



British
Gymnastics
More than a sport

Men's Artistic Gymnastics

Handbook for Regional Judges

Produced by the Men's Judging Panel

PLEASE NOTE

This handbook is designed to support the learning of existing and prospective Regional Judges and does not qualify any users to judge without the relevant qualification

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Levels of Judging Qualification

International Brevet Judge

The highest level. Judges steeped in the sport and committed to judging the British Gymnastics Men's Artistic Gymnastics (MAG) programme.

National Judge

Very involved, having passed a difficult examination. Expected to judge all codes at regional level and at least 'E' jury at national level.

Regional Judge

This handbook is the bulk of the syllabus. Judging all apparatus as 'E' jury at regional level, and floor as 'D' jury. There is also some setwork judging. A 2½-day course with examination. A parent with no background will find this hard until they have judged/been involved for a while. A coach or gymnast should be able to absorb the material.

Minimum age: 18 years (16 years with suitable experience and MJP approval).

Club Judge

An introductory level in the form of a 1-day course. Parents/busy coaches start here. Minimum age: 14 years.

Courses

See the British Gymnastics (BG) website: www.british-gymnastics.org homepage and search for men's judging courses on 'find a course'.

If there are no suitable courses for you, contact the men's regional judging co-ordinator (listed again on the BG website) for your region.

Re-qualification

The international gymnastics federation (FIG) code of points (COP) has a major review every 4 years, following the Olympic games. Thus, judges will need to re-validate every 4 years when the revised COP is published.

Men's Regional Judging Course Indicative Timetable

Schedule	
Day & Time	Lecture topic
Day 1: 1830 – 1915 1920 – 2005 2010 – 2055 2100 – 2130	Introduction 'D' Jury 'E' Jury Exam information
Day 2: 0830 – 1000 1010 – 1140 1150 – 1230 1230 – 1330 1330 – 1500 1510 – 1640 1650 – 1820	Floor Pommel Horse Vault Lunch Rings Parallel Bars High Bar
Day 3: 1000 – 1200 1200 – 1300 1300 – 1500 1500 – 1600 1600 – 1800 1800	Video practice Lunch Practical examination by video Break Theory examination Depart

Judging Men's Gymnastics

Much of the material here is taken from the Men's FIG CoP 2017. It is re-written for those who will be preparing and judging Regional Level gymnastics. The FIG CoP can be downloaded in full at the FIG website www.fig-gymnastics.com. Your other judging references are the MTC National Competition Handbook (updated each year) and the MAG National Elite Grades & Club Development Grades, both of which can be downloaded from the BG website.

The Gymnast

Among other things, the gymnast has the right to have his performance judged correctly, fairly, and in accordance with the stipulations of the Code of Points. He can be assisted to the hanging position by a coach or gymnast for the start of his exercise on Rings and Horizontal Bar. He is allowed one spotter present at Rings and Horizontal Bar, and to rest or recuperate for up to thirty seconds following a fall from the apparatus. He is allowed a 30 second warm up on each apparatus immediately prior to his competition session (as exception 50 seconds on Parallel Bars) or a warm up in accordance with the Technical Regulations that govern that competition.

The gymnast has the responsibility to know the Code of Points and to conduct himself accordingly. He must wear long gymnastics pants and socks on Pommel Horse, Rings, Parallel Bars, and Horizontal Bar. Long gymnastics pants, socks and/or slippers that are black or the darker shades of blue, brown or green are not permitted. He has the option of wearing short pants with or without socks or long gymnastics pants with socks on Floor Exercise and Vault. He must wear a gymnastics singlet on all apparatus, and a number if required by the competition. He has the option of wearing gymnastics slippers on all apparatus. He is to present himself in the proper manner (one arm up) and thereby acknowledge the D1 judge at the commencement of his exercise and to acknowledge the same judge at the conclusion of his exercise. He must refrain from speaking with active judges during the competition.

The Coach

Among other things, the coach has the right to assist the gymnast or team under his care during the warm up period, to help the gymnast or team prepare the apparatus for competition, and to lift the gymnast to a hanging position on the Rings and Horizontal Bar. He is allowed to be present at Rings and Horizontal Bar during the gymnast's exercise for safety reasons. He may assist or advise the gymnast during the thirty seconds available to him following a fall from the apparatus and between the first and second vault. The coach has the responsibility to know the Code of Points and to conduct himself accordingly. He is to refrain from speaking to the gymnast or from assisting him in any other way during his performance, and must refrain from engaging in discussions with active judges during the competition, or any other undisciplined or abusive behaviour.

The Judge

The judge is expected to know thoroughly the Code of Points and the sport of gymnastics at the level he/she is judging. The judge is expected to have to hand all the technical papers appropriate, such as codes, the Technical Regulations, and any other technical information necessary to carry out the duties of that competition, and to have studied these beforehand. The judge is expected to evaluate each performance objectively, accurately, consistently, ethically, fairly, and quickly, and when in doubt, to give the benefit of that doubt to the gymnast. The judge is to attend all scheduled instruction sessions and meetings of judges and appear at competitions well prepared, rested, vigilant, and appropriately attired (dark blue jacket, grey slacks, light coloured shirt with tie), and at least one hour before the start of competition unless other instructions have been given.

The judge is to refrain from having contact or discussions with gymnasts, coaches, or other judges during the competition. The judge is expected to behave at all times in a professional manner consistent with the enhancement and development of the sport of gymnastics.

The Exercise Score

Two separate scores, D and E, will be calculated on all apparatus. The D-jury establishes the D score, the content of an exercise, and the E-jury the E score, i.e. the exercise presentation related to compositional requirements, technique and body position. The addition of the D and E scores minus any Neutral Deductions (for example line penalties) will establish the final score of an exercise.

The Work of the D-Jury

A Regional Judge is expected to act as D-Jury if needed on Floor Exercise only. The general rules here for the D-Jury must be read in conjunction with the special rules for Floor and the Floor difficulty tables.

In simple terms, the D score content will include by addition:

- The additional difficulty value of 10 elements (8 for juniors), the best 9 (7 for juniors), but maximum 5 elements for the same Element Group, inside the best counting plus the value of the dismount
- The connections value, based on special rules on different apparatus
- Element Group Requirement (EGR) values, performed among the 10 counting elements (8 for juniors)

D Score = value of (9 best elements + dismount) + connection value + EGR values

Difficulty Value of elements

On Floor Exercise, Pommel Horse, Rings, Parallel Bars, and Horizontal Bar, the following difficulty values will count in all competitions:

Value parts	A	B	C	D	E	F	G	H	I
Value	0.10	0.20	0.30	0.40	0.50	0.60	0.70	0.80	0.90

Each element is given a unique difficulty value and a unique Code Identification Number. An element (or element with the same Code Identification Number) may be repeated but such a repeated element may not contribute to the D Score.

Elements that no longer appear in the Code are usually not permitted or fall below the value of A. However, MTC Junior Codes may differ from this – see the latest version of the MTC Competition Handbook on the BG Website.

