

2025 - 2028 / MDP Newsletter #4

February 27, 2025

Paul Evatt

NGJA Vice President - Jr Development Program

The Men's Development Program Committee (MDPC) has set up a rules interpretation committee to gather questions from the community and provide clear guidance. This is part of an ongoing effort to standardize how rules are interpreted and judged across the country. **The clarifications in this document will serve as the official written standard moving forward and these rules are meant to be applied immediately. Everything in yellow is new since Newsletter #3**

General Information

1. At level 9 & 10, Proscore has allowed for bonuses to be automatically calculated in the final score. This is a setting that the meet director has to properly configure for the competition. When a session has only optionals and the system is set up for D and E input, it will automatically add the proper bonus to the final score. In this situation the judge will only enter the actual Difficulty and Execution as performed and proscore will put out the final score including all eligible bonuses. When judging, please find out if this system is in use so that you do not double apply the bonus.
2. At all levels, neutral deductions will be taken by the judge and applied to the final score and will not affect the start value.
3. Spotters are allowed but not required on Parallel Bars. As defined by FIG, the presence of a non permitted spotter is (-0.5 for optionals & -0.3 for compulsories) and would result in the deduction being taken if a spotter appears on the Floor Exercise and/or Pommel Horse area. Assisting a gymnast in the performance of a skill will result **in a Neutral Deduction** of (-1.0 for optionals & -0.5 for compulsories) as a spotting deduction. (FIG COP Article 9.2.3.d.iii & MDP Manual, page 22).
4. If a spotter leaves the apparatus during the performance of a routine at any point a (-0.2 compulsory) or (-0.3 optional) **neutral deduction** will be ~~taken from the execution score~~ taken from the final score.. (MDP Manual, page 22 & 49).
5. **Levels 8, 9 & 10** - Regardless of the required value of EG per level, all level 8-10 dismounts will receive the FIG value of the skill as the EG IV credit (Except FX). Level 7 will receive 0.5 when a Fig "A" or higher is performed.
6. **Element Group Credit Explained**- MDP requires an "A" at level 7 & 8, a "C" at level 9, and a "D" at level 10 for full EG credit for EG II & III.
 - a. Level 7 will always receive 0.5 EG credit with any FIG "A" skill or above.
 - b. Level 8 will receive 0.5 EG credit with any FIG "A" skill or higher for EG I, II or III, but will receive the value of the skill for EG IV (except FX).
 - c. Level 9 will receive 0.5 EG credit with any FIG "A" skill or above for EG I, and 0.5 for any Fig "C" skill and above and the value of the skill for EG IV (except FX). They will receive 0.3 for "A" & "B" skills for EG II and III

- d. Level 10 will receive 0.5 EG credit for any FIG “A” skill or above for EG I, and 0.5 for any FIG “D” skill or above for EG II and III, and the value of the skill for EG 4. (except FX)
They will receive 0.3 for “A”, “B” or “C” skills for EG II and III
7. Stick bonus will be awarded to the Difficulty Score and **WILL** be a part of the final D score used to determine difficulty bonus.
 8. **Level 3, 4, 5, & 6** - Specified Bonus may be awarded even if there are multiple small or medium errors or a single large error in the performance of the skill. Specified Bonus will not be awarded if there is a fall in the performance of the skill.
 - a. Specified bonus will not be awarded if there are missing portions of the SB box.
ex:(PB, level 3 SB #1. If one were to do the tucked planche, but fail to do the swing forward and backward following the planche before the straddle on bars, then no bonus would be awarded)
 9. **Level 3, 4, 5, 6 & TS** - The 50% rule is not applied when the intended skill is not performed at all. Ex: (TS ages 10-12 - “Run, hurdle, round-off, power back handspring, salto backward straight with full twist.” If only a layout were done instead of the 1/1, this would not be 50 percent. However, if they were to attempt the twist and landed after only completing part of the twist, this would receive value because of the 50% rule.
 10. **Levels 3, 4, 5 (Division 2):** A division 2 is now allowed to do a select few bonus skills that are “the superior” version of the same non bonus skill in the routine. **They will not receive a bonus**, and will only be deducted for execution deductions of the skill. Below are the only examples of when the exception to do the bonus skills are allowed. No others will be added to this list and all others performed will receive the (-0.3) deduction per occurrence.
 - a. **Floor:**
 - i. (Level 3, box 6) Press Handstand instead of headstand
 - ii. (Level 4, box 5) Press Handstand instead of jump handstand.
 - b. **Horse:** NO Exceptions
 - c. **Rings:**
 - i. (Level 4, box 1) Muscle up without assistance
 - d. **Vault:** NA
 - e. **Parallel Bars:**
 - i. (Level 3, box 7) HS with or without hold allowed before the dismount
 - ii. (Level 4, box 10) HS Hold allowed before dismount
 - f. **High Bar**
 - i. (Level 3, box 1) Pullover without spot instead of with spot
 - ii. (Level 4, box 2) Back hip circle without hips touching is allowed

