



# 2005-2008 NGJA/USAG Rules Interpretations #4

**Dan Bachman**  
**National Technical Vice President**  
**National Gymnastics Judges Association**  
**July 17, 2006**

---

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 2005 - 2008 rules, please [click here](#) to e-mail those to the skills committee. Please feel free to 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 me mail](#).

---

## General Rules

- Count the 10 best elements which benefit the gymnast the most.
  - First, eliminate any repetition or non-recognized elements (e.g. 3<sup>rd</sup> roll out on FX, etc.).
  - Second, lock in the dismount, regardless of the value.
  - Third, count the next highest valued 9 elements.
    - Only 4 skills can count from an element group. The 5<sup>th</sup> and subsequent elements are eliminated using chronological order (again, only among the counting 10 elements except on FX where the dismount is counted first, then only 3 other skills from that element group are counted in chronological order).
    - If you eliminate a 5<sup>th</sup> skill, replace it with another skill from a different element group.
      - In the case where you have additional elements of equal value to the lowest counting elements, then you may choose the one which benefits the gymnast.
      - An “A” skill can fulfill an element group.
- \*\*\* If the 5<sup>th</sup> element in an element group is involved in a connection, then no connection is awarded. The reason no connection is given is because the 5<sup>th</sup> element is not recognized (e-mail: Stoica 5/9/06). **Furthermore, it does not matter if the 5<sup>th</sup> element is in the top 10 counting parts or not. No connection is awarded.**
- Article 14.2 – Connection Points may be awarded only for directly connected recognized high valued elements performed without a large error.
- For all apparatus, during a landing which falls, deduct 0.8 plus additional deductions for the steps prior to the fall.
- There is no deduction for doing 3 skills in a row. Repeated skills are not recognized.
- Always start the B score at 10.0 even if the routine contains less than 10 elements. This is to allow for junior gymnasts with less difficulty.
- The +/-0.05 adjustment to the B score has been eliminated because this is totally subjective. To avoid additional ties, the hope is that the B judges will more rigorously apply the code of points.

8. Skills not listed in the code:

- Strength skills on PB not already listed are non-permitted elements (ex. V-sit)
- Strength skills on SR in straddle where not listed as straddled are non-permitted elements (ex. straddled maltese)
- Skills not listed but that are simple versions of existing A skills or are transitional skills are given no value and no deduction (ex. cartwheel and forward roll on FX), unless specifically noted.
- Other skills must be interpreted using your best gymnastics sense, and submitted for evaluation. No interpretation will be considered official for USA competitions until published by the FIG or in the NGJA/USAG interpretations.

9. Skills will not be recognized if:

- They have deductions that specifically require non-recognition based on performance factors (ex. Inverted cross > 45 high)
- There is no momentary landing position shown where required (ex. Dismount that lands on all fours or on back)
- The skill is not permitted (see above)

*A few examples regarding the rules:*

---

Example #1: Must include the dismount regardless of the value.

**I I I II III III III IV IV V** (Element Group)  
**B B B B C C C C C C A** (Skill Value)

- In this case, the A dismount is counted while a “B” skill is not recognized because it is not in the 10 counting parts.
- 

Example #2: Select the dismount & the remaining 9 skills in the best interest of the gymnast.

**I I I II III III III III IV IV V** (Element Group)  
**B B B B B B B C C C D** (Skill Value)

↑ *Pick this B to fulfill Group II*

- For this routine, it is better to pick the “B” skill that fulfills an element group.
-

---

Example #3: Select dismount & remaining 9 skills in the best interest of the gymnast

III III I II II II III III III III IV V (Element Group)  
B B B B B B B D D D D D (Skill Value)

↑ ↑ *Don't pick these 2 B's*

Pick the non-group III B's to avoid exceeding 4 elements from one group.

