

2025 - 2028 / MDP Newsletter #2

December 12, 2024

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The Men's Development Program Committee (MDPC) has set up a rules interpretation committee to gather questions from the community and provide clear guidance. This is part of an ongoing effort to standardize how rules are interpreted and judged across the country. **The clarifications in this document will serve as the official written standard moving forward and these rules are meant to be applied immediately.**

General Information

1. At level 9 & 10, Proscore has allowed for bonuses to be automatically calculated in the final score. This is a setting that the meet director has to properly configure for the competition. When a session has only optionals and the system is set up for D and E input, it will automatically add the proper bonus to the final score. In this situation the judge will only enter the actual Difficulty and Execution as performed and proscore will put out the final score including all eligible bonuses. When judging, please find out if this system is in use so that you do not double apply the bonus.
2. At all levels, neutral deductions will be taken by the judge and applied to the final score and will not affect the start value.
3. Spotters are allowed but not required on Parallel Bars. As defined by FIG, the presence of a non permitted spotter is (-0.5 for optionals & -0.3 for compulsories) and would result in the deduction being taken if a spotter appears on the Floor Exercise and/or Pommel Horse area. Assisting a gymnast in the performance of a skill will result in a **Neutral Deduction** of (-1.0 for optionals & -0.5 for compulsories) as a spotting deduction. (FIG COP Article 9.2.3.d.iii & MDP Manual, page 22).
4. If a spotter leaves the apparatus during the performance of a routine at any point a (-0.2 compulsory) or (-0.3 optional) **neutral deduction** will be taken from the execution score taken from the final score.. (MDP Manual, page 22 & 49).
5. **Levels 8, 9 & 10** - Regardless of the required value of EG per level, all level 8-10 dismounts will receive the FIG value of the skill as the EG IV credit (Except FX). Level 7 will receive 0.5 when a Fig "A" or higher is performed.
6. **Element Group Credit Explained**- MDP requires an "A" at level 7 & 8, a "C" at level 9, and a "D" at level 10 for full EG credit for EG II & III.
 - a. Level 7 will always receive 0.5 EG credit with any FIG "A" skill or above.
 - b. Level 8 will receive 0.5 EG credit with any FIG "A" skill or higher for EG I, II or III, but will receive the value of the skill for EG IV (except FX).
 - c. Level 9 will receive 0.5 EG credit with any FIG "A" skill or above for EG I, and 0.5 for any Fig "C" skill and above and the value of the skill for EG IV (except FX). They will receive 0.3 for "A" & "B" skills for EG II and III

- d. Level 10 will receive 0.5 EG credit for any FIG "A" skill or above for EG I, and 0.5 for any FIG "D" skill or above for EG II and III, and the value of the skill for EG 4. (except FX)
They will receive 0.3 for "A", "B" or "C" skills for EG II and III
7. Stick bonus will be awarded to the Difficulty Score and **WILL** be a part of the final D score used to determine difficulty bonus.
8. **Level 3, 4, 5, & 6** - Specified Bonus may be awarded even if there are multiple small or medium errors or a single large error in the performance of the skill. Specified Bonus will not be awarded if there is a fall in the performance of the skill.
 - a. Specified bonus will not be awarded if there are missing portions of the SB box.
ex: (PB, level 3 SB #1. If one were to do the tucked planche, but fail to do the swing forward and backward following the planche before the straddle on bars, then no bonus would be awarded)
9. **Level 3, 4, 5, 6 & TS** - The 50% rule is not applied when the intended skill is not performed at all. Ex: (TS ages 10-12 - "Run, hurdle, round-off, power back handspring, salto backward straight with full twist." If only a layout were done instead of the 1/1, this would not be 50 percent. However, if they were to attempt the twist and landed after only completing part of the twist, this would receive value because of the 50% rule.

