



Nederlandse Studenten TurnBond

**Regulations
Men's Artistic Gymnastics**

Edition 2025
Version April 2026

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Many thanks to Michiel Jansen (version 2022)

This is a translated version by Coen Linn. The original Dutch document is leading

Introduction and general rules

Introduction

These regulations are based on the mens code of points by the FIG (= World Gymnastics) and the "nationaal turn systeem (NTS)" by the KNGU. If not mentioned in this document, those regulations (including MAG newsletters by the MTC) are definitive.

CoP (FIG): [Mens Artistic Gymnastics Code of Points \(MAG-CoP\)](#)

NTS (KNGU): [Nederlands Turnstelsysteem \(NTS\) bovenbouw](#)

When discussion arises about the interpretation of this document, the superior judge makes the final decision.

Determination of the final score

On all apparatuses, there are 3 types of scores: "D", "E", and "N". Furthermore, a bonus is applicable to each skill and stuck landings. Difficulty (D) score represents the content of the routine, while the execution score (E) represents the routine presentation. N is for neutral deductions. The final score is the sum of all components.

Deviations from the 2025 CoP and NTS

Vault: The gymnast performs 2 vaults, which can be the same and can belong to the same vault group. Only the best of the two vaults will count towards the final score.

Here is a list of deviations from the NTS and CoP 2025:

- All restrictions with respect to a maximum amount of similar skills do not apply. For example:
 - o The rule: "maximum 4 skills per EG" does not apply.
 - o The rule: "maximum 3 consecutive strength hold positions" on rings does not apply.
 - o The rule: "maximum 1 circle-type skill" on floor does not apply.
 - o Etc.
- Composition requirements and special repetitions do not apply, eg: on floor exercise double salto requirement, the balance/leap requirement, starting with acrobatic series do not apply. Rings: no swing to handstand required.
- The rule about artistic corner transitions during floor routines does apply, however it is allowed to repeat the same transition (in all levels). The rule about maximum 2 diagonals consecutively and the requirement of using all the floor corners do apply, except for H4 and H5.
- The rule that every unique skill (with the same identification number) can only count towards the D score once, still holds.
- The rule that states that skills can only receive bonus when there is no large mistake (0.5, 1.0 or 2x 0.3) still applies.
- In level H3, H4 and H5, there is no 0.3 deduction for:
 - Simple change of direction on high bar
 - Swing back after a simple swing to handstand on pbars.
(this is in line with the NTS)
- In H4 and H5 it is allowed for the coach to aid the gymnast to support on rings and high bar

Work group NSTB Men's regulations

This document is made by a work group consisting of Martijn de Boer, Koen van den Ende and Coen Linn

Inclusivity

The NSTB insists that all gymnasts can compete in all events and levels, regardless of their gender identity.

Element groups (EGs) per apparatus

Floor Exercise (FX)

- I. Non acrobatic skills
- II. Acrobatic skills forward
- III. Acrobatic skills backward and arabians
- IV. Single somersaults with 1 or more twist

Note: arabian (english) = twistsalto (dutch),
twisting salto (english) = schroefsalto (dutch)

Pommel Horse (PH)

- I. Scissors and leg swings
- II. Circles and flairs (including spindles and flops)
- III. Travel type skills
- IV. Dismounts

Still Rings (SR)

- I. Long swings and kips
- II. Strength holds and presses
- III. Strength holds with swing entry
- IV. Dismounts

Parallel Bars (PB)

- I. Skills starting in upper arm support
- II. Skills starting in, or swinging through support on 2 bars
- III. Underbar skills
- IV. Dismounts

High Bar (HB)

- I. Long swings (also with turns)
- II. Flight skills
- III. In-bar skills and adlers
- IV. Dismounts

Apparatus regulations

Floor Exercise

Size: 12 m x 12 m

In H4 and H5, there is no penalty for not using all corners

Pommel Horse

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

In H4 and H5: Part of the exercise can be performed on the mushroom.

Still Rings

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

Soft 10cm top mat required for safety.

Vault

H1, H2 and H3: height is 135 cm from the ground

H4 and H5: Height from the ground can be both 125 or 135 cm.

H4 and H5: usage of a mimi-tramp is allowed at the cost of 1,00 neutral deduction.

Parallel Bars

H1-4: height is 180 cm from the ground

H5: any height is allowed

High Bar

Height: 270 cm from the top of the mat (290cm from the ground), soft 10 cm top mat mandatory for safety

Important: This height is 10cm taller than FIG regulations!

