



2017-2020 NGJA/NCAA Interpretations Update to the Rules April 10, 2018

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The NCAA has asked the NGJA to provide evaluations for new elements and sequences. The values of these elements are posted in this document.

New elements are submitted throughout the year, so judges will need to refer to this document at NGJA.org on a regular basis to ensure you have the latest interpretations. The interpretations document will identify changes in the following manner:

- *** will indicate when skills have changed or new skills have been evaluated so as to be more easily identified
- When possible, the interpretations will include a digital picture or a link to a video of those skills evaluated on these pages

In Addition, there are specific areas noted in this document that are important for NCAA Judges to be familiar with and are referenced in the 2017-18 NCAA Men's Gymnastics Rules Modifications document.

All Judges officiating an NCAA Competition need to review in detail the 2017-18 NCAA Men's Gymnastics Rules Modifications document.

If you have additional questions on the rules, please [click here](#) to e-mail those to Dean Schott, NGJA NTVP.

The NCAA season will follow the Precedence Order of current version of the following documents:

- FIG Code marked MAG 2017.
- Current MTC Newsletters and FIG MTC FAQ Document
- 2017-18 NGJA/USAG Interpretations Document
- 2017-18 NCAA Men's Gymnastics Rules Modifications document
- 2017-18 NGJA/NCAA Interpretation Update
- A link to these documents are available on the NGJA Web Site
- Each Judge should have a copy of these documents with them when judging an NCAA Competition.



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General Information

A.) Stick Bonus:

(Page 3, B - 2017-18 NCAA Men's Gymnastics Rules Modifications)

B.) Neutral Deductions:

(Page 2, bullet 6 - 2017-18 NCAA Men's Gymnastics Rules Modifications)

C.) Dismounts Requirements

(Page 3, Item B – 2017-18 NCAA Men's Gymnastics Rules Modifications)

D.) Two Minute Warm-Up and Block Style

(Page 3, Item C - 2017-18 NCAA Men's Gymnastics Rules Modifications)

E.) Injured Gymnast:

(Page 6, Item D - 2017-18 NCAA Men's Gymnastics Rules Modifications)

F.) No FIG Zero Vault rule:

(Page 4, Item H - 2017-18 NCAA Men's Gymnastics Rules Modifications)

G.) Other deductions:

- Uniform discrepancies (including jewelry) following a warning = 1.0 –
 - (Page 8, Item B - 2017-18 NCAA Men's Gymnastics Rules Modifications)
- Non-compliant matting = 0.5 per violation
 - (Page 11, Item L - 2017-18 NCAA Men's Gymnastics Rules Modifications)
- Unsportsmanlike behavior (including excessive celebration) = 0.5 (individual) and 1.0 (team)
 - (Page 12, Item F,7 - 2017-18 NCAA Men's Gymnastics Rules Modifications)

H.) Inquiry / Protest:

(Page 13, Item H - 2017-18 NCAA Men's Gymnastics Rules Modifications)

I.) The Technical Director may not initiate an inquiry on a score.

(Page 13, Item H, 8 - 2017-18 NCAA Men's Gymnastics Rules Modifications)

J.) Newsletter 33 – General Section: **Disregard the following rule modification for NCAA Competitions**

Following a fall from the apparatus, if a gymnast intentionally remains off of his feet, in order to avoid the 30 second fall clock (resting, adjusting grips, receiving chalk from coach, delaying the competition without justification, etc.), then the following rule may be applied from Article 2.4.e:

“Other undisciplined or abusive behaviour – 0.3 from the Final Score by the D1 Judge”
(January 18, 2018 – NCAA Men's Rules Committee)

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Event Information

- Skills evaluated in this area have NOT been evaluated by the FIG or past the NCAA Deadline. These skills receive the identified value for NCAA competitions only.

Floor Exercise:

- Floor Exercise Time Duration: (Page 38, Article 10.2.1 3.B – 2017 FIG Code)
- Through the Winter Cup weekend, extra mats up to 10 cm will be allowed for any tumbling skill, for landings only. However, mats may not be moved during the exercise.