Floor Exercise

1. Although there is no dismount EG on floor, one still counts the final skill and the 7 best elements just like other apparatus. If the final skill is not recognized (e.g. simple repetition), then only 7 elements may be counted. Also, if the dismount isn't counted, then there cannot be a stick bonus.
2. **Levels 7, 8, 9, & 10**: An additional landing mat up to 4" is allowed for landings. If this is moved or if one punches off of the landing mat a (-0.5) **Neutral Deduction** will be applied.
3. **Levels 7, 8, 9, & 10**: There is a FIG deduction that if one were to step their hand or tap their toe back to the ground during a press handstand then the skill will lose value. The -0.1 deduction will remain in the MDP program for the hand step, but value will be given for press handstands that step or touch their toe back down. Short hold deductions could also be taken in this situation.
4. **Level 6D1** - If a gymnast performs all 4 of the bonus skills, only 3 will receive a bonus. There is no deduction for performing the 4th other than execution errors.

Pommel Horse

1. **Level 7, 8, 9, & 10** - Explanation of the exception (MDP Manual page 52) on PH for No large (-0.5) deductions on all circle handstand elements.
 - a. During circle handstand elements all large (-0.5) deductions will be taken as medium (-0.3) deductions
 - b. The intent of this rule is to allow for the occurrence of multiple large errors while doing circle handstand elements and still give value for the element. The large errors would receive a medium (-0.3) deduction instead of the (-0.5)
 - c. An example of this would be hitting the foot on the horse (-0.3), lowering of legs >45°(-0.3), minor visible strength while going back to handstand (-0.1) and bending arms 30°(-0.1). While this would not receive credit in FIG, MDP athletes would still receive credit value for the element with execution deductions totaling (-0.8).

2. **Level 7, 8, 9, & 10** - Clarification of "FIG circle deduction will be applied by skill, not by section" (exceptions table page 52) **This includes Form, Hip Break, Skew, and Lack of extension.** Ex:(A Magyar done with 6 circles which has a small skew on every circle and a medium leg bend on every circle will receive one deduction (-0.1) for the skew and one deduction (-0.3) for the knee bend. NOT each circle.)
3. **Level 7, 8, 9, & 10** - A flair in any position is an MDP "A". Like other MDP "A's" all variations of them are allowed in the same routine for credit. Ex: (loop, flaired loop, circle, and flaired circle would all receive credit)
4. **Level 8** - Level 8 will not follow any of the Pommel Horse special repetition requirements found on page 44 and 45 of the MAG CoP. (ex: Roth and Wu could be performed in the same routine). This includes the ability to do both Magyar & Flaired Magyar as well as Sivados.
5. **Level 8** - There is an allowance for more than 4 EG III skills in a routine if the additional travel skills over 4 are done in flairs. (ex: Wu, Urzica 2, ½ Magyar, ½ Sivado, Flaired Magyar, Flaired Sivado).
6. **Level 8** - All travels with spindles (including the Eichorn) not already listed in the Pommel-less Horse Code of Points will be recognized elements and will receive their equivalent FIG values. **(Exception: Nin Reyes 2 (III.23) will not be recognized in level 8.)**
7. **Level 3, 4, & 5** - Replace performance criteria for the "flank dismount" with "Flank dismount with hips at horizontal with feet at the height of top of mushroom"
8. **Level 5** - Replace the wording in SB2 with "Replace #4 with ½ spindle within ~~two or more~~ **one or two** flaired double leg circles (+0.3)"