Connection Points

Connection bonus provides the D-Jury with the possibility of rewarding special connections to facilitate better differentiation between gymnasts. The connection rules differ for each apparatus. However, connection bonus may be awarded only for directly connected recognized high valued elements performed without a large error.

Element Group and Dismount Requirements

Each apparatus has 3 element groups designated I, II, III, and, except Floor Exercise, a Dismount Group designated as IV. An element may meet the Element Group Requirement (EGR) only for the Element Group under which it is located in the Code. Each EGR fulfilled in the 10 counting elements is awarded 0.5 by the D-Jury.

Every exercise except Vault must end with a legitimate dismount listed in the Dismount Element Group. Non-legitimate dismounts include:

1. A dismount that pushes off the feet (except on Floor Exercise).
2. An exercise finished with a partially shown or incomplete dismount.
3. A dismount that does not land on the feet (including roll elements on Floor Exercise).
4. A dismount that lands sideways.

NB. Such elements always lead to non-recognition by the D-Jury of the element and the EGR.

- A or B value dismount 0.00 Element Group Value (not fulfilled the requirement)
- C value dismount 0.30 (partial requirement value)
- D or higher value dismount 0.50 (full requirement value)

Evaluation by the D-Jury

The D-Jury is responsible for evaluating the content of the exercise and determining the correct D score on each apparatus. The D-Jury is obligated to recognize and credit each legal element that is **correctly performed**.

The gymnast is expected to include in his exercise only elements that he can perform with complete safety and with a high degree of aesthetic and technical mastery. Very poorly performed elements will not be recognized by the D-Jury **and** will be deducted by the E-Jury.

An element that is not recognized by the D-Jury will receive no value.

An element will not be recognized by the D-Jury if it deviates significantly from the prescribed execution. An element will not be recognized or credited for reasons including, but not necessarily restricted to the following:

1. If, on Floor Exercise, the element is performed beginning outside of the floor area.
2. A swing element is performed almost entirely with strength.
3. A strength element is performed almost entirely with swing.
4. A stretched position element is performed with a distinct tuck or pike or vice versa. In such cases an element is normally given the value of the element as performed.
5. A strength element normally performed with legs together is performed with legs straddled (a-typical straddle).
6. A strength hold element is performed with significantly bent arms.
7. If the element is completed with the assistance of a spotter.
8. If the gymnast falls on or from the apparatus during an element, or alters, or interrupts it in some other manner.
9. If the gymnast falls on or from the apparatus during an element without having reached an end position that permits continuation with at least a swing.
10. If a hold element exhibits no stop/hold.
11. If a press or pull out comes from a strength hold element which has not been recognized or credited for any reason.
12. If a twisting element on most apparatus is performed with an over or under rotation of 90° or greater or if a swinging element is performed with a deviation from the perfect end position of 45° or greater. In some circumstances, especially on vault, an over or under rotation of 90° may result in the recognition of a different value for the element by the D-Jury.
13. If strength hold positions or simple hold positions on any apparatus deviate from the correct horizontal body, arm or leg position by 45° or greater.

In all cases, the D-Jury is to make decisions based on gymnastics sense and to decide in the interests of the sport of gymnastics. In cases of doubt, the benefit of that doubt must be given to the gymnast.

Elements performed so poorly that they are not recognized by the D-Jury will normally severely deducted by the E-Jury as well.

The elements with the highest difficulty values will be counted first in cases of Special Repetition.

For recognition of difficulty on Pommel Horse and Floor Exercise, the dismount is always counted first.

Repetition

An exercise may not be repeated unless the gymnast has to interrupt his exercise for reasons outside his control.

If the gymnast falls from or on the apparatus, he may choose to continue with his exercise from the fall or repeat the missed element for credit and continue from there.

No element (same code no.) may be repeated for difficulty credit or connection points (there is no deduction for repeating an element though).

Determining the D Score on Floor in practice:

1. Record the value of every skill in the routine
2. Eliminate repeated skills
3. Lock-in the dismount
4. Identify the best nine other moves and confirm the EGRs satisfied (in best interest of gymnast)
5. If more than 5 elements in an EGR in the best nine, select only the best 5 and add another element from another EGR to benefit of gymnast
6. Calculate value of the dismount + 9 elements
7. Calculate EGR points
8. Calculate bonus (if applicable)
9. Add element value, EGR and bonus to give final D score

Neutral Deductions

The gymnast may earn a maximum of 10.00 points from the E-Jury. The D-Jury will take the appropriate neutral deduction (penalty) from the final score:

- | | |
|----------------------|-------------|
| – 7 or more elements | 0.0 points |
| – 5 – 6 elements | 4.0 points |
| – 3 – 4 elements | 6.0 points |
| – 1 – 2 elements | 8.0 points |
| – 0 elements | 10.0 points |

Juniors

For Juniors, the 'D' score content will include by addition:

The additional difficulty value of 8 elements (the best 7 - with max 5 from each element group - plus the value of the dismount)

For dismounts:

- | | | |
|---------------------|-------|-----------------------------|
| – A value dismount | 0.00 | (not fulfilled requirement) |
| – B value dismount | +0.30 | (partial requirement value) |
| – C or higher value | +0.50 | (full requirement value) |

The Work of the E-Jury

The E- Jury is responsible for evaluating all of the aesthetic, execution and technical performance aspects of an exercise as well as its compliance with the composition (exercise construction expectations) for that apparatus. In setwork, these may include removing values of omitted elements; in a normal voluntary competition however, the E-Jury does concern itself with 'what', but only with 'how'. Knowledge of modern techniques is essential, so as not to deduct the latest technique, or a special technique, just because it differs from the previous norm. It is important to spend time in the gym to absorb such material.

The E score will start from 10 points and will evaluate by deductions applied in tenths of a point:

- The total deductions for aesthetic and execution errors,
- The total deductions for technical and compositional errors.

The E-Jury judge will determine the deductions independently and do so within 20 seconds of the completion of the exercise.

The gymnast is expected to include in his exercise only elements that he can perform with complete safety and with a high degree of aesthetic and technical mastery. All deviations from that expectation will be deducted rigorously by the E-Jury. ***This is of particular note for competitions for younger boys where safety of the gymnast is paramount.***

The E-Jury is not to concern itself at all with the difficulty of an exercise. The judge is obligated to deduct equally severely for any error of the same magnitude regardless of the difficulty of the element or the connection.

If for any reason the E-Jury judge cannot reach a decision, he must give the benefit of the doubt to the gymnast.

The E-Jury is obligated to deduct twice for two distinctly different errors in an element, i.e. if the element has both technical and aesthetic execution error. For example a straight front somersault on floor may be deducted for lack of amplitude as well as bent knees.

Determination of Aesthetic Body Position and Execution Errors, and Technical and Compositional Errors

All deviations from correct performance are considered execution or technical errors and must be evaluated accordingly by the judges. The amount of deduction for small, medium and large errors is determined by the degree of deviation from the correct performance. The same deduction is applied each time for the same severity of bending, whether it be the arms, legs, or the body.

The following deductions will apply for each and every discernible aesthetic or technical deviation from the expected perfect performance. These deductions must be taken regardless of the difficulty of the element or exercise.

