



LAUSANNE (SUI), December 4th, 2022

Dear Friends,

The MTC would like to first congratulate all the coaches, athletes and judges for their work and performances so far this cycle. Many great competitions have already happened, and the World Championships in Liverpool was a huge success with great performances and accurate results.

In particular, the TC would like to thank all of you who attended the Round Table in Liverpool. The discussions and ideas shared will help make gymnastics better around the world

The FIG MTC has made the following interpretations and clarifications regarding the 2022 - 2024 MAG Code of Points at their November meeting. The information below responds to frequently asked questions and analysis of the Liverpool World Championships and is separated into two distinct sections; Clarifications of the Code of Points and new elements successfully performed since Newsletter #1.

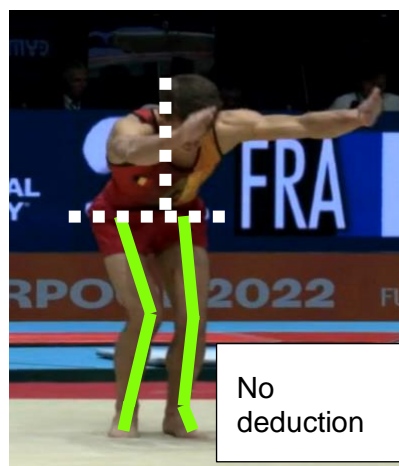
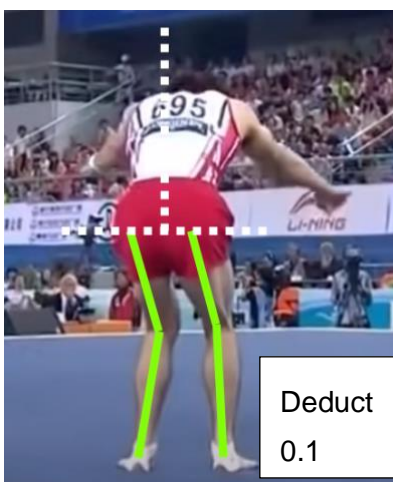
I. Clarifications of the 2022-2024 Code of Points

Landings

The Code of Points, Article 9.2.17 states the following:

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
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There have always been discussion surrounding what is meant by “*slightly*”. The MTC reviewed scientific research on the safest position for the gymnast to land. The research shows that in terms of how far apart the feet should be for safety, that the feet being **hip width** apart allows for the safest body alignment in the lower body. This distance can also be defined as 10cm. If the feet are more than 10cm apart there will be a 0.1 or 0.3 deduction taken, even if the heels are brought together after the initial landing. (Article 9.4)

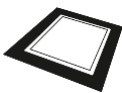




Low Landings

The MTC has also become concerned for the safety of the gymnasts with exceptionally low landing positions on all apparatus. A low landing is defined as the hips below the knees, which should be deducted 0.5 for technical error. (Article 9.4, Other Technical Errors)

In the example below the gymnasts' hips are below the knees, 0.5 deduction.

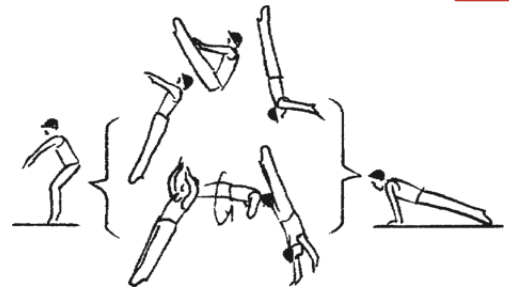


Floor Exercise

Endo Jump (EG I #68)

The performance expectation for the Endo Jump on Floor is that the gymnast must land on the arms and lower to the front support with control.

The Endo jump performed in the attached video was not recognized by the D-Jury and was also deducted by the E-jury for uncontrolled landing.



Spindle to Handstand (EG I # 93 and #100)

During the Liverpool World Championships, we experienced some issues with the performance of these skills. To be recognized as one individual element, the Spindle must be performed within a maximum of 2 circles (3 front support positions from the original start position)

For elements #93 and #100, this rule is further clarified that the gymnast does not have to achieve the 3rd front support position because they will be rising handstand during that phase. (Please refer to the accurate diagram in the CoP)





Pommel Horse

Scissor to handstand (EGI # 4 Li Ning)



A scissor to handstand should be performed with a straight body and a continuous upwards movement. If the gymnast moves directly to a position with an extreme hip bend ($>90^\circ$) the element will not be recognised

If a leg or legs move between the pommels at any stage this would also lead to non-recognition.



