



# 2017-2020 NGJA/NCAA Interpretations Update to the Rules March 1<sup>st</sup>, 2020

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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 2019-20 NCAA Men's Gymnastics Rules Modifications document.

All Judges Officiating an NCAA Competition need to review in detail the 2019-20 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 NTVPA.

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

- FIG Code marked MAG 2017-2020 (January 2018 Version)
- Current MTC Newsletters and FIG MTC FAQ Document
- 2019-20 NGJA/USAG Interpretations Document or current USAG Interpretations
- 2019-20 NCAA Men's Gymnastics Rules Modifications document
- 2019-20 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 - 2019-20 NCAA Men's Gymnastics Rules Modifications)

- Clarification Stick Bonus - Judges will award a stick bonus for vault and for C dismounts or higher other than pommel horse.

#### **Stick Bonus Point Clarification:**

If a gymnast sticks where he cannot get his heels together, it is still a stick but can incur any landing deductions associated with his feet being too far apart (i.e. has to slide feet together since he cannot raise the heels and get his heels together; feet too far apart on landing). If he does not fall, hop, step or slide, he will get a stick bonus. However, following the stick, if he slides his feet to bring them together, then he will get that deduction. If he lands with his feet greater than shoulder width, then he will get the stick bonus but will get that deduction for the width of the feet on landing and will also get a deduction if he slides his feet together after he sticks the landing.

**A few examples where the gymnast will receive stick bonus even if he has any of the following execution errors:**

- A gymnast sticks his landing, but lands with his feet too far apart. He shows complete control of the landing, then lifts one foot completely off the ground to bring his feet together. A stick bonus is awarded, but deductions are applied for his feet being too far apart on the landing and for taking a step to bring his feet together.
- A gymnast sticks his landing, but he raises one or both of his heels and/or the front of his feet off the mat without moving his feet from the original landing position. He then brings his heel(s) or the front of his feet back to the original landing position. In this case, a stick is awarded, but a deduction for moving his heels or the front of his feet off the mat during the landing is applied.

### **B.) Neutral Deductions:**

(Page 2, bullet 6 - 2019-20 NCAA Men's Gymnastics Rules Modifications)

### **C.) Dismounts Requirements**

(Page 3, Item B – 2019-20 NCAA Men's Gymnastics Rules Modifications)

### **D.) Two Minute Warm-Up and Block Style**

(Page 4, Item C - 2019-20 NCAA Men's Gymnastics Rules Modifications)

### **E.) Injured Gymnast:**

(Page 5, Item 3A - 2019-20 NCAA Men's Gymnastics Rules Modifications)

### **F.) No FIG Zero Vault rule:**

(Page 5, Item H - 2019-20 NCAA Men's Gymnastics Rules Modifications)



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## **G.) Other deductions:**

- Uniform discrepancies (including jewelry) following a warning = 1.0.
  - (Page 8, Number 8 - 2019-20 NCAA Men's Gymnastics Rules Modifications)
- Non-compliant matting = 0.5 per violation
  - (Page 10, Item D - 2019-19 NCAA Men's Gymnastics Rules Modifications)
- Unsportsmanlike behavior (including excessive celebration) = 0.5 (individual) and 1.0 (team)
  - (Page 13, Item F,7 - 2019-20 NCAA Men's Gymnastics Rules Modifications)

## **H.) Inquiry / Protest:**

(Page 13, Item H - 2019-20 NCAA Men's Gymnastics Rules Modifications)

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

(Page 14, Item H, 8 - 2019-20 NCAA Men's Gymnastics Rules Modifications)

## **K.) Dark Pants Ruling – NCAA Memorandum dated December 18, 2018**

**Dark Pants Interpretation** - Please note that the NCAA Men's Gymnastics Committee has issued an interpretation of Rule 8.A.2. regarding competition attire. The rules modification states:

*Rule 8.A.2. Official team clothing, including shirts (all team colors accepted) must be worn by participants during warmups as well as in competition. Official team bags should be used to improve the meet appearance.*

The interpretation specifies that dark pants that are in a team's color are permitted during NCAA competition. Specifically, the interpretation clarifies that "official team clothing" includes pants and that "all team colors accepted" refers to "official team clothing." The NCAA Men's Gymnastics Committee plans to modify the language to clearly include darks pants for the 2019-20 season.

## **L.) Compression Bandage (Clarification)**

Compression sleeves are ok to use in a competition as long as the sleeve covers only the joint (elbow or knee) and does not extend more than half way down the forearm or leg. If the sleeve is longer than this, the deduction is 0.3. However, if the sleeve only covers the joint and is not more than half way down the forearm or leg, then it's acceptable to wear and no deduction is given.

## **Compression Bandage – NCAA exception**

It is permissible in NCAA competition for a gymnast to wear an extended compression bandage over the extremities (ex. calf, thigh, forearm, bicep) if the gymnast has provided medical documentation for a doctor. The medical documentation must be cleared through the NCAA rules interpreter (Mike Juszczyk, [mtjusz@gmail.com](mailto:mtjusz@gmail.com)) and confirmation must be presented to the judges and competing coaches at each meet. This rule is only in effect through the end of the 2020 NCAA season and will be addressed by the NCAA men's gymnastics committee over the summer.

