



National
Gymnastics
Judges
Association

NATIONAL COURSE

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FIG
General Section

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This presentation has been developed in accordance with the 2017-2020 version of the FIG Code of Points. There are several changes of significance for each apparatus when compared to the previous version of the Code of Points. Any items from the FIG MTC Newsletter #31 as well as the FAQ document produced by Steve Butcher have been incorporated into the PowerPoint. **Anything that would be new information when compared to last year's rules has been highlighted in red.** The current version of the Code of Points can be viewed through the link below.

2017–2020 FIG Men's Gymnastics Code of Points

[http://www.fig-gymnastics.com/publicdir/rules/files/en_MAG CoP 2017 - 2020.pdf](http://www.fig-gymnastics.com/publicdir/rules/files/en_MAG_CoP_2017_-_2020.pdf)

The NGJA website will house all documents (NGJA Interpretations, FIG Newsletters, etc.) needed to stay up to date with the rules as they continue to be modified. Be sure to check periodically for any changes as you prepare for competition.

<http://www.ngja.org/>

SYMBOLS

As the rules have become more complex over the years, the need to develop a set of symbols to use while judging has become a near necessity. The FIG has issued a symbols document to educate gymnastics officials. You can begin to develop a system of symboling skills while viewing link below:

http://www.fig-gymnastics.com/publicdir/rules/files/mag/MAG_Symbols_Booklet_2015_ENG_FINAL_21September2015.pdf

PURPOSE

1. Provide an objective means of evaluating an exercise.
2. Standardize the judging at various phases of gymnastics competition.
3. Assure the identification of the best gymnast in a competition.
4. Guide coaches and gymnasts in the composition of exercises.
5. Provide the source of other technical information and regulations needed for competition.

REGULATIONS GOVERNING GYMNASTS

RIGHTS OF THE GYMNAST

The gymnast is guaranteed the right to:

- Have their performance judged fairly and correctly.
- Receive a written evaluation of a new skill or vault before the competition.
- Have their score publicly displayed.
- Repeat an exercise if interrupted for reasons beyond his control or responsibility with permission of the superior jury.
- Briefly leave competition venue for personal reasons as long as permission is given (competition will not be delayed).
- Obtain final results of competition (from delegation leader).

REGULATIONS GOVERNING GYMNASTS

RIGHTS OF THE GYMNAST

The gymnast is guaranteed the right to:

- Have identical apparatus and mats in the training gym and competition venue (must meet FIG specs).
- Use mandatory 10 cm mats (on top of existing 20 cm landing mats) on both SR and HB.
- Be assisted to a hanging position on SR and HB by a coach or gymnast.
- Have a spotter present on both SR and HB.
- Rest or recuperate in the allowable time following a fall from apparatus.
- Confer with coach and rest for up to the 30 seconds following a fall from the apparatus (time begins when gymnast rises to feet).
- Request permission to raise the HB or SR to accommodate for taller gymnasts.
- Repeat the entire exercise (SR and HB only) without deduction at the end of the rotation, if the gymnast shows a torn handguard that caused the fall or interruption.

REGULATIONS GOVERNING GYMNASTS

WARM-UP

Gymnasts are entitled to a “touch” warm-up period prior to competition that includes:

- ❑ 30 seconds on all apparatus except PB.
- ❑ 50 seconds on PB (includes bar preparation).

Note: There will be a signal from the D1 judge 30 seconds before the exercise is expected to begin.

RESPONSIBILITIES OF THE GYMNAST

- To know the Code of Points and conduct self accordingly.
- To submit (or have coach submit) a written request before the competition to assess the difficulty of a new element.
- To submit (or have coach submit) a written request before the competition to have the Rings or Horizontal Bar raised for competition.

DUTIES OF THE GYMNAST

GENERAL

- To present himself by raising 1 or 2 arms to acknowledge the D1 judge at the beginning and ending of the exercise.
- To begin the exercise within 30 seconds of the signal from the D1 judge.
- To remount within 30 seconds after a fall (timing starts when the gymnast rises to his feet after the fall).
- To leave the podium (apparatus area) immediately after the conclusion of the exercise.
- To refrain from changing the height of any apparatus unless permission has been given.
- To refrain from speaking with judges during the competition.

DUTIES OF THE GYMNAST

GENERAL

- To refrain from delaying competition (remounting podium or remaining on podium for too long).
- To refrain from other undisciplined or abusive behavior (damaging apparatus, marking FX carpet with magnesium, etc.).
- To notify the Superior Jury, if there is reason to leave the competition (Note: competition will not be delayed as a result).
- To leave supplementary mats in position (for landing) during the entire exercise.
- To participate in the respective award ceremony dressed in appropriate competition attire.

DUTIES OF THE GYMNAST

COMPETITION ATTIRE

- They must wear long gymnastics pants and socks on PH, SR, PB, and HB. Pants, socks, and/or slippers that are black or darker shades of blue, brown or green are not permitted.
- They have the option of wearing shorts with or without socks or long gymnastics pants with socks on FX and V.
- They must wear a gymnastics singlet on each apparatus.
- They have the option of wearing gymnastics footwear and/or socks.
- They must wear the bib number supplied by the organizing committee.
- They must wear a national identification or emblem on their singlet.

DUTIES OF THE GYMNAST

COMPETITION ATTIRE

- They must wear only those logos, advertising and sponsorship identifiers that are permitted through the FIG.
- The competition attire must be identical for members from the same federation (this applies to team competition).
- Handguards, body bandages, and wrist wraps are permitted; they must be secure and in good condition.

PENALTIES

- ❑ The normal penalty for a violation of the rules and expectations presented in Articles 2 and 3 are considered medium deductions (- 0.3) for behavioral violations and large errors (- 0.5) for apparatus violations.
- ❑ Unless otherwise indicated these penalties are always applied by the D1 to the final score of that exercise.
- ❑ In extreme cases, the gymnast or coach may be expelled from the competition in addition to the specified penalties stated above.

PENALTIES

BEHAVIOR RELATED VIOLATIONS

Violation	Penalty
Any attire violations (Article 2.3)	0.3 from the Final Score (once per competition)
Not acknowledging the D1 judge before or after the exercise.	0.3 from the Final Score.
Exceeding 30 sec. before beginning exercise (after signal from D1 has been given)	0.3 from the Final Score
Exceeding 60 sec. before beginning exercise (after signal from D1 has been given)	Exercise is terminated
Exceeding 30 sec. before continuing after fall	0.3 from the Final Score
Exceeding 60 sec. before continuing after a fall	Exercise is terminated after a fall
Remounting a podium after the exercise	0.3 from the Final Score
Coach speaking with gymnast during exercise	0.3 from the Final Score
Other undisciplined or abusive behavior	0.3 from the Final Score

PENALTIES

APPARATUS

Violation	Penalty
Non-permitted presence of spotter	0.5 from the Final Score
Incorrect use of magnesium and/or damaging apparatus	0.5 from the Final Score
Illegal use of supplementary mats or non-use where required	0.5 from the Final Score
Coach moving supplementary mats during the exercise	0.5 from the Final Score
Changing the height of the apparatus without permission	0.5 from the Final Score
Re-arrangement or removal of springs from the springboard	0.5 from the Final Score

PENALTIES

INDIVIDUAL & TEAM

Other Individual Violations

Absent from competition area without permission, failure to return and complete competition

Disqualified from remainder of competition

Absent from victory ceremony

Result and Final Score is annulled for team and individual purposes

Performing without signal or green light

Final Score = 0 points

Team Violations

Team gymnast(s) compete in wrong order on an apparatus

1.0 from the total team score on the applicable apparatus

Violations of attire regulations that apply to Team Competition

1.0 from the total team score, once per competition

REGULATIONS FOR COACHES

RIGHTS OF THE COACHES

- To assist the gymnast or team in submitting written requests related to the raising of apparatus and rating of new elements/vaults.
- To assist the gymnast or team on the podium during the warmup.
- To help the gymnast or team prepare the apparatus for competition.
- To lift the gymnast to a hanging position on the Rings or High Bar.
- To be present on the podium after the green light is lit to remove the springboard on Parallel Bars.
- To be present at Rings and High Bar during the gymnast's exercise for reasons of safety.

REGULATIONS FOR COACHES

RIGHTS OF THE COACHES

- To assist or advise the gymnast during the thirty seconds after a fall on all apparatus as well as between the first and second vault.
- To have their gymnast's score publicly displayed immediately following their performance or in accordance with competition regulations.
- To be present at all apparatus to help in case of injuries or apparatus defects.
- To inquire to Superior Jury concerning the evaluation of the content of the exercise.
- To request to Superior Jury a review of the Time and Line deductions.

REGULATIONS FOR COACHES

RESPONSIBILITIES OF THE COACHES

- To know the Code of Points and conduct himself accordingly.
- To submit the competition order and other information required in accordance with competition.
- To refrain from changing the height of any apparatus or adding, rearranging or removing springs from springboard.
- To refrain from delaying the competition, obstructing the view of the judges and otherwise abusing or interfering with rights of others.
- To refrain from speaking to the gymnast or from assisting in any other way (signals, shouts, cheers) during performance.
- To refrain from any other undisciplined or abusive behavior.
- To conduct themselves in a fair and sportsmanlike manner at all times.
- To participate in a sportsmanlike manner in any applicable award ceremony.

PENALTIES

BEHAVIOR OR COACH

Behavior of coach with no direct impact on result / performance of gymnast/team

Unsportsmanlike conduct (valid for all phases of competition)	1 st time = Yellow card for coach (warning)
Other flagrant, undisciplined and abusive behavior (valid for all phases of competition)	2 nd time = Red card for coach and removal of the coach from the competition

Behavior of coach with direct impact on result / performance of gymnast / team

Unsportsmanlike conduct (i.e. unexcused delay of competition, speaking to active judges during the competition, speaking directly to gymnast by giving signals, shouts (cheers) or other similar assistance during exercise)	1 st time = -0.5 (from gymnast / team at event) and Yellow Card for coach (warning) if coach speaks to active judges.
	1 st time = -1.0 (from gymnast / team at event) and Yellow Card for coach (warning) if coach speaks aggressively to active judges
	2 nd time = - 1.0 (from gymnast / team at event) and immediate Red Card for coach and removal of coach from the competition floor
Other flagrant, undisciplined and abusive behavior (i.e. incorrect presence of unauthorized persons during competition)	- 1.0 (from gymnast / team at event) and immediate Red Card for coach and removal of coach from the competition floor

REGULATIONS FOR APPARATUS JURIES

RESPONSIBILITIES OF JUDGES

- To have a **thorough knowledge of: Code of Points, FIG Technical Regulations, FIG Judges Rules**, other technical information necessary to carry out duties.
- To be in possession of the international Judge's Brevet valid for the current cycle and produce the Judge's Log Book.
- To possess the category necessary for the level of competition they are judging.
- To have extensive **knowledge of contemporary gymnastics** and to understand the intent, purpose, interpretation and application of each rule.
- To **attend all scheduled instruction sessions and meetings** of judges before the respective competition.
- To **adhere to any special organizational or judging related instructions** given by governing authorities.
- To participate in mandatory podium training.

