



LAUSANNE (SUI), 1 December 2025

The recent World Championships in Jakarta and Manila saw a high level of competition and exceptional performances across all apparatus. The Technical Committee would like to congratulate and thank the gymnasts and coaches for their amazing performances and dedication.

During our meetings with judges and coaches the Technical Committee outlined key changes in this cycle's Code and how the principles of the Code should be applied to improve the fairness in scoring.

We discussed the benefits being realized in the reduction to 8 elements. However, we also reinforced the expectation of Article 7.4.2, that 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. We will continue to focus on defining technical mastery, as we did in NL2 and build this in the Judge Support System (JSS) and educational material.

We also highlighted the change in Article 7.4.6. In all cases, the D Jury is to make decisions based on gymnastics sense and in the interests of the sport of gymnastics. In the previous Code Art 5.1.c, highlighted that "when in doubt, give the benefit of that doubt to the gymnast". This often led to inaccurate and therefore unfair scores. Judges are being directed that, if in doubt, not to give recognition and to leave the opportunity for coaches to inquire.

The following decisions of the MTC are captured in this newsletter will take effect 1st January 2026. The next planned newsletter will be in July 2026 after the World Cup series.

1. Clarifications of the 2025-2028 Code of Points

Dismounts

It has become evident that dismounts have progressed to a level that poses potential safety concerns. The FIG Executive Committee has approved placing a maximum cap of 0.5 for the dismount element group on Pommel Horse, Rings, Parallel Bars and Horizontal Bar. More specifically, the element group value will equal the value of the dismount performed, with a maximum value of 0.5. (A = 0.1, B = 0.2, C = 0.3, D = 0.4, E = 0.5, F = 0.5, etc.)

This alignment with all other element groups will remove the perception of a "double benefit" of performing high-difficulty dismounts (i.e. receiving both the dismount value and a disproportionately higher element group value).

Triple Saltos for Juniors

Following consultation with Continental Technical Committees and Coaches, the MTC has reviewed the impact of the dismount changes on the development of Junior exercises. Therefore, in the interest of gymnast safety, the MTC has decided to apply a red dot to all triple salto elements for Junior gymnasts. This includes all dismounts and triple saltos within a Floor Exercise routine. These are now prohibited elements.



Stick Bonus Clarification

During the Junior World Championships stick bonus was awarded 108 times from the 843 exercises performed. There were 22 requests for a review of stick bonus which led to 10 changed scores. While evaluating stick bonus, if the gymnast raises his heels **or toes** to maintain balance, then no stick bonus will be awarded.



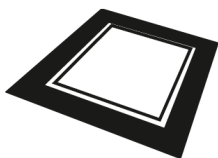
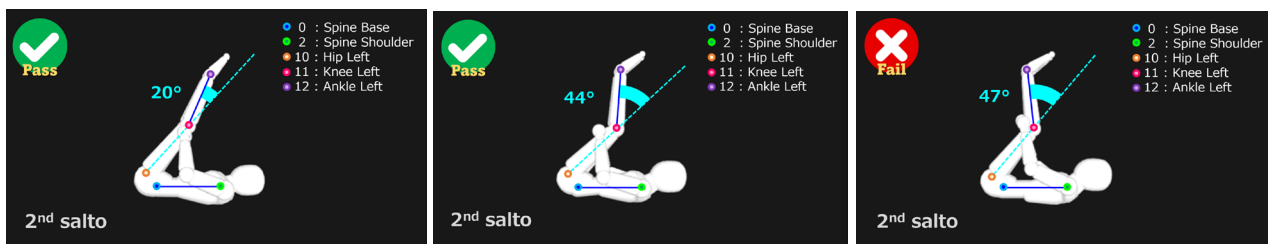
Clarification on Low Landings

In the case of a fall upon landing, deductions for steps, low landing, and the fall would be capped at 1.0. Other deductions such as lack of preparation, feet apart on landing, etc. would still be taken.



Double Salto Forward Piked

For Double Salto Forward Piked to receive full value, the knees must remain straight (up to 45° leg bend) up to the point where the back is horizontal to the ground during the second salto. This element has detailed specifications defined in the Judge Support System (JSS/Fujitsu). [See Definition.](#)



Floor Exercise

Unique Transitions

All corner transitions must be different from each other or a **-0.30** neutral deduction will be applied (one time), taken by the D jury. Variations in turns, rolls, jumps with straight or bent legs, kneeling, and others may contribute towards unique transitions. The enclosed video captures examples of the types of permitted transitions. Additional variations may also be acceptable.





Stag Leap with 1/1 turn

All variations of the Stag Leap with 1/1 or 1/2 turn will no longer fulfill the Jump/Leap requirement.



Pommel Horse

Partial Handstand Dismount Recognition

During the performance of a handstand dismount, if the gymnast reaches a handstand and then has a major error during the upgrade (turn/travel in handstand) no additional increase in value will be awarded for the upgrade, but the element will receive the value of the element to handstand.



