



WOMEN'S ARTISTIC GYMNASTICS

CODE OF POINTS

2026 - 2027

The background of the slide features a series of overlapping, wavy, light blue lines that create a sense of motion and depth. These lines are set against a plain 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
<p>Chin Up Circle Over</p> <p>Cast below Bar</p> <p>Backward Hip Circle</p> <p>Forward Hip Circle</p> <p>Squat On</p> <p>¾ Giant</p> <p>Cast to Land</p> <p>Dish Undershoot Low Bar</p> <p>Straddle Undershoot Low Bar</p> <p>Forward Circle Down</p> <p>Squat on</p>	<p>Cast above horizontal</p> <p>Clear circle below bar</p> <p>Pike on</p> <p>Pike undershoot</p> <p>Straddle undershoot</p>	<p>Straddle Cast to handstand</p> <p>Jump to handstand</p> <p>Short Upstart</p> <p>Clear hip to horizontal</p> <p>Stalder Circle</p> <p>Tucked Sole Circle</p> <p>Long upstart</p> <p>Backaway tucked</p> <p>Straddle undershoot 1/2</p> <p>Pike undershoot 1/2</p>	<p>Cast to handstand (legs together)</p> <p>Top Turn</p> <p>Jump to handstand 1/2</p> <p>Upstart 1/2</p> <p>Backward Giant</p> <p>Clear hip to handstand (C)</p> <p>Forward Giant</p> <p>Stalder to handstand (C)</p> <p>Toe on to handstand (C)</p> <p>Shoot half</p> <p>Straddle back</p> <p>Piked Sole Circle</p> <p>Moe straddled or piked</p> <p>Backaway Straight</p> <p>Shoot front tucked or piked</p> <p>Straddle undershoot 1/1</p> <p>Pike undershoot 1/1</p>	<p>Cast to handstand 1/1</p> <p>Jump to handstand 1/1</p> <p>Upstart 1/1</p> <p>Blind change</p> <p>Clear hip to handstand 1/2</p> <p>Endo to handstand</p> <p>Giant 1/2 into mixed grasp</p> <p>Stalder to handstand 1/2</p> <p>Stoop to handstand</p> <p>Toe on to handstand 1/2</p> <p>Pak salto</p> <p>Backaway 1/2</p> <p>Backaway 1/1</p> <p>Front away</p> <p>Shoot front tuck or pike 1/2</p>	<p>Clear hip to handstand 1/1</p> <p>Endo to handstand 1/2</p> <p>Full turning giant</p> <p>Giant (L grip)</p> <p>Stalder to handstand 1/1</p> <p>Toe on to handstand 1/1</p> <p>Pak salto with 1/1</p> <p>Shaposhnikova</p> <p>Geinger</p> <p>Jaeger</p> <p>Tkatchev</p> <p>Backaway 1 1/2</p> <p>Double twist</p> <p>Double front</p> <p>Double tuck</p> <p>Double pike</p>

The background of the slide features several overlapping, wavy lines in various shades of blue, creating a sense of motion and fluidity. These lines are centered horizontally and extend across most of the width of the slide.

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

The background features a series of overlapping, wavy blue lines that create a sense of motion and depth. The lines are in various shades of blue, from light to dark, and are arranged in a way that suggests a flowing, liquid-like texture. The overall effect is modern and dynamic.

WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR



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

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