the difficulty of the skill and any execution deductions that apply.

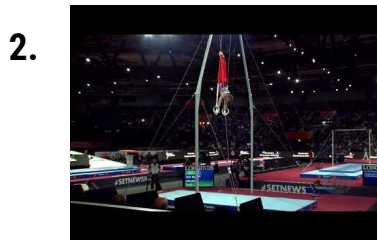


**Azarian Maltese (E)**

**-0.2 Total**

-0.1 false grip

-0.1 low hold position



**Back Kip Maltese (E)**

**-0.2 Total**

-0.1 lack of deep fold in kip

0.1 low hold position

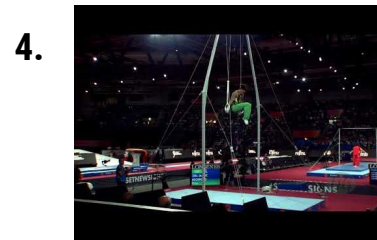


**Legs Together Planche (C)**

**-0.6 Total**

-0.3 indiscriminate hold position

-0.3 short hold



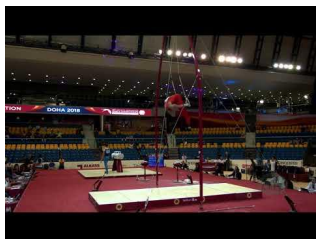
**Back Uprise Planche (D)**

**-0.7 Total**

-0.1 bent arms in planche

-0.5 indiscriminate hold position

-0.1 swinging rings



**Back Uprise Maltese (E)**

**-0.5 Total**

-0.1 bent arms on uprise

-0.3 high shoulder angle

-0.1 false grip



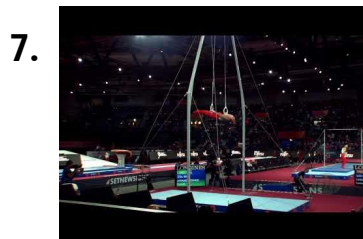
**Back Uprise Planche (D)**

**-0.9 Total**

-0.5 indiscriminate position

-0.1 false grip

-0.3 short hold

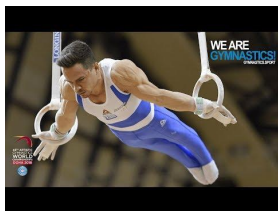


**Back Uprise Maltese (E)**

**No Deductions**

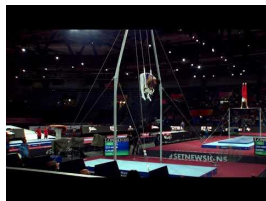
Evaluate the difficulty value and execution of the following **Cross** variations.

1.



**Azarian (D)**  
**No Deductions**

2.



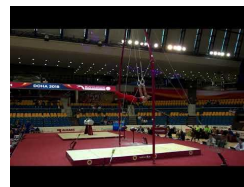
**Back Uprise Cross (C)**  
**No Deductions**

3.



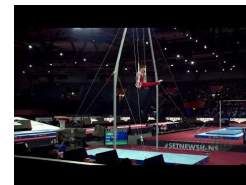
**Homna Cross (D)**  
**No Deductions**

4.



**Nakayama (D)**  
**No Deductions**

5.



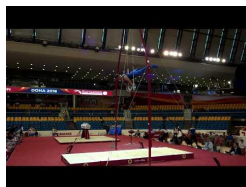
**Kip Cross (C)**  
**-0.1 Total**  
-0.1 high entry

6.



**Azarian (D)**  
**-0.5 Total**  
-0.3 strength w/ swing  
-0.1 false grip  
-0.1 low hold position

7.



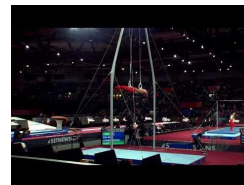
**Back Uprise Cross (C)**  
**-0.5 Total**  
-0.3 high entry  
-0.1 final hold position  
-0.1 false grip

8.



**Homna (B) Cross (B)**  
**-0.5 Total**  
-0.1 rings turn in support  
-0.1 arm bend  
-0.1 false grip  
-0.1 swing  
-0.1 unsteadiness

9.



**Nakayama (D)**  
**-0.4 Total**  
-0.3 strength w/  
swing  
-0.1 false grip

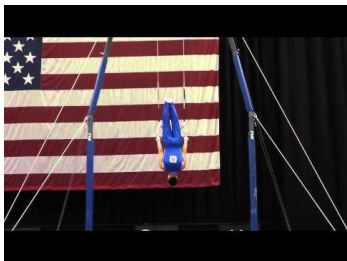
10.



**Pineda (No Value)**  
**-0.2 Total**  
-0.1 false grip  
-0.1 bent arms  
**Note:** Removed from  
COP.

Evaluate the difficulty value and execution following **Inverted Cross** variations.

1.



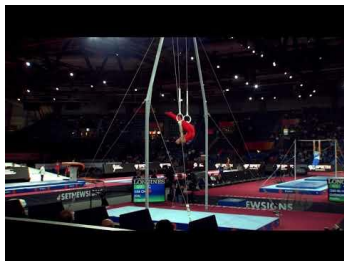
**Inverted Cross (C)**

**-1.2 Total**

- 0.5 high entry
- 0.5 final hold position
- 0.1 swing
- 0.1 false grip

**Note:** Entry angle was  $>45^\circ$ , therefore, swing to strength credit cannot be given. Gymnast does lower to angle that is about  $45^\circ$  so inverted cross credit can be given.

2.



**Uprise Inverted Cross (E)**

**-0.5 Total**

- 0.3 high entry
- 0.1 final hold position
- 0.1 false grip

3.



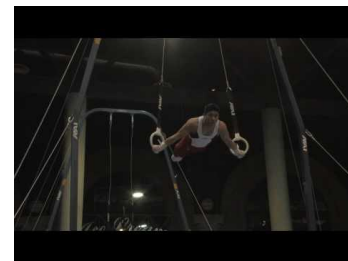
**L-Cross Press to Inverted Cross (E) (C)**

**-1.0 Total**

- 0.1 Press from high position
- 0.5 Pullout from cross too high
- 0.1 false grip
- 0.3 final hold position

**Note:** The L-Cross straight body press to invert is no longer in COP. In addition the pullout position is too high. The final hold position can still be recognized.

4.



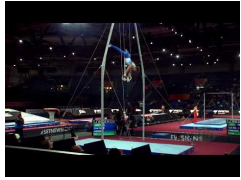
**Uprise Inverted Cross (E)**

**-1.4 Total**

- 0.5 high entry
- 0.5 high final hold position
- 0.3 body position
- 0.1 false grip

Evaluate the following swinging **L-Sit** strength variations for both difficulty value and execution.

1.



**Kip to L-Sit (B)**

**-0.1 Total**

-0.1 posture on L-sit

2.



**Homna to L-Sit (B)**

**-0.1 Total**

-0.1 angle of L-sit

3.



**Front Uprise L-Sit (B)**

**-0.1 Total**

-0.1 angle of L-Sit

4.



**Kip to L-Sit (B)**

**-0.1 Total**

-0.1 bent arms

-0.1 flexed feet

-0.1 bent arms

-0.1 on straps / rings turned in

-0.3 angle of L-sit



**Homna to L-Sit (B)**

**-0.7 Total**

-0.1 bent arms

-0.1 on straps / rings turn in

-0.5 angle of L-Sit

6.



**L-Sit (A)**

**-0.7 Total**

-0.1 bent arms

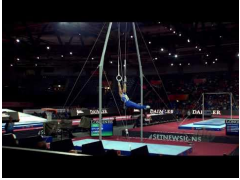
-0.1 on straps / rings turned in

-0.5 angle of L-sit

**Note:** the entry angle for the Front Uprise L-Sit is  $>45^\circ$  so no recognition for a swing a strength but the final hold position can be recognized.

Evaluate the execution of the following **Transitions Between Elements**.  
Transition elements are elements of no value that allow gymnasts to move from one skill to the next.

1.



**-0.1** arm bend on the back roll

2.



**No Deduction**

3.



**-0.3** arm bend out of cross

4.



**No Deduction**

5.



**-0.3** lack of control on lower from cross

6.



**No Deduction**

7.



**-0.3** arm bend on roll back from L-sit

8.



**No Deduction**

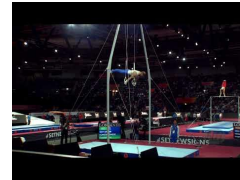
9.



**No Deduction**

**Note:** There is no deduction for piking in a pull to inverted hang. Arms must stay straight

10.



**No Deduction**

**Note:** There is no deduction for bent arms on a cast.

11.



**-0.3** empty swing, gymnast kicks back before "swinging" to hang

12.



**No Deduction**

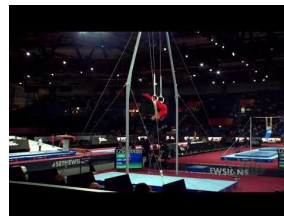
Evaluate the execution and of the following **Yamawaki / Jonasson** elements. Are they performed well enough for their difficulty to be recognized?

1.



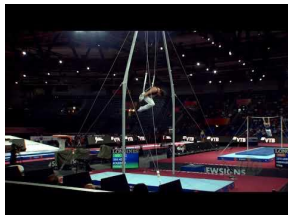
**Jonasson (D)**, -0.3 support  
**Yamawaki (E)**, -0.5 & No Credit

2.



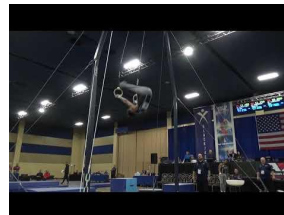
**Yamawaki (C)**, No Deductions  
**Jonasson (D)**, No Deductions

3.



**Jonasson (D)**, -0.1 support  
**Yamawaki (C)**, -0.1 support

4.



**Jonasson (D)**, -0.5 & No Credit

5.



**Yamawaki (C)**, No Deductions  
**Jonasson (D)**, No Deductions

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[Return to SR Title Page](#)

# 4

# Vault

*Linked VT Sections*

*Difficulty*  
*Execution, Neutral Deductions &*  
*Video Examples*

# Most Overlooked V Issues

(as indicated by our NALs)

SrNAL: Tom McNamee (UT)  
JrNAL: Reid Holbrook (UT)

\*In no particular order

1

Lack of a sufficient rise

2

Preparation for landing

3

Axis / deviation from handstand on the table



# VT

## Difficulty

# FIG Vaulting Groups

Vaulting groups have been significantly reorganized. See chart below

Group	Examples
<b>I. Single Salto Vaults with complex twists</b>	Kasamatsu Str. ½ tw. (4.4) HS Salto fwd. Str. 3/2 tw. (4.8)
<b>II. Handspring type vaults with or without simple twists (&amp; all double saltos fwd.)</b>	HS Salto fwd. Tucked (2.4) HS Double Salto fwd. Tucked (5.2)
<b>III. Handspring Sideways &amp; Tsukahara type vaults with or without simple twists (&amp; all double saltos bwd.)</b>	Tsukahara tucked (2.2) Kasamatsu stretched (4.0)
<b>IV. Round-Off Entry</b>	Yurchenko stretched 1/1 tw. (4.0) RO ½ t. Salto fwd. Str. ½ tw. (4.2)

# USAG V Modifications & Exceptions

- Level 7 - Yurchenko vaults with twist(s) are NOT allowed.
- Level 7, 8 & 9 - Double flipping vaults are NOT allowed.
- **Level 7-10 (pending official release) - Handspring Pike Front = 13.6 SV**
- **Level 7-10 (pending official release) - Handspring Pike Front  $\frac{1}{2}$  Twist = 14.0 SV**
- **Level 7-10 (pending official release) - Handspring Layout Front  $\frac{1}{2}$  Twist = 14.4 SV**
- **Level 7-10 - Handspring Layout Front  $\frac{1}{1}$  Twist = 14.6 SV (pending official release)**

# Level 9 & 10 Vault Options & Exceptions

<b>Junior Men's Level 9 &amp; 10 Vault Options</b>	
<i>Requirements for the opportunity to perform a 2nd Vault</i>	
1 <sup>st</sup> Vault must be landed	No fall allowed
1 <sup>st</sup> Vault must fulfill a minimum Start Value	Level 9 – Minimum 4.0 Level 10 – Minimum 4.8
<b>Conditions of the 2<sup>nd</sup> Vault</b>	
2 <sup>nd</sup> Vault must be a different vault from the 1 <sup>st</sup> Vault	NOT required to be from a different FIG vault group
2 <sup>nd</sup> Vault Start Value must be greater than or equal to the 1 <sup>st</sup> Vault Start Value	Level 9 – Minimum 4.0 Level 10 – Minimum 4.8
<b>Scoring Notes</b>	
Gymnast will be awarded the highest final score recorded for either the 1 <sup>st</sup> or 2 <sup>nd</sup> Vault	
If either Vault has a FIG Start Value of 5.2 or higher, gymnast receives +0.2 bonus (See "Start Value Bonus Table" on Page 57)	
<b>Start Value Exceptions to the FIG</b>	
Handspring Forward and Salto Forward Piked (FIG II – 212) – 3.6	
Handspring Forward and Salto Forward Piked with ½ Twist (FIG II – 213) – 4.0	
Handspring Forward and Salto Forward Stretched with ½ Twist (FIG II – 220) – 4.4	

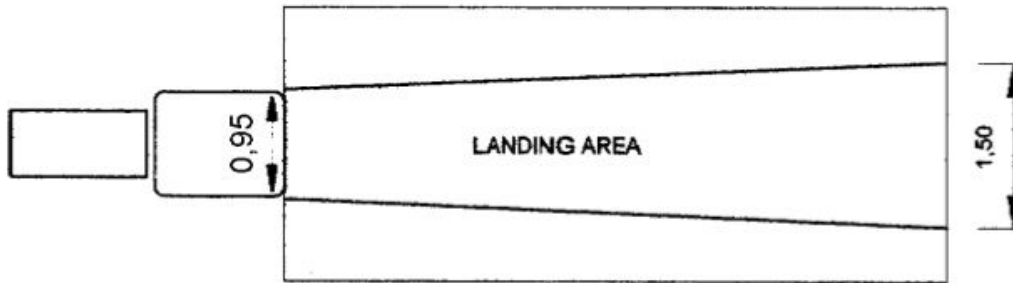
# Neutral Deductions - Additional Run Approaches

Additional run approaches are permitted, with a deduction of -1.0 (by the D-Jury) for an empty run, as follows:

- When only 1 vault is required, a second run approach is permitted with a 1.0 deduction. A third approach is NOT permitted.
- When 2 vaults are required, a third run approach is permitted with a 1.0 deduction. A fourth approach is NOT permitted.

