



2009-2012 NGJA/USAG Rules Interpretations #5

- FIG Code of Points (Version GAM 2009) & this document will be used through the USA Championships.
- Skill committee updates
- These interpretations are NGJA interpretations only and our based on our interpretations of the FIG Code.

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The MPC has authorized a skills evaluation committee to interpret skills and publish these for use in USA competitions. This document lists those evaluations. Skills not previously evaluated must be submitted prior to major competitions for review. Many skills will not be evaluated in advance by this committee, but will rather be evaluated at major competitions where they can be seen live prior to 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 get updated very frequently. Please consult this often.

If you have additional questions on the 2009 - 2012 rules, please [click here](#) to e-mail those to the skills committee. Please include attachments with video clips or drawings.

Document Precedence

Please refer to the NGJA document precedence rules as outlined in "NGJA Document Precedence"

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

How to Submit New Elements for Evaluation?

If you are a coach and wish to submit a new element or sequence for evaluation, please [send an email](#). All skills submitted for evaluation must have a video of the skill included with the submission. (NGJA 3/12/09)

General Rules

1. New hold deductions:
 - 2 sec = 0.0
 - < 2 sec = 0.3
 - No stop = 0.5 and non recognition

Note: there is no longer a 0.1 deduction for hold between 1 and 2 seconds.

2. Add to Article 24 “Unsteadiness in or fall from handstand” a SMALL deduction along with the existing MEDIUM and LARGE deductions.
 3. Line deductions on Floor & Vault: If the gymnast directly lands with one foot out and one foot in, then steps with both feet out, then the total line deduction will be 0.3, not $0.1 + 0.3 = 0.4$. Also, landing with both heels out of bounds results in a 0.5 line deduction.
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Skill Evaluations & Event Interpretations

Floor Exercise

1. The deduction for performing more than 2 lines in direct succession is taken by the ‘E panel’. To avoid this deduction, the third pass must deviate from that corner by at least 6 meters (1/2 the floor mat).
2. Connection bonus example: $B+D+D = 0.2$. (Maximize connection). Connection bonus is awarded on 1 side only; therefore, no connection is awarded for $B+D$ in order to maximize connection bonus.
3. If the dismount is a repeated element, then the dismount is not recognized. This can occur if the gymnast performs a double full during the routine, and attempts a $2\frac{1}{2}$ twist for the dismount, but the twist is short by more than 90 degrees, and is recognized as a double twist. In this case, the dismount is not recognized because chronological order is used to eliminate repetitions and no dismount is awarded.
4. Jump to prone is a new ‘A element’ which is added to the same box as EG 1, #73.

5. Jump with 1/2 turn and Jump to prone are included in the rule which limits the number of elements which are performed to prone or roll out (*see Article 28: 5b which states that a gymnast may use a maximum of two elements that finish with a roll out or in a front support position*). This may (will) cause repetition problems in current routine construction

Example:

- Front Layout + Front full + Jump to support = B, C, A
- Front handspring, front 1 3/4 salto roll out = A, C
- Stretched Thomas = Non-recognized 3rd roll out/front support skill

A 'fall' to prone or '1/2 turn to fall to prone' does not contribute to this problem because there is no "Jump" prior to the front support. Note: It is important that during a fall to prone, the feet **do not** leave the floor; otherwise, it could be interpreted as a jump to prone.

6. Jump backwards with 1/2 twist to a double front layout with 2 twists (Arabian double layout with 2 twists) is a G skill in EG IV. (NGJA 2/2/09)
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Pommel Horse

1. Scissor to handstand on pommel and step to end with one hand = D with 0.3 deduction (FIG Newsletter #24)
2. On one pommel, 1080 Russian + 2 flops (or vice versa) = G, (not F+B).
3. If a gymnast turns out to side support prior to completing a Magyar on the end, he will receive a B for 2/3 travel, not a D for Magyar, nor C for Bilozerchev.
4. Angular / skew deductions are applied per section of the horse during cross support travels, not necessarily for each circle. Per section is considered from sections 1-2, 2-4, and 4-5. Therefore, there is an opportunity for 3 such deductions for a 3/3 cross support travel.
5. Russian 180 or 270 with travel (A) is a new element added to the same box EG 4, #55. This may result in a Russian repetition problem. NOTE: The 3rd Russian in an exercise receives no value based on the special repetition rules. But, if the 3rd Russian skill is the dismount, count this first. (FIG Newsletter #24).

