



# Pommel Horse - The Flop Rules

## Version 2013 V1.0

### October 2013

This document represents our best understanding of the rules surrounding flops in the 2013 FIG MAG Code of Points V2. This document is a supplement to the FIG Code of Points and all FIG Rules Updates. This document is also an official part of the USAG/NGJA rules interpretations and is a valid part of the materials to be used in judging men's gymnastics competitions in the United States. When necessary, this document will be edited to reflect any new understanding in the Pommel Horse rules.

#### General Rules

- Flops are Stocklis (S) and Pommel Loops (L) which can be combined to create elements of D or higher value (Flop Sequences).
- Each Stockli (S) in this document is a Direct Stockli B (DSB), unless otherwise listed as a Direct Stockli A (DSA).
- The Pommel Loops (L) in this document are Circles in Cross Support on 1 Pommel (also from or to a 1/4 turn forward).
- All Flops are counted from front support to front support.
- 3 flops = D value, 4 flops = E value (for Flop Sequences)
- 3 flops in Flair = E value, 4 flops in Flair = F value
- A gymnast cannot perform more than 2 consecutive Stockli Bs, or more than 2 consecutive Pommel Loops due to a violation of the repetition rule.
- Due to the nature and definition of these elements, it is impossible to do one Pommel Loop between 2 Stocklis in a Flop Sequence.
- In order to successfully complete 2 Pommel Loops between 2 Stocklis (SLLS), each of the 2 Pommel Loops must include a ¼ turn forward
- 1 or 2 flops can be combined with a single pommel Russian element to create a Combined Sequence (of Flops and Russians) of D value or higher
- A Direct Stockli A (DSA) may only count as a flop if it appears at the end of a sequence.
- For the purposes of counting Russian turns in Combined Sequences (of Flops and Russians), the degree of turn is always measured from the final front support of the last flop to the final front support of the Russian.
- In a Combined Sequence (of Flops and Russians) which contains 2 flops connected to the Russian, the Flops must be done together either before or after the Russian
- A gymnast may receive credit for only 1 Flop Sequence and 1 Combined Sequence (of Flops and Russians) in a single routine.
- Flop Sequences and Combined Sequences can only fulfill the element group IV requirement.
- For both a Flop Sequence and a Combined Sequence (of Flops and Russians) to be recognized, it is NOT necessary for the gymnast to leave the pommel at the conclusion of the first sequence. However, the sequence must be structured so that there is no more than 2 Pommel Loops or 2 Stocklis in succession.

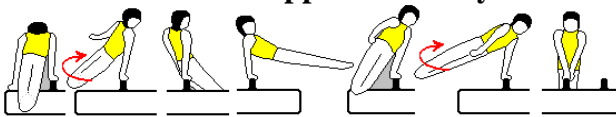


## Stockli B Rules

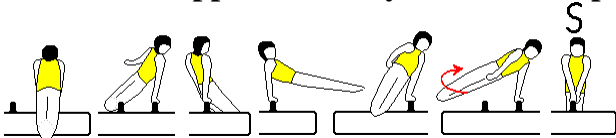
- Stockli Bs are counted from front support to front support on one pommel
- An element is a Stockli B if the circle on one pommel includes a 1/4 turn before the circle and after the circle (1/4 turn, circle, 1/4 turn = Stockli B).
- Exception: A cross support travel to the pommel finishing with a 1/4 turn to front support on one pommel is considered a Stockli B and may begin a Flop Sequence.

### Types of Direct Stockli B (DSB)

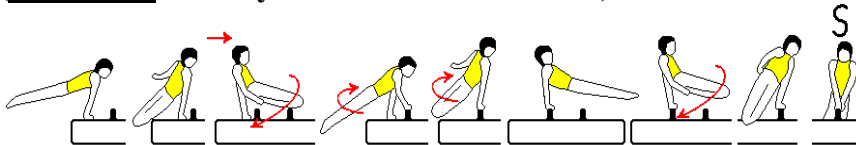
1. From side support frontways on the end or both pommels, circle with 1/4 turn to cross support and 1/4 turn to side support frontways on the same pommel



2. From side support frontways on a single pommel, circle with 1/4 turn to cross support and 1/4 turn to side support frontways on the same pommel

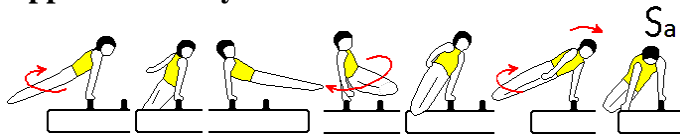


3. From cross support travel fwd. with 1/4 turn, this can also begin a flop sequence (Exception: the only Stockli with one 1/4 turn)



### Direct Stockli A (DSA)

1. Starting from cross support frontways on a single pommel, circle with 1/4 turn backward to side support frontways



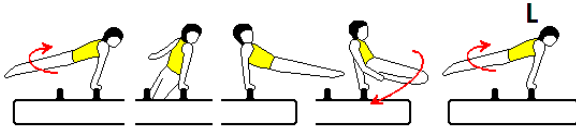
**NOTE:** For the Stockli A (DSA) to receive credit as a flop, it must begin on one pommel in either cross support or side support, and therefore **MUST** appear as the final element of the sequence.