Tech Sequence

1. Currently there is a (-1.0) deduction for missing “Major Elements” in tech sequence routines. This deduction is for eliminating either a “Major Element” or an “entire box” that does not have a major element inside of the box.
 - a. The “Major Element” skills worth 1.0 are colored in purple in the skill description column of the tech sequence manual. These skills are always in rows that have a “Yellow” numbered box. If a small portion of the box was done, but the “Major Element” was not at least 50% completed then there is still a deduction of (-1.0)
 - b. When the “Major Element” was performed but there were parts left out of a “Yellow” numbered box that are NOT the “Major Element” then there is a (-0.3) deduction for that missing part.

- c. Boxes that do not start with a “yellow” number do not contain any “Major Elements”. There is a (-0.3) deduction for any missing parts inside of this box. Or a (-1.0) deduction for skipping the part all together.

FLOOR EXERCISE

COMPULSORY

1. **Level 6D1** - If a gymnast performs all 4 of the bonus skills, only 3 will receive a bonus. There is no deduction for performing the 4th other than execution errors.

TECH

2. **TECH:** At all levels of tech, “any split” is allowed when a split is required. Eliminate the wording “front split”.
3. **TECH:** At all ages when flairs are required, up to one double leg circle may be performed before the flairs.
4. **TECH: (Level 10E)** The routine as written has not been performed enough to know if it can be done properly without taking steps towards or away from corners after passes. No simple step deductions will be taken for an athlete walking backward from the corners or towards the corners.
5. **TECH: (Level 8E, box 7) (Level 9E, box 6) (Level 10E, box 7)**
Change levels 8E, 9E, 10E to read “From split, press to handstand hold, ¼ pirouette, forward roll, step toward corner, ~~jump ½ turn to stand~~ lunge 1/2 turn to stand”

OPTIONAL

6. Although there is no dismount EG on floor, one still counts the final skill and the 7 best elements just like other apparatus. If the final skill is not recognized (e.g. simple repetition), then only 7 elements may be counted. Also, if the dismount isn’t counted, then there cannot be a stick bonus.
7. **Levels 7, 8, 9, & 10:** Change the wording about allowable matting on FX on page 69 of the MDP manual to read “**1 or 2 Additional mats** up to 4” allowed for landings – may not be moved or punched off of” If this is moved or if one punches off of the landing mat a (-0.5) **Neutral Deduction** will be applied.
8. **Levels 7, 8, 9, & 10:** There is a FIG deduction that if one were to step their hand or tap their toe back to the ground during a press handstand then the skill will lose value. The -0.1 deduction will remain in the MDP program for the hand step, but value will be given for press handstands that step or touch their toe back down. Short hold deductions could also be taken in this situation.

