



**Nederlandse Studenten TurnBond**

**Judgement Criteria  
Men's Gymnastics**

**Edition 2022**

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Unofficial translation

# Introduction and general procedures

## Introduction

This is an unofficial translation done by Timon Veurink. This document can be used as helpful tool, but the Dutch version is leading.

These judgement criteria are based on the latest version of the Code of Points 2022-2024 of the FIG and the latest version of the Nationaal Turn Systeem Heren edition 2022 of the KNGU.

There where this document doesn't suffice, the rules from the Code of Points 2022-2024 will be leading followed by the rules from the Nationaal Turn Systeem Heren edition 2022.

In case of disagreement on the interpretations of these judgement criteria, the judgement of the head judge is binding.

## Determination of the score

At all apparatuses there exist 3 different kind of scores, "D", "E" and "N". The D-score (difficulty) is determined by the contents of the routine and the E-score (execution) is determined by the presentation of the routine, related to composition requirements, technique and body shape.

The "N" is a neutral deduction for certain mistakes or dress code violations.

The final score is the total of the D-score, E-score and the N-deduction

## Deviations from the Code of Points 2022 and Nationaal Turn Systeem 2022

Vault: The gymnast shows 2 jumps. The jumps are allowed to be the same or be from the same jump group. The judges grade both jumps. From both the scores, the higher rated one will be used as the final score.

The next adaptations are specific to competitions from the NSTB:

- All restrictions depending on reaching the maximal amount of elements from the same kind are canceled within this rule set. Here one can think of, for example:
  - o The rule 'at most 5 elements from the same structure group' is canceled.
  - o The rule 'at most 3 strength elements in immediate connection' on rings is canceled.
  - o De rule 'at most 2 circle-elements on floor' is canceled
  - o Etc.
- The special composition rules such as on floor (mandatory double tuck) and rings (mandatory swing to handstand) are canceled.
- The rule that every unique element can be counted only once, stays in effect.
- The rule that each element can only suffice for a bonus when it is part of the counting elements and does not have any major mistakes (immediate 0,5 or 1,0), stays in effect.

## Work group NSTB Men Judgement Criteria

The NSTB Men Judgement Criteria has been created by a work group existing out of Michel Ram, Martijn de Boer, Jorn Boerrigter and Michiel Jansen under supervision of the NSTB.

## Inclusivity

In the context of inclusivity, NSTB emphasizes that every participant, regardless of gender identity, is welcome in every discipline.

## **Element groups per apparatus**

### **Floor**

- I. Non-acrobatic elements
- II. Acrobatic elements forward
- III. Acrobatic elements backward and twisting elements
- IV. Dismount, provided that it's from EG II or EG III and landed on 2 feet (no walking front handspring, dive roll or similar)

### **Pommel Horse**

- I. Single leg swings and scissors
- II. Circle and flairs, with and/or without spindles and handstands, Kehr swings, Russian w., flops and combined elements
- III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles
- IV. Dismounts

### **Rings**

- I. Kip and swing elements & swings through or to handstand
- II. Strength elements and hold elements (2 sec.)
- III. Swing to Strength hold elements (2 sec.)
- IV. Dismounts

### **Parallel Bars**

- 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

### **High Bar**

- I. Long hang swings and turns
- II. Flight elements
- III. In bar and Adler elements
- IV. Dismounts

## **Apparatus Requirements**

### **Floor**

Size 12 m x 12 m

*At Men Level 4 and 5, usage of the entire floor area is not mandatory*

### **Pommel Horse**

Height: 105 cm from the top of the mat (115cm from the floor)

Men Level 4 and 5: A routine can be partially done on a mushroom

### **Rings**

Height: 270 cm counting from the top of the mat (290cm from the floor)

Soft top mat of 10cm is desired, but not mandatory.

### **Vault**

Men Level 1, 2 and 3: height 135 cm measured from the floor

Men Level 4 and 5: height 125 cm of 135 cm from the floor

*The usage of a trampoline is allowed at level 4 and 5, but yields a penalty of 1,00 point.*

### **Parallel Bars**

Men Level 1, 2, 3 and 4: height 180 cm from the top of the mat

Men Level 5: height is free

### **High Bar**

Height: 270 cm from the top of the mat (290cm from the floor).

