

# 2022-2024 NGJA/USAG Interpretations & Rules Update

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

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

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

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

## Document Precedence

These rules determine which documents apply to each level of competition and in which priority order. Precedence Order of current version of the following documents:

- FIG MAG Code of Points
- \*\*\* Current MTC Newsletter (#3, released July 4, 2023)
- NGJA/USAG Interpretations (this document).

\*\*\* Additionally, note that the FIG Men's Technical Committee provides their pre-World Championships presentations on the STS website (<https://stsstudy.com/>).

- These are NOT new rules. They are meant to assist the judges in reviewing existing rules. However, they provide many examples and sometimes diagrams that help illustrate the rules.
- Those presentations are the notes and areas of emphasis provided as preparation for the judges for competition, as well as video clips, and practice routines.
- After you create an account and login, click on the "TC Content" link in the top menu. Along the left you'll see menu buttons for each event, 2022 (Liverpool), 2023 (Jr. Worlds), General, and D-Jury and E-Jury. Choose combinations of those buttons to see the presentation for each event.



### How to Submit New Elements for Evaluation?

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

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

## General Information

1. Q: CoP page 27 9.2.7 says that the deduction for bent arms/legs/body is 0.1, 0.3, and 0.5 with non-recognition. Should elements like giant swings on high bar with a >90 degree arm bend be not recognized?  
A: Yes, giants on high bar with a >90 degree arm bend should not be recognized. This is the same as giants & felges on pbars & rings. (Zunich - July 2022 - CWG)
2. On December 4, 2022, the FIG released Newsletter #2 with new and updated rules to the FIG COP. <https://www.ngja.org/wp-content/uploads/2022/12/Newsletter-2.pdf>
3. \*\*\* The FIG released Newsletter #3 on July 4, 2023.  
[https://www.ngja.org/wp-content/uploads/2023/07/MAG\\_NL\\_3\\_en.pdf](https://www.ngja.org/wp-content/uploads/2023/07/MAG_NL_3_en.pdf)

## Floor Exercise

### General:

1. Q: Can turning to turning single saltos receive difficulty value even though they won't receive connection bonus?  
A: Yes. (Zunich - Nov 2021)
2. Q: Are Tinsica-style round-offs and front handsprings going to be permissible?  
A: Yes, these are permissible. However, beware of lack of complete turning deductions after the tinsica. (Zunich - Nov 2021)
3. Q: For press to Japanese HS, if the gymnast holds the Japanese HS, and then after 2-second hold, touches head on FX will this a) show that the gymnast was low enough (flat palm width) and, b) receive a deduction? See video starting at 0:50 - <https://youtu.be/HdDqtSFoi7A?t=50>  
A: No, the height of the HS is measured for the duration of the hold, not a momentary head bob. (Zunich - Nov 2021)
4. Q: For V or Manna press to handstand, if the gymnast lowers their feet and touches the floor and the press to HS, will they receive the V or Manna credit (if held for 2-sec) AND the HS if held for 2-sec?  
A: Yes. Credit should be given for the V or Manna if held 2-sec and the handstand at the end of the press if held 2-sec. Note: No credit for the press to HS if he lowers his feet and touches the floor while he is pressing up to the HS. (see pg. CoP, page 40 - 6j). (Zunich - Nov 2021)
5. Q: Regarding the 2-second pause rule - will the gymnast be deducted -0.1 for holding a split for 2-seconds (as it's not listed as a hold element)?  
A: No, the pause rule only applies to standing. (Zunich - Nov 2021)
6. Q: What if the piked endo roll shows a straddle press to handstand?  
A: 0.3 deduction for atypical straddling. (MTC Newsletter #39)
7. Q: Does performing an EG 1 element between the diagonals break up the sequence (with regard to the 3 diagonals in a row rule)?  
A: No. (MTC Newsletter #39)
8. \*\*\* Q: If a gymnast does use the same diagonal 3 times in a row, must the gymnast traverse the full 12 meters of the side line to the corner? What happens if the gymnast heads towards the middle part of the side line but only covers approximately 8 meters?  
A: The athlete does NOT need to use the full side line. If a gymnast does use the same diagonal 3 times in a row he must use sideline directions (A – B, B – C, C – D, D – A) at any distance, but then must continue to the corner not used for previous "3 diagonals in a row" series.