POMMEL HORSE

COMPULSORY

1. **Level 3, 4, & 5** - Replace performance criteria for the “flank dismount” with “Flank dismount with hips at horizontal with feet at the height of top of mushroom”
2. **Level 5** - Replace the wording in SB2 with “Replace #4 with ½ spindle within two or more one or two flaired double leg circles (+0.3)”

TECH

3. **TECH (Level 6E):** There is a need to better clarify the amount of necessary hand placements in each “section” of the horse. The intent is that there are to be 3 circles in cross support (loops) done in each section following the travel to get there. The cross support circles done while travelling to each section do not count toward the 3.
 - a. **Box 3 should read** "Once in front support, past the tape and in the middle section, then a minimum of 6 hand placements within the center (second) section."
 - b. **Box 6 should read** “Once in front support past the tape and in the (third) section, a minimum of 6 hand placements on the final (third) end section of the horse before initiating Russian"
4. **TECH: Angular deductions (skew)**
 - a. **6E: (Boxes 1-5)** Angular deductions to be taken per section on circles in cross support. This would include the travel portion to get to that section for a max of 3 skew deductions to be taken between boxes 1 and 5.
 - i. If there was a (-0.1) deduction on the skew of each of the circles in the middle, but a (-0.3) deduction on the skew travelling to the middle, then the (-0.3) deduction will be taken once as that is the greater deduction.
 - b. **8E: (Box 8)** Angular deductions will be taken **per circle** in cross support. This means there can be 6 separate skew deductions in box 8.
 - c. **9E:** Angular deductions to be taken per skill where applicable.
 - d. **10E:** Angular deductions to be taken per skill where applicable.
5. **TECH (Level 10E) -** In an effort to better clarify the wording for the DSB in box 6, “Complete one circle in side support on the pommels to Direct Stockli B (DSB), which finishes with two hands on one pommel. Following the DSB, one circle that finishes in side support with one hand on the pommel and other hand on the leather in front support. The hand on the leather will be the first of the 3 hand placements required on the leather for box 7.”
6. **TECH (Level 10E) -** Clarification of wording in box 7 for 2 downhill circles.
 - a. Requirement of 3 hand placements on the leather followed by the 4th hand placement joining the other hand on the pommel for the Direct Stockli B (DSB)

OPTIONAL

7. **Level 7, 8, 9, & 10** - Explanation of the exception (MDP Manual page 52) on PH for No large (-0.5) deductions on all circle handstand elements.
 - a. During circle handstand elements all large (-0.5) deductions will be taken as medium (-0.3) deductions

- b. The intent of this rule is to allow for the occurrence of multiple large errors while doing circle handstand elements and still give value for the element. The large errors would receive a medium (-0.3) deduction instead of the (-0.5)
 - c. An example of this would be hitting the foot on the horse (-0.3), lowering of legs >45°(-0.3), minor visible strength while going back to handstand (-0.1) and bending arms 30°(-0.1). While this would not receive credit in FIG, MDP athletes would still receive credit value for the element with execution deductions totaling (-0.8).
8. **Level 7, 8, 9, & 10** - Clarification of "FIG circle deduction will be applied by skill, not by section" (exceptions table page 52) **This includes Form, Hip Break, Skew, and Lack of extension.** Ex:(A Magyar done with 6 circles which has a small skew on every circle and a medium leg bend on every circle will receive one deduction (-0.1) for the skew and one deduction (-0.3) for the knee bend. NOT each circle.)
 9. **Level 7, 8, 9, & 10** - A flair in any position is an MDP "A". Like other MDP "A's" all variations of them are allowed in the same routine for credit. Ex: (loop, flaired loop, circle, and flaired circle would all receive credit)
 10. **Level 8** - Level 8 will not follow any of the Pommel Horse special repetition requirements found on page 44 and 45 of the MAG CoP. (ex: Roth and Wu could be performed in the same routine). This includes the ability to do both Magyar & Flaired Magyar as well as Sivados.
 11. **Level 8** - There is an allowance for more than 4 EG III skills in a routine if the additional travel skills over 4 are done in flairs. (ex: Wu, Urzica 2, ½ Magyar, ½ Sivado, Flaired Maygar, Flaired Sivado).
 12. **Level 8** - All travels with spindles (including the Eichorn) not already listed in the Pommel-less Horse Code of Points will be recognized elements and will receive their equivalent FIG values. (**Exception: Nin Reyes 2 (III.23) will not be recognized in level 8.**)
 13. **MDP Exceptions level 7** - Empty ½ swing allowed prior to any skill.
 - a. The purpose of this is to allow an empty swing before a leg cut as well as a "feint" before a circle without a deduction.
 14. **MDP A "Any flank off":** There is no height requirement for the MDP A "any flank off".

