



WOMEN'S ARTISTIC GYMNASTICS

CODE OF POINTS

2026 - 2027

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and fluidity. The lines are in various shades of blue, from light to dark, and are set against a white background.

WOMEN'S ARTISTIC GYMNASTICS

UNEVEN BARS

UNEVEN BARS

KEY: Mount Below Horizontal Above Horizontal Circling Element Transition Release and Catch Dismount

A	B	C	D	E	F
Chin Up Circle Over Cast below Bar Backward Hip Circle Forward Hip Circle Squat On ¾ Giant Cast to Land Dish Undershoot Low Bar Straddle Undershoot Low Bar Forward Circle Down Squat on	Cast above horizontal Clear circle below bar Pike on Pike undershoot Straddle undershoot	Straddle Cast to handstand Jump to handstand Short Upstart Clear hip to horizontal Stalder Circle Tucked Sole Circle Long upstart Backaway tucked Straddle undershoot 1/2 Pike undershoot 1/2	Cast to handstand (legs together) Top Turn Jump to handstand 1/2 Upstart 1/2 Backward Giant Clear hip to handstand (C) Forward Giant Stalder to handstand (C) Toe on to handstand (C) Shoot half Straddle back Piked Sole Circle Moe straddled or piked Backaway Straight Shoot front tucked or piked Straddle undershoot 1/1 Pike undershoot 1/1	Cast to handstand 1/1 Jump to handstand 1/1 Upstart 1/1 Blind change Clear hip to handstand 1/2 Endo to handstand Giant 1/2 into mixed grasp Stalder to handstand 1/2 Stoop to handstand Toe on to handstand 1/2 Pak salto Backaway 1/2 Backaway 1/1 Front away Shoot front tuck or pike 1/2	Clear hip to handstand 1/1 Endo to handstand 1/2 Full turning giant Giant (L grip) Stalder to handstand 1/1 Toe on to handstand 1/1 Pak salto with 1/1 Shaposhnikova Geinger Jaeger Tkatchev Backaway 1 1/2 Double twist Double front Double tuck Double pike

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WOMEN'S ARTISTIC GYMNASTICS

BEAM

BEAM

KEY: Mount Dance Element Non-Flighted Acro Skill Flighted Acro Skill Aerial Dismount

A	B	C	D	E	F
Jump to front support Squat on ½ Spin Straight Jump Tuck Jump W-Jump Catleap Cartwheel Handstand Forward roll Straight Jump Round off	Jump to box splits Jump to straddle lever Squat through to rear support Circle up to front support Full spin ½ Spin (leg at horizontal) Wolf Spin 1/2 Straight Jump 1/2 Tuck Jump 1/2 W- Jump 1/2 Split Jump Split Leap Straddle Jump Sizzone Tick Tock Backward walkover Forward Walkover Round off Tucked/piked front somersault Tuck back somersault	Squat through to any russian lever Jump to splits hand support E-lift to return Full spin leg at horizontal Full spin leg at vertical Wolf spin 1/1 Straight Jump 1/1 Split jump 1/4 Split Jump (sideways) Straddle jump (sideways) Tuck jump 1/2 (sideways) W-Jump 1/2 (sideways) Tuck Jump 1/1 Change leg leap Backward walkover to splits Valdez Flick to 1 Flick to 2 Gainer Flick Korbust Flick Straight back somersault Straight Front Gainer tuck back	Forward Walkover Free Cartwheel Catch Free walkover to support Jump to splits (No hands) Split leap into arabesque Double spin Wolf Spin 1 ½ Changeleg 1/4 Ring leap Ring Jump Sheep Jump Split Jump ½ (any way) Straddle jump ½ (any way) Tuck/Pike back somersault Free cartwheel Onodi Layout Tuck Back Pike Back Straight back somersault 1/2 Straight front 1/2 Gainer straight back	Front/piked somersault Round off flick Change leg land in arabesque Flick to support Change leg ½ Change leg ring Wolf spin 2/1 Double Spin leg at horizontal Double Spin leg at vertical Spin 2 ½ Spin 2 ½ leg at horizontal Spin 2 ½ leg at vertical Split jump 1/1 (any way) Straddle Jump 1/1 (any way) Front somersault Free walkover Straight back somersault 1/1 Straight front 1/1	Round off Layout Change leg 1/1 Change leg ring 1/1 Triple spin Wolf spin 3/1 Pike front somersault Side somersault Standing arabian Straight back somersault 1/1 Straight front 1/1 Straight back 1 ½ Straight front 1 ½ Double Twist Double Tuck Double Pike
REGIONAL PATHWAY ONLY:					
Arabesque (Leg at horizontal) V-sit with hand support Y Balance (B) Russian lever tucked Star Jump Tuck Jump	Arabesque (in scale) Splits without hands V-sit without hand support Cartwheel (One Handed) Free Roll Cartwheel straight Jump Handspring Straddle Jump	Y Balance on relevé Needle scale with hands Pike hold Straddle hold Handstand forward roll Backward roll to handstand Barani (1 or 2 feet)	Jump to hstd forward roll Needle scale without hands Pike or straddle lever 1/2 Forward walkover one handed		

