



World Gymnastics Association

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Men's Artistic
Gymnastics

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Section 1: General Rules

General Sport Overview

- Men's Artistic Gymnastics consists of six events. All official in-person competitions shall follow the following order: Floor, Pommel Horse, Rings, Vault, Parallel Bars, and High Bar. It does not matter which event is started on, as long as this order is followed. Ex) If the gymnast starts on P-Bars, next is High Bar, then Floor, etc. Which event is started by which athlete is up to the event organizers.
- On each of these events, gymnasts perform a routine consisting of a maximum of 10 skills. With the exception of Vault, where typically only one vault is performed.
- The Start Value is the score that the gymnast's routine starts out of. This is determined by how difficult the top 10 skills are that they perform. Each skill is given a value, such as "A," "B," "C," etc. Each letter corresponds to a certain amount of points earned. A = 0.1, B = 0.2, C = 0.3, etc. Once all these points are added up, they are added to the base score of 12.0. This applies to every event except Vault. On Vault, each vault is given a predetermined final Start Value. When a skill is successfully performed and it counts towards the Start Value, it is referred to as getting credit for the skill.
- The other main aspect of the gymnast's score is the Deductions. Deductions are mistakes that the gymnast makes which cause them to lose points. The gymnast will lose 0.1 for small mistakes, 0.3 for medium mistakes, 0.5 for large mistakes, and 1.0 for a fall.
- Lastly, there are some bonuses. These are awarded for either sticking a Vault, or connecting skills on the other events. These bonuses are added to the Start Value (with the exception of Vault where they are subtracted from the deductions.) To get the final score you subtract the Deductions from the Start Value.

Warm-Up

Before the competition begins, gymnasts are given a 90-minute general warm-up. After this warm-up, the competition begins. During each rotation, each gymnast shall be given a 60-second warm-up on the event. For the first gymnast in the rotation, this time begins when the judges say so, for the rest of the gymnasts, this time begins when the previous gymnast leaves the event. The exception to this rule is for Floor and Vault. On Floor, this time is given to all the gymnasts at once. So if there are 6 gymnasts, everyone has 6 minutes to warm up. On Vault, each gymnast is given a maximum of 2 vaults for warm-up. If there are more than 6 gymnasts in the rotation it is mandatory to split the warm-up into two even (or as close as possible) groups. This style of warm-up occurs for all types of in-person competitions.

All Around Competition Format

- All-Around is an event where gymnasts do all 6 events and whoever has the highest combined score wins
- Once the general warm-up is complete each gymnast shall line up in front of the judges at their first event. Here the judge will inform the gymnasts of the order they compete in. After this, their event warm-up begins.
- At the end of the warm-up, the judge will signal to the first gymnast that they may begin their routine. Once this occurs the gymnast has 30 seconds to begin. At the beginning and end of the routine, the gymnast must signal to the judge that their routine is starting/finishing. This is typically done by raising 1 or 2 arms, or bowing.
- Once the last gymnast on every event is finished, the gymnasts switch to the next event, and this process repeats until the gymnasts have each competed on all 6 events.

Other Competition Formats

- Team Competitions: In this format, rather than competing as individuals, gymnasts compete in teams of up to six people. Three gymnasts will compete for their team per event and all three scores count. After all teams have completed all 6 events, the team's scores are added up and whichever team has the highest combined score wins. It is mandatory for the whole team to be put into the same rotation. Other than that, it functions the same way as an All Around Competition
- Event Competitions: In this format gymnasts only compete on one event. Whichever gymnast scores the highest wins.
- Duo/Trio Competitions: In this format, gymnasts compete in groups of two or three. These groups do not need to be made up of gymnasts from the same country. This format functions the same as an All-Around competition, except the group gets to choose which gymnast performs on which event
- There are various other competition formats, rules for these will be listed on the website when applicable, in addition to other locations

Virtual Competitions

Certain competitions are held virtually due to their convenience and worldwide accessibility. The rules of virtual competitions vary slightly from normal ones. For more information on what virtual competition are and how to submit routines, see the virtual competition rulebook here: www.wgagymnastics.com/_files/ugd/cb3aae_1c32801f85df4d40870768b065a50427.pdf or find it on our website under the rules tab. This document is EXTREMELY important to read when participating in a Virtual Competition.

Uniform

- Gymnasts must wear one of the following for their torso: Singlet, Compression Tank Top, Compression T-Shirt, Compression Long Sleeve Shirt, or they may go Shirtless.
- Gymnasts must wear any combination of the following for their legs: Gymnastics/Kickboxing Shorts (as long as they do not reach the knee), Gymnastics Longs, Compression Pants, or Compression Shorts.
- Gymnasts must wear one of the following for their feet: Socks, Gymnastics Shoes, or they may go barefoot. Socks must be all one colour with the exception of logos
- In Team, Duo, or Trio competition formats, Uniforms must match (with the exception of advertisements)

Skill Requirements/Definitions

There are many mistakes that can cause an element to not be valued at all or as intended. Most of these are listed in the general or event-specific deduction page. The following are some general rules that apply:

- A lot of the time a skill can be valued as something it was not intended to be. Ex) A gymnast attempts a straight arm press but bends his arms too much, causing it to be valued as a bent arm press. Or say the gymnast tries a 3/1 Twist on Floor but completes just over 5/2 twists, causing it to be valued as a 5/2 twist.
- If a skill is performed so differently from how it was intended, it will also not be valued. An example would be using your feet to jump for a press to handstand. In cases like these, it is up to the discretion of the Start Value judges whether the skill counts or not
- Any skill that finishes in a static position can only get credit for one skill. Ex) Front uprise to L-Sit on Rings, the gymnast will get credit for the Front uprise to L-Sit, but not also get credit for an L-Sit hold. Ex 2) Stutz to handstand, the gymnast will get credit for the Stutz, but not for the handstand regardless of how long the handstand is held. Note: This does not apply to skills that start in static positions. Ex) L-Sit, then Press to Handstand, the gymnast will get credit for both skills.
- On Pommel Horse, Rings, P-Bars, and High Bar, for a skill to count the gymnast must be in control before the fall occurs. This is left up to the discretion of the judges, but here are a few examples: The gymnast catches a release move then pings off in the front = no credit, a gymnast catches a release move and attempts to giant out but fails = credit, the gymnast does a Diamodov on P-Bars, is slightly off to the side and falls = no credit. Note: Pommel Horse has more rules regarding this, check the event-specific page for more info
- In the skill list name descriptions, the flip will come first, and the twist will come after. Ex) A “Double Back Tuck with 3/1” means two flips and three twists. Ex2) A “5/4 Back Tuck ½ to Upper Arm” on P-Bars means a one-and-a-quarter flip backwards with a half twist. Ex3) “Flyaway 1/1” on High Bar means a layout fly away with a 1/1 twist (It is understood to be a layout because the tuck/pike variations specify their shape.

- All side flips must clearly be sideways for the majority of the skill. Ex) on Floor, a Back Layout with a ¼ turn right before landing is not acceptable and will likely be valued as a back layout with deductions. All side flips must land sideways for no deduction

Falls

Information about falls is listed under the General Deductions section (page 8) Here is some additional information:

- The following can be considered a fall: The gymnast falls off/comes off of the event unintentionally (except Floor and Vault which have specific out-of-bounds deductions), the gymnast supports himself with anything other than his feet on a landing, The gymnast falls onto the event in a significant enough way that it completely disrupts the routine, the gymnast supports himself with a body part on the event which should not be used. Ex) Standing up on the P-Bars
- If the gymnast chooses to not include a dismount in his routine (which is a deduction) he does not also receive a fall deduction as long as he clearly falls from the event intentionally in a somewhat clean manner, landing deductions still apply.
Note: if the gymnast remounts the event after this, it will be considered a fall
- After a fall, the gymnast has 60 seconds to remount the event
- With the exception of Pommel Horse, the gymnast is not allowed to remount the event after they attempt a dismount

Skill Repetition

Below is a list of rules regarding the repetition of skills. If a skill does not fulfill the following rules, it may be repeated without deduction, but it will not contribute towards the Start Value (although it will still be deducted if done poorly). A skill being performed multiple times for credit is referred to as being “performed for repetition.”

- The following groups of skills may NOT be performed for repetition: non-acrobatic skills on the floor, circles, scissors, and dismounts on the pommel horse, dismounts on rings, dismounts on parallel bars, and giants and dismounts on the high bar.
- No static skills may be performed for repetition (presses and skills that finish in static positions are allowed)
- Skills that are performed for repetition may be counted for connection bonus
- A total of one skill may be performed for repetition once (meaning one skill can count twice, once per routine)

Inquiries

Typically the score given by the judges is final, but in certain cases, it can be changed. If the gymnast believes that the given start value is incorrect he or his coach is allowed to inquire with the judge about the believed mistake. The judge will review the routine, and remake a decision. The judge’s opinion is final. Only 1 inquiry is allowed per event, this inquiry is expected to be done as soon as possible, if done too late, it may not be accepted. The only score that may be inquired about is the Start Value; deductions are always final unless the judge feels that a mistake was made. Inquiries are not allowed in Virtual Competitions.

Penalties

There is no specific list of penalties, however, some examples include: Not remounting the event after 60 seconds, not acknowledging the judge before a routine, not wearing a proper uniform, abusive behaviour, and more. Rather than the gymnast's score being affected by these penalties, the only punishments the gymnast may receive are being removed from the competition entirely or having their final score on an event be a 0. In any case like these, it is up to the discretion of the event organizers or the judges. Note: In most cases, the gymnast will simply receive a warning.

Bonuses

The following is a list of general rules that apply to bonuses. Note: More detailed rules regarding bonuses are listed in the event specific sections.

- On every event (except vault) certain skills can be connected together to receive a bonus
- If the gymnast falls during the connection, no bonus will be awarded
- Connection bonuses are based off of the value of the skills being connected. The bonus rewarded varies between each event
- To receive a connection bonus it does not matter the order the skills are performed (C+D is the same as D+C)

Special Cases

- In the event that a piece of equipment breaks mid-routine, the gymnast is given the option to retry the routine if the equipment is fixed or replaced.
- If a gymnast's grip on High Bar or Rings is significantly torn mid-routine, the gymnast is given the option to retry the routine
- Specifics regarding these rules such as when the gymnast reperforms their routine will vary by competition, and it is up to the discretion of the judges or event organizers.

Equipment/Safety Rules

- It is mandatory for High Bar and Vault to have a 15cm landing mat on top of the already existing 20cm landing mats. On all events (including High Bar and Vault) it is optional to have one additional 15cm landing mat without deduction
- Unless otherwise noted, all World Gymnastics Association competitions will use the same equipment standards as official FIG competitions.

Section 2: General Deductions

Deduction Rules

- Every deduction listed below applies to every skill (unless otherwise specified)
- A deduction may only be applied once per skill (unless otherwise specified)
- In the event that one deduction applies multiple times to one skill, only the higher one will count
- Even movements within the routine that are not skills may be deducted (Except for running, round-offs, and back/front handsprings that are connected to other skills)
- Sometimes remounting the event has specific rules that avoid deductions. Check the event-specific deduction page for more information
- No single skill can receive more than 1.0 in deductions (Unless the skill is performed multiple times, in which case it is a maximum of 1.0 per time)

Deduction Name	Deduction Description
Poor Leg Form	<p>The angles below apply to either leg separation, or leg bending. Leg separation is based off of the separation angle from knees to feet, or hips to knees (Whichever is greater)</p> <p>0 - 45° = 0.1 >45 - 90° = 0.3 Above 90° = 0.5</p> <p>Exception for Leg Bending:</p> <ul style="list-style-type: none"> - P-Bar long hang skills (Only while in the long hang phase. Read P-Bar section) - Landings - Any Tuck/Pike/Layout/Straddle skill as these have a specific deduction table <p>Exception for Leg Separation:</p> <ul style="list-style-type: none"> - Straddled Skills - Flairs - Side Flips - Landings - Splits - Handstand Turning on Pommel Horse (if it came from a straddle press) - Scissors and Leg Cuts on Pommel Horse

Toes Flexed/Apart	<p>Feet and/or toes flexed or apart = 0.1</p> <p>Exception: - Landings</p>
Hip Bend in Flipping Skills	<p>This applies to all flipping skills which have a pike/layout shape (or any other skill that specifies it is a pike/layout)</p> <p>See diagram (page 13)</p> <p>Small error = 0.1 Medium error = 0.3</p> <p>Exception: A few flipping skills have no specific shape, and are a blend of a pike/layout (ex. Gienger on High Bar) In this case no shape deduction applies</p>
Leg Bend in Flipping Skills	<p>This applies to all flipping skills (or any other skill that specifies its shape)</p> <p>See diagram (page 13)</p> <p>Small error = 0.1 Medium error = 0.3</p> <p>Exception: - Tucked skills</p>
Small Straddle	<p>A straddled skill has to have at least a 90° leg separation for no deduction. Anything less than 60° is a pike/layout with leg separation deductions. Hip angle does not matter in straddled skills</p> <p>Less than 90° leg separation = 0.1 Less than 60° leg separation = No credit</p>
Unintentionally Hit Apparatus	<p>Brush = 0.1 Hit = 0.3</p>
Fall	<p>Falling from or onto apparatus = 1.0 and No Credit Falling on a landing = 1.0 Falling on a landing without feet touching first = 1.0 and No Credit</p>

Wobble	<p>Any motion where there is a loss of balance but the gymnast's feet do not move. This deduction only applies to landings.</p> <p>= 0.1</p>
Non-Stuck Landings	<p>This applies to any step or hop on a landing. This deduction can be applied multiple times per skill if multiple steps/hops are taken</p> <p>Less than shoulder width = 0.1 Shoulder width to double shoulder width = 0.3 Greater than double shoulder width = 0.5</p>
Low Landings	<p>This deduction only applies to landings. Only one of the following deductions may apply per landing.</p> <p>Chest below hips = 0.1 Hips below knees = 0.1</p>
Static Positions Not Held	<p>This deduction applies to static hold skills only. All presses also require a hold at the end of the skill. Note: Swinging skills that finish in handstands are not required to be held (such as Stutz on P-Bars or Scissor to Handstand on Pommel)</p> <p>Held for less than 2 Seconds = 0.3 Held for less than 1 Second = No credit</p>
Improper Static Hold/Press Position	<p>This applies to any static hold/pressing skill, or any skill that finishes in a static position. Any angular deviation from perfection (see page 14) will be deducted. This also applies to any skill that is supposed to hit/go through a certain position (ex. Stutz to Handstand). This deduction could be applied to hip angle, shoulder angle, excessive spine bending, etc. In a pressing skill, this deduction could apply at the start, end, or even during the press</p> <p>>0-15° = 0.1 >15-30° = 0.3 >30-45° = 0.5 Above 45° = No credit</p> <p>Exception: - High Bar - Vault</p>