Still Rings

1. **Level 10** - MDP exceptions (MDP Manual, page 52). Support scale straddled was left off of the exceptions for level 10's and will be in the updated manual.
2. **Level 7, 8, & 9** - MDP exceptions (MDP Manual, page 52) - An exception will be added to the manual stating that level 7-9 athletes are not required to break up a series of Element Group 2 or 3 Skills with a B Element Group 1 Skill. They are allowed to perform as many Element Group 2 or 3 Skills in a row as they are capable
3. **MDP exceptions** (MDP Manual, page 52) explains that certain strength skills based on level will receive one letter upgrade and can not receive a large error (-0.5). The following wording explains this more clearly.
 - a. **Level 7, 8, & 9** - Support scale straddled, support scale & skills from EG II or III (Elements II.19, II.9, III.56, III.58, III.68, III.70, III.82) will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors. No large (-0.5) deductions will be taken. All large errors will be given (-0.3)
 - b. **Level 10** - Support scale straddled, Support scale (Planche) & Cross, Inverted Cross, Swallow, or Inverted Swallow skills from EG II or III will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors.
4. **Level 7, 8, 9, & 10** - Explanation of the exception on rings for No large (-0.5) deductions.
 - a. All large (-0.5) errors will be given a medium deduction (-0.3). However, when an element is done so poorly that it resembles a different element, then the value and EG of the element it most closely resembles will be given.

- b. Examples like not stopping during a hold or egregious angles will not receive credit for the intended skill. Final hold positions can be recognized and given credit when performed as expected.
 - c. The intent of this rule is to encourage athletes to perform skills that are not yet mastered without the concern of large deductions. It is not the intent to give credit to skills that look nothing like the attempted skill.
- 5. Level 6 - There is no deduction for excessive swinging of the cables or for using bent arms in front swings.**
- 6. Level 6 - For the press HS, SB1 it reads: "Note: In SB1, feet may be on the inside of the cables in the handstand (no bonus awarded if legs or feet wrap around or touch the outside of the cables), maximum execution deduction of (-0.3) taken for achieving the handstand in SB1 additional deductions if the gymnast falls or does not hold the 2 skills."**
- a. The maximum deduction of (-0.3) is referring to the press HS only. Additional deductions can be taken for lack of hold as well as the remainder of the box.
 - b. **BENT ARMS ARE ALLOWED on the Press to Handstand with no deduction.**
- 7. Level 5 - Performance criteria for box 5 to be replaced with "Bent Arms allowed <90°. The deduction remains of (-0.3) for arm bend >90°."**

Vault

Corrections to the Vault information in the Optional Track - Modifications & Exceptions Table Page 52				
Name of Vault	FIG Box	FIG Value	Junior Value	Difference
Level 7 and 8 Only				
Tsukahara Tucked	III.307	1.8	2.2	+0.4
Yurchenko Tucked	V.507	1.8	2.2	+0.4
Tsukahara Piked	III.308	2.0	2.4	+0.4
Yurchenko Piked	V.509	2.0	2.4	+0.4
Tsukahara Straight	III.313	2.8	3.2	+0.4
Yurchenko Straight	V.510	2.8	3.2	+0.4
Handspring forward & salto forward tucked	II.207	2.0	2.4	+0.4
Level 7, 8, 9 & 10				
Handspring forward & salto forward piked	II.213	2.4	3.2	+0.8
Handspring forward & salto forward piked with ½ twist	I.107	2.8	3.6	+0.8
Handspring forward & salto forward straight	II.219	3.2	4.0	+0.8
Handspring forward & salto forward straight with ½ twist	I.113	3.6	4.2	+0.6
Handspring forward & salto forward straight with 1/1 twist	I.114	4.0	4.2	+0.2

Parallel Bars

1. The handstand in the FIG CoP (II.1) does not have a required hold for value. There is no deduction for lack of hold and the MDP allows levels 7,8,9, & 10 to swing down without an empty swing deduction. Therefore any gymnast levels 7-10 can swing to handstand, show that they could have held and then swing back down with no deduction and receive an "A" fig value for the part.
2. **Level 4** - Expectations and deductions for the handstand push off the bar dismount, box 10.
 - a. (-1.0) If the swing HS is performed below horizontal before the dismount.
 - b. (-0.5) if the swing HS is performed between horizontal and 45 degrees before the dismount.
 - c. (Per FIG) deductions if the HS is performed between 45 and 0 degrees prior to dismount.
 - d. The Momentary Hold Requirement and deduction does not apply to this skill. By definition if an athlete stops their movement from continuing upward to dismount, then they have stopped.
3. **Level 4** - SB3 has a required hold of 2 seconds
 - a. If the HS is held for less than 1 second there is "no hold deduction", but no bonus.
 - b. If the HS is held >1 and <2 seconds then a hold deduction of (-0.2), plus (0.3) bonus
 - c. If the HS is held for 2 seconds then no hold deduction, plus (0.3) bonus

