

Nuggets of Knowledge

Understanding Rule Differences Between the Developmental Program & Elite Program on Complete vs Incomplete Elements



In the perfect competition, every athlete sticks their landing in the perfect place and receives full credit for every skill! But not every competition goes exactly as planned and sometimes athletes make mistakes that result in a fall of some sorts.

The question that most athletes and coaches struggle with in this scenario is: Did the athlete land a completed skill first and then fall, or did the athlete fall without actually landing and completing a skill?

As we explore this question, it is important to remember that athletes within level 1 - 10 and open have a different set of standards than elite level athletes.

What Do the Rules Say?

Development Program: "Showing weight bearing strength"

Rule 1.7 of the DP Code of Points, Guide to Judging says that "In all disciplines, the athlete will receive credit for the element if the athlete lands simultaneously on the soles of both feet showing weight bearing strength in *the legs before falling.*"

"Only those elements that are considered complete elements will be evaluated. Routines that are interrupted will have no additional landing deductions taken from the E-Score."

Judges must use their best judgment on close calls. The general guidance and interpretation that judges use on the close calls includes guidelines such as:

Did the athlete show weight bearing strength / resistance as evidenced by

- (1) slowing themselves down before falling;
- (2) taking additional steps or bounce before falling; or
- (3) showing a slight pause before falling.

If the athlete is deemed to have NOT shown weight bearing strength, or if the athlete lands on one foot, or lands simultaneously on their hands or any other part of their body, they will not receive credit or difficulty for the incomplete skill.

If the skill is deemed complete, then the athlete will receive credit but may receive additional deductions for instability or other faults according to 1.8 of the COP Guide to Judging.

Elite Program: "Shows a recognizable landing preparation"

FIG CoP Part II - Guide to Judging Rule 17 reads: "If a gymnast touches the bed / track / zone / area with his feet during landing, but never shows a recognizable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. There will be no extra deduction for the fall."

"[When determining if a skill is complete,] Landing on both feet means the sole[s] of the feet"

For elite athletes, it is not enough to slow themselves down or even manage a single step before falling; They must show a clear preparation for landing. The common international interpretation of this includes the athlete landing with a "semi-upright chest" or more than 1 movement (such as steps) before the fall.

Standards at a Glance

Development Levels: Weight Bearing Standard
Elite Levels: Prep For Landing Standard

See the next page for detailed TC clarifications.

Updated as of 05/01/2024.

This flyer is not a replacement for the Code of Points. Rules & Standards are updated and changed from time to time. Please always refer to the Rules & Policies page of USAGym.org for the most current information.

Clarifications & Examples

1. Incomplete Element = Interruption

The call for a complete/incomplete element is slightly different for Development levels and Elite levels.

Elites: Landing on both feet means sole of the feet. If a gymnast touches the bed/track/zone/area with his feet during landing, but never shows a recognisable landing preparation and falls to face, knees, hands and knees, front or back in the same movement, the element will not be counted. [FIG Code of Points p 39 Rule 17](#)

Development Levels 1-Open: In all disciplines the athlete will receive credit for the element if the athlete lands simultaneously on the soles of both feet showing weight bearing strength in the legs before falling.

[Development Guide to Judging p 7 Rule 1.7.1](#)

Check List	Development (Levels 1-Open)	Elites (Levels YE, JR, IE, SR)
	<ul style="list-style-type: none"> Landed simultaneously on the soles of both feet? Did hand(s), or knee(s), etc., touch at same time? (= Inc.) Shows weight-bearing strength in the legs by any type of resistance* without a direct fall to front, back, seat, knee(s), and/or hand(s)? <p>* resistance can be a step, a bounce, or a slight pause</p>	<ul style="list-style-type: none"> Landed simultaneously on the soles of both feet? Did hand(s), or knee(s), etc., touch at same time? (= Inc.) Was there more than 1 movement (such as steps) before a fall, touch of another body part, or before directly rolling out?

Examples of incomplete elements:



Athlete lands on feet first on bed but in the same bounce/rebound motion, rolls out uncontrolled over the end deck.