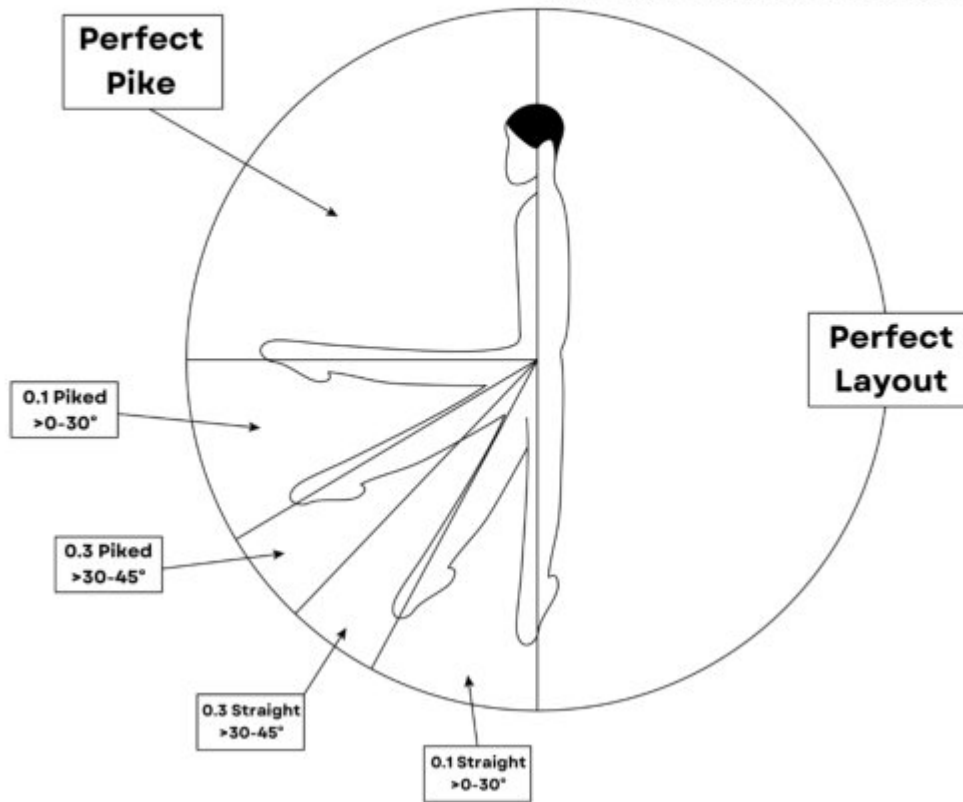
<p>Arm Bend</p>	<p>This deduction does not apply if there is no support on the arm (ex. Arms may bend while flipping, twisting, etc.)</p> <p>>0 - 45° = 0.1 >45° - 90 = 0.3 OR if it is a static/pressing skill: No credit Above 90° = No Credit</p> <p>Exception:</p> <ul style="list-style-type: none"> - Any Bent Arm Skills (If it does not specify, it is assumed to be a straight arm skill) - Simple movements - All Vaults - Upper arm, Free-hip/Stalder style mounts, and dismounts on Parallel Bars - Adler style skills on High Bar (only while turning)
<p>Under Rotated Twists</p>	<p>This deduction only applies to the landings of skills that include twists or are a side flip. All landings should be done in 90° increments (forwards/backward/sideways landings)</p> <p>>15 - 45° = 0.1 >45 - 90° = 0.3 (or valued as a side flip if applicable) >90° = No credit (or valued as a side flip/same skill with ½ less a twist if applicable)</p>
<p>Spotting</p>	<p>The coach is not allowed to touch the gymnast at any time during a routine</p> <p>Coach touches but does not assist the gymnast = 0.3 Coach spots the gymnast = No credit</p> <p>Exception:</p> <ul style="list-style-type: none"> - Lifting the gymnast up to the High Bar/Rings - Slowing down a fall (such as catching them as they slip of the High Bar)
<p>Short Routine</p>	<p>All routines should be made up of a minimum of 8 skills, less than this will cause deduction. Note: there is no maximum for how many skills can be performed but no more than 10 skills count toward the Start Value</p> <p>7 Skills = 0.5 6 Skills = 1.0 5 or Less = Final score is a 0</p> <p>Exception:</p> <ul style="list-style-type: none"> - Vault

<p>No Dismount</p>	<p>All routines require a dismount as the last skill in the routine. This dismount must also count towards the Start Value. This means that it must be in the top 10 highest (or tied for highest) valued skills.</p> <p>No dismount = 1.0</p>
<p>Out of Bounds</p>	<p>Stepping off of the event mats unintentionally during a landing (as in falling off) is a deduction. This applies to Pommel Horse, Rings, P-Bars, and High Bar. For Floor and Vault, there are specific boundary lines which must be stayed inside during the landing. Stepping on these lines is allowed, but over will be a deduction.</p> <p>1 foot/hand/body part outside bounds = 0.1 2 feet/hands/body parts outside bounds = 0.3 Skill done entirely outside of bounds = No credit</p>
<p>Pausing in Non-Static Skills</p>	<p>Every skill (except static skills and the end of skills that finish in a static position) should be fluid in motion. Any pause or lowering in an unintended direction will be deducted. A common example of lowering occurs in press to handstands: The gymnast presses upwards, then pauses and lowers slightly, then continues to press upwards. Note: In a pressing skill, once the gymnast has reached the static position at the end of the pressing skill, this deduction no longer applies but rather the “Improper Static Hold/Press Position” deduction applies.</p> <p>If both pausing and lowering deductions apply, only the higher deduction will be taken</p> <p>Pause under 1 second = 0.1 Pause 1 second and over = 0.3</p> <p>Lowering >0 - 15° = 0.1 Lowering >15 - 45° = 0.3 Lowering Above 45° = No credit</p> <p>Exception For Pausing: - On P-Bars the peak of the front swing is allowed to pause in order to generate power for the back swing (this applies to upper arm and support)</p>

The following tables provide a visual representation of Hip and Leg Bend deductions in Flipping Skills

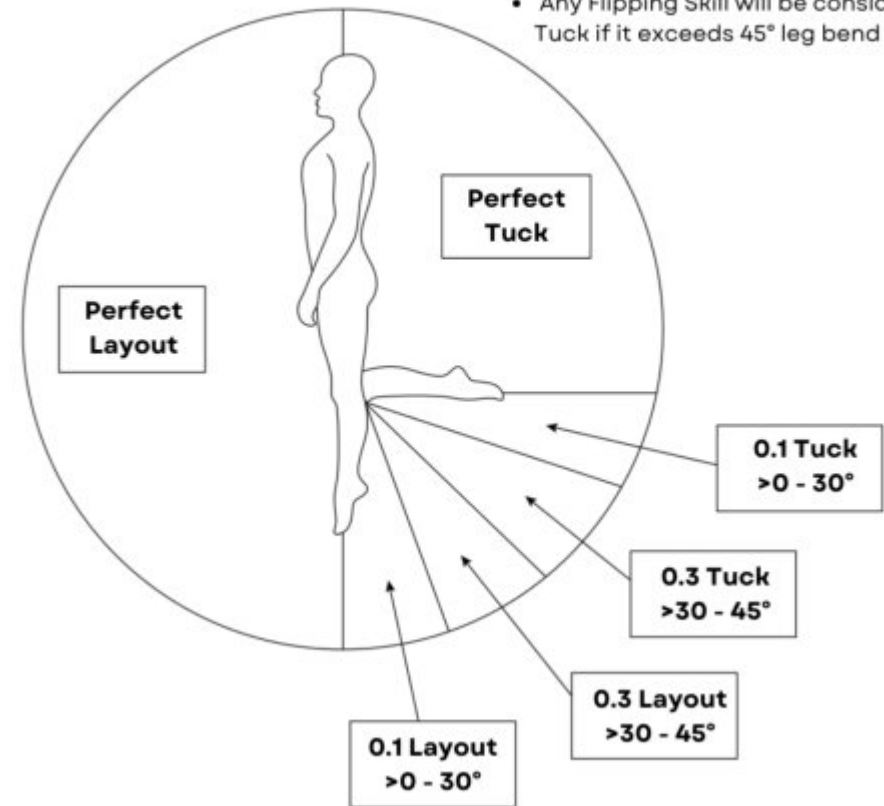
Hip Bend in Flipping Skills

- This graph only applies to Pike/Layout skills
- Straddle and Tuck skills may have any angle of hip bend without deduction



Leg Bend in Flipping Skills

- Layout leg bend deductions are the same as Straddle/Pike
- Any Flipping Skill will be considered a Tuck if it exceeds 45° leg bend



Additional Shaping Rules

Not all shapes are required to be held for the entirety of the flipping skill. The rules below outline what is required for no deduction

- Tucked and straddled skills only need to hit a tucked/straddle position at some point during the flipping skill. The rest of the flipping skill may be in a pike or a layout
- Piked skills only need to hit a pike at some point during the flipping skill. The rest of the flipping skill may be in a layout
- Layout skills must be in a layout position for the entirety of the flipping skill

Because of these rules this means that certain flipping skills can be devalued even if they only hit an improper shape momentarily. For example if a layout has a leg bend at any point greater than 45° it will be valued as a tuck. An exception to this rule is if the shape change occurs in the last 90° of a flipping skill. For example you can do a double layout with a large pike in the last 90° of the second flip, this will incur a deduction but not devalue the skill

The following is a list of what is expected for perfect static positions

Planche: Shoulders to toes straight and horizontal, spine neutral
Straddle Planche: Shoulders to toes straight and horizontal, spine neutral, legs at least 90° apart
Tuck Planche: Shins and back horizontal, spine may round
L-Sit: 90° angle between torso and legs, legs horizontal to the floor
V-Sit: Same as L-Sit, but with legs vertical (feet pointing upwards) instead of horizontal
Manna: Back and legs horizontal
Handstand: Entire body (including the arms) is in a straight vertical line
Cross: Both arms horizontal with shoulders, rest of body straight and vertical
L-Cross: Same as Cross, but with legs horizontal (feet pointing forwards)
V-Cross: Same as Cross, but with legs vertical (feet pointing upwards)
Inverted Cross: Same as Cross, but inverted
Victorian: Entire body straight and horizontal, spine may round slightly, facing upwards
Maltese: Entire body straight and horizontal, with stomach facing downwards
Japanese Handstand: Entire body (except arms) in a straight vertical line, arms spread wide in an upside down "Y" shape, head must be one fist height or less off the ground
Azarian Cross (Olympic Cross): Both arms horizontal with shoulders, rest of body straight and vertical. One arm should be in front of the torso, the other arm behind the torso. The chest must be facing at least 45° to the side
Shoulder Stand: Entire body (except arms) in a straight vertical line. The forearm and bicep should have less than a 45° angle separation between them



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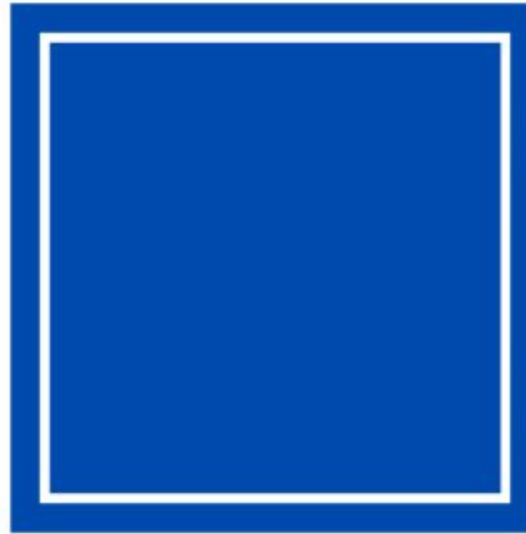
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Section 3: Floor



Floor

Floor is the first event in Men's Gymnastics. It consists of forwards, backwards, and sideways tumbling skills, in addition to feats of strength and flexibility.

Event Specific Rules

- Any skill in the Floor rulebook may be used as a dismount with the exception of the Non-Acrobatic skills
- "Forwards Sideways Tumbling" must take off from either a run, a handspring, or any other forwards style entry. "Backwards Sideways Tumbling" must take off from a round off, a back handspring, or any other backwards style entry. For safety reasons, the only time a gymnast is allowed to take off sideways is if it is from a run, in which case it is considered to be "Forwards Sideways Tumbling"

Remounting Rules

When the gymnast is entirely out of bounds the following is true:

- The gymnast can receive no deductions other than the initial steps or hops needed to regain control
- The gymnast cannot start to perform any skills to receive credit
- The gymnast may walk back into the corner of the Floor in any way without deduction

Event Specific Deductions: Floor

Overtime	<p>All Floor routines may not exceed 75 seconds</p> <p>>75 - 80 seconds = 0.3 Above 80 Seconds = 0.5</p>
Lack of Movement	<p>The gymnast may not pause for more than 3 seconds (unless performing a static skill) while performing their routine.</p> <p>Pause greater than 3 seconds = 0.1</p>
Poorly Done Corner Moves	<p>Corner moves are movements that the gymnast does to get to the corner after his tumbling pass. There is no exact way this must be done, but simply walking (or other methods of movement that lack artistry) will be deducted at the discretion of the judges. Note: these movements can also have other deductions applied to them if it appears unintentional</p> <p>Poorly Done Corner Moves = 0.1</p>
Pommel Horse Deductions	<p>All Pommel Horse style skills on Floor (such as Circles, Flairs, and Russians) will receive the same deductions as if they were done on Pommel Horse. Read the Pommel Horse deductions on pg. 25-26 for more information.</p>

Bonuses: Floor

<p>Connection Bonus Rules:</p> <ul style="list-style-type: none"> - Only Forwards/Backwards/Sideways tumbling skills are eligible for connection bonuses - For a skill to receive a bonus it must be directly connected from another skill with no pause on the ground
<p>Connection Bonus Values:</p> <ul style="list-style-type: none"> - C + C or higher = +0.1 - D + D or higher = +0.2 - E + E or higher = +0.3 - F or higher + F or higher = +0.4
<p>Examples:</p> <ul style="list-style-type: none"> - Back Layout 5/2 (D) + Layout Side Flip (C) = +0.1 - Front Layout 2/1 (E) + Double Front Tuck (E) = +0.3