- Small Error 0.1 p.
- Medium Error 0.3 p.
- Large Error 0.5 p.
- Fall 1.0 p.

E - Jury deduction Tables

These deductions are to be applied on all apparatus and Floor Exercise by the E-jury when the corresponding error is made.

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for <i>Aesthetic and Execution</i> errors			
Non-distinct positions (tuck, pike, straight)	+	+	+
Adjust or correct hand or grip position	+		
Walking in handstand or hopping (each step or hop)	+		
Touching apparatus or floor with legs or feet	+		
Hitting apparatus or floor			+
Gymnast touched but not assisted by spotter during an exercise		+	
Interruption of exercise without fall			+
Bent arms, bent legs, legs apart	+	+	+
Poor posture or body position or postural corrections in end positions	+	+	+
Salto with knees or legs apart	≤ shoulder width	> shoulder width	
Legs apart on landing	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing	+		
Loss of balance during any landing with no fall or hand support. (Maximum - 1.0 total for steps and hops).	Slight imbalance, small step or hop, 0.1 per step	Large step or hop or touching the mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing			1.0
Fall during any landing without feet contacting mat first			1.0 and non-recognition by the 'D' Jury
Atypical straddle		+	
Other aesthetic errors	+	+	+

Deductions for Technical errors			
Deviations in swings to or through handstand or in circle elements	15°-30°	31°-45°	>45° and non-recognition
Angular deviations from perfect hold positions	up to 15°	16°-30°	31°-45° >45° and non recognition
Press from poorly held positions	deductions equivalent to those for the hold position are repeated		
Incomplete twists	up to 30°	31°-60°	61°-90° >90° and non recognition
Lack of height or amplitude on salto and flight elements	+	+	
Additional or intermediate hand support	+		
Strength with swing and vice versa	+	+	+
Duration of hold parts (2sec)		less 2 sec	non stop and non-recognition
Interruption in upward movement	+	+	+
Lowering of legs on elements to a handstand (from original position)	0 - 15°	16° - 30°	31° - 45° > 45° no-recog
Two or more attempts at a hold or strength part		+	+
Unsteadiness in or fall from handstand	+	swing or big disturbance	fall over
Fall from or onto apparatus			1.0
Intermediate swing or layaway		half or layaway	whole
Assistance by spotter in the completion of an element			1.0 and non-recognition by the 'D' Jury
Lack of extension in preparation for landing	+	+	
Other technical errors	+	+	+

Notes on the deduction tables

Small errors: (deduction = 0.1)

- i. any minor or slight deviation from the perfect end position and from perfect technical execution;
- ii. any minor adjustments to hand, foot, or body position;
- iii. any other minor violations against aesthetic and technical performance expectations.

Medium errors: (deduction = 0.3)

- i. any distinct or significant deviation from the perfect end position and from perfect technical execution;
- ii. any distinct or significant adjustments to hand, foot, or body position;
- iii. any other distinct or significant violation against aesthetic and technical performance expectations.

Large errors: (deduction = 0.5)

- i. any major or severe deviation from the perfect end position and from perfect technical execution;
- ii. any major or severe adjustments to hand, foot, or body position;
- iii. any full intermediate swing
- iv. any other major or severe violations against aesthetic and technical performance expectations.

Falls and spotter assistance: (deduction = 1.0 p.)

- i. any fall on or from the apparatus during an element without having reached an end position that permits continuation with at least a swing (i.e. a distinct hang phase on Horizontal Bar or a distinct

support phase on Pommel Horse after the element in question) or that otherwise fails to display a momentary control of the element during landing or re-grasp;

ii. any assistance by a spotter that contributes to the completion of an element;

After a fall on or from the apparatus, the exercise may be continued within 30 seconds and the gymnast may use a necessary number of elements or movements to return to his starting position but all of these elements and movements must be performed with perfect execution.

For strength hold or simple hold positions on any apparatus, angular deviations from the perfect hold position define the magnitude of the technical error and the corresponding technical deduction:

Small error	Medium error	Large error	Non-recognition D-jury
up to 15°	16° - 30°	> 30°	> 45°

Examples:

Deviations in hold positions of 31° and greater will receive a large deduction from the E-jury. In addition, deviations of 46° and greater will lead to the non-recognition of the element by the D-jury. A press from a static strength element that did not have its difficulty recognized for any reason will also not have its difficulty recognized.

If the preceding strength hold element has received a deduction for incorrect technique or position, then the same deduction up to a maximum of 0.30 points applies again to a press from that strength hold element if it is determined that the press has been simplified thereby. This interpretation is intended only for circumstances where a high position or a technically poor hold makes the subsequent press easier (i.e. not for presses from faulty L-sits or from hold positions of longer than 2 seconds).

Technical deductions for angular deviation from the perfect end position can also apply to swinging skills. In most cases the perfect end position is defined as a perfect handstand, or during Pommel Horse circles, as a perfect cross support or perfect side support position. For swinging elements the following applies: On Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar, swing elements are often expected to be performed through rather than to an exact handstand otherwise the rhythm of an exercise might be interrupted. For that reason a small angular deviation of up to 15° from an exact handstand is permitted up to the conclusion of the element. A small deduction is taken if the deviation from the handstand is between 16° and 30°.

On Pommel Horse, circles and most elements must be performed in, from, or to within 15° of a perfect cross or side support position. The appropriate angular deviation deduction is taken each time the error occurs during an exercise. This means that the E - Jury would deduct for each skewed circle, whereas the D - Jury would not recognize the element if it deviates from the correct support orientation more than 45° for the greater portion of the element.

During swing elements which pass through or end in handstand, deviations from the correct position will be penalized as follows:

- up to 15° No deduction
- 16° to 30° Small error
- 31° to 45° Medium error
- > 45° Large error and non-recog. (D-Jury)

NB. Deviations in end positions for swinging elements of 45° and greater (or for twisting elements, of 90° and greater) will receive a large deduction from the E - Jury and will not be recognized by the D-jury. However, in some cases, it may be possible for an incompletely twisted element to be recognized as a lower

value element in accordance with the amount of twist correctly completed. On Rings, during swings to a hold position, the shoulders may not rise above the final hold position. If the shoulders rise above the final hold position, the deduction is:

- Small error up to 15°
- Medium error 16° to 30°
- Large error over 30°
- Non-recognition over 45° (D-jury)

Held Elements

All hold elements must be held for a minimum of 2 seconds measured from the moment that a complete stop position has been reached. Elements that are not held will receive large deductions and will not be recognized by the D-jury.

- 2 seconds no deduction
- less 2 seconds medium error
- no stop large error and non-recognition

Landings

A correct landing is a prepared landing, not one which happens by luck to end in a standing position. An element should be performed with such excellent technique that the gymnast has fully completed it and has had time to reduce rotation and/or extend the body prior to landing.

For safety reasons a gymnast may land or dismount with their feet apart (enough to properly join their heels together) upon landing from any salto. The gymnast must complete the landing by bringing his heels together without lifting and moving the front of his feet. This is done by raising the heels off the mat and joining them together without lifting the front of the feet. The arms must also be in complete control with no unnecessary swings.