STILL RINGS

COMPULSORY

1. **Level 6D1** - There is no deduction for excessive swinging of the cables or for using bent arms in front swings for either 6D1 or 6E.
2. **Level 6D1** - For the press HS, SB1 it reads: "Note: In SB1, feet may be on the inside of the cables in the handstand (no bonus awarded if legs or feet wrap around or touch the outside of the cables), **maximum execution deduction of (-0.3)** taken for achieving the handstand in SB1 additional deductions if the gymnast falls or does not hold the 2 skills."
 - a. The maximum deduction of (-0.3) is referring to the press HS only. Additional deductions can be taken for lack of hold as well as the remainder of the box.
 - b. **BENT ARMS ARE ALLOWED on the Press to Handstand with no deduction.**
3. **Level 5** - Performance criteria for box 5 to be replaced with "Arm Bend <90° then no deduction. The deduction remains of (-0.3) for arm bend >90°.

OPTIONAL

4. **Level 10** - MDP exceptions (MDP Manual, page 52). Support scale straddled was left off of the exceptions for level 10's and will be in the updated manual.
5. **Level 7, 8, & 9** - MDP exceptions (MDP Manual, page 52) - An exception will be added to the manual stating that level 7-9 athletes are not required to break up a series of Element Group 2 or 3 Skills with a B Element Group 1 Skill. They are allowed to perform as many Element Group 2 or 3 Skills in a row as they are capable
6. **MDP exceptions** (MDP Manual, page 52) explains that certain strength skills based on level will receive one letter upgrade and can not receive a large error (-0.5). The following wording explains this more clearly.
 - a. **Level 7, 8, & 9** - Support scale straddled, support scale & skills from EG II or III (Elements II.19, II.9, III.56, III.58, III.68, III.70, III.82) will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors. No large (-0.5) deductions will be taken. All large errors will be given (-0.3)
 - b. **Level 10** - Support scale straddled, Support scale (Planche) & Cross, **All press skills upwards from cross (ie: cross pull to L)**, Inverted Cross, Swallow, or Inverted Swallow skills from EG II or III will be upgraded one letter value and can only receive small (-0.1) and medium (-0.3) deductions for execution errors.
7. **Level 7, 8, 9, & 10** - Explanation of the exception on rings for No large (-0.5) deductions.
 - a. All large (-0.5) errors will be given a medium deduction (-0.3). However, when an element is done so poorly that it resembles a different element, then the value and EG of the element it most closely resembles will be given.
 - b. Examples like not stopping during a hold or egregious angles will not receive credit for the intended skill. Final hold positions can be recognized and given credit when performed as expected.
 - c. The intent of this rule is to encourage athletes to perform skills that are not yet mastered without the concern of large deductions. It is not the intent to give credit to skills that look nothing like the attempted skill.