REGULATIONS FOR APPARATUS JURIES

RESPONSIBILITIES OF JUDGES

- ❑ To be **thoroughly prepared** on all apparatus.
- ❑ To be **capable of fulfilling various mechanical duties** (i.e. completion of score sheets, computer or tech equipment, facilitating the efficient running of the competition, communicating effectively with other judges).
- ❑ To be **well prepared, rested, vigilant, and punctually present** at least one hour before the start of competition or according to instructions from work plan.
- ❑ To **wear the FIG prescribed competition uniform** (dark blue jacket, grey pants, light colored shirt with tie).

DURING THE COMPETITION JUDGES

MUST ...

- ❑ **Behave** at all times in a professional manner and exemplify **non-partisan** ethical behavior.
- ❑ Fulfill all functions previously outlined from Article 5.4.
- ❑ Evaluate each exercise **accurately, consistently, quickly, objectively** and **fairly**; when in doubt give the benefit to the gymnast.
- ❑ **Maintain a record** of their personal scores.
- ❑ Remain in own assigned seat and refrain from having contact or discussions with gymnasts, coaches, delegation leaders or other judges.

Note: Different levels of competition have different rules. At the local level, it is very important to develop relationships with other coaches and judges. Good communication will only improve your standing within your own communities.

FUNCTIONS OF APPARATUS JURY

FUNCTIONS OF THE D-PANEL

- ❑ D-Panel judges record the entire exercise content in symbol notation, evaluate independently, without bias and then together determine the D-Score. Discussion is allowed.
- ❑ D-Panel enters the D-Score into computer.
- ❑ **The D-Score content includes ...**
 - The **value of elements (difficulty)** according to the table of elements.
 - The **connections value**, based on special rules for each apparatus.
 - The value of **Element Group requirements** executed.

FUNCTIONS OF APPARATUS JURY

FUNCTIONS OF THE D1 JUDGE

- To serve as the apparatus liaison between the Apparatus Jury and the Apparatus Supervisor.
- To **coordinate** the work of the Time Judges, Line Judges and Secretaries.
- To ensure the efficient running of the apparatus including the **control of warm-up time**.
- To **display the green light or other signal** to notify gymnasts that they must begin their exercise within 30 seconds.
- To ensure that **neutral deductions** for time, line, behavior faults are taken from the Final Score before being flashed.
- To ensure the correct penalties for a **short exercise** are applied.
- To ensure the following deductions are applied for:
 - Failure to present before/after exercise, performance of a “0” vault, assistance during an exercise, vault or dismount.

FUNCTIONS OF APPARATUS JURY

FUNCTIONS OF THE E - PANEL

- To **observe the exercises carefully**, evaluate the faults and apply deductions correctly, independently and without consulting other judges.
- To **record the the deductions** for:
 - General faults
 - Technical compositional errors
 - Positional errors
- To **complete the score slip with a signature and/or enter deductions into computer.**
- To be able to **provide a personal written record** of their evaluation of all exercises.

FUNCTIONS OF APPARATUS JURY

FUNCTIONS OF THE TIMERS, LINE JUDGES & SECRETARIES

Line Judges

- To determine on both FX and V if the gymnast has stepped outside the marked boundaries and to acknowledge the fault by raising the flag.
- To inform the D1 judge of any violation / deduction and sign and submit the appropriate written record.

Time Judges

- To time the duration of the exercise (FX).
- To ensure adherence to the warm-up time on PB.
- To give an audible signal on FX to the gymnast at the completion of 60 and 70 seconds.
- To inform the D1 judge of any violation and sign and submit appropriate written record.
- To record the exact amount of time over limit for time violations where there is no computer present.

Secretaries

- To adhere to correct order of teams / gymnasts, operate red/green lights, flash the correct score, time the duration of the fall period, and control start of exercise after green light.

EVALUATION OF COMPETITION EXERCISES

GENERAL RULES

D-Jury

- Determines the content / difficulty of the exercise (D-Score).
- Applies neutral deductions (taken from final score) when necessary.

E-Jury

- Evaluates the exercise presentation (E-Score).

The D-Score and the E-Score are added together to determine the final score of the exercise.

EVALUATION OF COMPETITION EXERCISES

GENERAL RULES

The **D-Score** will include by addition ...

- ❑ The **Difficulty** value of the 10 best elements (9 skills plus the dismount).
 - Maximum of 5 elements from the same element group.
 - Only 9 skills will be counted if no dismount is performed.

- ❑ The **Element Group Requirements** value (provided that they are within the 10 counting elements).

- ❑ **Connection Points** (applies to FX and HB only)

The **E-Score** will start from a 10.0 and deductions will be taken for aesthetic and execution errors as well as technical and compositional errors.

EVALUATION OF COMPETITION EXERCISES

GENERAL RULES

When determining the D-Score, if the judge needs to choose the counting 9 elements among skills with the same value (but belong to different element groups), the judge should choose in such a way that benefits the gymnast.

Element Group #	I	III	I	II	III	III	III	III	I	II	IV
Value	A	B	B	B	B	B	C	B	C	C	D
Skill	Uprise HS	Stalder	Higgins e/g	Voronin	Endo	Weiler	Endo 1/1	Weiler ½	Quast	Tkatchev	Double Layout 1/1

Note: The Uprise HS (A, I) is not within the 9 best elements, therefore is not counted

when determining Difficulty Value.

Element Group #	III	III	I	II	II	III	III	III	II	II	IV
Value	B	B	B	B	C	B	B	B	D	C	D
Skill	Endo	Endo ½	Higgins e/g	V'oronin	Gienger	Stalder	Stalder ½	Weiler 1/2	Kovacs	Tkatchev	Double Layout 1/1

Note: This routine contains several B skills. The judge needs to be sure to count the

Higgins e/g (B, I) because the gymnast has no other group I skills.

EVALUATION OF COMPETITION EXERCISES

SHORT EXERCISE

A **Short Exercise** is defined as a routine with <7 skills. The **D-Panel** will take the appropriate deductions highlighted in the table below:

# of elements	Deductions
7-10	0.0
5-6	-4.0
3-4	-6.0
1-2	-8.0
0	-10.0

REGULATIONS GOVERNING THE D-SCORE

DIFFICULTY

The **Difficulty Values** in the table below will be used to calculate the total difficulty in the routine:

	A	B	C	D	E	F	G	H	I
Value	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9

- Repeated elements** are not given value and do not contribute to the D-Score.
- Elements that are not in the Code of Points** are usually not permitted or fall below value of an A skill (no value given).
- Elements in the same box with different values** can be performed in same routine and count towards the D-Score.

REGULATIONS GOVERNING THE D-SCORE

ELEMENT GROUPS

- ❑ Each apparatus has 4 **Element Groups** (this includes the dismount element group).

Note: FX does not contain a dismount element group. However, the final tumbling run will count as the dismount (EG IV)

- ❑ Each routine should contain at least one element from of each of the element groups.

- ❑ +0.5 is awarded for each element group that is fulfilled.

- ❑ Every exercise must end with a legitimate dismount that is listed under the dismount element group.

REGULATIONS GOVERNING THE D-SCORE

DISMOUNTS

Non-Legitimate Dismounts include:

- A dismount that pushes off the feet (except FX)
- An exercise finished with a partially shown or incomplete dismount.
- A dismount that does not land on the feet (including rollout elements on FX)
- A dismount that intentionally lands sideways.

Regarding **Dismount Element Group Requirements**, the following will be applied:

Difficulty	Value
A or B	0.0 (does not fulfill requirement)
C	+0.3 (partial requirement value)
D	+0.5 (full requirement value)

REGULATIONS GOVERNING THE D-SCORE

CONNECTION POINTS

Connection Points ...

- May be awarded only for directly connected recognized high value elements performed without a large error.

- Are only available on FX and HB.

Note: Stipulations regarding Connection Points are particular to both FX and HB.

Details will be outlined within these events.

- FX only allows for 2 connections
- Not necessary to be within counting 10 elements for both FX and HB

REGULATIONS GOVERNING THE D-SCORE

EVALUATION BY THE D-JURY

- The D-Jury is responsible for evaluating the content of the exercise and determining the correct D-Score.
- Very poorly performed elements will not be recognized by the D-Jury (and will be deducted by the E-Jury)
- Each element is defined to the perfect end position or as being performed with perfection.
- An element that is not recognized by the D-Jury will receive no value.
- In all cases the D-Jury is to make decisions based on gymnastics sense and in cases of doubt give the benefit to the gymnast.
- Elements with the highest difficulty values will be counted first in cases of Special Repetition (chronological order no longer determined).
- For recognition of difficulty on PH and FX, the dismount is always counted first (However, If the FX dismount is a repeated element, the dismount is then unrecognized).

REGULATIONS GOVERNING THE D-SCORE

EVALUATION BY THE D-JURY

Non-Recognized Elements (evaluated by the D-Jury) are elements that deviate significantly from the prescribed execution. An element will not be recognized for reasons including, but not necessarily restricted to the following:

- On FX, an element is performed beginning outside the floor area.
- On V, the gymnast performs an invalid vault.
- On HB, an element is performed with or from feet on the bar.
- If a hold element with straddled legs that is not listed is performed.
- If the element has been completed with the assistance of a spotter.
- If the gymnast falls on or from the apparatus during an element or alters it or interrupts it in some manner.
- If the gymnast falls on or from the apparatus during an element without having reached an end position that permits continuation.

REGULATIONS GOVERNING THE D-SCORE

EVALUATION BY THE D-JURY

Non-Recognized Elements (evaluated by the D-Jury) are elements that deviate significantly from the prescribed execution. An element will not be recognized for reasons including, but not necessarily restricted to the following:

- If the element is so altered in performance that it can no longer lay any claim to its identification number or value (i.e. strength element performed almost entirely with swing, an element on SR, that is controlled with feet on cables, etc.).
- If a strength hold element or a simple hold element is not held.
- If a press or pull out comes from a strength hold element which has not been recognized or credited for any reason.
- If on PH, elements in cross support or in side support deviate from the correct position by 45 degrees or greater for the greater portion of the element.
- If strength hold positions or simple hold positions on any apparatus deviate from the correct horizontal body, arm or leg position by 45 degrees or greater.