*Important: this is 10cm higher than FIG-competition height!*

## Student A-elements (sA)

These student A-elements are only applicable to Men Level 5 and on High Bar and Pommel Horse on Men Level 4. The here presented list is not complete and can be expanded to the view of the judges. The determination of the element group is also determined by the personal view of the judges.

Element / Apparatus	Element Group
<b>Floor</b>	
Every roll forwards on the floor	I
Every roll backwards on the floor	I
Handstands balanced for less than 2 seconds	I
Jump to lying support	I
Straight jump with 1/1 twist	I
<b>Pommel Horse</b>	
Four simple leg swings (2L+2R) to the back and front	I
Half scissor and one legged circle	I
Half circle	II
Simple Wende as dismount	IV
Mushroom: 1 circle from stance	II
Mushroom: 1 circle from circle	II
Mushroom: 180° Russian wendeswing or more	II
Mushroom: ½ spindle or more	II
Mushroom: Wende (1/2 twist) from circle	IV
<b>Rings</b>	
Swinging	I
Knee grab to support (with regrip of the hand)	I
Straddle back lever 2s	II
Tucked planche 2s	II
Swing to front lever 2s, also straddled	III
Support swing or back uprise to tucked planche 2s	III
Dorsal hang with release as dismount	IV
<b>Parallel Bars</b>	
Swinging in support	I
Shoulder stand	II
Every roll	II
Swinging in upper arm support	II
Swinging in hang	III
From hang, back uprise to upper arm hang	III
Swing with Wende	IV
<b>High Bar</b>	
Swinging	I
Swing with half twist	I
From support, cast with half twist tucked over the bar to hang	II
Voronin tucked	II
Backward hip circle tucked	III
Forward hip circle tucked	III
Underswing as dismount (also with ½ twist)	IV
Forward swing with ½ twist dismount	IV

## Added Jumps

Jump	D-score
Squat jump on, straight jump off	0.80
Roll forward	0.80
Squat jump on, straight jump with ½ twist or more off	1.00
Straddle cut	1.00
Squat over	1.20
Thief jump	1.30
Straight jump on, front tuck off	1.40

## Bonus rules difficulty

To encourage spectacular gymnastics, a bonus rule was instigated with respect to the difficulty. This is applicable to all 5 levels. An element can only earn a bonus when it is executed without big mistakes. Multiple small mistakes (for example 0,1 – 0,3) does not affect the bonus rule. In addition, the element needs to be a part of the counting elements of the D-score to earn a bonus.

Element	Value	Bonus	Total value, without big mistakes
sA	0,1	no bonus	0,1
tA	0,1	no bonus	0,1
A	0,1	0,1	0,2
B	0,2	0,2	0,4
C	0,3	0,3	0,6
D	0,4	0,4	0,8
E	0,5	0,4	0,9
F	0,6	0,4	1,0
G	0,7	0,4	1,1
H	0,8	0,4	1,2
I	0,9	0,4	1,3

## Bonus rule tuck combinations floor

There is a different bonus rule for combinations of tuck elements on floor. This rule is depending on your level and explained in the overview table and on the pages per level.

In contrast to the FIG and NTS, combinations of twisting flips can also earn the bonus.

## Bonus rule flight elements high bar

There is a bonus rule for flight elements on high bar. For all combined unique flight elements the gymnast receives a bonus of 0.2 points. In addition, all flight elements with a value of at least C, earn an extra bonus of 0.2.

