



WOMEN'S ARTISTIC GYMNASTICS

CODE OF POINTS

2026



WOMEN'S ARTISTIC GYMNASTICS

UNEVEN BARS

UNEVEN BARS PT.1

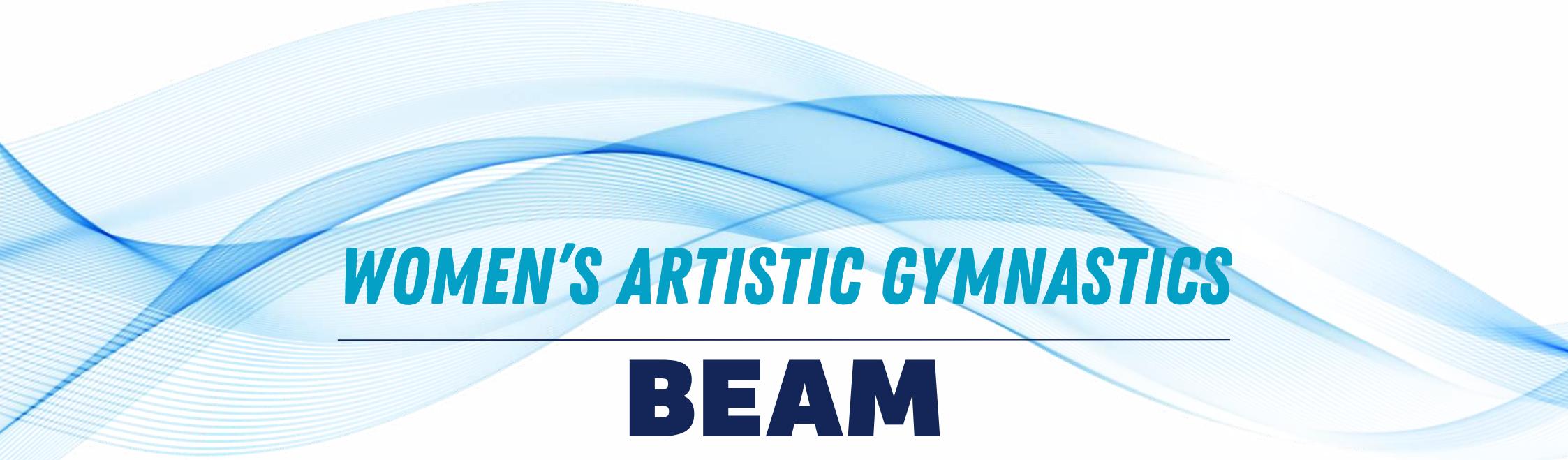


A	B	C	D	E	F
<p>MOUNT</p> <ul style="list-style-type: none"> Chin Up Circle Over <p>CIRCLING ELEMENT FOR CR</p> <ul style="list-style-type: none"> Backward Hip Circle Forward Hip Circle <p>TRANSITION</p> <ul style="list-style-type: none"> Squat On <p>DISMOUNT</p> <ul style="list-style-type: none"> Cast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

UNEVEN BARS - PT.2



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<u>DISMOUNT</u> <ul style="list-style-type: none">• Double Front $\frac{1}{2}$ Tucked• $1\frac{1}{2}$ Straight Back Somersault• Double Back $\frac{1}{2}$ Tucked					



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"> $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 Korbut Flick <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 $\frac{1}{2}$ (any way) Straddle jump $\frac{1}{2}$ (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 $1\frac{1}{2}$ 	<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 $\frac{1}{2}$ 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 $2\frac{1}{2}$

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 $\frac{1}{2}$ <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 	
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BEAM PT.2

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<p>MOUNT</p> <ul style="list-style-type: none"> • Round Off Layout <p>DANCE ELEMENT</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>Aerial</p> <ul style="list-style-type: none"> • Pike Front Somersault • Standing Arabian <p>DISMOUNT</p> <ul style="list-style-type: none"> • Straight Back Piked • Straight Back 2/1 <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> • Spin 3/1 • Wolf Spin 3/1 • Spin 2½ Leg At Horizontal • Spin 2½ Leg At Vertical 					