VAULT

Corrections to the Vault information in the Optional Track - Modifications & Exceptions Table Page 52				
Name of Vault	FIG Box	FIG Value	Junior Value	Difference
Level 7 and 8 Only				
Tsukahara Tucked	III.307	1.8	2.2	+0.4
Yurchenko Tucked	V.507	1.8	2.2	+0.4
Tsukahara Piked	III.308	2.0	2.4	+0.4
Yurchenko Piked	V.509	2.0	2.4	+0.4
Tsukahara Straight	III.313	2.8	3.2	+0.4
Yurchenko Straight	V.510	2.8	3.2	+0.4
Handspring forward & salto forward tucked	II.207	2.0	2.4	+0.4
Level 7, 8, 9 & 10				
Handspring forward & salto forward piked	II.213	2.4	3.2	+0.8

Handspring forward & salto forward piked with ½ twist	I.107	2.8	3.6	+0.8
Handspring forward & salto forward straight	II.219	3.2	4.0	+0.8
Handspring forward & salto forward straight with ½ twist	I.113	3.6	4.2	+0.6
Handspring forward & salto forward straight with 1/1 twist	I.114	4.0	4.2	+0.2

PARALLEL BARS

COMPULSORY

1. **Level 4** - Expectations and deductions for the handstand push off the bar dismount, box 10.
 - a. (-1.0) If the swing HS is performed below horizontal before the dismount.
 - b. (-0.5) if the swing HS is performed between horizontal and 45 degrees before the dismount.
 - c. (Per FIG) deductions if the HS is performed between 45 and 0 degrees prior to dismount.
 - d. The Momentary Hold Requirement and deduction does not apply to this skill. By definition if an athlete stops their movement from continuing upward to dismount, then they have stopped.
2. **Level 4** - SB3 has a required hold of 2 seconds
 - a. If the HS is held for less than 1 second there is “no hold deduction”, but no bonus.
 - b. If the HS is held >1 and <2 seconds then a hold deduction of (-0.2), plus (0.3) bonus
 - c. If the HS is held for 2 seconds then no hold deduction, plus (0.3) bonus
3. **Level 5** - Expectations and deductions for the handstand before the dismount, box 9.
 - a. (-1.0) If the swing HS is performed below horizontal before the dismount.
 - b. (-0.5) if the swing HS is performed between horizontal and 45 degrees before the dismount.
 - c. (Per FIG) deductions if the HS is performed between 45 and 0 degrees prior to dismount.
 - d. The Momentary Hold Requirement and deduction does not apply to this skill. By definition if an athlete stops their movement from continuing upward to reverse direction to a swing, then they have stopped.

TECH

4. **TECH**- Remove the wording in the performance criteria “~~Hecht tapping action required~~”
 - a. Level 6E Box 6
 - b. Level 9E - Box 2
5. **TECH** (Level 6E) - Box 1 has in the description “Glide kip, swing backward to handstand hold” Then in the performance criteria it reads “Hold not required, but allowed”. **The performance criteria is correct, there is NO REQUIRED HOLD following the kip.**
6. **TECH (Level 6E)** - There has been confusion about the wording “Any spot from the ground is permitted for the bail to giant swing backward in #2” To clarify, this includes a hands on spot on the bail as well as a spot on the way up. There are no deductions for spotting the giant at any point.

OPTIONAL

7. The handstand in the FIG CoP (II.1) does not have a required hold for value. There is no deduction for lack of hold and the MDP allows levels 7,8,9, & 10 to swing down without an empty swing deduction. Therefore any gymnast levels 7-10 can swing to handstand, show that they could have held and then swing back down with no deduction and receive an "A" fig value for the part. If an element is not performed following the swing down then the (-0.3) deduction would be taken.