---

Example #4: Identify connections

III II I II II III III III IV IV IV (Element Group)  
E+ A B B B B B D D D D (Skill Value)

- Connection IS awarded, even if the connecting element is not among the top 10 elements. NOTE: Connection will not be awarded if the skill is not recognized because it is the 5<sup>th</sup> skill from an element group or repetition.
- 

Example #5: Group 3 performed more than 4 times.

I III I II III III III III IV IV V (Element Group)  
A B B B B B B € C C D (Skill Value)  
1 2 3 4 5

- Must delete the 5<sup>th</sup> skill chronologically even if it is a higher value than the other skills in the element group.
  - Since there are 5 skills from element group III, the 5<sup>th</sup> element is replaced by another skill.
-

# Skill Evaluations & Event Interpretations

---

## Floor Exercise

1. If an element is not recognized for any reason (repetition, 5<sup>th</sup> element, large deduction, etc.), NO connection bonus will be awarded for elements adjacent to the non-recognized element.
2. When you have 5 or more skills from one element group within the 10 counting elements, and one is the dismount, always count the dismount first, then the 3 remaining skills are taken in chronological order (see example #2 below).
3. The dismount IS included when evaluating 4 elements from each group. So, if the dismount is from element group 2 (acrobatic elements backwards), then there can only be a max of 3 more counting elements from element group 2.
4. If the dismount is not recognized for any reason, then an additional element may not be brought in to replace it, even if there are more than 10 skills in a routine.
5. One skill cannot fulfill the dismount element group and another element group requirement. For example: If the only element group 4 (Arabian double front) in a routine is performed as the dismount, then element group 4 (acrobatic elements sideways) will be missing from the routine because it will only meet the dismount requirement.
6. A gymnast can only straddle up to a V, Manna, or handstand if he starts from a split. Once the legs come together they must remain together.
7. A side salto in any position with a  $\frac{3}{4}$  turn will receive a B value, element group 4. This skill is similar to EG 4, #50, but with a  $\frac{3}{4}$  turn.  
(USAG 3/1/06)
8. All side flipping skills must show at least head height. Also, side flips must show a distinct side flipping rotation prior to the vertical.
9. Arabian front flips must show completion of the  $\frac{1}{2}$  turn before the feet pass the vertical position (above the head).
10. A reverse planche is a non-listed skill and will not receive any value.  
(USAG 3/1/06)
11. If a gymnast performs a rolling skill (e.g. salto fwd  $1\frac{3}{4}$ ) and his hands contact the floor in-bounds, and he rolls and both feet are out of bounds, this will receive a 0.3 line deduction, not 0.5.
12. **\*\*\* If a gymnast performs a back layout 2/1 twist early in his routine and then dismounts with the same skill, always count the dismount first. Thus, the first back layout 2/1 twist would be eliminated (Article 11: 1).**

A few examples regarding the rules:

---

Example #1 (FX): Must remove all non-recognized skills prior to selecting dismount + top 9. Maximum 2 acro rolls or prone landings.

<b>I</b>	<b>I</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>IV</b>	<b>II</b>	<b>II</b>	(Element Group)
<b><u>B</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b><u>C+</u></b>	<b><u>C</u></b>	<b><u>B</u></b>	<b><u>C+</u></b>	<b>⌀</b>	<b><u>D</u></b>	<b><u>D</u></b>	(Skill Value)
			roll		roll			roll			

- Cannot connect to non-recognized element
  - No credit for element group IV
- 

Example #2 (FX): Group 3 performed more than 4 times

<b>I</b>	<b>I</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>IV</b>	<b>IV</b>	<b>III</b>	(Element Group)
<b><u>A</u></b>	<b><u>A</u></b>	<b>A</b>	<b><u>A</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b><u>C</u></b>	<b><u>C</u></b>	<b><u>C</u></b>	<b><u>D</u></b>	(Skill Value)
				2	3	4	5			1	

- Must delete chronologically (count the dismount first)

Example # 2 (FX continued): Replace non-recognized skill – 5<sup>th</sup> element with additional element