Student A-skills (sA)

These skills are only applicable to H5 (and H4 for Pommel Horse and High Bar). This list is not complete and can be extended by the judges on the spot. The assignment of EG to newly made up skills is up to the judges to decide.

Apparatus/skill	Element group
Floor Exercise	
All rolls forward or sideways	I
All rolls backward	I
Momentary handstand (no stop)	I
Jump to front support	I
Full twisting jump	I
Pommel Horse*	
Four simple leg swings (2 left, 2 right)	I
Half-scissor and one-legged circle	I
Half circle	II
Simple wende from support on two pommels	IV
Mushroom: 1 circle from standing	II
Mushroom: 1 circle from circle	II
Mushroom: 180° russian swing or more	II
Mushroom: ½ spindel or more	II
Mushroom: Wende swing (1/2 turn) from circle	IV
* On Pommel Horse, no static skills such as L-sit are allowed	
Still Rings	
Swings	I
Knee-uprise (with regrasp of one hand)	I
Straddled back lever 2s	II
Tucked support scale 2s	II
Swing to front lever (also straddled) 2s	III
Support swing or back uprise to tucked support scale	III
Dorsal hang and let go (as dismount)	IV

Parallel Bars	
Shoulder stand	I
All rolls	I
Swing in upper arm support	I
Swing in support	II
Long swing underbar	III
From underbar hanging, back uprise to upper arm support	III
Swing in support to wende	IV
High Bar	
Swing	I
Swing with half turn	I
From support, cast tucked with half turn over the bar	II
Voronin tucked	II
In-bar somersault (buikdraai) backward tucked	III
In-bar somersault (buikdraai) forward tucked	III
Underswing as dismount (also with half turn)	IV
Front swing half turn as dismount	IV

Added Vaults

Vault	D-score
Jump onto vaulting table tucked, straight jump to the mat	0.40
Roll forward	0.40
Jump onto vaulting table tucked, straight jump with ½ or more twist	0.60
Straddle-over	0.60
Tucked over	0.80
Dievensprong	0.90
Jump onto vaulting table straight, somersault to the mat	1.00

Skill values and bonus rules

To promote high difficulty skills, there are regulations that enable skill value bonuses. These are different in each level. Bonification only applies to skills that are performed without large mistakes: when 0.5, 1.0 or 2x 0.3 are deducted, no bonus will be credited for that particular skill. Skills need to be among the counting elements to receive bonus.

Element	Value	Bonus	Value+ bonus
sA	0,1	0	0,1
tA	0,1	0	0,1
tB	0,2	0	0,2
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
J	1,0	0,4	1,4

The following table shows which skills can receive a bonus in which level:

Level	tA	tB	A	B	C	D	E-J
H1			no	no	yes	yes	yes
H2	no	no	no	yes	yes	yes	
H3	no	no	yes	yes	yes		
H4	no	no	yes	yes	yes		
H5	no	no	yes	yes			

Vaults with a minimum D score of 2,4 and no more than 0,7 in E score deductions receive a 0,4 bonus.

Element group value

- The value of element group IV (dismounts) is determined by the value of the dismount, with a maximum of 0.5. If a gymnast performs a C value dismount, they receive 0.3 for the dismount and the value of EGIV will be 0.3. (Except on Floor Exercise)
- The requirements for EG I, II, III (and IV on Floor Exercise) can be fulfilled according to the following table, please be aware that rules are different for EGI compared to EGII and EGIII (and EGIV on Floor Exercise)

Level	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5
H1	A	A	B or higher
H2	A	A	B or higher
H3	tA	tA	tB, A or higher
H4	tA	tA	tB, A or higher
H5	sA	sA	tA or higher

Rules regarding connection value on Floor Exercise

The amount of connection value for connecting somersaults is different per level and is indicated by the table on the next page and the overview per level.

Connecting multiple twisting somersaults can receive a connection value. The somersaults must continue in the same direction (no contra combinations allowed for connection value)

Bonus rules for flight skills on high bar

For all unique flight skills that are connected there is a 0,2 bonus. Furthermore, all unique C or higher valued flight skills receive an additional bonus of 0,2 (on top of the potential connection and skill bonus)

Stick bonus

When a gymnast sticks the landing on Still Rings, Vault, Parallel Bars or High Bar, they receive a 0,1 bonus. This rule also applies to the last tumbling pass in a floor exercise routine.