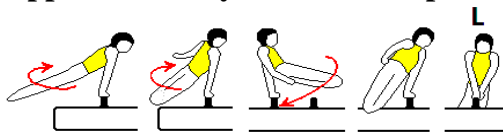
## Types of Pommel Loops

- There are several different movements, each of which are a Pommel Loop:

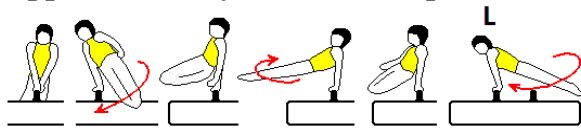
**1. Starting from cross support frontways on a single pommel, circle to cross support frontways on the same pommel**



**2. Starting from cross support frontways on a single pommel, circle with ¼ turn forward to side support frontways on the same pommel**



**3. Starting from side support frontways on a single pommel, circle with ¼ turn forward to cross support frontways on the same pommel**



**4. Starting from side support frontways on the end or both pommels, circle with ¼ forward turn to cross support frontways on the same pommel**



## Cross Support Travel Forward to Pommel Loop

**From Cross Support Travel Fwd. to the pommel and Pommel Loop**



**NOTE:** A Cross Support Travel is considered complete when it reaches front support and does not count as part of a Flop Sequence. The subsequent Pommel Loop is counted from front support to front support (to sideways on one pommel in the example above). Total Values = A+B



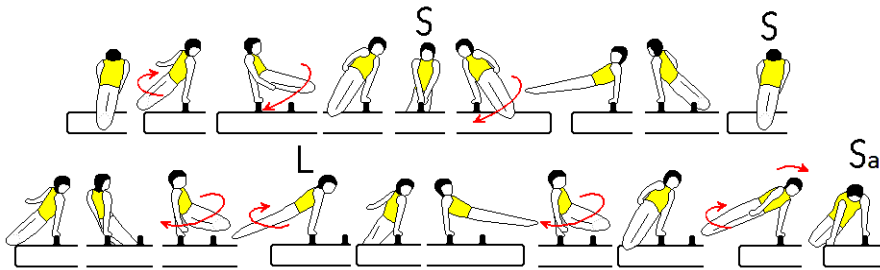
## Possible Variations of Individual Flop Elements

In all of the drawings below, a capital letter above a figure indicates precisely where a skill is completed. The following letters represent some of the elements illustrated in this document:

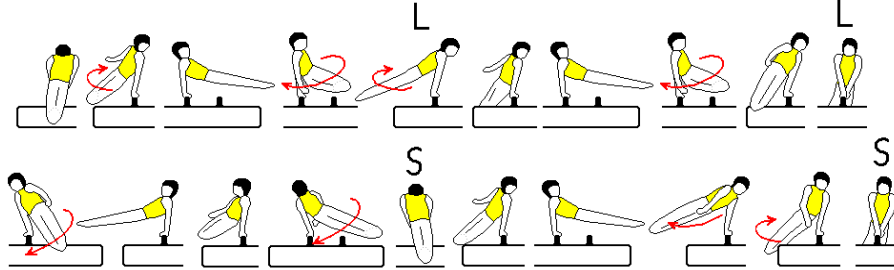
**S** = Stockli B    **Sa** = Stockli A    **L** = Pommel Loop    **T** = Travel    **R** = Russian

### Sequences of Flops from Various Starting Positions

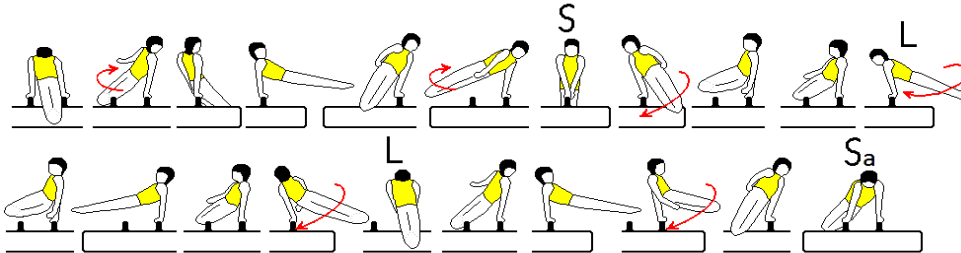
#### 1. From side support frontways on the end or both pommels, SSLSa (value= E)



