

2023-2024 NGJA/USAG Interpretations & Rules Update

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Craig Nesbitt
National Technical Vice President
National Gymnastics Judges Association

FIG Code of Points (Version "2022-2024 MAG CoP") and this document will be used for all USA Gymnastics competitions (<https://www.gymnastics.sport/site/rules/#2>).

Skill Committee updates - These are NGJA Interpretations only and are based on USA interpretations of the current FIG Code of Points.

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

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 MAG Code of Points
- Current MTC Newsletter
- NGJA/USAG Interpretations (this document).

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:

1. Go to the NGJA website <http://ngja.org/>
2. In the box titled "Coaches Corner", click on the link "New Skill Submission Page"
3. Complete info and attach a video for the skill committee to review.

General Information

1. Q: CoP page 27 9.2.7 says that the deduction for bent arms/legs/body is 0.1, 0.3, and 0.5 with non-recognition. Should elements like giant swings on high bar with a >90 degree arm bend be not recognized?
A: Yes, giants on high bar with a >90 degree arm bend should not be recognized. This is the same as giants & felges on pbars & rings. (Zunich - July 2022 - CWG)
2. On December 4, 2023, the FIG released Newsletter #2 with new and updated rules to the FIG COP. <https://www.ngja.org/wp-content/uploads/2022/12/Newsletter-2.pdf>

3. *** On July 4, 2023, the FIG released Newsletter #3 with new and updated rules to the FIG COP.
https://www.ngia.org/wp-content/uploads/2023/07/MAG_NL_3_en.pdf
4. *** Q: Does the “low landing” deduction (described in FIG MTC Newsletter #2; knees relative to hip position) apply only to the initial landing position, or does it also apply to any point in the landing sequence (during steps, hops) when the athlete may reach a low position?
A: The low landing deduction is applicable only to the initial landing position, not subsequent steps hops after the initial impact.

Floor Exercise

General:

1. Q: Can turning to turning single saltos receive difficulty value even though they won't receive connection bonus?
A: Yes. (Zunich - Nov 2021)
2. Q: Are Tinsica-style round-offs and front handsprings going to be permissible?
A: Yes, these are permissible. However, beware of lack of complete turning deductions after the tinsica. (Zunich - Nov 2021)
3. Q: For press to Japanese HS, if the gymnast holds the Japanese HS, and then after 2-second hold, touches head on FX will this a) show that the gymnast was low enough (flat palm width) and, b) receive a deduction? See video starting at 0:50 - <https://youtu.be/HdDqtSFoi7A?t=50>
A: No, the height of the HS is measured for the duration of the hold, not a momentary head bob. (Zunich - Nov 2021)
4. Q: For V or Manna press to handstand, if the gymnast lowers their feet and touches the floor and the press to HS, will they receive the V or Manna credit (if held for 2-sec) AND the HS if held for 2-sec?
A: Yes. Credit should be given for the V or Manna if held 2-sec and the handstand at the end of the press if held 2-sec. Note: No credit for the press to HS if he lowers his feet and touches the floor while he is pressing up to the HS. (see pg. CoP, page 40 - 6j). (Zunich - Nov 2021)
5. Q: Regarding the 2-second pause rule - will the gymnast be deducted -0.1 for holding a split for 2-seconds (as it's not listed as a hold element)?
A: No, the pause rule only applies to standing. (Zunich - Nov 2021)
6. Q: What if the piked endo roll shows a straddle press to handstand?
A: 0.3 deduction for atypical straddling. (MTC Newsletter #39)
7. Q: Does performing an EG 1 element between the diagonals break up the sequence (with regard to the 3 diagonals in a row rule)?
A: No. (MTC Newsletter #39)

Skills:

1. Variation of a Japanese press handstand from “low position” = B (Corbitt - Aug 2022)
<https://youtu.be/TcGnvqOEHQY?t=67>

2. Q: Double pike front with full twist
A: F (TC Meeting - Paris World Cup - Sept 2022)
3. *** Q: How would you evaluate a jump or rebound straddle jump full turn to prone?
<https://www.ngja.org/wp-content/uploads/formidable/5/IMG-6701.mov>
A: = This is a transition skill of no skill value and would receive no Element Group credit.