REGULATIONS GOVERNING THE D-SCORE

REPETITION

- An exercise may not be repeated unless the gymnast has to interrupt his exercise for reasons outside his control.

- If the gymnast falls on or from the apparatus, he may choose to continue from the fall or repeat the missed element for credit.

- No element may be repeated for difficulty credit or Connection Points.
Note: Exceptions exist on PH (flop combinations) and SR (final strength hold position).

- If the difficulty of an element is not recognized for any reason, then that element can also not meet an Element Group Requirement.

REGULATIONS GOVERNING THE D-SCORE

D-JURY EVALUATION

Gymnast's Actions	D-Jury Evaluation
Fulfilling Element Group Requirements	+0.5 for each Element Group
Dismount Element Group Requirement	A or B value dismount = +0.0 C value dismount = +0.3 D value (or higher) dismount = +0.5
Errors leading to non-recognition	Non-recognition of the Difficulty
Assistance by spotter in completion of element	Non-recognition of the Difficulty
Not holding	Non-recognition of the Difficulty
Repeated element	Permitted but given no value
Pushing with feet for dismount or other non-legitimate dismount	Non-recognition of the element and dismount element group requirement
Straddled strength hold or other prohibited elements	Non-recognition of the Difficulty

REGULATIONS GOVERNING THE E-SCORE

DESCRIPTION OF EXERCISE PRESENTATION

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CALCULATION OF E-JURY DEDUCTIONS

- ❑ The Exercise Presentation consists of various factors (**technical, compositional, aesthetic and execution**) that constitute the essence of contemporary gymnastics.
- ❑ The Exercise Presentation has a **maximum value of 10.0 points**.
- ❑ Judges of the E-Jury will determine deductions independently and do so within 20 seconds of the completion of the routine.
- ❑ Each performance is evaluated with reference to expectations of perfect performance. All deviations from this expectation are deducted.

TECHNICAL DIRECTIVES

EVALUATION BY THE E-JURY

- ❑ The E-Jury is to demand that elements be performed with perfection and to perfect end positions.
- ❑ The E-Jury is obligated to deduct equally for any error of the same magnitude regardless of the difficulty of the element.
- ❑ Judges must remain up to date with contemporary gymnastics and must know how standards are changing as the sport evolves.
- ❑ The E-Jury must refrain from deducting from elements that are performed in such a way that they have a special purpose (i.e. modified giant swing before a dismount/release skill).
- ❑ If the judge cannot reach a decision, give the benefit to the gymnast.
- ❑ The E-Jury is obligated to deduct twice for two distinctly different errors in an element (i.e. stutz on PB with bent knees and low amplitude).

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

The following deductions will apply for every aesthetic or technical deviation from the expected performance ...

Small Error = -0.1

- Minor or slight deviation from perfect end position or technical execution.
- Minor adjustments to hand, foot, or body position.
- Other minor violations against aesthetic and technical performance expectations.

Medium Error = -0.3

- Distinct or significant deviation from perfect end position or technical execution.
- Distinct or significant adjustments to hand, foot or body position.
- Other distinct violations against aesthetic and technical performance expectations.

Large Error = -0.5

- Major or severe deviation from perfect end position or technical execution.
- Major adjustments to hand, foot or body position.
- Any full intermediate swing.
- Other major or severe violations against aesthetic and technical performance expectations.

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

Falls and Spotter Assistance = -1.0

- ❑ Any fall on or from the apparatus during an element without ...
 - Having reached an end position that permits continuation with at least a swing (distinct hang phase on HB or distinct support on PH).
 - Having displayed momentary control of the element during landing or re-grasp.

- ❑ -1.0 is the maximum deduction for an element with a fall (this includes all steps, touches or support on the floor). Other execution deductions incurred (height, landing extension, insufficient twist, etc.) still apply.

- ❑ Any assistance by a spotter that contributes to the completion of an element.

Don't Forget ...

If a gymnast does not perform a dismount, but lands intentionally on his feet, no 1.0 deduction for a fall will be taken.

Also ... Dismounts (or vaults) cannot be repeated (except Pommel Horse).

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

Strength and Hold Parts

Angular deviations from the perfect hold position define the degree of technical error.

- Small Error = 0-15 degrees
- Medium Error = 16-30 degrees
- Large Error = > 30 degrees
- Non-Recognition = > 45 degrees
(& Large Error)

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

Strength and Hold Parts (Continued)

- ❑ Any press from a static strength element that was not recognized will also not be recognized.

Example: A cross on SR held above 45 degrees that is followed by a pullout to L will result in both skills not being recognized.

- ❑ If the preceding strength hold element received a deduction for incorrect position, then the same deduction (up to 0.3) applies again to a press element from that original static strength element.

Example: A cross on SR held between 16-30 degrees that is followed by a pullout will receive two separate 0.3 deductions.

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

Swinging Skills – Angular Deviations

- ❑ Swing elements to or through a handstand (FX, PH, SR, PB, HB) are allowed a deviation of up to 15 degrees for no deduction.
- ❑ Circles (PH) must be within 15 degrees of a perfect side or cross support for no deduction.
 - E-Jury deducts for each skewed circle / skill.
 - D-Jury does not recognize element if a deviation of greater than 45 degrees occurs.

Angular Deviation	Deduction
Up to 15°	No deduction
16° - 30°	Small (-0.1)
31° - 45°	Medium (-0.3)
> 45°	Large (-0.5) & non-recognition

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

Swings to Hold Position (SR)

The shoulders may not rise above the final hold position. If the shoulders rise above the final hold position. The deduction is ...

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

Hold Elements (SR)

All hold elements must be held for a minimum of 2 seconds. The following deductions apply for a short hold:

2 seconds = No Deduction

< 2 seconds = Medium (-0.3)

Non-Stop = Large & no credit

TECHNICAL DIRECTIVES

DETERMINATION OF EXECUTION AND TECHNICAL ERRORS

FX Landings & Dismounts

For safety reasons a gymnast may land or dismount with their feet apart (enough to properly join their heels together) upon landing. The gymnast must complete the landing by bringing his heels together without lifting and moving the front of his feet.

Error	Deduction
Landing with feet slightly apart and gymnast lifts heels and joins both heels together without lifting and moving the front of his feet.	No deduction
Landing with feet slightly apart (or less than shoulder width) and gymnast <u>picks up a foot</u> moving both feet together OR <u>does not join feet together</u> by lifting only the heels.	Small (-0.1)
Landing with <u>feet more than shoulder</u> width apart, AND gymnast <u>picks up one foot</u> moving both feet together OR <u>does not join feet together</u> .	Medium (-0.3)

TECHNICAL DIRECTIVES

EXPECTATIONS FOR COMPOSITIONAL EXERCISE CONSTRUCTION

Atypical Straddling

A gymnast may not perform elements with a separation of the legs that serves no purpose or that detracts from the aesthetics of the performance.

Note: It is acceptable to straddle while performing the following skills:

- SR & PB – L sit, press handstand
- PB – glide stoop through to handstand on one rail
- FX – from prone position, press handstand

Repetition

Is permitted, however, skills will not receive credit for difficulty or connection bonus. The E-Jury will continue to evaluate.

TECHNICAL DIRECTIVES

EXPECTATIONS FOR COMPOSITIONAL EXERCISE CONSTRUCTION

Layaways, Empty and Intermediate Swings

Layaways (-0.3)

Back swing in support or in upper arm support that reverses direction and swings down to a lower hang or support position.

Empty Swing (-0.3)

A swing at the end of which no element is performed or no new support, hang position or grip has been achieved.

Intermediate/Whole Swing (-0.5)

Two empty swings in succession.

TECHNICAL DIRECTIVES

EXPECTATIONS FOR COMPOSITIONAL EXERCISE CONSTRUCTION

Lowering of Legs on Swings to Handstands

Angular Deviation	Deduction
Up to 15°	Small (-0.1)
16° – 30°	Medium (-0.3)
31° – 45°	Large (-0.5)
> 45°	Large (-0.5) & non-recognition

TECHNICAL DIRECTIVES

E-JURY DEDUCTIONS

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Non-distinct positions (tuck, pike, straight)	+	+	+
Adjust or correct hand or grip position each time	+		
Walking in handstand or hopping (each step or hop)	+		
Touching apparatus or floor with legs or feet	+		
Hitting apparatus or floor			+
Gymnast touched but not assisted by spotter		+	
Interruption of exercise without fall			+
Bent arms, bent legs, legs apart	+	+	+
Poor posture or body position or postural corrections in end positions	+	+	+
Saltos with knees or legs apart	≤ shoulder width	> shoulder width	
Legs apart on landing	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing	+		
Loss of balance during any landing with no fall or hand support (max. - 1.0 total for steps/hops)	Small step / hop (0.1 per step) Max. 'one foot' distance (MTC Newsletter #32)	Large step / hop or touching mat with 1-2 hands > 'one foot' distance (MTC Newsletter #32)	
Fall or support with 1 or 2 hands during landing			1.0
Fall during any landing w/o feet contacting mat first			1.0 and non-recognition by the D-Jury
Lack of extension in preparation for landing	+	+	

TECHNICAL DIRECTIVES

E-JURY DEDUCTIONS

Error	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Atypical straddle		+	
Other aesthetic errors	+	+	+
Deviations in swings to or through handstand or in circle elements	15° - 30°	31° - 45°	> 45° and non-recognition
Angular deviations from perfect hold positions	Up to 15°	16° - 30°	31° 45°
Press from poorly held positions	Deductions equivalent to those for the hold position are repeated		
Incomplete twists	Up to 30°	31° - 60°	61° - 90° > 90° and non-recognition
Lack of height or amplitude on salto and flight elements	+	+	
Additional or intermediate hand support	+		
Strength with swing and vice versa	+	+	+
Duration of hold parts (2 sec.)		< 2 sec.	Non-stop and non-recognition
Interruption of upward movement	+	+	+
Lowering of legs on elements to a handstand	0 - 15°	16° - 30°	31° - 45° > 45° = non-recognition
Two or more attempts at a hold or strength part		+	+
Unsteadiness in or fall from handstand	+	Swing or disturbance	Fall over
Fall from or onto apparatus			1.0
Intermediate swing or layaway		Half or layaway	whole
Assistance by spotter in completion of element			1.0 & non-recognition
Other technical errors	+	+	+

JUNIOR INTERNATIONAL ROUTINE REGULATIONS

(EXCEPTIONS TO SENIOR RULES)

Difficulty

8 elements count toward Difficulty (7 skills + Dismount)

Dismounts

”C” Dismount given full Element Group credit (+0.5) & ”B” Dismount given partial Element Group credit (+0.3)

Floor Exercise

No Double salto required

Still Rings

No saltos backward in hang (Guczoughy) & Li Ning elements

Parallel Bars

No saltos with reception in upper arms and/or bent arm support for juniors

Floor Exercise

A FLOOR EXERCISE ROUTINE IS COMPOSED PREDOMINANTLY OF **ACROBATIC ELEMENTS** COMBINED WITH **STRENGTH** AND **BALANCE** PARTS, ELEMENTS OF **FLEXIBILITY**, HANDSTANDS, AND **CHOREOGRAPHIC COMBINATIONS** ALL FORMING A HARMONIOUS RHYTHMIC EXERCISE PERFORMED USING THE ENTIRE FLOOR EXERCISE AREA.