Floor Skills List: Non-Acrobatic

Handstand	A	Tuck Sit	A	L-Sit	A	Tuck Planche	A	Forwards Walkover	A
Backwards Walkover	A	Left/Right Leg Splits	A	Middle Splits	A	Airplane Scale	A	Back Extension to Handstand	A
Jump to Prone with ½ Turn	A	Straddle Sit	B	Straddle Press to Handstand from Stand/Split	B	Pike Press to Handstand from Stand/Split	B	Straddle Press to Handstand from or through Straddle Sit	B
Sideways Airplane Scale	B	Y-Scale with Hand	B	Floor Circle	B	Flair	B	1/1 Russian	B
3/2 Russian	B	Back Extension ½ Turn to Handstand	B	Jump to Prone with 1/1	B	Jump to Prone with 3/2	B	Butterfly Kick	B
Back Handspring to Front Support	B	Straddle Planche	C	Pike Press to Handstand from or through L-Sit	C	Straddle Planche Press to Handstand	C	Straight Body Bent Arm Press to Handstand	C

Floor Skills List: Non-Acrobatic

Japanese Handstand	C	V-Sit	C	Backwards Airplane Scale	C	Y-Scale without Hand	C	I-Scale with Hand	C
Back Piked Handspring to Front Support	“Endo” C	Butterfly Kick with 1/1	“Tong Fei” C	Flair to Handstand	C	Flair ½ Spindle	C	Lower from Handstand to Flair	C
2/1 Russian	C	5/2 Russian	C	Back Extension with 1/1 Turn to Handstand	C	Jump to Prone with 2/1	C	Manna	D
Straight Planche	D	Straight Planche Press to Handstand	D	Japanese Press to Handstand from Stand/Split	D	I-Scale without Hand	D	Back Handspring with 1/1 to Front Support	D
Flair to Handstand, Continue to Turn, Lower to Flair	“Gogoladze” D	Flair 1/1 Spindle	D	Air Flair	D	3/1 Russian or More	“Fedorchenko” D	Back Extension Hop 1/1 to Handstand	D
Jump to Prone with 5/2	D	From Manna, turn over backward to Stand	D	Butterfly Kick 2/1	E	2 Air Flairs	E	Maltese	E

Floor Skills List: Non-Acrobatic

Japanese Press to Handstand from or through Straddle Sit	F	“Alvarino”	Maltese Press to Japanese Handstand	F	From Manna Dislocate to Handstand	F
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Floor Skills List: Forwards Tumbling

Round Off	A	Front Handspring Step Out	A	Front Handspring	A	Dive Roll	A	Front Tuck	A
Front Pike	A	Front Tuck with ½	A	Front Pike with ½	A	Forwards Aerial	B	Front Flyspring	B
Front Layout	B	Front Layout with ½	B	Front Tuck with 1/1	B	Front Straddle Flip	B	Front Layout with 1/1	C
5/4 Front Tuck to Prone	C	5/4 Front Pike to Prone	C	Front Pike with 1/1	C	Front Straddle Flip with 1/2	C	5/4 Front Tuck with 1/1 to Prone	D
5/4 Front Layout to Prone	D	Front Layout with 3/2	D	Front Straddle Flip with 1/1	D	Double Front Tuck	E	Front Layout with 2/1	E

Floor Skills List: Forwards Tumbling

Front Straddle Flip with 3/2 “Coromina-Pujol” E	Front Layout with 5/2 F	Handspring Front Tuck (without feet touching ground) “Morandi” F	Double Front Tuck with 1/2 F	Double Front Pike F
Front Layout with 3/1 “Shirai II” G	Double Front Tuck with 1/1 G	Double Front Pike with 1/2 G	Double Front Tuck with 3/2 “Zapata” H	Front Layout with 7/2 “Goshima” H
Double Front Layout with 3/2 “Zapata II” J				

Floor Skills List: Forwards Sideways Tumbling

Tucked Side Flip B	Aerial Cartwheel B	Straddled Side Flip B	Layout Side Flip C	Tucked Side Flip with ½ C
Straddled Side Flip with ½ D	Layout Side Flip with ½ D	Tucked Side Flip with 1/1 D	Straddled Side Flip with 1/1 E	Layout Side Flip with 1/1 E
Double Tucked Side Flip F	Double Straddled Side Flip G			

Floor Skills List: Backwards Sideways Tumbling

Tucked Side Flip A	Straddled Side Flip B	Layout Side Flip B	Tucked Side Flip with 1/2 B	Straddled Side Flip with 1/2 C
Layout Side Flip with 1/2 C	Tucked Side Flip with 1/1 C	Straddled Side Flip with 1/1 D	Layout Side Flip with 1/1 D	Double Tucked Side Flip E
Double Straddled Side Flip F				

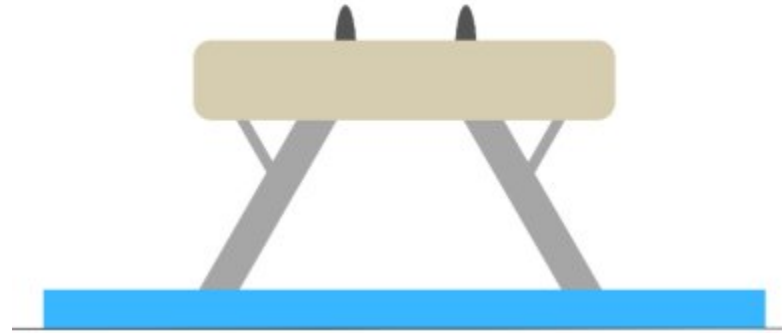
Floor Skills List: Backwards Tumbling

Back Handspring A	Back Tuck A	Back Pike A	Back Tuck with 1/2 A	Back Layout B
Back Whip B	Back Pike with 1/2 B	Back Tuck with 1/1 B	Back Layout with 1/2 B	Back Layout with 1/1 B
“Bisgrove III” Back Straddle Flip B	Back Layout with 3/2 C	Back Layout with 2/1 C	5/4 Back Tuck with 1/2 to Prone C	Back Tuck with 3/2 C

Floor Skills List: Backwards Tumbling

Double Back Tuck D	Double Back Pike D	5/4 Back Pike with ½ to Prone D	Back Layout with 5/2 D	Double Back Tuck with ½ E
“Tsukahara” Double Back Tuck with 1/1 E	Double Back Pike with ½ E	Double Back Layout E	Back Layout with 3/1 E	“Korsteljev” Double Back Tuck with 3/2 F
Double Back Tuck with 2/1 F	Double Back Pike with 1/1 F	“Tamayo” Double Back Layout with ½ F	“Penev” Double Back Layout with 1/1 F	“Gonzalez” Back Layout with 7/2 F
Double Back Tuck with 5/2 G	Double Back Pike with 3/2 G	“Kolyvanov” Double Back Pike with 2/1 G	“Hypolito” Double Back Layout with 3/2 G	Double Back Layout with 2/1 G
“Lou Yun” Double Back Straddle with 1/1 G	“Shirai / Nguyen” Back Layout with 4/1 G	Double Back Layout with 5/2 H	“Ri Jong Song” Double Back Tuck with 3/1 H	“Liukin” Triple Back Tuck I
“Minami” Double Back Tuck with 7/2 I	“Shirai III” Double Back Layout with 3/1 I	“Nagornyy” Triple Back Pike J	“Jarman” Double Back Layout with 7/2 J	

Section 4: Pommel Horse



Pommel Horse

Pommel Horse is the second event in Men's Gymnastics. It consists of several circle variations with and without legs straddled, scissors and leg cuts, and press-to-handstand type skills.

Event Specific Rules

- If multiple Russian elements are performed in the same section of the horse (ex. 3/1 Russian followed by a 3/2 Russian on the end) a circle separating the two is required. Otherwise, it is unclear which skills are being performed, and only the combined total of Russians will be counted (ex. If 5 consecutive Russians are performed, only a 3/1 Russian will be counted)
- Besides dismounts and scissor skills, every skill finishes in either a front or rear support. A skill is finished when the last hand is placed down (Ex. Stockli finishes in front support, Chek finishes in rear support, Magyar finishes in rear support) For a skill to count a full circle must be completed from this finishing position or significant control must be shown if it is immediately transitioned into another skill. Note: For circles there is no specific starting/finishing position, to receive credit, they must complete a full 360° rotation
- Pommel Horse is the only event where a gymnast is allowed to retry a dismount if they fall. There is no limit to how many times they may try, however, each failed attempt is a fall

Skill Definitions

A $\frac{1}{2}$ Travel is any travel from one end (leather) to the middle of the horse (leather) or vice versa. A $\frac{1}{4}$ Travel is simply moving from one part of the horse to another. Ex) Starting on one pommel, step down to leather. A $\frac{1}{3}$ Travel only applies to Side Travels. This is when you start on two pommels and travel to side support (with or without one hand on the handle) or vice versa. A full travel is starting on the leather, and finishing on the opposite side.

Remounting Rules

If the gymnast falls from or onto the event, they can remount in any proper way to start a routine, or they may perform a leg swing in support and then push to a circle in the opposite direction. Such a mount would normally be deducted as an empty swing.

Pommel Horse Tables

Certain skills on Pommel Horse can be upgraded in value when performed with extra travels or turns. The following tables shows this. Note that each box acts as its own skill, meaning that the gymnast can do multiple Busnaris of the same entry with different turning variations.

Busnari Lower to Flair Table

	"C" Entry	"D" Entry	"E" Entry	"F" Entry	"G" Entry
No Turn or Travel	D	E	F	G	H
360°+ Turn OR Full Travel	E	F	G	H	I
360°+ Turn AND Full Travel	F	G	H	I	J

Busnari Lower to Scissor Table

	"C" Entry	"D" Entry	"E" Entry	"F" Entry	"G" Entry
360°+ Turn OR Full Travel	D	E	F	G	H
360°+ Turn AND Full Travel	E	F	G	H	I

Press Dismount Table

	“C” Entry	“D” Entry	“E” Entry	“F” Entry	“G” Entry
360°+ Turn OR Full Travel	D	E	F	G	H
360°+ Turn AND Full Travel	E	F	G	H	I

Event Specific Deductions: Pommel Horse

Low Scissors/Leg Swings	<p>This deduction applies to all Scissor skills, in addition to all leg swings/cuts</p> <p>Leg below shoulder = 0.1 Leg below hips = 0.3</p>
Piked Circles	<p>This deduction applies to all Circle skills (not Flairs). The angle is measured from the shoulders to the hips, to the feet. This deduction applies per circle, so if a skill has multiple circles, it can be deducted multiple times</p> <p>30 - 45° = 0.1 >45° = 0.3</p>
Small Flairs	<p>This deduction applies to all Flaired skills on pommel horse. This deduction applies per circle, so if a skill has multiple circles, it can be deducted multiple times. Note: If the foot is higher on one side of the flairs, the lower side is the one deducted</p> <p>Top of foot below top of head = 0.1 Top of foot below shoulder = 0.3</p>
Low Flank Dismount	<p>This applies to all Flank dismounts. The flank at the end of Russian dismounts should be 30° or more above shoulder horizontal line</p> <p>Flank Dismount below 30° = 0.3</p>
Empty Swing	<p>During scissors/leg cuts if the gymnast changes direction without performing a skill it is considered an empty swing</p> <p>Empty swing = 0.3</p>

Event Specific Deductions: Pommel Horse

<p>No Leg Close in Scissor to Handstand</p>	<p>All scissor to handstand skills must finish with closed legs. This deduction only applies to Scissor to Handstand skills</p> <p>Legs do not close in Handstand = 0.3</p>
<p>Hip Bend in Scissor to Handstand</p>	<p>This applies to all Scissor to Handstand Skills. All Scissor to Handstand Skills are expected to have straight hips throughout</p> <p>45-90° = 0.1 Above 90° = 0.3</p>

Bonuses: Pommel Horse

<p>Connection Bonus Rules:</p> <ul style="list-style-type: none"> - All Chek, Stockli, Spindle, Dismount, and Misc Pommel Horse skills are eligible for connection bonuses. The only exception to this is with Flops. Connecting 2 Flops in a row (or 2 reverse Flops in a row) will not receive a connection bonus. - For a skill to receive a bonus it must be directly connected from another skill with less than a full circle in between
<p>Connection Bonus Values:</p> <ul style="list-style-type: none"> - B + B or higher = +0.1 - C + C or higher = +0.1 - D + D or higher = +0.2 - E or higher + E or higher = +0.3
<p>Examples:</p> <ul style="list-style-type: none"> - Chek (B) + Stockli (C) = +0.1 - Chek (B) + Flaired Chek (C) = +0.1 - Sohn (E) + Press Dismount from Two Handles (D) = +0.2

Pommel Horse Skills List: Scissors

Scissor A	Reverse Scissor A	Scissor with ½ Turn B	Scissor with 1/3 Travel B	Scissor with ½ Turn and 1/3 Travel B
Reverse Scissor with ½ Turn B	Reverse Scissor with 1/3 Travel B	Leg Cut Backwards to Handstand B	Double Scissor C	Reverse Scissor with ½ Turn and 1/3 Travel C
Scissor to Handstand on Two Pommels C	Double Scissor with 1/3 Travel D	Scissor with Full Travel D	Double Reverse Scissor D	Reverse Scissor with Full Travel D
Reverse Scissor to Handstand D	Double Scissor with Full Travel E	Scissor to Handstand E	Reverse Scissor to Handstand with ½ Turn in Handstand E	Scissor to Handstand with ½ Turn in Handstand F
Scissor to Handstand with 1/3 Travel F	“Mikulak”		“Li Ning”	
“Stepanyan”				
“Bryan”				

Pommel Horse Skills List: Circles

Circle on Two Pommels A	Uphill Circle A	Downhill Circle A	Side Circle on End A	Flair on Two Pommels B
“Delesalle / Thomas”				

Pommel Horse Skills List: Circles

Uphill Flair	B	Downhill Flair	B	Side Flair on End	B	Circle on One Pommel	C	Middle Circle	C
Circle Overtop of One Pommel	C	Middle Flair	C	Flair Overtop of One Pommel	C	Side Circle on One Pommel	D	Side Middle Circle	D
Flair on One Pommel	D	Side Middle Flair	D	Flair Overtop of Both Pommels	D	Circle Outside of both Pommels	E	Side Flair on One Pommel	E

Pommel Horse Skills List: Cheks

Chek on Two Pommels	B	Any Chek on the End (without Handle)	B	Chek in Side Support (with Handle)	B	Any Flaired Chek on Two Pommels	C	Any Flaired Chek on End (without Handle)	C
Flaired Chek in Side Support (with Handle)	C	Chek Overtop of One Pommel	D	Flaired Chek Overtop of One Pommel	D	Flaired Chek Overtop of both Pommels	E	Chek Overtop of both Pommels	F
								“Pinheiro”	

Pommel Horse Skills List: Stocklis

Any Stockli on the End (without Handle) B	Stockli on Two Pommels C	Flaired Stockli on the End (without Handle) C	Stockli Overtop of One Pommel D	Flaired Stockli on Two Pommels D
Flaired Stockli Overtop of One Pommel D	Flaired Stockli Overtop of Both Pommels F	“Keikha III” Stockli Overtop of Both Pommels G		