Example:

- On end, Russian 270 travel to middle = A 2nd Russian Skill.
- Russian 1080 in middle = Repetition, no credit = 3rd Russian skill.
- Russian 1080 on end dismount = 1st counting Russian Skill.

6. Repeated skills (you cannot do 3 of the same flop skills in a row):

Examples:

- SSLLL is now E + rep, (not E + B)
- SSLL LLR180 = E + Rep + Rep + B

7. Tong Fei may begin and end in either cross or side support to receive D credit.

8. The Roth EG 1V box 46 states “*any Russian wend. with 360 degree t. and 3/3 travel*” as a D. Thus, a gymnast will receive D credit if he starts from circles in cross support frontways on the end as pictured in the code or, D credit if he starts in circles in cross support rearways on the end. (NGJA 2/2/09)
9. 2/3 travel cross support travel with 180-270° Russian is a B in EG IV. (NGJA 2/2/09)
10. Clarification: A maximum of two Russian wende swings are permitted within an exercise, including the dismount. A combined element which includes a Russian wende swing on one pommel and travel elements which include Russian wende swings, such as Wu Guonian, Roth or Tong Fei, are exceptions to this rule.
11. Scissor skills: A video has been produced to help clarify the evaluation of Scissors and leg cuts to handstands and other variations of Scissors not listed in the code. This video should be considered as an official part of this skills



update. [Follow this link for access to this video.](#)

12. *** **Summarization of all Handstand Turning Dismount Rules.** For a handstand dismount to increase in value by a 3/3 travel, a minimum of 270 degrees of turning is required with support on two ends of the horse (no middle contact is required). To receive upgrades in element value for 3/3 travel AND turning within a handstand the gymnast must:

1. Demonstrate turning of a minimum 270 degrees during the 3/3 travel for one upgrade (part of the travel)
2. Demonstrate a minimum total of 450 degrees turning for the second upgrade, in such a way that the gymnast finishes the landing in a sideways position (facing out) in respect to the pommel horse.
3. Or, vice versa order.
4. **EXCEPTION:** Travel 3/3 two times (2X) with 360 degrees of turning, receives upgrade for 3/3 travel and turning. (FIG 12/2010)

Still Rings

1. After four elements from group III/IV, the gymnast must include between them at least a B or greater swing element in order to break up the strength sequence. In addition, a Kip to L sit (B) will not break the sequence.

Example #1: (Maximum 4 strength skills in a row):

- Kip Maltese = A + D
- Press to Planche = D

- Azarian = D
- Press to Maltese = E
- Lower forward to inverted hang = no value <unlisted element>
- Backuprise planche = non rec <5th group III/IV>
- Nakayama = non rec <6th group III/IV>

Example #2: (Element Group 1 or 2, less than a B)

- Azarian Maltese = F
 - Press Inverted Cross = E
 - Backuprise Maltese = E
 - Press to Planche = D
 - Nakayama = non-rec <5th group III/IV>
 - Inlocate = A (does not break sequence since it is only an A skill)
 - Kip to Inverted Cross = A + non-rec. inverted cross <6th group III/IV>
2. From a hold, press to a strength element is not recognized if the previous hold position is not recognized: Consider the following sequence:
 - Azarian = D
 - Press to Inverted Handstand = E
 - Lower to Maltese = D
 - Kip to Maltese = A + non-rec. <2nd **Maltese**>
 - Press to Planche = non-rec. because the previous element is not recognized.
 3. Skill clarification (EG 4, #81)

From cross:

 - pull to L-sit = C <listed element IV-#81>
 - pull to support = no value <unlisted element>
 4. During a sequence of 5 group III/IV elements, if one of the first 4 strength elements is not recognized due to poor performance, then the 5th strength element can replace the element which was not recognized. When the unrecognized element doesn't exist, it doesn't count towards the maximum allowed.
 5. Any double back tuck dismount with ½ twist will be valued as a B skill, EG V. (NGJA 2/2/09)
 6. Clarification: Straddle Planche press to Inverted Cross will be judged as two separate skills. B + C both EG IV. (NGJA 2/2/09)
 7. Pull with straight arms and body through momentary front lever to Inverted Cross. E Skill, Category IV (NGJA 3/12/09)
 8. Pull with straight arms and piked body through momentary front lever to Inverted Cross. D skill, Category IV (NGJA 3/12/09)
 9. *** **Double front tuck dismount with full twist. D value EG 5. (NGJA 12/8/10)**
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Vault