Action (without steps, hops, or arm swings)	Result
Landing with feet slightly apart and gymnast lifts heels and joins both heels together without lifting and moving the front of his feet	No deduction
Landing with feet slightly apart or less than shoulder width apart and gymnast picks up a foot moving both feet together, OR does not join both feet together by lifting only the heels	0.1 deduction for landing with feet apart
Landing with feet more than shoulder width apart, AND gymnast picks up one foot moving both feet together, OR does not join both feet together	0.3 deduction for landing with feet apart

Note: All other execution deductions (those while in the flight phase of a salto or for lack of extension before landing) must always be considered in addition to the landing requirements noted above.

Expectations for Compositional Exercise Construction

The expectations for Compositional exercise construction are those aspects of an exercise that define the essence of our expectations and understanding of a gymnastics performance on each apparatus; such things as using the full floor area; swinging without stops; no repetition; etc. These are specifically defined for each apparatus in the appropriate chapter.

Exercise construction errors include, but are not restricted to, the following:

Gratuitous separation of legs (medium error = 0.3 p. E-jury):

The gymnast may not perform elements with a separation of legs that serves no useful purpose or that detracts from the aesthetics of a performance. For example, on Parallel Bars a Stützkehr or a pirouette may not be performed with legs apart; on Horizontal Bar and Rings, elements may not be performed with a backforward separation of the legs; on Rings, crosses, swallows, and handstands may not be performed with a separation of the legs; etc. Most elements permitted or required to be performed with separated legs are listed in the Difficulty Tables.

Repetition of elements:

Repeating elements are permitted but they cannot receive credit for difficulty or connection points. However, they are evaluated normally by the E-jury

Layaways, empty and intermediate swings (medium or large error = 0.3 or 0.5 by the E-jury):

An empty swing is a swing at the end of which no element is performed or no new support or hang position or grip is achieved. (medium error by the E-jury)

An intermediate swing is two successive empty swings. (large error by the E-jury)

Layaways are back swings in support or in upper arm support that simply reverse direction and swing back down in or to a lower hang or support position (also if accompanied by a grip change). (medium error by the E-jury)

Floor Exercise

The Regional Judge is expected to be able to judge as D-Jury on Floor Exercise, as well as E-Jury on all apparatus.

The gymnast must include only elements that he can perform with complete safety and with a high degree of aesthetic and technical mastery. He must begin within the floor area, from a still stand, and with legs together. The exercise and evaluation begins with the first movement of the feet of the gymnast. Exercise must occur entirely within the floor area. Elements initiated outside will be evaluated by E-Jury but not recognised by D-Jury. The Floor lines are part of the floor – the gymnast may step on but not over them:

- One foot / hand outside - 0.1 deduction
- Feet / hands / foot and hand / other body part - 0.3 deduction
- Land directly outside - 0.3 deduction

Elements initiated outside the Floor area receive no value. Steps required to return to the area are not deducted.

There is no minimum time, but a maximum of 70 secs. An audible warning is given at 60 and 70 secs. The full floor area must be used. There is no limit regarding the amount of times a diagonal may be used in succession for acrobatic elements. However, the gymnast must go to and/or from each corner or a 0.3 neutral deduction by the D-jury will be taken once during the exercise.

Pauses of 2 secs or longer are not permitted before acrobatic series or elements. Acrobatic elements or series must end in a visibly controlled landing before continuing to a non-acrobatic element. Dive rolls must show a momentary support of both hands; that is, these may not be performed without hand support or with contact only on the back of the hands.

The exercise must end with an acrobatic element that lands with both feet together.

Unless otherwise indicated, circle and flair elements have same value and identification number. Wende elements with legs apart not permitted. Circles begin and end in front support.

The element group of the dismount cannot also count as the EGR of the element. For example, if arabian tucked double front (D) used as dismount, and no other Group III element in 9 other best, dismount gains 0.4 (for D) and 0.5 (for fulfilling the dismount EGR), but Group III missing – no 0.5 added for Group III. The element group of the dismount is one of the (maximum) 5 elements per element group allowed in the 10 counting elements, for example:

A A B B B B C C B D

I II III III III III III II – Gp II dismount, total ten elements with 6 x Gp II elements. Hence one Gp II element not recognised to benefit of gymnast (0.1 not added).

Connection Bonus

Acrobatic elements can be connected retaining their independent values. All connections between saltos with difficulty appropriate will receive value points. NB for connection purposes, it is not mandatory that both elements be inside the 10 counting best (but no repetition permitted). Connections are applied on both sides of an element. For connected saltos of value: B/C + D or greater (or vice versa) = 0.10 D or greater + D or greater (or vice versa) = 0.20 No connection for counter saltos. Limit of 2 connections in total in an exercise - best 2 values.

Special Repetition

A maximum of 2 strength elements (including strength handstands) may be performed in an exercise for content value. Elements I.1 to I.48 are considered to be strength elements, except: - Element I.19 - Handstand (2 sec). - Element I.31 - ½ or 1/1 turn in handstand or to handstand. A maximum of 2 circle, flair, or Russian value parts may be performed in an exercise for content value.

The Element Groups

- i. Non-acrobatic elements
- ii. Acrobatic elements forward
- iii. Acrobatic elements backwards

Table of specific errors and deductions for Floor

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for Floor errors			
Insufficient height in acrobatic elements	+	+	
Lack of flexibility during static elements	+	+	
Roll-out elements without hand support		On back of hands	Without support
Pause 2 sec or more before element or acrobatic series	+		
Uncontrolled momentary landings (also in transitions)	+	+	+ fall 1.00
Simple steps or transitions to arrive to the corners	+		
Jump to prone landing after salto			+

D-Jury

Error	Small 0.10	Medium 0.30	Large 0.50
Exercise longer than 70 sec	≤ 2 sec	> 2-5 sec	> 5 sec
Non-acrobatic or illegal dismount (rolls)	Elements not recognized by D-jury		
Landing or touching with one foot or one hand outside the floor area	+		
Touching with feet, hands, foot and hand or with any other part of the body outside of the floor area		+	
Landing directly outside the floor area		+	
No pass to and/or from each corner		+	
No double salto element (for Seniors only)		+	
Elements initiated outside the floor area	No value		

Notes on the Floor Exercise deduction tables:

E-Jury

Technical

- Incomplete twists – 0.1 up to 30', 0.3 - 31' to 60', 0.5 – 61' to 90'. >90 – 0.5 and non- recognition. Can be hard to see due to the speed of the tumble pass. Deliberately fix your eyes on the feet on landing. Very evident in multiple twisting combinations which include 2½ back salto.
- Lack of height in acrobatic elements – 0.1/0.3. Watch for final salto of a twisting combination, 2½ back salto lends itself to a low front half turn. How to differentiate between the two deductions - expect to see nose on the floor for 0.3, no lift above shoulder level for 0.1.
- Lack of extension in preparation for landing – 0.1 or 0.3. For a 0.3 deduction expect to see a very deep landing on a double front almost backside on floor, or full in that lands with a deep pike at the hip. A double tuck should see good extension and with time to see the floor and twisting elements are straight throughout, without this a 0.1 would be applied.
- Interruption in upward movement – 0.1/0.3/0.5. This is a deduction often overlooked on floor; this is specifically aimed at lifts to handstand and flair work to handstand. Differentiating between 0.1 to 0.5 is open to interpretation. On a lift to handstand a slight pause 0.1, a definite downward movement 0.3, return to almost touch the floor 0.5, same principle on flairs to handstand.
- Simple steps – 0.1. Should include a turn of 180°, leap or high leg turn. Look for a small step that simply gets gymnast to corner.
- Hold parts – all press to handstand elements must be held.

