

# Eight new elements named, added to the Men's Gymnastics Code of Points

04/04/2017

**It is a way of achieving immortality in Gymnastics: the gymnast who has an original skill named after them in the Code of Points assures that his or her name will live on in the sport, years after they have taken their final bows on the international stage.**

This week, the FIG Men's Technical Committee approved eight new elements to be named for the gymnasts who performed them. All were done successfully at World Cup events in late 2016 and early 2017, and will be published in the [Men's Code of Points](#). They are as follows:

## Name awarded: The Shirai 3

**Performed by: Kenzo Shirai, Japan**

**Apparatus:** Vault

**Element description:** Scherbo with a double twist.

**Element value:** 5.4

**Performed at:** 2017 Melbourne World Cup

**Note:** The innovative Shirai is also a record-holder: the 20-year-old now has six elements named after him in the Code of Points, the most of any male gymnast. The Shirai 3 vault is a more difficult variation of a vault once performed by six-time Olympic gold medallist Vitali Scherbo (URS/EUN).

*The Shirai 3 vault. All drawings by Koichi Endo.*



## Name awarded: The Goshima

**Performed by:** Takahiro Goshima, Japan

**Apparatus:** Floor Exercise

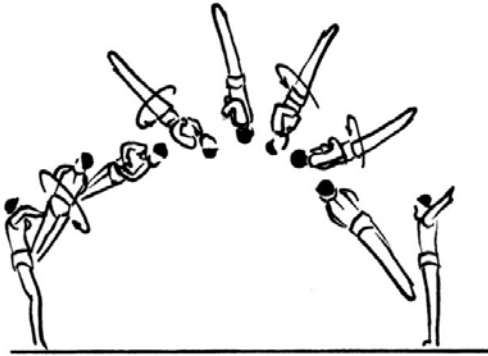
**Element description:** Salto forward stretched with 3.5 twists.

**Element value:** G

**Performed at:** 2017 DTB-Pokal Team Challenge

**Note:** Goshima, a newcomer to senior international competition on the Japanese team, is the latest in a long line of Japanese gymnasts to have an element named for them.

*The Goshima.*



## Name awarded: The Zapata

**Performed by:** Rayderley Zapata, Spain

**Apparatus:** Floor Exercise

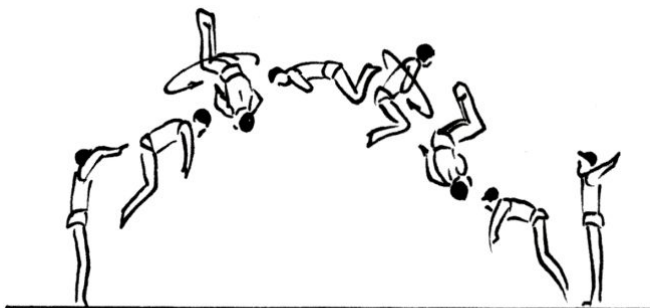
**Element description:** Double salto forward tucked with 1.5 twists.

**Element value:** G

**Performed at:** 2016 Cottbus World Cup

**Note:** Zapata, the 2015 World bronze medallist and European Games champion on Floor Exercise, is known for his powerful tumbling. This skill is the first to be named for him.

*The Zapata.*



## Name awarded: The Keikha

**Performed by:** Saeedreza Keikha, Iran

**Apparatus:** Pommel Horse

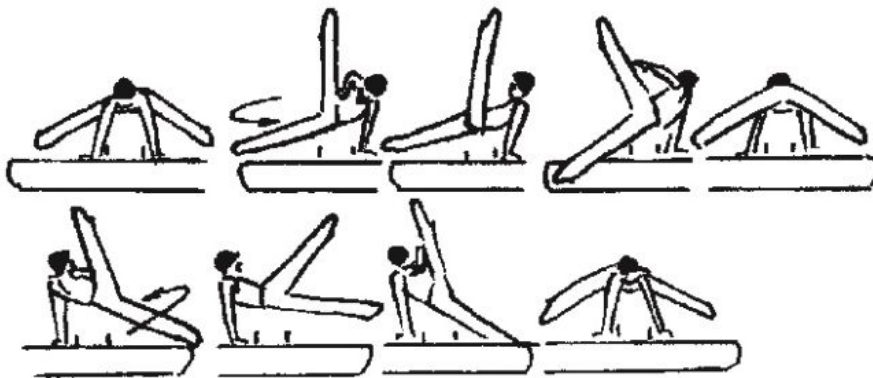
**Element description:** Side support full twisting spindle with both pommels between the hands (flair or circle).