High Bar

1. **Level 7, 8, & 9** - As long as the first skill is performed on or before the 5th movement, there will not be a 0.3 deduction for Reversal of Direction (CoP 15.2.1.2.d) regardless of the height of the shoulders or the swings. The gymnast will also receive a MDP 'A' for "back uprise to any height".
2. **Level 7, 8, & 9** - The exception on page 52 for deducting skills following releases needed clarity. It will now read "Level 7, 8, & 9 - Maximum of -0.5 in deductions for a completed skill following a "C" or higher release skill"
 - a. This includes all deductions incurred following the release element up to the resumption of swing.
 - b. This rule would also apply to additional consecutive release skills.
3. **Level 7, 8, 9, & 10** - A new exception will be added on highbar page 52. Adler skills (III.63, III.64, III.65, III.70, & III.76) will receive the (-0.3) deduction for continuing in the unintended direction. However, unlike the FIG they will still receive value credit. [EXAMPLE](#)
4. **Level 7, 8, 9 & 10** - Adler skill modification table (MDP Manual page 53). The current table for level 7, 8, & 9 is intended only for the Adler HS ("Jam" CoP box III.63) and **does not** include level 10. **A new table will be added for all levels 7, 8, 9, & 10 for all Adler Turning Skills.** Adler ½ t. Through HS in ovgr.(III.64) & Adler hop to hdst. in ungr. or ovgr. or mixed grip (III.70) & Adler and 1/1 t. thr. hdst. in mixed grip, also with hop (III.76) & Adler and 1/1 t. through hdst. in ungr. (III.65)
 - a. The value of these skills will remain the same, however there will be an **exception to the angle deductions.**
 - i. 0 - 15 degrees (-0.0)
 - ii. 16 - 45 degrees (-0.1)

- iii. 46 - 90 degrees (-0.3)
 - iv. >90 degrees (-0.5 with recognition unless fall)
5. **Level 7, 8, 9, & 10** - Following the MDP "A" pullover to support & kip to support, if there is a stop ≥ 2 seconds there will only be a (-0.1) deduction for the stop. Other execution deductions still apply.
 6. **Level 8 - "C"** and higher release moves will receive a +0.3 bonus added to the start value.
 7. **LV 5** - Box 7 in Notes/Deductions it should read "Pump swing not resulting in a cast (-0.2) each time. In $\frac{3}{4}$ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed"
 8. **LV 5** - Replace the wording in SB2 & SB3 Notes/Deductions to read "If SB 2 and SB 3 are both performed, replace #7 with cast to free hip circle, two giant swings backward and $\frac{3}{4}$ giant swing backward (+0.6) Maximum total execution deduction for SB2 and SB3 is (-0.3). Fall from bar (-0.5) In $\frac{3}{4}$ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed. For clarity that means from the cast in SB2 through the $\frac{3}{4}$ giant swing in SB3 there is a max of (-0.3) if they are both performed.

Tech Sequence

1. Currently there is a (-1.0) deduction for missing major elements in tech sequence routines. This deduction is for eliminating the entire box. In addition to this, boxes that do not contain major elements will incur a. There is a (-0.3) deduction for any missing parts inside of a box with a max of (-1.0) per box. This is irregardless if they are major elements or not.
2. **FLOOR:** At all levels of tech, "any split" is allowed when a split is required. Eliminate the wording "front split".
3. **FLOOR:** At all ages when flairs are required, up to one double leg circle may be performed before the flairs.