Aesthetic

- Saltos with knees apart - <shoulder width 0.1, >shoulder width 0.3. An often missed deduction particularly in twisting double somersaults. Any small but slight visible separation 0.1. In a full in, watch for the second salto and large split 0.3. Some poorly performed twisting elements could show bent knees and knees apart.
- Legs apart on landing - < shoulder width 0.1, >shoulder width 0.3. If there is a parting of the legs in the air there is likely to be a landing with legs apart even on a simple double salto.
- Non-distinct positions (tuck, pike, straight) - 0.1,0.3,0.5, a very broad range of deductions and very rarely applied. Specifically here we are looking at the tuck salto with turns, often this is performed almost as a straight position with a slight bend of knees/hips and should attract 0.3 deduction. Expectation that minimum 90° bend at hips and knees are achieved.
- Touching / Hitting floor – 0.1 or 0.5. How do you differentiate between the two? On a triple Russian gymnast touches on every circle, as is often seen, and he loses 0.3, who is the brave judge?! V sit lift through to handstand, 80% will scrap the floor even if lightly, take 0.1.

- Uncontrolled momentary landings – 0.1/0.3/0.5, a forgotten deduction with judges focused on steps etc. Particularly relevant for low landed twisting elements and multiple saltos.
- Wide Arm Handstand – head should be just above ground height, 0.1 for more than one “hand” above and 0.3 for 45° at shoulder. Also watch for held position, feet must stop in handstand.
- Saltos with twists – The E-Jury should pay close attention to the body position which for a tuck should show 90° at hip and knee. This is rarely shown clearly leading to very few deductions being taken.
- Russian wendeswing elements, starting position the key debate. In principle this element on Pommels starts with both hands on the horse and parallel to shoulders. The first movement is then of one hand to a position 90° forward.
- Manna v V sit – be clear to set a benchmark of expectation that is to see a very clear 90° between arm and upper body, anything less becomes a very good V sit.
- Time deduction – The time is measured from the first movement of the feet until a standing position with legs together has been reached.

Pommel Horse

- The gymnast starts from standing; a step or hop is permitted
- The exercise must consist exclusively of swings without visible pauses or visible use of strength
- Oblique positions during flair/circle work are not permitted
- Turning elements must begin and end in either cross or side support
- Circles / flairs performed with complete extension - lack of amplitude in body position is deducted as an individual deduction on for each element. Circles with a slightly hollow position are permitted. Hip breaks during individual elements in an exercise should be deducted as separate technical errors on each circle or flair
- The gymnast must demonstrate a significant elevation of hips and large leg separation during scissors/ single leg swings
- Handstands must be achieved with completely straight arms, without interruption to swing or obvious use of strength

The dismount must normally cross the horse & land in cross stand, adjacent to last hand support position. A dismount through handstand must pass over the body of the horse or include a 270° turn if started in side support, or 360° turn if started in cross support. Thus, the gymnast must land with his side by the horse, not his front or his back.

Expectation of scissor to handstand elements: Swing to handstand without strength or hesitation, hips stretched throughout – legs are required to close. A pronounced hip bend and strength receive separate deductions from E-Jury. Scissors to handstand demonstrating swing with strength and/or lowering of the hips or legs will be deducted by E-Jury.

Scissor to handstand stepping errors:

- Step down off pommel with one hand with return to the single pommel = -0.3 + other execution errors (E-Jury) for uncontrolled handstand support
- Step down off pommel with one hand with no return to the single pommel = -0.5 + other execution errors (E-Jury) for uncontrolled handstand support
- Step down off pommel with two hands = -0.5 or -1.0 (dependent on continuance of exercise or fall) + other execution errors (E-Jury)

All dismounts other than handstands must be executed with the body at minimum angle of 30° above the shoulder horizontal line before landing.

Table of specific errors and deductions for Pommel Horse

Error	Small 0.1	Medium 0.3	Large 0.5
Lack of amplitude in scissors and single leg swings	+	+	
Handstand with visible strength or bent arms	+	+	+
Pausing or stopping in handstand	+	+	+
Hip breaks with circles	+	+	
Lack of body extension in circles or flairs. Each element	+		
Bent or legs apart during elements	+	+	+
Angular deviations on cross support circles and travels	>15°-30°	>30°-45°	>45° = non-recognition
Landing oblique or not facing long axis of horse	+ deviation >45°	+ deviation 90°	

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Non handstand dismounts, body position under 30° over shoulder horizontal line		+	
Scissor to handstand with hip bend	+	+	+ non-recognition
Scissor to handstand without closing the legs	+	+	
Extra ½ swing on mount without a leg changing sides		+	
Unsteadiness in the handstand dismount, turning problems	+	+	
Lowering of legs on elements to a handstand (from original position)	0 - 15°	16° - 30°	31° - 45° >45° no-recog.

Notes on the deduction table:

- Scissors and single leg swings – too often a lack of deduction means that those performed excellently are not rewarded. Remember that the exercise expectation is: ‘during scissors and single leg swings, the gymnast must demonstrate a significant elevation of his hips and a large separation of the legs’. Lack of amplitude commonly seen but often not deducted, with a small or medium deduction possible. Reward the better by deducting those poorly performed.
- Touching or hitting the apparatus 0.1/0.5 deduction available
- Handstand elements must be achieved with completely straight arms and without any interruption of swing or obvious use of strength.
- In flair or circle to handstand dismounts and elements returning to flairs or circles (or support), execution deductions for hesitation, strength, bent arms, lowering of the hips, and unsteadiness must be considered on the rise to the handstand, within the pirouette, the lower from the handstand, and the extension of the flairs or circles upon completion of the element. There is no deduction for bending of the hips on the rise to handstand.
- Handstand with visible strength or bent arms (0.1/0.3/0.5), separate deduction for use of strength.
- Pause or stop in handstand (0.1/0.3/0.5).
- Scissor to handstand with pronounced hip bend (0.1/0.3/0.5+ non rec).
- Circles and Travels – (Magyar, Sivado) Skewing deductions are taken for each circle and travel in cross support (>15° - 30° is 0.1, >30° - 45° is 0.3, >45° is 0.5). This allows the E-Jury to differentiate between the better and poorer routines.
- Dismounts – (To handstand). A gymnast that demonstrates problems in their turning during the dismount leading to a clear “unsteadiness in the handstand” during completion of the element will receive a -0.3 deduction, plus any other deductions (ie: bent arms, form, oblique landing, etc.). This type of landing often (but not always) results in a landing where the gymnast finishes facing inward in respect to the pommel horse
- Flops and Russian Combinations – Key here is to look for a lack of body extension during the combination. This would be a 0.1 deduction for the whole element. Hip breaks during the element would be deducted separately.
- Wu Gounian, Roth, Tong Fei – Watch for leg separation, 0.1/0.3 and over-arching of the body during turns, 0.1/0.3.
- Russian on leather and dismount – Watch for leg separation and over-arching of the body during turns.
- Falls usually occur with other deductions (hitting apparatus / leg separation in trying to stay on etc), again giving bigger difference between the good and the not so.