#### 2. From side support frontways on the end or both pommels, LLSS (value= E)

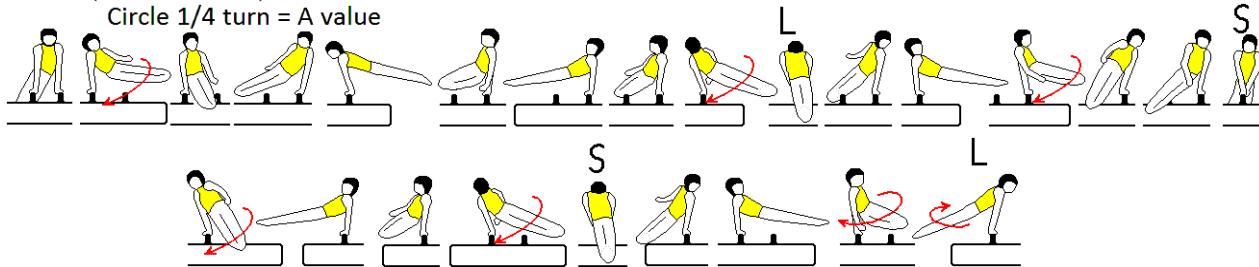


#### 3. From side support frontways on the end or both pommels, SLLSa (value= E)



#### 4. From side support frontways on the end or on both pommels, circle with 1/4 turn to pommel to LSSL (value= A+E)

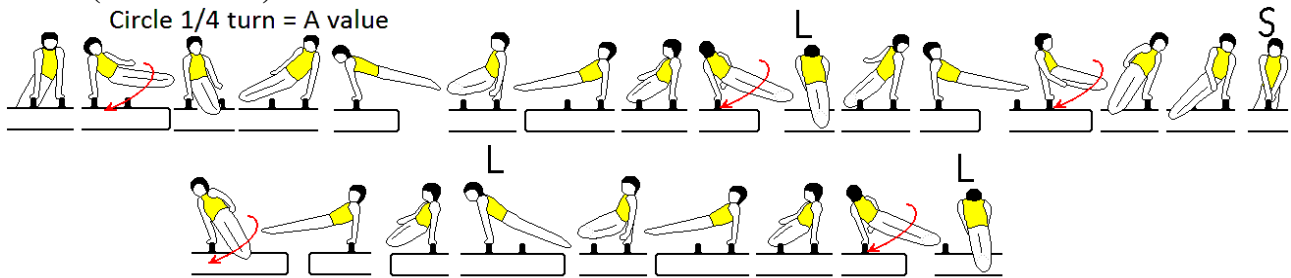
Circle 1/4 turn = A value



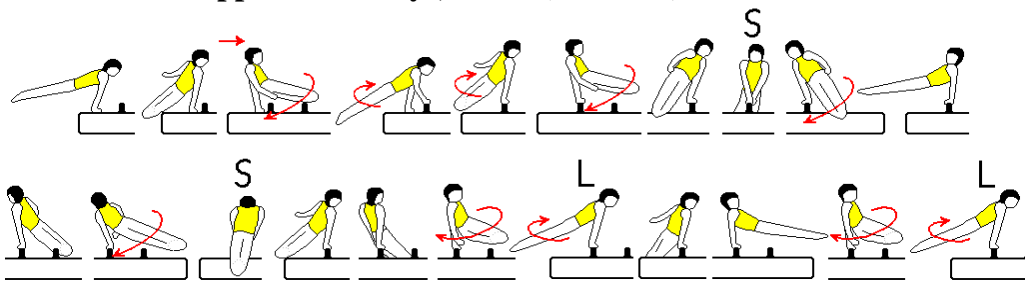


**5. From side support frontways on the end or on both pommels, circle with 1/4 turn to pommel to LSLL (value= A+E)**

Circle 1/4 turn = A value

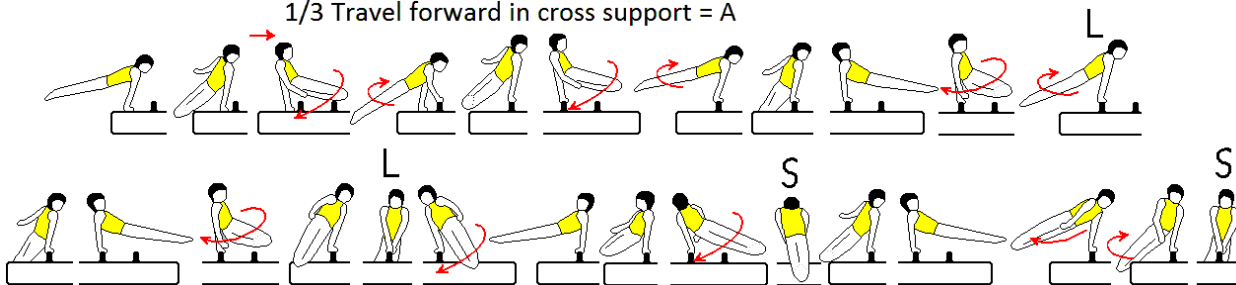


**6. From cross support frontways, SSLL (value= E)**



**7. From Cross Support Travel Forward to LLSS (value= A+E)**

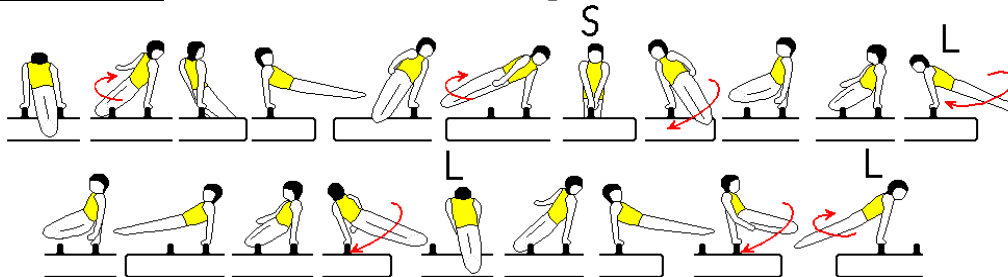
