

The background of the slide features several overlapping, wavy, light blue lines that create a sense of motion and fluidity. These lines are more concentrated in the upper half of the image, framing the text.

MEN'S ARTISTIC GYMNASTICS

VAULT

VAULT TABLE

MEN'S ARTISTIC ONLY: All tables vaults have the option to increase height by 10cm for safety of the gymnasts competing the skills. Mini Marvels and Little Leapers will Vault on 80cm at Level 10 only. Best score of two attempts to count.

Vault Heights	1.00m Stacked Mats		1m	1.10m	1.20m	1.25m				
Level	10	9	8	7	6	5	4	3	2	1
Squat on Step to handstand flat lie	1.00									
Handspring flat back	1.50	1.50								
Handspring			2.00	2.00						
Yamashita			2.40	2.40						
Half On			3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
Yurechenko & Yurechenko ½ turn Entry (No salto)				3.20	3.20	3.20	3.20	3.20	3.20	3.20
Half On Half Off or Yamashita ½ or Yurechenko ½ turn Entry ½ off				3.20	3.20	3.20	3.20	3.20	3.20	3.20
Half On Full Off or Yamashita 1/1 or Yurechenko ½ turn Entry 1/1 off					3.60	3.60	3.60	3.60	3.60	3.60
Tucked Tsukahara/Handspring						3.80	3.80	3.80	3.80	3.80
Piked Tsukahara/Handspring						4.00	4.00	4.00	4.00	4.00
Yurechenko Tucked						4.20	4.20	4.20	4.20	4.20
Yurechenko Piked						4.40	4.40	4.40	4.40	4.40
Yurechenko/Tsukahara Straight						4.80	4.80	4.80	4.80	4.80

CONTINUED VAULT TABLE

MEN'S ARTISTIC ONLY: All tables vaults have the option to increase height by 10cm for safety of the gymnasts competing the skills. Mini Marvels and Little Leapers will Vault on 80cm at Level 10 only. Best score of two attempts to count.

Vault Heights	1.25m					1.25m/1.35
Level	5	4	3	2	1	FIG
Tsukahara Tucked 1/2			4.00	4.00	4.00	4.00
Handspring Front Tucked 1/2			4.20	4.20	4.20	4.20
Tsukahara Piked 1/2				4.20	4.20	4.20
Handspring Front Piked 1/2				4.40	4.40	4.40
Tsukahara tucked 1/1 Twist					4.60	4.60
Yurechenko Straight 1/1 Twist					5.00	5.00
Yurechenko Straight 1 ½ Twist					5.20	5.20
Yurechenko Straight 2/1 Twist					5.40	5.40

***Gymnast can compete all FIG Coded Vaults once gymnast has completed IGA Level 1**

IMPORTANT NOTICE: All Vaults can be used on the FIG Code of Points - If using an unlisted IGA Code of Points Vault - Please use the FIG Vault Value and ensure your Intention Sheets are correct.

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MEN'S ARTISTIC GYMNASTICS

HIGH BAR

HIGH BAR - SET ROUTINE - LEVEL 10



EQUIPMENT: High Bar – 2 x Safety Mats

START VALUE: 10.00

ROUTINE

Assisted Jump to hand on the Bar
Chin up
Leg Lift
Dish Shape (Show)
Arch Shape (Show)
3 x Swings
Release to land on 4th Swing showing Dish
on the back swing

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min – Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - SET ROUTINE - LEVEL 9



EQUIPMENT: High Bar - 1 x Safety Mat

START VALUE: 10.00

ROUTINE

Assisted jump to hang in reverse grip
180 turn in hang
Chin up
Chin up circle over
Controlled circle down
3 x Swings
Release to land on 4th Swing showing Dish
on the back swing

EXECUTION

Failure to show control in 180 turn
Failure to show chin over the bar
Lack of body form
Lack of shapes
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min - Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - SET ROUTINE - LEVEL 8



EQUIPMENT: High Bar – Optional Safety Mat

START VALUE: 10.00

ROUTINE

Assisted jump to hang
Chin up
Chin up circle up
Cast above horizontal, return to bar (or bonus)
Circle down into and complete 3 swings
Release on 4th swing
0.5 bonus for pushing away from cast into swings

EXECUTION

Failure to show dish shape
Failure to show chin over the bar
Lack of body form
Lack of shapes including in dismount
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min – Routines that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

HIGH BAR - IDENTITY LEVELS



EQUIPMENT: FIG Metal High Bars

START VALUE: 10.00

On High Bar, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 7

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

Circling Element
Leg lift
Cast to horizontal
B dismount only

NOTES:

Maximum of 2 C's only

LEVEL 6

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

Upstart / Uprise
Clear circling element to come out at horizontal
Cast above horizontal
Min B dismounts only

NOTES:

No A Dismounts allowed - A Dismounts will not be credited.