# Neutral Deductions - Boundary Lines

Boundary lines need to be clearly marked on the landing mat. Similar to FX, the gymnast may step on the line but not over the line.



Landing or touching w/ 1 foot or 1 hand outside the landing area.	-0.1
Touching with feet, hands, foot and hand or w/ any other part of body outside of landing area.	-0.3
Landing directly outside the landing area.	-0.3

# Non-Distinct Body Positions

The gymnast must show the intended body position (tucked, piked or straight) in a very distinct manner. Non-distinct body positions may result in non-recognition by the D-jury or recognition as a vault with a lower difficulty value.

\*See body position definitions in Appendix A Section 3

# Invalid Vaults

Any Vault that does not land "feet first" at the **USAG JDP** or NCAA level WILL always be judged and provided a score.

According to the FIG, a vault is given a 0.0 when :

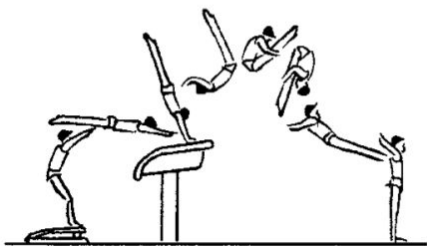
1. No support phase is shown (neither hand or only 1 hand touches table)
2. No safety collar is used for round-off entry vault
3. Vault is performed so poorly it is unrecognized (or vault pushes off from feet)
4. Gymnast is spotted during vault
5. Gymnast does not land on feet first
6. Gymnast lands sideways intentionally
7. Gymnast performs a prohibited vault
8. First vault is repeated as a second vault in qualification round or event final

\* E-Jury judges will always calculate their deductions and later be informed by D-Jury if vault will receive a 0.0



# Vault Value Changes

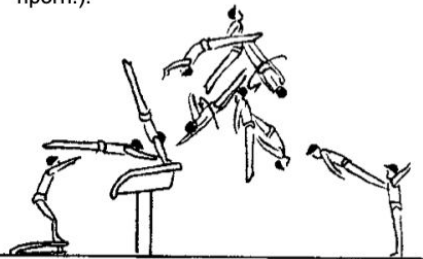
212. Überschlag vw. u. Salto vw. geb.  
*Handspring fwd. and salto fwd. piked.*  
Пер. вп. и сальто вп. согн.



**2.8**

**USAG L9/10 Value = 3.6**

220. Überschlag vw. u. Salto vw. gestr. m. ½ Dr.  
(Cuervo gestr.).  
*Hdspr. fwd. and salto fwd. str. w. ½ t. (Cuervo str.).*  
Пер. вп. и сальто вп. прогн. с ½ п. (Куэрво прогн.).



**4.0**

**USAG L9/10 Value = 4.4**

# VT

## Execution, Neutral Deductions & Video Examples

# Evaluating the Execution of Vaults

The vault begins with the first step or hop of the gymnast, but unlike USAG compulsory vaults, the evaluation begins the moment the feet contact the vault board. The vault ends in a standing position when the feet come together. The 3 phases of evaluation on vault include:

- Pre-Flight
- Post-Flight
- Landing

# Pre-Flight (1st Flight)

Deductions applied:  
S, M, L

The first phase of evaluation, the pre-flight, occurs from the moment the gymnast strikes the vaulting board to the point at which a support position with 2 hands occurs on the vault. The gymnast must ...

- Maintain proper form from the board to the table.
- Maintain a proper body position on table.
- Maintain proper body alignment along the vertical axis.

# Pre-Flight - Board to Table

Deductions applied:  
S, M, L

Below you will see images of the **Pre-Flight** phase of different **Handspring style vaults**. Vault happens real fast. These are typical deductions that occur from the board to the table.



No Deductions



-0.1 arm bend  
-0.1 knee bend  
-0.1 legs apart



-0.5 knee bend



# Pre-Flight - Board to Table

Deductions applied:  
S, M, L

Below you will see images of the **Pre-Flight** phase of **Tsukahara / Kasamatsu style vaults**. Vault happens real fast. These are typical deductions that occur from the board to the table.



**No Deductions**



**-0.1 leg separation**



**-0.3 leg separation  
-0.1 knee bend**

Note: It has always been acceptable for the post arm (first hand/arm that touches table first) to bend. The hand that pushes off the table (second hand) should remain straight.

# Pre-Flight - Board to Table

Deductions applied:  
S, M, L

Below you will see images of the **Pre-Flight** phase of **Yurchenko style vaults**. Vault happens real fast. These are typical deductions that occur from the board to the table.



**No Deductions**



**-0.1 legs apart  
-0.1 flexed feet**



**-0.3 knee bend  
-0.1 legs apart**

# Pre-Flight - Body Alignment Along Vertical Axis

Deductions applied:  
S, M, L

Below you will see images of the **Pre-Flight** phase of **Tsukahara / Kasamatsu style vaults**. Evaluating the gymnast's alignment along a vertical axis can be difficult to see especially from a side viewpoint. However, a greater awareness of these deductions will make it easier in real time.



**No Deductions**



**-0.1 body alignment  
-0.1 legs apart**



**-0.3 body alignment  
-0.3 legs apart**



# Post-Flight (2nd Flight)

**Deductions applied:  
S, M, L**

The second phase of evaluation, the post-flight, occurs after the gymnast pushes off of the vault table and up to the point at which the gymnast lands in a standing position. The gymnast must ...

- Show a sufficient rise in height of his center of gravity at the moment the hands push off of the table.
- Show a distinct and unmistakable body position (tucked, piked or stretched).
- Show an opening phase that extends the body in preparation for the landing.

# Post-Flight - Sufficient Rise

Deductions applied:  
S, M, L



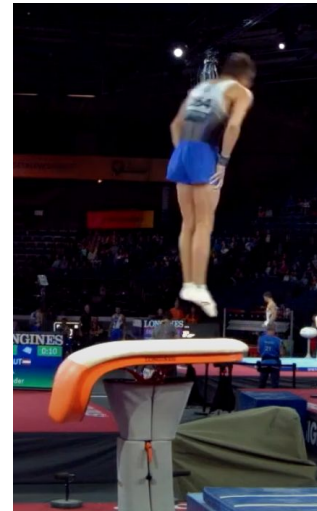
**No Deduction**



**-0.1 insufficient rise**



**-0.3 insufficient rise**



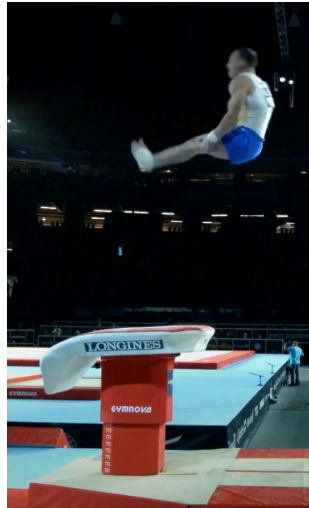
**-0.5 insufficient rise**

# Post-Flight - Non-Distinct Positions (Pike)

Deductions applied:  
S, M, L



**Pike, No Deduction**



**Pike, -0.1 knee bend**



**Pike, -0.3 knee bend**



**Pike, -0.5 knee bend**

# Post-Flight - Non-Distinct Positions (Stretched)

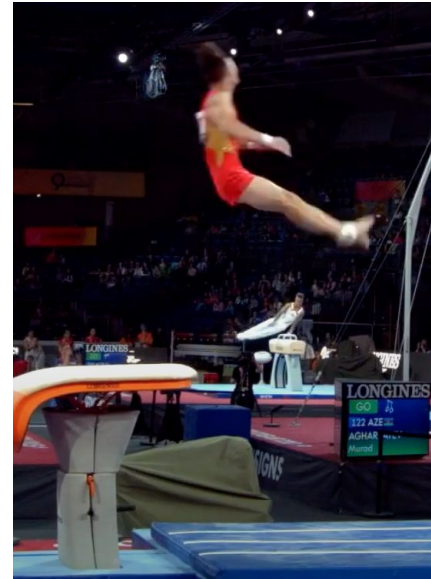
Deductions applied:  
S, M, L



**Stretched, No Deduction**



**Stretched, -0.1 pike**

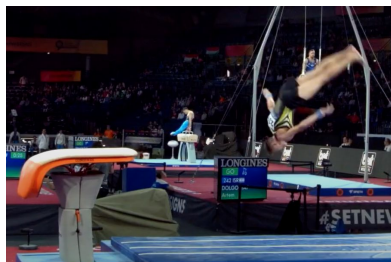


**Stretched, -0.3 pike**

# Post-Flight - Preparation For Landing

Deductions applied:  
S, M

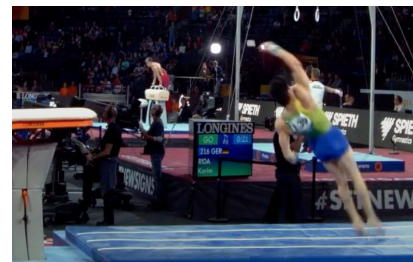
Twisting  
Vaults



No Deduction, extended /  
prepared for landing



-0.1 Deduction, lack of  
extension / preparation



-0.3 Deduction, lack of  
extension / preparation

# Post-Flight - Other Technical Errors

Deductions applied:  
S, M, L



**-0.1 knees apart**



**-0.3 knees apart**



**-0.1 slight knee bend**



**-0.1 crossed legs in twist**

**Note:** These are just a few examples of “other technical errors”

# Landings

The third phase of evaluation, the landing, occurs at the moment the gymnast completes their vault while landing safely on their feet. To demonstrate a safe and proper vault landing, the gymnast must ...

- Land with their chest upright and hollowed
- Land with a slight knee bend
- Complete the attempted vault before contacting feet on ground
- Land with feet only slightly apart (without a step / hop)

# Incomplete Twists

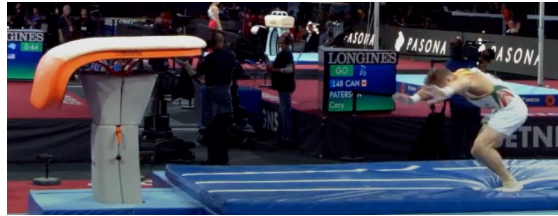
Twisting vaults must be completed before the landing. Incomplete twists will result in the appropriate deduction. If the twist is incomplete by 90° or more, it is customary to recognize the vault as one with a lower value to account for the actual amount of twist that was completed (Non-Recognition is also possible).

**Unclear p. 102 #7b - devalue vault or non-recognized. NEED CLARIFICATION AND/OR WORDING TO BE MORE CLEAR**



# Landing - Chest Position

Deductions applied:  
S, M



**No Deduction**



**-0.1 Deduction, slight chest drop**



**-0.3 Deduction, significant chest drop**

# Landing - Incomplete Twists

Deductions applied:  
S, M, L



No Deduction



-0.1 Deduction  
Up to 30°



-0.3 Deduction  
> 30° - 60°



-0.5 Deduction  
> 60° - 90°



-0.5 & Non-Rec.  
> 90°

**Note:** For vaults that are non-recognized due to incomplete twist, it is very common to simply recognize this as a lower valued twisting vault (- ½ twist). The FIG COP is a little ambiguous regarding incomplete twists > 90°.

# Landing - Low Landing

Deductions applied:  
S, M



**No Deduction**



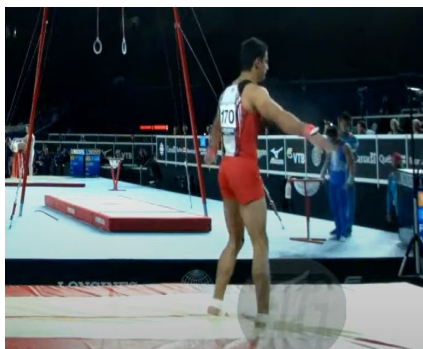
**-0.1 Deduction**



**-0.3 Deduction**

# Landing - Steps / Hops & Falls

Deductions applied:  
S, M



**-0.1 Deduction, small step**



**-0.3 Deduction, medium step**



**-1.0 Fall**

# Round-Off 1/2 Turn Vaults

Vaults that perform a Round-Off entry with a 1/2 turn in the first flight may be deducted for insufficient turn. Apply deductions for incomplete twist.

\*In extreme circumstances, if the lack of turn is 90° from the correct position, the vault will be recognized as a yurchenko style vault.