Pommel Horse Skills List: Spindles

¼ Spindle on the End A	Flaired ¼ Spindle on the End B	½ Spindle on the End B	Flaired ½ Spindle on the End C	Flaired ½ Spindle over One Pommel D
Flaired 1/1 Spindle over One Pommel E	From over One Pommel Flaired ½ Spindle to other Side E	Flaired ½ Spindle on Two Handles E	½ Spindle Between Pommels E	“Magyar II” 1/1 Spindle on the End E
Flaired ½ Spindle over Both Pommels F	“Keikha II” From over One Pommel Flaired 1/1 Spindle to other Side and back F	“Eichorn” Flaired 1/1 Spindle on Two Handles F	“Berki” Flaired 1/1 Spindle on the End F	“Keikha” Flaired 1/1 Spindle over Both Pommels G
1/1 Spindle Between Pommels G				

Pommel Horse Skills List: Russians

½ Russian on End A	1/1 Russian on End B	½ Russian on Two Handles B	½ Russian in the Middle B	3/2 Russian on End C
1/1 Russian on Two Handles C	1/1 Russian in the Middle C	½ Russian on One Handle C	2/1 Russian on End D	3/2 Russian on Two Handles D
3/2 Russian in the Middle D	1/1 Russian on One Handle D	5/2 Russian on End E	3/1 Russian on End E	2/1 Russian on Two Handles E
2/1 Russian in the Middle E	3/2 Russian on One Handle E	5/2 Russian on Two Handles F	3/1 Russian on Two Handles F	5/2 Russian in the Middle F
3/1 Russian in the Middle F	2/1 Russian on One Handle F	5/2 Russian on One Handle G	3/1 Russian on One Handle G	

Pommel Horse Skills List: Russian Travels

From Two Handles ½ Russian to Side Support C	“Marshall II” ½ Travel with ½ Russian C	From Support Overtop of One Pommel 360° Russian to Other End D	“Kroll” D	From Side Support on One Pommel ½ Russian to Other End D	“Tong Fei” From the End ½ Russian to Other End E
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Pommel Horse Skills List: Russian Travels

Full Russian Travel with 360° Turn with Support on Pommels	E	Full Russian Travel with 360° Turn	E	From the End ½ Russian to Other End Twice Consecutively	F	Full Russian Travel with 720° Turn with Support on Pommels	F	Full Russian Travel with 720° Turn	F
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Pommel Horse Skills List: Forwards/Backward Travels

¼ Magyar	B	¼ Sivado	B	¼ Flaired Magyar	C	½ Magyar	C	¼ Flaired Sivado	C
½ Sivado	C	½ Flaired Magyar	D	½ Flaired Sivado	D	Travel Forwards with Support on Leather, Pommel, Pommel, then Leather	D	Any Other Full Forwards Travel	E
Magyar with One Hand Support on Each Pommel	E	Travel Backwards with Support on Leather, Pommel, Pommel, then Leather	E	Any Other Full Backwards Travel	E	Flaired Magyar	F	Flaired Sivado	F
Magyar with step over Both Pommels	F	Sivado with step over Both Pommels	F	Magyar with hop over Both Pommels	G	Flaired Sivado with hop over Both Pommels	H		H

Pommel Horse Skills List: Sideways Travels

1/3 Sideways Travel B	Flaired 1/3 Sideways Travel C	1/2 Sideways Travel without Handles D	Flaired 1/2 Sideways Travel without Handles D	Full Sideways Travel with Handles D
Flaired Full Sideways Travel without Handles D	1/3 Sideways Travel with Hop D	Flaired Full Sideways Travel with Handles E	Full Sideways Travel without Handles E	Flaired Full Sideways Travel Over Both Handles E
1/2 Sideways Travel with Hop E	Full Sideways Travel with 2 Hops E	Full Sideways Travel Over Both Handles F	From Side Support Hop to Other End F	From Side Support without Handle Hop to Other End without Handle "Yamawaki" G

Pommel Horse Skills List: Chek/Stockli/Spindle Travels

From Side Support Step Up to One Handle then 1/4 Turn to Two Handles C	1/3 Travel with 1/2 Spindle D	1/2 Travel with 1/2 Spindle without Handles D	From End Travel with 1/4 Spindle to Two Handles D	From End Travel with 1/4 Spindle to Two Handles D
1/2 Travel with 1/2 Spindle with Handles E	Full Travel with 2 Chek/Stocklis "Urzica" E	From One Handle 1/2 Spindle to other End "Nin Reyes" F	Flaired Full Travel with 1/2 Spindle over Both Handles "Keikha IV" F	Flaired Full Spindle Full Travel "Urzica II" F
Full Travel with 3 Chek/Stocklis "Moguilny" F	Full Travel with Flaired Chek Overtop Both Handles F	From End Reverse Stockli to Far Handle "Romero" F	From End Reverse Stockli Overtop both Handles "Abu Alsoud" F	From End Flaired Reverse Stockli to Far Handle F

Pommel Horse Skills List: Chek/Stockli/Spindle Travels

¼ Travel with 1/1 Spindle F	“Sellathurai” F	Full Travel with ½ Spindle over Both Handles G	“Nin Reyes II” G	From Side Support Full Travel with Full Spindle on Handles to Side Support G
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Pommel Horse Skills List: Press Dismounts

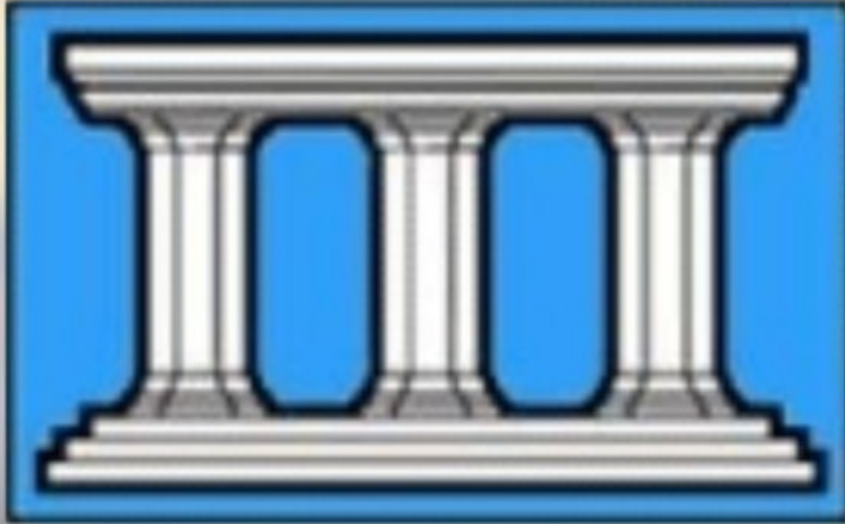
Straddled Press Dismount from Side Support C	Straddled Press Dismount from Two Handles C	Piked Press Dismount from Side Support D	“Zander” D	Straddled Press Dismount from One Handle D	Straddled Press Dismount from Two Handles with Hop to Side Support D		
Straddled Press Dismount from Two Handles with Reverse Stockli to Side Support D	Straddled Press Dismount from One Handle with Reverse Stockli Hop to Far End E	Piked Press Dismount from One Handle E	“Sharara” E	½ Russian to Far Handle to Straddle Press Dismount F	“Pellerin” F	Straddled Press Dismount from Side Support with Stockli Hop to Far End F	“Loos” F

Pommel Horse Skills List: Non-Press Dismounts

Flank A	1/1 Russian Dismount B	3/2 Russian Dismount C	2/1 Russian Dismount D	Back Tuck on the End D	
5/2 Russian Dismount E	Back Pike on the End E	3/1 Russian Dismount E			

Pommel Horse Skills List: Misc

Stockli from Two Handles finishing on One Pommel	“DSB” C	From Two Handles Stockli to Side Support	C	From Two Handles Reverse Stockli to Side Support	C	½ Sohn from One Handle finishing on Two Handles	“Marshall” C	Flaired DSB	D
Reverse Flop	E	¾ Sohn	D	Flop	D	From Side Support 270° Sohn to Side Support	E	360° Stockli on One Pommel	“Sohn” E
Flaired Flop	E	Reverse Flaired Flop	F	¾ Bezugo	F	From Side Support Flair to Handstand with Hop to Two Handles Lower to Flair	F	360° Reverse Stockli on One Pommel	“Bezugo” F
Busnari Lower to Flair	“Busnari to Flair” See Pg. 24	From Circle/Flair Press to Handstand and Lower to Stride Support	“Busnari to Stride” See Pg. 24						

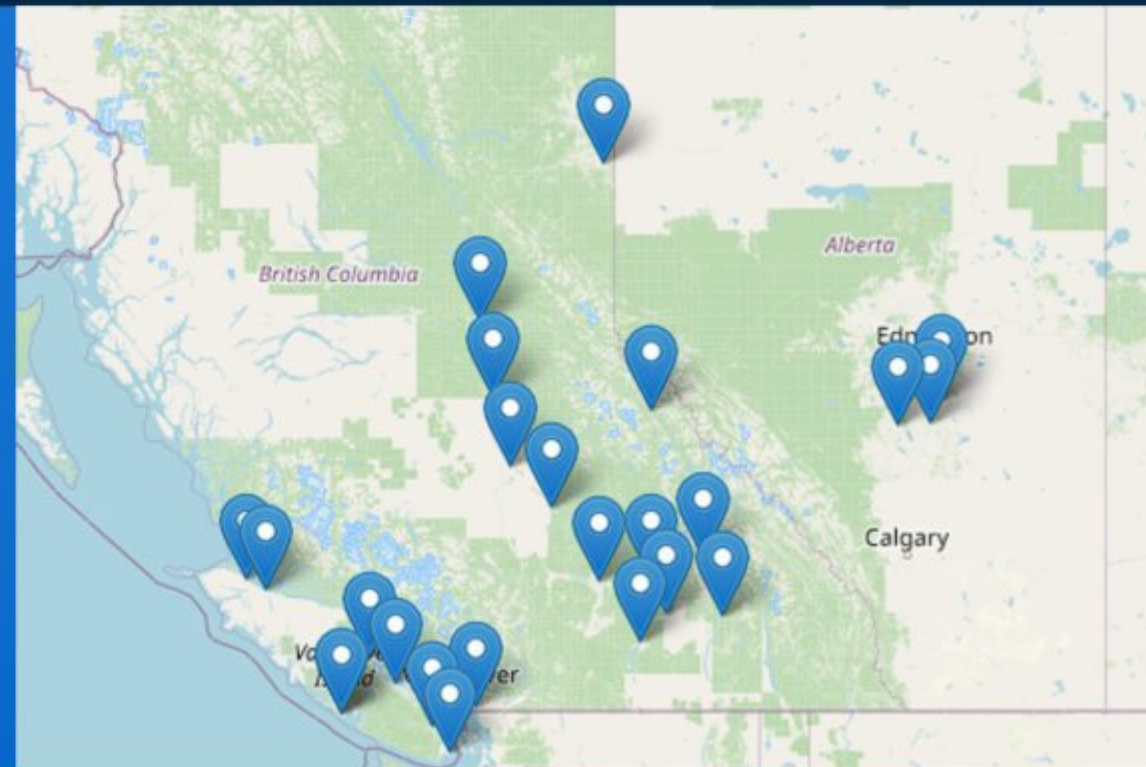


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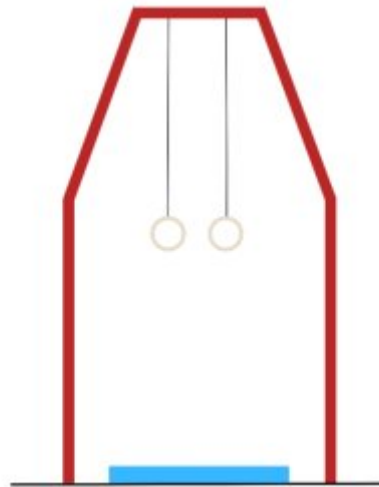
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Section 5: Rings



Rings

Rings is the third event in Men's Gymnastics. It consists mainly of strength and swing skills which are done through supports, handstands, or in a hang

Event Specific Rules

1. The gymnast is permitted to be lifted by a coach to the rings. The coach may lift the gymnast up helping him get a proper grip on the rings, and may ensure that the gymnast starts from a perfectly still hang. The coach may not push the gymnast to give them an initial swing
2. Judging begins as soon as the feet leave the ground, meaning that while being lifted up to the Rings proper leg form is expected.

Skill Definitions

1. Any "Cross" skill on Rings is the same as its "L-Cross" variant despite not being listed in the Rings skill list. Meaning the gymnast cannot receive credit for both the Cross and L-Cross versions of a skill.