<b>I</b>	<b>I</b>	<b>I</b>	<b>II</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>III</b>	<b>IV</b>	<b>IV</b>	<b>III</b>	(Element Group)
<b><u>A</u></b>	<b><u>A</u></b>	<b><u>A</u></b>	<b><u>A</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b><u>B</u></b>	<b>⌀</b>	<b><u>C</u></b>	<b><u>C</u></b>	<b><u>D</u></b>	(Skill Value)
		↑		2	3	4	5			1	

- Since there are 5 skills from element group III, the 5<sup>th</sup> element is replaced by another skill.
-

---

Example #3:

**III II I II II III III III I I IV** (Element Group)  
**E B B B B B B D C D D** (Skill Value)

- Missing element group IV among best 9 skills
- The dismount cannot fulfill 2 element groups
- No 0.5 value for element group IV

---

Example #4:

**I I I II III III III III IV II II** (Element Group)  
**B B B B C+ C B C+ D D ∅** (Skill Value)  
roll roll roll

- Must remove all non-recognized skills prior to selecting top 10
- Max 2 acro rolls or prone landings; can't roll on dismount
- Can't replace a non-recognized dismount
- Only 9 elements selected for difficulty

---

## **Pommel Horse**

1. Elements begin and end in front support. Using a Czechkehr as an example: From front support, ½ circle to rear support, Czechkehr to rear support, ½ circle to front support. This is all part of the Czechkehr.
2. SSSLSSR36 may be performed on one pommel to get E+E, however, you cannot do more than 2 of the same flop skills in a row (Article 32: 2i).
3. A 3/4 Bailie (Bailie down, saddle to end) is a pommel loop which starts from a 1/2 wendeswing backward. It includes a 1/2 turn in 1 (or 1 1/2) circles and is therefore a stockli (B value in group IV).
4. A full Bailie (from saddle to saddle) includes 2 full circles with a 1/4 turn in each circle. It is therefore evaluated as 2 pommel loops (each with a 1/4 turn) and is given a B value in group II.

5. There is a specific deduction (0.1) for not working all three parts of the horse. (FIG Article 33).
6. The [Flop Rules Document](#) is considered an appendix to this document.
7. \*\*\* For the 3/3 travel upgrade to the handstand turning dismount, the handstand must be initiated with at least 1 hand on one end, have continuous movement, and ~~have the last hand placement on the leather on the opposite end~~ **must touch all three parts of the horse.**
8. The Wu can be completed with any variation of hand placements and/or use of pommels. If there is a 720 degree russian turn and 3/3 travel the skill receives an E value in group IV. If there is less than 720 degrees of turn but at least 630 degrees, the skill receives a D value in group IV.
9. Adrian Stoica made a strong point that skills need to be completed in their entirety to receive full credit. For example: A Magyar (LPLPL) would receive D credit if it is completed in front support on the end. However, if a gymnast does a ¼ turn out before finishing the Magyar, thus ending in side support, he would receive a “B” value for a 2/3 travel. Also, a Tong Fei needs to finish in side support to receive D value or it will be devalued.
10. Kehr’s and Reverse Stockli’s on one pommel will be evaluated as follows:

- “As a mount”, jump into Kehr with 1/1 turn = D value (USAG 3/1/06)
- \*\*\* From circles, Kehr with 1/1 turn = E value (FIG: EG 4, #5). **Note: In order to receive E credit, this must be performed from the center of horse (2 pommels back to 2 pommels). If the gymnast starts on the end of the horse (1 hand on the leather, 1 hand on the pommel), only B credit will be given since it becomes easier for the athlete to partially turn (¼ turn) before starting the full Kehr, thus making it easier to complete (USAG 7/17/06).**
- \*\*\* From “one” pommel, Kehr with 1/1 turn back to “one” pommel = F value (USAG 3/1/06) For example: 4 flops directly connected to a Kehr with 1/1 turn back to one pommel). **Note: In order to receive F value, he must finish the skill on one pommel in front support, otherwise if he steps down before finishing in front support, he will receive E value (USAG 7/17/06).**
- From circles, Kehr with 5/4 or greater turn = F value (USAG 3/1/06)