## Overview table NSTB-levels

Level	Maximum Difficulty	sA counts	tA counts	tA counts gr. I, II, III	Dismount 0.3	Dismount 0.5	Max. amount of elements	Penalty amount of elements	Bonus rules floor
<b>H1</b>	I	no	no	no	B	C or higher	9 + 1 = 10	7 or more: 0,00 6: 3,00 5: 4,00 4: 5,00 3: 6,00 2: 7,00 1: 8,00 0: 10,00	A-B, A-C, B-B or B-C = +0,10 D-combi or higher or C-C = +0,20
<b>H2</b>	D	no	yes	no	A	B, C or D	7 + 1 = 8	6 or more: 0,00 5: 3,00 4: 4,00 3: 5,00 2: 6,00 1: 7,00 0: 10,00	A-B, A-C. B-B or B-C = +0,10 D-combi or C-C = +0,20
<b>H3</b>	C	no	yes	yes	tA	A, B or C	6 + 1 = 7	5 or more: 0,00 4: 3,00 3: 5,00 1 of 2: 7,00 0: 10,00	A-A, A-B = +0,10 A-C, B-B, B-C or C-C = +0,20
<b>H4</b>	C	Only pommel horse and high bar	yes	yes	tA	A, B or C	5 + 1 = 6	4 or more: 0,00 3: 3,00 2: 5,00 1: 7,00 0: 10,00	A-A, A-B = +0,10 B-B, B-C or C-C = +0,20
<b>H5</b>	B	yes	yes	yes	sA or tA	A or B	4 + 1 = 5	4 or more: 0,00 3: 3,00 2: 5,00 1: 7,00 0: 10,00	A-A = +0,10 A-B or B-B = +0,20

## Men Level 1 (Comparable to KNGU level 1)

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

### Maximum amount of elements, element groups and dismount

Maximum amount counting elements	10, dismount + highest 9 elements	
Fulfillment of the element group (except the dismount)	sA of tA	+0,00
	A or higher	+0,50
Dismount	sA, tA of A	+0,00
	B	+0,30
	C or higher	+0,50

### Rules for difficulty

Element	Value
sA	No value
tA	No value
A	0,1
B	0,2
C	0,3
D	0,4
E	0,5
F	0,6
G	0,7
H	0,8
I	0,9

### Penalty shortage on elements

7 to 10 elements	No penalty
6 elements	3,00 points penalty
5 elements	4,00 points penalty
4 elements	5,00 points penalty
3 elements	6,00 points penalty
2 elements	7,00 points penalty
1 element	8,00 points penalty
0 elements	Final score 0,00

### Bonus Rules

Combination of tucks on floor, also twist combinations:

A-B, A-C, B-B or B-C	0,10 point
C-C, D-combi or higher	0,20 point

### Vault

Height 135 cm.

Usage of a trampoline is not allowed.



## Men Level 2 (Comparable to KNGU level 2)

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

### Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	8, dismount + highest 7 elements	
Fulfillment of the element group (except the dismount)	sA of tA	+0,00
	A or higher	+0,50
Dismount	sA of tA	+0,00
	A	+0,30
	B or higher	+0,50

### Rules for difficulty

Element	Value
sA	No value
tA	0,1 (but no completion element group)
A	0,1
B	0,2
C	0,3
D	0,4
E of hoger	No value, exceedance maximum difficulty

### Penalty shortage on elements

6, 7 or 8 elements	No penalty
5 elements	3,00 points penalty
4 elements	4,00 points penalty
3 elements	5,00 points penalty
2 elements	6,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

### Bonus Rules

Combination of salto's on floor, conform NTS:

A-B, A-C, B-B or B-C	0,10 point
C-C or D-combi	0,20 point

### Vault

Height 135 cm.

Usage of a trampoline is not allowed.

## Men Level 3 (Comparable to KNGU level 4)

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

### Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	7, dismount + highest 6 elements	
Fulfillment of the element group (except the dismount)	sA	+0,00
	tA or higher	+0,50
Dismount	sA	+0,00
	tA	+0,30
	A or higher	+0,50

### Rules for difficulty

Element	Value
sA	No value
tA	0,1
A	0,1
B	0,2
C	0,3
D of hoger	No value, exceedance maximum difficulty

### Penalty shortage on elements

5, 6 or 7 elements	No penalty
4 elements	3,00 points penalty
3 elements	5,00 points penalty
1 of 2 elements	7,00 points penalty
0 elements	Final score 0,00

### Bonus Rules

Combination of salto's on floor, conform NTS:

A-A or A-B	0,10 point
B-B, B-C or C-C	0,20 point

### Vault

Height 135 cm.

Usage of a trampoline is not allowed.