Remounting Rules

There are no special exceptions made for falls when remounting the Rings. The gymnast may continue their routine in the way that they would start a routine

Event Specific Deductions: Rings

Empty Swing	<p>The gymnast may not change the direction of their swing without performing a skill</p> <p>Empty swing = 0.3</p>
Lack of Movement	<p>The gymnast may not pause for longer than 3 seconds in a routine unless they are performing a skill</p> <p>Pause of longer than 3 seconds = 0.1</p>
Touching Cables	<p>The gymnast should not touch the cables at all during a routine</p> <p>Touching Cables = 0.3 Supporting with Cables = No credit</p> <p>Exception: - Deltchev - Straddle Sit</p>
Swinging Cables	<p>It is essential for the cables to move during the routine, however, if there is an excessive swing in static elements it will be deducted</p> <p>Excessive Swing = 0.1</p>
Support in Swing	<p>This deduction only applies to Yamawaki/Guczoghy style skills. These skills should be fluid in motion and not go through a clear support</p> <p>Mild Support = 0.1 Moderate Support = 0.3 Full Support = No credit</p>
Improper Entry into Strength Skills	<p>Any swing to strength or pressing skill should never rise above the perfect static position. Ex) Back uprise to cross: The skill should never rise above a cross. If it hits support and then quickly lowers to cross, it will be deducted.</p> <p>>15-30° = 0.1 >30-45° = 0.3 Above 45° = No credit</p> <p>Exceptions: - Any skill that has to rise above the perfect position. Some examples are Felge to Straight Planche or an Azarian to Victorian. In this case this deduction does not apply</p>

Bonuses: Rings

Connection Bonus Rules:

- All Forwards/Backwards swinging skills and dismounts are eligible for connection bonuses
- For a skill to receive a connection bonus it must be directly connected from another skill. It also must not pause in a static position, or go through a handstand. However, it is okay if the connection starts from a handstand

Connection Bonus Values:

- D + D = +0.1
- D + E = +0.2
- D or higher + F or higher = +0.3

Examples:

- Yamawaki (D) + Jonasson (D) = +0.1
- Back Giant through Handstand (C) + Guczoghy (E) = No connection bonus (Goes through handstand)
- (Starting from a handstand) Guczoghy Straight (F) + Back Layout 3/2 Dismount (D) = +0.3

Rings Skills List: Forward Swings

Inlocate	A	From Support Swing Forwards to Backwards Swing in Hang	B	Front Uprise to Support	B	From Support Roll Forward Piked to Swing	B	Hanging Inlocate	B
Kip to Support with Bent Arms	B	Kip to Support with Straight Arms	C	From Dorsal Hang Front Uprise to Support	C	From Support Roll Forward Layout to Swing	C	Front Uprise to Support then Roll Forward to Swing	C
Front Giant/Back Uprise through Handstand	C	Swing Backward with Front Pike to Support	C	From Support Front Tuck with Bent Arms to Support	D	From Dorsal Hang Front Uprise to Support then Roll Forward to Swing	D	Front Giant/Back Uprise with Handstand Hold	D

Rings Skills List: Forward Swings

Honma Layout to Support	D	Swing Backward with Double Front Tuck to Hang	“Yamawaki” D	Yamawaki Piked	“Jonasson” D	From Support Front Pike with Bent Arms to Support	E	Yamawaki Straight	F
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Rings Skills List: Backward Swings

Back Uprise to Support	A	Dislocate	A	Swinging Felge Piked to Support	B	Back Kip with Bent Arms to Support	C	Swinging Felge Layout to Support	C
Back Giant through Handstand	C	Hanging Dislocate	C	Back Kip with Straight Arms to Support	D	Back Giant with Handstand Hold	D	Backward Felge to Straddle Sit with Legs on Cables/Rings	“Deltchev” D
Back Kip with Bent Arms to Handstand	D	From Support Swing Backward to Handstand	D	Tucked Double Back Felge to Hang	“Guczoghy” E	Guczoghy Piked	E	Guczoghy Layout	F “O’Neill”

Rings Skills List: Statics

Tuck Sit A	Straddle Back Lever A	L-Sit B	Straddle Front Lever B	Back Lever B
Tucked Planche B	Straddle Sit C	V-Sit C	Front Lever C	Iron Cross/L- Cross C
Straddle Planche C	V-Cross D	Straight Planche D	Azarian Cross (Olympic Cross) D	Maltese E
Inverted Cross E	Victorian G			

Rings Skills List: Presses Ending in Cross

From Hang Pull to Cross E	Slow Straight Roll Backward to Cross "Azarian" E	Any Back Lever to Cross "Nakayama" E	From Hang Pull to V- Cross "Colak" F	Front Azarian to Cross "Davtyan" F
Any Front Lever to Cross "Pineda" F	Azarian to V-Cross "Tay" F	Any Back Lever to V- Cross "NG Kiu Chung" F	Any Front Lever to V- Cross "Tsukahara II" G	

Rings Skills List: Presses Ending in Inverted Cross

From Tuck Planche Press to Inverted Cross	E	From Straddle Planche Press to Inverted Cross	E	From Straight Planche Press to Inverted Cross	F	From any Cross Pike Press to Inverted Cross	F	From any Cross Straight Press to Inverted Cross	G
Front Azarian to Inverted Cross	G "Wynn"	Any Front Lever to Inverted Cross	G "Petrounias"	Maltese Press to Inverted Cross	G	Any Back Lever Press to Inverted Cross	G "Carmona"	From Hang Pull to Inverted Cross	G "Balandin II"
Azarian to Inverted Cross	G "Simonov"								

Rings Skills List: Presses Ending in Planche

From any Cross Press to Tuck Planche	D	From any Cross Press to Straddle Planche	D	From Hang Pull to Tuck Planche	E	From Hang Pull to Straddle Planche	E	From any Cross Press to Straight Planche	E
Maltese Press to Tuck Planche	E	Maltese Press to Straddle Planche	E	From Hang Pull to Straight Planche	F "Balandin III"	Front Azarian to Tuck Planche	F	Front Azarian to Straddle Planche	F
Any Front Lever to Tuck Planche	F	Any Front Lever to Straddle Planche	F	Azarian to Tuck Planche	F	Azarian to Straddle Planche	F	Any Back Lever to Tuck Planche	F

Rings Skills List: Presses Ending in Planche

Any Back Lever to Straddle Planche	F	Maltese Press to Straight Planche	F	Front Azarian to Straight Planche	“NG Kiu Chung II” G	Any Front Lever to Straight Planche	“Pham” G	Azarian to Straight Planche	“Yan Mijayoung” G
Any Back Lever to Straight Planche	“Zanetti” G								

Rings Skills List: Presses Ending in Maltese

From any Cross Press to Maltese	E	From Hang Pull to Maltese	“Balandin” F	Azarian to Maltese	F	Any Back Lever to Maltese	“Van Gelder” F	Front Azarian to Maltese	“Pham II” G
Any Front Lever to Maltese	“Bhavsar” G								

Rings Skills List: Presses Ending in Victorian

Any Back Lever to Victorian	“Zahran” H	From Hang Pull to Victorian	“Tulloch II” H	Azarian to Victorian	“Tulloch” H
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Rings Skills List: Presses Ending in Support/Handstand

Muscle Up to Support	A	Tuck Press to Handstand	A	From Support Slow Piked Roll Forward to Support with Bent Arms	A	Pike Press to Shoulder Stand	A	Bent Arm Pike Press to Handstand	B
From Support Slow Straight Roll Forward to Support with Bent Arms	B	Lower from Support Slowly to Hang	B	Straddle Press to Handstand	B	Pike Press to Handstand	C	Bent Arm Straight Body Press to Handstand	C
Straddle Planche Press to Handstand	C	From any Cross Pull to L-Sit	D	Planche Press to Handstand	D	From Support Slow Piked Roll Forward to Support with Straight Arms	D	From Handstand Lower Slowly to Inverted Hang	D
From any Cross Pull to Tuck Sit	D	From Hang Pull to L-Sit	E	“Tsukahara III” From any Cross Pull to V-Sit	E	From Support Slow Straight Roll Forward to Support with Straight Arms	E	From Hang Pull to Tuck Sit	E
From Hang Pull to V-Sit	F	“Ait Said” Azarian to Handstand	F	Maltese Press to Handstand	F	From Inverted Cross Press to Handstand	F	“Cingolani” From Hang Pull to Handstand	F

Rings Skills List: Presses Ending in Lever

From Hang Pull with Bent Arms to Back Straddle Lever	B	From Hang Pull with Bent Arms to Back Lever	C	From Hang Pull with Straight Arms to Back Straddle Lever	C	From Hang Pull with Straight Arms to Back Lever:	D
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Rings Skills List: Swings Ending in Cross

Front Uprise to Cross	D	Back Uprise to Cross	D	Kip to Cross	D	From Dorsal Hang Front Uprise to Cross	E	Back Uprise to V-Cross	E	“Kato”
Kip to V-Cross	E	Back Kip to Cross	E	Felge to Cross	E	Piked Honma to Cross	E	From Dorsal Hang Front Uprise to V-Cross	F	“Tsukahara”
Straight Honma to Cross	F	Piked Honma to V-Cross	F	From Support Front Pike to Cross	F					“Tanaka”

Rings Skills List: Swings Ending in Inverted Cross

Back Giant to Inverted Cross	F	Back Uprise to Inverted Cross	F	Back Kip to Inverted Cross	G
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Rings Skills List: Swings Ending in Planche

Back Uprise Tuck Planche	C	Back Kip to Tuck Planche	D	Felge to Tuck Planche	D	Back Uprise Straddle Planche	D	Back Kip to Straddle Planche	E
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Rings Skills List: Swings Ending in Planche

Felge to Straddle Planche	E	Back Uprise Straight Planche	E	Back Kip to Straight Planche	F	Felge to Straight Planche	F
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Rings Skills List: Swings Ending in Maltese

Back Kip to Maltese	F	Back Uprise to Maltese	F	Felge to Maltese	G
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Rings Skills List: Swings Ending in Victorian

Kip to Victorian	G	“Rodrigues” Front Uprise Victorian	H
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Rings Skills List: Swings Ending in Support Statics

Front Uprise Tuck Sit	B	Kip to Tuck Sit with Bent Arms	B	Front Uprise L-Sit	C	Kip to L-Sit with Bent Arms	C	Kip to Tuck Sit with Straight Arms	C
Honma to L-Sit	C	Front Uprise V-Sit	D	Kip to V-Sit with Bent Arms	D	Kip to L-Sit with Straight Arms	D	Honma to V-Sit	D

Rings Skills List: Swings Ending in Support Statics

Kip to V-Sit with Straight Arms	E
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Rings Skills List: Front Dismounts

Front Tuck	A	Front Tuck with ½	A	Front Pike	A	Front Tuck with 1/1	B	Front Pike with ½	B
Front Layout	B	Front Pike with 1/1	C	Front Layout with ½	C	“Dompierre”		Front Layout with 1/1	D
Double Front Tuck	D	Double Front Tuck with ½	D	Front Layout with 3/2	D	“Balabanov”		Double Front Pike with ½	E
Double Front Tuck with 1/1	E	“Fischer”		Double Front Pike 1/1	F	Double Front Pike 3/2	G		

Rings Skills List: Back Dismounts

Back Tuck	A	Back Tuck with ½	A	Back Pike	A	Back Tuck from Support	“Koste”	B	Back Pike from Support	B
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Rings Skills List: Back Dismounts

Back Tuck with 1/1	B	Back Pike with ½	B	Back Layout	B	Back Straddle Flip	B	Back Layout with ½	C
Back Layout with 1/1	C	Double Back Tuck	C	Double Back Pike	C	Back Layout from Support	C	Back Straddle Flip with ½	C
Double Back Tuck with ½	D	Double Back Tuck with 1/1	D	Double Back Layout	D	Back Layout ½ from Support	D	Back Layout with 3/2	D
Double Back Tuck with 3/2	E	Double Back Layout with ½	E	Double Back Layout with 1/1	E	Back Layout 1/1 from Support	E	Back Layout with 2/1	E
Double Back Layout 3/2	F	Back Layout with 5/2	F	Double Back Tuck with 2/1	F	Double Back Layout with 2/1	G	Back Layout with 3/1	G
Double Back Tuck with 5/2	G	Triple Back Tuck	H	Triple Back Pike	I				

“Quenti”

“Quenti II”

“Tuuha”

“Whittenburg”

Section 6: Vault



Vault

Vault is the fourth event in Men's Gymnastics. Vault is a unique event as a routine consists of only one vault instead of 10 skills. The exception for this is in Event Competitions where two vaults are performed and the average is taken.

Event Specific Rules

1. During In-Person Event Competitions, gymnasts will perform two vaults instead of one. The process for this will go as follows: The judge presents to the gymnast, the gymnast performs their vault, the gymnast's vault is judged and a score is given. This process is then repeated for the second vault. The final score will be an average of the two vaults performed. During virtual competitions the gymnast only performs one vault regardless of competition format
2. When the gymnast is performing two vaults, they may not do the same vault twice
3. Unlike other events, Vault does not use letter values to determine the difficulty of skills. Instead, a predetermined Start Value is given for each vault which can be seen in the Vault skills list below
4. For the purpose of deductions, each vault is broken up into two skills: The entry flight, and the post-flight. This means that most deductions (the ones listed in the Event Specific page and on the General Deduction page) can be applied twice per vault. Ex) Tsuk Layout: The Round Off on is the "entry flight," and the layout off is the "post-flight"
5. Due to the only Vault bonus being a stick bonus, if a bonus applies, it is subtracted off of the deductions instead of being added to the Start Value like normal

Event Specific Deductions: Vault

Excessive Run	<p>The gymnast is given a maximum of a 25m run-up. Exceeding this will cause a deduction</p> <p>Excessive Run = 0.5</p>
Unsafe Board Setup	<p>All Yurchenko style vaults must use a collar around the board</p> <p>Unsafe Board Setup = Score of 0 for the vault</p>
Additional Run	<p>If the gymnast runs but does not perform their vault (As long as they do not touch the landing mats in which case the final score is a 0) they are permitted to run again with deduction</p> <p>Additional Run = 0.5</p>

Bonuses: Vault

Bonus Rules:

- Any stuck vault with a Start Value below 16.6 will receive a +0.1 bonus
- Any stuck vault with a Start Value of 16.6 or above will receive a +0.2 bonus

Vault Skills List: Non-Flipping Forward Vaults

Hecht Piked	12.6	Hecht	12.6	Handspring	12.6	“Yamashita” Handspring Piked	12.6	“Cracken II” Straddle Hecht with 1/2	12.6
Hecht with 1/2	13.0	Handspring with 1/2	13.0	Handspring Piked with 1/2	13.0	Hecht Piked with 1/2	13.0	“Cracken” Straddle Hecht with 1/1	13.0

Vault Skills List: Non-Flipping Forward Vaults

Hecht with 1/1	13.4	Handspring with 1/1	13.4	Handspring Piked with 1/1	13.4	1/1 Turn to Handspring	13.6	Hecht with 3/2	13.8
Handspring with 3/2	13.8	1/1 Turn to Handspring with 1/2	14.0	Hecht with 2/1	14.2	andspring with 2/1	14.2	1/1 Turn to Handspring with 1/1	14.4
“Tsygankov”									
Handspring with 5/2	14.6								

Vault Skills List: Forward Single Flipping Vaults

Handspring Front Tuck	13.4	Handspring Front Tuck 1/2	13.8	Handspring Front Pike	13.8	Handspring Front Tuck 1/1	14.2	Handspring Front Pike 1/2	14.2
1/1 Turn to Handspring Front Tuck	14.4	“Kroll”		Handspring Front Pike 1/1	14.6	Handspring Front Layout	14.6	1/1 Turn to Handspring Front Tuck 1/2	14.8
1/1 Turn to Handspring Front Pike	14.8	“Canbas”		Handspring Front Pike 3/2	15.0	Handspring Front Layout 1/2	15.0	Handspring Front Layout 1/1	15.4

Vault Skills List: Forward Single Flipping Vaults

Handspring Front Layout 3/2	“Lou Yun” 15.8	Handspring Front Layout 2/1	16.2	Handspring Front Layout 5/2	“Yeo Il” 16.6	Handspring Front Layout 3/1	“Yang Hak Seon” 17.0
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Vault Skills List: Forward Double Flipping Vaults

Handspring Double Front Tuck	“Roche” 16.2	Handspring Double Front Tuck ½	“Dragulescu” 16.6	Handspring Double Front Pike	“Blanik” 16.6	Handspring Double Front Pike ½	“Ri Se Gwang Il” 17.0
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Vault Skills List: Non-Flipping Round Off Vaults