# Table of Neutral Deductions

Error	Neutral Deduction
Landing or touching with 1 foot or 1 hand outside the landing zone	0.1 from the final score
Touching with the feet, hands, foot and hand or any other part of the body outside landing zone	0.3 from the final score
Landing directly outside the landing zone	0.3 from the final score
Exceeding 25 meter run for vault	0.5 from the final score
Additional run approach	-1.0 deduction

Judge the execution of the following **Handspring** style vault. You will be able to see the vault 2 different times from different viewpoints. Apply all of the deductions discussed in previous slides. You will find the execution score at the end of the video and all possible deductions on next slide.



## Handspring Double Front (Roche) (5.2)

**-1.7 Total**

### Pre-Flight

-0.1 legs apart

-0.1 bent bent knees

-0.1 bent arms

### Post-Flight

-0.3 knees apart

-0.3 lack of extension / preparation for landing

### Landing

-0.5 hitting the floor

-0.3 step



# Table of Execution Deductions

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Execution errors in 1st flight	x	x	x
Technical errors in 1st flight	x	x	x
Lack of vertical body position while passing through handstand (Axis Deviation)	x	x	x
Execution errors in 2nd flight	x	x	x
Technical errors in 2nd flight	x	x	x
Insufficient height (lack of conspicuous rise)	x	x	x
Lack of extension in preparation for landing	x	x	

Judge the execution of the following **Tsukahara / Kasamatsu** style vault. You will be able to see the vault 2 different times from different viewpoints. Apply all of the deductions discussed in previous slides. You will find the execution score at the end of the video and all possible deductions on next slide.



<b>Kasamatsu Stretched w/ 3/2 tw. (Driggs)(5.2)</b>
<b>-0.9 Total</b>
<b>Pre-Flight</b>
-0.1 legs apart
<b>Post-Flight</b>
-0.1 legs crossed during twist
-0.3 lack of landing preparation
<b>Landing</b>
-0.1 short twist
-0.3 step

Judge the execution of the following **Yurchenko** style vault. You will be able to see the vault 2 different times from different viewpoints. Apply all of the deductions discussed in previous slides. You will find the execution score at the end of the video and all possible deductions on next slide.



## Yurchenko Stretched w/ 2/1 tw. (5.2)

### -1.1 Total

#### Pre-Flight

-0.1 legs apart

#### Post-Flight

-0.1 insufficient height

-0.1 flexed feet

-0.3 piking down

-0.1 lack of landing preparation

#### Landing

-0.1 chest down

-0.3 step

# 5

# Parallel Bars

*Linked PB Sections*

*Difficulty*  
*Execution & Neutral Deductions*  
*Video Examples*

# Most Overlooked PB Issues

(as indicated by our NALs)

SrNAL: Dean Schott (CO)  
JrNAL: Aaron Fortunato (MN)

\*In no particular order

1

Hand adjustments / shifts

2

Holds of L-sits, Press HS & Swing HS (that reverses direction)

3

Low Forward Uprise elements

4

Healy - piked / lack of extension, late regrasp

# PB

## Difficulty



# FIG Element Groups

Element Group	Examples
I. Elements in support or through support on 2 bars	Swing handstand, L-sit, Stutz, Diamidov, etc.
II. Elements starting in upper arm position	Forward uprise, Back uprise straddle cut, etc.
III. Long swings in hang on 1 or 2 bars and under swings	Glide kip, Moy to support, Giant, etc.
IV. Dismounts	Back salto stretched, Forward salto pike $\frac{1}{2}$ tw., Double back salto, etc.

# Level 8 PB Element Groups

Element Group I	Support (FIG EG I)
Element Group II	Upper Arm (FIG EG II)
Element Group III	Long Hang & Basket (FIG EG III)
Element Group IV	≥ “A” Dismount (FIG EG IV)
DP Modifications allowed: ½ empty swing into EG III is allowed levels 7-9 but not Level 10!	
Stutz or Giant to <b>support</b> = “B” value and can fulfill EG	

# USAG PB Modifications & Exceptions

- **Level 7 - Maximum -0.5 global deduction for any number of intermediate swings.**
- **Level 7 - Layaway (drop or bail) from half empty swing allowed for ANY skill.**
- Level 7-9 - Stutz and Giant to support = "B" value.
- **Level 7-9 - Back Layout ½ twist and Front Pike ½ twist and Front Layout ½ twist will receive a JDP "B" value at Levels 7-9 (NOT OFFICIAL, pending inclusion in first JDP Update later this Fall)**
- Level 8-9 - Layaway (drop or bail) from half empty swing allowed for EG III skills only.

# USAG PB Approved Junior “A” Skills

**Moy to Upper Arm**

**Flank, Stutz, Wende or Tuck  
Salto dismount**

**“V” or Manna hold**

**Drop Kip**

**Back Uprise to horizontal**

**Shoulder Stand or Forward  
Roll**



**USA GYMNASTICS**

# Special Repetitions

In an effort to make sure that routines have a variety skills, there are limitations for certain types of skills. They include:

- Maximum of 2 giant swings through handstand
- Maximum of 2 basket swings through handstand
- No more than 1 variation of the same salto type element

\*If this rule is broken, the highest valued elements will count toward difficulty while the remaining skills will NOT be recognized.

# Elements with Turns

No extra support is allowed during elements with turns on one arm support. Elements such as giants, back uprise, forward uprise, or baskets with turns will all be considered finished where the extra support occurs.

# Peach Baskets with Turns

**A basket with a ½ turn (III.107) should be performed with only 1 hand placement before arriving to a completed handstand.**

\*The hand placement would be in undergrip in order for the turn to be completed without the need for an additional hand grip change. If the basket is performed with 2 or more hand placements it will be valued as “D” value basket with ¼ turn (III.106).

Note: A basket with a 1/1 turn (III.108) should be performed directly to the handstand without an additional hand placement.

# Elements to 1 Bar in Cross Support

Elements to one bar in cross support have the same value as when done to two bars.

Exception: Elements to 1 bar in cross support increase by one value when connected to Healy type elements (each Healy element also increases by one value). A hold is allowed in the 1 bar handstand.

Note: This upgrade occurs only if the Healy is completed without a large deduction.



# Makutz Type Elements

A Makutz (or Makutz type skills) is supposed to show continuous movement. In terms of execution, these skills should be evaluated in the following way:

Performance	D-Jury	E-Jury
Pause after first part of element	Give value	-0.1 for pausing in handstand
1 sec. hold after first part of element (< 2 sec.)	Give value	-0.3 for stopping in handstand
2 sec. hold after first part of element	NO value	-0.5 for stopping in handstand

\*Healy and Makutz type elements with an extreme arm bend ( $> 90^\circ$ ) upon catching, will NOT be recognized for value.

# Tippelts

A Tippelt is considered a swing element. Performance criteria includes:

- Continuous movement
- **Legs must rise upon regrasp** to handstand with no dropping of the legs (w/ no visible use of strength)

\* Dropping of the legs, interruption of upward movement or visible use of strength can result in separate execution deductions and possible non-recognition of the element.

# Bhavsar

A Bhavsar has multiple criteria that needs to be met. This includes:

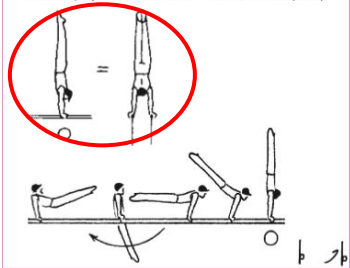
- Regrasp with an open shoulder angle
- Straight body at horizontal



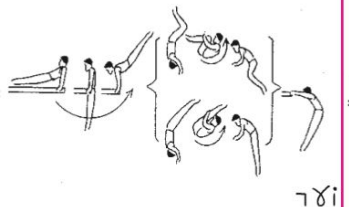
\*If gymnast regrasps with a body position of more than  $45^\circ$  from horizontal and/or  $90^\circ$  angle in the shoulder, no value will be given and a single large deduction will be taken.

# PB: Removed Skills

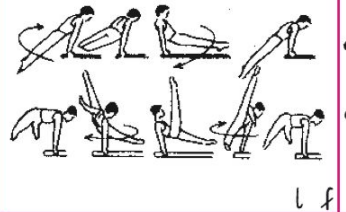
1. Tout appui renversé sur 1 ou 2 b. (2 s.).  
*Any handstand on 1 or 2 rails (2 s.).*  
 Todo apoyo invertido en 1 o 2 bandas (2 s.).



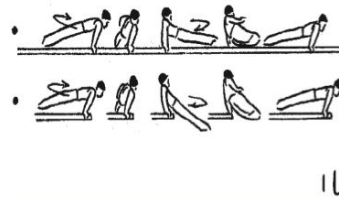
105. Salto avant groupé ou carpé à la suspension sur l'extrémité des barres.  
*Salto fwd. t. or p. to hang at the end of the bars.*  
 Mortal adelante agrupado o en carpa a la suspensión sobre el extremo de las bandas.



115. Sur l'extrémité des barres, 1 cercle de jambes serrées ou écartées.  
*On end, 1 circle or flair.*  
 En el extr. de las bandas, 1 molino o molino piernas abiertas.

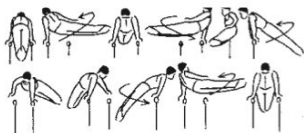


116. Au centre ou vers l'extrémité, 1 cercle de jambes serrées ou écartées.  
*In center or on end facing out, 1 circle or flair.*  
 En el centro o hacia el exterior, 1 molino o molino piernas abiertas.



117. Sur l'extrémité des barres, double facial russe (360°).  
*On end, Russian wende swing (360°).*  
 En el extremo de las bandas, doble rusa facial (360°).

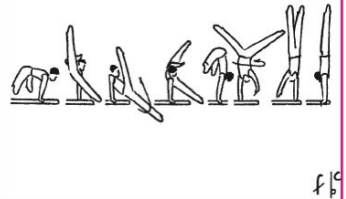
(Delesalle)



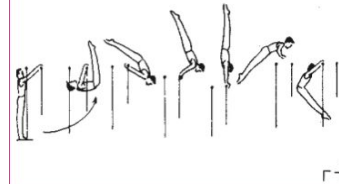
123. Tout cercle écarté à l'appui renversé.  
*Any flair to hdst.*  
 Todo molino p. abiertas al apoyo invertido.



129. Tout cercle éc. avec 1/2 t. à l'appui renversé.  
*Any flair with 1/2 t. to hdst.*  
 Todo molino piernas abiertas con 1/2 g. al apoyo invertido.

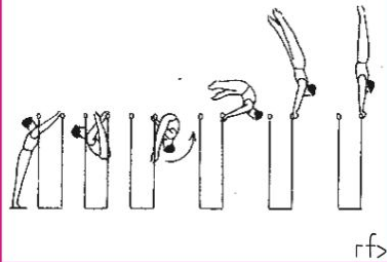


134. Établissement avant en tourn. en arrière à l'appui renversé et saut sur l'autre barre.  
*Shoot up to hdst. and hop to other rail.*  
 Felge en una banda saltando sobre la otra banda.



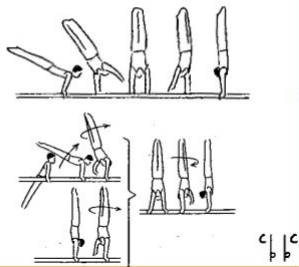
# PB: Removed Skills (Cont.)

136. Établissement avant en tourn. en arrière écarté  
à l'appui renversé sur 1 barre.  
*Straddled shoot to hdst on 1 rail.*  
Felge en 1 banda piernas abiertas al apoyo  
invertido sobre 1 banda.

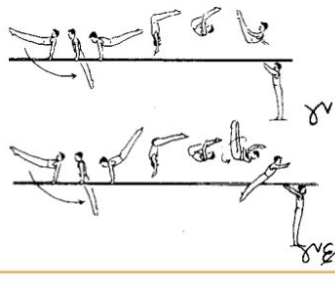


# PB: Merged Skills

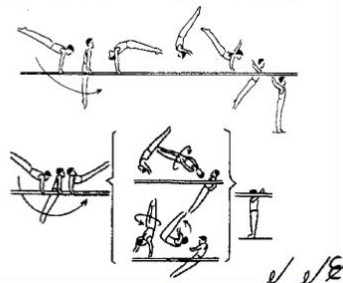
79. Alle Handstände mit  $\frac{1}{2}$  Drehung. (auch m. 2 s.).  
Any hdst. with  $\frac{1}{2}$  turn fwd. (also with 2 s.).  
Любая ст. на р. с  $\frac{1}{2}$  п. вп. (так же 2 с.).



1. Salto vw. geb. o. gestr. auch mit  $\frac{1}{2}$  Dr.  
Salto fwd. piked or stretched. also w.  $\frac{1}{2}$  t.  
Сальто вп. согн. или прогн. также с  $\frac{1}{2}$  п.

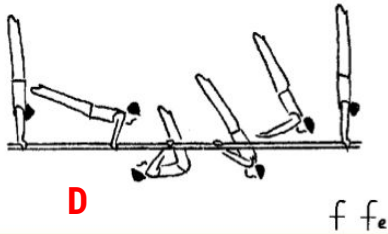


19. Salto rw. geb. o. gestr. auch mit  $\frac{1}{2}$  Dr.  
Salto bwd. piked or str. also w.  $\frac{1}{2}$  t.  
Сальто наз. согн. или прогн. также с  $\frac{1}{2}$  п.