Rings

- From a still stand, the gymnast jumps (can be assisted) to a still hang, with legs together, and with good form.
- Exercise should contain an approximately equal distribution of swing, hold and strength elements, evenly distributed through the exercise.
- A false grip is not permitted.
- Back swings in support that do not lead to a value part are deducted by the E-Jury.
- Hold positions must be reached directly, with straight arms, and without the need for positional or postural corrections.
- Pineda type elements must be executed with straight body, straight arms, a momentary hold in the front lever and slowly to avoid deduction.
- All hold positions must be held for a minimum of 2 seconds.
- Upward swings must lead through or to handstand, or directly to a strength hold element whenever the nature of the swing permits.
- During all swing to strength hold elements, the shoulders may not rise above the level of the final hold position.
- Straight arms must be used whenever the nature of the element permits them.
- Composition errors e.g. Honma to support then lift to L Lever, or straddle L Lever to L Lever, kip to support lift to L Lever receive a 0.3 deduction.
- During an exercise, a gymnast may only bend their arms during a transition between elements when necessary to properly perform the next element.
- For the hold of a non-listed part for 2 seconds or more, deduct -0.1 each time. Some elements typically featuring this problem (hold of 2 sec. or more) include: inverted hang, inverted pike, and dorsal hang.
- Only for strength elements to handstand with bent arms, where the necessary technique requires minimal touching of the straps with the lower arms, no deduction should be taken for contact with the straps (Elements II.25 and II.26).

NB from FIG code article 9.2, the specific deductions for angular deviation from perfect hold positions (up to 15° =0.1, 16°-30° =0.3, 31°-45°=0.5 plus non-recognition at >45°.

If the preceding strength hold element has received a deduction for incorrect position then the same deduction up to a maximum of 0.3 points applies again to a press from that strength hold element if it is determined that the press has been simplified. Intended for high position or technically poor hold making subsequent press easier (not press from faulty L Lever, false grip or short time).

Table of specific errors and deductions for Rings

Error	Small 0.1	Medium 0.3	Large 0.5
Pre-swing before start of exercise		+	
Coach gives gymnast an initial swing	+		
Layaway on the back swing		+	
Crossing cables during any element		+	
Hold of a non-listed part for 2s or more	per element		
Compositional errors		+	
Legs apart or other poor execution during jump or lift to Rings		+	
False grip (over grip) during strength holds (each time)	+		
Bent arms during swing to strength hold parts or to establish hold position	+	+	+
Touching cables or straps with arms, feet or other parts of body		+	

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Supporting or balancing with feet or legs on cables			+ no-recognition
Fall from handstand			+ no-recognition
Excessive swing of cables	by element		
Preceding strength hold high angle - press to strength (also apply to 2nd element)	+	+	

Notes on the deduction table:

- An exercise must start in a hang position with arms vertical and straight. The gymnast may NOT bend their arms in moving to the first position unless specifically needed for element completion. Example: Cast up and underswing backward may be started with bent arms.
- During an exercise, a gymnast may only bend their arms during a transition between elements when necessary to properly perform the next element.
- Back uprise to straddle planche – usually multiple deductions for both aesthetic and technical errors.
 - Bent arms in the uprise, commonly seen but often not deducted, with a small to large deduction possible. A medium bend (45' to 90') would attract a medium 0.3
 - Bend in the body with an attempt to correct position, a <90° bend is often seen 0.5
 - Lack of control and unsteadiness, a deduction in its own right, as well as a question on time
 - Time of the hold when did the gymnast attain a still position, watch the movement of the feet
 - Bent arms (0.1/0.3/0.5) in final position and leaning on the ropes, which is a straight 0.3
- Jonnasson type elements – these elements are performed in all variants and at all levels to maximise D score. Split of the knees (0.1/0.3) at the back of the swing. This could lead to a split of the knees throughout the element which would be a separate deduction. Bending of the arms is a regular error, most likely to be a 0.1/0.3. A support phase should lead to a discussion to a deduction for lack of rhythm, 0.3
- Position In and Position Held – Swing to strength elements present a number of challenges primarily around multiple deductions. Deduction often missed is the swing into hold position. The shoulders should not rise above the final hold position with up to 15' = 0.1 up to over 45' large error and non-recognition. This makes an uprise to inverted cross almost impossible. Final position reached by the gymnast is then subject to a deduction based on its final position. A gymnast swings to 25' = 0.3, and then settles to 15' = 0.1, total deduction 0.4
- Pressing from preceding strength – again an often missed deduction. If an element has received a deduction for incorrect technique or position the same deduction applies again to a press from that strength position. The obvious example is kip to cross held at 15' = 0.1, gymnast then presses to L sit = 0.1 due to 15' angle making the next move easier.
- Honma to Cross (salto forward between the rings to cross)– another heavily used element at senior level with a risk of multiple deductions for poor execution. As this is a swing to strength the 'position in' rule applies. Due to the nature of the technique used it is virtually impossible to enter the hold at horizontal, in slow motion the entry position is very often the worst case, ie it looks to human eye at 30° but in reality is likely to be 45°. Final position then attracts normal deductions such as angle, time and grip.
- Time Errors – Time analysis suggests 50% of time errors are not being taken correctly. The multiple deductions judges have to make, time is often the one that is judged inaccurately. The task has been simplified with only two possible deductions, less than 2 secs = 0.3 and no stop = 0.5 and non-recognition. The no stop deduction is relatively easy to spot, in a kip to cross the shoulders not stop, an inverted cross where again the shoulders never fix. The more challenging spot is planche and Maltese where the clue lies very much in the feet finding a still position. This is even more challenging in the back up to straddle where the feet often look like they are always moving.
- Maltese – This element has been scrutinized for many years and is relatively well understood and performed more accurately than before. Shoulder position which should be in line with the bottom of the rings, the moment it goes above the line of the top of the ring the debate goes to whether it is a top planche. High shoulders (0.1/0.3). Body position which could well be arched as a result of technical errors on shoulders. Overgrip can be seen in the poorest performers as well as time deductions.

- Longswings – can be the differentiator in any exercise. Bending of the arms in the upward movement or correcting position in handstand. Unsteadiness in handstand in body position arching and piking plus as well as swinging of rings.
- Dismounts – The dismount presents plenty of opportunities for errors. On double layouts watch out for heavy arching and deep piking down, non-distinct positions. For straight saltos with turns keep focus on piking, this could lead to non-distinct position (0.1/0.3/0.5) or ultimately a downgrade on the element.