Round Off	12.6	Round Off with ½	13.0	Round Off with 1/1	13.4
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Vault Skills List: Single Flipping Round Off Vaults

Round Off to Back Tuck	“Tsukahara” 13.2	Tsukahara Tucked with ½	13.6	Tsukahara Piked	13.6	Tsukahara Tucked with 1/1	“Kasamatsu” 14.0	Tsukahara Piked with ½	14.0
Tsukahara Layout	14.2	Tsukahara Tucked with 3/2	14.4	Tsukahara Layout with ½	14.6	Tsukahara Tucked with 2/1	“Barbieri” 14.8	Tsukahara Layout with 1/1	15.0

Vault Skills List: Single Flipping Round Off Vaults

Tsukahara Layout with 3/2	15.4	Tsukahara Layout with 2/1	15.8	Tsukahara Layout with 5/2	16.2	Tsukahara Layout with 3/1	16.6	Tsukahara Layout with 7/2	17.0
		“Akopian”		“Driggs”		“Lopez”		“Yonekura”	

Vault Skills List: Double Flipping Round Off Vaults

Tsukahara Double Tuck	16.2	Tsukahara Double Pike	16.6	Tsukahara Double Tuck 1/1	17.0
	“Yeo”		“Lu Yu Fu”		“Ri Se Gwang”

Vault Skills List: Non-Flipping Yurchenko Style Vaults

Roundoff Back Handspring	12.6	Roundoff ½ on Front Handspring	12.8	Roundoff Back Handspring with ½	13.0	Roundoff ½ on Front Handspring with ½	13.2	Roundoff Back Handspring with 1/1	13.4
Roundoff ½ on Front Handspring with 1/1	13.6	Scherbo Entry to Back Handspring	13.6	Scherbo Entry to Back Handspring ½	14.0	Scherbo Entry to Back Handspring 1/1	14.4		

Vault Skills List: Single Flipping Yurchenko Style Vaults

Round Off onto Board, Back Handspring to Back Tuck	13.2	Yurchenko Tucked with ½	13.6	Yurchenko Piked	13.6	Yurchenko ½ on Tucked	13.6	Yurchenko Tucked with 1/1	14.0
	“Yurchenko”								

Vault Skills List: Single Flipping Yurchenko Style Vaults

Yurchenko Piked ½	14.0	Yurchenko ½ on Tucked with ½	14.0	Yurchenko ½ on Piked	14.0	Yurchenko Layout	14.2	Scherbo Tucked	14.2
Yurchenko Tucked with 3/2	14.4	“Nemov”		Yurchenko Layout with ½	14.6	Scherbo Tucked with ½	14.6	Scherbo Piked	14.6
Yurchenko Tucked with 2/1	14.8	Yurchenko ½ on Layout	14.8	Yurchenko Layout with 1/1	15.0	Scherbo Tucked with 1/1	15.0	“Hutcheon”	
Yurchenko with 1/1 onto Table Layout	15.2	“Scherbo”		Scherbo Tucked with 3/2	15.4	Yurchenko ½ on Layout with 1/1	15.6	Scherbo Layout with ½	15.6
Yurchenko Layout with 2/1	15.8	Scherbo Tucked with 2/1	15.8	Yurchenko ½ on Layout with 3/2	16.0	Scherbo Layout with 1/1	16.0	“Shewfelt”	
Yurchenko ½ on Layout with 2/1	16.4	Scherbo Layout with 3/2	16.4	“Shirai / KIM Hee Hoon”		Yurchenko ½ on Layout with 5/2	16.8	“Shirai III”	

Vault Skills List: Single Flipping Yurchenko Style Vaults

"Shirai II"	
Yurchenko Layout with 7/2	17.0
Scherbo Layout with 5/2	17.2

Vault Skills List: Double Flipping Yurchenko Style Vaults

"Melissanidis"	"Yang Wei"	
Yurchenko Double Tuck	16.2	Yurchenko 1/2 on Double Front Tuck
	Yurchenko Double Pike	16.6
		16.8

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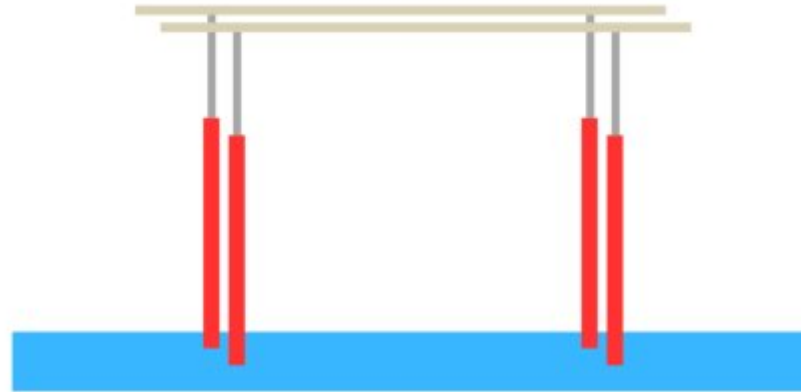
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Section 7: Parallel Bars



Parallel Bars

Parallel Bars (P-Bars) is the fifth event in Men's Gymnastics. P-Bars routines consist of a variety of support, swing, flight, and upper arm type skills

Event Specific Rules

1. The P-Bars are allowed to be raised to accommodate the gymnast's height. The standard height for the P-Bars is 200cm from the ground or 180cm from the top of the mat. However, if a gymnast is 175cm tall or above (about 5ft 9in) they have the option of having the bars raised 5cm.
2. A vaulting springboard is allowed for the mounting skill

Skill Requirements

1. Any skill that is supposed to be fluid in motion, but the gymnast performs it with a 1-second pause or greater, is at risk of being devalued at the discretion of the judges. This is due to it being unclear which skill you intend to perform. Ex) Makuts should be fluid in motion and should not pause on the one bar in handstand. If too long of a pause occurs, it may be valued as a "¾ Diamodov" and a "¾ Healy."

Remounting Rules

After a fall, no deductions will apply until the gymnast either hits a handstand or begins to perform any skill in the P-Bar skills list

Skill Definitions

1. In the P-Bars skills list, a skill on “One Rail” can mean two things. #1: A forwards handstand (as in facing the way you normally would for a two-bar handstand) with both arms on one bar. Or #2: A sideways-facing handstand with both arms on one bar. There is an important difference between these two, and it is deductible if they are facing halfway between the two on a 45° angle. Ex) “¾ Diamodov,” this means three-quarters of a Diamodov which finishes in #2. Ex2) “Diamodov to One Rail,” means a full Diamodov but finishing in a one-bar handstand instead of two (#1). Lastly, “Diamodov with ¼” means a One and a Quarter Diamodov which finishes in #2. These rules apply to several other skills on P-Bars.
2. A “Backwards Straddle Cut” refers to the gymnast swinging forwards, and then bringing the legs around backwards in a straddle finishing in front support. A “Forwards Straddle Cut” refers to the opposite.

Event Specific Deductions: Parallel Bars

Empty Swing	The gymnast may not change the direction of their swing without performing a skill Empty swing = 0.3
Prolonged Leg Bending	Long Hang skills may have bent legs through the bottom. However, if this is done too early it will receive deductions. When performing a giant skill the gymnasts may leave their legs bent up until they hit a handstand. Past this point, standard leg bending deductions apply Bending before horizontal (on the way down in a giant skill) = 0.1 Bending before 45° from handstand (on the way down in a giant skill) = 0.3
Bent Body in Swing Handstands	The back swing of a swing to handstand should have a straight body from shoulders to feet. Any significant bending of the body will be deducted 15-45° bend = 0.1 >45° bend = 0.3

Bonuses: Parallel Bars

Connection Bonus Rules:

- Any skill that does not pause (static skills) or go through a handstand is eligible for connection bonus. However, it is okay if the connection starts/finishes in a handstand
- For a skill to receive a connection bonus it must be directly connected from another skill (without an empty swing). However, it is okay if the skills are separated by a Front/Back Uprise

Connection Bonus Values:

- C + C or higher = +0.1
- D + D or higher = +0.2
- E or higher + E or higher = +0.3

Bonuses (continued): Parallel Bars

Examples:

- Healy (E) + Front Straddle to Upper Arm (E) = +0.3
- Healy to Upperarm (C) + Back Uprise + Back ½ to Upperarm (E) = +0.1
- Front Toss Piked (D) + Front Layout 1/1 Dismount (D) = +0.2

P-Bars Skill List: Support

Handstand	A	Tuck Sit	A	L-Sit	A	Tuck Planche	A	Handstand ½ Turn	A
Handstand Forwards on One Rail	B	Backwards Straddle Cut	B	Forwards Straddle Cut	B	Straddle Press to Handstand	B	Reverse Handstand ½ Turn	B
Handstand Sideways on One Rail	C	Bent Arm Swing Forwards with Hop ½ to Rear Support	“Kato” C	Stutz without Hop	C	V-Sit	C	Straddle Sit	C
Straddle Planche	C	Backwards Straddle Cut to Handstand	C	Pike Press to Handstand	C	Bent Arm Straight Body Press to Handstand	C	Swing Forwards to Handstand and Hop to Support	“Carballo” C
Reverse Stutz to Support	C	Swing Backwards with Hop ¼ Turn to Handstand	C	Handstand 1/1 Turn (in 3 steps)	C	Circle on End	C	Flair on End	C

P-Bars Skill List: Support

Swing Forward with Hop ½ Turn to Handstand	“Stutz” D	Manna	D	Straight Planche	D	³ / ₄ Diamodov	D	Swing Forwards with 1/1 Turn on One Arm to Handstand	“Diamodov” D
Straddle Planche Press to Handstand	D	Swing Forward with Hop to Handstand	“Back Toss” D	³ / ₄ Healy	D	Swing Backwards with Hop ½ Turn to Handstand	D	Front Toss Piked	D
Circle in the Middle	D	½ Russian on End	“Delesalle” D	Flair to Handstand on End	D	Stutz to One Rail	E	Stutz with ¼ Turn (Finishing on Same Rail as Arm Support)	“Bilozerchev” E
Diamodov to One Rail	E	Diamodov with ¼	E	Planche Press to Handstand	E	Back Toss to One Rail	“Rumbutis” E	From Handstand Fall Forwards with 1/1 Turn on One Arm to Support	“Healy” E
Reverse Stutz through Handstand to Support	“Novikov” E	Reverse Stutz with Backwards Straddle Cut to Support	E	Swing Backwards with Hop ³ / ₄ Turn to Handstand	E	From Handstand Inlocate to Support Swing	“Carballo II” E	Front Toss Layout	E
Flair to Handstand on End with ½ Turn	E	Flair to Handstand in the Middle	E	Stutz with ¼ Turn to Far Rail	“Peters” F	³ / ₄ Diamodov with Hop to Far Rail	“Dimic” F	³ / ₄ Diamodov to ³ / ₄ Healy on Other Arm	“Makuts” F

P-Bars Skill List: Support

Back Toss with Forwards Straddle Cut to Bent Arm Support F	"Bejanaru" Healy From One Rail F	Swing Backward with Hop 1/1 to Handstand "Gatson" F	5/4 Front Straddle Flip to Bent Arm Support F	Flair to Handstand in the Middle with 1/2 Turn F
Healy with 1/4 Turn From One Rail G	"Gatson II" Gatson with 1/4 G	5/4 Diamodov to 5/4 Healy on Other Arm "Zonderland" H		

P-Bars Skill List: Support to Swing

Backwards Straddle Cut to Hang C	Front Tuck with 1/4 Turn Catch in Side Hang C	Bent Arm Swing Forwards with Backwards Straddle Cut to Hang "Babos" D	Front Pike with 1/4 Turn Catch in Side Hang D	5/4 Front Pike to Hang "Juarez II" E
3/4 Diamodov and Vault Catch to Side Hang "De Freitas" F	5/4 Front Straddle Flip to Hang "Lee Chul Hon / Sasaki" F			

P-Bars Skill List: Support to Upper Arm

3/4 Healy to Upper Arm B	Swing Forwards 1/1 Turn to Upper Arm "Carminucci" C	Healy to Upper Arm C	5/4 Front Tuck to Upper Arm C	Front Toss Piked to Upper Arm C
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P-Bars Skill List: Support to Upper Arm

5/4 Front Pike to Upper Arm D	Healy From One Rail to Upper Arm D	5/4 Front Pike to Upper Arm D	"Toumilovich" Back Layout ½ to Upper Arm E	"Morisue" Double Back Tuck to Upper Arm E
"Suarez" 5/4 Back Tuck ½ to Upper Arm E	Healy with ¼ Turn From One Rail to Upper Arm E	5/4 Front Straddle Flip to Upper Arm E	5/4 Front Layout to Upper Arm E	"Salazar" Diamodov with ½ Turn and Fall to Upper Arm E
Backwards Straddle Cut Front Straddle Flip to Upper Arm E	Double Back Pike to Upper Arm "Huang Liping" F	Double Front Tuck to Upper Arm F	Front Layout 1/1 to Upper Arm "Urzica" G	Double Front Pike to Upper Arm G
Double Back Tuck ½ to Upper Arm "Kuavita" H				

P-Bars Skill List: Upper Arm

Front Uprise with Back Straddle Flip to Upper Arm D	Back Uprise with ½ Turn and Backwards Straddle Cut to Upper Arm D	From Upper Arm 5/4 Front Tuck to Upper Arm Swing "Yamawaki" D	Front Uprise with Back Layout ½ to Upper Arm "Watanabe" E	Front Uprise with 5/4 Back Tuck ½ to Upper Arm "Harada" E
From Upper Arm Front Double Tuck to Upper Arm E	Front Uprise Makuts to Upper Arm F	Front Uprise with Double Back Tuck to Upper Arm "Dimitrenko" F	From Upper Arm 5/4 Front Straddle Flip to Upper Arm "Pakhniuk" F	Front Uprise with Double Back Pike to Upper Arm "Li Xiaopeng" G

P-Bars Skill List: Upper Arm to Swing

Front Uprise with Backwards Straddle Cut to Hang “Muntean” D	Front Uprise and Vault over Bar to Side Hang D	Front Uprise with 5/4 Back Tuck with ½ to Hang “Dalton” F	From Upper Arm 5/4 Front Straddle Flip to Hang “Pakhniuk II” G
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P-Bars Skill List: Upper Arm to Support