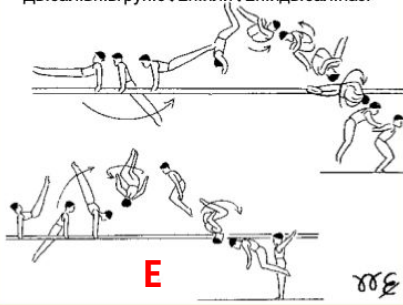


# PB: Devalued Skills

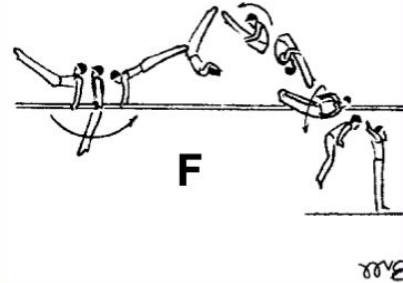
106. Felge i.d. Hdst. o. i.d. Hdst. auf 1 Holm o. m. ¼ Drehung m. Umspringen i. d. Hdst. Auch a. 1 Holm.  
*Basket to handstand. Also to one rail of ¼ t.*  
Оборот под ж. в ст. на р., также в одну жердь.



11. Doppelsalto vw. geh. m. ½ Dr. o. ½ Dr. u. Doppelsalto rw.  
*Double salto fwd. t. w. ½ t. or ½ t. doub. salt. bwd.*  
Дв. сал. вл. в груп. с 1/2 п. или 1/2 п. идв. сал. наз.

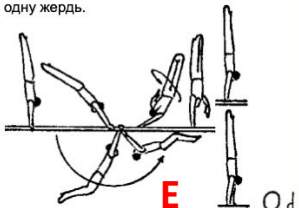


18. Doppelsalto vw. gebückt mit ½ Dreh.  
*Double salto fwd. piked with ½ t.*  
Двойное сальто вл. согнувшись с ½ поворота.  
**(Dalaloyan)**

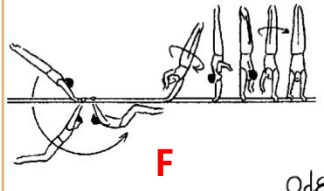


# PB: Upgraded Skills

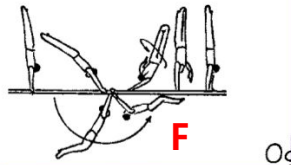
29. Riesenumschwung rw. m. Diamidov i. d. Hdst., auch a. 1 Holm.  
*Giant swg. bwd. with Diamidov to hdst., also to one rail.*  
 Оборот наз. с Диамидов в ст. на р., также в одну жердь.



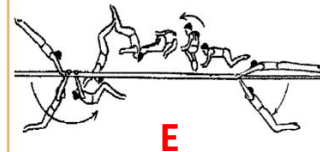
30. Riesenumschwung rw. m. Diamidov m.  $\frac{1}{4}$  o.  $\frac{1}{2}$  Dr. i. d. Hdst.  
*Giant swg. Diamidov with  $\frac{1}{4}$  or  $\frac{1}{2}$  t. to hdst.*  
 Оборот наз. с Диамидов с  $\frac{1}{4}$  или  $\frac{1}{2}$  п. в ст. на р.



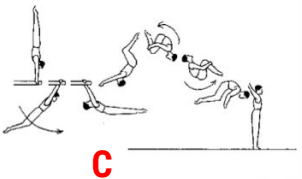
42. Riesenumschwung rw. m. Diamidov i. d. Hdst. a. 1 Holm (verbunden mit einem Healy-Element).  
*Giant swg. bwd. with Diamidov to hdst. one rail (connected to Healy type element).*  
 Оборот наз. с Диамидов в стойку на р. в одну жердь (в связке с Хили элем.)



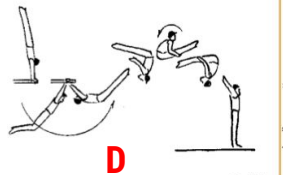
65. Riesenumschwung rw. u. Salto geh. o. geb. m.  $\frac{1}{2}$  Dr. i. d. Hang.  
*Giant swing bwd. and salto with  $\frac{1}{2}$  t or p. to support.*  
 Оборот наз. и сальто с  $\frac{1}{2}$  п. в груп. или согн. в вис.



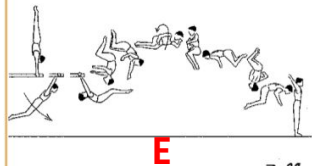
45. A. d. Hang a. Holmenende, Doppelsalto rw. geh. 4  
*From hang on end, dbl. salto bwd. t.*  
 Из виса на концах, двойное сальто наз. в груп.



46. A. d. Hang a. Holmenende, Doppelsalto rw. geb. 4  
*From hang on end, dbl. salto bwd. piked.*  
 Из виса на концах, двойное сальто наз. согн.



47. A. d. Hang a. Holmenende, Doppelsalto rw. geh. 4  
 m. 1/1 Dr. o.  $\frac{1}{2}$  Dr.  
*From hang on end, double salto bwd. t. with 1/1 or  $\frac{1}{2}$  t.*  
 Из виса на концах, дв. сальто наз. в груп. с 1/1 п или с  $\frac{1}{2}$  п.

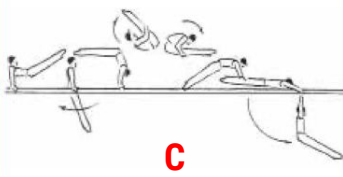




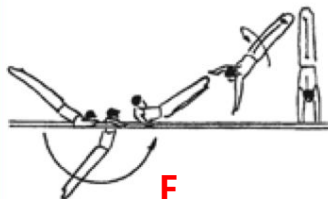
# PB: New Skills

105. 5/4 Salto vorwärts gebückt zum Langhang.  
Salto fwd. piked. to hang.  
5/4 сальто вперед согнувшись в вис.

(Juarez 2)



6. Établissement en avant avec 3/4 t. à l'appui renversé.  
Fwd. uprise with 3/4 t. to handstand.  
Dominación adelante con 3/4 g. al apoyo invertido.



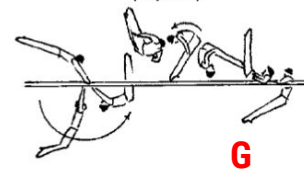
54. Stemme rückwärts und 5/4 Salto vorwärts gegrätscht in den Oberarmhang.  
Bwd. uprise and 5/4 salto fwd. straddled to hang.  
Из упора на руках 5/4 сальто вперед ноги врозь в упор на руках

(Pakhniuk 2)



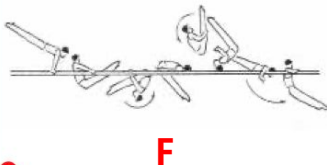
78. Riesenfelge rückwärts mit 1/2 Drehung und 3/2 Salto vorwärts gebückt zum Oberarmhang.  
Giant swing backward with 1/2 t. and 3/2 salto forward piked to upper arm hang.  
Оборот наз. с 1/2 п. и 3/2 сальто вл. согн. в упор на р. .

(Esparza)



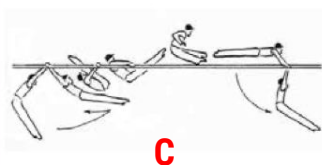
126. Felge mit Salto gebückt in den Oberarmhang.  
Basket with salto bwd p. to up. arm hang.  
Оборот под жердями и сальто назад согнувшись в упор на руки.

(Juarez 1)



81. Schwebekippe mit Rückgrätschen zum Langhang.  
Glide kip to strad. cut bwd. to hand.  
Подъем разгибом с перемахом назад в вис.

(Okuba)



[Return to PB Title Page](#)

PBars

# PB

## Execution & Neutral Deductions

# Beginning the Exercise

The exercise begins with a mount that can be initiated from a short run or a still stand with the feet together. Swinging with one leg or stepping into the mount is NOT permitted. The feet must leave the ground simultaneously.

Note: A vaulting board placed at the height of the regulation landing mats is permitted for the mount.

# Swinging Skills to Handstand

Deductions applied:  
S

Many swinging elements lead to, or are defined to, a handstand on one or two rails. The handstands from these swing skills do NOT need to be held, but the element must be performed in a manner that **convincingly** demonstrates that the handstand position could have been held **if so desired**.



# Hand Shifting / Adjustments

**Deductions applied:**  
**S**

All elements ending in a handstand must show control and move freely between elements without any movements of the hands. This includes:

- Shifting / adjusting of the hands
- Opening of the hands
- Stepping with the hands

# Empty Swings, Intermediate Swings & Layaways

**Deductions applied:  
M, L**

An Empty Swing is a swing from any position that swings forward or backward while not leading directly to a value part. An empty swing will result in a 0.3 deduction.

An Intermediate Swing is a full swing (forward and backward) in which no skill of value was performed. An intermediate swing will result in a 0.5 deduction.

Layaways are back swings in support or upper arm that do not lead to a value part but simply reverse direction and swing back down in or to a lower hang. A layaway will result in a 0.3 deduction.

# Empty Swings, Intermediate Swings & Layaways

Examples of empty swings & layaways include:

- Back swing in upper arm hang, layaway to glide kip
- Back swing in support, layaway to front uprise
- Back swing in support, layaway to hang
- Glide kip to upper arm hang or momentary support and lay back to upper arm hang
- From handstand, lower to shoulder roll forward

# Front Uprise Amplitude

**Deductions applied:  
S, M**

A forward uprise and a forward uprise to L-sit can be deducted for a lack of amplitude in the forward uprise. A forward uprise should be performed with ...

The gymnast's back horizontal to the rails

45° - horizontal = small deduction (-0.1)

> 45° = medium deduction (-0.3)

Note: A front uprise to L-sit is evaluated using above criteria.





# Elements Performed to 1 Bar

**Deductions applied:  
S, M**

Elements performed to 1 bar (Chiarlo, Piasecky, etc.) must be executed to a handstand with:

- Hands only slightly apart
- Slight deviation of the shoulder/body is permitted

Deductions will be taken for excessive hand separation and/or body deviation.



# Execution of Kips Preceded by Elements in Hang

Deductions applied:  
**M**

All elements completed to a hang that are followed by kips must be executed with straight legs.



**THIS**



**NOT THIS**

# Bending of Legs on Long Hang Skills

**Deductions applied:  
S, M**

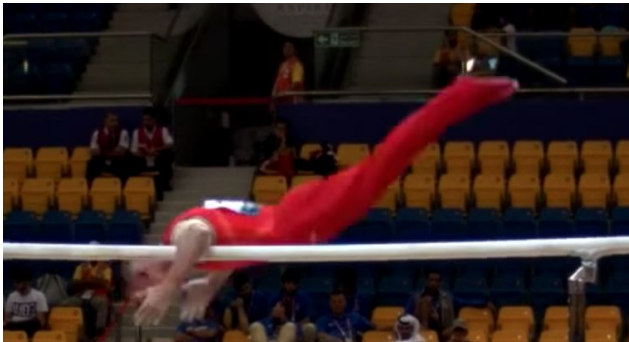
All long hang skills that are executed with bent knees (from above the bars), must not bend the knees until the body has reached horizontal.



# Lack of Extension on Salto Elements

**Deductions applied:  
S, M**

Salto elements that regrasp the bars should show an extension of the body that opens at horizontal (bar height).



# Uncontrolled Regrasps

**Deductions applied:  
M, L**

Ideally, elements (often with saltos) that regrasp to an upper arm hang must show a controlled regrasp with the arms/hands immediately reaching for and securing the bars in a way that allows for a unimpeded swing to follow.



# Table of Execution Deductions

Error	Small (0.1)	Medium (0.3)	Large (0.5)
One leg step or swing on mount		x	
Layaway on back swing		x	
Not controlled momentary handstand on 1 or 2 rails	x		
Elements on 1 rail with excessive hand separation or body deviation	x	x	x
Pre-element			x
Stepping or hand adjustments in handstand	x Each time		

# Table of Execution Deductions

Error	Small (0.1)	Medium (0.3)	Large (0.5)
Lack of extension at horizontal regrasping after saltos	x	x	
Uncontrolled regrasping after saltos		x	x
Moy and giants with bent legs before body reaches horizontal	x	x	
After Bhavsar or similar horizontal regrasping elements to hang, glide kip with bent legs		x	
Lack of extension on front uprise	x	x	

# PB

## Video Examples



Evaluate the difficulty value and execution of the following **Tippelt** elements. Remember that a Tippelt must show continuous movement and immediately rise upon regrasp.

1.



**No Credit**

- 1.2 Total
- 0.1 bent knees on bail
- 1.0 sit on bars = fall
- 0.1 hand step

2.



**Tippelt (D)**  
**No Deductions**

Does this show enough rise upon regrasp for no deductions?

3.



**Tippelt (D)**  
**-0.9 Total**

- 0.1 flexed feet
- 0.5 interruption of upward movement
- 0.3 use of strength

Note: Lowering of the legs  
0°-15° (small), 16°-30° (medium), 31°-45° (large) and >45° (large & non-rec.)

4.



**No Credit**  
**-0.8 Total**

- 0.5 complete stop
- 0.1 interruption of upward movement

5.



**Tippelt (D)**  
**No Deductions**

Continuous movement with LOTS of rise!!!

**\*The exact criteria as to how much rise a Tippelt must show is unclear at the moment.**

Evaluate the execution of the following **Forward Uprise** elements with specific attention given to their height.

1.



**No Deductions**

2.



**-0.3 lack of amplitude**

3.



**-0.1 lack of amplitude**

4.



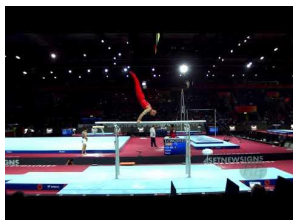
**-0.1 lack of amplitude**

5.