Vault

The gymnast must begin each vault from a still stand, legs together, maximum 25 metres from the nearest edge of the table.

The vault begins with the first step / hop. The evaluation begins when his feet contact the vaulting board. The vault ends with a landing behind the table in a standing position, legs together either facing towards or away from the table.

The gymnast may take-off only forwards or backwards with legs together. A round-off is only pre-element allowed – for such vaults the board safety ‘collar’ is mandatory, the official ‘handy-mat’ provided by the organiser may be used.

Vaults with saltos in the 1st flight phase and vaults with straddled legs are neither listed nor permitted.

Tuck / pike / straight body shapes must be distinct and unmistakable – the E-Jury deduct indistinct, and D-Jury may only recognise lower value vault.

Table of specific errors and deductions for Vault

D-Jury

Error	Small 0.1	Medium 0.3	Large 0.5
Landing or touching with one foot or one outside the landing area	0.1 from the final score		
Touching with feet, hands, foot and hand or with any other part of the body outside of the landing area	0.3 from the final score		
Landing directly outside the landing area	0.3 from the final score		
Exceeding 25m run for Vault	0.50 from the final score		
Illegal or invalid vaults	Score of 0.00 for the vault		
Failure to use vault board safety collar for round-off entry vaults	Score of 0.00 for the vault		
Repeating 1st vault in Qualification or in Vault-final	Score of 0.00 for the vault		
Repeating 1st vault group in qualification or in Vault final	2.0 point deduction for the 2nd vault		
Identical 2nd flight phase for the two vaults in qualification or in Vault final	2.0 point deduction for the 2nd vault		
Additional run approach	1.00 point deduction		

E-Jury

Error	Small 0.1	Medium 0.3	Large 0.5
Execution errors in 1st flight	+	+	+
Technical errors in 1st flight	+	+	+
Passing the handstand position not through the vertical	+	+	+
Execution errors in the 2nd flight	+	+	+
Technical errors in the 2nd flight	+	+	+
Insufficient height, no conspicuous rise of the body	+	+	+
Lack of extension in preparation for landing	+	+	

Basis of E-Jury Evaluation

1. First flight phase up to the support with two hands
2. 2nd flight phase, including the push from the table up to the landing in a standing position (gymnast must demonstrate a distinct rise in the height of his body after push from table)
3. Body position in momentary support on the table
4. Deductions regarding deviation from extended axis of the table
5. Technical execution during the entire vault
6. The landing

Twisting during vaults must be completed before landing. If incomplete by 90° or more, this leads to non-recognition, but recognized as a vault with lower difficulty value.

The gymnast must land with both feet within the area marked in the diagram below:



In the 2nd flight phase, the gymnast must show a conspicuous rise of his C of G above its height at the moment of push-off.

Salto vaults tucked/piked must display a distinct opening phase in preparation for landing.

Parallel Bars

The gymnast must initiate his parallel bar mount or run-up from a still stand with legs together. Swinging with one leg or stepping into the mount is not permitted. A vaulting board placed at the height of the regulation landing mats is permitted for the mount. Pre-elements are not permitted.

Back swings in support or upper arm hang that do not lead to at least a value element are deducted – this includes a forward roll.

Many swinging elements lead to or are defined to a handstand on one or two rails. The handstands from swing need not be held but the element must be performed in a manner that convincingly demonstrates that the handstand position could have been held if so desired (it should, however, be noted that the simple swing to handstand must be held).

Table of specific errors and deductions for Parallel Bars

Error	Small 0.1	Medium 0.3	Large 0.5
One leg step or swing on mount		+	
Layaway on the back swing		+	
Not controlled momentary handstand positions 1 or 2 rails	+		
Elements Chlarlo type, excessive hand separation and/or body deviation (each).	+	+	+
Pre-element			+
Stepping or hands adjustment in handstand	+		
	each time		
Lack of extension before regrasping after saltos	+	+	
Uncontrolled regrasping after saltos		+	+
Non respect of the official warm up time (50')	0.30 from the Final score (D1 Judge) for individual competition or 1.00 from team score for team competition		
Bent legs before horizontal on Moy/Giant swing	+	+	

Notes on the deduction table:

- All elements in hang followed by kips must be executed with straight legs. This is designed to stop gymnasts performing elements such as the Bhasvar and bending the legs through bottom of swing into the kip. No mention of specific deduction but most would have at least a 90' bend leading to a 0.3 deduction.
- Multiple saltos continue to be used to drive difficulty, performed quickly there is a chance of missing potential deductions. Lack of extension before regrasping (0.1/0.3) look for the smallest of extension in hip and legs. Uncontrolled regrasping after saltos (0.3/0.5) difficult to define, skewed position on catch. Touching or hitting the apparatus (0.1/0.5) as a result of skewed position
- Saltos with knees or legs apart (0.1/0.3) likely to be a slight separation or bend.
- Bilozerchev or Peters – a relatively simple D element as it has scope for often missed deviation from handstand but the code is clear it must be performed to handstand. Angular deviations from handstand (0.1/0.3/0.5) these could be in both planes. Bent Arms (0.1/0.3/0.5) particularly in the subsequent movement to upstart.
- Stutze and Diamidov – Splitting of the legs, 0.1/0.3 is a common error. Also look for position to handstand, 0-15' in theory is possible with no deduction, however gymnast should be able to demonstrate the handstand could be held, could see a 0.1 deduction for non-controlled handstand.

- Healy – heavily used individually or in combination. Look for poor body position on the down swing, 0.1/0.3, possible splitting of the swings, 0.1/0.3, and catching out of alignment which may lead to problems in following swing.
- Held Elements – continues to be a debatable area particularly on some simple elements.
- L Lever – whilst a simple element normal time deductions must be applied – 0.3 if less than 2 secs.
- Handstand - a simple swing to handstand that does not turn in direction MUST be held for two seconds or it will be treated a half intermediate swing – 0.3. (Or A part not held, still 0.3 E-Jury)
- Stepping in Handstand, code specifically identifies “stepping or hand adjustment” 0.1 each time. Steps are clear, movements forward and backward should be deducted. Hand Adjustments are less clear, flexing of the fingers, shrugging of the shoulders are not hand adjustments but it has been confirmed by FIG that these should be deducted. Common sense applies.
- Straddle Cut elements – from uprise, upstart or bent arm swing, whilst downgraded still popular particularly from upper arm for group requirement. Touching/Hitting/Fall on apparatus (0.1/0.5/1.0) hitting or bouncing also invalidates element. Interruption in upward movement (0.1/0.3/0.5) should be continuous rise to handstand. Swing with strength (0.1/0.3/0.5) likely to occur if there has been low catch or contact with bar.
- Longswing elements – Moy, Tippelt and Longswing used individually or with saltos. Touching and hitting the floor (0.1/0.5), a very common error but how to define touch or hit. Bent arms (0.1/0.3/0.5) particularly on the upward phase on swing
- Felge elements – multiple deduction possibilities as one error may lead directly to another, ie bend of the arm likely to show use of strength. Bent Arms (0.1/0.3/0.5), slight <45°, strong < 90°, extreme >90°. Swing with strength (0.1/0.3/0.5) likely to be seen if bending of arms occurs. Interruption in upward movement (0.1/0.3/0.5), watch for pause or reversal of direction. Deviations in swing to handstand (0.1/0.3/0.5), 0-15’ no ded, >45’ large error + no value.
- Dismounts – double pike remains the dismount of choice but is often not deducted accurately. Lack of extension in preparation for landing (0.1/0.3) is an important differentiator, expect to see a clear extension at the hips pre landing, it won’t be excessive but enough to differentiate. Non distinct position (0.1/0.3/0.5) the pike should be deep, open at 90° = 0.5. Bent legs (0.1/0.3/0.5) likely to be 0.1/0.3 or downgraded to double tuck. Steps on landing (0.1/0.3/0.5) as a guide shoulder width = 0.3, add steps to be taken.
- The exercise begins the moment the feet leave the ground. The feet must leave the ground simultaneously. No specific deduction mentioned, follows that it would be 0.3.