LEVEL 5

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Upstart / Uprise
Cast 45' above horizontal
Circling element above horizontal
Minimum C Dismount

NOTES:

Maximum of 2 D's only
No A or B Dismounts allowed -Barred Dismounts will not be credited.

LEVEL 4

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Cast to handstand (straddle or legs together)
1 x Giant
Minimum C Dismount

NOTES:

No A or B Dismounts allowed - Barred Dismounts will not be credited.

HIGH BAR - ELITE LEVELS



EQUIPMENT: FIG Metal High Bars

START VALUE: 10.00

On High Bar a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 3

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Cast to handstand (leg's together),
Circling element to or through handstand,
1 x Giant
Any C or D dismount

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed -Barred Dismounts will not be credited.

LEVEL 2

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Cast to handstand, legs together
Minimum of 2 giants forward and backward
Close bar element to handstand
Any salto dismount

NOTES:

Maximum of 2 x E's

LEVEL 1

SKILLS: Best 8 skills to count [A-F]

REQUIREMENTS: Value 4.0

Min 2 x giants bwd, fwd or mixed
180° turn or 360° in handstand (blind half or blind full)
Close bar element to handstand
Min E dismount

NOTES:

No Dismounts below E allowed - Barred Dismounts will not be credited.

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MEN'S ARTISTIC GYMNASTICS

P.BARS

P.BARS - SET ROUTINE - LEVEL 10

EQUIPMENT: P.Bars - 1 x Safety Mat

START VALUE: 10.00

P.Bar height must be between shoulder and elbow when the gymnast is about to prepare for front support.

ROUTINE

Press to front support mount
4 hand walks RLRL
1 x Dip
Tuck shape hold (2 seconds max)
2 swings above bar
Swing above bar to backward dismount
between bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - SET ROUTINE - LEVEL 9

EQUIPMENT: P.Bars - Optional Safety Mat

START VALUE: 10.00

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

ROUTINE

Jump to front support mount
180° turn in support
2 x Dip
Pike shape hold (2 seconds max)
Swing to 90°(horizontal)
Swing to 90° (horizontal)
Swing to 90° (horizontal) backward
dismount (FACE) over bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - SET ROUTINE - LEVEL 8

EQUIPMENT: P.Bars - 10cm dismount safety mat only.

START VALUE: 10.00

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

ROUTINE

Jump ½ turn to front support mount
2 x Dip to 90°
Pike shape hold
1 swing to 90°
2 Swings to 135°
Swing to 135° into either backward
dismount (FACE) over bars or into
forwards dismount (FLANK) over bars

EXECUTION

Failure to show dish/arch shape
Failure to show chin over the bar
Lack of body form
Lack of shapes in swing
Lack of control

PENALTY

0.3
0.3/0.5
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time
0.1/0.3/0.5 each time



**FAILURE TO
COMPLETE A
SKILL:**

0.5 deduction
for each
incomplete skill

ROUTINE TIMINGS:

Routines must not exceed 1min 30 - Routines
that exceed 1min will be deducted 0.3

PICTURES FOR REFERENCE:

P.BARS - IDENTITY LEVELS



EQUIPMENT: P.Bars

START VALUE: 10.00

On P.Bar, a routine with less than the required skills will be deducted 1.0 for each missing skill.

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

LEVEL 7

SKILLS: Best 7 skills to count [A/B/C]

REQUIREMENTS: Value 4.0

360° turn in support
Statics/strength element (min B)
Swing to 135°
Dismount (min B)

NOTES:

Maximum of 4 C's only
No salto dismounts allowed - Barred
Dismounts will not be credited.

LEVEL 6

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Upstart
Statics/strength element (min B)
Swing to handstand
Dismount (B/C)- no saltos

NOTES:

Maximum of 4 D's only
No salto dismounts allowed - Barred
Dismounts will not be credited.

LEVEL 5

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min B)
Statics/strength element (min B)
Dismount (min C)

NOTES:

Maximum of 4 D's only
No A or B Dismounts allowed -Barred
Dismounts will not be credited.

LEVEL 4

SKILLS: Best 8 skills to count [A-D]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min C)
Statics/strength element (min C)
Dismount (min C)

NOTES:

No A or B Dismounts allowed -
Barred Dismounts will not be credited.

P.BARS - ELITE LEVELS



EQUIPMENT: P.Bars

START VALUE: 10.00

On P.Bars, a routine with less than the required skills will be deducted 1.0 for each missing skill.

Levels 9-1 : P.Bar height must be above the gymnast's shoulders when the gymnast is standing on the springboard below the bar.