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and fluidity. These lines are composed of many thin, parallel strokes, giving them a textured, ethereal appearance. They flow across the frame from left to right, with some lines curving upwards and others downwards, creating a dynamic and modern aesthetic.

WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR



KEY: Dance Element Non-Flighted Acro Skill Flighted Acro Skill Aerial

A	B	C	D	E	F
½ Spin Straight Jump Star Jump Tuck Jump W-Jump Pike Jump Catleap W Hop Straight Leg Hop Cartwheel Handstand Forward roll Backward roll Handstand Bridge to Stand Handstand Forward Roll	Full spin ½ Spin (leg at horizontal) Wolf Spin 1/2 Straight Jump 1/2 Tuck Jump 1/2 W-Jump 1/2 Pike Jump 1/2 Split Jump Catleap ½ Split Leap Side leap Straddle Jump Sizzone W hop ½ Backward Roll to front prone Tick Tock Backward walkover Forward Walkover Round off Handspring to 2 feet Handspring to 1 foot Flick to 1 Flick to 2	Full spin leg at horizontal Full spin leg at vertical Wolf spin 1/1 Spin 1 ½ Straight Jump 1/1 Split jump 1/4 Straddle jump 1/2 Tuck Jump 1/1 Change leg leap W hop change leg Catleap 1/1 W hop 1/1 Fouetté hop land in arabesque Backward walkover to splits Valdez Backward roll to handstand Gainer Flick Korbut Flick Tucked/piked front somersault Tuck back somersault Free cartwheel from run or chase	Double spin Wolf Spin 1 ½ Changeleg 1/4 Ring leap Catleap 1 ½ Ring Jump Straight jump 1 ½ Tuck Jump 1 ½ Sheep Jump Split Jump ½ Straddle Jump 1/1 Tourjette Backward roll with ½ turn Onodi Free Cartweel from stand Straight back somersault ½ Straight front 1/2 Gainer straight back Whip Salto Straight back somersault Straight Front	Change leg ½ Change leg ring Wolf spin 2/1 Double Spin leg at horizontal Double Spin leg at vertical Spin 2 ½ Spin 2 ½ leg at horizontal Spin 2 ½ leg at vertical Straight Jump 2/1 Split jump 1/1 Straddle Jump 1 ½ Tourjette ½ Tourjette ring Wolf spin 2 ½ Backward roll with 1/1 turn Straight back somersault 1/1 Straight front 1/1 Free walkover Front Somersault 1/2	Change leg 1/1 Change leg ring 1/1 Triple spin Wolf spin 3/1 Tourjette ring 1/2 Straight back somersault 1/1 Straight front 1/1 Straight back 1 ½ Straight front 1 ½ Double Front Double Twist Double Tuck Double Pike
REGIONAL PATHWAY ONLY:					
Arabesque (Leg at horizontal) V-sit with hand support Y Balance (B) Russian lever tucked Scissor kick Shoulderstand Arm Support Bridge Bridge Kickover R or L Leg Splits Frog Balance Japana Pike fold Press Up Front Support Hold	Arabesque (in scale) Splits without hands V-sit without hand support Pike hold Straddle hold illusion Shoushanova tucked or straddle Cartwheel (One Handed) Handstand fwd roll Pike to stand Shoulderstand straight arms Handstand 1/2 Pirouette Flighted Forward Roll Hecht Roll	Y Balance on relevé Needle scale with hands Pike hold ½ Straddle hold ½ Illusion ½ Shushanova ½ Handstand forward roll Backward roll to handstand Forward walkover (one handed) Russian level pike or straddle Handstand 1/1 pirouette Barani	Needle scale without hands Pike or straddle lever ½ illusion 1/1 Shoushanova 1/1 Forward walkover one handed Handstand pirouette 1 ½	illusion 1/1 no hands Handstand pirouette 2/1	Handstand 3/1 pirouette