



***MEN'S ARTISTIC GYMNASTICS***

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# **CODE OF POINTS**

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***2025 - 2027***

The background of the slide features several overlapping, flowing blue lines that create a sense of motion and depth. These lines are more concentrated in the upper half of the image, where they form a series of peaks and valleys, and then gradually fade out towards the bottom. The colors range from a light, airy blue to a slightly darker, more saturated blue.

***MEN'S ARTISTIC GYMNASTICS***

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**HIGH BAR**

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# HIGH BAR

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

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

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.

***MEN'S ARTISTIC GYMNASTICS***

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**PARALLEL BARS**

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# PARALLEL BARS

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

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

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***

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**FLOOR**

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# FLOOR



**KEY:** Balance Skills Non-Flighted Acro Skill Flighted Acro Skill Jumps Static/Strength Element

| A                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | B                                          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| <p>                     Straight Jump<br/>                     Star Jump<br/>                     Tuck Jump<br/>                     W-Jump<br/>                     Pike Jump<br/> <br/>                     Cartwheel<br/>                     Handstand<br/>                     Forward roll<br/>                     Backward roll<br/>                     Handstand Bridge to Stand<br/>                     Handstand Forward Roll<br/>                     Backward roll to pike stand<br/> <br/>                     Shoulderstand Arm Support<br/>                     Bridge<br/>                     Bridge Kickover<br/>                     R or L Leg Splits<br/>                     Japana<br/>                     Pike fold<br/>                     Press Up<br/>                     Front Support Hold<br/> <br/>                     V-sit with hand support<br/>                     Russian lever tucked<br/>                     Press Up                 </p> | <p>                     Straight Jump 1/2<br/>                     Straight Jump 1/IT<br/>                     Tuck Jump 1/2<br/>                     W-Jump 1/2<br/>                     Pike Jump 1/2<br/> <br/>                     Backward Roll to front support<br/>                     Cartwheel (One Handed)<br/>                     Handstand fwd roll Pike to stand<br/>                     Shoulderstand straight arms<br/>                     Handstand 1/2 Pirouette<br/>                     Tucked Shushunova<br/>                     Flic to front support<br/> <br/>                     Flick to 1<br/>                     Flick to 2<br/>                     Round off<br/>                     Handspring to 2 feet<br/>                     Handspring to 1 foot<br/>                     Flyspring<br/>                     Tucked/piked front somersault<br/>                     Tuck back somersault<br/>                     Flighted Forward Roll<br/>                     Hecht Roll<br/> <br/>                     Splits without hands<br/>                     V-sit without hand support<br/>                     Pike hold<br/>                     Straddle hold<br/>                     Straight leg headstand, push to front Prone.<br/>                     Y Balance (B)<br/> <br/>                     Straddle jump to handstand<br/>                     Handstand down to chest roll<br/>                     Swedish fall                 </p> | <p>                     Tuck Jump 1/1<br/>                     W-Jump 1/1<br/> <br/>                     Backward roll to handstand<br/>                     Russian level pike or straddle<br/>                     Handstand 1/1 pirouette<br/>                     Backwards roll to hstd pike down<br/>                     Tucked Shushunova with ½ turn<br/>                     1 circle<br/>                     1 flare<br/>                     Wendy (legs together)<br/> <br/>                     Gainer Flick<br/>                     Korbut Flick<br/>                     Straight back somersault<br/>                     Straight Front<br/>                     Barani<br/>                     Free cartwheel from run or chase<br/>                     Front salto ½ turn (Tuck or Pike)<br/> <br/>                     Pike hold ½<br/>                     Straddle hold ½<br/>                     Wide arm handstand more than shoulder width apart.<br/>                     Straight leg headstand, push to handstand.<br/>                     Straight top planché with bent arms<br/> <br/>                     Straddle lift to handstand<br/>                     Planche (legs straddled)                 </p> | <p>                     Straight jump 1 ½<br/>                     Tuck Jump 1 ½<br/> <br/>                     Backward roll with ½ turn<br/>                     Handstand pirouette 1 ½<br/>                     Wendy (straddled)<br/>                     2 circles<br/>                     2 flares<br/> <br/>                     Free Cartwheel from stand<br/>                     Straight back somersault ½<br/>                     Straight front 1/2<br/>                     Straight back somersault 1/1<br/>                     Gainer straight back<br/>                     Whip Salto<br/>                     Side Somi<br/>                     Front salto 1/1 turn (Tucked)<br/> <br/>                     Pike or straddle lever ½<br/>                     Straight top planché with straight arms<br/> <br/>                     Pike lift to handstand<br/>                     Chest roll to handstand                 </p> | <p>                     Straight Jump 2/1<br/> <br/>                     Backward roll with 1/1 tur<br/>                     Bwd roll to handstand 1 1/2 roll out n<br/>                     Handstand pirouette 2/1<br/>                     Flares<br/> <br/>                     Straight front 1/1<br/>                     Front Somersault 1/2<br/>                     Straight back with 1½ twist<br/>                     Straight front with 1½ twist<br/>                     Straight back 2/2<br/>                     Double tuck                 </p> | <p>                     Double Front<br/>                     Double Twist<br/>                     Double Pike<br/>                     Straight front with 2/2<br/>                     Double back with 1/1<br/>                     Double Arabian<br/> <br/>                     Handstand 3/1 pirouette<br/>                     Bwd roll to handstand 2/1 turn                 </p> |