The definition of a stuck landing is: no movement of the feet immediately upon landing, lifting heels or toes is not allowed, clicking the heels together after a controlled landing is allowed.

Overview NSTB-levels

Level	Maximum difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H1	J	no	no	A	A	B or higher	7 + 1 = 8
H2	D	no	yes	A	A	B or higher	7 + 1 = 8
H3	C	no	yes	tA	tA	tB, A or higher	6 + 1 = 7
H4	C	only pommels and high bar	yes	tA	tA	tB, A or higher	5 + 1 = 6
H5	B	yes	yes	sA	sA	tA or higher	4 + 1 = 5

Neutral deductions for short routines					
#	H1	H2	H3	H4	H5
6+	0	0	0	0	-
5	3.0	1.0	0	0	0
4	4.0	3.0	1.0	0	0
3	5.0	5.0	3.0	1.0	0
2	6.0	6.0	5.0	3.0	1.0
1	7.0	7.0	7.0	5.0	3.0
0	10	10	10	10	10

Combinatiebonus vloer	0.1	0.2
H1 & H2	B-B, C-A, C-B	C-C, D-A+
H3 & H4	A-A, A-B	C-A, C-B, C-C
H5	A-A	A-B of B-B

Men's level 1 (comparable to KNGU Level 1)

Routines on Floor Exercise, Pommel Horse, Still Rings, Parallel Bars and High Bar are judges according to the following tables:

Level	Maximum Difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H1	J	no	no	A	A	B or higher	7 + 1 = 8

Bonus rules:

Level	A	B	C	D	E-J
H1	no	no	yes	yes	yes

Penalty for short routines:

6, 7 of 8 elements no neutral deduction
 5 elements 3,00 points neutral deduction
 4 elements 4,00 points neutral deduction
 3 elements 5,00 points neutral deduction
 2 elements 6,00 points neutral deduction
 1 element 7,00 points neutral deduction
 0 elements Final score: 0,00

Connection value Floor Exercise

Also for twist-twist combinations:
 A-C, B-B or B-C 0,10 point
 C-C, D-combi or higher 0,20 points

Vault

Height 135 cm.
 Using a mini-tramp is not allowed

Men's level 2 (comparable to KNGU level 2)

Routines on Floor Exercise, Pommel Horse, Still Rings, Parallel Bars and High Bar are judges according to the following tables:

Level	Maximum Difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H2	D	no	yes	A	A	B or higher	7 + 1 = 8

Bonus rules:

Level	tA	tB	A	B	C	D
H2	no	no	no	yes	yes	yes

Penalty for short routines:

6, 7 of 8 elements: no neutral deduction
 5 elements 1,00 point neutral deduction
 4 elements 3,00 points neutral deduction
 3 elements 5,00 points neutral deduction
 2 elements 6,00 points neutral deduction
 1 element 7,00 points neutral deduction
 0 elements: final score 0,00

Connection value Floor Exercise

Also for twist-twist combinations:
 A-C, B-B or B-C 0,10 point
 C-C, D-combi 0,20 points

Vault

Height 135 cm.
 Using a mini-tramp is not allowed

Men's level 3 (comparable to KNGU level 4)

Routines on Floor Exercise, Pommel Horse, Still Rings, Parallel Bars and High Bar are judges according to the following tables:

Level	Maximum Difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H3	C	no	yes	tA	tA	tB, A or higher	6 + 1 = 7

Bonus rules:

Level	tA	tB	A	B	C
H3	no	no	yes	yes	yes

Penalty for short routines:

5, 6 of 7 elements no neutral deduction
 4 elements 1,00 point neutral deduction
 3 elements 3,00 points neutral deduction
 2 elements 5,00 points neutral deduction
 1 element 7,00 points neutral deduction
 0 elements: final score 0,00

Connection value Floor Exercise

Also twist-twist combinations:
 A-A or A-B 0,10 point
 B-B, B-C or C-C 0,20 points

Vault

Height 135 cm.
 Using a mini-tramp is not allowed

Parallel Bars

No 0.3 deduction for swinging back after simple swing to handstand

High Bar

No 0.3 deduction for simple change of direction

Men's level 4 (comparable to KNGU level 5)

Routines on Floor Exercise, Pommel Horse, Still Rings, Parallel Bars and High Bar are judges according to the following tables:

Level	Maximum Difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H4	C	only pommels and high bar	yes	tA	tA	tB, A or higher	5 + 1 = 6

Bonus rules:

Level	sA	tA	tB	A	B	C
H4	no	no	no	yes	yes	yes

Penalty for short routines:

4, 5 of 6 elements no neutral deduction
 3 elements 1,00 point neutral deduction
 2 elements 3,00 points neutral deduction
 1 element 5,00 points neutral deduction
 0 elements: final score 0,00

Floor exercise

Gymnasts are not obliged to use all corners.