- 
- From a pommel loop, ¾ Reverse Stockli to the end = C value (USAG 3/1/06)
  - “As a mount”, jump into Reverse Stockli with 1/1 turn = D value (USAG 3/1/06)

- From circles, Reverse Stockli with 1/1 turn = E value (FIG: EG 4, #29)
  - From “one” pommel, Reverse Stockli with 1/1 turn back to “one” pommel = F value (USAG 3/1/06)
  - From circles, Reverse Stockli with 5/4 or greater turn = F value (USAG 3/1/06)
11. A Russian dismount from one pommel is not a recognized dismount.
  12. **\*\*\* A scissor to handstand dismount, reverse scissor to handstand dismount, or any other scissor variation to handstand as a dismount is not a recognized dismount (USAG 7/17/06).**
  13. **\*\*\* From side support in the middle, front out to the end Russian 360 to a Wende off dismount is an A+B. This is similar to Element Group 5, #14 but with a Russian 360. In this case, each skill is valued separately. The front out is an A value (EG 4) and the Russian 360 to a Wende dismount is a B value (EG 5). (USAG 7/17/06).**
- 

## Still Rings

1. It is very clear in the code and at the course that swings to strength must arrive at the correct position, otherwise, deduct 0.1 for 1-15 degrees, 0.3 for 16-30 degrees, and 0.5 for 31-45 degrees.
2. Kip to planche is always evaluated as A+C because it always moves through a support.
3. Connection bonus is awarded only for upward (ascending) connections of sufficient value:

D+D, E or F (in any order) = +0.1    E+E, or F (in any order) = +0.2

Here are some examples:

- Back uprise Planche (D) to Azarian Maltese (F) = NO CONNECTION because of descending phase
- Back uprise Maltese (E) press to Planche (D) = +0.1 connection
- Azarian Cross (D) press straight body to inverted cross (E) = +0.1 connection
- Azarian Cross (D) Azarian Maltese (F) = NO CONNECTION because of descending phase
- Back uprise Maltese (E) straight body press to inverted cross (E) = +0.2 connection
- Back uprise Maltese (E) press to handstand (D) = +0.1 connection
- Victorian (E) Azarian maltese (F) = NO CONNECTION because of descending phase

4. A stretched Guzogy can be initiated with a rounded body, but most of the element must be performed stretched for an E value. If there is a clear piking at any point it will be evaluated as a D value.
5. Kip to maltese = E value in group III. If it is determined that there is a kip to support and then the maltese is performed, this would be A+D (in group IV).
6. For all strength skills requiring a pull through a lever position to a strength hold position, the body and arms must remain straight through the lever to the strength position. No kipping action will be accepted, or it will be evaluated as the lower value kip to strength hold.
7. For Honma to strength skills, there can be no intermediate support position (arms must remain at least 45 degrees from body) and there must be continuous movement throughout, or it breaks into 2 separate skills. Honma to maltese = E value in group 3, Honma to inverted cross = E.
8. A Pineda should be performed with straight arms throughout. For arm bends evaluate per FIG deduction table. Any arm bend greater than 45 would cause non-recognition of the skill.
9. Kip to Inverted = D value in group III, if done with piked body or E value if done with straight body. The arms must remain at least 45 degrees from the body and must show continuous movement.
10. Article 36:2 says that the same final strength hold position may be shown at most twice regardless of how the position was achieved. ~~Therefore, only 2 planches (straddled or with legs together) are recognized in a routine. The third planche will be eliminated.~~ Although a straddled planche and a legs together planche are similar in nature, it is acceptable to use this final strength position twice (straddled & legs together – E-mail: Stoica 5-9-06). For example, it is acceptable to do:
  - Back uprise to “straddled” planche (C value)
  - Back uprise to “legs together” planche (D value)
  - From a Maltese, press to a “legs together” planche (D value)

---

## Vault

1. There is no longer a 1 meter distance line on vault. Also, in Article 41 (B jury deductions), remove the deduction for “Insufficient distance”.
2. The landing zone dimensions are 1 meter width at the end of the table. The zone widens to 1.5 meters at 6 meters away from the table. In addition, there will be a single line judge sitting at the end of the landing area taking line violations. These violations will be reported to the A1 judge and subtracted from the final score.