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Boundary Lines

- The gymnast must begin exercise from within floor area.
- Elements initiated outside floor are not recognized by the D-Jury but will be evaluated by the E-Jury.

The gymnast may step onto the line but not over the lines. If the gymnast steps over the line, the following neutral deductions will be taken (applied to final score by D1 judge).

Error	Deduction
Landing or touching with 1 foot or 1 hand outside of FX area	-0.1
Touching with feet, hands, foot and hand or with any other part of body outside of FX area	-0.3
Landing directly outside of FX area	-0.3

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Duration

The exercise begins with the first movement of the gymnast's feet and ends in a standing position with the feet together.

- An audible warning signal is given at 60 seconds and again at 70 seconds (If the gymnast has exceeded 70 seconds, the D1 judge will apply the appropriate neutral deduction).

Utilization of Floor Exercise Area

- The full Floor area must be used. A gymnast must go to and/or from each corner or a 0.3 neutral deduction by the D-Jury will be taken once during the exercise (if the gymnast's final tumbling pass takes him to an unused corner this will fulfill the requirement to use all corners)(MTC Newsletter #32).
- There is no limit regarding the amount of times a diagonal may be used in succession for acrobatic elements.

Delayed Movement

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

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Landings

Each acrobatic element or series must end in a visibly controlled landing (heels must come together) before continuing to a non-acrobatic element. Uncontrolled landings will incur a deduction.

- There is no specific deduction for an intentional sideways landing.
- A large deduction is taken if the gymnast 'bounds' immediately to a prone position from a tumbling skill. No deduction is taken if the gymnast jumps to a prone following a controlled landing.

Simple Steps

Simple steps may not be used to arrive at a corner. Simple steps occur when a gymnast repositions himself on the floor area without any choreography. Acceptable movements after tumbling run include:

- a step forward with a 180° turn or greater
- Jump or gymnastics movement

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Multiple Salto Elements

Execution/Aesthetic deductions are take per element NOT for every salto.

Roll-Out Skills

Dive rolls must show a momentary support of both hands.

Note: Salto skills with a roll-out have been removed from the Code of Points.

Single Salto Twisting Elements

If performed in a tuck/pike position (and they are not represented in the COP), the skill will receive a stretched value. However, appropriate deductions (S-M-L) will be taken for a non-distinct position. If the hip flexion is $> 45^\circ$ from a stretched position, it will considered piked. Likewise, if the knee bend is $> 45^\circ$ from a stretched position, it will be considered tucked.

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D-SCORE

Element Groups

- I. Non-acrobatic elements
- II. Acrobatic elements forward
- III. Acrobatic elements backward (includes Arabian elements)

Note: Dismounts are given credit for a fourth element group. However, dismounts must come from Element Group II or III.

Dismounts (& Repetition)

An element can only fulfill one element group requirement. The element executed as the dismount will count toward the Dismount Group and also count as the first of five counted within a specific element group. If the dismount is a repeated element, the dismount will not be recognized.

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D-SCORE

Connections

There is no limit on the number of connections in an exercise. However, a maximum of two connection bonuses can be counted toward the D-Score.

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

Connections can be awarded on both sides of one element (in the case of 3 or more directly connected saltos) and is NOT necessary to be inside of the 10 counting elements (no repetition)

Any large deduction within a connection will remove any possibility for connection bonus (This includes an uncontrolled landing or jump to prone fall).(MTC Newsletter #32)

Connection Bonus Examples: Refer to Slide #72

Connections will NOT be awarded for Counter Saltos (Example: Double Salto bwd. Stretched (D) + Front Salto tucked with 1/1 twist (B)).

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D-SCORE

Arabian / Backward Acrobatic Elements

- All Arabian elements are in the same group as backward acrobatic elements (Element Group III).
- Arabian elements have the same value and Code box as the corresponding backward element with the same number of saltos and twists.

Examples:

- Arabian double salto stretched (Tamayo) = Double salto backward stretched with $\frac{1}{2}$ twist
- Arabian double salto tucked/piked with $\frac{1}{2}$ twist = Double salto backward tucked/piked with 1/1 twist

Double Salto Elements

For seniors, a double salto element is required in the exercise and must be inside the 10 counting elements (no double salto will result in a 0.3 neutral deduction taken by the D1 judge).

Note: If a double salto is NOT included in a routine, 10 total elements CAN still be counted for difficulty.

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D-SCORE

Special Repetitions

- A maximum of 2 circle, flair or Russian value parts may be performed in an exercise for content value.
- A maximum of 2 strength elements (including strength handstands) may be performed in an exercise for content value.

Note: A handstand (Element 1.19) and a handstand with ½ or 1/1 turn (Element 1.31) are excluded from this rule.

Additional Information and Regulations

- Circle/flair elements** - begin and end in front support, while also having the same value (unless otherwise indicated. Wendeswings with legs apart are not permitted.
- Japanese handstands** - require a closing of the legs & **head must be low enough to ground to receive no deductions. If head is slightly high then a small or medium deduction should be applied. A large deduction and no credit is possible (NGJA/USAG Interpretations 11/30/17).**
- Marinitch** - 3/2 salto elements with reception by and spring from the hands are not permitted.
- Salto rollouts and jumps to prone** - are NOT permitted for value. All permitted elements that finish with a rollout / front support are listed in difficulty tables.

FX - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D-SCORE

Additional Information and Regulations (Cont.)

- Strength holds** - Unlisted strength holds with straddled legs are not permitted (ex. straddled wide arm handstand or straddled V-sit).

- Elements involving two strength parts for one Code value** - require a stop position in both strength parts to receive the listed value. A lower value WILL be awarded if a stop occurs for only one of the strength parts.

Example: Manna (1 sec.) and press to handstand (no stop) = C value for the Manna

- Air Flare** - No extra elements may be added before or after element 1.94 (Flair to handstand hopping backward handstand pirouettes and back to flair OR “Air Flare”) for an increase in value.

Note: No value is given if only one hop is performed.

- Flair with > 270° spindle to handstand** – Must be completed within 2 flairs while going to the handstand immediately from the second flair. If an extra flair is performed the skill will be separated into two elements.

FX – SPECIFIC DEDUCTIONS

Error (D-Jury)	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Exercise longer than 70 sec.	≤ 2 sec.	> 2-5 sec.	> 5 sec.
Landing or touching with one foot or one hand outside the floor area	+		
Touching with feet, hands, foot and hand or with any other body part outside of the floor area		+	
Landing directly outside the floor area		+	
No pass to and/or from each corner * Was previously an E-Jury deduction		+	
Elements initiated outside floor area		+	
No double salto element (Neutral Deduction) (Seniors only)		+	
Error (E-Jury)	Small (-0.1)	Medium (-0.3)	Large (-0.5)
Insufficient height in acrobatic elements	+	+	
Lack of flexibility during static elements	+	+	
Roll-out elements w/o hand support		On back of hands	w/o support
Pause 2 sec. or more before element or acrobatic series	+		
Uncontrolled momentary landings (also in transitions)	+	+	+ Fall = -1.0
Simple steps or transitions to arrive to the corners	+		
Jump to prone landing after salto			+

Pommel Horse

A POMMEL HORSE EXERCISE IS CHARACTERIZED BY A VARIETY OF SUPPORT POSITIONS ON ALL PARTS OF THE HORSE WITH VARIOUS CIRCULAR SWINGS WITH LEGS APART AND TOGETHER, SINGLE LEG SWINGS AND/OR SCISSORS AS WELL AS SWINGS THROUGH THE HANDSTAND POSITION WITH OR WITHOUT TURNS. ALL ELEMENTS SHOULD BE EXECUTED WITH SWING AND WITHOUT THE SLIGHTEST INTERRUPTION. STRENGTH AND HOLD ELEMENTS ARE NOT PERMITTED.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

The gymnast must start from a standing position (an approach step or hop is permitted). The evaluation begins the moment the feet leave the floor.

General Expectations

- Skills should be executed without visible pauses or strength.
- Oblique positions during circle / flair elements are not permitted.
- Circle / flair elements should be performed with complete extension (lack of amplitude is deducted per element)

Wendeswings & Non-Handstand Dismounts

- Wendeswings should be performed with legs together.
- Dismounts must cross the body of the horse.
- Dismounts must be executed at a minimum of 30° above horizontal.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Scissors & Leg Swings

The gymnast must show elevation of the hips and large leg separation.

Scissor to Handstand Elements

The gymnast is expected to ...

- Swing to the handstand without strength or hesitation.
- Have hips stretched throughout element.
- Continue in an upward movement.
- Close the legs when a handstand position is achieved.

Scissor to Handstand (Li Ning) Stepping Errors

- Step off pommel with 1 hand with return to pommel = D value (-0.3)
- Step off pommel with 1 hand and no return to pommel = D value (-0.5)
- Step off pommel with 2 hands = no value (-0.5 or -1.0 if gymnast falls)

* In all cases other execution errors may exist (arm bend, interruption of upward movement, hip bend, etc.)

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Handstand Elements (dismounts & returning to horse)

All circle/flair elements to handstand must be achieved with straight arms, no obvious use of strength, or interruption of swing.

For circle/flair elements to handstand that return to circles/flairs (or support), there are several types of deductions for strength or hesitation that can be taken including ...

- On the way up to handstand
- Within the pirouette
- On the lower down from handstand
- For a lack of extension of flairs/circles upon completion of element

Handstand Dismounts

- Simple handstands (without pirouettes) must cross the body of the horse
- Do not have to cross the horse if it includes a turn of at least 270° from the side support or 360° from cross support.

Note: Unlike scissor to handstand elements, circle/flare to handstand elements will receive NO deduction for a bending of the hips on the way up to the handstand.

Handstand Dismounts (Non-Credit)

If a handstand dismount receives no value, the gymnast may remount within 30 seconds and repeat any dismount for value (one time only). If the original deduction was 0.5, it should then be changed to a 1.0 deduction when the dismount is repeated.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Element Groups

- I. Single Leg Swings and Scissors
- II. Circle and Flairs, with and/or without Spindles and Handstands, Kehrswings, Russian Wendeswings, Flops and Combined Elements
- III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles
- IV. Dismounts

All Circle Elements ...