Rings

Start of the exercise (Article 12.2.1.2)

An exercise must start in a hang position with arms vertical and straight. If the arms are not vertical a small deduction will be taken. A subsequent deduction may also apply for strength with swing as the element will not start from a static position.

Balandin style elements



Following an analysis of the Fujitsu system we would like to draw your attention to errors that lead to non-recognition of Balandin style elements. The shoulders should not rise above the perfect hold position, if the shoulders rise above 45° at the point the legs pass the vertical line the element will not be recognised. During the press phase the body should be straight. Article 9.2.8 states if the body bends $>45^\circ$ at any point the element will not be recognised and receive a large deduction.



Horizontal bar

Start of exercise (Article 15.2.1.1)



A cast, consisting of a maximum of three swings, is permitted in order to begin an exercise without deduction.

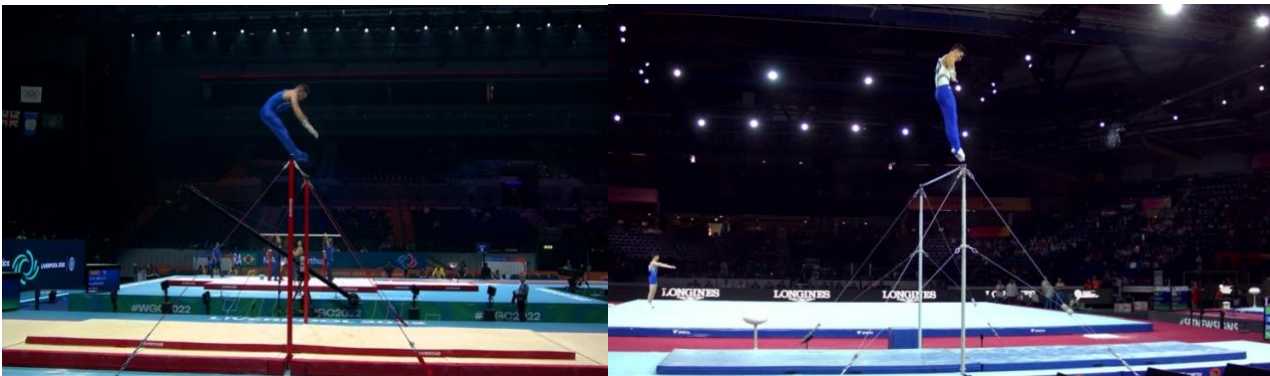
Each movement forward and/or backward counts as a swing. Further, a jump to swing or coach pushing the gymnast to a swing count as a swing.



Straight Tkatchev (Article 15.2.2)



Regarding the Tkatchev straight: the element must be performed with a straight body throughout the element until regrasping the bar. If the gymnast bends his body greater than 45° before passing over the bar, it will be recognized as a Tkatchev pike = C-value. This is further clarified that the body must be straight as the feet pass over the bar.



Grip Changes (Article 9.4)



An additional grip change is considered an "additional or intermediate hand support" and will be deducted 0.1.

Examples include:

- Zou Li Min or Adler 1/1 turn to mixed grip followed by an immediate grip change to undergrip will be deducted 0.1
- Endo, Kip or Backuprise with overgrip followed by two consecutive grip changes to undergrip will be deducted 0.1 for the 2nd grip change

Elements in mixed grip (Giant Forward, Endo, Backuprise, Kip etc.) followed by one grip change to undergrip will not receive a deduction.



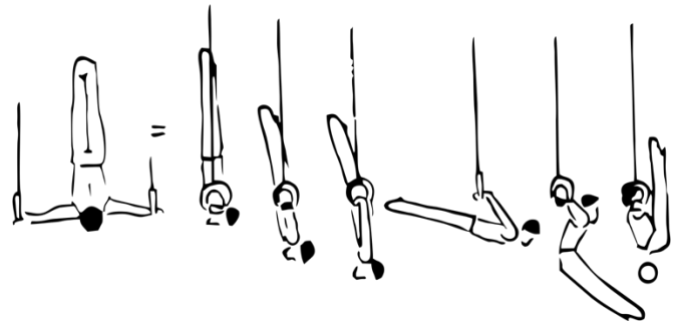
II. MAG NEW ELEMENTS PERFORMED

The FIG MTC confirms the following new elements were attempted in the second half of 2022 and the skill was awarded with the gymnast's name after successful completion. MAG gymnast may receive the name for a new element performed in an official FIG competition upon successful completion for difficulty recognition.