**Element value:** F

**Performed at:** 2017 Baku World Cup

**Note:** Keikha is the first Iranian gymnast to have an element named after him in the Men's Code of Points.

*The Keikha.*



## Name awarded: The Colak

**Performed by:** Ibrahim Colak, Turkey

**Apparatus:** Still Rings

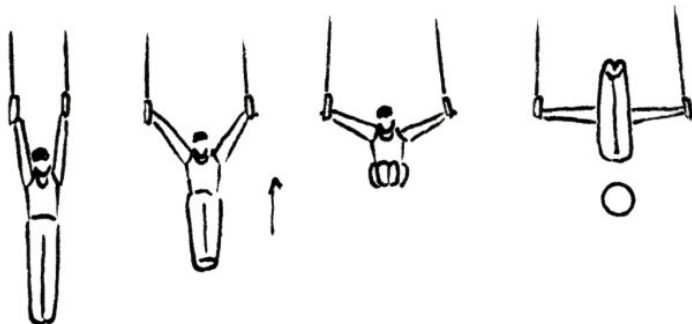
**Element description:** Vertical pull up with straight arms to V-cross.

**Element value:** E

**Performed at:** 2017 Melbourne World Cup

**Note:** Colak, the resident strongman of the Turkish team, notched three first-places finishes on Rings at World Cup events in 2016.

*The Colak.*



## Name awarded: The Babos

**Performed by:** Adam Babos, Hungary

**Apparatus:** Parallel Bars

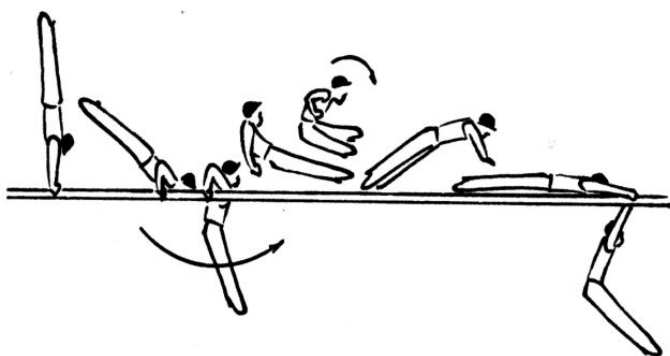
**Element description:** Straddle cut backward directly to hang.

**Element value:** C

**Performed at:** 2016 Szombathely World Challenge Cup

**Note:** Babos's expertise on Parallel Bars has put him into finals at three World Cup events in previous years.

*The Babos.*



## Name awarded: The Baumann

**Performed by:** Christian Baumann, Switzerland

**Apparatus:** Parallel Bars

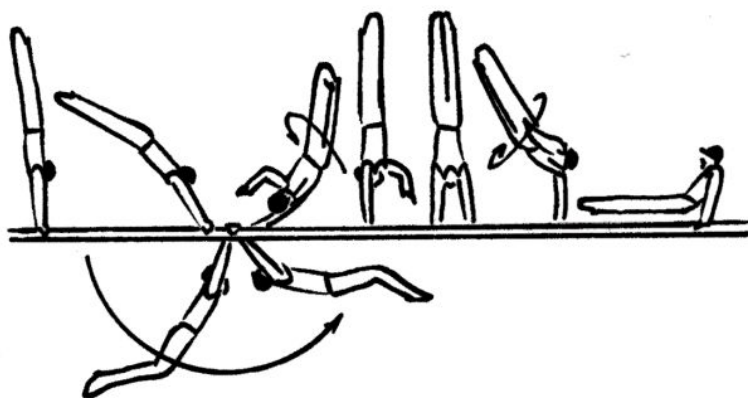
**Element description:** Giant swing backward with Makuts.

**Element value:** F

**Performed at:** 2017 Doha World Cup

**Note:** The element is the first to be named for Baumann, a 2016 Swiss Olympian.

*The Baumann.*



## Name awarded: The Gagnon

**Performed by:** Joel Gagnon, Canada

**Apparatus:** Parallel Bars

**Element description:** Basket roll backwards with tuck salto half to upper arm hang.

**Element value:** C

**Performed at:** 2016 Szombathely World Challenge Cup

**Note:** Gagnon performed his element successfully his first ever World Cup event last fall.

*The Gagnon.*