Connection value Floor Exercise

Also twist-twist combinations:
 A-A or A-B 0,10 point
 B-B, B-C or C-C 0,20 points

Pommel Horse

The routine can be performed on the mushroom, the pommel horse or both. Skills on the same equipment need to be connected as if they are one routine. A transition of 30s is allowed to change equipment halfway, afterwards the routine must be continued. A new signal to the judges is required upon starting the second half. The dismount group value can be achieved on either the pommel horse or the mushroom, but only needs to be performed once.

Vault

Height 125 or 135 cm.
 Using a mini-tramp is allowed at the cost of 1,00 neutral deduction.

Parallel Bars

No 0.3 deduction for swinging back after simple swing to handstand

High Bar

No 0.3 deduction for simple change of direction

Men's level 5 (comparable to KNGU level 6)

Routines on Floor Exercise, Pommel Horse, Still Rings, Parallel Bars and High Bar are judges according to the following tables:

Level	Maximum Difficulty	sA counts	tA/tB count	EG I: 0.5	EG II/III: 0.3	EG II/III: 0.5	Max. number of skills
H5	B	yes	yes	sA	sA	tA or higher	4 + 1 = 5

Bonus rules:

Level	sA	tA	tB	A	B
H5	no	no	no	yes	yes

Penalty for short routines:

3, 4 of 5 elementen Geen penalty

2 elementen 1,00 punt penalty

1 element 3,00 punten penalty

0 elementen Eindscore 0,00

Floor exercise

Gymnasts are not obliged to use all corners.

Combinatiebonus vloer

Combinatie van salto's op vloer:

A-A 0,10 punt

A-B of B-B 0,20 punt

Pommel Horse

The routine can be performed on the mushroom, the pommel horse or both. Skills on the same equipment need to be connected as if they are one routine. A transition of 30s is allowed to change equipment halfway, afterwards the routine must be continued. A new signal to the judges is required upon starting the second half. The dismount group value can be achieved on either the pommel horse or the mushroom, but only needs to be performed once.

Vault

Height 125 or 135 cm.

Using a mini-tramp is allowed at the cost of 1,00 neutral deduction.

Parallel Bars

No 0.3 deduction for swinging back after simple swing to handstand

High Bar

No 0.3 deduction for simple change of direction

Originality regulations

In student gymnastics, originality is highly appreciated. Therefore, one can attain a bonus (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	<p>Funny signal of control in a static element, in which contact is made with the juries (2s.)</p> <p>Attribute for during the routine, for example a fake mustache, silly hat or glasses.</p>
0.2	<p>Routine on music with complementary dance, different than usual (think of dances from movies, folk dance or the classics the public knows).</p> <p>Complementary clothing for the routine.</p>
0.3	<p>Routines with a lot of creativity, where attention is given to music, attributes and clothing.</p>

Team competitions

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.

* Only 1 vault per person.

* The team competitions are not considered part of the overall standings

* The gymnast is judged at their own level

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

Tie-breaker

The score consists of 3 parts: $D + E - N = \text{final score}$

The NSTB applies the international rules for tiebreakers, written by the FIG.

Please visit the website of the FIG for the full overview of tie break rules, but here are the most important rules in order:

1. The highest final score wins
2. In case of an equal final score, the highest E score wins
3. In case of an equal final score and an equal E score, the highest D score wins.
4. In case the tie is still not broken, gymnasts share their ranking.

Version log

Version 1.1 (April 2026):

- Mentioned World Gymnastics as new name for FIG
- Hyperlinks to FIG and KNGU regulations changed to newest versions (MAG-CoP v1.1 and NTS v1.2)
- Reference to the MAG Newsletters by the Mens Technical Committee (MTC)
- EGIV value capped at 0.5
- Specifically stated that the rule about starting floor routines with an acrobatic skill does not apply to NSTB
- Stick bonus now applies to all vaults, clarification about lifting heels and toes
- Aid to support allowed in low levels (SR and HB)