



WOMEN'S ARTISTIC GYMNASTICS

CODE OF POINTS

2026

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

UNEVEN BARS

UNEVEN BARS PT.1



A	B	C	D	E	F
<p><u>MOUNT</u></p> <ul style="list-style-type: none"> Chin Up Circle Over <p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Backward Hip Circle Forward Hip Circle <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Squat On <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Cast To Land (low Bar) Dish Undershoot (low Bar) Straddle Undershoot (low bar) Forward Circle Down <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> $\frac{3}{4}$ Giant Cast Below Bar 	<p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Clear Circle Below Horizontal <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Pike On <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Pike Undershoot (High Or Low Bar) Straddle Undershoot (High Bar) <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> Cast To Horizontal 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> Short Upstart (Low Bar) Long Upstart (High Bar) <p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Clear Hip To Horizontal <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Tucked Sole Circle <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Backaway Tucked (High Bar) Straddle Undershoot $\frac{1}{2}$ Turn (High Bar) Pike Undershoot $\frac{1}{2}$ Turn (High Bar) <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> Straddle Cast To Handstand Long Upstart (High Bar) 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> Jump $\frac{1}{2}$ Turn Upstart (Low Bar) <p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Clear Hip To Handstand Stalder To Handstand Toe On To Handstand <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Moe Straddled Or Piked Piked Sole Circle Straddle Back Shoot Half <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Backaway Straight Tucked Backaway $\frac{1}{2}$ Shoot Front Tucked Straddle Undershoot 1/1 Pike Undershoot 1/1 <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> Backward Giant Forward Giant Cast To Handstand (Legs Together) Top Turn 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> Upstart 1/1 (Low Bar) <p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Clear Hip To Handstand 1/2 Endo To Handstand Stalder To Handstand 1/2 Stoop To Handstand Toe On To Handstand 1/2 <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Pak Salto <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Straight Backaway 1/2 Straight Front Away Shoot Front Tuck $\frac{1}{2}$ Shoot Front Piked Double Tucked Back Somersault <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> Blind Change Giant 1/2 Into Mixed Grasp (Swing 1-2) Cast To Handstand 1/1 	<p><u>CIRCLING ELEMENT FOR CR</u></p> <ul style="list-style-type: none"> Clear Hip To Handstand 1/1 Endo To Handstand 1/2 Stalder To Handstand 1/1 Toe On To Handstand 1/1 <p><u>TRANSITION</u></p> <ul style="list-style-type: none"> Pak Salto With 1/1 Shaposhnikova <p><u>RELEASE & CATCH</u></p> <ul style="list-style-type: none"> Geinger Jaeger Tkatchev <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> Double Tucked Front Somersault Double Piked Back-Somersault Straight Backaway 1/1 <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> 1/1 Turning Giant Giant (L Grip)

UNEVEN BARS - PT.2



G					
<p><u>DISMOUNT</u></p> <ul style="list-style-type: none">• Double Front ½ Tucked• 1 ½ Straight Back Somersault• Double Back ½ Tucked					

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, undulating surface.

