

Pommel Horse 2022

A	B	C	D	E	F		A	B	C	D	E	F
I. Scissor Elements						II. Circles, Spindles, Kehres, Russians						
III. Travel Type Elements												
IV. Dismounts												
Maximum 2: Full Spindle Elements						Maximum 2: Handstand Elements (not incl. dismount)						
Maximum 2: 3/3 Travel with Spindle Elements						Maximum 2: Russian Wendeswings in same location						
Maximum 2: 3/3 Cross Travel Elements						Maximum 2: Sohn-type elements						
Maximum 2: Russian Travel Elements						Maximum 2: Bezugo-type elements						

Rings 2022

A	B	C	D	E	F	A	B	C	D	E	F/G/H
I. Kip, Swing & Swing to Handstand						II. Strength & Hold Elements (2 sec.)					
											G
											H
											IV. Dismounts

FIG Vault Values 2022

FIG Vault Values 2022					
I. Single Saltos w/ twists		II. Handspring		III. Tsuks	
01. Hsp salto fw tu 1/1 (Cuervo tu. 1/2)	3.2	01. Handspring	1.6	01. 1/4 on 1/4 (R off or 1/4-1/4)	1.6
02. Hsp salto fw tu 3/2 (Kroll)	3.6	02. Handspring 1/2	1.8	02. 1/4 on 3/4 off	1.8
03. Hsp salto fw tu 2/1 (Canbas)	4.0	03. Handspring 1/1	2.0	03. 1/4 on 5/4 off	2.0
07. Hsp salto fw p. 1/1 (Cuervo p. 1/2)	3.6	04. Handspring 3/2	2.2	07. Tsukahara Tuck	2.2
08. Hsp salto fw p. 3/2	4.0	05. Handspring 2/1	2.4	08. Tsukahara Pike	2.4
13. Hsp salto fw str 1/1	4.4	06. Handspring 5/2 (Tsygankov)	2.6	09. Tsukahara tu 1/2	2.4
14. Hsp salto fw str 3/2 (Lou Yun)	4.8	07. Hsp salto fw Tuck	2.4	10. Tsuk tu 1/1 (Kasamatsu)	2.8
15. Hsp salto fw str 2/1	5.2	08. Hsp salto fw tu 1/2 (Cuervo tu.)	2.8	13. Tsukahara Straight	3.2
16. Hsp salto fw str 5/2 (Yeo 2)	5.6	13. Hsp salto fw Pike	2.8	14. Tsuk str. 1/2	3.6
17. Hsp salto fw str 3/1 (Yang Hak Seon)	6.0	14. Hsp salto fw p. 1/2 (Cuervo p.)	3.2	15. Tsuk str 1/1 (Kas str)	4.0
19. Tsuk tu 3/2 (Kas tu 1/2)	3.2	19. Hsp salto fw Straight	3.6		
20. Tsuk tu 2/1 (Barbieri)	3.6	20. Hsp salto fw str 1/2 (Cuervo str.)	4.0		
25. Tsuk str 3/2 (Kas str 1/2)	4.4	25. Hsp Dbl salto fw tu (Roche)	5.2	19. Tsukahara salto bwd Tuck (Yeo)	5.2
26. Tsuk str 2/1 - Kas 1/1 (Akopian)	4.8	26. Roche 1/2 (Dragulescu)	5.6	20. Tsuk salto bwd Pike (Lu Yu Fu)	5.6
31. Tsuk str 5/2 - Kas str 3/2 (Driggs)	5.2	28. Hsp 1/2 Dbl salto bwd tu (Zimmerman)	5.6	21. Double Tsuk 1/1 (Ri Se Gwang)	6.0
32. Tsuk str 3/1 - Kas str 2/1 (Lopez)	5.6	31. Hsp Dbl salto fw Pike (Blanik)	5.6		
33. Tsuk str 7/2 - Kas str 5/2 (Yonekura)	6.0	32. Dragulescu Pike (Ri Se Gwang 2)	6.0		
IV. Yurchenkos					
01. RO hsp bwd	1.6	31. RO 1/2 hsp fw	1.8	55. RO 1/1 Bwd Hsp	2.2
02. RO hsp bwd 1/2	1.8	32. RO 1/2 hsp fw 1/2	2.0	56. RO 1/1 bwd hsp 1/2	2.4
03. RO hsp bwd 1/1	2.0	33. RO 1/2 hsp fw 1/1	2.2	57. RO 1/1 bwd hsp 1/1	2.6
07. Yurchenko Tuck	2.2	34. RO 1/2 Salto fw Tuck	2.6	58. RO 1/1 Salto Bwd Tuck	2.8
08. Yurchenko tu 1/2	2.4	35. RO 1/2 salto fw tu 1/2	3.0	59. RO 1/1 Salto Bwd Pike	3.0
09. Yurchenko tu 1/1	2.8	37. RO 1/2 Salto fw Pike	3.0	60. RO 1/1 salto bwd tu 1/2	3.0
10. Yurchenko tu 3/2	3.2	38. RO 1/2 salto fw p 1/2 (Nemov)	3.4	61. RO 1/1 salto bwd tu 1/1	3.4
11. Yurchenko tu 2/1	3.6	39. RO 1/2 Salto fw Straight	3.8	62. RO 1/1 salto bwd tu 3/2	3.8
13. Yurchenko Pike	2.4	40. RO 1/2 salto fw str 1/2 (Hutcheon)	4.2		
14. Yurchenko Straight	3.2	41. RO 1/2 salto fw str 1/1	4.6	67. RO 1/1 Salto Bwd Str (Scherbo)	3.8
15. Yurchenko str 1/2	3.6	42. RO 1/2 salto fw str 3/2	5.0	68. Scherbo 1/2	4.2
16. Yurchenko str 1/1	4.0	43. RO 1/2 salto fw str 2/1	5.4	69. Scherbo 1/1	4.6
17. Yurchenko str 3/2	4.4	44. RO 1/2 salto fw str 5/2 (Li Xiao Peng)	5.8	70. Scherbo 3/2	5.0
18. Yurchenko str 2/1	4.8			71. Scherbo 2/1 (Shirai 3)	5.4
19. Yurchenko str 5/2 (Shewfelt)	5.2	49. RO 1/2 Dbl salto fw tu	5.4	72. Scherbo 5/2	5.8
20. Yurchenko str 3/1 (Shirai/Kim)	5.6				
21. Yurchenko str 7/2 (Shirai 2)	6.0				
		Second Vault Rules		Other Vault Rules	
25. Yurchenko Salto Bwd tu (Melissanidis)	5.2	Repeating 1st Vault	Score 0.0	More than 2 vaults during warm-up	-0.3
		Repeating 1st V. Group	-2.0	Additional approach (any vault)	-1.0
26. Melissanidis Pike (Yang Wei)	5.6	Vault Final score = Average of 2 vaults		More than 25 meters	-0.5