Pommel Horse

General:

1. Wu's and Roth's that begin in cross support on the end facing out (Reverse Wu & Reverse Roth) have been devalued. The first movement is usually a stockli bwd with ¼ turn which has no value. Therefore there is no complete 720 or 360 degree russian turn respectively. Reverse Wu will be evaluated as a D (III.76 Russian 630 w 3/3 travel). The Reverse Roth will be evaluated as an A (II.103 180/270 Russian) or C (III.81 Kroll) depending if a complete 360 turn is performed following the stockli bwd with ¼ turn (Zunich - Nov 2021)
2. Can ¾ Kehr (Bertoncelj) or ¾ Bezugo be performed at the end of a flop sequence?
A: No. These are documented in the NL 39 to only be allowed at the beginning of a flop sequence. (MTC Newsletter #39)
3. What is the value of this sequence: Bezugo 270 + Loop + Russian 1080?
A: H (MAG CoP - Feb 2020 release)
4. What is the value of this sequence: Kehr 270 + Loop + Russian 1080?
A: H (MAG CoP - Feb 2020 release)
5. Q: Full Spindle Over Both Pommels
A: F (TC Meeting - Paris World Cup - Sept 2022)
6. Mikulak-type scissors - Mikulak-type skills were very strictly evaluated. If the gymnast showed "any" support on the PH with his leg before his 2nd hand was on the horse, the skill was not recognized and the E-panel deducted 1.0 for sitting on the horse. They showed examples from FIG Newsletter #36 (Nov. 2019); (2022 Liverpool Worlds - MTC)
7. Scissor to handstand – if the gymnast swings his foot in-between the pommels while swinging to the HS, no credit will be given to the skill. (2022 Liverpool Worlds - MTC)
8. Handstand dismounts – the MTC said that if a gymnast feet hit or kick the side of the horse before continuing to the HS, the gymnast would lose credit for the skill regardless of the body lowering. (2022 Liverpool Worlds - MTC)
9. For pirouetting HS dismounts – an example was shown where a gymnast did a Stockli to HS 3/3 travel with a full turn. During the HS, the gymnast closed his legs during the first half of the turn and then opened them up again to complete the 2nd half of the turn before closing them again. The MTC said the legs should remain closed once the gymnast brings his legs together otherwise it will be a deduction. (2022 Liverpool Worlds - MTC)
10. ½ Schwabenflank on end receives "A" value as element EG II - #91: This is a Czechkehr-style ½ turn beginning with one hand on the pommel and one on the leather and finishing with one hand on leather and one hand on pommel. It can be performed turning over the pommel or with legs passing over the end of the horse. Contrast that to a typical Czechkehr (EG II #92) that is performed completely on the pommels or leather. This was previously reviewed by the FIG MTC in Summer 2021. See the following example: <https://youtu.be/Hjd5q4z0wa4?t=24>

11. *** A 1/1 spindle with pommel between the hands must finish in front support with both hands on the leather. Some athletes were finishing with the last hand placement on the pommels. If performed that way, it would receive a "B" half spindle. See the following for examples of incorrect finish positions:
- <https://youtu.be/Gxi83ymwepU?feature=shared&t=20> (0:20 - 0:25).
 - <https://youtu.be/Z8-XfKqSYuM?feature=shared&t=56> (0:56 - 0:62).
12. *** The FIG MTC continues to receive a variety of unique combined skills seeking evaluation as a single combined element. While we encourage these questions and will continue to seek such evaluations, the FIG MTC has not added any such skills outside of what is specified in recent FIG MTC newsletters and Code of Points. The following are examples of such skills that retain the values of their individual parts:
- https://www.ngja.org/wp-content/uploads/formidable/5/IMG_2012.mov
 - <https://www.ngja.org/wp-content/uploads/formidable/5/trim.096BBF5D-FA89-43A3-AA73-D8E0FED76284.mov>
 - <https://www.ngja.org/wp-content/uploads/formidable/5/trim.ED46D230-F2CC-4DE3-863E-A6280709E749.mov>
 - https://www.ngja.org/wp-content/uploads/formidable/5/IMG_1657.mov
13. *** A Direct Stockli A must be performed on the pommels OR with pommel between the hands (as noted in the CoP).

50. Stöckli directe A (SDA) sur les arçons ou arçon entre les mains
 Direct Stöckli A (DSA). on the pommels or pommel between hands.
 Stöckli directa A (SDA), en los arcos o arco entre las manos.



