



MTC NEWSLETTER

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by Mr Adrian STOICA, President of the Men's Technical Committee

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The Men's Technical Committee, after its meeting in Moutier, August 12-15, discussed and decided the values for new elements submitted after the European Championships held in Volos, Greece by the UEG / MTC:

As a main rule, to give the name of the gymnast to an element it is possible only if the gymnast has executed this element **during an Official FIG-Competition**.

- **Floor:**

- From Manna (2 sec.), turn over (dislocation) trough handstand = **C**
- From Manna (2 sec.), turn over (dislocation) to handstand (2 sec.)= **D**

- **Rings:**

- Honma piked **direct** to swallow (**without any support phase**) = **F**
- Guczogy piked to Li Ning hang = **D**
- Dismount salto fwd. piked or stretched with 2/1 turn = **D**

- **Parallel Bars:**

- Tsolakidis I to upper arm = **D**
- If the element **Makuts** is not completed in **one direction**, but goes back to the reverse direction, than the value is = **C**

- **Horizontal Bar:**

- **Weiler** with 1/1 turn to double el-grip = **D**
- **Weiler** with 1/1 turn to mixed-grip = **C**
- **Pegan** piked (= Gaylord ½ turn) = **E**

In order to avoid confusion and future troubles during competitions, some clarifications are necessary to be publicized:

- **Floor**

- Simple steps or transitions to arrive to the corner = deduction 0.10 p each time
- To get no deduction, the transition must be a real gymnastic movement or if it is a simple step, it must include a turn of minimum 180°
- Landing directly outside the floor area = deduction 0.50
- This deduction will be taken if the gymnast lands with both feet outside (it is **not** necessary that both feet are landing **totally** outside)



- **Pommel Horse**

- **Handstand dismounts:**

- A dismount which starts and ends **at the same part of the horse** must cross the horse (pass over the body of the horse). It can be executed with or without turns.
- A dismount which starts on one end, followed by a travel, **can be finished on the same side of the body of the horse**, in side position, face outside (without passing over the body of the horse).
- Also for a dismount which includes full travel, **and full turn**, it is not necessary to pass over the body of the horse.

- **Parallel Bars**

- Code of Points p. 107 **Gr. II Element 14: Roll bwd. to handstand** with straight arms on **2 bars** or on **1 bar** are counted as **same elements**
- unless otherwise indicated, all **elements** in the Code of Points with a **straddle-cut** executed to **upper-arm position** or to **bent-arm support** will be counted **1 letter lower** than the same **element to support-position**
- for **Saltos** the rule is **different**, see the **indicated** elements value in the **Code of Points difficulty tables**

- **Horizontal Bar**

- After the clarifications regarding simple grip changes to the HB (see MTC Newsletter 19, March 2006), **element Nr. 13, page 130, Element Group IV (A value) is eliminated** from the Code difficulty tables.

With compliments,

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MTC President