Front Uprise A	Back Uprise A	Back Uprise with Forwards Straddle Cut to Bent Arm Support B	Front Uprise with Backwards Straddle Cut to Handstand C	Back Uprise to Handstand C
Back Uprise with ½ Turn to Support C	Back Uprise with Forwards Straddle Cut to Support C	Front Uprise Back Toss D	Back Uprise to Handstand with Hop ¼ Turn D	Front Uprise Back Toss with ¼ Turn E
From Upper Arm Back Straddle Flip to Support E	Back Uprise to Handstand with Hop ½ Turn E	Back Uprise with ½ Turn and Backwards Straddle Cut to Support E	Back Uprise with Front Pike to Support E	Front Uprise Stutz F
Front Uprise Diamodov “Richards” F	Back Uprise to Handstand with Hop ¾ Turn F	Back Uprise with Front Layout to Support F	Front Uprise Bilozerchev “Kovtun” G	Front Uprise Makuts “Tsolakidis” H
Front Uprise Diamodov with ¼ “Tsolakidis II” H				

P-Bars Skill List: Swing

Peach to Hang	B	Free Hip on One Rail and Hop to Hang on other Rail	D	Giant with Back Pike/Layout ½ to Hang on End	E	Kip with Backwards Straddle Cut to Hang	E	From Hang on One Rail Kip through V-Sit and Hop ½ Turn to Hang on other Rail	E
				“Chartrand”		“Okubo”		“Li Donghua”	
Giant with 5/4 Back Tuck ½ to Hang	F	Moy with Straight Legs and Straddle Cut Backward to Hang	F	“Bhavsar”					

P-Bars Skill List: Swing to Support

Kip to Support	B	Moy with Bent Legs to Support	C	Kip to Support with ½ Turn	C	Kip with Backwards Straddle Cut to Handstand	C	Kip on One Rail with Endo Press to Handstand	C
Undershoot to Support	C	Peach to Support	C	Swing Forwards with Straight Legs in Hang, Release and Catch in Support	D	Moy with Bent Legs to Support without Grip Release	D	“Kenmotsu”	
					“Moy”			D	
Giant with ¼ Turn	D	Kip Backward to Handstand with Bent Arms	D	Kip with Backwards Straddle Cut to One Rail to Handstand	D	Kip on One Rail with Piked Endo Press to Handstand	D	Undershoot with ½ Turn to Support	D
Forwards Peach to Support	D	Giant to One Bar	E	Giant with ½ Turn	E	Giant with Inlocation then Hop to Handstand	E	Giant with Back Straddle Flip to Bent Arm Support	E
							“Wells”	“Korolev”	

P-Bars Skill List: Swing to Support

Undershoot with Backwards Straddle Cut to Handstand	“Arican” E	Peach ½ Turn to Support	E	Peach with Forwards Straddle Cut to Support	E	Peach to Handstand	E	Peach to Handstand with ¼ Turn	E
Freehip on One Rail to Sideways Handstand	E	Moy with Straight Legs and Straddle Cut Backward to Handstand	“Tippelt” E	Moy with Straight Legs to Support without Grip Release	E	Giant Diamodov	F	Giant with Back ½ to Support	“Marinitch” F
Giant with Back Straddle Flip to Support	F	Peach to Handstand Hop to One Rail	“Chiarlo” F	Peach to Handstand with ½ Turn	F	Peach to Handstand with ¾ Turn	F	Forwards Peach to Support with ½ Turn	F
Stalder on One Rail to Sideways Handstand	F	Peach to Handstand without Grip Change then Hop to Handstand	“Cucherat / Celen” F	Giant Makuts	“Baumann” G	Giant with 5/4 Back Tuck ½ to Support	“Torres” G	Peach Diamodov	“Tang Hai Bin” G
Freehip on One Rail with ½ Turn to Sideways Handstand	“Nguyen” G	Freehip on One Rail with ¾ Healy to Support	“Malone” G	Giant Diamodov to One Bar	G	Giant Diamodov with ¼	G	Peach Diamodov with ¼	“Zhou Shixiong” H
Peach Makuts	“Yamamuro” H								

P-Bars Skill List: Swing to Upper Arm

Bent Leg Moy to Upper Arm A	Kip to Upper Arm A	Undershoot to Upper Arm A	Straight Leg Moy to Upper Arm B	Undershoot ½ to Upper Arm C
Straight Leg Moy with ½ Turn to Upper Arm D	Giant with Straddle Flip Backwards to Upper Arm D	Peach ½ to Upper Arm D	Bhavsar to Upper Arm E	Straight Leg Moy 1/1 Turn to Upper Arm E "Nolet"
Giant with Back ½ to Upper Arm E "Gushiken"	Giant with Double Back Tuck to Upper Arm E "Belle"	Giant with 5/4 Back Tuck ½ to Upper Arm E	Undershoot with 5/4 Back Tuck ½ to Upper Arm E "Gagnon"	Bhavsar ½ Turn to Upper Arm F
Straight Leg Moy with Front Tuck F "Giraldo"	Giant Makuts to Upper Arm F "Dauser"	Giant with Double Back Pike to Upper Arm F	Undershoot with 5/4 Back Layout ½ to Upper Arm F "Gagnon II"	Peach Back Tuck to Upper Arm F "Tejada"
Straight Leg Moy with Front Pike G	Giant with 5/4 Back Straddle ½ to Upper Arm G "Sosa"	Giant with Double Back Tuck ½ to Upper Arm G "Tanaka"	Giant with 5/4 Back Layout ½ to Upper Arm G "Fokin"	Peach Back Pike to Upper Arm G "Juarez"
Giant with Double Back Pike ½ to Upper Arm H "Esparza"	Giant with Double Back Tuck 1/1 to Upper Arm I "Quintero"			

P-Bars Skill List: Backwards Dismounts

Back Tuck A	Back Pike A	Back Tuck off the End A	Back Pike off the End A	Giant Back Tuck off the End A
Giant Back Pike off the End A	Back Tuck with ½ B	Back Pike with ½ B	Back Layout B	Back Layout off the End B
Giant Back Tuck with ½ off the End B	Giant Back Tuck with ½ off the End B	Giant Back Pike with ½ off the End B	Giant Back Layout off the End B	Back Layout with ½ C
Giant Back Layout with ½ off the End C	Back Layout with 1/1 D	Double Back Tuck off the End D	Double Back Tuck D	Giant Back Layout with 1/1 off the End D
Giant Double Back Tuck off the End D	Back Layout with 3/2 E	“Roethlisberger”	High Wende to Back Tuck E	Double Back Pike E
Giant Double Back Pike off the End E	High Wende to Back Pike F	Double Back Tuck with ½ F	Giant Double Back Tuck with 1/1 off the End F	“Kan” F

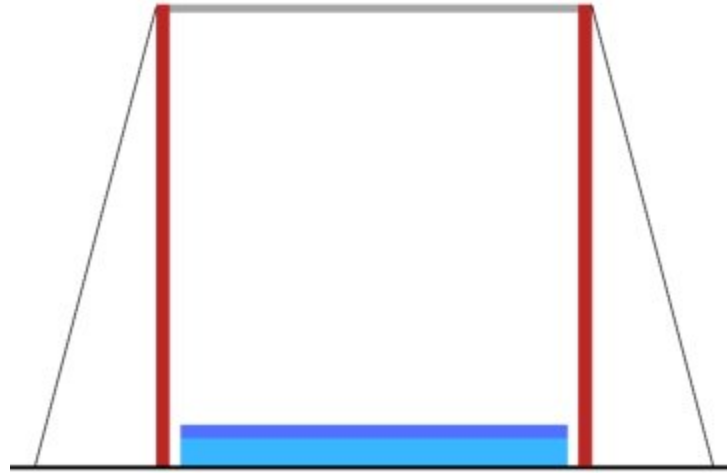
P-Bars Skill List: Backwards Dismounts

Giant Double Back Tuck with 3/2 off the End <b style="font-size: 1.5em;">G	“Hiroyuki Kato” Double Back Tuck with 1/1 <b style="font-size: 1.5em;">H	Giant Double Back Tuck with 2/1 off the End <b style="font-size: 1.5em;">H	“Toruk Makto” Roethlisberger with 1/1 <b style="font-size: 1.5em;">I
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P-Bars Skill List: Forwards Dismounts

Front Tuck <b style="font-size: 1.5em;">A	Front Pike <b style="font-size: 1.5em;">A	“Jomenyo” Front Tuck off the End <b style="font-size: 1.5em;">A	“Jomenyo II” Front Pike off the End <b style="font-size: 1.5em;">A	Front Tuck with 1/2 <b style="font-size: 1.5em;">B
Front Pike with 1/2 <b style="font-size: 1.5em;">B	Front Layout <b style="font-size: 1.5em;">B	“Jomenace” Long Hang Swing Backward to Front Tuck off the End <b style="font-size: 1.5em;">B	Front Tuck with 1/1 <b style="font-size: 1.5em;">C	Front Pike with 1/1 <b style="font-size: 1.5em;">C
Front Layout with 1/2 <b style="font-size: 1.5em;">C	Long Hang Swing Backward to Front Tuck with 1/2 off the End “Jomenace II” <b style="font-size: 1.5em;">C	Front Tuck with 3/2 <b style="font-size: 1.5em;">D	Front Pike with 3/2 <b style="font-size: 1.5em;">D	“Koudinov” Peach with Back Tuck off the End <b style="font-size: 1.5em;">D
Front Layout with 1/1 <b style="font-size: 1.5em;">D	Front Layout with 3/2 <b style="font-size: 1.5em;">E	Double Front off the End <b style="font-size: 1.5em;">E	Front Layout with 2/1 <b style="font-size: 1.5em;">F	Double Front Tuck <b style="font-size: 1.5em;">F
Double Front Tuck with 1/2 <b style="font-size: 1.5em;">G	“Belyavskiy” Double Front Pike <b style="font-size: 1.5em;">G	Front Layout with 5/2 <b style="font-size: 1.5em;">G	“Larduet” Double Front Tuck with 1/1 <b style="font-size: 1.5em;">H	“Dalaloyan” Double Front Pike with 1/2 <b style="font-size: 1.5em;">H

Section 8: High Bar



High Bar

High Bar, also known as Horizontal Bar, is composed of various fluid swinging and flight skills in various grip positions. All High Bar skills are expected to be fluid, as there are no static skills.

Event Specific Rules

1. The gymnast is permitted to be lifted by a coach to the High Bar. The coach may lift the gymnast up helping him get a proper grip on the bar, and may ensure that the gymnast starts from a still hang. The coach may not push the gymnast to give them an initial swing. The gymnast may also use a vaulting board for the mounting skill.
2. Judging begins as soon as the feet leave the ground, meaning that while being lifted up or jumping to the bar proper leg form is expected

Skill Requirements

1. For any skill in the “Giants” section to receive credit, a full 360° rotation around the bar must be completed, or in other words, one giant.

Remounting Rules

After a fall, no deductions will apply until the gymnast begins to perform a skill in the High Bar skill list. For example, the gymnast is allowed to do an empty swing or a cast handstand with bent legs while remounting without deduction.

Event Specific Deductions: High Bar

Empty Swing	<p>The gymnast may not change the direction of their swing without performing a skill</p> <p>Empty swing = 0.3</p> <p>Exception:</p> <ul style="list-style-type: none">- At the start of the routine the gymnast may have up to 4 empty swings to begin the routine- After all release moves the gymnast may have one empty swing
Angle Deviation	<p>All "In-Bar" and "Giants with Turns" skills are expected to finish in or slightly before handstand (With the exception of "Back Toss to Dorsal Hang.")</p> <p>See diagram (page 68)</p> <p>Small Error = 0.1 Medium Error = 0.3 Large Error = 0.5 Below Horizontal = No Credit</p>
Lack of Hop	<p>This deduction applies to all In-Bar and Giant skills that include a hop. All of these skills are expected to have a clear flight phase where both hands are off the bar</p> <p>Small Hop = 0.1 No Hop = Devalued to the non-hopping variation of the skill, or no credit if applicable</p>

Bonuses: High Bar

Connection Bonus Rules:

- Any skill with the exception of the "Giants" skill group is eligible for connection bonus.
- For a skill to receive a connection bonus it must be directly connected from another skill with less than a full giant in between. There also must not be a change in direction. If the connection is made up of only In-Bar or Turning elements they must be done without a giant in between

Connection Bonuses:

- D + D or higher = +0.1
- E + E or higher = +0.2
- F or higher + F or higher = +0.3

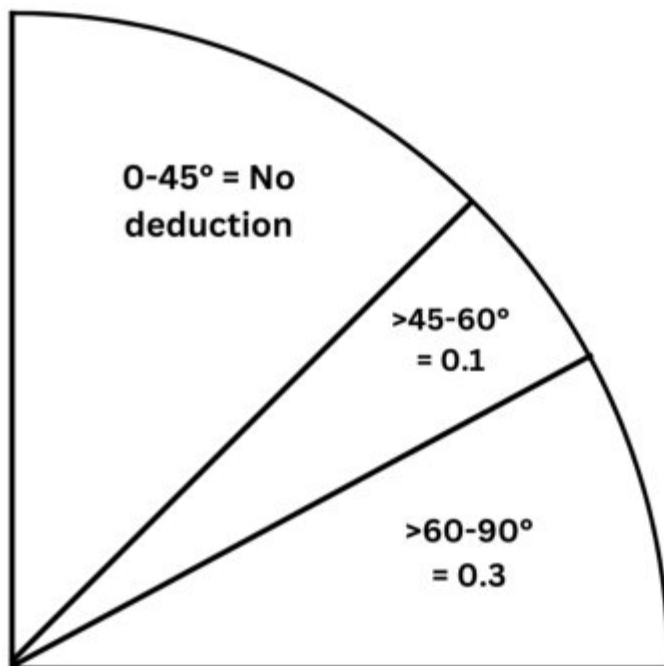
Examples:

- Tkatchev Piked (D) + Tkatchev Straddled (D) = +0.1
- Kovacs (E) + Piked Endo (D) = No connection bonus (Change in direction)
- Piked Stalder (D) + Rybalko (D) = +0.1 (Done in the same giant)
- Kovacs (E) + Piked Stalder (D) = No connection bonus (full giant completed)

The following tables provide a visual representation of the Angle Deviation Deduction on High Bar