1. Dimensions of the “landing area” have been slightly modified to include a tolerance of 5cm on the near end of the horse. New dimensions are: 100-95 cm (near end) x 6 meters x 1.5 meters (far end)
 2. Handspring with 1/4 turn in preflight (Group IV) to 1/4 turn in postflight and double Salto forward tucked, (Round off Arabian double front style) will have a start value of 6.6 EG IV. (NGJA 2/2/09)
 3. *** **Vault line deductions will match the FX line deductions exactly. If a gymnast lands with one foot out and then steps out with the second foot, the deduction is 0.3 for stepping out with two feet (not 0.1 and 0.3). (FIG 12/2010)**
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Parallel Bars

1. The gymnast must begin his routine within 30 seconds of the judge’s signal and/or green light. The beginning of the routine is measured when the gymnast’s feet leave the floor.
 2. Clarification: Sidebar- Glide kip through L sit press through Handstand. (EG 3 #63). Gymnast must keep legs together on press to Handstand.
 3. New Skill: Bhavsar: (Long Hang) Swing forward, straddle cut backward, and regrasp with straight body at horizontal, (Tkatchev style)- E value Bhavsar (USA)
 4. Long hang swing forward, straddle cut backward, and regrasp (Tkatchev style) to support or upper arms will receive a C value. Both will be in the same box.
 5. *** **From circles on the end, Bailie. Non-recognition. (NGJA 12/8/10)**
 6. *** **Glide kip to upper arm support and cast forward. This is considered a move of no value to an empty swing. There will be a 0.3 deduction. (FIG 12/8/10)**
 7. *** **Double back tuck dismount with ½ twist. D value EG V. Note: If the gymnast does not fully complete the 1/2 twist credit may not be awarded.. (NGJA 12/8/10)**
 8. *** **Double front piked dismount. F value EG V. (NGJA 12/8/10)**
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Horizontal Bar

1. Repetition of elements finishing in different grip positions (2nd skill is not recognized)
 - Jam 1/1 to mixed grip and Jam 1/1 to double undergrip = D + repetition
 - Quintero to mixed grip (EG 2, #4) and Quintero to elgrip = D + repetition
 - Stalder Quast and Stalder 1/1 to elgrip (change direction. EG 3, #40) = permitted (C+D)

- Stalder Quast and Stalder 1/1 to mixed grip (change direction) = permitted (C+C)
2. From under-grip Jager Stretched and from elgrip Jager Stretched are now in the same box: II-#40.
 3. ***** Tkatchev stretched with ½ turn (EG 2, #17) requires a swing to handstand to receive an E value. If the gymnast does not reach a handstand position, the value is a D. A gymnast may also perform a Jager, Yamawaki, etc. immediately following the regrasp to obtain connection, and receive full value with out swinging to handstand. These rules would also apply to a straddled Tkatchev with ½ turn (D value), C value if it does not reach a final handstand position. (FIG 12/2010)**
 4. A Russian giant must show a rear ways position for 270 degrees to receive C value.
 5. Jam to handstand (EG4, #3) swing through the bottom 360° hop to under-grip will receive C+B (C for the jam to handstand, B for the 360° el-grip giant, and nothing for the hop to under-grip since it is a simple grip change). Note: The el-grip giant will receive B credit because the gymnast completed 360°. On the other hand, a “B” valued jam swing through the bottom hop to under-grip will only receive B credit for the jam and no value for the el-grip giant since less than 360° was completed. In order to receive credit for an el-grip giant, another el-grip giant must be completed to fulfill the 360° requirement.
 6. Add Salto bwd stretched dismount (A) to box V-#25
 7. Any double back tuck dismount with ½ twist will be valued as a B element, EG IV. (NGJA 2/2/09)
 8. From double elgrip, 1/2 turn to double overgrip (1/2 Ono) will receive A credit, EG VI skill. (NGJA 2/2/09)
 9. Kip HS immediate ½ turn to double el (EG 1, #50) (Higgins) is allowed. This is not considered a deduction under article 47.3.d.
 - * B (EG 1)done to double el grip.
 - * A (EG1) if done to mix grip. (NGJA 3/12/09)
 10. ***** Gaylord II in a “tucked” position = D value, EG II (FIG 12/8/10)**
 11. *****Jam Skills: Jam skills performed with completion in an unintended direction change will receive a 0.5 deduction for a fall from a handstand. (FIG 12/2010)**

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