3. The 2 vaults in finals or the qualifying round must be from different element groups and have different flight phases. Different flight phases are defined as:
    - At least a difference of 180 degrees or more on the twist
    - Or going backwards vs. forwards
    - Or on saltos differing in body position: tuck, pike, stretched
- 

## Parallel Bars

1. Article 45: Illegal placement of the vaulting board = Apparatus deduction = -0.5
  2. Upper arm roll (shoulder roll) on Pbars is a non-permitted skill.
  3. A Peach to handstand is the same skill if done from a stand, support, or a handstand.
  4. A peach full turn to handstand will receive an F value only if it is performed using the Diamidov technique on one arm with no additional support. Any other variation will receive an E value.
  5. A Peach  $\frac{3}{4}$  turn (EG 4, #17) also must use a Diamidov technique without additional support, otherwise, it will be evaluated the same as a Peach  $\frac{1}{2}$  turn - same box (EG 4, #11).
  6. Glide kip reverse cut to support will be evaluated as follows (A+B): Glide kip to support (A value, EG 3) to a straddle cut backwards to support (B value, EG 1). USAG 3/1/06
  7. Giant with 1/1 turn must be continuous and show a Diamidov technique on 1 arm with no additional support to receive D value. A giant 1/2 and pirouette will be evaluated as C+A.
  8. If a gymnast performs a jump to forward roll as a mount, this will incur a 0.5 deduction for a pre-element.
  9. A peach to support is a non-recognized skill.
  10. From underarms, roll backwards with straight arms to handstand on 1 bar (similar to EG 2, #14, but to an English handstand on 1 bar). € B value (e-mail: Stoica 5/9/06). Same value and box as the element executed on 2 bars.
  11. Cast immediate reverse straddle cut to support or handstand (similar to EG 4, #2 but to immediate reverse straddle cut) = C value, EG 4. (USAG 4/15/06).
- 

## Horizontal Bar

1. Article 49 (Errors & Deductions): Passing through the lower vertical more than 2 times with 1 arm = non-recognition and ADD medium B-jury deduction for poor composition.
2. Grip changes NOW separate elements.

- 1/1 pirouette performed with multiple grip changes (Blind change, pirouette) = A+A for two ½ turns.
  - Stalder ½ turn = B
  - Stalder 1/1 turn to overgrip (NO HOP but with multiple grip changes) = B+A. This is a stalder ½ turn (B) + pirouette (A)
  - Stalder Quast to overgrip = C. There are no multiple grip changes, therefore, this can be recognized as 1 skill
  - Stalder 3/2 turns to elgrip (NO HOP) = B+A+B. This is a stalder ½ turn (B) + pirouette (A) + ½ turn to elgrip (B).
  - Stalder Rybalko to elgrip = E
- 
- From double undergrip, endo ½ turn = B
  - From overgrip or mixed grip, endo with grip change ½ turn = B+A
  - From double undergrip, endo with 1/1 turn to elgrip = D
  - From mixed grip, endo with grip change, 1/1 turn to elgrip = B+C
- 
- From elgrip, hop, or hop ½ turn = B (same as before)
  - ~~From elgrip, hop with 1/1 turn to elgrip (previously D) = B+C. The hop is a B and the 1/1 turn to elgrip is a C.~~  
Clarified as follows:  
 \*\*\* Hop to one arm (A) 1/1 turn to elgrip (C)      OR  
 \*\*\* Hop to double undergrip (B) 1/1 turn to elgrip (C)
- 
- From elgrip, hop with 1/1 turn to elgrip, elgrip hop to undergrip = B+C+\_\_ (no value). The hop is a B value. The 1/1 turn to elgrip is a C value. And the hop to undergrip is repetition (no value).  
Clarified as follows:  
 \*\*\* A+C+B: The hop to “one arm” elgrip (A value, EG 4), 1/1 turn to elgrip (C value, EG 1), elgrip hop to double undergrip (B value, EG 4).  
 \*\*\* B+C+(no value). Hop to “double” undergrip (B value, EG 4), 1/1 turn to elgrip (C value, EG 1), elgrip hop to double undergrip (no value, repeated skill).
- 
- Endo elgrip, grip change 1/1 turn to double elgrip (previously E) = C+A+C. The endo elgrip is a C value, the grip change is an A, and the 1/1 turn to elgrip is a C value.
  - Rybalko = D
  - Rybalko to one arm = C

