



# 2013-2016 NGJA/USA Gymnastics Rules

## Interpretations #4.1

FIG Code of Points (Version GAM 2013) & this document will be used for all USA Gymnastics competitions.

**Skill committee updates - These interpretations are NGJA interpretations only and are based on the US interpretations of the FIG Code.**

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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 an  in front of the interpretation.**

Depending on how often elements are submitted, this document could be updated frequently. Please continue to check NGJA.org to check for new versions of this document.

### **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 which priority order.

### **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:

- Go to the NGJA website <http://ngja.org/>
- In the box titled "*Coaches Corner*", click on the link "*[New Skill Submission Page](#)*"
- Complete info and attach a video for the skill committee to review.

## **General Rules:**

1. Maximum deductions for a fall have been clarified – see COP v2 April 2013 page 28 #3,d,ii
2. Short exercises and their corresponding deductions are now outlined in the COP v2 April 2013 on page 21 “Article 6.3”.
3. You may not repeat an attempt to perform an element in the same box if the first attempt resulted in non-recognition of the element. The exception is if the first attempt results in a fall from the apparatus. (E.g. Back uprise Maltese (no hold), repeat backuprise Maltese hold 2 sec, the 2<sup>nd</sup> attempt of the back uprise Maltese is also not recognized. However, on highbar, the gymnast attempts a Kovacs & falls, he may repeat the Kovacs).
4. If two elements are listed in the same box, but have different letter values, then both elements may be performed for difficulty credit.
5. The additional 10 cm mat on Vault, & High bar is mandatory, and cannot be removed. No use of a 10 cm mat is permitted on Rings. COP v2 April 2013, page 6 b.

## **Skill Evaluations & Event Interpretations**

### **Floor Exercise:**

#### **General Rule Interpretations**

1. 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 ½ 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 value or element group is awarded.
2. Jump with ½ turn to prone 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 10.2.2.5b which states that a gymnast may use a maximum of two elements that finish with a roll out or in a front support position*).
  - a. This may cause repetition problems in routine construction. Example:
    - i. Front Layout + Front full + jump to support = B, C, A
    - ii. RO, FF, 2/1 twist + jump ½ turn to support = A, C, A
    - iii. Stretched Thomas = Non-recognized 3rd roll out/front support skill
  - b. A ‘fall’ to prone or ‘1/2 turn 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.
3. If a gymnast performs a Manna on FX and holds for 2 seconds, then presses to a handstand with no hold = “C” credit for the Manna held for 2 seconds. – See COP v2 April 2013, page 39 part F.

#### **Skill Interpretations**

1. Vertical Straddle L press to handstand – B value EG 1, NGJA Interpretations April 2013. (ex. [VIDEO](#)).
2. Double Front salto with 1/1 twist – tuck = E value EG II, # 59 FIG COP V2 April 2013 (ex. [VIDEO](#)).

## Pommel Horse:

### General Rule Interpretations

1. Repeated skills (you cannot do 3 of the same flop skills in a row).  
Two examples where the gymnast does more than 4 flops on one pommel:
  - a. SSLLL is now E + rep, (not E + B)
  - b. SSLL LLR180 = E + Rep + Rep + B
2. 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 3<sup>rd</sup> Russian in an exercise receives no value based on the special repetition rules. But, if the 3<sup>rd</sup> Russian skill is the dismount, count this first. Example where the gymnast does 2 Russian skills and a Russian dismount:
  - a. On end, Russian 270 travel to middle = (2nd Russian skill)
  - b. Russian 1080 in middle = Repetition, no credit = (3rd Russian skill)
  - c. Russian 1080 on end dismount = (1st counting Russian skill)
3. When a fall occurs in an exercise, judges must give value for the completed part of the element prior to the fall. (Intercontinental Course 2013) Example: A gymnast attempts 1080° Russian on the leather and falls after 900, a C value is awarded for the Russian 900 demonstrated. See COP v2 2013, page 60, q) and r).
4. Summary of Upgrades for Pommel Horse Handstands can now be found in COP v2 2013 on page 57 & 58 in Article 11.2.2, i.