WOMEN'S ARTISTIC GYMNASTICS

BEAM

BEAM PT.1



A	B	C	D	E
<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Jump To Front Support • Squat On <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Straight Jump • Tuck Jump • Catleap <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Cartwheel • Handstand • Forward Roll <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Straight Jump • Round off <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • ½ Spin (On One Foot) 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Jump To Japana • Jump To Straddle Lever • Squat Through To Rear Support • Circle Up To Front Support <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Straight Jump 1/2 • Tuck Jump 1/2 • W- Jump • Split Jump • Split Leap • Straddle Jump • Sissonne <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Tick Tock • Backward walkover • Forward Walkover <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Round off <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Tucked/Piked Front Somersault • Tuck Back Somersault • Cartwheel Straight Jump <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Spin 1/1 • ½ Spin (Leg At Horizontal) • Wolf Spin 1/2 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Squat Through To Pike or Straddle Lever • Jump To Splits (hand support) • E-Lift To Return <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Straight Jump 1/1 • Split Jump 1/4 • Split Jump (sideways) • Straddle Jump (sideways) • Tuck Jump 1/2 (sideways) • W-Jump 1/2 (sideways) • Change Leg Leap <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Backward Walkover To Splits • Valdez <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Flick To 1 • Flick To 2 • Gainer Flick • Korbust Flick • Onodi <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Straight Back Somersault • Straight Front (Two Feet Take Off) • Gainer Tuck Back <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • 1/1 Spin Leg At Horizontal • 1/1 Spin Leg At Vertical • Wolf Spin 1/1 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Jump to Handstand Forward Walkover Out • Free Cartwheel Catch • Free Walkover To Support • Jump To Splits (No hands) • Split Leap Into Arabesque • Flick To Support <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Changeleg 1/4 • Ring leap • Ring Jump • Sheep Jump • Split Jump ½ (any way) • Straddle jump ½ (any way) • Tuck Jump 1/1 (Sideways) <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Standing Tucked Back Somersault • Free Cartwheel • Layout <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Straight Back Somersault 1/2 • Straight Front 1/2 • Gainer Straight Back • Barani (Two Feet Take Off) <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Double spin • Wolf Spin 1 ½ 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Front/Piked Somersault • Round Off Flick • Change Leg Land In Arabesque <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Change Leg ½ • Change Leg Ring • Split Jump 1/1 (Any Way) • Straddle Jump 1/1 (Any Way) <p><u>Aerial</u></p> <ul style="list-style-type: none"> • Tuck Front Somersault • Free Walkover • Side Somersault <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Straight Back Somersault 1/1 • Straight front 1/1 (Two Feet Take Off) <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Wolf Spin 2/1 • Double Spin leg At Horizontal • Double Spin Leg At Vertical • Spin 2 ½
REGIONAL PATHWAY ONLY:				
<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Arabesque (Leg At Horizontal) • V-sit With Hand Support • Y Balance • Russian Lever Tucked <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Star Jump • Tuck Jump 	<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Arabesque (Leg at Horizontal) In Scale • Splits Without Hands • V-sit Without Hand Support • Pike Lever • Straddle Lever <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • One Handed Cartwheel • Free Roll <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Handspring • Straddle Jump 	<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Y Balance (In relevé) • Needle scale With Hands • Straddle Lever ½ <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Handstand Forward Roll • Backward Roll To Handstand <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Barani (One Foot Take Off) 	<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Jump To Handstand Forward Roll <p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Needle Scale Without Hands <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Forward Walkover One Handed 	

BEAM PT.2

F	G				
<p><u>MOUNT</u></p> <ul style="list-style-type: none"> • Round Off Layout <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Change Leg 1/1 • Change Leg Ring 1/1 • Spin 3/1 • Wolf Spin 3/1 • Spin 2½ Leg At Horizontal • Spin 2½ Leg At Vertical <p><u>Aerial</u></p> <ul style="list-style-type: none"> • Pike Front Somersault • Standing Arabian <p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Straight Front 1/1 (Two feet Take Off) • Straight Back 1 ½ • Double Back Tucked <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Spin 3/1 • Wolf Spin 3/1 • Spin 2½ Leg At Horizontal • Spin 2½ Leg At Vertical 	<p><u>DISMOUNT</u></p> <ul style="list-style-type: none"> • Double Back Piked • Straight Back 2/1 				

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WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR PT.1