### Skills:

1. Variation of a Japanese press handstand from "low position" = B (Corbitt - Aug 2022)  
<https://youtu.be/TcGnvqOEHQY?t=67>

2. Q: Double pike front with full twist  
A: F (TC Meeting - Paris World Cup - Sept 2022)

## Pommel Horse

### General:

1. Wu's and Roth's that begin in cross support on the end facing out (Reverse Wu & Reverse Roth) have been devalued. The first movement is usually a stockli bwd with  $\frac{1}{4}$  turn which has no value. Therefore there is no complete 720 or 360 degree russian turn respectively. Reverse Wu will be evaluated as a D (III.76 Russian 630 w 3/3 travel). The Reverse Roth will be evaluated as an A (II.103 180/270 Russian) or C (III.81 Kroll) depending if a complete 360 turn is performed following the stockli bwd with  $\frac{1}{4}$  turn (Zunich - Nov 2021)
2. Q: Can  $\frac{3}{4}$  Kehr (Bertoncelj) or  $\frac{3}{4}$  Bezugo be performed at the end of a flop sequence?  
A: No. These are documented in the NL 39 to only be allowed at the beginning of a flop sequence. (MTC Newsletter #39)
3. Q: What is the value of this sequence: Bezugo 270 + Loop + Russian 1080?  
A: H (MAG CoP - Feb 2020 release)
4. What is the value of this sequence: Kehr 270 + Loop + Russian 1080?  
A: H (MAG CoP - Feb 2020 release)
5. Q: Full Spindle Over Both Pommels  
A: F (TC Meeting - Paris World Cup - Sept 2022)
6. Mikulak-type scissors - Mikulak-type skills were very strictly evaluated. If the gymnast showed "any" support on the PH with his leg before his 2nd hand was on the horse, the skill was not recognized and the E-panel deducted 1.0 for sitting on the horse. They showed examples from FIG Newsletter #36 (Nov. 2019); (2022 Liverpool Worlds - MTC)  
**\*\*\* FIG Newsletter #3 (July 2023) denotes this deduction can be 0.5.**
7. Scissor to handstand – if the gymnast swings his foot in-between the pommels while swinging to the HS, no credit will be given to the skill. (2022 Liverpool Worlds - MTC)
8. Handstand dismounts – the MTC said that if a gymnast's feet hit or kick the side of the horse before continuing to the HS, the gymnast would lose credit for the skill regardless of the body lowering. (2022 Liverpool Worlds - MTC)
9. For pirouetting HS dismounts – an example was shown where a gymnast did a Stockli to HS 3/3 travel with a full turn. During the HS, the gymnast closed his legs during the first half of the turn and then opened them up again to complete the 2<sup>nd</sup> half of the turn before closing them again. The MTC said the legs should remain closed once the gymnast brings his legs together otherwise it will be a deduction. (2022 Liverpool Worlds - MTC)  
**\*\*\***
10.  $\frac{1}{2}$  Schwabenflank on end receives "A" value as element EG II - #91: This is a Czechkehr-style  $\frac{1}{2}$  turn beginning with one hand on the pommel and one on the leather and finishing with one hand on leather and one hand on pommel. It can be performed turning over the pommel or with legs passing over the end of the horse. Contrast that to a typical Czechkehr (EG II #92) that is performed completely on the pommels or leather. This was previously reviewed by the FIG MTC in Summer 2021. See the following example: <https://youtu.be/Hjd5q4z0wa4?t=24>
11. **\*\*\*** Q: What is the correct finish position for Bertoncelj and Davtyan skills?  
A: The Bertoncelj and Davtyan must finish in longitudinal body position which means they are then followed by a pommel loop (with or without  $\frac{1}{4}$  turn) if included as part of a flop sequence (2022 Liverpool Worlds - MTC).

