

2017-2020 NGJA/USAG Interpretations February 29, 2020



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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.

*** Precedence Order of current version of the following documents:

- FIG Code marked MAG 2017-2020 (January 2018 Version)
- Current MTC Newsletters and FIG MTC FAQ Document
- 2019-20 NGJA/USAG Interpretations Document or current USAG Interpretations

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

Event Information

Floor Exercise:

General Information:

1. 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. 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)

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

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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
 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
 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. 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
2. 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

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3. There is a strict evaluation of cross pull to maltese. If the gymnast pulls too high 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 # | Vault #1 | SV | Vault # | Vault #2 | SV | When to apply the 2.0 D-Jury Deduction |
|---------|---------|--|-----|---------|--|-----|--|
| #1 | 275 | Kasamatsu str. 3/2 tw. (Driggs) 1 3 | 5.2 | 375 | Yurchenko str. 5/2 tw. (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. 5/2 tw. (Shewfelt) 1 | 5.2 | 475 | Round off ½ tw. Handspring salto fwd. str. 2/1 tw. 2 3 | 5.4 | In this example, a 2.0 deduction is NOT applied. 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). |

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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 114, #5Bullet 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

□ **Skills:**

- *** Shoot to handstand on one rail, $\frac{3}{4}$ healy to support – FIG MTC President awarded this skill “F” value, January 2020.
 - Video. <https://www.facebook.com/watch/?v=657970417956380>

High Bar:

□ **General Information:**

1. Quast to 1-arm giant: C + B values - (Pg. 137 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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