

FIG CoP Changes 2017-2020

Below is a summary of changes in the Men's Artistic Gymnastics FIG code of points for the upcoming quadrennium. The most updated version of the code of points is available at http://www.fig-gymnastics.com/publicdir/rules/files/mag/CoP_MAG_2017-2020_ICI-e.pdf

General

- Each apparatus has three Element Groups and, except for Floor Exercise, a Dismount Group.
- A maximum of five elements from a single element group are allowed in a routine.
- Remounting after a fall may now exceed 30 seconds for a 0.3 deduction. After 60 seconds, the routine ends.
- 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.

Floor

- Element Groups are now:
 - I. Non-acrobatic elements.
 - II. Acrobatic elements forward (saltos and handsprings) and fwd. rollout elements (no salto).
 - III. Acrobatic elements backward (saltos and handsprings), and Arabian elements.
- 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.
- **A double salto element is required** in the exercise and must be inside the 10 counting elements.
- Connections can be awarded on both sides of one element and is not necessary to be inside 10 counting elements (but no repetition permitted)
 - D + A no longer receives connection
 - No connection for counter saltos i.e. Double salto backward 1/1 to salto fwd 1/1
 - Limit of two connections total in exercise
- Jumps to prone after passes are prohibited and will receive a 0.5 deduction.

- Arabian elements have been combined with the corresponding back saltos in the same position with the same amount of flips and twists.
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Removed: From Manna (2 s.), turn over (dislocation) through handstand. (*Manna to handstand (2s.) remains*)
 - Downgraded: Japanese press to Handstand (B)
 - Added: Japanese press to Handstand from split (C)
 - Changed: Air flairs now require two hops (360°), instead of 1 (180°)
 - Removed: From front support, straddle cut to rear support.
 - Removed: Any neck or head spring.
 - Removed: Full twisting and double twisting dive rolls
 - Upgraded: Double salto fwd. tucked with 1/2 t (E)
 - Upgraded: Double salto fwd. piked with 1/2 t (F)
 - Downgraded: Front full tucked (B)
 - Downgraded: Front 3/2 tucked (B)
 - Downgraded: Front half tucked/piked (A)
 - Upgraded: Double salto fwd. tucked with 1/1 turn. (F)
 - Upgraded: Triple salto bwd. Tucked. (Liukin) (H)
 - Upgraded: Double salto bwd. str. with 5/2 t. (G)
 - Combined: Arabian double tuck, arabian double pike, and double salto bwd. t. or p. with 1/2 t. (D)
 - Downgraded: Arabian Jump bwd. to dbl. salto fwd. str. or double salto bwd. stretched with 1/2 t. (Tamayo) (E)
 - Downgraded: Jump bwd. with 1/2 t. to dbl. salto fwd. str. w. 1/2 t (Penev) (E)
 - Added: Double salto bwd. str. with 3/1 t. (Shirai 3) (H)
 - Removed: All side landing skills (side somersault, side aerial, etc.)
 - Removed: Saltos rollout and jumps to prone position (including to splits) are not permitted for value.
 - Saltos to prone are still allowed
 - All permitted elements that finish with a rollout or finish in front support position are listed in the Difficulty Tables. For safety reasons, no new such elements are permitted.

Pommel Horse

- Element Groups are now:
 - I. Single leg swings and scissors.
 - II. Circle and airs, with and/or without spindles and handstands, Kehrs wings, Russian wendeswings, ops and combined elements.
 - III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles.
 - IV. Dismounts.

- All Tong Fei's must continue into a circle or Russian to receive credit. An immediate leg cut is not allowed.
- All DSA's must begin and end with a ¼ turn to receive credit. This affects flop sequences but not dismounts. The common ¼ turn entry, pommel loop, pommel loop, ¼ out is no longer a D flop.
- Similarly a step up to pommel with or without ¼ turn is a B value pommel loop. The value hasn't changed, but this may affect flop sequences.
- Any Russian dismount beginning in back loops must complete the Russian action before the wende. For example, a 360 Russian beginning from back loop to immediate flank receives credit for a 180 Russian to a Wende for an A value.
- Lack of amplitude is now deducted per element instead of globally.
- All Sohn and Bezugo type elements from a stand will be valued two letters lower than their listed value.
- No partial credit will be given to travels of Russians with a fall.
- Flop sequences and flop sequences with Russians must be separated by minimum of one circle off of one pommel
- All scissors through handstand on one pommel require a change of arm or pommel to receive value.
- A maximum of 2 handstands (from circles, flairs, or scissors) not including the dismount are allowed
- The following table now holds for circle or flair to HS and lower to circle/flair