12. \*\*\* Q: How are czechkehres recognized? Can czechkehres share a circle with a travel?  
 A: Czechkehre must begin and end in front support. Flops to immediate czechkehre or visa versa gets full recognition because the czechkehre can start or finish on one pommel with a 1/4 turn. There is no shared circle needed. So, E+B or B+E is the recognized value. However, Czechkehre to immediate side travel will not be recognized because there is no completion of the czechkehre before the traveling begins. The shared circle exception for Magyar-Sivado does not apply anywhere else except for Magyar-Sivado. So no value for the czechkehre, and "A" for the travel. You could give an "A" for the first part of the czechkehre as a circle with a 1/4 turn, but that would likely be repetition for a circle.
13. \*\*\* Q: Does a Busnari require a complete full circle on the leather to finish the skill, before a travel up to the pommels?  
 A: No. A Busnari performed in the manner pictured in the following video would be considered complete.  
<https://drive.google.com/file/d/1HY3qOIJZ6O-kOz8l1bcEz-d8ee9zQl9y/view>

## **Skills:**

- What is the value of this Russian turn on the leather?  
[https://drive.google.com/file/d/1IT8cCUF2IHeek9GPjfOVbl1sF\\_NsLi7T/view?usp=sharing](https://drive.google.com/file/d/1IT8cCUF2IHeek9GPjfOVbl1sF_NsLi7T/view?usp=sharing)  
 A: C - This is a 900+ Russian but because the final hand placement goes from the leather to the pommel, the skill is not considered complete on the leather and thus no 1080 turn.
- A "half Eichorn" = B. (FIG FAQ - Jan 2022)  
<https://www.youtube.com/clip/UgkxRoivl5Zz-dQ0L1le0-cyeGuS8nt88ZqH>
- Bertoncelli to handstand w/ 3/3 travel w/ 360+ turn = F  
<https://www.ngja.org/wp-content/uploads/formidable/5/trim.93C8A82C-8C58-4F61-BBBC-DE908291EE13.mov>
- \*\*\* Russian wendeswing with 360° turn + Swing to Handstand w/ 360+ Turn + 3/3 Travel = B, D  
<https://www.ngja.org/wp-content/uploads/formidable/5/trim.E78F002B-68B3-4E5D-A6C2-2256BC82218F.mov> (incorrect link in prior update; additionally, this is a press handstand and would likely receive No Credit. This interpretation assumes a true swing to handstand dismount)
- Pinheiro Variation: Czechkehre on the leather, EG II.92 = B  
<https://www.ngja.org/wp-content/uploads/formidable/5/Almeida-Pinheiro-Variation.mov>
- \*\*\* 270 Sohn immediate 270 Bezugo (Davtyan) = C, C. While flops are elements that can be combined, a Davtyan (and a Bertoncelj) can only appear at the beginning of a flop sequence (CoP - pg 58).  
<https://www.ngja.org/wp-content/uploads/formidable/5/trim.096BBF5D-FA89-43A3-AA73-D8E0FED76284.mov>
- \*\*\* Davtyan immediately connected to Sohn: "C" Davtyan for the first half followed by a "B" skill #68 (Khere with 270 degree turn on 1p (Sohn tech) from cross to side support). There is no provision in the CoP to connect these elements.  
[https://www.ngja.org/wp-content/uploads/formidable/5/IMG\\_2012.mov](https://www.ngja.org/wp-content/uploads/formidable/5/IMG_2012.mov)
- \*\*\* What is the value of this sequence:  
[https://drive.google.com/file/d/1mNkthWdNHHHhZHQVLZNzJ8vBYkBdz-ZL/view?usp=share\\_link](https://drive.google.com/file/d/1mNkthWdNHHHhZHQVLZNzJ8vBYkBdz-ZL/view?usp=share_link)  
 270° Russian Wrndeswing (with travel) (A value - EG II, #103);  
 180° Kehre (A value, II.61);  
 Reverse Stockli (B value, II-80)

9. \*\*\* 720 turning 3/3 side travel: Chechkehre (A), Kehre (A), Chechkehre (repetition), Kehre (repetition). There is no provision to combine these elements on pommel horse.  
[https://www.ngja.org/wp-content/uploads/formidable/5/IMG\\_1657.mov](https://www.ngja.org/wp-content/uploads/formidable/5/IMG_1657.mov)

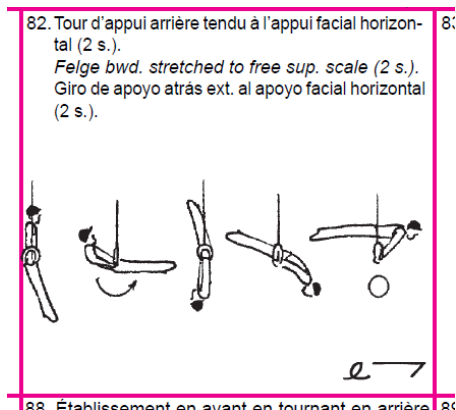
## Still Rings

### General:

- Which arm bend deductions should be used for pull to inverted hang on rings and kips on rings?  
 A: These fall under the 0-45=0.1, >45-90=0.3, >90=0.5 & non recognition. These are distinct from and different from the arm bend deductions defined for hold positions and strength skills (MAG CoP pg 28). (Zunich - Feb 2022)