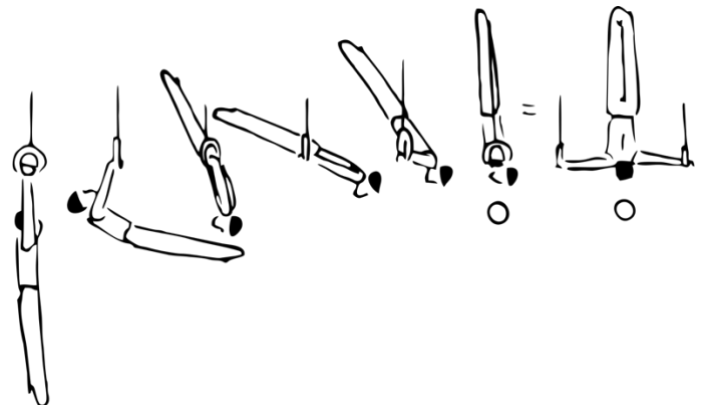
Jingyuan ZOU (CHN)

- From inverted cross lower slowly to inverted hang and felge bwd. slowly to V cross (2 s.).
- E value (EG II)
- Performed successfully for value in the Qualifications of the World Championships in Liverpool (GBR)
- Name awarded: **ZOU**



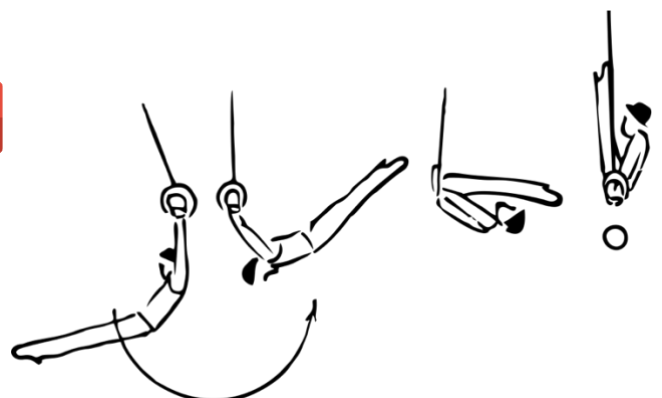
Nikita SIMONOV (AZE)

- Roll backward slowly with straight arms and body to inverted cross through swallow.
- F value (EG II)
- Performed successfully for value in the Qualifications of the World Championships in Liverpool (GBR)
- Name awarded: **SIMONOV**



Cesar GRACIA (MEX)

- Honma to V sit.
- C value (EG III)
- Performed successfully for value in the Qualifications of the Pan American Championships in Rio de Janeiro (BRA)
- Name awarded: **GRACIA**



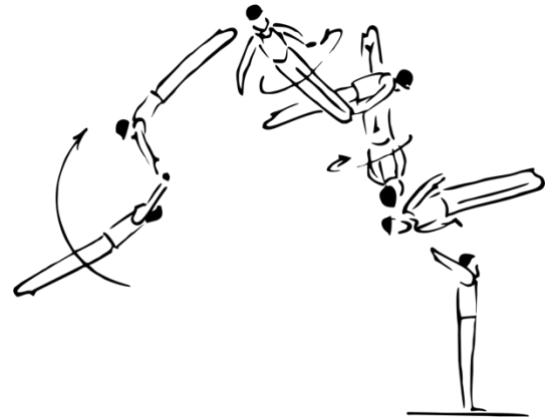


HORIZONTAL BAR

Caleb FAULK (JAM)



- Double salto straight with 3/2 turn over the bar.
- E value (EG IV)
- Performed successfully for value in the Qualifications of the Pan American Championships in Rio de Janeiro (BRA)
- Name awarded: **FAULK**



Thank you to Koichi ENDO (JPN) for all illustrations.

Thank you to FB Curves for the educational material www.fb-curves.com

Respectfully,

Arturs Mickevics
President of the Men's Artistic Gymnastics Technical Committee

Jeff Thomson
VP and Secretary of the Men's Artistic Gymnastics Technical Committee