S_a

By extension, a flop sequence using a DSA-like skill that finishes completely *on the end* cannot count that skill as a flop.

14. *** Q: Can Czechkehres transition directly to flop sequences and travels?

A: The issue stems from the fact that the Czechkehre must begin and end in front support. Flops to immediate Czechkehre (or vice versa) gets full recognition because the Czechkehre can start or finish on one pommel with a 1/4 turn. There is no shared circle needed. So, E+B or B+E is the recognized value. For example:

https://youtube.com/shorts/0f5_4De-UhU?feature=share
<https://youtu.be/3q11Ytz0Pek>

However, Czechkehre to immediate side travel will not be recognized because there is no completion of the Czechkehre before the traveling begins. The shared circle exception for Magyar-Sivado does not apply anywhere else except for Magyar-Sivado. So no value for the Czechkehre, and "A" for the travel. You could give an "A" for the first part of the Czechkehre as a circle with a 1/4 turn, but that would likely be repetition for a circle. For example:

<https://youtu.be/QO2ruVRqNzc>

Skills:

1. What is the value of this Russian turn on the leather?
https://drive.google.com/file/d/1IT8cCUF2IHeek9GPjfOVbI1sF_NsLi7T/view?usp=sharing
A: C - This is a 900+ Russian but because the final hand placement goes from the leather to the pommel, the skill is not considered complete on the leather and thus no 1080 turn.
2. A "half Eichorn" = B. (FIG FAQ - Jan 2022)
<https://www.youtube.com/clip/UgkxRoivl5Zz-dQ0L1le0-cyeGuS8nt88ZqH>
3. Bertoncelli to handstand w/ 3/3 travel w/ 360+ turn = F
<https://www.ngja.org/wp-content/uploads/formidable/5/trim.93C8A82C-8C58-4F61-BBBC-DE908291EE13.mov>
4. Russian wendeswing with 360° turn + Swing to Handstand w/ 360+ Turn + 3/3 Travel = B, D
<https://www.ngja.org/wp-content/uploads/formidable/5/trim.A50F33A4-E13A-4283-A95F-D3BDBB9B87A4.mov>
5. Pinheiro Variation: Czechkehre on the leather, EG II.92 = B
<https://www.ngja.org/wp-content/uploads/formidable/5/Almeida-Pinheiro-Variation.mov>
6. *** Bezugo to One Pommel: No value. Bezugo and Sohn are defined to two pommels.
<https://youtube.com/shorts/6tgfjiJB2TA?feature=share>

Still Rings

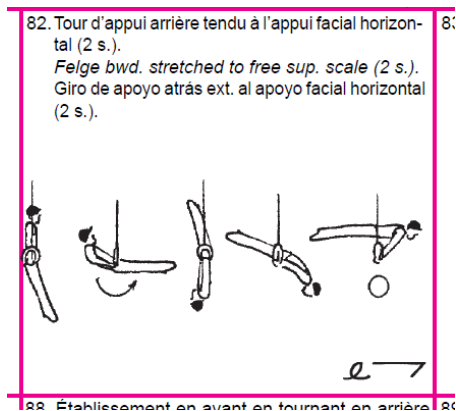
General:

1. Which arm bend deductions should be used for pull to inverted hang on rings and kips on rings?
A: These fall under the 0-45=0.1, >45-90=0.3, >90=0.5 & non recognition. These are distinct from and different from the arm bend deductions defined for hold positions and strength skills (MAG CoP pg 28). (Zunich - Feb 2022)

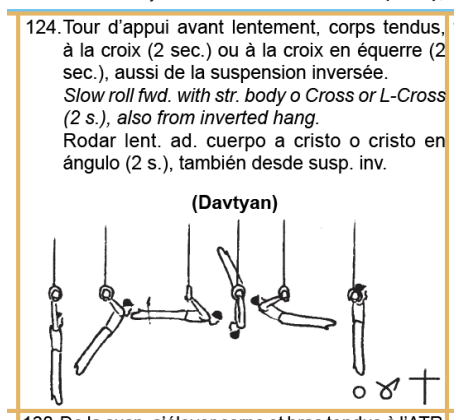
Skills:

1. Q: What is the difference between elements III.64 and III.82
A: III.82 should begin from support, the picture is incorrect. The correct image will appear in the

fall 2022 CoP update. (Zunich - Feb 2022)



2. *** Q: How would you evaluate a roll to cross from inverted hang that follows a Maltese lower to hang (as illustrated here: <https://youtube.com/shorts/zPSAvJHBtkw?feature=share>)?
A: This appears to be a “Davtyan”, EG II #124. The description of that skill notes “Slow roll fwd. with str. body o Cross or L-Cross (2 s.), also from inverted hang.”