INCOMPLETE for both Elites & Development levels [VIDEO](#)

If the athlete doesn't touch the pads on the roll out (flips instead of rolls), the element might be counted as complete if there is more of an upward rather than backward trajectory. Appropriate landing deductions would be taken if the routine was deemed to be completed.



Lands on soles of both feet, no strength in legs, and immediately rolls out in 1 motion, no resistance.

INCOMPLETE for both Elites & Development levels

[VIDEO](#)

Levels 1-Open : *If resistance is shown before rolling out, the element should be counted as complete, with a 1.0 landing deduction for a fall. Other penalties may apply.*
[Bounce VIDEO \(complete for L1-Open / Incomplete for Elites\)](#)



Lands simultaneously on hands & feet, then stands up. (also true for a deep squat causing hand(s) to touch simultaneously)

INCOMPLETE for both Elites & Development levels

[VIDEO](#)

There is no scenario where a simultaneous hands & feet landing would be considered complete.



Lands on soles of both feet, falling directly to weight-bearing hands in 1 motion. No weight-bearing strength in legs, no resistance.

INCOMPLETE for both Elites & Development levels

[VIDEO](#)

Levels 1-Open : *If resistance is shown before hands land, it should be counted as complete, with an appropriate landing deduction. Other penalties may apply.*

2. Touching hands (0.5) versus weight-bearing hands (1.0)

If the dismount element is considered completed, the athlete is held accountable for landing deductions and landing zones penalties listed in the Code of Points for each event.

1.3.3. Touching bed (TRA), landing zone/area (TUM/DMT) with one or both hands: After a completed exercise, if the hands are used to support the whole body to avoid a fall, then a deduction of 1.0 pts will be applied instead of the 0.5 pts for touching the hand(s). [Development Guide to Judging p. 3 Rule 1.3.3](#)

also see: [FIG Code of Points p 40 Rule 21.2.2.2](#) & [FIG Trampoline Newsletter #27 Aug. 2022 p 9](#)

3. Tumbling: Take-off from the Landing Zone = Interruption

Elements that take-off from the landing zone/area will not be valid. If **any part of the foot** is over the line that delineates the difference in the track and the landing zone/area, the element will not count and the routine is interrupted. [Development Guide to Judging p 16 Rule 3.27.](#)

Any element with a take-off initiated from the landing zone/area will not be counted. [FIG Code of Points p 24 Rule 16.3](#)

Landing zone definition

The outer edge of the line marks the boundary of the Tumbling track and the landing zone.

[FIG Code of Points](#)
p 41 Rule 21.2.2

[VIDEO](#)



One or both feet land on top of Landing Zone or the Landing Zone topper for the take-off of last element.

INTERRUPTION for both Elites & Development levels



[VIDEO](#)

Toes are on track but heels are on the Landing Zone or Landing Zone topper for the take-off of last element.

INTERRUPTION for both Elites & Development levels

This applies to all levels, all elements, even a rebound or back roll must not initiate from feet in the Landing Zone.

4. Double Mini: Not using the elasticity of the bed = Interruption

Does not use the elasticity of the bed after landing for the immediate continuation of the next element.

[Development Code of Points DMT p 6 Rule 2.3.1.3.](#)

[FIG Code of Points p 32 Rule 16.1.2](#)

Not using the elasticity of the bed is a situation that may occur when an athlete lands their first element near the far end of the Spotter Bed, slightly over-rotating, triggering the athlete to buckle their knees. This propels the athlete horizontally backward, like a whipback, with NO control over the trajectory. Some will continue to somersault and/or twist, often ending in a bad landing. Some manage to land on their feet. Although this usually occurs near the far end of the Spotter Bed, it may initiate anywhere on the Spotter Bed if the athlete over-rotates and buckles their knees.



[VIDEO](#)

other examples:



INTERRUPTION for both Elites & Development

Credit might be given if the athlete has some control over the trajectory by showing more uplift than whipback motion.