### Skill Interpretations

1. Direct Stockli A performed on the leather outside the pommels. Provided the skill starts and ends on the leather outside the pommels, this skill would follow the same value increase as a Czechkehr performed outside the pommels (Pinheiro = D, EG IV, page 71, #40). (ex. [VIDEO](#)).
-  2. **Skill Upgraded** - From cross support step over both pommels with ½ spindle OR, cross support to cross support Tong Fei with counter turn (spindle) = No longer D skill, re-evaluated to E, EG#2 (NGJA Interpretation Dec 2013). (ex. [VIDEO](#)). Special Comment - The COP now has a 2/3 progression as a D which would allow this skill to elevate due its 3/3 progression.
3. Travel fwd/bwd 3/3 in side support over both pommels = D skill, These elements may be performed with one hand starting on one pommel and the other hand finishing on the 2<sup>nd</sup> pommel for a D value FIG COP V2 April 2013, page 67, EGIII, #4 & #16
4. A maximum of two Russian Wendeswings are permitted within an exercise, including the dismount (the D-jury must count the dismount first). Excluded from this rule are combined elements which include Russian Wendeswings on one pommel, Roth, and Wu Guonian. Roth and Wu Guonian are traveling Russian Wendeswing elements with continuously turning from one part of the horse to the next and 3/3 travel.
5. DSA - See two new images in Code box IV.8. A step-up to one pommel with circle and ¼ turn "**backward**" is a DSA. Also, a circle on one pommel to ¼ turn "**backward**" is a DSA.
6. D Flop - two circles on one pommel to DSA (circle on one pommel to ¼ turn bwd.) = 2 flops to DSA
7. When performing a Roth (EG IV, #46) "D" credit will NOT be awarded if the gymnast performs a front wendeswing from end to center and reverse stockli for center to end. This skill is evaluated at A + B, EG IV. (ex. [VIDEO](#)).
-  8. Full twisting scissor with hop from saddle to end of horse = C Skill in EG I (NGJA Interpretation Dec 2013). The skill as performed in this video would receive "no credit" and a 0.5 deduction for being incomplete upon finishing the skill. (ex. [VIDEO](#))

## Still Rings:

### General Rule Interpretations

1. Not more than three elements from Groups III or IV can be presented in direct succession. The 4<sup>th</sup> and subsequent elements will be considered as repetition, and not recognized by the D jury. However, if the gymnast decides to execute more elements from EG III and/or IV, in order to be recognized by the D jury, he must perform at least a B value swing element (except any kind of kip/back kip) between the first sequence of maximum 3, and another element or sequence from EG III and/or IV.
  - a. Example #1: (Maximum 3 strength skills in a row):
    - i. Kip Maltese = A + D
    - ii. Press to Planche = D
    - iii. Azarian = D
    - iv. Kip to L = B – this skill does not break the sequence
    - v. Press to Maltese = no value (4th group III/IV)
    - vi. Backuprise planche = non value (5th group III/IV)
    - vii. Nakayama = non value (6th group III/IV)
  - b. Example #2: (Element Group 1 or 2, less than a B)
    - i. Azarian Maltese = F
    - ii. Press Inverted Cross = E
    - iii. Inlocate = A (does not break sequence since it is only an A skill)
    - iv. Backuprise Maltese = E
    - v. Press to Planche = non-rec (4th group III/IV)
    - vi. Nakayama = non-rec (5th group III/IV)
    - vii. 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:
  - a. Press to Inverted Cross - C
  - b. Lower to Maltese = D
  - c. Kip to Maltese = A + non-rec. (**2nd Maltese**)
  - d. Press to Planche = also non-rec. because the previous element is not recognized
3. From hanging scale rearways, lift to Maltese, EG IV #72 – The COP implies the hanging scale rearways is to be held to receive the listed F value. The hanging scale rearways is considered an A value part in EG IV if there is any stop in the scale position. Note: This may impact the number of EG III or EG IV skills performed in a row. This element has not been given a FIG value if performed **through** a hanging scale rearways. (NGJA Interpretations May 2013). Note: When the Code of Points uses the term “from” one strength element to another, it is implied the first element is held. The word “through” means no hold is required
4. For Yamawaki or Jonasson skills which may show support see clarification – COP v2 April 2013, page 75, #6

## Skill Interpretations

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1. From vertical hang rearways in inlocated position (Skin the Cat) momentary hold, pull up to Cross, 2 sec. hold – D value, EG IV, (NGJA Interpretations, Sept. 2013). (ex. [VIDEO](#))
  2. Nakayama to “V” Cross, 2 sec. hold – E value, Element group IV, (NGJA Interpretations, May 2013). (ex. [VIDEO](#)).
  3. Gymnast bails to tuck felge on Rings through support to immediate front lever = A + A as follows - A for felge, EGI box 25 to A front lever, EG IV, box 13 (NGJA Interpretations, Dec 2013). (ex. [VIDEO](#)). Special Comment – The felge goes through a support position (no matter how quickly). In addition, 0.5 deduction for bent legs on the felge.
  4. Gymnast bails to tuck felge on Rings through support and drops backward to inverted hang and immediate back lever = A + A as follows – “A” for felge, EGI, box 25 to “A” back lever, EG IV, box 7 (NGJA Interpretations, Dec 2013). (ex. [VIDEO](#)). Special Comment – The felge goes through a support position (no matter how quickly). In addition, 0.5 deduction for bent legs on the felge.

