



The MTC Newsletter

Nr 25

By Mr Adrian STOICA, President of the Technical Committee

Bucharest (ROM),

January 2011

The Men's Technical Committee, after the World Championships in Rotterdam, made the following decisions during its meeting in December, Tel Aviv, ISR:

Note: Video links and illustrations have been included in this newsletter. Each underlined text has a YouTube video link. There is also a description box posted under each video. You can scroll down this text box for additional information.

New Elements submitted & evaluated at the 2010 World Championships Rotterdam: (listed value, element group, & Code of Points position)

Note: Execution deductions can be seen in the videos of the new and recently submitted elements. These deductions have not been evaluated because the purpose of the videos for these elements is recognition for D jury evaluation.

FLOOR EXERCISE

1. [HANDSPRING SALTO FWD TUCK \(MARINITCH STYLE\) TO STAND](#)



D value

Name: MORANDI

Add to Code of Points: EG II.10

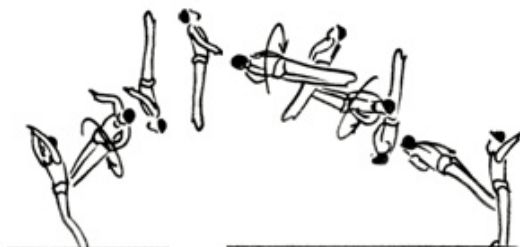
Submitted and performed by Matteo MORANDI (ITA)

2. [HYPOLITO STRETCHED OR PIKED WITH ½ TURN](#) (*NOT in Element Group IV)

NOT Accepted as a New Element

F Value (stretched)

Credited as: Double Salto Bwd. Str with 2/1t



Code of Points: EG III.24 (stretched)= F value

Code of Points EG III.11 (piked)= E value

also, Code of Points EG III.5 (tucked)= E value

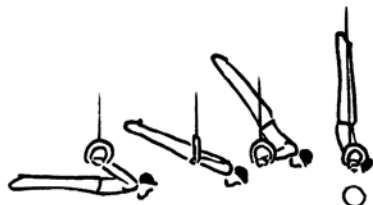
Submitted by Eleftherios KOSMIDIS (GRE)- stretched, Matthias FAHRIG (GER)- piked

**Note: After careful review, the MTC has determined that the original Hypolito element cannot be developed with further turns. Therefore the submitted elements (also tucked) do not fall within Element Group IV, but within Element Group III (demonstrating a different technique than most Double Saltos Bwd with 2/1).*



RINGS

3. [THROUGH HANG REARWAYS PRESS WITH STRAIGHT ARMS AND STRAIGHT BODY TO INVERTED CROSS \(2 sec\)](#)



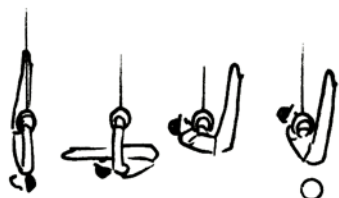
F value

Name: CARMONA

Add to Code of Points: EG IV.60

Submitted and performed by Regulo CARMONA (VEN)

4. [KIP TO V CROSS \(2 sec\)](#)



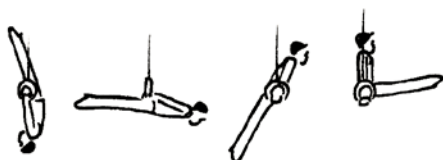
D value

Name: MOLINARI

Add to Code of Points: EG III.70

Submitted and performed by Federico Martin MOLINARI (ARG)

5. [FELGE BWD. SLOWLY WITH STR. ARMS AND STR. BODY TO L SIT \(2 sec\)](#)



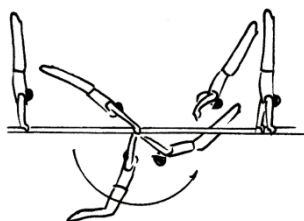
B value

Add to Code of Points: EG IV.38

Submitted by Federico Martin MOLINARI (ARG)

PARALLEL BARS

6. [GIANT SWING TO HANDSTAND ON ONE RAIL \(minimum 1 sec\)](#)



D value

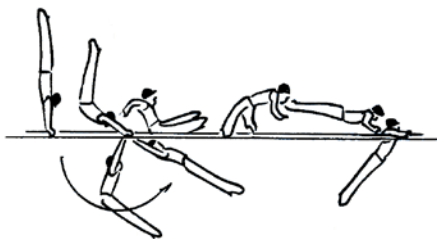
Name: PIASECKY

Add to Code of Points: EG III.22

Submitted and performed by Samuel PIASECKY (SVK)



7. BHAVSAR TO UPPER ARM HANG

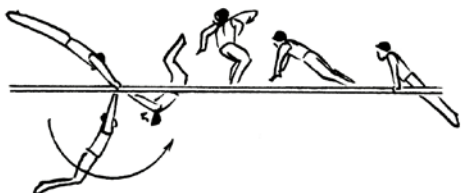


C value

Add to Code of Points: EG III.5
with the note "C value to upper arms"
(Gymnast may perform and receive value for this element
& the E value Bhavsar in the same exercise)

Submitted and performed by Mahmoud ALSADI (QAT)

8. GIANT SWING BWD. AND SALTO WITH ½ T. OR P. TO SUPPORT (BENT OR STRAIGHT ARMS)



E value

Name: TORRES

Add to Code of Points: EG III.47

Submitted and performed by Aldo TORRES (MEX)

HORIZONTAL BAR

9. TKATCHEV STRADDLED ½ TURN TO DOUBLE ELGRIP



E value

Add to Code of Points: EG II.23
(Gymnast may perform and receive value for this element &
the Moznik straddled to mixed elgrip in the same exercise.)