High Bar

The gymnast must jump or be assisted to a still or swinging hang from a still stand with legs together or from a short run, with good form. Evaluation begins the moment he leaves the floor.

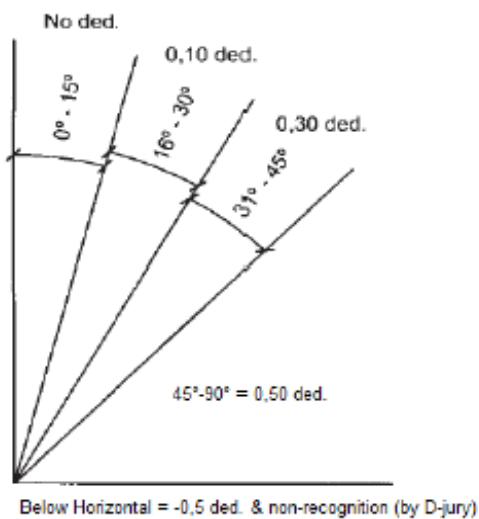
The exercise must consist entirely of swings without stops or pauses.

Back swings in support (cast swings) that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang position are deducted, like composition errors each time with 0,30 points.

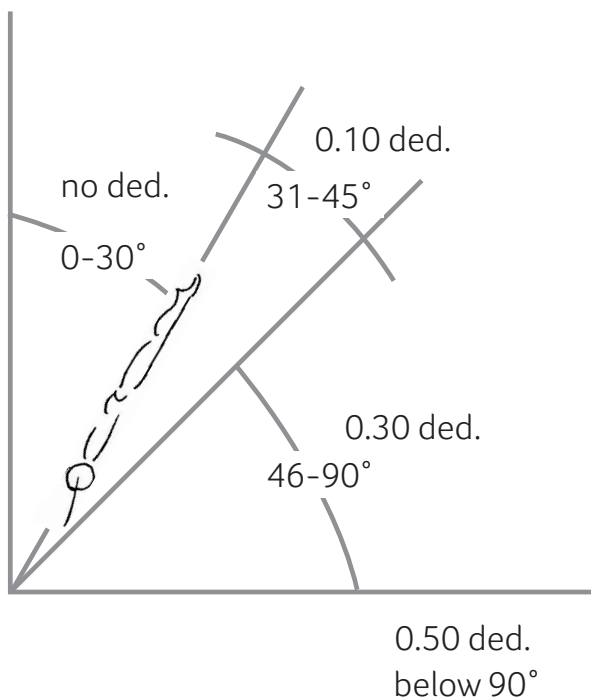
Specific examples of such layaways are:

- following a kip - cast and layaway to giant swing
- following a kip - cast in overgrip - straddle in to Stalder
- following a kip - cast in overgrip to free hip circle
- following a backward swing in hang - hop to overgrip - swing forward

For elements to or through handstand, including those with turns the following deductions apply:



For elements which include turns to mixed elgrip or elgrip, deviations from the prescribed turning end body position (during the re-grasping moment) will be applied according to this diagram:



Flight elements must demonstrate a conspicuous rise of the body during the flight phase. Cast swings that do not lead to a value part deducted 0.30 for composition, e.g. kip cast stalder.

Table of specific errors and deductions for High Bar

Error	Small 0.1	Medium 0.3	Large 0.5
Legs apart or other poor execution during jump or lift to Horizontal Bar		+	
Lack of swing or pause in handstand or elsewhere	+	+	
Low amplitude on flight elements	+	+	
Deviation from plane of movement	≤ 15°	> 15°	
Layaway on the back swing		+	
Illegal elements with or from feet on the bar		+	
Bent arms on regrasping following flight elements	+	+	
Bent knees during swing actions	+ each time	+ each time	
Elements not continuing in their intended direction (applied after element) Needed to show the element can receive value			+
Any flight element with salto over the bar without a giant swing afterward		+	

Notes on the deduction table:

- Adler elements with/without turns – the most commonly used close bar element.
 - Body position on entry – bent legs 0.1/0.3 and on exit.
 - Handstand and turn position relate to above tables.
 - Plane of turn – <15° 0.1, >15° 0.3
- Rybalko & Quast Elements – element to be performed with visible hop and fluid turn, not the turn on the supporting arm. The turning deductions should be applied, specifically the point at which the second hand is placed on bar. A low amplitude deduction 0.1/0.3 could be applied plus alignment/plane of the body position – 0.1/0.3.
- Turning elements – in one hand support position must be considered finished at the moment the gymnast regrasps the bar with second hand. This may be even if the turn is not complete. Deductions will include, incomplete turn, lateness of turn, extension in shoulder angle.
- Endo and Stalder with turns – the turn should be fluid and be part of the element with no visible pause. Normal turning deductions should be applied as above.
 - Pause in handstand or lack of swing – 0.1/0.3. Extension in shoulders – 0.1/0.3.
 - Deviation from plane of movement – 0.1/0.3.
- Yamawaki - the most used element and one that draws much debate. The gymnast should be in straight position throughout and have completed the half turn before he crosses the bar.
 - Body position dished or piked – 0.1/0.3, deep pike 0.5. plus possible downgrade to voronin
 - Late turn – 0.1/0.3 and Low amplitude over bar – 0.1/0.3, also bent arms on regrasping – 0.1/0.3
- Kovacs release – heavily used element in top class routines. 3 clear phases to watch:- Preparation swing, including pre longswing watch for bent legs. Flight phase, deductions include lack of height 0.1/0.3, body, legs and knee position in air. Regrasp phase, should be extended with full swing, key errors could include bending of arms 0.1/0.3 and poor swing from element leading to bent arms to get over bar, 0.1 to 0.5.
- Dismounts – Double back with full and double turn heavily used. In the wind up stage keep focused on leg position at back of swing looking for slight bend / separation of the legs. In the air focus on body position look for arch / pike 0.1/0.3 and a deep pike on landing 0.1/0.3 as well as normal deductions for steps, leg separation.

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