**-0.1 lack of amplitude**  
(2nd uprise in this sequence  
- after regrasp)

6.



**No Deductions**

7.



**-0.3 lack of amplitude**

Evaluate the execution of **Hand Adjustments** in the following two routines. What are your total deductions?

1.



**0.8 - 1.0 Total**

2.



**-0.5 (0.4-0.6) Total**

# Evaluate the execution of the following sequences with **Layaways, Empty Swings and Intermediate Swings**.

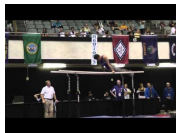
1.



**-0.5 Intermediate Swing**

**Note:** The swing HS was held, therefore, it is not an extra swing.

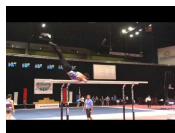
2.



**-0.3 Empty Swing**

**Note:** Like #1, because the swing is held this is not considered an extra swing.

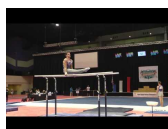
3.



**-0.3 Layaway**

**Note:** This is NO DEDUCTION for L7, L8 and L9

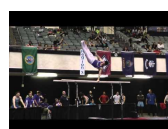
4.



**-0.3 Deduction**

**Note:** Gymnast shows a brief stop/hold in handstand. So it would be appropriate to categorize this as a short hold and not an extra swing. Same deduction applies.

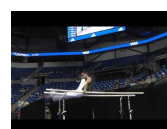
5.



**-0.3 Layaway**

**Note:** This is NO DEDUCTION for L7, L8 and L9

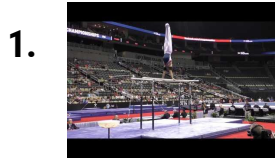
6.



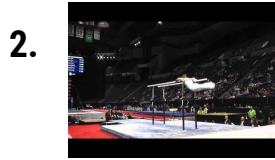
**-0.0**

**Note:** Gymnast completes a Stutz (C) and swings forward to an L-Sit (A). No extra swings.

Evaluate the difficulty value and execution of the following **BASKET to Handstand** elements.

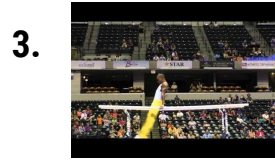


**Basket HS (D)**  
**-0.4 Total**  
-0.3 arm bend  
-0.1 swing w/  
strength

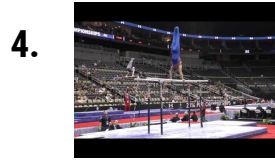


**No Credit**  
**-1.1 Total**  
-0.5 arm bend  
-0.3 angle  
-0.3 swing w/  
strength

**Note:** Possible No credit due to arm bend > 90°

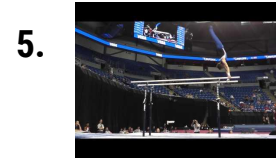


**Basket HS (D)**  
**-0.9 Total**  
-0.3 arm bend  
-0.3 swing w/  
strength  
-0.3 angle



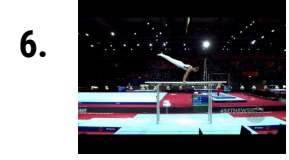
**No Credit**  
**-0.6 Total**  
-0.5 angle  
-0.1 arm bend

**Note:** No credit due to angle < 45°  
In the COP, there is a listed Basket to Support for a "B", but there was NO SUPPORT in this example



**Basket Support (B)**  
**No Deductions**

**Note:** It is likely this gymnast was attempting a Peach HS. However, since there is a "B" value Peach in COP and there was no fight to get to the HS this is most sensical.



**Basket HS (D)**  
**No Deductions**

Evaluate the difficulty value and execution of the following **Peach ½ Handstand** variations.

1.



**Basket ½ HS (E)**  
**Arm Bend -0.1,**

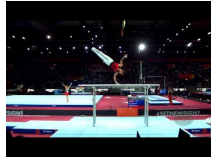
2.



**Basket ¼ HS (D)**  
**-0.2 Total**  
-0.1 arm bend  
-0.1 body position

**Note:** Two or more hand placements on Basket ½ HS devalues to a Basket ¼ (D) same box as Peach HS.

3.



**Basket HS Pirouette (D)**  
**-0.1 Total**  
-0.1 arm bend

**Note:** No Basket ½ HS credit because the ½ turn did not occur on the way up to HS

4.



**Basket ½ HS (E)**  
**-0.1 Total**  
-0.1 arm bend

5.



**Basket ½ HS (E)**  
**-0.6 Total**  
-0.3 arm bend  
-0.3 swing w/ strength

6.



**Basket 1/4 HS (E)**  
**Oops. Look at hand placement.**  
**Same box as Felge so this is a "D"**  
**-0.5 Total**  
-0.3 arm bend  
-0.2 hand steps 2x

Evaluate the execution of the following **Bhavsar** elements.

1.



**Bhavsar (E)**

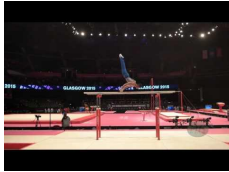
**-0.5 Total**

-0.1 knee bend

-0.3 arm angle

-0.1 body position

2.



**Bhavsar (E)**

**-0.4 Total**

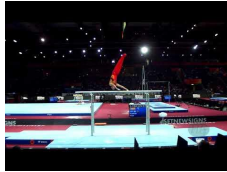
-0.1 knee bend on the bail

-0.1 knee bend on straddle part

-0.1 TOUCHING apparatus

-0.1 not stretched

3.



**Bhavsar (E)**

**No Deductions**

4.



**Bhavsar (E)**

**-0.8 Total**

-0.1 knee bend

-0.1 feet flexed

-0.3 arm angle

-0.3 body position

5.



**Bhavsar (E)**

**-0.3 Total**

-0.1 knee bend

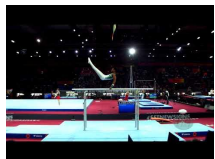
-0.1 flexed feet

-0.1 body

position

**L-Sits, Press Handstands and Swing Handstands** (that reverse direction) must be held for a minimum of 2 seconds. Evaluate the execution of the following sequences.

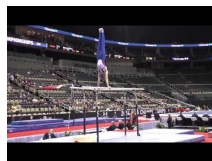
1.



**-1.0 Total**

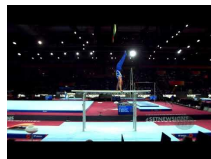
-0.3 empty swing  
-0.5 hip angle

2.



**No Deductions**

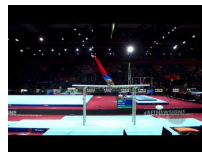
3.



**-0.4 Total**

-0.1 high (L-Sit)  
-0.3 short hold (L-Sit)

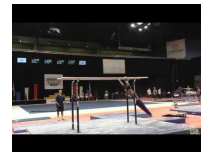
4.



**-0.9 Total**

-0.1 bent arms  
-0.3 short hold (L-Sit)  
-0.5 no hold (press HS)

5.



**-0.7 Total**

-0.1 feet separation (kip)  
-0.3 short hold (L-Sit)  
-0.3 short hold (press HS)

**Note:** Seems to be a momentary stop after press HS

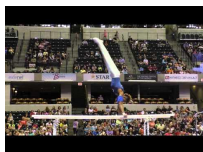
6.



**No Deductions**

Note: Swing HS does NOT need to be held because it keeps moving in same direction.

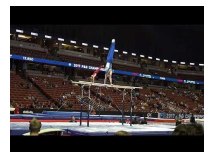
7.



**-0.4 Total**

-0.1 high (L-Sit)  
-0.3 short hold (L-Sit)

8.



**No Deductions**



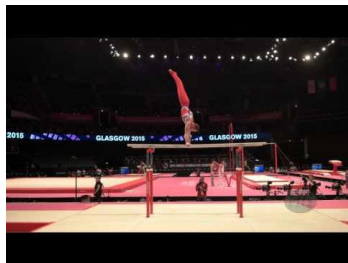
Knees are expected to remain straight until the gymnast's body reaches horizontal. Evaluate the execution of the following **Bails** from handstand.

1.



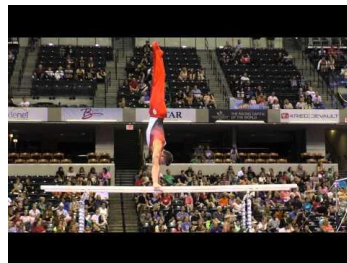
**No Deductions**

2.



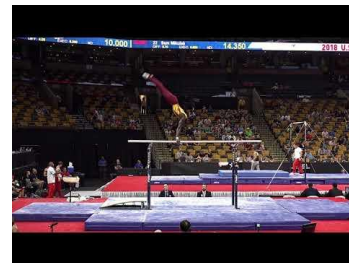
**-0.3 knee bend**

3.



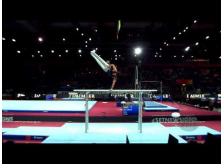
**-0.3 knee bend**

4.



**No Deductions**

Evaluate the difficulty value and execution of the following **Chiarlo / Piasecky** type elements.

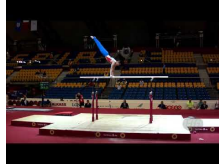


**Chiarlo (E)**  
**-0.1 Total**  
-0.1 hand separation

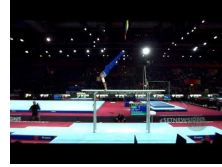


**Peach HS (D)**  
**-0.1 Total**  
-0.1 body deviation

**Note:** The Chiarlo is not connected to a 1-Bar Healy. Therefore, no upgrade occurs. Same COP box as Peach HS.



**Chiarlo (E)**  
**-0.7 Total**  
-0.3 hand separation  
-0.3 body deviation  
-0.1 balance check



**Piasecky (D)**  
**-0.1 Total**  
**-0.1 body deviation**



**Chiarlo (E)**  
**-0.8 Total**  
-0.3 body deviation  
-0.5 body angle



**Chiarlo (E)**  
**No Deductions**

**Salto Elements** must regrasp without disruption and show extension upon completion. Evaluate the execution of the regrasp and any lack of extension in the following salto elements.



**Belle (D)**  
**-0.8 Total**  
-0.3 lack of ext.  
-0.5 regrasp



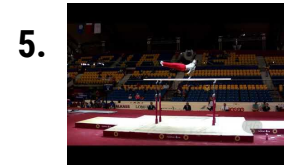
**Dimitrenko (E)**  
**No Deductions**



**Dimitrenko (E)**  
**-0.6 Total**  
-0.3 lack of extension  
-0.3 regrasp



**Straddle Front 1 ¼ (D)**  
**No Deductions**



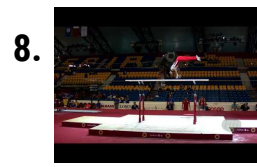
**Dimitrenko (E)**  
-0.3 lack of extension



**Morsuie (D)**  
**-0.4 Total**  
-0.1 lack of extension  
-0.3 regrasp



**Harada (D)**  
**-0.6 Total**  
-0.3 lack of opening  
-0.5 body position at horizontal



**Belle (D)**  
**-0.3 Total**  
-0.3 lack of extension

Evaluate the difficulty value and execution of the following **Healy and Makutz** elements with a specific focus on strong arm bending and/or pausing within the Makutz. .

1.



**No Credit**  
**-1.0 Total**

-0.1 leg separation  
-0.5 arm bend  
-0.5 inter. Swing

2.



**Healy (D)**  
**No Deductions**

3.



**Healy (D)**  
**-0.4 Total**

-0.1 leg separation  
-0.3 pike

4.



**Healy (D)**  
**-0.4 Total**

-0.3 late regrasp  
-0.1 hand adjustment

5.



**No Credit**  
**-1.7 Total**

-0.5 pause  
-0.3 arch  
-0.1 unsteadiness  
-0.5 hip angle  
-0.3 leg separation

6.



**No Credit**  
**-1.3 Total**

-0.1 pause  
-0.1 pike  
-0.5 arm bend  
-0.5 hip angle  
-0.1 leg separation

7.



**Makutz (E)**  
**-0.2 Total**

-0.1 leg separation  
-0.1 low regrasp  
Maybe the best rhythm in the world

8.



**Makutz (E)**  
**-0.7 Total**

-0.1 pause  
-0.3 arm bend  
-0.3 low regrasp

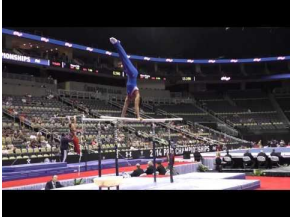
9.



**Makutz (E)**  
**-0.4 Total**

-0.3 pause  
-0.1 low regrasp

Under the guidance of the **USAG JDP Non-Recognition Rule**, watch the following videos and determine the difficulty value of the following elements. Would you give credit or no credit?



Need to find other video clips possibly for this slide.

# 6

## Horizontal Bar

*Linked HB Sections*

*Difficulty*  
*Execution & Neutral Deductions*  
*Video Examples*

# Most Overlooked HB Issues

(as indicated by our NALs)

**SrNAL: Michael Ashe (CA)**  
**JrNAL: Amanda Stroud-Gagnon (TX)**

\*In no particular order

1

Hand steps and slides

2

Bent knees / legs apart on taps before releases and dismounts

3

Bent arms on regrasp of flight elements

4

Understanding of how to count the 5 fwd. And bwd.  
Movements allowed to begin a USAG routine (3 for F.I.G.)