### Skills:

- Q: What is the difference between elements III.64 and III.82  
 A: III.82 should begin from support, the picture is incorrect. The correct image will appear in the fall 2022 CoP update. (Zunich - Feb 2022)



## Vault

### General:

- Q: Should a Kasumatsu style vault (or handspring) with bent arm(s) on the horse of >90 degrees be not recognized?  
 A: Vault is different. A vault with bent arms should be recognized with an execution deduction. (Zunich - July 2022 - CWG)

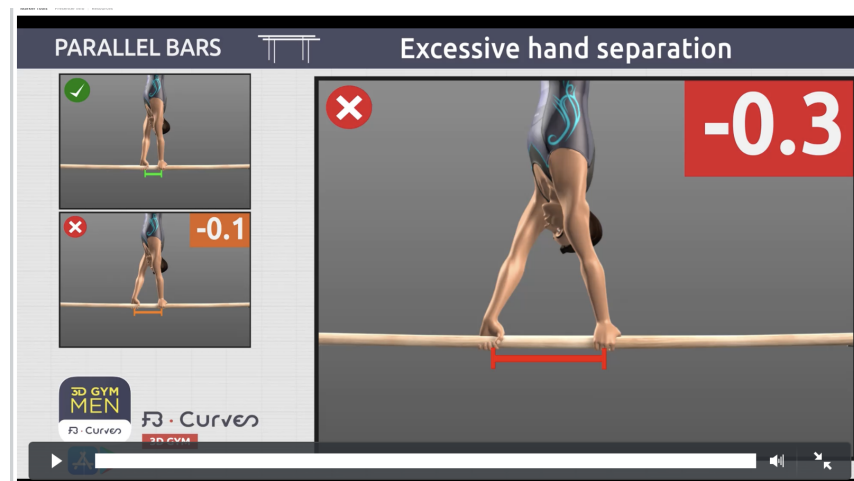
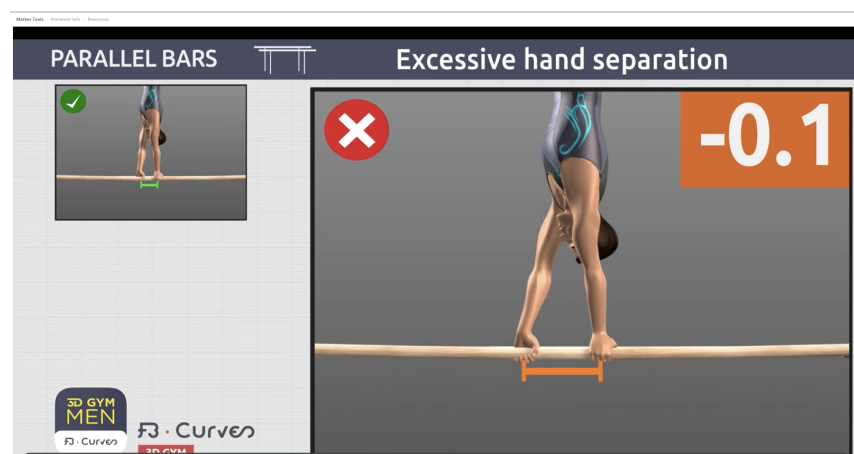
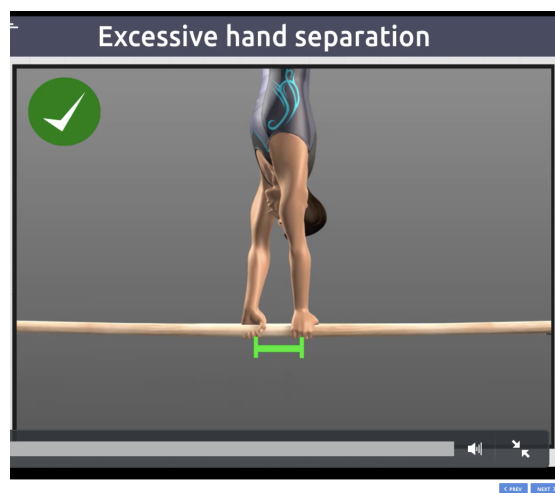
## **Skills:**

