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**FIG Code of Points (Version GAM 2020) and this document will be used for all USA Gymnastics competitions.**

**Skill Committee updates - These are NGJA Interpretations only and are based on US interpretations of the 2020 FIG Code.**

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**

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 Information**

1. There are 8 New Elements noted on the FIG Web Site at the following location:
  - a. <http://www.fig-gymnastics.com/site/figNews/view?id=1767>
  - b. An MTC Memo has been released, information may be in a future FIG Newsletter.

### **Event Information**

#### **Floor Exercise:**

**General Information:**

1. No connection bonus will be awarded if there is a large error, this would include the 0.5 jump to prone deduction  
Note: From 2017 World Championships
2. In general, the gymnast must go into each corner. However, the final dismount pass does not need to completely reach the corner to fulfill the requirement for that corner  
Note: From 2017 World Championships
3. There was strong emphasis on the position of a Japanese handstand. It must be low enough where the head nearly touches the ground to receive no deductions. Most athletes receive 0.1 or 0.3 deductions for being too high. It is possible to receive 0.5 deduction and non-recognition due to height.  
Note: From 2017 World Championships

**Skills:**

1. **Skill:** Endo forward roll to Wide Arm Press to Handstand Hold (2 Sec)
  - a. C Value / Element Group 1
  - b. Video Link: <https://youtu.be/FyWPbA7eZvg>

#### **Pommel Horse:**

**General Information:**

1. In order to receive 3/3 travel credit (D or C Value) for a Sivado that starts from “side” support, the gymnast must first show that both hands are in front support on the end



in cross support before starting the Sivado. Without showing both hands in front support on the end before starting the Sivado, the gymnast will be only awarded a B value for a 2/3 travel.

2. In the 2020 FIG Code it is stated that you must perform a full circle after a Tong Fei to receive value for the Tong Fei. This rule is extended to all skills to receive credit. For example, 4 flops into a leg cut without performing a complete circle before breaking into leg cuts will not receive value for the 4 flop skill.
3. The only Traveling skills available for an upgrade in a Flairing position is the D Value Magyar and Sivado, which upgrade to an E Value, per the MTC (August, 2017).
4. On PH, EG III, #3 (Circles with travel fwd. in side support (3/3), hands between the pommels) must start & finish in side support in order to receive C credit. If the gymnast does not finish in side support at the end of the travel but does a quarter turn to cross support, he will only receive an A value for the side travel from the end to the middle and repetition for the side travel from the middle to the other end with the quarter turn. (NGJA August 2017)
5. Scissors or circles to handstands will not be recognized if too much strength is utilized. If the gymnast performs a press to handstand, then there is no recognition for the skill (judge must use gymnastic sense to determine use of press). The lower leg amplitude deduction is not used as a criteria to determine if there is too much strength (press) used.

Note: From 2017 World Championships

□ **Skills:**

1. **Skill:** Stockli 3/3 with 270 turn to handstand dismount
  - i. D Value / Element Group 4
  - ii. Video Link: <https://youtu.be/vVjVualc4x4>
    1. C Value / Element Group 4
    2. Video: Gymnast only performs 180 degree turn in HS
    3. Video: Dismount does not continue over the horse and does not meet the 270 degree turn requirement.
    4. Per FIG Code of Points (MAG 2017) Page 55, i
      - a. i) A simple handstand dismount must cross the horse in order to be recognized. Handstand dismount doesn't have to cross horse provided that it includes turn of at least 270° from side support or 360° from cross support.



- iii. 0.3 deduction for not crossing over the Pommel Horse
- 2. **Skill:** Bezugo to hand placement on the leather between the pommels upon completion. Gymnast completes Bezugo and places hand in-between pommels instead of on Pommel.
  - 1. No Value
  - 2. Plus appropriate General Execution Deductions
  - 3. Correct Skill on Page 69, Element 83
  - 4. Video Link: [https://youtu.be/8Y\\_yaDH6YSs](https://youtu.be/8Y_yaDH6YSs)
- 3. **Skill:** Sohn to hand placement on the leather between the pommels upon completion. Gymnast completes Sohn and places hand in-between pommels instead of on Pommel.
  - 1. No Value
  - 2. Plus appropriate General Execution Deductions
  - 3. Correct Skill on Page 68, Element 65
  - 4. Video Link: [https://youtu.be/3\\_iCyahmB58](https://youtu.be/3_iCyahmB58)
- 4. **\*\*\* Skill:** Kroll with additional 180 degree turn in between pommels.
  - 1. C Value
  - 2. Same Box as Kroll (Page 74, Element 87)
  - 3. Cannot perform both in same routine
  - 4. Video Link: <https://youtu.be/hp4TWCsoOaA>