Combining Elements into Handstands

Complex elements (i.e. elements with more than one circle) may not be combined with handstands to achieve increased value. Flops, Combined Elements, etc. to handstand will be treated as two elements:



For example:

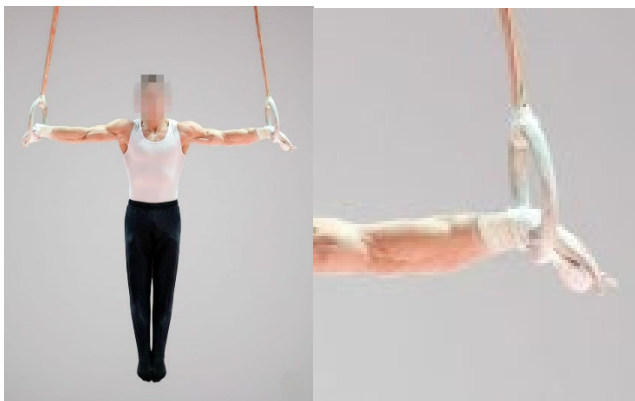
- Stockli HS = C
- Bertoneclj to HS = D.
- Circle on one pommel, Stockli to HS = Two elements (B + C)
- SLL S to Handstand = E + C
- 1/1 spindle to handstand – Two elements
- Pinheiro to handstand – Two elements



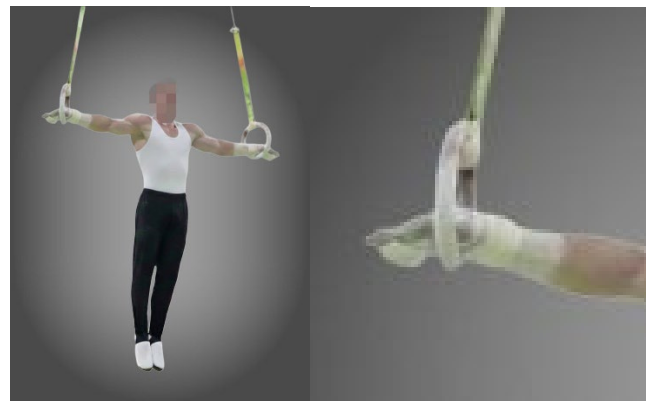
Rings

Hold Positions with open hands

Hold positions with open hands may be deducted for false grip if the wrists are on top of the Rings.



False Grip = 0.1 Deduction



Good Grip = 0.0 Deduction



Parallel Bars

Compositional Errors

From stand, jump to L-sit and from upper arm, kip to support will be deducted **-0.30** as a compositional error.



Felge to Support

A Felge to support must be completed with the body at horizontal or above. An angle of up to 45° below horizontal will have a small deduction and below 45° will incur a medium deduction.



Hitting Floor during Bhavsar and Moy

During Bhavsar and Moy type elements if the gymnast hits the floor the element will not be recognized.



Elements connected to Healy

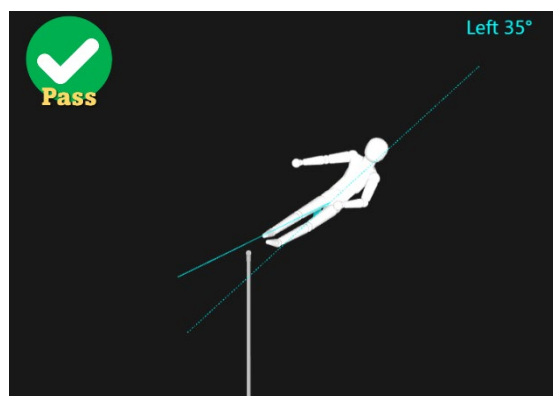
Elements connected to Healy (such as Makutz) are considered a single element when there is only one hand change prior to the Healy. If there are two hand changes prior to the Healy, then this will result in two elements.



Horizontal Bar

Winkler / Pogorelov (II.42)

A Winkler or Pogorelov (Element II.42) must be performed with a straight body up to the point where the feet pass nearest to the bar. If the body is bent more than 45° prior to the feet passing the bar, the element will receive D value and a 0.3 deduction for non-distinct position.





Clarification of Recognition of flight elements

2025 MAG CoP: Flight elements always receive value if a distinct hang phase is shown before the gymnast falls. A distinct hang is achieved when the gymnast has regripped with two hands and demonstrates a controlled swing through the vertical. If the gymnast regrips with one arm and can continue his exercise without a stop, he will receive recognition for the flight element.



Flight elements should show simultaneous release of both hands. A deduction of **-0.10** will be applied for releasing with one hand at a time.

Quast to One Arm Giant

Quast to One Arm Giant will not be recognized because the Quast does not finish with two hands on the bar.



2. MAG NEW ELEMENTS PERFORMED

The FIG MTC confirms the following new elements were performed during 2025 and were awarded with each gymnast's name after successful completion. MAG gymnasts may receive the name for a new element performed in an official FIG competition upon successful completion for difficulty recognition (C value or higher)

POMMEL HORSE

Hamlet MANUKYAN (ARM)

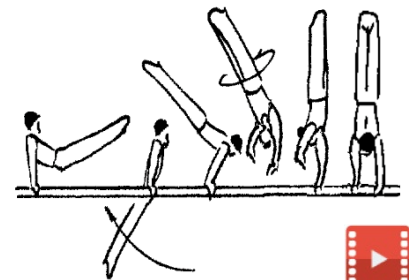
- Bertoncelej to Davtyan on one pommel
- F Value
- Performed successfully for value in the 2025 Paris World Challenge Cup (FRA)
- Name awarded: **MANUKYAN**



PARALLEL BARS

Stefano PATRON (ITA)

- Swing backward with 1/4 turn hop to 3/4 handstand on one rail (reverse direction)
- C Value
- Performed successfully for value in the 2025 Cottbus World Cup (GER)
- Name awarded: **PATRON 2**



Respectfully,

Andrew TOMBS
MTC President



Butch ZUNICH
MTC Secretary

