



By Mr Adrian STOICA, President of the Technical Committee

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The Men's Technical Committee, following the European Championships 2009 in Milano, ITA, University Games 2009 in Belgrade, SRB, and several NF requests, analyzed during its meeting in May and July in Lausanne, SUI. new elements proposed to the respective Technical bodies for evaluation. The following decisions were taken:

Pommel Horse:

- 270° Sohn on one arm (with early hand change) to side support= B value
 - 270° Sohn on one arm (with early hand change) to cross support on one pommel= C value
 - Sohn starting and finishing in cross support on one pommel= E value (MOVED with other Sohn elements)
 - Sohn from Side support with travel to cross support on the leather or to side support in mixed position= E value (same box as Sohn)
- *Note:** Sohn is under consideration to be devalued to a D value after the 2009 World Championships
- 1/1 Spindle from pommel while traveling bwd from one pommel into the center longitudinally= E value (Same box as Spindle between pommels on the leather)
 - Pommel loop + Pommel loop + DSA from one pommel= D value (Flop)
 - Tong Fei with one hand support on first pommel= C value
 - Back stockli from cross support on one end to the other= D value McNeill (USA)

Rings:

- Pineda to Inverted Cross= C value (for inverted cross only)
- From Inverted cross slowly lower to inverted hang and press bwd slowly to cross (2s)= D value (must be done slowly- without swing) Vorobiov (UKR)
- Felge bwd. slowly with str. arms and body to free scale support (2) sec = "E" value. (Yan Mijayoung, CHN)

Vaults:

- Tsukahara with salto bwd. tucked with 1/1 t. = 7.20 points value (Ri Seng Guang, PRK)



Parallel Bars:

- Swing forward, straddle cut backward, and regrasp with straight body at horizontal (Tkatchev style) = E value Bhavsar (USA)

Note: The element performed after the regrasp will receive an independent value: ex. Giant afterward (E+C values), or Moy afterward (E+C values), or Tuck Belle afterward (E+D values)

Horizontal Bar:

- Single salto bwd stretched dismount= A value (added as progression for juniors)
- Moznik Straddled= D value

Several clarifications made reinforcing technical expectations:

Pommel Horse:

- Driggs- The element must demonstrate a visible hop and simultaneous regrasp in front support with two hands for an E value. Otherwise it is a D value Magyar travel.
- Scissor to Handstand skills- There are currently 5 different D value scissor to handstand skills:
 - Scissor fwd. w. ¼ t. through hstd. on 1 p., lower to sup. w. strad. legs (Li Ning- Code of Points I.4)
 - Swing bwd. w. ¼ t. through hstd. on 1 p., lower to sup. w. strad. legs (Code of Points I.22)
 - Scissor fwd w. ¼ t. through hstd. on 1 p., ½ pirouette and straddle down bwd- (Bryan- Code of Points I.34)- must be performed with one hand to 2nd pommel and bwd. lower to sup. from one arm
 - Scissor bwd w. ¼ t. through hstd. on 1 p., ½ pirouette and straddle down bwd- (new skill)- must be performed with one hand to 2nd pommel and bwd. lower to sup. from one arm (New addition to Code of Points I.40)
 - leg cut or undercut bwd. (Bryan from a bwd swing) through hstd. w. 1/1 t and lower to flair, circle or scissor (Code of Points I.46)
- Lack of Body Extension in Circles or Flairs- The E jury must apply the global deductions (-0.3 or -0.5) for execution style (as body extension during the entire exercise). Hip breaks within an element should be deducted as technical errors. The global deduction is for overall execution style.
- Extra swing in the performance of scissor mounts- No extra ½ swing is permitted in the performance of scissor mounts. The deduction for this violation is -0.3.

Horizontal Bar:

- Stoop circle rearward fwd. (Adler) thr hstd. (clarification)

	≤15°	16-45°	>45°
D Jury	C value	B value	No value
E Jury	-0.0	-0.0	-0.5



- Stoop circle rearward fwd. (Adler) and 1/1 t. thr hdst. in mixed or ungr. (clarification)

	≤15°	16-45°	46°- 90°	>90°
D Jury	D or E value	D or E value	B Value	No value
E Jury	-0.0	-0.1 or -0.3	-0.0	-0.5

- The Koste (C value)- *Steineman uprise w. stoop out to hdst.* This element may resemble a Stalder with legs closed coming from a Czech giant swing (D value) or Steineman (Bvalue).

Several clarifications made reinforcing the present rules:

- ***Pommel Horse- Special repetition rule for Russians***

The third Russian in an exercise receives no value based on the special repetition rules of pommel horse:

- Russian 1080 between pommels (E value), Russian 180 with 1/3 travel (A), and **Russian 1080 on one end (no value)**

If the final Russian element is the dismount, it must always count first (Code of Points-PH section):

- Russian 1080 between pommels (E value), Russian 180 with 1/3 travel (A)- no value, and **Russian 1080 dismount (counting first as D value)**

- ***Floor Exercise and Horizontal Bar***

- Understanding special repetition on Floor Exercise (rollout & jumps to prone elements) and Horizontal Bar (one arm elements)
 - 1st element= ok
 - 2nd element, if the same = repetition, or if different (ok for value)
 - 3rd skill- No value (D jury) & -0.3 composition deductions (E jury)
 - 4th and subsequent skills- No value (D jury) & -0.3 composition deduction (E jury) each time

- ***Floor Exercise- element group clarification***

- #1 – If an EG IV element is performed only as a dismount and there is no other EG IV element within the exercise = award the dismount value & dismount EG, but no EG IV will be recognized because of the missing EG IV element inside the exercise.
- #2
Example- EG III + EG III + EG III + EG III + EG III dismount (in one exercise)
The dismount must count first, and eliminate the lowest value element from EG III inside the exercise.
- #3 – If a Double salto fwd tucked is performed inside the exercise and again for the dismount = no value for the dismount element and no EG dismount because of simple repetition.

With compliments,

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