- Begin and end in front support.
- Will have the same value and identification of the equivalent skill performed in a flair position (Example: Circle with 1 / 1 spindle in cross support is the same as Flair with 1 / 1 spindle in cross support).
- All circles from cross and side support may end with a $\frac{1}{4}$ turn without changing the value or identity of the skill.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Falls & Determining Credit for Skills (MTC Newsletter #32)

- All listed elements in Element Group II and III (except for elements through a handstand that lower to straddled support) require a listed Code of Points element afterward for value.
- No partial difficulty can be awarded when a fall occurs.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Handstands

- Scissors to handstand with turns do not upgrade.
- Turning within a handstand (from circles/flairs) on the pommels does not upgrade.
- To receive the upgrade for a 3/3 travel, A support with one hand must be shown on both ends of the horse.

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

Circle/Flair Handstand and lower to leg swing	Handstand		
	“B”	“C”	“D”
w/ 360° turn OR 3/3 travel	C	D	E
w/ 360° turn AND 3/3 travel	D	E	F

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

Circle/Flair Handstand and lower to Circle/Flair	Handstand		
	“B”	“C”	“D”
Lower to Circle/Flair	C	D	E
w/ 360° turn OR 3/3 travel	D	E	F
w/ 360° turn AND 3/3 travel	E	F	G

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

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Handstands (Cont.)

- Swinging to a handstand from circles/flairs or scissors that use strength and/or a lowering of the hips or legs $>45^\circ$ will not receive value (in addition to large deduction taken by the E Jury).
- All scissors through a handstand on one pommel require a change of arm or pommel to receive value.

Spindles

- All spindles in EG II must be performed within a maximum of 2 circles/flairs for D value.
- 1/1 spindles from both cross and side support may be performed within the same exercise (they each have their own identification number or code box).

Combined Elements / Flops

- It is possible to combine elements on one pommel (this includes circles in cross support with or without $\frac{1}{4}$ turn, circles in side support with or without $\frac{1}{4}$ turn, Direct Stockli B and Direct Stockli A).
Note: A Direct Stockli B is considered finished in side support frontways on one pommel.
- From cross support, step up and $\frac{1}{4}$ turn on one pommel (pommel loop with $\frac{1}{4}$ turn) can be considered the start of a flop sequence.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Combined Elements / Flops (Cont.)

- ❑ Combined elements must contain 3 or 4 elements (D or E value). A combined series performed in a flair position increases in value by one letter. Only one such flop sequence can be performed in an exercise.

Note: A Direct Stockli A must contain two separate $\frac{1}{4}$ turns.

- Pommel Loop + Pommel Loop + Direct Stockli A is no longer an acceptable flop sequence for D value (now only receives "B" + repetition)
- Direct Stockli B + Direct Stockli B + Direct Stockli A = D value

- ❑ A maximum of two of these elements can be performed in direct succession.

Note: No more than two pommel loops or two stocklis can be performed consecutively. If a third is performed, that element along with any other element on the single pommel will not be recognized (Example: LLLS = B+rep+rep+rep).

Combined Flops and Russians

- ❑ A Flop/Russian combination must contain two flops in direct succession either before or after the Russian element.
- ❑ Only one combined Flop/Russian sequence can be performed in an exercise.
- ❑ Must be separated by a minimum of one circle with one hand off of the one pommel. If no separation occurs, no value will be given for the second sequence (Exception: Busnari type from one pommel can be performed immediately following a flop sequence).

Note: If a Direct Stockli A is used in a Flop/Russian sequence, it must be performed at the end of the sequence.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Combined Flops and Russians (Cont.)

Russian		1 Flop	2 Flops
Russian 180 or 270 (B)	+		D
Russian 360 or 540 (C)	+	D	E
Russian 720 or 900 (D)	+	E	F
Russian 1080 (E)	+	F	G

Additional Information and Regulations

- Elements on leather or two pommels** - Unless otherwise indicated have the same value.
- Elements with ½ turns (Czechkehres, Stocklis, Double Swiss, etc.)** - Unless otherwise indicated have the same value.
- Starting/Ending point of skills** - Unless otherwise indicated, each element is defined as occurring within one structure and ending when a new structure is initiated (Exception: Combined Flops and Flop/Russian sequences).
- Magyar and Sivado (done consecutively)** - Share a common circle. To get credit for an A value circle, the circle must be completed fully from front support to front support.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Additional Information and Regulations

- 3/3 side travel over both pommels** - From side support on 1 end, travel backward over both pommels to side support on other end in 2 circles MUST be completed with no pommels for D value (If performed with the pommels = C value).
- Partial Credit for incomplete skills** – NO partial credit will be given for Russians, traveling Russians, flops, combined flop/Russian elements and longitudinal travels if fall occurs before the completion of the element.
- Sohn and Bezugo type elements** - From a stand (and not from circle) will be devalued 2 letters lower than the listed value in the Code of Points.
- Wu Guonian** - Requires a minimum 360° of body turn to be completed with one or two hands between the pommel (Note: If a gymnast performs a Wu and does an additional 180° turn on the end, he will receive an E+A. The words “or more turning” refers to within the travel not upon completion of the travel). (MTC Newsletter #32)
- Tong Fei elements** - Can be performed with 4 different types of start/end positions.
- Roth, Wu, Tong Fei, Kroll, Russians (on leather)** – MUST complete a circling type skill immediately afterward or no credit will be awarded for the skill.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Additional Information and Regulations (Cont.)

- Belenki, Urzica and Moguilny** (EG III) may begin from cross support (also facing out) minus 90° on first turn AND final turn, with travel from one end to other.
Note: No additional elements may be added to a Moguilny or Belenki to increase their value
- 1/3 Cross Support Travel Fwd.** – is no longer a listed skill in the COP. (Note: What used to be considered a step up on 1 pommel with or w/o a 1/2 turn is now considered a pommel loop).
- Russian Wendeswing Dismount (beginning in cross support facing out)** – must complete Russians as listed before the wende to receive full dismount value (a wende always begins from cross support facing in).
- Russian elements performed on leather (including dismounts)** - If the gymnast uses a 1/4 turn Czechkehre action to start, then the Russian doesn't actually begin until after this 1/4 turn gets to front support (Remember for a dismount ... gymnast must completed desired number of Russians before completing the skill with a wende from cross support facing in).

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Dismounts

Pommel Horse is the only apparatus where a dismount may be repeated (one time only) if the gymnast determines he may not have received credit due to a fall or large deduction. This must be done in the allowable time. When repeating a dismount, the gymnast has 30 seconds to remount the horse and perform any type of dismount. The scenarios below provide a few examples of how to apply the HS dismount rule when no credit has been awarded.

Action	Gymnast	D-Jury Evaluation	E-Jury Evaluation
Stockli to HS with 270° turn and 3/3 dismount attempt	Falls while attempting the HS	No value or EG IV	-1.0 and any deductions prior to the action of falling
Repeated Stockli HS with 270° turn and 3/3 dismount within time permitted.	Successfully repeats Stockli HS with 270° turn and 3/3 with no deductions.	D value (0.4) and EG IV (0.5)	-0.0

Action	Gymnast	D-Jury Evaluation	E-Jury Evaluation
Stockli to HS with 450° turn and 3/3 dismount attempt	Lowers legs with large deviation then completes dismount	No value or EG IV	-0.5 (lowering legs) and any aesthetic deductions
Repeated Stockli to HS with 450° turn and 3/3 dismount within time permitted.	Successfully repeats Stockli HS with 450° turn and 3/3 dismount with -0.0 deduction	E value (0.5) and EG IV (0.5)	The -0.5 (lowering legs) must be changed to -1.0 for a fall plus any deductions from second attempt

Action	Gymnast	D-Jury Evaluation	E-Jury Evaluation
Russian 1080° dismount attempt	Fall at 900°	No value or EG IV	-1.0 and any deductions prior to the action of falling
Repeated Russian 1080° dismount within the time permitted	Successfully repeats Russian 1080° dismount with -0.1 leg separation	D value (0.4) and EG IV (0.5)	-0.1 for leg separation

* Judge cannot always determine if attempted Russian was indeed a dismount so allowing the gymnast to repeat becomes necessary.

PH - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Special Repetitions

- ❑ A maximum of two (3/3) cross support travels (forward and backward) are permitted in an exercise. The following travel skills are the only skills that apply toward this rule:
 1. Magyar with pommels (1-2-4-5), C value (III.45)
 2. Magyar (any other 3/3 travel fwd cross support), D value (III.46)
 3. Flaired Magyar (3/3 cross support travel fwd in flairs), E value (III.47)
 4. Driggs (3/3 travel with hop over both pommels), E value (III.41)
 5. Bilozerchev (From cross support on end , travel fwd. in 2 circles to 1st pommel, to 2nd pommel, with ¼ to side support on other end), C value (III.51)
 6. Siviado with pommels (5-4-2-1), C value (III.57)
 7. Sivado (any other 3/3 travel bwd. cross support), D value (III.58)
 8. Flaired Sivado (any other travel bwd. In cross support to other end (3/3) in flairs), E value (III.59)

* Nin Reyes type elements (3/3 travel with spindle) do NOT apply when enforcing this rule.
- ❑ A maximum of two Russian Wendeswings are permitted for value in an exercise including the dismount (Excluded from this rule are Flop/Russian combinations on one pommel, Kroll (III.81), Wu Guonian (III.83), and Tong Fei type elements (III.75, 76, 87, 89))
- ❑ A maximum of 2 handstand elements are permitted for value in an exercise from circles, flairs or scissors (not including the dismount).

PH – SPECIFIC DEDUCTIONS

Error (D-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Non-utilization of all 3 parts of horse (used to be E-Jury deduction)		+	
Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Lack of amplitude in scissors and single leg swings	+	+	
Handstand with visible strength or bent arms	+	+	+
Pausing or stopping in handstand	+	+	+
Hip breaks within circles	+	+	
Lack of body extension in circles (there is no global deduction at end of routine any longer)	+		
Bent or legs apart during elements	+	+	+
Angular deviations in cross support circles or travels	> 15°-30°	31° - 45°	>45° (non-recognized)
Landing oblique or not facing out from long axis of horse	+ Deviation > 45°	+ Deviation 90°	
Non-handstand dismounts, body position under 30° over shoulder horizontal line		+	
Scissor to handstand with hip bend	+	+	+ (non-recognized)
Scissors to handstand without closing the legs	+	+	
Extra ½ swing on mount w/o leg changing sides		+	
Unsteadiness in the handstand, turning problems	+	+	
Lowering of legs on elements to a handstand (from original position)	0-15°	16°-30°	31°-45° > 45° non-recognized

PH – NEW SKILLS & CLARIFICATIONS (MTC NEWSLETTERS 31, 32 & 33)

Skill	Name	Value
Travel backward in cross support over both pommels (III.59)	KURBANOV	E
Kehr w/ 270° turn on 1 pommel (Sohn technique) from side to cross support (II.69)	BERTONCELJ	C

STILL RINGS

An exercise on the Rings is composed of swing, strength and hold parts in approximately equal portions. These parts and combinations are executed in a hang position, to or through a support position, or to or through the handstand position, and execution with straight arms should be predominant.

