



Mike Juszcyk
NCAA Rules Interpreter
January 10, 2025

To All NCAA Men's Gymnastics Coaches,

Following the Intercontinental Course in December 2024, FIG Technical Committee member Butch Zurich released some initial notes clarifying rules in the FIG Code of Points (CoP). This document was released on December 15, 2024. <https://www.ngja.org/wp-content/uploads/2024/12/Intercontinental-Course-Updates-15DEC2024-v2.pdf>

Per the NCAA Men's Gymnastics Rules Modification Document, (G, page 11):

The cutoff date for changes to the NCAA rules and clarifications, which used the FIG Code of Points as its basis, is December 1 or after any changes determined by the FIG at its Intercontinental Course or during future business sessions. The NCAA Men's Gymnastics Committee will review interpretations to the FIG Code received after this on a case-by-case basis, and reserves the right to adopt changes that are in the best interest of the gymnasts.

Given the above guidelines from the NCAA Modifications, and as the NCAA Rules Interpreter, the following exceptions must be made to the benefit of the athlete for the current NCAA season:

1. Pommel Horse: During a scissor to handstand, if the gymnast changes his grip on the pommel, there will *not* be a 0.1 deduction for an extra hand change.
2. Pommel Horse: Moguilny/Belenki that starts or ends with a hand on the pommel will be recognized.
3. Pommel Horse: A Russian travel with an intermediate hand placement will be recognized.
4. Parallel Bars: Back uprise hop pirouette has been upgraded to a "D" value (EG I.39), and hop $\frac{3}{4}$ was upgraded to an "E" value (EG I.40).

The following specifications in that document are just clarifications of the existing rules and do not introduce new interpretations:

1. Floor: Regarding double saltos with a full twist, the October 2024 MTC Newsletter ([FIG-Newsletter-four-10.24.pdf](#)) noted that all versions of the skill were in one box ("All double saltos bwd. tucked with a 1/1 turn will be in the same box as Tsukahara.")
2. Floor: For double salto forward piked, it is ok for the knees to start bending to prepare for landing when the back of the gymnast is horizontal to the ground.
3. Parallel Bars: Kovtun (I.15) is a "C" element. Per the additional text in I.6, it must be followed by a kip on one rail for "F" value. That sequence also receives a separate element for the side kip (III.86, III.87, or III.92).

Be advised, effective January 10, 2025, the NGJA judges will be advised to apply these updates, which will be in effect immediately.

Please let me know if you have any questions and good luck to everyone as we begin the 2025 season,

Mike Juszcyk