### Vault:

#### General Rule Interpretations

None at this time...

#### Skill Interpretations

None at this time...

### Parallel Bars:

#### General Rule Interpretations

None at this time...

#### Skill Interpretations

1. Moy to support, immediately lower to upper arm hang and back uprise to handstand = C + B – Moy receives “C” value and back uprise to handstand received “B” value. There is no deduction for reversing direction. NGJA Interpretations May 2013 (ex. [VIDEO](#)).
2. Front uprise reverse straddle cut (catch with straight body and horizontal) = C value, EG II, Judges should deduct for bent body and body not horizontal at re-catch. NGJA Interpretations, May 2013 (ex. [VIDEO](#))
3. From Giant swing backward with ½ turn tuck or pke to hang (EGIII, #46) to Moy – the text in box #46 states to upper arm hang “OR” hang – Therefore the skill is valued a D and the following skill will be valued independently (C for Moy). (ex. [VIDEO](#))

### Horizontal Bar:

#### General Rule Interpretations

1. Elements that does not continue in intended direction – Large deduction (0.5) (Intercontinental Course 2012) Example - Stoop in full turn to mixed grip, but finishes without going over the bar (reverses direction) = 0.5 deduction.

2. Repetition of elements finishing in different grip positions (2nd skill is not recognized) If you repeat a skill that finishes in a different grip position, the 2<sup>nd</sup> skill in chronological order will not be recognized. For example:
  - a. Stoop circle rearways to 1/1 to mixed grip (D) + Stoop circle rearways 1/1 to double undergrip (repetition / non-rec.)
  - b. Endo full turn to double elgrip (D) + Endo full turn to mixed grip (repetition / non-rec.).
  - c. Stalder Quast and Stalder 1/1 to elgrip (change direction. EG 3, #40) = permitted (C+D)
  - d. Stalder Quast and Stalder 1/1 to mixed grip (change direction) = permitted (C+C)
3. For an elgrip or Russian giant to be recognized after an Alder or turning skill to elgrip, the elgrip or Russian giant requires a complete el grip giant swing over the bar.
  - a. Example: Stoop circle rearways to handstand (EG4, #3) swing through the bottom hop to undergrip will receive C+No Value (C for the jam to handstand, No value for the el-grip giant since the gymnast did not complete an el grip giant “over the bar”. Note: The el-grip giant MUST go “over” the bar to receive B credit.
4. 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)
5. Changes in Angle deductions on Horizontal Bar as follows:
  - a. **For all Adler, in-bar skills & half turns to UG or OG**

0-15	=	no deduction
16-30	=	-0.1
31-45	=	-0.3
> 45	=	-0.5 & non-recognition
6. Back uprise 1/1 turn, EG I, #2 – the COP v2 April 2013 evaluates this skill as a B. The full turn must be performed without grip changes, continuous, and the full turn must be completed prior to reaching the handstand position. Grip changes during the skill (i.e. pirouette, grip change, pirouette) will automatically break up the skill. COP v2 April 2013, page 127 “j”.

7. **For all turns to mixed or double elgrip:**

0-30	=	no deduction
31-45	=	-0.1
46- 90=	=	-0.3
> 91	=	-0.5 & non-recognition

8. New interpretations for Zou Li Min skill – Angular deductions of -0.1, -0.3, and -0.5 apply to the Zou Li Min for insufficient turning. If a -0.5 deduction is applied for insufficient turning, the Zou Li Min will not be recognized and NO lower value will be given for a one arm giant.

### **Skill Interpretations**

1. Stoop in straddle leg cut EG 2, #1. This skill does NOT have to start from a HS to receive credit. It will receive an A value and EG2 when performed from any swing.

2. Arabian double front dismount over the bar. The same technique as box EG 5 #51 but performing an Arabian double front. This skill will receive a C value in EG 5.

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