WOMEN'S ARTISTIC GYMNASTICS

FLOOR

FLOOR PT.1



A	B	C	D	E	F
<p>DANCE ELEMENT</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>NON FLIGHTED ACRO</p> <ul style="list-style-type: none"> Cartwheel Handstand Forward Roll Backward Roll Handstand Bridge To Stand Handstand Forward Roll <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> ½ Spin (On One Foot) 	<p>DANCE ELEMENT</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>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Backward Roll To front Support Tick Tock Backward Walkover Forward Walkover <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Round Off Handspring To 2 feet Handspring To 1 foot Flick To 1 Flick To 2 <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Spin 1/1 ½ Spin (Leg At Horizontal) Wolf Spin 1/2 	<p>DANCE ELEMENT</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>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Backward Walkover To Splits Valdez Backward Roll To Handstand <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Gainer Flick Korbut Flick Tucked/Piked Front Somersault Tuck Back Somersault Whip Salto <p>AERIAL</p> <ul style="list-style-type: none"> Free Cartwheel From Run Or Chasse <p>ADDITIONAL SKILLS</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>DANCE ELEMENT</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 ½ <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Straight Back Somersault 1/1 Straight Front 1/1 <p>AERIAL</p> <ul style="list-style-type: none"> Onodi Straight Back Somersault ½ Straight Front 1/2 Straight Back Somersault Straight Front <p>AERIAL</p> <ul style="list-style-type: none"> Free Cartwheel From Stand Free Walkover From Run Or Chasse Side Somersault From Run Or Chasse <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Wolf Spin 2/1 2/1 Spin Leg At Horizontal Spin 2 ½ Spin 2 ½ Leg At Vertical 	<p>DANCE ELEMENT</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>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Straight Back Somersault 1/1 Straight Front 1/1 <p>AERIAL</p> <ul style="list-style-type: none"> Free Walkover From Stand Side Somersault From Stand <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Wolf Spin 3/1 Wolf Spin 3/1 	<p>DANCE ELEMENT</p> <ul style="list-style-type: none"> Change Leg 1/1 Change Leg Ring 1/1 Tourjeté Ring 1/2 <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Straight Back 1 ½ Straight Front 1 ½ Double Tuck Front Somersault Double Tuck Back Somersault <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> 3/1 Spin

REGIONAL PATHWAY ONLY:

<p>BALANCE</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>DANCE ELEMENT</p> <ul style="list-style-type: none"> Scissor kick <p>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Bridge Kickover Japana Pike Fold Press Up 	<p>BALANCE</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>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> One Handed Cartwheel Handstand Forward Roll Pike To Stand Handstand 1/2 Pirouette <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Flighted Forward Roll Hecht Roll <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Shushunova Tuck Or Straddle 	<p>BALANCE</p> <ul style="list-style-type: none"> Y Balance On Relevé Straddle Lever ½ Russian Level Pike Or Straddle <p>DANCE ELEMENT</p> <ul style="list-style-type: none"> Illusion ½ <p>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Backward Roll To Handstand Forward Walkover (One Handed) Handstand 1/1 Pirouette <p>FLIGHTED ACRO</p> <ul style="list-style-type: none"> Barani (Two Feet Take Off) <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Shushunova ½ Tuck Or Straddle 	<p>DANCE ELEMENT</p> <ul style="list-style-type: none"> Illusion 1/1 <p>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Handstand Pirouette 1 ½ <p>ADDITIONAL SKILLS</p> <ul style="list-style-type: none"> Shushunova 1/1 Tuck Or Straddle 	<p>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Handstand Pirouette 2/1 	<p>NON-FLIGHTED ACRO</p> <ul style="list-style-type: none"> Handstand 3/1 Pirouette
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FLOOR PT.2



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