LEVEL 3

SKILLS: Best 8 skills to count [A/B/C/D/E]

REQUIREMENTS: Value 4.0

Swinging element above bar (min C)
Upper arm or below bar element (min C)
Statics/strength element (min C)
Salto dismount

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed - Barred Dismounts will not be credited.

LEVEL 2

SKILLS: Best 8 skills to count [A/B/C/D/E/F]

REQUIREMENTS: Value 4.0

Turning element in handstand
Upper arm or below bar element (min D)
Statics/strength element (min C)
Salto dismount (Min D)

NOTES:

Maximum of 2 x F's
No Dismounts below D allowed - Barred Dismounts will not be credited.

LEVEL 1

SKILLS: Best 8 skills to count [A-F]

REQUIREMENTS: Value 4.0

Swinging element above bar (min E)
Turning element in handstand
Upper arm or below bar element (min D)
Salto dismount (Min E)

NOTES:

No Dismounts below E allowed - Barred Dismounts will not be credited.

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MEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR - FOUNDATION LEVELS



EQUIPMENT: Floor [Level 10/9 on a Line] Level 8 Full Floor – Music Optional

START VALUE: 10.00

On Floor, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 10

SKILLS: Best 8 skills to count [A Skills Only]

REQUIREMENTS: Value 4.0

Acro move
Jump
Balance
Strength move

NOTES:

Maximum of 2 x E's
No A or B Dismounts allowed – Barred Dismounts will not be credited.

LEVEL 9

SKILLS: Best 8 skills to count [A/B]

REQUIREMENTS: Value 4.0

Acro move
Jump 360' turn
Mix series *[mixed series consists of an acro skill connected to a jump.]*
Strength move

NOTES:

Maximum of 6 x B's
No Salto's allowed

LEVEL 8

SKILLS: Best 10 skills to count [A-C]

REQUIREMENTS: Value 4.0

Connected 2 acro elements
Controlled handstand roll out straight arms
Arabesque
Jump 360' turn

NOTES:

Maximum of 2 x C's

Only small deductions up to 0.3 can occur for deviation in a skill. There is no deduction for a gymnast who hasn't performed the entire Floor Routine on a line that is marked on the Floor. Only Deviation is applied to elements.

FLOOR - IDENTITY LEVELS



EQUIPMENT: Full Floor Routine – Music Optional

START VALUE: 10.00

On Floor, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 7

SKILLS: Best 10 skills to count [A–C]

REQUIREMENTS: Value 4.0

Bwd acro series of two elements with one flighted acro skill
Fwd acro series of 2 elements
C Jump with turn
Bwd roll straight arms to front support position

NOTES:

Maximum of 6 C's only

LEVEL 6

SKILLS: Best 10 skills to count [A–C]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with Bwd salto
FWD acro series of 2 elements one flighted acro skill in direct connection
Strength element (minimum C).
Non-flighted acro skill (minimum C)

NOTES:

A, B and C skills only.

LEVEL 5

SKILLS: Best 10 skills to count [A–D]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with Bwd salto (salto min C)
Fwd acro series of two directly connected elements
Isolated Straight Front
Non acrobatic element (min C)

NOTES:

Maximum of 2 D's only

LEVEL 4

SKILLS: Best 10 skills to count [A–D]

REQUIREMENTS: Value 4.0

Min 3 elements acro series with min 180° twist
Pike to handstand ½ turn to bwd roll to handstand straight arms Fwd acro series of two salto's connected
Non acrobatic element (min D)

NOTES:

A, B, C and D Skills only.

0.3 deduction for not hitting all corners in the Floor Routine.

FLOOR - FOUNDATION LEVELS



EQUIPMENT: Floor [Level 10/9 on a Line] Level 8 Full Floor – Music Optional

START VALUE: 10.00

On P.Bars, a routine with less than the required skills will be deducted 1.0 for each missing skill.

LEVEL 3

SKILLS: Best 10 skills to count [A-E]

REQUIREMENTS: Value 4.0

Min 3 elements acro series, incl. same or different salto direction
Fwd acro series or 2 elements, one must be salto
One tumble series with min 360° twist
Non acrobatic element (min D)

NOTES:

Maximum of 2 x E's

LEVEL 2

SKILLS: Best 10 skills to count [A-F]

REQUIREMENTS: Value 4.0

Acro series with back salto with a minimum 1/1 twist
Forward flighted acro element (minimum E)
Acro series with two connected saltos
Non-acrobatic element (min E)

NOTES:

Maximum of 2 x F's.

LEVEL 1

SKILLS: Best 10 skills to count [A-F]

REQUIREMENTS: Value 4.0

Acro series with back salto with a minimum 1 1/2 twist
Double somersault
Two connected forward saltos, one salto minimum E
Non-acrobatic element (min E)

NOTES:

0.3 deduction for not hitting all corners in the Floor Routine.