Submitted by Roman KULESZA (POL)



Other 2010 MTC clarifications:

POMMEL HORSE

1. Overview of ALL handstand dismount turning evaluation rules:

For a handstand dismount to increase in value by a 3/3 travel, a minimum 270° of turning in the handstand is required with support on two ends of the horse (no middle contact is required)

To receive upgrades in element value for 3/3 travel AND turning within a handstand the gymnast must:

- Demonstrate turning of a minimum 270° in the handstand during the 3/3 travel for one upgrade (part of the travel)
- Demonstrate an a minimum total of 450° turning in the handstand for the second upgrade, in such a way that the gymnast finishes the landing in a sideways position (facing out) in respect to the pommels
- Or vice versa order

Example 1 (E value)

DSA 3/3 with 630° turn

Example 2 (D value)*

DSA 3/3 with 360° turn

Example 3 (D value)

Circle hdstd. 3/3 with 450° turn

**Note: 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.*

Example (with -0.3 deduction for "unsteadiness in handstand" + other execution deductions)

2. Circles with travel fwd. in side support (Code of Points element III.1) add "also with ¼ turn"

3. A Sivado ending with a ¼ turn (finishing in side support) will receive a D value because the element actually achieves a travel greater than the original requirement. (See Sivado example below) If Russians are performed after such a Sivado, the Russians would begin in side support.

**Note-* This does not apply to a Magyar travel with a ¼ turnout at the end, where the value would become a "B" for a 1/2 or 2/3 travel fwd in cross support. This is not a Bilozerchev travel, which has no support in the center. (See Magyar example below)

Sivado Example (D value)

Magyar example (B value, not a Magyar Travel)

4. Double Scissor Fwd with hop sdw (EG I)- D Jury Evaluation

Double Scissor Fwd. (¼ t. fwd. a. ¼ t. bwd.) w/ hop sdw. (Code I.15), in Code of Points

change to: Double Scissor Fwd. (¼ t. fwd. a. ¼ t. bwd.) w/ travel sdw. (Code I.15)

Therefore the double scissor fwd.(¼ t. fwd. a. ¼ t. bwd.) w/ travel sdw. will **NOT** require a hop to be evaluated as a C.

Example 1 (C value)

Double Scissor Fwd. w/ travel sdw

Example 2 (C value)

Double Scissor Fwd. w/ travel sdw

5. New Handstand Combination-

DSA to handstand, 3/3 travel, 360° turning, and return to flair= F value (EG IV)

Note: 360° of turning in the handstand leads to an upgrade in value when returning to flairs or circles from a handstand (with or without traveling)

In this example: DSA to handstand (C value), Travel 3/3 (upgrade to D value), 360° of turning in handstand (next upgrade to E value), and return to flairs (final upgrade to F value)



VAULT

LINE DEDUCTIONS- (Application of line deductions) Vault line deductions will match the FX line deductions exactly. If a gymnast lands with one foot out and then steps out with the second foot, the deduction is -0.3 for stepping out with two feet.

PARALLEL BARS

1. Remove the box for Element III.27 (Giant swing backward with $\frac{1}{4}$ or $\frac{1}{2}$ turn to handstand) from the Code of Points. This element is already listed in the Code of Points as Element III.21 (Giant swing backward to handstand or with inlocation forward, also with $\frac{1}{2}$ turn) Add text to Element III.21- "also with $\frac{1}{4}$ or $\frac{1}{2}$ t. to hdst."

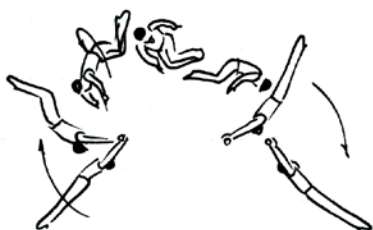
2. Chiarlo (EG IV.23) and Piasecky (EG III.22) elements performed to one bar AND held a minimum 1 second hold will receive full value and no deduction for hold time. If the gymnast stops in the handstand without a 1 second hold, full value is awarded, the deduction is -0.3 for short time by the E jury, and other potential execution deductions may exist. If the gymnast demonstrates no stop in the handstand, there is no value for the element from the D jury and the appropriate execution deductions (ie: unsteadiness, falling from handstand, etc.) are taken by the E jury.

Example 1 Chiarlo w/ Stop & no 1 sec hold (D value, -0.3 short hold)

Example 2 Piasecky with no Stop (no value, -0.5 fall from handstand)

HORIZONTAL BAR

1. GAYLORD 2 TUCKED



D value

Add in Code of Points: EG II.76

2. Stoop circle rearward fwd. thr hdst. with or without turns (Adler Elements) must continue over the horizontal bar in their intended direction, or they will be deducted -0.5 from the E jury for falling from a handstand. Example (Alder 1/1 that does not continue in intended direction, -0.5 deduction)

3. MOZNIK or MOZNIK STRADDLED (Code of Points elements II.17, separate elements that can be performed in same exercise)- These elements must swing to handstand after regrasp in order to receive their listed values. If no handstand position (or connected release) is achieved after regrasp, these elements will receive the value of a Tkatchev stretched or straddled respectively.

FINAL NOTE: This document supersedes (with greater clarification) information published in previous MTC Newsletters, MTC Meeting Minutes, and MAG Code of Points version 6.

With compliments,

Adrian STOICA
MTC President

Steve BUTCHER
MTC Secretary