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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

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

Event Information

Floor Exercise:

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

Pommel Horse:

- **General Information:**
 - 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.
 - 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.
 - ***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).

2017-2020 NGJA/USAG

Interpretations

September 7, 2017



- ***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)

Still Rings:

- No Entries at this time.

Vault:

- No Entries at this time.

Parallel Bars:

- ***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)
- ***Performing a glide kip to upper arm is not allowed per the COP (Page 113, #5 Bullet 4)

High Bar:

- *** 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)

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