

Intercontinental Course Updates

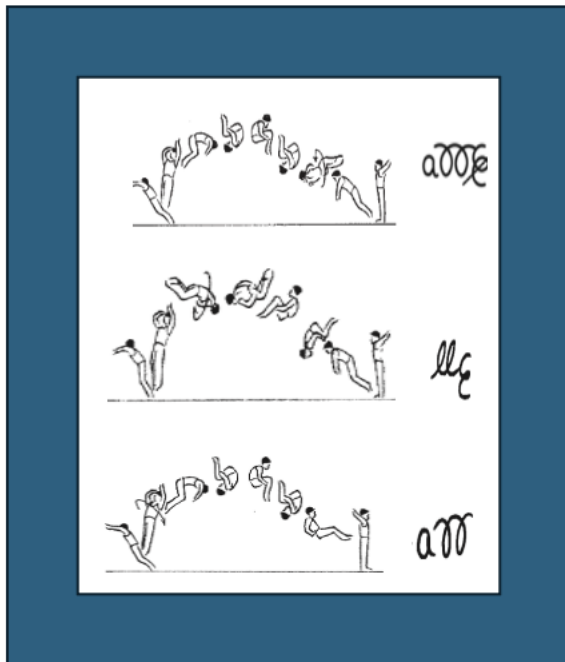
December 15, 2024

Butch Zunic, FIG MTC Member

Please note the following updates from the recent Intercontinental Course in Lausanne. These notes were provided by FIG MTC Member, Butch Zunic. Any official communications from the FIG will come from the FIG office directly.

Floor Exercise

Double Back salto tucked with 1/1 turn, Arabian Double salto tucked, and Arabian Double salto tucked with 1/2 turn (EG III.4 & III.10) are all in the same code box.



For double salto forward piked, it is ok for the knees to start bending to prepare for landing when the back of the gymnast is horizontal to the ground.

Pommel Horse

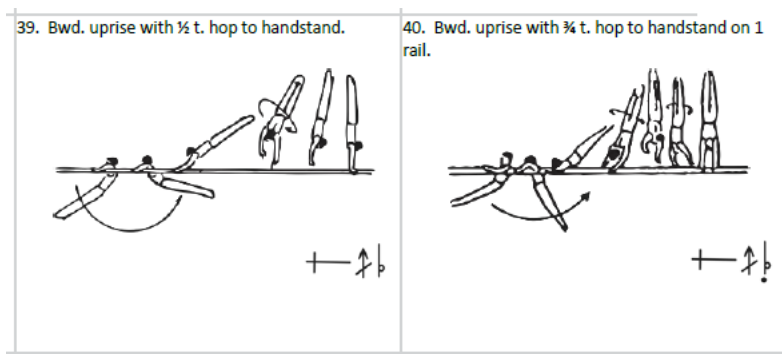
During a scissor to handstand, if the gymnast changes his grip on the pommel, then this will be deducted 0.1 for an extra hand change.

Moguilny/Belenki must start/finish with both hands on the end (no pommels), otherwise non-recognition.

An intermediate hand placement during a Russian travel will result in non-recognition. No partial credit is awarded.

Parallel Bars

Back uprise with hop pirouette has been upgraded to a “D” value, and hop $\frac{3}{4}$ was upgraded to an “E” value. This was an oversight when we upgraded the hop pirouettes from support.



Kovtun to glide to endo to HS on one rail = F + B, otherwise, it's a C element.