The Flop Rules

This document represents our best understanding of the rules surrounding flops in the 2001 – 2004 FIG Men’s Gymnastics Code of Points. The information in this document is based on the Code of Points, the FIG Rules Update of December 19, 2000, the Q&A document published by the FIG after the Intercontinental Course, and correspondence between the USAG and Istvan Karacsony. This document is 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. Should it be necessary, this document will be edited to reflect any new understanding in the Pommel Horse rules.

General Rules

- Flops are sequences of Stocklis (S) and Pommel Loops (L) which can be combined to create skills of D or higher value.
- A gymnast can do any number of stocklis or loops in a flop sequence, but cannot perform 3 consecutive stocklis or 3 consecutive loops.
- A gymnast can do only 1 sequences of flops and 1 combined sequence of flops and Russians in a single routine.
- Flops can only fulfill the group IV requirement.
- Flairing all skills in a flop sequence raises the value by 1 letter.
- 3 flops = D value, 4 flops = E value.
- 1 or 2 flops can be combined with a single pommel Russian skill to create a separate flop-russian combined sequence of D or higher value.
- When starting from a ½ wendeswing (1/4 turn) all flops are counted from front support to front support, the ½ wendeswing is not counted as anything.

Stockli rules

- Stocklis are always counted from front support to front support.
- A skill is a stockli if it includes a ½ turn from front support to front support.
- The exception to this is for a longitudinal travel to the pommel finishing with a ¼ turn to front support. This is also a stockli.

Pommel Loop Rules

- There are five different movements, each of which become a loop:
  1. Starting from front cross support on one pommel, 1 circle to front cross support on one pommel.
  2. Starting from side front support on one pommel (or on end with one hand on pommel), 1/2 circle with 1/4 turn to rear cross support, followed by 1/2 circle to front cross support on one pommel.
  3. Starting from front cross support on one pommel, 1/2 circle to rear cross support, and 3/4 circle with 1/4 turn to front side support on one pommel.
  4. Starting from rear cross support, 1 circle to rear cross support.
5. Starting from rear cross support, 1 circle to rear cross support and 3/4 circle with 1/4 turn to front side support on one pommel. (Yes, this sounds like almost two circles, but it is one pommel loop)

Each of these is illustrated below in the document

- Due to the nature and definition of these skills, it is impossible to do a single pommel loop between 2 stocklis
- In order to successfully complete 2 pommel loops between 2 stocklis (SLLS) the 2 pommel loops must each include a ¼ turn

**Connections of Flop Skills to other Skills**

- Flops sequences can connect to a combined flop-russian sequence if they are both on the same pommel
- Travels that finish in side support can be connected to flop sequences if no more than a ½ circle occurs between them. (e.g. Mogilny)
- A Sivado travel can connect to a flop sequence that begins with a stockli variant that begins from a cross support on the end.
- A flop sequence or combined Russian flop sequence can connect to a Russian skill on the end if the gymnast does not go to a rear support in between. (stomach must face horse throughout the connection)

**Possible Variations of Individual Flop Skills**

**Stocklis**

From side support frontways on end or in saddle, this can begin a flop sequence

From cross support frontways, longitudinal travel with ¼, this can begin a flop sequence

From side support frontways on a single pommel, this can be included in a flop sequence
**Pommel Loops**

From cross support frontways on a single pommel, circle to cross support frontways on the same pommel  (variation #1 from above)

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Pommel Loop L
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From side support frontways on a single pommel, circle with ¼ turn to cross support frontways on the same pommel (variation #2 from above)

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Pommel Loop L
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From cross support frontways on a single pommel, circle with ¼ turn to side support frontways on the same pommel  (variation #3 from above)

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Pommel Loop L
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From cross support rearways on a single pommel, circle with no turn to cross support rearways on the same pommel  (this is the special case where the sequence was initiated from a longitudinal travel finishing in cross support rearways on the pommel)  (variation #4 from above)

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Longitudinal travel = A W Pommel Loop L
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From cross support rearways on a single pommel, circle with no turn to cross support rearways on the same pommel  (this is the special case where the sequence was initiated from a longitudinal travel finishing in cross support rearways on the pommel) then continue to ¾ circle with ¼ turn (variation #5 from above)

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Longitudinal travel = A W Pommel Loop L ¾ circle with ¼ turn = nothing
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Sequences of Flops from Various Starting Positions

From side support frontways on end or in saddle, (SSLSS)

Stockli S stockli S pommel loop L

pommel loop L stockli S stockli S

From side support frontways on end or in saddle, (LLSSL)

Pommel loop L pommel loop L

stockli S stockli S

pommel loop L pommel loop L

From side support frontways on end or in saddle, (SLLSL)

Stockli S pommel loop L pommel loop L

stockli S pommel loop L pommel loop L
From side support rearways, ½ wendeswing to (LSSLLS)

½ czechkehre = nothing  pommel loop  L  stockli  S

stockli  S  pommel loop  L

pommel loop  L  stockli  S

From side support frontways, ½ wendeswing to (LSLLSL)

½ czechkehre = nothing  pommel loop  L  stockli  S

pommel loop  L  pommel loop  L

stockli  S  pommel loop  L
From cross support frontways, (SSLLSS)

Stockli  S  stockli  S

pommel loop  L  pommel loop  L

stockli  S  stockli  S

From cross support frontways, longitudinal travel to loop (LLSSLL)

Longitudinal travel step up = A  pommel loop  L  pommel loop  L

¼ circle w/ ¼ turn
= nothing  |  stockli  S  stockli  S

pommel loop  L  pommel loop  L
Russians

These drawings illustrate how Russians are given credit for degrees of turn completed when combined to flops.

From stockli, Russian 180

From stockli, Russian 360

From pommel loop, Russian 270

From pommel loop, Russian 540

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