	"B" HS	"C" HS	"D" HS
Lower to circle/flair	C	D	E
w/360 turn OR 3/3 travel	D	E	F
w/360 turn AND 3/3 travel	E	F (Busnari)	G

- For circle/flair to HS and lower to leg swing, subtract one difficulty value from the above table.
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Removed: Fr. cr. sup. w. strad.legs, swing bwd. through hstd., lower to sup. w. strad. Legs (C)
 - Added: 1/1 spindle w. legs straddle or together on the pommels inside max. 2 circles. (Berki) (E)
 - Downgraded: Reverse Stöckli, DSA or pommel circle strad. through hdst., 3/3 travel (fwd.- bwd), 360° turn to flairs. (Busnari) (F)
 - Upgraded: Kehr with 1/1 turn on 1 pommel. (Sohn) (E)
 - Added: Flaired Magyar (E)
 - Added: Flaired Sivado (E)

- Removed: Travel fwd in cross sup. from one horse part or pommel to another (1/3). (A)

Rings

- Element Groups are now:
 - I. Kip and swing elements & swings through or to handstand (2 sec.).
 - II. Strength elements and hold elements (2 sec.).
 - III. Swing to Strength hold elements (2 sec.).
 - IV. Dismounts.
- **A maximum of 1 final strength position in each EG** may be recognized for difficulty. Thus, for example only two cross type elements (regular, L cross, or V cross) or support scale type elements (regular or straddled) are permitted in an exercise for difficulty value (one in Group II and one in Group III).
- A false grip is defined as using a bent wrist to gain advantage. It can be deducted with or without open hands in a strength position.
- **One Swing to handstand element (2 s. hold) is required in the exercise** and must be inside 10 counting elements (otherwise -0.3).
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Downgraded: From support, back toss to hang rw. to uprise fwd. to support. (Li Ning 2) (B)
 - Removed: Tucked/Piked/Stretched Guczoghy to Li Ning Hang
 - Removed: Felge upward to sup. scale at ring height (2 s.). (E)
 - Added: V Cross, press to V-sit (2 sec.). (Tsukahara 3) (D)
 - Added: Pineda through cross to support scale (2 s.). (Pham) (D)
 - Upgraded: From hang vertical pull up with straight arms to inv. cross (2 s.). (Balandin 2) (F)
 - Added: Honma to L sit (B) swing to strength
 - Added: Front Uprise L-Sit (B) swing to strength
 - Added: Kip to L-sit (B) swing to strength
 - Downgraded: Li Ning 2 to cross or L-cross (2 s.). (C)
 - Downgraded: Li Ning 2 to V Cross (2 s.). (Tsukahara) (D)
 - Upgraded: Triple salto bwd. Tucked. (G)
 - Added: Double salto bwd. t. with 5/2 t. (Tuuha) (F)

Vault

- Most vaults devalued by 0.4 to account for one less Element Group in other apparatus
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Removed: Yamashita (handspring forward piked) type and round off half on Yamashita vaults
 - Added: Forward handspring with 5/2 t. (Tsygankov) (2.6)

- Downgraded: twists added to simple handspring, round-off, back handspring, back handspring half on, and back handspring full on vaults now only add 0.2 for each ½ twist instead of 0.4
- Downgraded: Tsukahara tucked and piked vaults by 0.6
- Downgraded: Kasamatsu and Kasamatsu ½ by 0.8
- Downgraded: Yurchenko (tucked) and with ½ and 1/1 by 0.6, 0.8 and 0.8
- Downgraded: Yurchenko piked 0.6
- Removed: Yurchenko p. with 1/1 t.
- Relative Upgraded: Scherbo and with twists only downgraded 0.2