Pommel Horse:

- **Newsletter 33 - Pommel Horse – Disregard clarification on Li Ning Scissor.**
Judge should give credit for scissor and deduct for stepping 0.3 each time and execution deductions (January 18, 2018 – NCAA Men's Rules Committee)

Skills

- **Skill:** On end in side support, Wendeswing fwd w ½ turn to support on Pommels to immediate Reverse Stockli 180 degree turn to end in side support
 - B Value / Element Group III
 - Video Link: <https://youtu.be/xpPh6UZW7c>
- **Skill:** On end, Reverse Russian Wende 270 Degrees / 360 Degrees
 - 180 – 270 Degrees - B Value / Element Group III
 - 360 Degrees – C Value / Element Group III
 - Video Link: https://youtu.be/1_gWAb3lll
 - Skill performed in Video is a B Value (270 degree turn)
 - Counts toward the maximum of 2 Russian Wende Swings that are permitted in an exercise – FIG COP: Page 62, #3, b.
- **Skill:** Bezugo to hand placement in center of pommels upon completion. Gymnast completes Bezugo and places hand in-between pommels instead of on Pommel.
 - Same box and value.
 - Page 69, Element 83
 - Note: cannot do Bezugo to Pommel and Bezugo to Leather in one routine (General repetition rule).
 - E Value / Element Group II
 - Video Link: https://youtu.be/8Y_yaDH6YSs
- ***** Skill:** Sohn to hand placement in center of pommels upon completion. Gymnast completes Sohn and places hand in-between pommels instead of on Pommel.
 - Same box and value as the Sohn



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- o Page 68, Element 65
- o Note: cannot do Sohn to Pommel and Sohn to Leather in one routine (General repetition rule).
- o E Value / Element Group II
- o Video Link: https://youtu.be/3_jCyahmB58

Still Rings:

- No Entries at this time.

Vault:

- No FIG Zero Vault rule
 - a. (Page 4, Item H - 2017-18 NCAA Men's Gymnastics Rules Modifications)

Parallel Bars:

Skills

- **Skill:** Peach ½ turn to Upper Arm in Tuck or Pike Position – C Value Group III
 - o FIG MTC Newsletter 32, Page 6
 - o Video Link: <https://youtu.be/2Tolh-9DhXg>
- **Skill:** Peach ½ Turn to Upper Arm in Stretched Position – D Value Group III
 - o NCAA Rules Committee, November 2017
 - o This skill will be evaluated per FIG Execution Requirements. Noting page 116, Article 14.3, - Lack of extension at horizontal regrasping after saltos (-0.1, -0.3) and Uncontrolled regrasping after saltos (-0.3, -0.5).
 - o Video Link: https://youtu.be/Y_c7YpQiHQk
- **Skill:** Front Uprise to support and Immediate drop back to Cast to Upper Arm Support – Acceptable, no Extra Swing (NCAA Skills Committee - March 2018)
 - o Video Link: <https://youtu.be/IP4dYqLQjT4>

High Bar:

- A skill cushion (8" mat) may be used on HB as an additional mat during the routine. If the gymnast falls to the mat during the routine, the penalty will only be the deduction for falling from the apparatus. The use of an 8" skill cushion for dismounts will not be allowed and will result in a 0.5 deduction from the gymnast's score.
 - (Page 10, Item J - 2017-18 NCAA Men's Gymnastics Rules Modifications)

Skills

- **Skill:** Under Grip Giant to Double Hand Roll to El Grip



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- o B Value – Group I
- o NCAA Rules Committee, November 2017
- **Skill:** Over Grip Giant to “Cal” Hop to support in Under Grip then immediate roll to Double El Grip
 - o Over Grip Giant to “Cal” Hop to support in Under Grip
 - A Value Group I – FIG COP, Page 142, Box 43
 - o Double Roll to El Grip from Under Grip
 - B Value Group I
 - NCAA Rules Committee, November 2017
 - Note: No Upgrade possible - Hop Element is considered finished at the moment both hands re-grasp the bar - FIG COP, Page 136, 3G

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