# HB

## Difficulty



# FIG Element Groups

Element Group	Examples
I. Long hang swings with and without turns	o/g and u/g giants, elgrip giant, quast, etc.
II. Flight elements	Voronin, Tkatchev, Kovacs, etc.
III. In-bar and Adler elements	Kip to handstand, free hip handstand, stalder, endo, Adler handstand, etc.
IV. Dismounts	Salto bwd. Stretched, double salto bwd tucked, etc.

# Level 8 HB Element Groups

Element Group I	Long Hang (FIG EG I)
Element Group II	In-bar <del>undergrip</del> OR Flight (FIG EG II)
Element Group III	In-bar <del>overgrip</del> (FIG EG III)
Element Group IV	≥ “A” Dismount (FIG EG IV)
Adler modifications allowed: Refer to table with exceptions	
Swing ½ turn from any non-flipping release IS allowed	
FIG EG II modified to include u/g in-bar skills FIG EG III modified to include ONLY o/g in-bar skills	

The word “undergrip” will be changed to read “forward” (NOT OFFICIAL, pending approval in first JDP Update this fall)

The word “overgrip” will be changed to read “backward” (NOT OFFICIAL, pending approval in first JDP Update this fall)

# USAG HB Modifications & Exceptions

- **Level 7 - Empty swing allowed prior to any skill.**
- **Level 7 - Maximum of -0.5 global deductions for any number of intermediate swings.**
- Level 7-9 - Swing 1/2 turn from non-flipping release IS allowed
- **Level 7-9** - Adler Modifications & Exceptions (See Slide 259)

# USAG HB Jr. "A" Skills

**Any Kip to support**

**Tuck Salto dismount**

**Toe on Toe off (either direction)**

**Front or Back Hip Circle**

**Pullover to support**

**Backward 3/4 Giant**

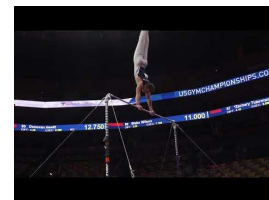
**Any Hop to double grip change**



# USAG HB Modifications & Exceptions

## Adler Skills - Table of Deductions **(Levels 7-9)**

Adler to HS	FIG "C" value	No angle deduction
Adler from 15° - 45°	Junior "B" value	No angle deduction
Adler from 44° - horizontal	Junior "A" value	No angle deduction
Adler below horizontal	Junior "A" value	0.5 angle deduction



# Connection Bonus (CB)

Connection bonus can be awarded in the following situations:

Flight		Flight		CB
C value	+	C value or higher	=	0.1
D value or higher	+	D value or higher	=	0.2
Adler type elements		Flight		CB
D value or higher	+	D value	=	0.1
D value or higher	+	E value or higher	=	0.2

**Note:** Connection bonus is only awarded in situations where there is NOT a large deduction (-0.5)

Any element used for connection bonus MUST be inside of the 10 counting elements.

# Special Repetitions (Adlers & Turning Elements)

In an effort to make sure that routines have a variety skills, there are limitations of certain types. In cases of Special Repetition, always count the higher valued elements. They include:

- Maximum of 2 Adler type elements
- No more than 1 variation of the same turning element (this includes both hopping and non-hopping skills)

Examples:

If the following skills were performed in the same routine ...

- ~~Rybalko to m/g (C)~~, Rybalko e/g (D)
- Adler ½ HS (D), Adler 1/1 HS u/g (E), ~~Adler HS (C)~~

# Special Repetitions (Flight Elements)

## And for Flight elements ...

- **Maximum of 2 Tkatchev or Piatti type elements**
- **Maximum of 2 Kovacs style flight elements**

**Note: 3 of the same style flight elements are permitted if two of them are directly connected.**

Examples:

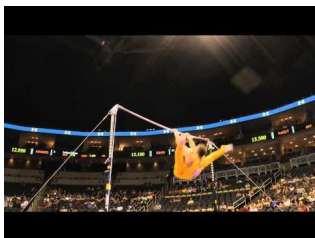
If the following skills were performed in the same routine ...

- Stretched Tkatchev (D), Piked Tkatchev (C), Straddle Tkatchev (C) + Gienger(C)
- Stretched Tkatchev (D) + ~~Straddle Tkatchev (C)~~, Liukin (F), Piatti (D)
- Stretched Tkatchev (D) + Straddle Tkatchev (C), Piked Tkatchev (C), Kovacs (D), Kolman (E)
- Kovacs (D) + Kolman (E), Cassina (G)
- Kovacs (D) + Gienger (C), Kolman, Cassina (G)
- Cassina (G) + Kolman (E), Kovacs (D) + ~~Cayford 2 (D)~~



# Stalder, Weiler & Endo Combined Elements

**All Stalder, Endo and Weiler type elements with turns are broken up into 2 separate skills. The one exception to this rule are the Stalder Rybalko variations.**



**Stalder (B) + 1/2 t. To elgrip (B)**



**Endo (B) + 1/1 t. To elgrip (C)**

# El-Grip & Russian Giant Elements

For an el-grip or Russian giant to be recognized directly after an Adler or turn to el-grip, the el-grip or Russian giant requires a swing over the bar in the el-grip in order to receive the value.



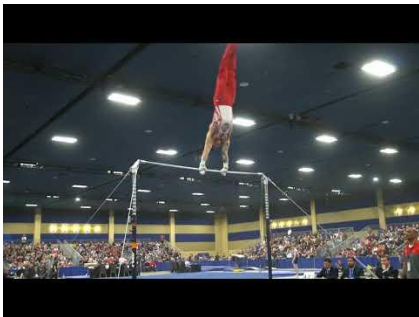
Endo (B) + 1/1 t. To elgrip (C) - followed by a hop to u/g (NO Elgrip Giant)



½ t. Elgrip (B) + Elgrip Giant (B)

# Recognition of Flight Elements with Falls

Flight elements will receive value as long as a distinct hang phase is shown before the gymnast falls.



**Credit**



**Credit**

Credit is given the moment both hands finally regrab the bar.



**No Credit**

A distinct phase or control through the bottom did not occur

# Yamawaki / Voronin / Vault Catch

A Yamawaki (II.9) shares some similarities with both the “B” value Voronin (II.26) and Rear Vault (II.32). To differentiate between the three elements, see chart below:

Yamawaki (D)	Voronin (B)	Vault Catch (B)
<ul style="list-style-type: none"><li>● Supposed to be stretched</li><li>● Supposed to pass through vertical axis</li></ul>	<ul style="list-style-type: none"><li>● Supposed to be piked</li><li>● Does NOT pass through vertical axis</li></ul>	<ul style="list-style-type: none"><li>● Typically very piked</li><li>● Typically does NOT show much flight</li></ul>

# El-Grip & Russian Giant Recognition

Both the el-grip and Russian giant do NOT require a specific amount of giant swing in el-grip but instead MUST go over the top of the bar in el-grip to receive their listed value. The following examples demonstrate this rule:

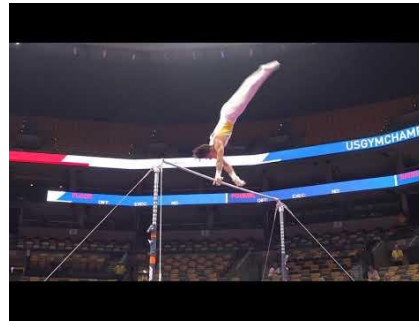
- Adler to 65° from handstand (C value, 0.5 deduction), swing in el-grip through the bottom and over the top (B value), swing in el-grip through the bottom and over the top, swing in el-grip through the bottom and hop out to undergrip
- Adler to handstand (C value), swing in el-grip through the bottom and over the top in el-grip (B value), el-grip Endo (C value), swing in el-grip through the bottom and hop to u/g.

# El-Grip Endos

For recognition purposes, an el-grip Endo (III.99) must go over the top of the bar in el-grip.



**THIS**



**NOT THIS**

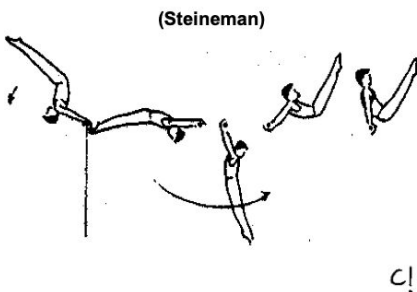
## Flight Elements with 1/2 Turns to Mixed Grip

Flight elements with 1/2 turns to m/g must have more than 50% of the turn completed upon catching the bar in order to receive no deduction while continuing upon catching the bar in order to receive no deduction while continuing to a back uprise to handstand. E-Jury deductions for insufficient turning will be applied.

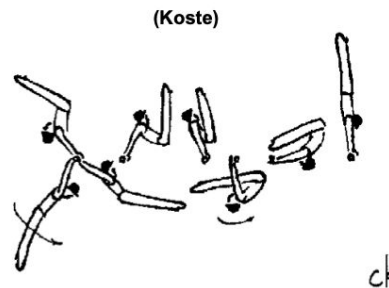
**Note:** These elements have now been placed into same COP box as their identical versions w/o the ½ twist. So it is likely that gymnasts may not perform these as much as in the past.

# Exiting From a Czech Giant

A simple stoop (to horizontal or below) out of a Czech giant is permitted as a skill of no value without an angular deviation. This is not to be confused with a Koste (C value) (III.87) which is evaluated from a handstand finishing position.



A Steineman (B) will typically finish with a stoop out to horizontal (no value and no angle deductions)



A Koste (C) will receive value if the stoop out is above horizontal (angle deductions apply)



# Endo, Stalder, Weiler & Adler Recognition

**For recognition, Endos, Stalders, Weilers and all Adler type skills must continue over the bar in the intended direction.**

# Layout Tkatchev vs. Piked Tkatchev

To receive credit for a layout Tkatchev (D value), the element must pass over the bar with a straight body. If the gymnast bends his body greater than  $45^\circ$  before passing over the bar, it will be evaluated as a piked Tkatchev (C value).

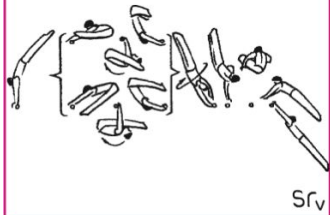
If the body happens to bend greater than  $45^\circ$  after passing over the bar, the gymnast will receive layout Tkatchev credit with appropriate execution deductions for piking.



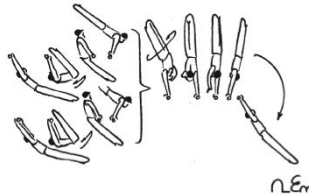
# HB: Removed Skills

\* All EG3  
in-bar combo  
skills have  
been split into  
two parts

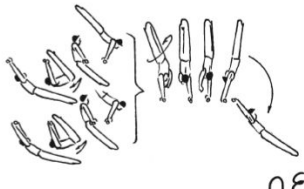
75. Stalder ½ t. et sauté dorsal avec ¼ t. à la susp.  
Stalder ½ t. to rear vault with ¼ t. to hang.  
Stalder con ½ g. y salto dorsal con ¼ g. a la susp.  
(Jansen)



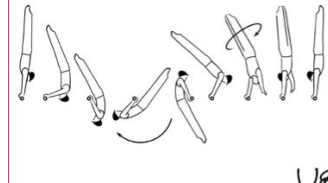
2. Bascule d'élan à l'appui renversé de la prise palmaire ou mixte avec 1/1 t. à la prise mixte.  
Kip to hdst. in under or mixed grip w. 1/1 t. to mixed grip.  
Kipe al apoyo invertido en presa palmar o mixta con 1/1 a presa mixta.



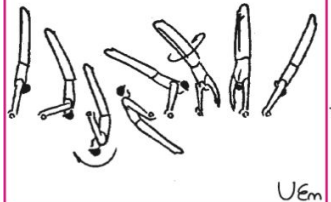
3. Bascule d'élan à l'appui renversé de la prise palmaire ou mixte avec 1/1 t. à la prise cubitale.  
Kip to hdst. in under or mixed grip w. 1/1 t. to el-grip.  
Kipe al apoyo invertido en presa palmar o mixta con 1/1 a cubital.



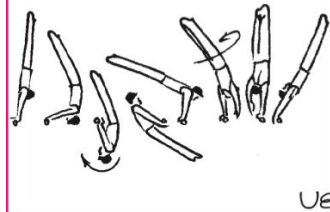
14. Weiler avec ½ tour.  
Weiler with ½ turn.  
Weiler con ½ giro



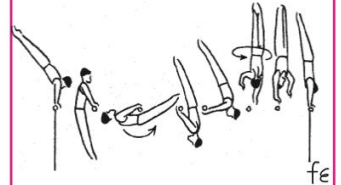
9. Weiler avec 1/1 tour à prises palmaire - cubitale.  
Weiler with 1/1 turn to mixed - grip.  
Weiler con 1/1 giro a presa mixta.



10. Weiler avec 1/1 tour à prises cubitales des 2 mains.  
Weiler with 1/1 turn to double el - grip.  
Weiler con 1/1 giro a cubital.



27. De la suspension ou de l'appui, d'élan par-dessus sauté à l'appui renversé avec 1/1 tour.  
From hang or from support, free hip circle hop through handstand with 1/1 turn.  
De la suspensión o del apoyo, impulso por debajo saltando al ap. invertido con 1/1 g.



# HB: Removed Skills (Cont.)

38. Endo avec ½ t. par l'appui renversé.  
*Endo with ½ t. thr. hdst.*  
 Endo con ½ g. por el apoyo invertido.

Se

39. Endo avec 1/1 t. par l'appui renversé en prise mixte.  
*Endo. with 1/1 t. thr. hdst. in mixt grip.*  
 Endo con 1/1 g. por el apoyo invertido en presa mixta.