### **Still Rings:**

#### **□ General Information:**

- 1. Swing to Handstand requirement does not have to be initiated from a Handstand to receive value.
  - i. According to Article 12.3 (D-Jury chart), the gymnast must include a swing to HS (2 s. hold) and be inside the 10 counting elements to avoid a 0.3 deduction. To meet this requirement, there are a variety of swing to HS skills listed in the code. Included in this list is EG 1, #92 (From support swing bwd. to HS (2s.)).
- 2. If Honma cross is not recognized for entry higher than 45 degrees. No partial value is awarded for Honma (B) or Cross (B).  
Note: From 2017 World Championships
- 3. Straddle Planches are not recognized if the hip bend and/or hold angle is >45 degrees at any time during the planche hold, or arriving to the hold.  
Note: From 2017 World Championships
- 4. There is a strict evaluation of cross pull to maltese. If the gymnast pulls too high

2017-2020 NGJA/USAG  
 Interpretations  
 May 09, 2019



towards support prior to the maltese, there will be non-recognition of the pull to maltese, but the planche (high maltese) will be recognized as a C.  
 Note: From 2017 World Championships

□ **Skills:**

1. **Skill:** Cross or L Cross Pull to Straddle Planche
  - i. C Value, Group 2
    1. Skill must be performed without going to a Support
    2. Reference: FIG COP (MAG 2017) Page 88, Box 88
      - a. Cross Pull to Planche
      - b. D Value, Group 2
    3. NGJA USAG Skills Committee (November 2017)

**Vault:**

□ **General Information:**

1. For athletes who are competing a 2nd vault to qualify for event finals or in vault finals, the following chart should help clarify when a 2.0 deduction is applied for a same or similar 2nd flight phase.
  - i. Vaults with the same last 2 digits in the vault number may be deducted 2.0. If the two vaults have one or more matching key numbers, ①, ②, or ③, then the 2.0 deduction applies. If they don't have the same Key number for both vaults, then no deduction is applied. For example:

| Example | Vault # | <u>Vault #1</u>                           | SV  | Vault # | <u>Vault #2</u>   | SV  | When to apply the 2.0 D-Jury Deduction   |
|---------|---------|---|-----|---------|---|-----|--|
| #1      | 275     | Kasamatsu str.<br>3/2 tw. (Driggs)<br>① ③ | 5.2 | 375     | Yurchenko str.<br>5/2 tw.<br>(Shewfelt) ①                       | 5.2 | In this example, a 2.0 deduction is applied since the last 2 digits of each vault number are the same and they both have ① listed for both vaults.   |
| #2      | 375     | Yurchenko str.<br>5/2 tw.<br>(Shewfelt) ① | 5.2 | 475     | Round off ½ tw.<br>Handspring salto<br>fwd. str. 2/1 tw.<br>② ③ | 5.4 | In this example, a 2.0 deduction is <b>NOT</b> applied.<br><br>Even though both vaults have similar last 2 digits for each vault, they have different Key numbers listed for each vault (① vs. ② ③). |



### **Parallel Bars:**

□ **General Information:**

1. Performing a B or C Value Moy to Support and then performing a “Lay back” to upper arm support is allowed per the MTC (August 2017)
2. Performing a glide kip to upper arm is not allowed per the COP (Page 113, #5 Bullet 4)
3. The height requirement for front uprise is when the angle between the shoulder and hips is at least horizontal.  
Note: From 2017 World Championships

### **High Bar:**

□ **General Information:**

1. Quast to 1-arm giant: C + B values - (Pg. 136 3e. – re-catching flight elements with one hand has same value. Even though this is not a flight, the same rule applies (NGJA August 2017)
2. In general, Double Back with 1/1 performed with pike, will be awarded stretched credit, but deducted for Pike. It is anticipated that the MTC will remove double back pike with 1/1 turn dismount from the code. This will match rings.  
Note: From 2017 World Championships

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