Vault

General:

1. Q: Should a Kasumatsu style vault (or handspring) with bent arm(s) on the horse of >90 degrees be not recognized?
A: Vault is different. A vault with bent arms should be recognized with an execution deduction. (Zunich - July 2022 - CWG)

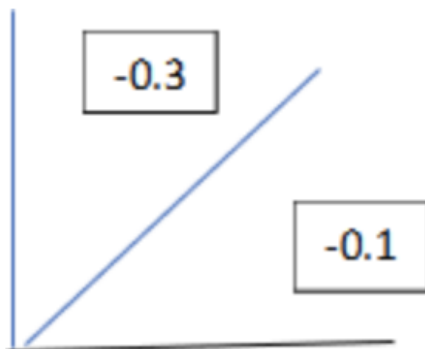
Skills:

1. Q: Tsukahara Double Pike with Full Twist
A: 6.4 (TC Meeting - Paris World Cup - Sept 2022)

Parallel Bars

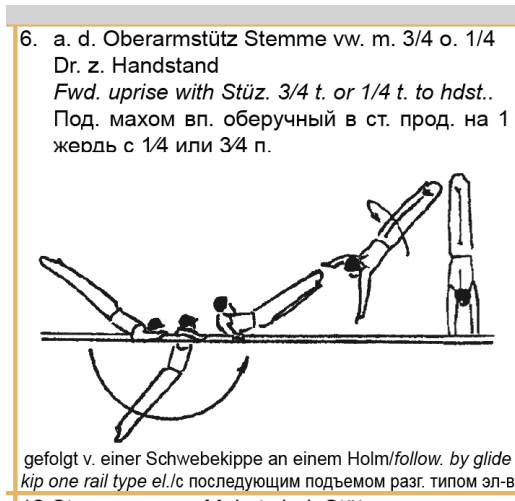
General:

1. Does a Diamadov 5/4 need to go through double under grip?
A: No, it can still go to mixed grip and receive D credit. (Zunich - Feb 2022)
2. For Makuts-type elements: Are there any special repetition rules or limitations on the number of Makuts-type elements done in a routine?
A: No. There is no limit to the number of Makuts-type elements in a routine. (Zunich - Feb 2022)
NOTE: Both the basket and giant through handstand Special Repetition rules list specific Makuts-style skills within those families. (MTC Newsletter #39)
3. Basket with full turn, III.108, should be performed direct to handstand and without an additional hand placement. Basket with half turn, III.107 should be performed with max one placement before arriving in completed handstand. If the basket is performed with two or more hand placements it will be valued as III.106 basket with quarter turn (D). (MTC Newsletter #39)
There will be a 0.1 E panel deduction for the extra hand change. (PBar E Jury TC presentation slide #55 - 1/26/22).
4. III.87 Glide kip on one bar through L-sit piked to handstand must be performed with legs together. Straddle during the press phase incurs 0.3 for atypical straddling. (Zunich - Jan 2022).
5. Which arm bend deductions should be used for felge on pbars.
A: These fall under the 0-45=0.1, >45-90=0.3, >90=0.5 & NR (MAG CoP pg 28). These are distinct from and different from the arm bend deductions defined for hold positions and strength skills (MAG CoP pg 28).
6. Q: If a gymnast 'travels/slides forward' during a front uprise, should that be deducted like a grip adjustment, or extra hand placement = 0.1?
A: Yes. (Zunich - July 2022 - CWG; reiterated at 2022 Liverpool Worlds - MTC)
7. *** Q: What is the evaluation criteria for a 0.1 versus 0.3 deduction for knee bend on giant before horizontal?
A: Knee bends on giant swings before reaching horizontal depend on the angle at which the bend occurs.
 - Bending of the knees from the handstand to 45° = -0.3
 - Bending of the knees from 45° to horizontal = -0.1
 - Bending of the knees below horizontal = no deduction



Skills:

1. PBar element II.6 = F. It is a front uprise with stutz 3/4 or 1/4 to HS followed by glide on one rail. This is very similar to the Kovtun which is box II.15 = C. The corrected, as illustrated below, will appear in the next version of the CoP.