1. Q: Tsukahara Double Pike with Full Twist  
A: 6.4 (TC Meeting - Paris World Cup - Sept 2022)

## **Parallel Bars**

### **General:**

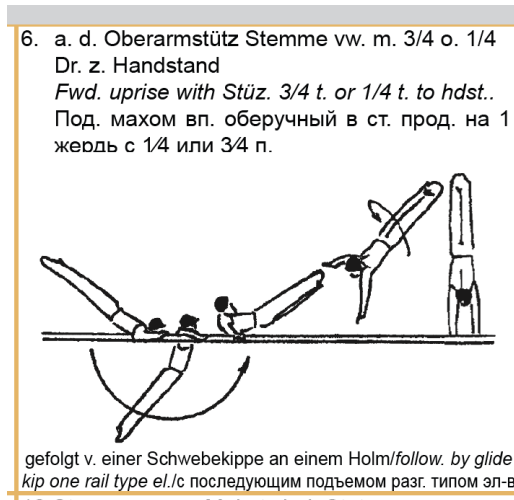
1. Does a Diamadov 5/4 need to go through double under grip?  
A: No, it can still go to mixed grip and receive D credit. (Zunich - Feb 2022)
2. For Makuts-type elements: Are there any special repetition rules or limitations on the number of Makuts-type elements done in a routine?  
A: No. There is no limit to the number of Makuts-type elements in a routine. (Zunich - Feb 2022)  
NOTE: Both the basket and giant through handstand Special Repetition rules list specific Makuts-style skills within those families. (MTC Newsletter #39)
3. Basket with full turn, III.108, should be performed direct to handstand and without an additional hand placement. Basket with half turn, III.107 should be performed with max one placement before arriving in completed handstand. If the basket is performed with two or more hand placements it will be valued as III.106 basket with quarter turn (D). (MTC Newsletter #39)  
There will be a 0.1 E panel deduction for the extra hand change. (PBar E Jury TC presentation slide #55 - 1/26/22).
4. III.87 Glide kip on one bar through L-sit piked to handstand must be performed with legs together. Straddle during the press phase incurs 0.3 for atypical straddling. (Zunich - Jan 2022).
5. Which arm bend deductions should be used for felge on pbars.  
A: These fall under the 0-45=0.1, >45-90=0.3, >90=0.5 & NR (MAG CoP pg 28). These are distinct from and different from the arm bend deductions defined for hold positions and strength skills (MAG CoP pg 28).
6. Q: If a gymnast 'travels/slides forward' during a front uprise, should that be deducted like a grip adjustment, or extra hand placement = 0.1?  
A: Yes. (Zunich - July 2022 - CWG; reiterated at 2022 Liverpool Worlds - MTC)
7. Q: How are hand separation deductions in one bar handstands (English handstands) defined (14.2.1.4.e)?  
A: The CoP does not explicitly define a distance but the 2022 World Championships E Jury presentation presented the following illustrations.





## **Skills:**

1. PBar element II.6 = F. It is a front uprise with stütz 3/4 or 1/4 to HS followed by glide on one rail. This is very similar to the Kovtun which is box II.15 = C. The corrected, as illustrated below, will appear in the next version of the CoP.



2. Underbar swing to counter-salto tucked front dismount will be evaluated as "B", EG IV.
3. \*\*\* Side kip in mixed to healy: C (EG 3 #87) and a D (EG 1 #70).  
Even though the athlete does the healy from mixed grip with no grip change, it is considered as two separate skills. Additionally, they deemed the in-bar press handstand is not a swinging skill so it doesn't receive E-value upgrade to Bejenaru (EG I #71).  
[https://drive.google.com/file/d/1q6VxiRBVeWI-vsWyR2PTXQC62EeERB7z/view?usp=drive\\_link](https://drive.google.com/file/d/1q6VxiRBVeWI-vsWyR2PTXQC62EeERB7z/view?usp=drive_link)