LeE

40. Endo avec 1/1 t. par l'appui renversé en pr. cub.  
*Endo with 1/1 t. thr. hdst. in el-grip.*  
 Endo con 1/1 g. por el apoyo invertido en presa cubital.

LeE

45. Stalder sauté avec 1/1 t. par l'appui renversé. 4  
*Stalder with hop 1/1 t. through hdst.*  
 Stalder saltado con 1/1 g. por el apoyo invertido.

Se

50. Stalder avec ½ tour par l'appui renversé.  
*Stalder with ½ turn through hdst.*  
 Stalder con ½ g. por el apoyo invertido.

Se

51. Stalder avec ½ tour par l'appui renversé pr. cub.  
*Stalder with ½ turn through hdst. in el-grip.*  
 Stalder con ½ g. por el apoyo inv. presa cubital.

Se

94. Endo prise cubitale et 1/1 en prise mixte ou palmaire.  
*Endo in el-grip and 1/1 t. to mixed grip or under-grip.*  
 Endo presa cubital y 1/1 g. a presa mixta o palmar.

LeE

100. Koste ½ tour terminé en prise cubitale.  
*Koste ½ turn to elgrip.*  
 Koste con ½ giro a cubital.  
 (Likhovitskiy)

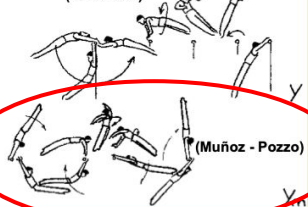
Se

# HB: Merged Skills

\*All Yamawaki ½ & Tkatchev ½ variations have been devalued and merged into the same box as the same version w/o the ½ twist.

9. Markelov gestr. m. geschlossenen Beinen, auch m. ½ Dreh.  
Back up. and strad. hecht w. ½ t. to hang also w. ½ t.  
Маркелов прямым телом, также с ½ п.

(Yamawaki)



(Muñoz - Pozzo)

29. Piatti gestr. m. ½ Dr. i. d. Zwiagriff (Mix-Eilgriff) u. Rückschwung i. d. Hdst. auch m. ½ Dreh  
Piatti stretched with ½ t. to mix el-grip into back uprise to hdst.

Пиатти прогнувшись, также с ½ п.



(Kierzkowski) P Pm

34. Piatti geb. auch m. ½ Dreh.  
Piatti piked., also w. ½ t.  
Пиатти согн.



Pv

15. Vorschung u. Kontergrätsche o. Konterbücke i. d. Hang auch m. ½ Dreh.  
Swing fwd. and vault bwd. strad. to hang, also with ½ t.

Махом вп. перелет наз. ноги вр., также с ½ п.

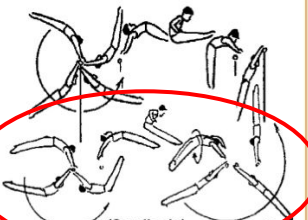


(Tkatchev)

(Lynch)

21. Vorschung u. Konterbücke i. d. Hang, auch m. ½ Dreh.

21. Vorschung u. Konterbücke i. d. Hang, auch m. ½ Dreh. Z  
Swing fwd. and vault bwd. piked to hang, also with ½ t.  
Ткачев согн., также с ½ п.



(Samiloglu)

16. Tkatchev gestr. m. ½ Dr. i. d. Zwiagriff zur Schwungstemme rw. i. d. Handstand.  
Tkatchev stretched with ½ t. to mix el-grip into back uprise to hdst.

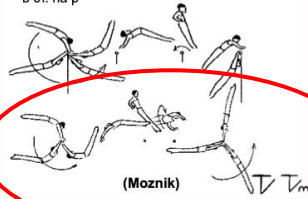
Ткачев прогн., также с ½ п. и под. мах. наз. в ст. на р



(Moznik)

16. Tkatchev gestr. m. ½ Dr. i. d. Zwiagriff zur Schwungstemme rw. i. d. Handstand.  
Tkatchev stretched with ½ t. to mix el-grip into back uprise to hdst.

Ткачев прогн., также с ½ п. и под. мах. наз. в ст. на р



(Moznik)

29. Piatti gestr. m. ½ Dr. i. d. Zwiagriff (Mix-Eilgriff) u. Rückschwung i. d. Hdst. auch m. ½ Dreh  
Piatti stretched with ½ t. to mix el-grip into back uprise to hdst.

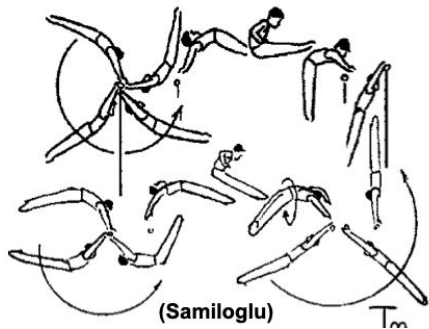
Пиатти прогнувшись, также с ½ п.



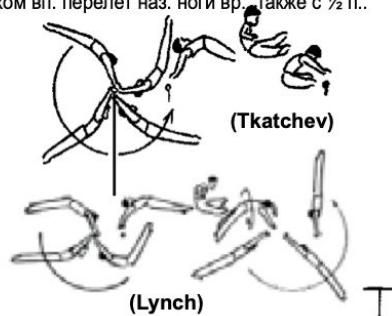
(Kierzkowski) P Pm

# (Un)Merged Skills

21. Vorschwung u. Konterbücke i. d. Hang. auch m.  $\frac{1}{2}$  Dreh.  
*Swing fwd. and vault bwd. piked to hang, also with  $\frac{1}{2}$  t.*  
Ткачев согн., также с  $\frac{1}{2}$  п.



15. Vorschwung u. Kontergrätsche o. Konterbücke i. d. Hang auch m.  $\frac{1}{2}$  Dreh.  
*Swing fwd. and vault bwd. strad. to hang, also with  $\frac{1}{2}$  t.*  
Махом вп. перелет наз. ноги вр., также с  $\frac{1}{2}$  п..



**Straddled Tkatchev and Piked Tkatchev are now in separate boxes**

# HB

## Execution & Neutral Deductions

# **HB: Swings to Begin Routine**

Gymnast is allowed a maximum of 3 swings to begin routine without deduction **(AS OF RIGHT NOW THIS DOES INCLUDE L10)**

**\* Seeking Clarification on what constitutes a swing**



# HB: Swings to Begin Routine

Per FIG, gymnasts are allowed a maximum of 3 swings to begin routine without deduction. Athlete will receive a -0.3 deduction for more than 3 swings (**THIS DOES INCLUDE L10**). USAG JDP still allows the usual 5 swings.



**USAG - OK**  
**FIG - ?**

Note: Uprise HS  $\frac{1}{2}$  pirouette is performed on 4th movement.



**USAG - OK**  
**FIG - ?**

Note: free hip is performed on 5th movement.



**USAG - Not OK (-0.3)**  
**FIG - ?**

Note: Uprise HS is performed on 6th movement.

**Note: To validate these examples, it would be helpful if the FIG could better define what constitutes a “swing”**

# Beginning the Routine

Deductions applied:  
M

The FIG has provided clarification as to how many swings can be performed to begin a routine ... **A cast consisting of a maximum of 3 swings is permitted in order to begin an exercise without deduction.**

The expectation for the USAG JDP (L7, L8 and L9) remains the same ... a gymnast is allowed 5 forward and backward swings in which an FIG skill is completed on the 5th movement. The JDP program allows for a change of direction on the 5th movement without deduction.

**Note: Level 10 gymnasts will follow the FIG's 3 swing requirement.**

# Beginning the Routine (Cont.)

When does the swinging actually begin?

Remember, unlike Still Rings, the gymnast does NOT have to begin from a still hang. So when do you begin counting? Watch the video clip below. How many swings occur before the gymnast completes the first skill?

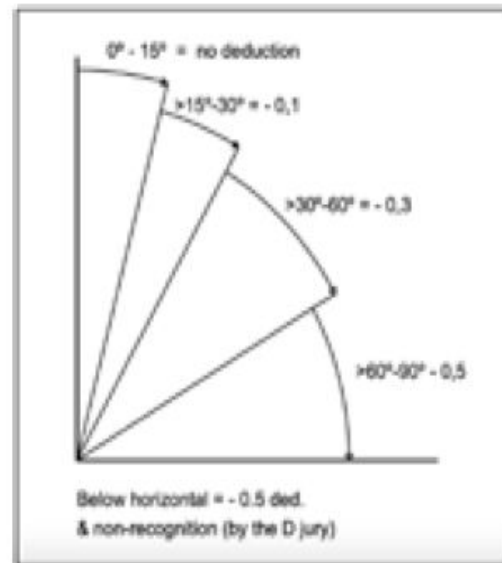


- The gymnast begins his swings at the 0:09 mark when he breaks his body line and lifts his legs to the bar. That is the first swing / movement.
- The uprise handstand pirouette is completed after the 3rd swing (on the 4th swing).
- This meets the FIG / NCAA / L10 requirement.

# Deviations in Swings To or Through Handstand

Deductions applied:  
S, M, L

Angular Deviation	Deduction
0° - 15°	No deduction
>16° - 30°	0.1
<b>&gt;31° - 60°</b>	<b>0.3</b>
<b>&gt;61° - 90°</b>	<b>0.5</b>
Below horizontal	0.5 & Non-Recognized



**Note: This chart includes ALL skills that swing to or through handstand, including elements that end in elgrip or mixed el-grip.**

# All Turning Elements to Handstand

**Deductions applied:  
S, M, L**

All turning elements in one hand support are considered finished at the moment the gymnast re-grasps the bar with the second hand. This is the point at which the finishing angle is evaluated.

# Hopping Elements to Handstand

**Deductions applied:  
S, M, L**

Elements with hops to a handstand which include turns (such as a Quast or Rybalko and their Stalder variations), must initiate the the turn during the hop and must re-grasp with the second hand only after the turn has been completed. For difficulty purposes, A hop element is considered finished at the moment both hands regrasp the bar. However, the angle is being evaluated until the turn is completed.

- A re-grasp may occur initially with one hand and then the second hand as the turn is completed.
- Both a Quast and Rybalko should ... show a visible hop and fluid turn while NOT turning on the supporting arm.

Note: A Rybalko to a 1 arm giant swing will receive the same value (and same COP box) as a Rybalko to u/g or m/g.

# Zou Li Min & Insufficient Turning

**Deductions applied:  
S, M, L**

A Zou Li Min should be executed with a complete 360° turn on the way down (followed by another 360°) turn on the way back up to the handstand. Insufficient turning on the downward portion of the element will be deducted by the E-Jury. If the deviation is greater than 90°, the element will NOT be recognized and receive a 0.5 deduction from the E-Jury.



# Conspicuous Rise in Flight Elements

Deductions applied:  
S, M

Flight elements must demonstrate a conspicuous rise of the body during the flight phase.





# Bent Arm Regrasp on Flight Elements

**Deductions applied:  
S, M**

Flight elements must regrasp with the arms stretched out to enable the gymnast to continue movement that is uninterrupted.



# Empty Swings, Intermediate Swings & Layaways

**Deductions applied:  
M, L**

Backward swings to handstand that simply reverse direction and swing back down are deducted 0.3 each time. Specific examples include:

- Following a kip cast or back uprise to handstand - layaway to bwd. giant swing (or stalder, free hip, ½ turn to e/g, etc.)
- Following an u/g back uprise to handstand - hop to overgrip and swing fwd. to a bwd. giant swing (or stalder, free hip, etc.).

Note: In addition to the extra swings, angular deductions need to be applied for missing the handstand position.

# Flight Elements with Saltos Over the Bar

**Deductions applied:**  
**M**

Any flight element with a salto over the bar requires a giant swing afterward. No giant swing would lead to a 0.3 deduction that would be applied by the E-Jury.

# Bent Knees on Giants / Swings

**Deductions applied:  
S, M**

Especially when performing higher level releases and dismounts, maintaining good form can be difficult. Proper form, including the legs staying together, must be maintained throughout a giant swing (as well as all other skills).



**-0.1**



**-0.3**

# Hand Steps & Slides

Deductions applied:  
S

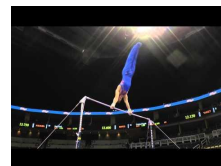
Hand Steps and Hand Slides are frequently seen as gymnasts transition from one skill to the next. The following examples show situations where hand steps / slides are commonly seen:



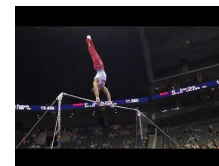
**NOT OK** - Hand slide out before an Adler type skill



**NOT OK** - Bring hands together before a blind change or Quast



**NOT OK** - Hand slide to move down the bar



**NOT OK** - Hand slide out after catching release skill



**OK** - Shifting/sliding a hand during an Adler skill



**OK** - Simultaneous slide when switching hand(s) from e/g to u/g

## Entry Angle for In-Bar elements (including Adlers)

**Deductions applied:  
S, M, L**

All variations of Endos, Stalders and Weilers ARE required to enter from handstand. If these skills are performed in such a way where the entry occurs before the handstand, angular deviation deductions will be applied by the E-Jury.

# Czech Giants

Czech Giants should maintain an open shoulder angle while going over the top of the bar (resembling a Manna position). Any closing of the angle between the arms and the body would result in execution deductions.