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

From a still stand, the gymnast must jump or be assisted to a still hang on the Rings with legs together, and with good form. **The evaluation begins** with the first movement of the gymnast from the moment he leaves the floor.

Arm Bending

- ❑ **Beginning of exercise** – the gymnast may NOT bend their arms in moving to the first position (bent arm pull to inverted hang) unless specifically needed for element completion (from inverted hang, cast up and underswing backward).
- ❑ **During exercise** – the gymnast may only bend their arms during a transition between elements when necessary to perform the next element.

Layaways and Empty Swings

Back swings that do not lead to a value part but simply reverse direction and swing back down are deducted by E-Jury. Examples include:

- Kip to support, swing back and layaway to front uprise
- Homna to support, swing back and lower to straddle L
- Straddle L, swing legs back, swing forward to L

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Strength and Hold Elements (also Swing to Strength)

- Must be held for a minimum of 2 seconds.
- Must be reached directly with straight arms and no postural corrections.
- A false grip is not permitted.
- During any movement to a hold position, shoulders may not rise above final hold position (This is a change in the text to also refer to applicable strength to strength connections such as a cross press to swallow, not just swing to strength skills as previously stated)(MTC Newsletter #32)
- For strength elements to handstand with bent arms, where the technique requires minimal touching of the straps with the lower arms, no deduction should be taken for contact with the straps (Elements II.25 and II.26).
- V hold positions (2 sec.) must be performed with legs vertical (this includes V-crosses).

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Strength and Hold Elements (also Swing to Strength)

- ❑ V hold positions (2 sec.) must be performed with legs vertical (this includes V-crosses).
- ❑ Gymnasts demonstrating very little change in body position from one hold position to another are subject to execution deductions and possible non-recognition by D-Jury (Example: Maltese push to legs together planche).
- ❑ Non-listed parts (inverted hang, inverted pike and dorsal hang) that are held for 2 seconds or more should be deducted 0.1 each time.
- ❑ A back uprise to cross at 50° above horizontal (large ded.) followed by a pull to Swallow will NOT receive a second large deduction for the Swallow starting from a high position. However, the Swallow would then be given a D value. This is a unique example in which the large deduction does not carry over to the next element.
- ❑ A Homna to cross, kip cross or back uprise to cross that is performed with an entry of 45° above horizontal will receive no credit (breaking the skill up into 2 separate values for a cross that lowers down to an acceptable position is no longer acceptable (NGJA/USAG Interpretations 11/30/17))

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Element Groups

- I. Kip and swing elements & swings to or through handstand
- II. Strength elements and hold elements (2 sec.)
- III. Swing to strength hold elements (2 sec.)
- IV. Dismounts

Swing to Handstand Elements (2 sec.)

Although there is no longer a Swing to Handstand element group, one is required in the exercise and must be inside of the 10 counting elements (No swing handstand will result in a 0.3 compositional error by the D-Jury)

Note: A swing handstand must be among the top 10 counting skills (or top 8 for Juniors)(MTC Newsletter #32) to be counted toward difficulty. If a swing to handstand is not included in a routine, 10 skills can still be counted for difficulty.

Yamawaki / Jonasson Elements

If a full support is shown, the skill will not be recognized for difficulty (in addition to 0.5 deduction taken by E-Jury). A Homna to support and fwd. swing out to hang will not be recognized because of the gymnast's intent.

Guczoughy / Li Ning Elements

A maximum of 2 (each) can be in an exercise, If a 3rd element is performed, it will not be recognized (D-Jury will take a 0.3 compositional error)

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Crossing of the Cables

Any elements performed with the cables crossed will not be recognized (and will result in a 0.3 compositional error).

Strength Hold Positions

Must be held for a minimum of 2 seconds. If no stop is shown then the skill will not be recognized by the D-Jury.

Successive Strength Elements (and/or also Swing to Strength)

No more than 3 elements from Element Group II and/or III can be used in direct succession. The 4th and subsequent elements from Group II and III of the same sequence will be considered repetition and not be recognized.

However ... if the gymnast uses more than 3 elements from Element Groups II and/or III, he must perform at least a B value swing element from Element Group I (except any type of kip / back kip or element in same Code box) and it **MUST** be among the 10 best skills or top 5 counting in an Element Group for recognition (Remember ... Kip L, Front Uprise L and Homna L all belong to element group III and cannot be used to break up strength sequences).

But ... If the B value swing element (EG I) performed between strength sequences is not recognized, then the EG II or III strength elements performed afterward are not recognized.

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Strength Presses (which follow a previous hold element)

Are only recognized if the preceding hold part was recognized.

Special Repetitions

A maximum of 1 final strength position in each Element Group may be recognized for difficulty

- Azarian & Nakayama – NOT allowed in same routine (both Element Group II)
- Maltese & Uprise Maltese – are allowed in same routine (different Element Groups)

Remember ... straddle planche / legs together planche as well as cross / V-cross are considered to be the same “type” of skill. So this means that you cannot do an Azarian, Uprise Cross and an Uprise V-Cross together in the same routine. The 2 higher valued strength repetitions (as long as they are from different element groups) will be recognized. **A gymnast can, however, perform a front uprise to L-sit and a front uprise to V-sit in the same routine since the final hold would be two different positions (MTC Newsletter #32).**

SR - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE “D SCORE”

Nakayama Type Elements

Must pass through a complete hanging scale rearways (back lever) to prevent execution deductions and potential non-recognition.

Note: A dorsal hang to cross or V-cross is not an acceptable entry position to elevate the value of either cross.

Pineda Type Elements

Must be executed with straight arms and straight body, a momentary hold in the front lever and move slowly to avoid deduction and classification as a swing to strength element

SR – SPECIFIC DEDUCTIONS

Error (D-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Guczoughy or Li Ning type elements performed more than 2 times (this deduction was previously taken by E-Jury)		+ Non-recognition by D-Jury	
No swing to handstand (Neutral Deduction)		+	
Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Pre-Swing before start of exercise		+	
Coach gives gymnast an initial swing	+		
Layaway on back swing		+	
Crossing cables during any element		+	
Hold of a non-listed part for 2 or more seconds	Per element		
Compositional errors		+	
Legs apart or other poor execution during jump or lift to Rings		+	
False grip (over grip) during strength holds (each time)	+		
Bent arms during swing to strength hold parts or to establish hold position	+	+	+
Touching cables or straps with arms, feet or other parts of body		+	
Supporting or balancing with feet or legs on cables			+ Non-recognition
Fall from handstand			+ Non-recognition
Excessive swing of cables	Per element		
Preceding strength hold high angle-press to strength (also apply deduction to 2 nd element)	+	+	

SR – NEW SKILLS & CLARIFICATIONS (MTC NEWSLETTERS 31, 32 & 33)

Skill	Name	Value
Slow roll fwd. w/ straight body and arms through cross position to a Swallow (II.113)	PHAM 2	E
Clarifications		
Roll fwd. from support to hang (I.7) will also be recognized from any support scale and swallow position.		

VAULT

Each vault begins with a run and a takeoff from both feet (with or without a round off) to the vault board with legs together and is executed with a brief support phase on the table with two hands. The vault may contain single or multiple turns around the two axes of the body.

V - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

The vault begins with the first step or hop of the gymnast, but the evaluation begins the moment his feet contact the vaulting board.

The vault ends when the gymnast lands behind the table in standing position with legs together facing either toward or away from the table.

Round Off Entry Vaults

- The only acceptable form of a “pre-element” that is allowed.
- Gymnast must use a safety collar around the board.
- Gymnast may use a a handy-mat provided only by host.

V - CONTENT AND CONSTRUCTION

INFORMATION ABOUT EXERCISE PRESENTATION

Basis for Evaluation by the E-Jury

- ❑ **1st flight phase** – up to the support with both hands
 - Vaults with straddled legs or saltos in the first flight phase are not permitted.
- ❑ **2nd flight phase** - includes push off from the table to the landing
 - Gymnast must show a conspicuous rise in height of his center of gravity.
 - Tucked or piked salto vaults must show a distinct opening in preparation for landing.
- ❑ **Body position** in the momentary support on the table
- ❑ Deductions with regard to the **deviation from the extended axis** of the table.
- ❑ **Technical execution** during the entire vault.
 - Gymnast must show the intended body position (tucked, piked, or stretched) in a distinct and unmistakable manner.
 - Twisting during vaults must be completed prior to landing, incomplete twists are deducted.
- ❑ **The landing** – the gymnast must land with both feet within the lines marked to the left and right of the table.
 - Stepping on the line, but not over the line is permitted.

V - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Vaulting Groups

- I. Handspring
- II. $\frac{1}{4}$ or $\frac{1}{2}$ twist in 1st flight
- III. Round off entry
- IV. Round off with $\frac{1}{2}$ twist in 1st flight.
- V. Scherbo entry in 1st flight

Each vault is listed, numbered, and given a value in the difficulty table within its group. The following general principles apply:

- Cuervo vaults have the same value as the equivalent Handspring vaults with same number of twists.
- Kasamatsu vaults have the same value as the equivalent Tsukahara vaults.
- Yurchenko vaults have the same value as the equivalent Tsukahara/Kasamatsu vaults.
- Generally, RO entry vaults with $\frac{1}{2}$ turn to the table have a value 0.2 more than the analogous Handspring type vaults.
- Generally, RO entry vaults with $\frac{3}{4}$ or 1/1 turn to the table have a value of 0.6 more than the analogous Tsukahara vault.

V - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Invalid Vaults

Vaults are considered invalid when ...

- No support phase is shown (neither hand touches table).
- No safety collar is used for round off entry vaults.
- The vault is so poorly executed that the intended that the intended vault cannot be recognized or the gymnast pushes off the table with his feet.
- A Spotter assists with the completion of the vault.
- The gymnast does not land with his feet first.
- The gymnast lands intentionally in a side stand.
- The gymnast performs a prohibited vault (straddled legs, salto in 1st flight, prohibited pre-element before vaulting board).
- The first vault is repeated for the 2nd vault in qualification or finals.

V - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Additional Run Approaches are permitted as follows:

A 1.0 deduction will be taken for an empty run (if gymnast has not touched the springboard or the table).