## **High Bar**

### **General:**

1. What constitutes 3 swings allowed for mounts on high bar?  
A: Each movement forward, each movement backward, and the cast are each counted as a swing. Further, a jump to swing or coach pushing the gymnast to a swing counts as one of the three allowed start swings at the beginning of the routine.
2. Does an endo performed from a hang (e.g. as a mount, or after a release) need to start from a handstand?  
A: No. This is a valid way of performing an endo without a deduction.
3. Which releases are not recognized in this sequence of four tkatchev style releases? Tkatchev Stretched connected to Tkatchev (D+C) - Piatti (D) - Liukin (F)  
A: The connection is kept first because it's the highest value. Then, remove the lowest remaining release, the Piatti (D).
4. From a Czech Giant, the only way to perform a Steineman (B) to simple stoop out without an angle deduction is followed by Stalder. Anything else will be recognized as an attempted Koste

(C) with angle deductions. If the athlete exits below handstand AND does a stalder, it is B Steineman, B Stalder.

So the following video exhibits: C free backtoss, D czech giant, potentially no credit Koste with angle deductions applied.

[https://drive.google.com/file/d/1pig0dLLi\\_TLGyIIJcyjCUTQItW7gOO64/view?usp=sharing](https://drive.google.com/file/d/1pig0dLLi_TLGyIIJcyjCUTQItW7gOO64/view?usp=sharing)

There is wording on page 140 of the CoP #15 that might lead a reader to believe that this sequence could be evaluated as a B steineman without deductions. This is incorrect.

5. Kip does not need to go over the bar to receive A value, but will receive a 0.3 deduction
6. A successful Russian Giant is determined by sufficient inlocation at the top of the Bar. It will either be awarded a C Russian or B elgrip giant without deduction.
7. A perfect Stretched Tkatchev occurs if the gymnast is straight as the body and feet pass over the bar.
8. ~~\*\*\*From a Czech Giant, the only way to perform a Steineman (B) to simple stoop out without an angle deduction is followed by Stalder. Anything else will be recognized as an attempted Koste (C) with angle deductions (removed; duplicative to #4 above)~~
9. Q: Should elements like giant swings on high bar with a >90 degree arm bend be not recognized?  
A: Yes, giants on high bar with a >90 degree arm bend should not be recognized. This is the same as giants & felges on pbars & rings. (Zunich - July 2022 - CWG)
10. Q: If an athlete performs a Quast to one arm giant, how is this evaluated? Does only the Quast get credit once the second hand gets on? How is the angle requirement evaluated for the catch?  
A: The sequence would be evaluated as a C and a B. The angle for the quast to one arm will be measured when the gymnast completes the turn for the quast. Normal angle deductions would apply on the quast.

## **Skills:**

1. Over the past several cycles, the MTC has limited one arm giants to three elements: one arm forward, one arm backward, and Zou Li Min. In the case of Zou Li Min, if it is performed with insufficient turn, it is not recognized. In general, new one arm variations will not be permitted, recognized nor encouraged. Thus, skills such as the following will receive no valuation:  
[https://drive.google.com/file/d/1njiGOiWL1-Zjr75us5n\\_k4IZn6fOlFOQ/view?usp=sharing](https://drive.google.com/file/d/1njiGOiWL1-Zjr75us5n_k4IZn6fOlFOQ/view?usp=sharing)
2. In-bar Stalders & Endos – Presented by the MTC at Liverpool WC - Basically if the feet are barely past the bar when stooping in, deductions can be taken. To avoid deductions, the feet are expected to pass the bar so the athlete is in a deep pike. (2022 Liverpool Worlds - MTC)

## **No Deduction**



## 0.1 Deduction



## 0.3 Deduction



### ***APPENDIX: Vault Judging Score Input***

Vault judging and score input used a new system at the Liverpool 2022 World Championships. For the E-panel, judges were instructed to enter their deductions for the four phases of the horse so they could get a better idea where deductions were coming from.

For example, instead of just entering 2.3 in deductions, they wanted the judge to be more specific where the deductions were taken.

- Phase 1 (1<sup>st</sup> flight) – 0.3 leg separation
- Support phase – 0.1 bent knees
- Phase 2 (2<sup>nd</sup> flight) – 0.1 bent legs + 0.1 bent body + 0.1 bent ankle + 0.3 lack of height
- Landing – 0.3 lack of preparation + 1.0 fall
- *The judge will just tap the screen for the number of times the athlete had a deduction in each section in the chart below.*