2. Underbar swing to counter-salto tucked front dismount will be evaluated as “B”, EG IV.

High Bar

General:

1. What constitutes 3 swings allowed for mounts on high bar?
A: Each movement forward, each movement backward, and the cast are each counted as a swing. Further, a jump to swing or coach pushing the gymnast to a swing counts as one of the three allowed start swings at the beginning of the routine.
2. Does an endo performed from a hang (e.g. as a mount, or after a release) need to start from a handstand?
A: No. This is a valid way of performing an endo without a deduction.
3. Which releases are not recognized in this sequence of four tkatchev style releases? Tkatchev Stretched connected to Tkatchev (D+C) - Piatti (D) - Liukin (F)
A: The connection is kept first because it's the highest value. Then, remove the lowest remaining release, the Piatti (D).
4. From a Czech Giant, the only way to perform a Steineman (B) to simple stoop out without an angle deduction is followed by Stalder. Anything else will be recognized as an attempted Koste (C) with angle deductions. If the athlete exits below handstand AND does a stalder, it is B Steineman, B Stalder.
So the following video exhibits: C free backtoss, D czech giant, potentially no credit Koste with angle deductions applied.

https://drive.google.com/file/d/1pig0dLLi_TLGyIIJcyjCUTQItW7gOO64/view?usp=sharing

There is wording on page 140 of the CoP #15 that might lead a reader to believe that this sequence could be evaluated as a B Steineman without deductions. This is incorrect.

5. Kip does not need to go over the bar to receive A value, but will receive a 0.3 deduction
6. A successful Russian Giant is determined by sufficient inlocation at the top of the Bar. It will either be awarded a C Russian or B elgrip giant without deduction.
7. A perfect Stretched Tkatchev occurs if the gymnast is straight as the body and feet pass over the bar.
*** Please see FIG MTC Newsletter #2 for illustration examples and further notes.
8. From a Czech Giant, the only way to perform a Steineman (B) to simple stoop out without an angle deduction is followed by Stalder. Anything else will be recognized as an attempted Koste (C) with angle deductions.
9. Q: Should elements like giant swings on high bar with a >90 degree arm bend be not recognized?
A: Yes, giants on high bar with a >90 degree arm bend should not be recognized. This is the same as giants & felges on pbars & rings. (Zunich - July 2022 - CWG)
10. *** Q: How is the angle of completion and related deductions determined for a Quast to one arm followed by a one arm giant?
A: The angle for the Quast to one arm will be measured when the gymnast completes the turning action. The Quast would receive "C" credit and an immediate one arm giant would receive a "B" (Zunich - July 2023 - MTC).

Skills:

1. Over the past several cycles, the MTC has limited one arm giants to three elements: one arm forward, one arm backward, and Zou Li Min. In the case of Zou Li Min, if it is performed with insufficient turn, it is not recognized. In general, new one arm variations will not be permitted, recognized nor encouraged. Thus, skills such as the following will receive no valuation:
https://drive.google.com/file/d/1njiGOiWL1-Zjr75us5n_k4IZn6fOIffOQ/view?usp=sharing
2. In-bar Stalders & Endos – Presented by the MTC at Liverpool WC - Basically if the feet are barely past the bar when stooping in, deductions can be taken. To avoid deductions, the feet are expected to pass the bar so the athlete is in a deep pike. (2022 Liverpool Worlds - MTC)

No Deduction



0.1 Deduction



0.3 Deduction



APPENDIX: Vault Judging Score Input

Vault judging and score input used a new system at the Liverpool 2022 World Championships. For the E-panel, judges were instructed to enter their deductions for the four phases of the horse so they could get a better idea where deductions were coming from.

For example, instead of just entering 2.3 in deductions, they wanted the judge to be more specific where the deductions were taken.

- Phase 1 (1st flight) – 0.3 leg separation
- Support phase – 0.1 bent knees
- Phase 2 (2nd flight) – 0.1 bent legs + 0.1 bent body + 0.1 bent ankle + 0.3 lack of height
- Landing – 0.3 lack of preparation + 1.0 fall
- *The judge will just tap the screen for the number of times the athlete had a deduction in each section in the chart below.*