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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 – 2018 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:**

### Skill Clarification:

Gymnast performs a loop, loop, Russian 360 – when performing the Russian skill, the gymnast uses a cross arm technique to complete the Russian. This technique is acceptable and is considered an alternative method to complete the Russian. There is no deduction for the technique, only for execution of the skill. The skill is evaluated the same as any flop to Russian skill sequence on PH. See example video, <http://www.ngja.org/categories/44-ncaa/188-two-on-one-360-russian-e-flop.html>

### Skill Clarification:

Czechkerhe finishing on leather, the skill starts on the pommels and ends with the last hand on the leather = B, skill can be done on the leather or pommels, pg 69, group 2, box 92  
<https://youtu.be/SJmkKPn-cmk> - example starts at 2 seconds

### Skill Clarification:

"A Sivado does NOT need to begin with both hands in front-cross support on the end of the horse to receive D value. Achieving rear-cross support on the end of the horse prior to stepping backwards is sufficient." Clarification from Arturs Mickevics, MTC President.  
<https://www.youtube.com/watch?v=pYljvz76SjA> – example start at 43 seconds  
<https://www.youtube.com/watch?v=isY9wm5qR1U> – example start at 26 seconds

- **Skill:** Scissor forward with ½ turn and hop sideways from one end to the other (3/3). NCAA Skills Committee – 12/23/18
  - o C Value / Element Group I
  - o Video Link: <https://youtu.be/rjpyz3LX394>
- **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
  - o B Value / Element Group III – NCAA Skills Committee 2017/18
  - o Video Link: [https://youtu.be/\\_xpPh6UZw7c](https://youtu.be/_xpPh6UZw7c)

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- **Skill:** On end, Reverse Russian Wende 270 Degrees / 360 Degrees
  - 180 – 270 Degrees - B Value / Element Group III – NCAA Skills Committee 2017/18
  - 360 Degrees – C Value / Element Group III – NCAA Skills Committee 2017/18
  - Video Link: [https://youtu.be/1\\_gWAb3lIII](https://youtu.be/1_gWAb3lIII)
  - 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 finishing with both hands on the same pommel and travel to end of horse.
  - Skill in same box as Bezugo (Page 69, Element 83)
  - Can only perform one skill in a routine.
  - Video Link: <https://youtu.be/AjHss2DN5iA>
  - NCAA Skills Committee 2018/19 Season

#### **Still Rings:**

Empty swing clarification.

- From Planche, Straddle Planche, or Maltese, bail to inverted hang. This is an allowable sequence with no deduction for the NCAA 2020 season. The FIG will review this sequence in the spring of 2020 to determine if there be a deduction for a 1/2 empty swing (0.3). See attached video.

<https://youtu.be/4xATMrfrF2o> – example start at 26 seconds

#### **Skills**

- **\*\*\* Skill:** From D or E Maltese position on Rings, gymnast lowers to Back Lever (2 seconds)
  - B Value / Element Group 2
  - Video: no video at this time
  - NCAA Skills Committee 2019/20 Season

#### **Vault:**

- No FIG Zero Vault rule
  - a. (Page 4, Item H - 2018-19 NCAA Men's Gymnastics Rules Modifications)

#### **Parallel Bars:**

##### **Skills**

- Shoot to handstand on one rail,  $\frac{3}{4}$  healy to support – FIG MTC President awarded this skill "F" value, January 2020. The value of this skill will go into effect immediately since it benefits the gymnast. <https://www.facebook.com/watch/?v=657970417956380>

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**High Bar:**

Skill and Evaluation Clarification regarding Koste

- **IMPORTANT NOTE:** The FIG MTC has evaluated this skill in two ways:
  - 1.) If the gymnast stoops out to the handstand, it would be evaluated as a Koste (C value, EG III, #87) with no deduction. However, if the gymnast does not reach the handstand position, he will be deducted per FIG based on his angle (0.1, 0.3, 0.5).
  - 2.) If the gymnast does not stoop out to the handstand, but he stoops out to a horizontal position, this skill will then be evaluated as a Steineman (B value, EG III, #80), **with no deduction**. There is also no deduction if the gymnast performs an immediate Stalder from the B value Steineman.

[https://drive.google.com/file/d/19jUOcBkSqrDpxxK9oDeAN0dpLj8qRLE/view?usp=drive\\_web](https://drive.google.com/file/d/19jUOcBkSqrDpxxK9oDeAN0dpLj8qRLE/view?usp=drive_web)

- 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 11, Item K - 2019-20 NCAA Men's Gymnastics Rules Modifications)

**Skills**

- **Skill:** Under Grip Giant to Double Hand Roll to EI Grip
  - B Value – Group I
  - NCAA Rules Committee, November 2017
  
- **Skill:** Over Grip Giant to "Cal" Hop to support in Under Grip then immediate roll to Double EI Grip – NCAA Skills Committee 2017/18
  - Over Grip Giant to "Cal" Hop to support in Under Grip
    - A Value Group I – FIG COP, Page **144**, Box 43
  - Double Roll to EI 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 **138**, 3G

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**National Gymnastics Judges Association, Inc.**



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