**THIS**



**NOT THIS**

# Table of Execution Deductions

Error	Small (0.1)	Medium (0.3)	Large (0.5)
Legs apart <b>or other poor execution execution</b> during jump/lift to HB		x	
Lack of swing or pause in handstand or elsewhere	x	x	
Low amplitude on flight elements	x	x	
Deviation from plane of movement	$\leq 15^\circ$	$> 15^\circ$	
Layaway on the back swing		x	
Illegal elements with or from feet on the bar		x	



# Table of Execution Deductions

Error	Small (0.1)	Medium (0.3)	Large (0.5)
Bent arms on regrasping following flight elements	x	x	
Bent knees during swing actions	x each time	x each time	
Elements not continuing in their intended direction		x	
Any flight element with salto over the bar without a giant swing afterward		x	
Entry angle deviation from handstand in Endos, Stalders, Weilers and Adlers	x	x	x
<b>Additional swings in the beginning of an exercise</b>		x	

# HB

## Video Examples

According to the USAG JDP, the **Beginning of a Routine** allows for 5 forward and backward movements that can be performed in which the 5th movement must be an FIG skill. Evaluate the execution of the following sequences with your sole focus being on the swings and whether they are within acceptable limits for the purposes of the USAG JDP.

1.



**USAG - OK**  
**FIG - ?**

Note: free hip is performed on 5th movement.

2.



**USAG - OK**  
**FIG - ?**

Note: Yamawaki is performed on the 5th movement, initial kick back counts as a swing.

3.



**USAG - OK**  
**FIG - ?**

Note: Uprise HS 1/2 pirouette is performed on 4th movement.

4.



**USAG - Not OK (-0.3)**  
**FIG - ?**

Note: Uprise HS is performed on 6th movement.

5.



**USAG - Not OK**  
**(-0.3)**  
**FIG - ?**

Note: Gienger is performed on the 7th movement.

6.

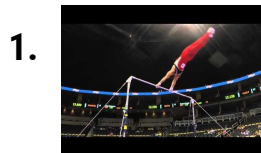


**USAG - Not OK (-0.3)**  
**FIG - ?**

Note: Vault catch is performed on the 6th movement.

**The FIG has indicated that 3 swings are allowed to begin a routine. At this point more clarification is needed as to what constitutes a swing and when the swing begins.**

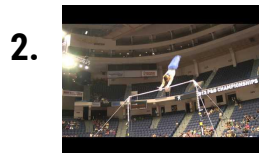
Evaluate the difficulty value and execution of the following sequences containing **Change of Direction, Extra Swings, Layaways, etc.**



**Swing ½ turn (skill of no value)**  
**-0.3 Total**  
-0.3 empty swing

**Note1:** For USAG JDP this is allowed for non-salto release over the bar (Tkatchev)

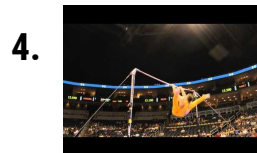
**Note2:** This is NOT a listed JDP "A" value skill



**No Credit**  
**-0.6 Total**  
-0.3 change of direction  
-0.3 angle

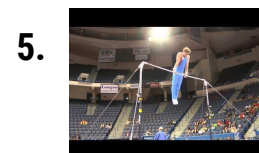


**Kip to HS (A)**  
**-0.4 Total**  
-0.3 change of handstand  
-0.1 angle

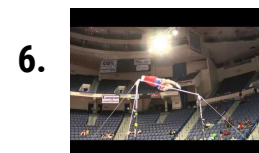


**No Credit**  
**-0.5 Total**  
-0.3 change of direction  
-0.1 flexed toes  
-0.1 knee bend

**Note:** Adler skills must go over bar to receive credit



**No Credit**  
**-0.4 Total**  
-0.3 change of direction  
-0.1 knee bend



**Uprise HS (A)**  
**-0.6 Total**  
-0.3 change of direction  
-0.3 angle

**Hand Steps and Hand Slides** are frequently seen as gymnasts transition from one skill to the next. In terms of execution, how many hand slides / steps do you see in the following routines? What are the total deductions?

1.



**5x = -0.5**

2.



**7x = -0.7**

Evaluate the execution of the **Knee Bends / Legs Apart in Taps** in the following two routines. Pay specific attention to (but not limited to) the giants that immediately precede release elements and dismounts.

1.



-1.0

2.

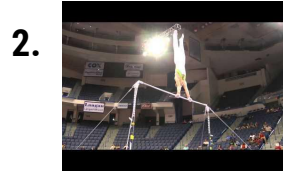


-0.3

Evaluate the total execution of the following **In-bar** elements. Pay particular attention to the entry angle.



**-0.8 Total**  
-0.5 entry angle  
-0.3 finish angle



**-0.1 Total**  
-0.1 finish angle



**-1.0 Total**  
-0.5 entry angle  
-0.5 finish angle



**-0.4 Total**  
-0.3 entry angle  
-0.1 finish angle



**-0.6 Total**  
-0.3 bent knees  
-0.3 finish angle

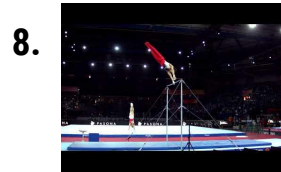
**Note:** early entry on Adler skills allowed.



**-0.2 Total**  
-0.1 entry angle  
-0.1 finish angle



**-0.6 Total**  
-0.5 entry angle  
-0.1 finish angle



**No Deductions**

**Note:** early entry on Adler skills allowed



**-0.5 Total**  
-0.5 finish angle

Evaluate the execution of the following release elements with specific attention given to the **Bent Arm Regrasps** and the giant immediately following.

1.



**-0.2 Total**

-0.1 bent arm regrasp  
-0.1 arm bend on giant

2.



**-0.5 Total**

-0.1 bent arm regrasp  
-0.3 arm bend on giant  
-0.1 arch on giant

3.



**-0.5 Total**

-0.3 bent arm regrasp  
-0.1 arm bend on giant  
-0.1 arch on giant

4.



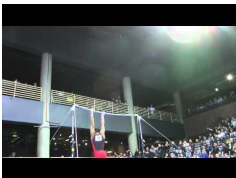
**-1.4 Total**

-0.3 bent arm regrasp  
-0.5 knee bend  
-0.3 legs apart  
-0.3 layaway



Evaluate the difficulty values, including any possible connection bonus (CB), of the following **Release Combinations**.

1.



Yamawakai (C) +  
Gienger (C)  
**C (0.3) + C (0.3) +  
0.1 CB = 0.7**

2.



Liukin (F) + Gienger (C)  
**F (0.6) + C (0.3) +  
0.1 CB = 1.0**

3.



Adler ½ HS (D) +  
Straddled Tkatchev (C)  
**D (0.4) + C (0.3) = 0.7**

**Note: "D" Adler used in  
combination with a  
release only receives  
CB when connected  
with a "D" release.**

4.



Cassina (G) + Kovacs (D),  
Kolman (E) + ~~Gaylord 2 (D)~~  
**G (0.7) + D (0.4) + 0.2 CB  
E (0.5) = 1.6**

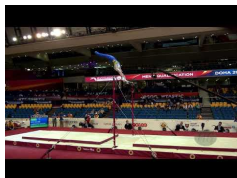
**Note: The Gaylord 2 is the  
4th Kovacs style released  
used. Three of them are ok  
only because they are used  
in connection.**

5.



Adler ½ HS (D) +  
Kovacs (D)  
**D (0.4) + D (0.4) +  
0.1 CB = 0.9**

6.



Straddle Tkachev (C) +  
Stretched Tkatchev (D) + ~~Lynch (E)~~  
**C (0.3) + D (0.4) + 0.1 CB = 0.8**

**Note: Lynch and Straddle  
Tkatchev are in same COP box.**

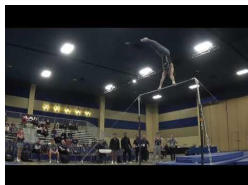
Evaluate the difficulty value and the execution of the following **Yamawaki**, **Voronin** and **Vault Catch** elements. Be sure to pay specific attention to body position and axis when differentiating between the three elements.

1.



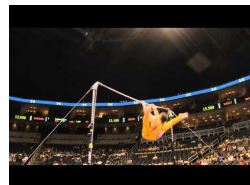
**Vault Catch (B)**  
**-0.1 Total**  
-0.1 axis

2.



**Yamawaki (C)**  
**No Deductions**

3.



**Voronin (B)**  
**No Deductions**

4.



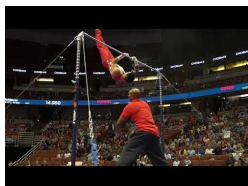
**Voronin (B)**  
**-0.5 Total**  
-0.5 lack of pike

5.



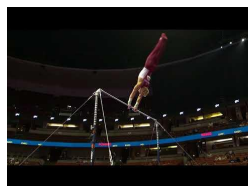
**Yamawaki (C)**  
**-0.4 Total**  
-0.1 axis  
-0.3 pike

6.



**Yamawaki (C)**  
**-0.4 Total**  
-0.3 pike

7.



**Yamawaki (C)**  
**-0.3 Total**  
-0.1 axis  
-0.1 pike  
-0.1 flexed toes

**Note:** This is borderline unrecognizable. It is pretty straight but does not pass anywhere near a vertical axis so cannot call it a Yamawaki. It's sideways nature resembles a Voronin but it lacks pike.

Evaluate the difficulty value and execution of the layout/pike in the following the **Stretched / Piked Tkatchevs**. Can you find the one Piked Tkatchev (C) in the group?

1.



**Stretched Tkatchev (D)**  
**No Deductions**

2.



**Stretched Tkatchev (D)**  
**-0.5 pike**

3.



**Stretched Tkatchev (D)**  
**-0.1 pike**

4.



**Stretched Tkatchev (D)**  
**-0.3 pike**

5.



**Stretched Tkatchev (D)**  
**-0.5 pike**

6.



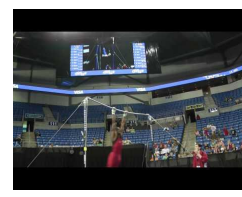
**Piked Tkatchev (C)**  
**No Deductions**

7.



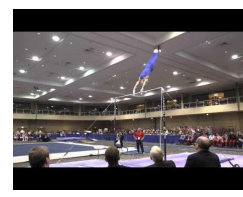
**Stretched Tkatchev (D)**  
**No Deductions**

8.



**Stretched Tkatchev (D)**  
**-0.1 pike**

9.



**Stretched Tkatchev (D)**  
**-0.3 pike**

Evaluate the difficulty value and total execution deductions of the following **Zou Li Min** elements. Specific attention should be given to the amount of turning within the skill.

1.



**Zou Li Min (C)**  
-0.3 lack of turn

2.



**Zou Li Min (C)**  
No Deductions

3.



**No Credit**  
-0.5 Lack of turn

4.



**No Credit**  
**-1.6 Total**  
-0.1 lack of turn  
-0.5 arm bend  
-1.0 fall

Note: No credit  
due to lack of  
turning

5.



**Zou Li Min (C)**  
-0.1 lack of turn

Evaluate the difficulty value and execution of the following **Quasts and Rybalkos**. Specific attention should be given to the hop and finishing angle.

1.



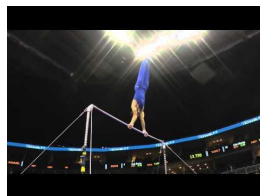
**No Credit**

**-1.0 Total**

-0.5 lack of hop

-0.5 angle

2.



**Rybalko m/g (C)**

**-0.4 Total**

-0.3 angle

-0.1 axis

3.



**Quast (C)**

**No Deductions**

4.



**Rybaldo m/g (C)**

**-0.4 Total**

-0.1 lack of hop

-0.3 angle

5.



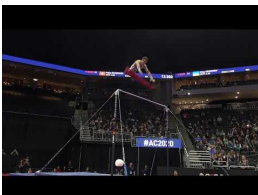
**No Credit**

**-0.8 Total**

-0.5 lack of hop

-0.3 angle

6.



**Quast (C)**

**-0.2 Total**

-0.1 angle

-0.1 body position

7.



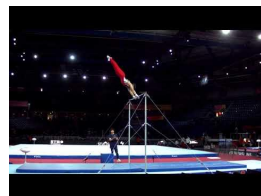
**Rybalko m/g (C)**

**-0.9 Total**

-0.3 lack of hop

-0.5 angle

-0.1 axis



**Quast (C)**

**-0.1 Total**

-0.1 lack of hop

Evaluate the difficulty value and execution of the following **Czech Giant Sequences**. Czech giants are not performed frequently so as judges, we need to be prepared to evaluate them properly when they do appear.

1.



**Stoop In & Back Toss,  
Czech Giant, Steineman  
Uprise, Stoop Out to  
Horizontal (C, D, B, no  
value)**

**-0.2 Total**

-0.1 tap (before Stoop In)  
-0.1 Czech Giant shoulder  
angle

2.



**Back Toss, Steineman  
Uprise, Stoop Out to  
Horizontal (A, B, no  
value)**

**-0.2 Total**

-0.1 body contacts bar  
on back toss  
-0.1 Stalder angle

3.



**Back Toss, Czech  
Giant, Koste, ½ t.  
Elgrip (A, D, C, B)**

**-0.7 Total**

-0.1 body contacts  
bar on back toss  
-0.1 Koste angle  
-0.5 ½ t. Elgrip angle

4.



**Stoop In & Back  
Toss, Czech Giant,  
Koste (C, D, C)**

**-0.5 Total**

-0.1 body contacts  
bar on back toss  
-0.3 Koste angle  
-0.1 Koste hip angle

5.



**Stoop In & Back  
Toss, Czech Giant,  
Koste (C, D, C)**

**-0.6 Total**

-0.3 Czech Giant  
shoulder angle  
-0.3 Koste angle