- When 1 vault is required, a second run approach is permitted with a 1.0 deduction.
- When 2 vaults are required, a third run approach is permitted with a 1.0 deduction.

Vault Values

All Vault values have been reduced. Be sure to consult the Vault value table in the Code of Points for corrected values for the upcoming quadrennium.

V – SPECIFIC DEDUCTIONS

Error (D-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Landing or touching with one foot or one hand outside the landing area		0.1 from final score	
Touching with feet, hands, foot and hand or with any other part of the body outside of landing area		0.3 from final score	
Landing directly outside the landing area		0.3 from final score	
Exceeding 25 meter run for Vault		0.5 from final score	
Illegal or invalid vaults		Score of 0.0 for the vault	
Failure to use vault board safety collar for RO entry vaults		Score of 0.0 for the vault	
Repeating 1 st vault in Qualification or Final		Score of 0.0 for the vault	
Repeating 1 st vault group in Qualification or Final		2.0 from final score of 2 nd vault	
Same or similar 2 nd flight phase for the two vaults in Qualification or Final		2.0 from final score of 2 nd vault	
Additional run approach		1.0 from final score of vault	
Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Execution errors in 1 st flight	+	+	+
Technical errors in 1 st flight	+	+	+
Passing the handstand position not through vertical	+	+	+
Execution errors in 2 nd flight	+	+	+
Technical errors in 2 nd flight	+	+	+
Insufficient height, no conspicuous rise of body	+	+	+
Lack of extension in preparation for landing	+	+	

V – NEW SKILLS & CLARIFICATIONS (MTC NEWSLETTERS 31, 32 & 33)

Skill	Name	Value
No new vaults to report		

PARALLEL BARS

A parallel bar exercise consists predominantly of swing and flight elements selected from all available Element Groups and performed with continuous transitions through various hang and support positions.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

The **exercise begins** the moment the feet leave the ground. The feet must leave the ground simultaneously (swinging with one leg or stepping into the mount is not allowed). A **vaulting board** placed at the height of the regulation mats is allowed for mounting the apparatus. **Pre-elements** are not permitted (any element that rotates more than 180° around any body axis).

Layaways (& Empty Swings)

Back swings in support or upper arm hang that do not lead to at least a value part but simply reverse direction swing back down are deducted. Examples 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 to momentary support and lay back to upper arm hang
- From handstand, lower to shoulder roll forward

Turning Skills (on 1 arm)

No extra support is allowed during element with turns on 1 arm support. A Diamadov, for example, will receive no credit if there is an extra support before the gymnast returns to a support on both bars.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Long Hang Skills (Moys & Giant Swings)

The gymnast's legs should not bend until body reaches horizontal (any bending of the knees will result in either a small or medium deduction)

Salto Skills

Opening – body of gymnast should be extended at horizontal (bar height)

Regrasp – A controlled regrasp is one that swings through smoothly with the hands moving toward a grasping position upon contact

1 Bar Elements (Chiarlo, Piasecky, etc.)

In addition to taking deductions for unsteadiness in the handstand position, other errors may include ...

- Excessive hand separation
- Body deviation (some deviation is ok because of the unnatural hand position)

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Kips after hang elements (i.e. Bhavsar) The kip must be executed with straight legs. Any bending of the knees will result in a deduction.

Prohibited Elements include ...

- Unlisted strength and hold elements (i.e. planche, V-sit)
- Saltos and dismounts from side hang on one bar

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Element Groups

- I. Elements in support or through support on 2 bars
- II. Elements starting in upper arm position
- III. Long hang swings on 1 or 2 bars and underswings
- IV. Dismounts

Turning Elements to Handstand

Pirouetting / Turning is only recognized as part of the skill if it happens on the way up to the handstand position

Bent Arm / Upper Arm Regrasp

- Elements that deliberately regrasp in bent arm support are considered to be the same as elements that regrasp in upper arm support (Suarez to bent arm support = Suarez to upper arm support)
- Elements initiated from bent arm support are considered to be the same as the same elements from or through support (dip reverse cut to handstand = reverse cut to handstand)

Healy Elements

Must show 360° or more of turns to be recognized as a Healy element.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Unusual Grips

Elements performed to or from unusual grip positions will have the same value and identification number as the same element performed to the usual grip position (Peach or Giant to el-grip, without release of hands).

Combined Elements

Skills formed by combined elements must show no pause between elements or they may be reduced to their independent values (Makutz).

Elements to Handstand

A hold is only required when specified (press handstand 2 sec.). Elements that are supposed to end in a handstand should show the ability to be held if desired (i.e. a stutz should end in a handstand but does not need to be held).

Elements to 1 Bar (& 1 bar Healy)

Elements to a 1 bar cross support (hold is allowed) have the same value as if they were done to both bars. However, the element will increase by 1 letter if it is followed by a 1 bar Healy (that does not have a large deduction). For a 1 bar Healy to receive E value, it must come from a minimum B value swing element.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Special Repetitions

- ❑ **Elements with Saltos** – cannot include more than one variation of the same element within the same EG (tucked Belle & piked Belle). If two similar type salto elements are done in the same routine, then the one with the higher difficulty value will be counted toward the D Score **(this has been extended to all Suarez type skills from a hang including III.47, III.58, III.59 and III.65).**(MTC Newsletter #32)
- ❑ **Giant Swings** – maximum of two giant swing variations to handstand (III. 21, 22, 28, 29, 35)
- ❑ **Basket Swings** – maximum of two basket variations to handstand (III. 106, 107, 108, 114, 119, 120, 130, 136)

Note: If a gymnast performs a felge handstand, felge to 1 bar (with no 1-bar Healy performed after) and felge ½ to handstand in the same routine ... the felge to 1-bar is not recognized because it is in the same box as the felge handstand (basic repetition).

Straddle Elements to 1 bar ...

Will not receive an increase in difficulty value (i.e. Tippelt, Arican, etc.)

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Evaluating a Makutz (with pause/stop)

- Pause after $\frac{3}{4}$ Diamadov (give value) – 0.1 deduction for pause
- One sec. hold after $\frac{3}{4}$ Diamadov (give value) – 0.3 deduction for hold
- Two sec. Hold after $\frac{3}{4}$ Diamadov (no value) -0.5 deduction for hold

Evaluating a Bhavsar (MTC Newsletter #32)

- This element should be performed with an open shoulder angle and straight body at horizontal upon regrasp.
- If the gymnast regrasps with a body position of $> 45^\circ$ from horizontal and/or a 90° in the shoulder, no value will be given and a large deduction will be taken.

PB – SPECIFIC DEDUCTIONS

Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
One leg step or swing on mount		+	
Layaway on the back swing		+	
Not controlled momentary handstand positions on 1 or 2 rails	+		
Chiarlo type elements, excessive hand separation and/or body deviation (each)	+	+	+
Pre-element			+
Stepping or hand adjustments in handstand	+		
	Each time		
Lack of extension at horizontal regrasping after saltos	+	+	
Uncontrolled regrasping after saltos		+	+
Non respect of the official warm up time (50'')	0.3 deduction from Final Score (D1 Judge) for individual competition or 1.0 from Team Score for team competition		

PB – NEW SKILLS & CLARIFICATIONS (MTC NEWSLETTERS 31, 32 & 33)

Skill	Name	Value
Basket roll bwd. w/ straight salto ½ turn to upper arm hang (III.124)	GAGNON 2	D
Front uprise and straddle cut bwd. to hang	MUNTEAN	C
Clarifications		
Healy to upper arm (I.68) will also include text “from handstand on one rail” and for element I.69 the text “following a swing element (min. B) to handstand on one rail, Healy to upper arm hang”		

PARALLEL BARS

A parallel bar exercise consists predominantly of swing and flight elements selected from all available Element Groups and performed with continuous transitions through various hang and support positions.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

The **exercise begins** the moment the feet leave the ground. The feet must leave the ground simultaneously (swinging with one leg or stepping into the mount is not allowed). A **vaulting board** placed at the height of the regulation mats is allowed for mounting the apparatus. **Pre-elements** are not permitted (any element that rotates more than 180° around any body axis).

Layaways (& Empty Swings)

Back swings in support or upper arm hang that do not lead to at least a value part but simply reverse direction swing back down are deducted. Examples 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 to momentary support and lay back to upper arm hang
- From handstand, lower to shoulder roll forward

Turning Skills (on 1 arm)

No extra support is allowed during element with turns on 1 arm support. A Diamadov, for example, will receive no credit if there is an extra support before the gymnast returns to a support on both bars.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Long Hang Skills (Moys & Giant Swings)

The gymnast's legs should not bend until body reaches horizontal (any bending of the knees will result in either a small or medium deduction)

Salto Skills

Opening – body of gymnast should be extended at horizontal (bar height)

Regrasp – A controlled regrasp is one that swings through smoothly with the hands moving toward a grasping position upon contact

1 Bar Elements (Chiarlo, Piasecky, etc.)

In addition to taking deductions for unsteadiness in the handstand position, other errors may include ...

- Excessive hand separation
- Body deviation (some deviation is ok because of the unnatural hand position)

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Kips after hang elements (i.e. Bhavsar) The kip must be executed with straight legs. Any bending of the knees will result in a deduction.

Prohibited Elements include ...

- Unlisted strength and hold elements (i.e. planche, V-sit)
- Saltos and dismounts from side hang on one bar

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Element Groups

- I. Elements in support or through support on 2 bars
- II. Elements starting in upper arm position
- III. Long hang swings on 1 or 2 bars and underswings
- IV. Dismounts

Turning Elements to Handstand

Pirouetting / Turning is only recognized as part of the skill if it happens on the way up to the handstand position

Bent Arm / Upper Arm Regrasp

- Elements that deliberately regrasp in bent arm support are considered to be the same as elements that regrasp in upper arm support (Suarez to bent arm support = Suarez to upper arm support)
- Elements initiated from bent arm support are considered to be the same as the same elements from or through support (dip reverse cut to handstand = reverse cut to handstand)

Healy Elements

Must show 360° or more of turns to be recognized as a Healy element.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Unusual Grips

Elements performed to or from unusual grip positions will have the same value and identification number as the same element performed to the usual grip position (Peach or Giant to el-grip, without release of hands).

Combined Elements

Skills formed by combined elements must show no pause between elements or they may be reduced to their independent values (Makutz).

Elements to Handstand

A hold is only required when specified (press handstand 2 sec.). Elements that are supposed to end in a handstand should show the ability to be held if desired (i.e. a stutz should end in a handstand but does not need to be held).

Elements to 1 Bar (& 1 bar Healy)

Elements to a 1 bar cross support (hold is allowed) have the same value as if they were done to both bars. However, the element will increase by 1 letter if it is followed by a 1 bar Healy (that does not have a large deduction). For a 1 bar Healy to receive E value, it must come from a minimum B value swing element.