1/3 Travel forward in cross support = A



**FLOP SEQUENCES SOMETIMES EVALUATED INCORRECTLY**

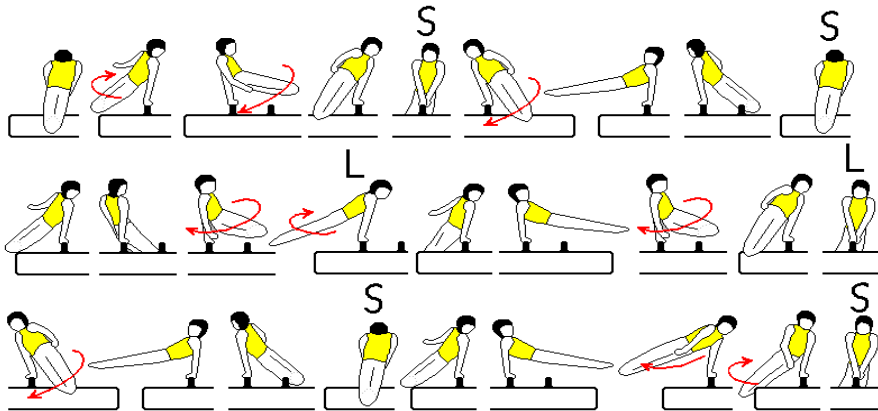
(correct evaluations below)

**1. From side support frontways on the end or both pommels, SLLL (value= D for the SLL + Non-Recognition for final L because of the repetition rule)**



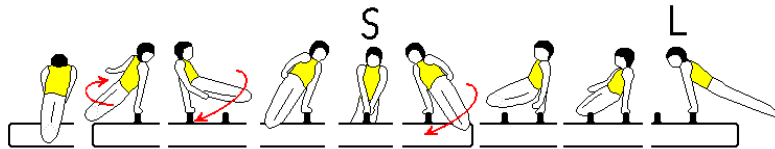


**2. From Side Support Frontways, SSSLSS (value= E for the SSSL + B + Repetition)**



*Note: Judges must evaluate the flops demonstrated first to a maximum E value.*

**3. From side support frontways on the end or both pommels, SL (value= B+B)**

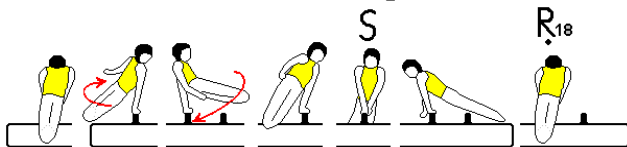


*Note: A minimum of 3 Flops are required to form a Flop Sequence*

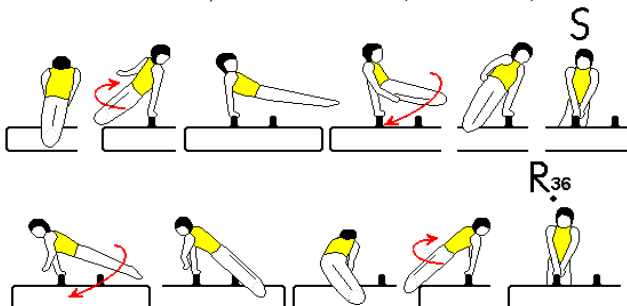
**Combined Sequences (of Flops and Russians on One Pommel)**

