



MEN'S ARTISTIC GYMNASTICS

CODE OF POINTS

2025 - 2027

The background of the slide features a series of overlapping, wavy blue lines that create a sense of motion and depth. 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.

MEN'S ARTISTIC GYMNASTICS

HIGH BAR

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

A	B	C	D	E	F
<p>Chin Up Circle Over Jump to hang</p> <p>Cast below Bar</p> <p>½ Turn Static Hang Swings Leg Lift</p> <p>Backward Hip Circle Forward Hip Circle</p> <p>Swing (Drop on Back Swing) Forward Circle Down</p>	<p>3/4 Giant</p> <p>Cast above horizontal</p> <p>Clear circle below bar</p> <p>Pike undershoot Straddle undershoot Free Undershoot</p>	<p>Straddle Cast to handstand</p> <p>Short Upstart</p> <p>Clear hip to horizontal Stalder Circle</p> <p>Backaway tucked Straddle undershoot 1/2 Pike undershoot 1/2 Free undershoot 1/2</p>	<p>Cast to handstand (legs together) Top Turn</p> <p>Back Uprise to Handstand</p> <p>Backward Giant Clear hip to handstand (C) Forward Giant Stalder to handstand (C) Toe on to handstand (C) Straddle On & Off</p> <p>Backaway Straight Shoot front tucked or piked Straddle undershoot 1/1 Pike undershoot 1/1</p>	<p>Cast to handstand 1/1 Uprise to Handstand 1/2 Turn</p> <p>Blind change Squat Dislo 45 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 Geinger roll to mixed grip Healy turn to mixed grip</p> <p>Backaway 1/2 Backaway 1/1 Front away Shoot front tuck or pike 1/2 Stalder to handstand 1/2 Backaway 1/1</p>	<p>Clear hip to handstand 1/1 Endo to handstand Endo to handstand 1/2 Full turning giant Giant (L grip) Stalder to handstand 1/1 Toe on to handstand 1/1 Squat Dislo to Handstand</p> <p>Geinger Jaeger Tkatchev</p> <p>Backaway 1 1/2 Double twist Front away ½ Double front Double tuck Double pike</p>

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MEN'S ARTISTIC GYMNASTICS

PARALLEL BARS

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KEY: Mount Static/Strength Element Upper Arm Elements Above the bar elements Below the Bar elements Dismount

A	B	C	D	E	F
<p>Press to Support</p> <p>Tuck Shape Hold in Support Dip to 45° Straddle Hold in Support Pike Hold in Support Four Hand Walks</p> <p>Swing below horizontal Long Hang Swing Glide</p> <p>Dismount between the Bars</p>	<p>Jump to support mount</p> <p>Two Hand Hops Straddle Lever Above Bars Dips to 90 180 turn in Support</p> <p>Upper Arm Swing</p> <p>Swing to horizontal</p> <p>Tucked/piked front somersault Tuck back somersault Flank Vault Face Vault above Horizontal</p>	<p>Upstart to Support Jump 1/2 turn to Support</p> <p>Upstart</p> <p>Tucked Planche Pike lift to straddle Straddle lift to pike Pike Lever Above Bar 360 Turn in Support</p> <p>Swing to 135 Back Uprise from Upper Arm</p> <p>Tuck front / tuck back dismount Flank Vault above Horizontal Face Vault in Handstand</p>	<p>Upstart to Straddle Sit Drop upstart</p> <p>Straddle Planche Lift to Shoulderstand</p> <p>Moy to Upper Arm Front Uprise from Upper Arm Drop Shoot to Upper Arm</p> <p>Swing to Handstand Back Uprise Straddle Cut</p> <p>Pike front / pike back dismount Tucked Front salto with ½ turn</p>	<p>Straddle Lever to Handstand Pike lift to handstand Manna</p> <p>Tippelt Moy to Support Longswing</p> <p>Swing to Handstand 1/2 Turn Fwd Swing to Handstand 1/2 turn Bwd Front Salto to Upper Arm Basket to Support</p> <p>Straight back dismount Back salto with ½ turn Straight front dismount</p>	<p>Front Stutz Front Salto to Catch Diamidov Back Stutz Back Uprise to Support</p> <p>Double back salto Double front salto Front salto with 1/1 twist</p>

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MEN'S ARTISTIC GYMNASTICS

FLOOR

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KEY: Balance Skills Non-Flighted Acro Skill Flighted Acro Skill Jumps

A	B	C	D	E	F
<p> Straight Jump Star Jump Tuck Jump W-Jump Pike Jump Cartwheel Handstand Forward roll Backward roll Handstand Bridge to Stand Handstand Forward Roll Backward roll to pike stand V-sit with hand support Y Balance (B) Russian lever tucked houlderstand Arm Support Bridge Bridge Kickover R or L Leg Splits Frog Balance Japana Pike fold Press Up Front Support Hold </p>	<p> Straight Jump 1/2 Straight Jump 1/IT Tuck Jump 1/2 W-Jump 1/2 Pike Jump 1/2 Backward Roll to front support Cartwheel (One Handed) Handstand fwd roll Pike to stand Shoulderstand straight arms Handstand 1/2 Pirouette Round off Handspring to 2 feet Handspring to 1 foot Flyspring Tucked/piked front somersault Tuck back somersault Flighted Forward Roll Hecht Roll Splits without hands V-sit without hand support Pike hold Straddle hold Straight leg headstand, push to front Prone. </p>	<p> Tuck Jump 1/1 W-Jump 1/1 Backward roll to handstand Russian level pike or straddle Handstand 1/1 pirouette Backwards roll to hstd pike down Flick to 1 Flick to 2 Gainer Flick Korbust Flick Straight back somersault Straight Front Barani Free cartwheel from run or chase Front salto ½ turn (Tuck or Pike) Pike hold ½ Straddle hold ½ Wide arm handstand more than shoulder width apart. Straight leg headstand, push to handstand. Straight top planché with bent arms </p>	<p> Straight jump 1 ½ Tuck Jump 1 ½ Backward roll with ½ turn Handstand pirouette 1 ½ Circles Free Cartweel from stand Straight back somersault ½ Straight front 1/2 Gainer straight back Whip Salto Side Somi Front salto 1/1 turn (Tucked) Pike or straddle lever ½ Straight top planché with straight arms </p>	<p> Straight Jump 2/1 Backward roll with 1/1 tur Bwd roll to handstand 1 1/2 roll out n Handstand pirouette 2/1 Flares Straight back somersault 1/1 Straight front 1/1 Front Somersault 1/2 Handstand 3/1 pirouette Bwd roll to handstand 2/1 turn </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 Handstand 3/1 pirouette Bwd roll to handstand 2/1 turn </p>