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Special Repetitions

- ❑ **Elements with Saltos** – cannot include more than one variation of the same element within the same EG (tucked Belle & piked Belle). If two similar type salto elements are done in the same routine, then the one with the higher difficulty value will be counted toward the D Score (this has been extended to all Suarez type skills from a hang including III.47, III.58, III.59 and III.65). (MTC Newsletter #32)
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- ❑ **Basket Swings** – maximum of two basket variations to handstand (III. 106, 107, 108, 114, 119, 120, 130, 136)

Note: If a gymnast performs a felge handstand, felge to 1 bar (with no 1-bar Healy performed after) and felge ½ to handstand in the same routine ... the felge to 1-bar is not recognized because it is in the same box as the felge handstand (basic repetition).

Straddle Elements to 1 bar ...

Will not receive an increase in difficulty value (i.e. Tippelt, Arican, etc.)

PB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Evaluating a Makutz (with pause/stop)

- Pause after $\frac{3}{4}$ Diamadov (give value) – 0.1 deduction for pause
- One sec. hold after $\frac{3}{4}$ Diamadov (give value) – 0.3 deduction for hold
- Two sec. Hold after $\frac{3}{4}$ Diamadov (no value) -0.5 deduction for hold

Evaluating a Bhavsar (MTC Newsletter #32)

- This element should be performed with an open shoulder angle and straight body at horizontal upon regrasp.
- If the gymnast regrasps with a body position of $> 45^\circ$ from horizontal and/or a 90° in the shoulder, no value will be given and a large deduction will be taken.

PB – SPECIFIC DEDUCTIONS

Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
One leg step or swing on mount		+	
Layaway on the back swing		+	
Not controlled momentary handstand positions on 1 or 2 rails	+		
Chiarlo type elements, excessive hand separation and/or body deviation (each)	+	+	+
Pre-element			+
Stepping or hand adjustments in handstand	+		
	Each time		
Lack of extension at horizontal regrasping after saltos	+	+	
Uncontrolled regrasping after saltos		+	+
Non respect of the official warm up time (50'')	0.3 deduction from Final Score (D1 Judge) for individual competition or 1.0 from Team Score for team competition		

PB – NEW SKILLS & CLARIFICATIONS (MTC NEWSLETTERS 31, 32 & 33)

Skill	Name	Value
Basket roll bwd. w/ straight salto ½ turn to upper arm hang (III.124)	GAGNON 2	D
Front uprise and straddle cut bwd. to hang	MUNTEAN	C
Clarifications		
Healy to upper arm (I.68) will also include text “from handstand on one rail” and for element I.69 the text “following a swing element (min. B) to handstand on one rail, Healy to upper arm hang”		

HORIZONTAL BAR

A Horizontal Bar exercise should consist entirely of swinging, turning, and flight elements alternating between elements performed near to and far from the bar in a variety of hand grips.

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

The gymnast must jump or be assisted to a still or swinging hang from a stand still or short run. The evaluation begins the moment the gymnast leaves the floor.

Deviations in Swing To or Through Handstand

* Includes turning skills (i.e. pirouetting skills)

Angular Deviation	Deduction
0° - 15°	No deduction
16° - 30°	-0,1
31° - 45°	-0.3
45° - 90°	-0.5
> 90° (below horizontal)	0.5 & non-recognition by D-Jury

Deviations in Turning Elements Finishing in m/g or e/g

* Includes Rybalkos, Higgins, 1/1 turns from u/g

Angular Deviation	Deduction
0° - 30°	No deduction
31° 45°	-0.1
46° 90°	-0.3
> 90°	-0.5 *non-recognition by D-Jury

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Flight Elements

- Flight elements must show a conspicuous rise of the body during the flight phase.
- Flight elements with a salto over the bar (Kovacs, Kolman, etc.) requires a giant swing afterward or a 0.3 deduction will be taken.

Note: A flight element with a salto over the bar can be connected to another flight element without the 0.3 deduction for not performing a giant afterward.

Reversal of Direction (casts and layaways)

Backward swings to handstand that reverse direction (previously read “backward swings in support”) and swing back down in the reverse direction are composition errors. Examples include ...

- Following a kip – cast and layaway to a giant, stalder, free hip, etc.
- Following a backward swing to handstand – hop to o/g and giant, stalder, free hip handstand
- Following a back uprise to handstand - stalder or free hip handstand
- Following a wrong way endo – ½ to m/g or e/g (higgins)
 - In addition to deduction for reversal of direction, angle deductions for missing the handstand should be applied
 - Elements with a reversal of direction are no longer in the COP (example: stalder 1/1 t. to el-grip) If performed, this would receive a 0.5 deduction for an element not continuing in its intended direction.

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE EXERCISE PRESENTATION

Adler Elements

It is NOT required to enter from a handstand position while performing any Adler type skills.

Note:

Endos & Stalders

Unlike Adler elements, Endos (including el-grip Endos) and Stalders are required to enter from a handstand. Angle deductions will be taken if any deviation occurs as the skill swings to or through a handstand.

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Element Groups

- I. Long Hang Swings with and without turns
- II. Flight Elements
- III. In Bar and Adler Elements
- IV. Dismounts

Skill Identification

Unless otherwise indicated, skills retain their value whether they are performed from a handstand, a back swing or some other position.

*Stoop fwd to straddle cut to hang or support (II.1) may enter at any angle from a giant swing or swing forward.

Flight Connections

Connection points can be awarded for only flight to flight combinations

* Connection for On Bar elements + Release elements have been removed from the Code of Points.

Flight		Flight		Connection Points
C value	+	C or higher value	=	0.1
D or higher value	+	D or higher value	=	0.2

- Flight skills do NOT have to be among the 10 counting elements to receive connection points.
- Connection bonus for On Bar + Flight has been eliminated.

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Grip Positions

Unless otherwise indicated, elements have the same difficulty and identification number when performed with the “wrong grip” or atypical grip positions.

Double El-Grip vs. Mixed El-Grip

Elements ending in double el-grip have one letter superior value than the same element ending with one arm in el-grip.

“Toe-On” Skills

Unless specifically listed, elements with or from feet on the bar are not permitted (exception: Piatti elements).

Re-grasping Flight Elements

Flight elements have the same value and identification number if the regrasp takes place with 1 or 2 hands.

Elements with Turns

The turn must be initiated on the way up (exception: endo elements)

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Elements with Hops and Turns to Handstand

The turn must be initiated during the hop and must re-grasp with the second hand only after the turn has been completed. A hop element is considered finished at the moment both hands re-grasp.

El-Grip Elements

There is no longer an Element Group specifically for El-Grip elements. El-Grip elements meet only the requirement for the group in which they are listed.

* Flight / Dismounts from el-grip have the same value as if performed in regular grip.

Rybalko Expectations

There should be a visible hop and fluid turn (that is not on supporting arm).

- Rybalko to one arm giant swing will receive the same value as a Rybalko to u/g or m/g.
- Additional turning on one arm while performing Rybalko elements is not permitted to raise value.

Grip Changes

An element composed of two separate elements will result in two separate values when a grip change occurs (example: endo in o/g, change one hand to u/g and 1/1 turn to el-grip).

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Group I/III Elements: Determination of Difficulty

- A 1/2 turn does not increase the difficulty
- A 1/1 turn increases the difficulty by one letter
- A 1/1 turn or greater to both el-grip increases difficulty by two letters
- A hop does not increase the difficulty
- Re-grasp in double el-grip increases the difficulty by one letter

*As long as amplitude stipulations have been met, it does not matter whether element crosses bar for value

Special Repetitions

- Adler Elements** - A maximum of two Adler type elements are permitted (if there are more than 2 Adler type skills in routine, the elements with higher value will be counted toward difficulty).
- Turning Elements** – An exercise cannot include more than one grip variation of the same element. The higher valued element will be recognized while the other will be considered repetition. Examples include ...
 - Rybalko to m/g & Rybalko to e/g
 - 1/1 turn to m/g & 1/1 turn to e/g
 - Stalder 1/2 turn to m/g & Stalder 1/2 turn to e/g

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Tkatchev ½ & Yamawaki ½

Re-grasping without sufficient turning and/or continuing to the handstand will receive the value for the identical element listed in Code without the ½ turn.

- Yamawaki ½ must have turning continue in the same direction otherwise the element will not be recognized.
- More than 50% of the turn must be completed for no deduction while continuing to a back uprise handstand.

El-Grip & Russian Giants

To receive value these giants require a swing over the top of the bar in el-grip.

*Sequence: Adler to handstand (C), swing through bottom in el-grip and early entry (B) in el-grip endo with immediate hop out to u/g (C)

Zou Li Min

If turning is executed insufficiently (greater than 90° on first 1/1 twist) will receive a large deduction and may not be recognized by the D-Jury. In this case it would NOT be devalued to a 1 arm giant swing for B value.

*Zou Li Min cannot be combined with any other element for an increase in value.

Yamawaki

Must be stretched and pass through a vertical body position over the bar for no deductions. An excessive pike or poor vertical position could also lead to recognition of a B value flight element (Voronin or Vault Catch).

HB - CONTENT AND CONSTRUCTION

INFORMATION ABOUT THE D SCORE

Flight Elements (Re-grasp / Credit)

Flight elements will receive credit when 2 hands re-grasp the bar and a distinct hang phase is shown. If the catch is performed with one arm, value is given when/if two hands finally re-grasp the bar.

El-Grip Endo

As long as the hands are in el-grip during the entry phase, an immediate hop out to u/g , m/g or o/g is permitted.

HB – SPECIFIC DEDUCTIONS

Error (E-Jury)	Small (0.1)	Medium (0.3)	Large (0.5)
Legs apart or other poor execution during jump or lift to the bar		+	
Lack of swing or pause in handstand or elsewhere	+	+	
Low amplitude on flight elements	+	+	
Deviation from plane of movement	$\leq 15^\circ$	$\geq 15^\circ$	
Layaway on the back swing		+	
Illegal elements with or from feet on the bar		+	
Bent arms on regrasping following flight elements	+	+	
Bent knees during swing actions	+ each time	+ each time	
Elements not continuing in their intended direction (applied after element), needed to show the element can receive value			+
Any flight element with salto over the bar without a giant swing afterward		+	

HB – NEW SKILLS & CLARIFICATIONS **(MTC NEWSLETTERS 31, 32 & 33)**

Skill	Name	Value
Gaylord with 1/1 turn (II.66)	KOUDINOV	G
Kovacs with 2/1 turn stretched (II.96)	MIYACHI	I
Clarifications		
Double back piked with 1/1 twist has been removed from the COP. Dismount will be awarded a “D” value (stretched) and any amount of piking will receive appropriate S, M or L deduction.		