A	B	C	D	E	F
<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Straight Jump • Star Jump • Tuck Jump • W-Jump • Pike Jump • Catleap • W Hop • Straight Leg Hop To Horizontal <p><u>NON FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Cartwheel • Handstand • Forward Roll • Backward Roll • Handstand Bridge To Stand • Handstand Forward Roll <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • ½ Spin (On One Foot) 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Straight Jump 1/1 • Tuck Jump 1/2 • W-Jump 1/2 • Pike Jump 1/2 • Split Jump • Catleap ½ • Split Leap • Side leap • Straddle Jump • Sissonne • W hop ½ <p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Backward Roll To front Support • Tick Tock • Backward Walkover • Forward Walkover <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Round Off • Handspring To 2 feet • Handspring To 1 foot • Flick To 1 • Flick To 2 <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Spin 1/1 • ½ Spin (Leg At Horizontal) • Wolf Spin 1/2 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • 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><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Backward Walkover To Splits • Valdez • Backward Roll To Handstand <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Gainer Flick • Korbut Flick • Tucked/Piked Front Somersault • Tuck Back Somersault • Whip Salto <p><u>AERIAL</u></p> <ul style="list-style-type: none"> • Free Cartwheel From Run Or Chasse <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • 1/1 Spin Leg At Horizontal • 1/1 Spin Leg At Vertical • Wolf Spin 1/1 • Spin 1 ½ 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Change Leg ¼ • Ring leap • Catleap 1 ½ • Ring Jump • Straight Jump 1 ½ • Tuck Jump 1 ½ • Sheep Jump • Split Jump ½ • Straddle Jump 1/1 • Tourjeté <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Onodi • Straight Back Somersault ½ • Straight Front 1/2 • Straight Back Somersault • Straight Front <p><u>AERIAL</u></p> <ul style="list-style-type: none"> • Free Cartwheel From Stand • Free Walkover From Run Or Chasse • Side Somersault From Run Or Chasse <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • 2/1 spin • Wolf Spin 1 ½ 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Change Leg ½ • Change Leg Ring • Straight Jump 2/1 • Split Jump 1/1 • Straddle Jump 1/1 • Tourjeté ½ <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Straight Back Somersault 1/1 • Straight Front 1/1 <p><u>AERIAL</u></p> <ul style="list-style-type: none"> • Free Walkover From Stand • Side Somersault From Stand <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Wolf Spin 2/1 • 2/1 Spin Leg At Horizontall • Spin 2 ½ • Spin 2 ½ Leg At Vertical 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Change Leg 1/1 • Change Leg Ring 1/1 • Tourjeté Ring 1/2 <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Straight Back 1 ½ • Straight Front 1 ½ • Double Tuck Front Somersault • Double Tuck Back Somersault <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • 3/1 Spin • Wolf Spin 3/1
REGIONAL PATHWAY ONLY:					
<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Arabesque Leg At Horizontal • V-sit With Hand Support • Y Balance • Russian Lever tucked • Shoulder-stand with arm support • Bridge • R or L Leg Splits • Frog Balance <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Scissor kick <p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Bridge Kickover • Japana • Pike Fold • Press Up 	<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Arabesque On Relevé • V-sit Without Hand Support • Pike Or Straddle Lever • Shoulder-stand Straight Arms • Above Head <p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • One Handed Cartwheel • Handstand Forward Roll Pike To Stand • Handstand 1/2 Pirouette <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Flighted Forward Roll • Hecht Roll <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Shushunova Tuck Or Straddle 	<p><u>BALANCE</u></p> <ul style="list-style-type: none"> • Y Balance On Relevé • Straddle Lever ½ • Russian Level Pike Or Straddle <p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Illusion ½ <p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Backward Roll To Handstand • Forward Walkover (One Handed) • Handstand 1/1 Pirouette <p><u>FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Barani (Two Feet Take Off) <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Shushunova ½ Tuck Or Straddle 	<p><u>DANCE ELEMENT</u></p> <ul style="list-style-type: none"> • Illusion 1/1 <p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Handstand Pirouette 1 ½ <p><u>ADDITIONAL SKILLS</u></p> <ul style="list-style-type: none"> • Shushunova 1/1 Tuck Or Straddle 	<p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Handstand Pirouette 2/1 	<p><u>NON-FLIGHTED ACRO</u></p> <ul style="list-style-type: none"> • Handstand 3/1 Pirouette

FLOOR PT.2



G					
<div><div>FLIGHTED ACRO</div><div><ul style="list-style-type: none">• Straight Back 2/1• Double Pike Front Somersault• Double Pike Back Somersault• Straight Front 2/1</div></div>					