- Rybalko to one arm, hop 1/1 turn to one arm elgrip (like Paul Hamm competed) = C+A+B. The Rybalko to one arm is a C value. The hop to one arm is an A value. And the 1/1 turn to one arm elgrip is a B value. (The 1-arm sequence illustrated shows all 3 elements are downgraded one letter value from the corresponding 2-arm sequence).
3. 1/2 Tak to one arm blind = D and B (USAG 3/1/06)
  4. Weiler kip 1/1 turn to el-grip = D value in group III. Weiler kip 1/1 turn to mixed grip = C value. (USAG 3/1/06)
  5. A full Ono from double elgrip 1/1 turn to mixed grip or double undergrip is a C value (FIG Element Group 4, #21). This skill is seen as an elgrip giant with 1 hand release after the bottom of the swing and full turn to under-grip handstand.
  6. From a Rybalko catching in a one arm elgrip (C) to a Zou Li Minn variant out = B value, element group 4. (USAG 3/1/06).
  7. A kip is an A value (EG 3, #1). Also, a kip hop to undergrip or hop pirouette will also receive an A value, element group #3. (USAG 3/1/06)
  8. A Stalder into a Xiao Ruizhi = E value, Element Group #2. (USAG 3/1/06). This skill is similar to EG 2, #22 except it starts from a Stalder.
  9. Stalder Rybalko to mixed grip or one arm elgrip (same box) = D value, EG 3 (USAG 4/15/06 E-mail: Stoica 5/9/06).
  10. Kip or drop kip to handstand or with ½ turn = A value (EG 3, #1). Note: Article 47: 3d says that following a kip cast layaway to a giant, stalder, or free hip circle is a 0.3 deduction for reversing direction. Therefore, a kip cast to handstand reverse direction to Higgins (double elgrip) or ½ Higgins will also receive a 0.3 deduction since it reverses direction.
  11. \*\*\* **An Endo in “over-grip” to handstand, reverse direction to any of the following: Higgins to mixed grip, Higgins to Elgrip, Stalder, or Hip Circle will be evaluated as 2 different skills. Furthermore, since the gymnast simply reverses direction, a 0.3 deduction will apply. (USAG 7/17/06).**
  12. **Connection bonus clarified: In the Oct. 2005 Code, it stated that skills would receive connection bonus for “On” bar to flight (or vice versa). In the March 2006 Code, it was changed to “In” bar to flight (or vice versa). The Men’s Technical Committee clarified this by saying it was a matter of translation to the English language. The intended meaning is that connection bonus will be awarded for all elements executed with the HB. Examples include:**
    - Stretched Kovacs to Rybalko to Elgrip (EG 1) = E+D
    - Endo 1/1 turn to Elgrip (EG 3) to Stretched Jager = D+D
    - ½ Takamoto (EG 4) to Stretched Tkatchev = D+D

---

*Dan Bachman*

National Technical Vice President

National Gymnastics Judges Association

---

[Return to the NGJA's Home Page](#)