

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

MTC NEWSLETTER #29



By Mr. Steve BUTCHER, President of the Men's Technical Committee
22 April 2015

The MTC introduces the following rules below to be added to the Code of Points.

Effective Immediately (adding clarity to current rules)

I. Preparation of the Apparatus:

- Preparation of any apparatus may be performed by coaches for the upcoming rotation upon completion of the final exercise in the current rotation and publication of the last gymnast's score on the respective apparatus.
- For preparation of the Parallel Bars prior to an exercise (during the one-touch warm-up or competition), any accredited person from any federation in that phase of the competition may assist. A maximum of three people (the competing gymnast and 2 others) may be on the podium to prepare the bars in Competition II and III.

Other Clarifications- Effective Immediately

II. Pommel Horse- circles and flairs to handstand (dismounts and returning to the horse)

There is no deduction for bending of the hips while attempting to reach a handstand from circles or flairs. Deductions can be taken for hesitation, strength, bent arms, lowering of the hips, and unsteadiness. In contrast scissors to handstand do have a deduction for bending of the hips.

III. Horizontal Bar- regrasp of the bar from flight elements (Element Group II)

Flight elements always receive value when two hands regrasp the bar and a distinct hang phase is shown before the gymnast falls. If the catch is performed with one arm, the value is given to the gymnast when two hands have finally regrasped the bar or another element has been clearly initiated.

Effective October 1, 2015

IV. Handguard (grip) Break during an Exercise (Rings or Horizontal Bar)

A gymnast with a significantly torn handguard (grip), causing a fall or interruption, may repeat the entire exercise without deduction at the end of the rotation with approval by the Superior Jury or, if they are the last gymnast in the rotation, at a time at the discretion of the Superior Jury. The gymnast must immediately show the broken handguard (grip) to the D1 judge before leaving the podium in order to receive permission to repeat the exercise.

V. Falls (time permitted to restart exercise)

Gymnasts receive a -1.0 deduction for all falls from the apparatus and have 30 seconds (after the gymnast is on his feet) to restart their exercise. If the gymnast exceeds the allowable time to resume their exercise, an additional -0.3 N.D. for excessive time will be applied if the gymnast continues their exercise. The exercise will be terminated if the gymnast has not resumed within 60 seconds. No salute is necessary to resume an exercise from a fall. The exercise officially resumes when the feet leave the mat.



VI. Start of Exercise

There is a -0.3 N.D. for failure to commence an exercise within 30 seconds.
The right to begin the exercise will be terminated if the gymnast has not started within 60 seconds.

With compliments,

Steve Butcher
MTC President

Arturs Mickevics
MTC Secretary

Note: The English version prevails should there be any discrepancy between the other language versions.