High Bar 2022

A	B	C	D	E	F/G/H/I	A	B	C	D	E	F/G
I. Long Hang Swings & Turns						III. In-Bar & Adler Elements					
II. Flight Elements						IV. Dismounts					
											G
						G					
						G					
						G					
						G					G
						H					G
						G					
						I					
						G					
Flight + Flight Bonus						Adler + Flight Bonus					
C + C or higher = +0.1						D or higher + D = +0.1					
D or higher + D or higher = +0.2						D or higher + E or higher = +0.2					

Color Coding Key & Rules to Remember

Tables are organized as closely to the Code of Points as possible.

Page breaks are notated

Occasionally, a page was slightly compressed to accommodate space limitations

Floor 2022	
Maximum 2 Strength Elements	Special Floor Requirements (Penalty: -0.3) Double salto Pass to and from each corner No more than 3 times in a row on same diagonal
Maximum 2 Circle-type Elements	
Connection Bonus (no limit on amount) Must be among the counted elements	

Pommel Horse 2022	
Maximum 2: Full Spindle Elements	Maximum 2: Handstand Elements (Not including Dismount)
Maximum 2: 3/3 Travel with Spindle Elements	
Maximum 2: 3/3 Cross Travel Elements	Maximum 2: Russian Wendeswings (Only 1 on leather on end)
Maximum 2: Russian Travel Elements	
Maximum 2: Sohn-type Elements	Special Pommel Horse Requirements (Penalty: -0.3) Use of all 3 parts of the horse
Maximum 2: Bezugo-type Elements	

Rings 2022	
Maximum 2 Guczoghy-Forbidden for Juniors	Final hold position may only be shown once per Element Group
Swing to Handstand Elements	
Elements permitted with bent arms	Special Rings Requirements (Penalty: -0.3) Swing to Handstand

Vault 2022	
Second Vault Rules	Other Vault Rules
Repeating 1st Vault Score 0.0	More than 2 vaults during warm-up -0.3
Repeating 1st V. Group -2.0	Additional approach (any vault) -1.0
Identical 2nd Phase -2.0	Vault Final score = Average of 2 vaults

Parallel Bars 2022	
Upper arm reception-Forbidden for Juniors	Only 1 variation of similar saltos
Maximum 2 Giant to Handstand Elements	
Maximum 2 Basket to Handstand Elements	

High Bar 2022	
Maximum 2 Adler Elements	Connection Bonus (no limit on amount) Must be among the counted elements
Maximum 2 Tkatchev/Piatti Elements	
Maximum 2 Kovacs Elements	