Angle Deductions in Complex Turns

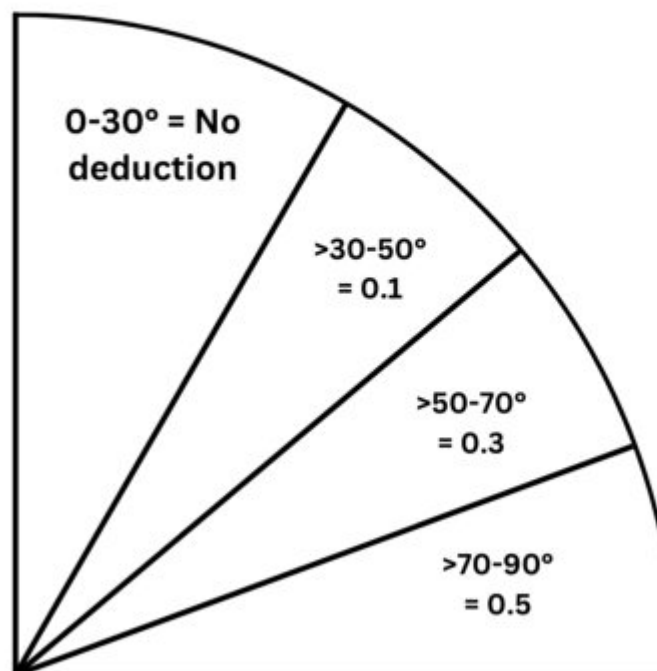
- This diagram only applies to "Giants with Turns" that either include a hop, or finish in a mixed/double El-Grip position



Below Horizontal = No credit

Angle Deductions in Simple Turns

- This diagram applies to all "Giants with Turns" and "In-Bar" skills that do not either include a hop or a turn to mixed/double El-Grip



Below Horizontal = No credit

High Bar Skills List: Giants

Back Giant A	Front Giant A	Front Giant Hop to Overgrip A	Flying Back Giant B	One Arm Back Giant B
Back Giant Hop to Undergrip B	El Grip Giant Hop to Overgrip B	Flying Front Giant C	One Arm Front Giant C	Back Giant Hop to El Grip C
El Grip Giant C	Front Dorsal Giant D	Back Dorsal Giant E		

High Bar Skills List: Giants with Turns

Back Giant with ½ Turn to Handstand “Half Turn” A	Front Giant with ½ Turn through Handstand “Top Change” A	Hop Half Turn B	Back Giant with ½ through Handstand “Blind Change” B	Front Giant with ½ Turn to Handstand “Early Pirouette” B
Hop Top Change B	Hop Blind Change C	Blind Change to El Grip C	Hop Early Pirouette C	Back Giant 1/1 Turn C
Back Giant 3/2 Turn to Mixed El Grip C	Front Giant with 1/1 Turn on one Arm to Mixed El Grip “Healy” C	Hop Blind Change to El Grip D	Early Pirouette to El Grip D	Back Giant Hop 1/1 Turn “Quast” D

High Bar Skills List: Giants with Turns

Back Giant 3/2 Turn to Double EI Grip D	Healy to Double EI Grip D	From Mixed EI Grip 1/1 Turn through Handstand D	One Arm Front Giant with Healy and then 1/1 Turn back through Handstand "Zou Li Min" D	Rybalko to Mixed EI Grip D
Back Giant 2/1 Turn E	Front Giant Hop 1/1 Turn E	From Double EI Grip 1/1 Turn through Handstand E	Hop Early Pirouette to EI Grip E	Back Giant Hop 3/2 to Double EI Grip "Rybalko" E
Back Dorsal Giant ½ Turn to Front Giant F	Back Giant Hop 2/1 Turn F			

High Bar Skills List: In Bar Skills

Kip A	Free Hip B	Free Hip Forwards "Weiler" C	Straddled Free Hip "Stalder" C	Straddled Weiler "Endo" C
Back Toss to Dorsal Hang C	Forwards Stoop Straddle Cut to Hang C	Weiler in Double EI Grip D	Piked Stalder D	Piked Endo D
Endo in Double EI Grip D	Stoop Forwards with Dislocate through Handstand "Adler" D	Stoop out of Dorsal Hang to Back Giant "Koste" D	Forward Stoop Straddle Cut through Handstand D	Piked Endo in Double EI Grip E

High Bar Skills List: In Bar Skills

Adler Hop to Undergrip	E	Adler with ½	E	Adler 1/1 to Mixed Grip	E	Forwards Stoop Straddle Cut to Handstand with ½	“Carballo” E	Adler 1/1 to Double Undergrip	F
Adler Hop 1/1 to Mixed Grip	“Baldauf” F	Forwards Stoop Straddle Cut to Handstand with 1/1 to Mixed EI Grip	“Quintero” F	Adler Hop 1/1 to Double Undergrip	“Fuentes” G	Forwards Stoop Straddle Cut to Handstand with 1/1 to Double EI Grip	G		

High Bar Skills List: Flipping Release Moves

Tucked Jager	C	Tucked Gienger	C	Swing Backward with Front Straddle to Hang	“Jager” D	Piked Jager	D	Straddled Gienger	“Deltchev” D
Swing Forward with Back Pike/Layout ½ to Hang	“Gienger” D	Layout Jager	“Balabanov” E	Swing Forwards with Front Straddle to Hang	“Xiao Ruizhi” E	Back Giant with Back Tuck over the Bar to Hang	“Kovacs” E	Kovacs with ½	E
Kovacs Piked	E	Gienger from Dorsal	“Sapronenko” F	Swing Forward with Front Tuck Over Bar to Hang	“Gaylord” F	Kovacs Straight	F	Kovacs Piked or Straight with ½	“Gaylord II” F
Kovacs with 1/1	“Kolman” F	Layout Jager with 1/1	“Winkler / Pogorelev” G	Gienger with 1/1	“Deff” G	Gaylord Straddled	G	Gaylord Piked	G

High Bar Skills List: Flipping Release Moves

Gaylord with 1/2	“Pegan” G	Kovacs Straight with 1/1	“Cassina” G	Kovacs with 2/1	“Bretchneider” H	Kovacs with 3/2	“Shaham” H	Layout Jager 2/1	I
Pegan Piked	“Maras” I	Gaylord with 1/1	“Koudinov” I	Kovacs Straight with 2/1	“Miyachi” I				

High Bar Skills List: Non-Flipping Release Moves

Back Uprise Piked Hecht with 1/2 Turn to Hang	“Voronin” C	Back Uprise Rear Vault with 1/2 Turn to Hang	“Vault Catch” C	Straddle Hecht to Dorsal	D	Swing Forwards with Backwards Straddle Vault to Hang	“Tkatchev” D	Tkatchev Piked	D
Back Uprise Straddle Hecht with 1/2 Turn to Hang	“Markelov” D	Stalder to Tkatchev	“Piatti” E	Stalder Piatti Piked	E	Free Hip Piatti	E	Free Hip Piatti Piked	E
Markelov with 1/2	“Principi” E	Markelov Straight	“Yamawaki” E	Tkatchev from Dorsal	E	Tkatchev Layout	E	Tkatchev with 1/2	“Lynch” E
Tkatchev Piked with 1/2	“Samiloglu” E	Markelov 1/2	E	Stalder with 1/2 to Vault Catch	“Jansen”	Free Hip Piatti 1/2	F	Free Hip Piatti Piked 1/2	F

High Bar Skills List: Non-Flipping Release Moves

Yamawaki ½	“Munoz / Pozzo” F	Tkatchev Layout with ½	“Moznik” F	Stalder Piatti Layout	F	Stalder Piatti ½	F	Stalder Piatti Piked ½	F
Free Hip Piatti Layout	F	Tkatchev ½ to Double El Grip	“Kulesza” G	Yamawaki with 1/1	“Walstrom” G	Stalder Piatti Layout ½	“Kierzkowski” G	Free Hip Piatti Layout ½	G
Liukin	“Liukin” G	Stalder Piatti Layout 1/1	“Suarez” H						

High Bar Skills List: Back Dismounts

Flyaway Tucked	A	Flyaway Piked	A	Flyaway Tucked with ½	B	Flyaway Tucked with 1/1	B	Flyaway Piked with ½	B
Flyaway	B	Straddled Flyaway	“Juknator” B	Flyaway with 1/1	C	Double Tuck	C	Double Pike	C
Flyaway with ½	C	Straddled Flyaway with ½	“Quenti” C	Double Layout	D	Double Tuck with ½	D	Double Tuck with 1/1	“Tsukahara” D

High Bar Skills List: Back Dismounts

Double Pike with ½ D	Double Tuck Over Bar D	Double Pike Over Bar D	Flyaway with 2/1 D	Flyaway with 3/2 D
Double Layout with 1/1 E	Double Tuck with 2/1 E	Double Tuck with 1/1 Over Bar E	Double Layout Over Bar E	Double Layout with ½ E
Flyaway with 5/2 E	Double Tuck with 2/1 Over Bar F	Double Layout with 1/1 Over Bar F "Hayden"	Double Layout with 2/1 F "Watanabe"	Flyaway with 3/1 F
Double Layout with 3/2 Over Bar G "Faulk"	Double Tuck with 3/1 G	Double Straddle with 1/1 Over Bar G "Macchini"	Double Layout with 2/1 Over Bar G "Valverde"	Double Layout with 3/1 H "Fedorchenko"
Triple Back Tuck H "Andrianov"	Triple Back Pike I "Fardan"	Triple Back Tuck with 1/1 I "Belle"	Triple Back Tuck Over Bar I "Hoffman"	Triple Back Tuck with 2/1 J "Ryan"

High Bar Skills List: Front Dismounts

Straddle Hecht A	Front Tuck A	Front Tuck with ½ A	Front Pike A	Hecht B
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High Bar Skills List: Front Dismounts

Front Tuck with 1/1	B	Front Pike with ½	B	Front Layout	B	Front Layout with ½	B	Hecht with ½	C
Hecht with 1/1	C	Front Layout with 1/1	C	Hecht with 3/2	D	Front Layout with 3/2	D	Front Double Tuck	D
Front Double Tuck with ½	D	Hecht with 2/1	E	Front Layout with 2/1	E	Front Double Tuck with 1/1	E	Front Double Pike	E
Front Double Pike with ½	E	Gaylord Dismount	E	Front Layout with 5/2	F	Front Double Tuck with 3/2	F	Front Double Pike with 1/1	F
Front Double Layout	F	Front Double Layout with ½	F	Gaylord with ½ Dismount	F	Front Double Tuck with 2/1	G	Front Double Layout with 1/1	G
“Koudinov II” Straddled Gaylord with ½ Dismount	G	“Gunther” Swing Forward with Double Front Tuck	G	Gaylord with 1/1 Dismount	G	“Alvarez” Front Double Layout with 3/2	H	“Rumbutis” Front Triple Tuck	I

High Bar Skills List: Misc

Swing Backward 1/1 Turn to Hang C	Swing Backward 1/1 Turn to Support D	Back Dorsal Giant ½ Turn to Support "Ono" D	Back Dorsal Giant Flank to Hang D	Back Dorsal Giant Flank to Support E
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Section 9: Appendix

Judges Rules

The judges Rulebook is contained in a separate document which can be found here:

https://www.wgagymnastics.com/_files/ugd/cb3aae_0c28084c24da440db7df03913980fb16.pdf or you can find it on our website under the rules tab

Tie Breaks

Rules regarding tie breaking are often competition specific. Read the “Comp Info” section next to the competitions listed on our website to see how tie breaker rules work for the competition you are signing up for

New Skill Creation

Gymnasts are able to create new skills which can be added to the rulebook. The following are some rules that apply during this process

- The skill must not already be in the rulebook
- The skill must be safe. An example of a non-safe skill is roll-out elements on Floor
- The skill must be deemed “Gymnastics-like.” There are a lot of movements which are not necessarily gymnastics. We value creativity and uniqueness in new skills, however, some restrictions still must apply
- To ensure that your skill passes the previous rules, contact us using the information on our website (gymnastics.wga@gmail.com) we will respond accepting or denying the skill, and will give it a letter value
- The gymnast must successfully perform the element without a fall in a WGA competition
- In certain cases, anyone can add a skill to the rulebook without performing it. If you see a skill which you believe is missing from the rulebook please contact us using the information on the website and there is a chance the skill could be added and your name could be listed in the appendix
- On page 78 there is a list of skills that can and cannot exist (not an exclusive list) this section can be used as a good reference
- If the skill passes all of the previous criteria, the gymnast can choose a name for the skill. This can be a name of choice or the gymnast’s last name. There are no specific rules for what can or cannot be a skill name, as long as it is reasonable
- In the case that two or more people submit a skill for the same competition, they skill will be granted with two or more names. This does not apply in virtual competitions whereas whoever submits their routine first will get to name the skill

Skills That Can Exist

Below is a list of skills that are able to be added to the Rulebook. This list is not exclusive, meaning that just because it is not listed here does not mean that it cannot be added to the Rulebook. This list exists to serve gymnasts ideas, and so they can understand the types of skills that can exist

- In-Bar Piattis on High Bar (As in a Piatti from a Piked Stalder)
- Piked Toe-on Skills on High Bar (Such as piked Toe-on Stalders or Piattis)
- Pike or Straight Planche variants of Pommel Horse press dismounts (Note that only the entries can be “invented” as the turning in handstand works on an upgrade system listed in the Pommel Horse section)
- Parallel Bar dismounts from Upper Arm
- Sideways flipping skills (within reason)
- Straddled flipping skills (this includes Floor, Vault, High Bar releases and dismounts, etc.)
- Pre Skills on P-Bars and High Bar (Skills to mount the bars. Ex) Front tuck to long hang swing)

Skills That Cannot Exist

Below is a list of skills that are not allowed to be added to the Rulebook. This list is not exclusive, meaning that just because it is not listed here does not mean it is allowed. This list exists so gymnasts understand the types of skills that are not allowed to be added to the rulebook

- Any unlisted rollout skill
- Side flip skills with more than 1 twist (This is because it becomes difficult to tell if the skill is intended to be a side flip)
- Release moves on High Bar starting or finishing on 1 arm
- Any skill where the feet touch the Parallel Bars, Rings, or Pommel Horse

Special Thanks

The WGA would like to thank the following people for helping point out errors, adding new skills that the rulebook was missing, etc.

- Quentin Foster (For suggesting “Press to Shoulder Stand” on Rings)
- Alistair Hoole (For suggesting “Azarian Cross/Olympic Cross” on Rings)
- @xmikox on Discord (For suggesting “Front Toss to Upper Arm” on Parallel Bars)
- Abdulla Azimov (For competing the “Manna Turn Over to Stand” on Floor)
- Michael J. Reid (For suggesting that the “Sellathurai” gets added on Pommel Horse)
- @unknownuserisunknown on YouTube (Error spotting)
- Léo Herlem (Error spotting)

Within reason, any rule that is not stated within this rulebook can be assumed to be allowed. The gymnasts and coaches have the right to use this to their advantage.

Notwithstanding any provision of this rulebook to the contrary, the World Gymnastics Association (WGA) reserves the right to modify, suspend, or repeal any rule or regulation contained herein, in whole or in part, at any time and without prior notice. Such modifications, suspensions, or repeals may be made at the discretion of the WGA and shall be effective immediately upon adoption by the appropriate governing body of the WGA. All members and participants in WGA-related activities shall be bound by any such modification, suspension, or repeal.