Parallel Bars

- Element Groups are now:
 - I. Elements in support or through support on 2 bars.
 - II. Elements starting in upper arm position.
 - III. Long swings in hang on 1 or 2 bars and underswings.
 - IV. Dismounts.
- On moy and giant swings, legs may not bend until body is horizontal
- Elements to one bar upgrade only if they are connected to a Healy. Otherwise, they are in the same box as the regular element.
- A two second hold between parts of a Makuts results in no value given
- All Healys must have at 360 turn for credit
- Maximum two basket swings to handstand (Note: stoop mounts on one bar are included)
- Maximum two giant swings to handstand
- All skills to one bar are now the same value as that skill to two bars, you must connect to a Healy type element to upgrade (eg. Basket to handstand, also to one rail (D), upgraded to (E) if connected to a Healy type element)
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Upgraded: Diamidov with ¼ t. to hdst. (D)
 - Removed: Diamidov with 5/4 t or more to hdst. (Pegan)
 - Downgraded: Swing forward with 5/4 t. on one arm through- hdst. and healy to up. arm. (D)
 - Added: 5/4 salto forward str. to upper arm hang (C)
 - Upgraded: Fwd. uprise with 1/2 t. to handstand. (E)
 - Added: Roll bwd. with 1/2 t. tuck to hang. (Dalton) (E)
 - Added: Bwd. uprise and double salto fwd. t. to up arm hang. (E)
 - Added: Bwd. uprise and 5/4 salto fwd. straddled to up. arm hang. (E)
 - Downgraded: Moy to support with bent legs (B)
 - Added: Giant swing bwd. and salto with 1/2 str to up. arm hang. (Fokin) (E)
 - Downgraded: Basket with travel to hang (A)
 - Added: Basket to support (B)
 - Added: Basket through handstand to Makuts. (Yamamuro) (G)

- Upgraded: Basket with salto bwd t. to up. arm hang. (Tejada) (E)
- Added: Double salto fwd. tucked with 1/1 t. (Larduet) (G)
- Added: From hang on end, dbl. salto bwd. t. with 2/1 t. (F)

High Bar

- Element Groups are now:
 - I. Long hang swings with and without turns.
 - II. Flight elements.
 - III. In bar and Adler elements.
 - IV. Dismounts.
- There is no connection bonus for on bar elements to release moves. Bonus for connecting release moves is the same except that the release moves do not have to be in the top counting elements. Thus Tkatchev + Tkatchev = C + 0.1 bonus
- Flight elements with ½ turns must have 50% of the turn completed upon regrasp to receive no deduction.
- Individual skill additions, removals, modifications, upgrades, and downgrades:
 - Removed: From back giant, 1/1 turn hop to El grip, reversing directions
 - No longer flight element, now in bar: Stoop circle fwd. to straddle cut to hang or sup. (A)
 - No longer flight element, now in bar: Stoop circle fwd. to straddle cut through hdst. (B)
 - No longer flight element, now in bar: Stoop circle fwd. to straddle cut with 1/2 t. (Carballo) (C)
 - No longer flight element, now in bar: Carballo with 1/2 turn to mixed el-grip. (Quintero) (D)
 - No longer flight element, now in bar: Quintero to el-grip. (E)
 - Upgraded: Back uprise and hecht stretched with 3/2 t. to hang. (Yamawaki + 1/1 t.) (Walstrom) (F)
 - Upgraded: Piatti elements (Toe on, Stalder or free hip to Tkatchev) (C→D)
 - Upgraded: Patti stretched (E)
 - Upgraded: Piatti stretched with 1/2 t. to mix el-grip into back uprise to hdst. (Kierzkowski) (F)
 - Upgraded: Piatti piked. (D)
 - Upgraded: Piatti with 1/2 t. to mix el-grip into back up. to hdst. (E)
 - Upgraded: Piatti stretched with 1/1 turn. (Suarez) (G)
 - Upgraded: Salto fwd. stretched with 1/1 t. also from el grip. (Winkler - Pogorelev) (F)
 - Upgraded: Salto fwd. stretched with 2/1 t. also from el grip. (G)
 - Upgraded: Gaylord with 1/2 t. (Pegan) (F)
 - Upgraded: Pegan pike (Maras) (G)
 - Upgraded: Deff (Full twisting Geinger) (F)

- Downgraded: Kovacs with 1/1 t. (Kolman) (E)
- Added: kip to forward 1/1 spin mixed (B) and kip to forward 1/1 spin to El Grip (C)
- Added: Weiler with ½ pirouette (B)
- Upgraded: Free hip to hop 1/1 turn (C)
- Removed: Stalder to 1/1 turn hop to El grip, reversing directions
- Upgraded: Triple front dismount (Rumbutis) (G)
- Upgraded: Triple back tuck dismount (Andrianov) or over the bar (Hoffmann) (F)
- Upgraded: Triple back pike dismount (Fardan) (G)
- Upgraded: Triple back tucked with 1/1 t. dismount (Belle) (G)