## Men Level 4 (Comparable to KNGU level 5)

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

### Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	6, dismount + highest 5 elements	
Fulfillment of the element group (except the dismount)	sA	+0,00
	tA or higher	+0,50
Dismount	sA	+0,00
	tA	+0,30
	A or higher	+0,50

### Rules for difficulty

Element	Value
sA	0,1 on pommel horse and high bar. No value on floor, parallel bars and rings
tA	0,1
A	0,1
B	0,2
C	0,3
D of hoger	No value, exceedance maximum difficulty

### Penalty shortage on elements

4 or 5 elements	No penalty
3 elements	3,00 points penalty
2 elements	5,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

### Floor

It is not mandatory to use the complete floor area.

### Bonus Rules

Combination of salto's on floor, conform NTS:

A-A or A-B	0,10 point
B-B, B-C or C-C	0,20 point

### Pommel horse

It is not mandatory to use alle parts of the horse.

A pommel horse routine may exist out of a composition on the mushroom and/or the horse. However, the elements on both apparatuses need to be well connected. Between both parts of the routine, a break is allowed of a maximum of 30 seconds, whereafter the routine is to be continued on the second apparatus. When switching, the gymnast is to greet the judges again before continuing the routine. It is only necessary to fulfill the dismount requirement once. This can be done on the mushroom or the horse.

### Vault

Height 125 of 135 cm.

Usage of a trampoline is allowed, but yields a penalty of 1,00 point.

## Men Level 5 (Comparable to beginner of KNGU level 5)

Routines on Floor, Pommel Horse, Rings, Parallel Bars and High Bar are graded, based on the tables below, by the judges.

### Maximum amount of elements, element groups and dismounts

Maximum amount counting elements	5, dismount + highest 4 elements	
Fulfillment of the element group (except the dismount)	sA or higher	+0,50
Dismount	sA or tA	+0,30
	A or higher	+0,50

### Rules for difficulty

Element	Value
sA	0,1
tA	0,1
A	0,1
B	0,2
C of hoger	No value, exceedance maximum difficulty

### Penalty shortage on elements

4 or 5 elements	No penalty
3 elements	3,00 points penalty
2 elements	5,00 points penalty
1 element	7,00 points penalty
0 elements	Final score 0,00

### Floor

It is not mandatory to use the complete floor area.

### Bonus Rules

Combination of salto's on floor, conform NTS:

A-A	0,10 point
A-B or B-B	0,20 point

### Pommel horse

It is not mandatory to use alle parts of the horse.

A pommel horse routine may exist out of a composition on the mushroom and/or the horse. However, the elements on both apparatuses need to be well connected. Between both parts of the routine, a break is allowed of a maximum of 30 seconds, whereafter the routine is to be continued on the second apparatus. When switching, the gymnast is to greet the judges again before continuing the routine. It is only necessary to fulfill the dismount requirement once. This can be done on the mushroom or the horse.

### Vault

Height 125 of 135 cm.

Usage of a trampoline is allowed, but yields a penalty of 1,00 point.

## Originality Rule

In student gymnastics, originality is highly appreciated. Therefore, one can attain a bonus of a maximum of 0.3. Judges are free to give a bonus of a maximum of 0.3 for a routine. The table below shows the general direction and some examples for this bonus.

Bonus	Examples
0.1	Funny sign of control in a static element, in which contact is made with the juries (2s.)  Attribute for during the routine, for example a fake mustache, silly hat or glasses.
0.2	Routine on music with complementary dance, different than usual (think of dances from movies, folk dance or the classics the public knows).  Complementary clothing for the routine.
0.3	Routines with a lot of creativity, where attention is given to music, attributes and clothing.

## Teams competition

During a team competition, gymnasts compete in a team. In this team, there is a maximum of 7 team members. The team may consist of members from different associations. Three people compete on each apparatus. The two highest scores per apparatus count towards the ranking. The table shows which levels can be combined in a team. The same rules and regulations apply to a team competition as to any other competition.

\* On vault, there is one jump possible per gymnast

\* The teams competition is considered a separate competition with regard to the overall standings

D1 + D2	Team 1/2
D3 + D4	Team 3/4
D5 + D6	Team 5/6

H1 + H2	Team 1/2
H3 + H4	Team 3/4
H4 + H5	Team 4/5