HIGHBAR

COMPULSORY

1. **LV 5** - Box 7 in Notes/Deductions it should read "Pump swing not resulting in a cast (-0.2) each time. In $\frac{3}{4}$ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed"
2. **LV 5** - Replace the wording in SB2 & SB3 Notes/Deductions to read "If SB 2 and SB 3 are both performed, replace #7 with cast to free hip circle, two giant swings backward and $\frac{3}{4}$ giant swing backward (+0.6) Maximum total execution deduction for SB2 and SB3 is (-0.3). Fall from bar (-0.5) In $\frac{3}{4}$ giant swing backward (hips brushing bar) or a giant swing backwards to support (free of bar) is allowed. For clarity that means from the cast in SB2 through the $\frac{3}{4}$ giant swing in SB3 there is a max of (-0.3) if they are both performed.
 - a. **It is the intent of the committee to encourage boys to perform both SB 2 and SB 3 without the fear of too many deductions.** There seems to be a need to clarify this further. Below explains that the max regardless of 1 bonus or 2 is still (-0.3)
 - b. If only SB 2 or only SB 3 are performed without the other then the max would be (-0.3) that could be deducted as long as there is not a fall.
 - c. If both SB 2 & SB 3 are performed then the max deduction allowed between both bonuses is still (-0.3) as long as there is not a fall.
3. **LV 4** - SB 2 reads "Following #6, add swing backward, tap swing forward to $\frac{3}{4}$ giant swing backward to undershoot forward (+0.3)" **This bonus skill is meant to be a swinging pullover where hips will lay on the bar with bent arms as well as no shifting of the wrists. This is not meant to be a "Baby Giant" as performed in level 5.**

OPTIONAL

4. **Level 7, 8, & 9** - As long as the first skill is performed on or before the 5th movement, there will not be a 0.3 deduction for Reversal of Direction (CoP 15.2.1.2.d) regardless of the height of the shoulders or the swings. The gymnast will also receive a MDP 'A' for "back uprise to any height".
5. **Level 7, 8, & 9** - The exception on page 52 for deducting skills following releases needed clarity. It will now read "Level 7, 8, & 9 - Maximum of -0.5 in deductions for a completed skill following a "C" or higher release skill"

- a. This includes all deductions incurred following the release element up to the resumption of swing.
 - b. This rule would also apply to additional consecutive release skills.
6. **Level 7, 8, 9, & 10** - A new exception will be added on highbar page 52. Adler skills (III.63, III.64, III.65, III.70, & III.76) will receive the (-0.3) deduction for continuing in the unintended direction. However, unlike the FIG they will still receive value credit. [EXAMPLE](#)
7. **Level 7, 8, 9 & 10** - Adler skill modification table (MDP Manual page 53). The current table for level 7, 8, & 9 is intended only for the Adler HS ("Jam" CoP box III.63) and **does not** include level 10. **A new table will be added for all levels 7, 8, 9, & 10 for all Adler Turning Skills.** Adler ½ t. Through HS in ovgr.(III.64) & Adler hop to hdst. in ungr. or ovgr. or mixed grip (III.70) & Adler and 1/1 t. thr. hdst. in mixed grip, also with hop (III.76) & Adler and 1/1 t. through hdst. in ungr. (III.65)
 - a. The value of these skills will remain the same, however there will be an **exception to the angle deductions.**
 - i. 0 - 15 degrees (-0.0)
 - ii. 16 - 45 degrees (-0.1)
 - iii. 46 - 90 degrees (-0.3)
 - iv. >90 degrees (-0.5 with recognition unless fall)
8. **Level 7, 8, 9, & 10** - Following the MDP "A" pullover to support & kip to support, if there is a stop ≥ 2 seconds there will only be a (-0.1) deduction for the stop. Other executions deductions still apply.
 - a. If the athlete changes hands from overgrip to undergrip or from undergrip to overgrip while stopped then a (-0.5) deduction for interruption in an exercise without a fall will be taken.
9. **Level 8, 9, &10 - Clarification:** A kip (III.1) cast **to any height** that reverses direction will receive the FIG A and a -0.3 deduction for change of direction. No angle deductions will be taken. **This is not an MDP exception, but rather the interpretation by the FIG MTC.**
10. **Level 8 - "C"** and higher release moves will receive a +0.3 bonus added to the start value.
11. **Level 7-9 - MDP Exceptions page 52.** The exception "Swing half turn allowed following any flight element without salto over the bar" is redundant and will be removed. All levels 7-10 are allowed to do the MDP "A" (½ turn to any height) on highbar, this would mean that anyone level 7-10 can do a ½ turn to any height after a release move without a deduction.