These drawings illustrate how Russians are given credit for degrees of turn completed to form Combined Sequences (of Flops and Russians). The turning for these Russians on one pommel usually begins in side support on one pommel.

**1. From Stockli, Russian 180 (value= B+B)  
(Does not meet minimum requirement for Combined Sequence)**

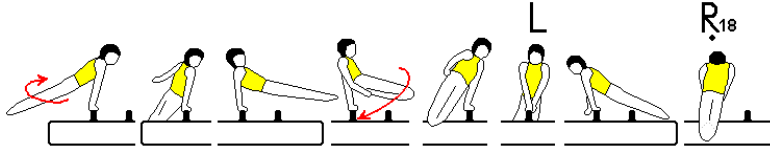


**2. From Stockli, Russian 360 (value= D)**

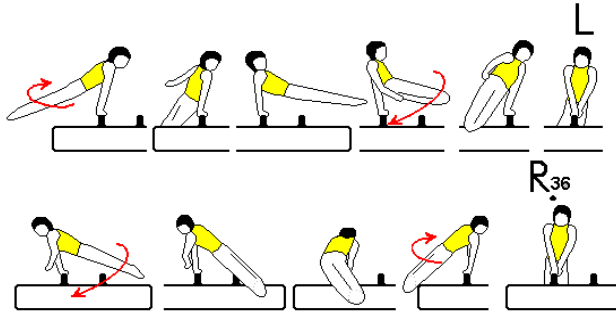




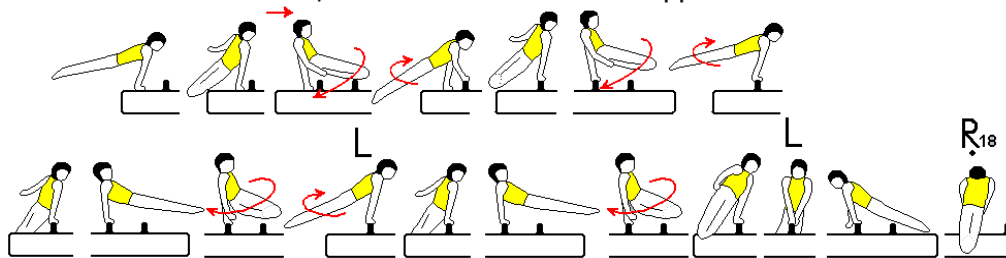
**3. From Pommel Loop, Russian 180 (value= B+B)  
(Does not meet minimum requirement for Combined Sequence)**



**4. From Pommel Loop, Russian 360 (value= D)**

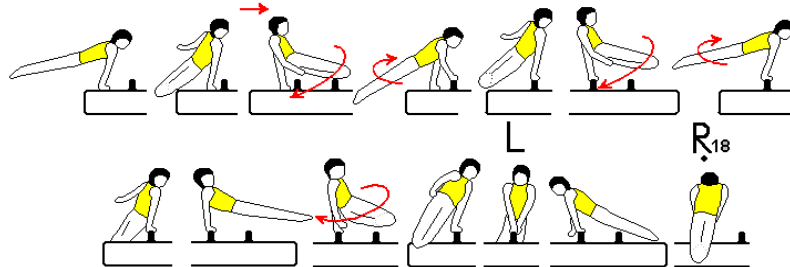


**5. From Cross Support Travel Fwd. to two Pommel Loops and a Russian 180 (value= A+D)  
1/3 Travel forward in cross support = A**



**A COMBINED SEQUENCE SOMETIMES EVALUATED INCORRECTLY  
(correct evaluation below)**

**From Cross Support Travel Fwd., Pommel Loop to Russian 180° (value A+B+B)  
(Travel= A value, Pommel Loop= B value, Russian on one pommel= B value)  
1/3 Travel forward in cross support = A**



**ACKNOWLEDGEMENTS:**

Thank you to original author Dave Juszcyk and past editor Steve Butcher.  
Contributors to this current document: Ron Hill and Mike Juszcyk.  
Illustrations provided by Doug Hills.