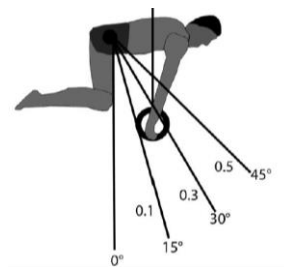


<div>UGC MAG NOVICE [2024/2025]</div> <div>Gymnasts Compete FX &amp; VT</div> <div>[FX] D-Score = Total value of 8 elements</div>		<div>Short Routines</div> <div>(FX) = See Table for Deductions</div> <table><tr><td>8</td><td>0.00</td></tr><tr><td>7</td><td>1.00</td></tr><tr><td>6</td><td>2.00</td></tr><tr><td>5</td><td>4.00</td></tr><tr><td>3-4</td><td>6.00</td></tr><tr><td>1-2</td><td>8.00</td></tr><tr><td>0</td><td>10.00</td></tr></table>				8	0.00	7	1.00	6	2.00	5	4.00	3-4	6.00	1-2	8.00	0	10.00
8	0.00																		
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0	10.00																		
DV elements are valued accordingly by the UGC Committee Rules & Regulations are as per FIG Cycle 15 [2022-2024], unless stated otherwise (FX) = 8 elements: Any 8 elements listed below																			
MAG Novice	FLOOR EXERCISE (FX) – 12X2 STRIP																		
No element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5														
Non-Acrobatic Elements	<ul style="list-style-type: none"><li>Shoulder stand*</li><li>Back Support*</li><li>Push up (chest to floor)</li><li>Single leg balance*</li><li>Scissor kick</li></ul>	<ul style="list-style-type: none"><li>Tucked fwd roll to stand</li><li>Headstand (tucked)*</li><li>Arch hold*</li><li>Dish hold*</li><li>Pike fold*</li><li>Stag leap</li></ul>	<ul style="list-style-type: none"><li>Tucked bwd roll to stand</li><li>Headstand (straight legs)*</li><li>L-sit*</li><li>Straddle L-sit*</li><li>Japana*</li></ul>	<ul style="list-style-type: none"><li>Fwd roll to straddle stand</li><li>Bwd roll to straddle stand</li><li>Handstand</li><li>Tucked Russian lever*</li><li>Bridge*</li><li>Splits (any direction)*</li><li>Arabesque*</li></ul>	<ul style="list-style-type: none"><li>Fwd roll to pike stand</li><li>Bwd roll to front support (straight arms)</li><li>Handstand fwd roll</li><li>Handstand hop</li><li>Swim through box splits</li><li>Y balance*</li></ul>														
Acrobatic Elements	<ul style="list-style-type: none"><li>Stretch jump</li><li>Tuck jump</li><li>Cartwheel</li></ul>	<ul style="list-style-type: none"><li>Jump 1/2t.</li><li>Cartwheel to one leg stand</li></ul>	<ul style="list-style-type: none"><li>Straddle jump</li><li>Pike jump</li><li>Cartwheel 1/4t.</li></ul>	<ul style="list-style-type: none"><li>Jump 1/1t.</li><li>One handed cartwheel</li></ul>	<ul style="list-style-type: none"><li>Dive fwd roll</li><li>Round off to rebound jump</li></ul>														
Element Group Requirements (EGs) 2 @ 0.5 Per EG	<ul style="list-style-type: none"><li>Non-acrobatic elements.</li><li>Acrobatic elements.</li></ul>	Artistry & Apparatus Specific Deductions	<ul style="list-style-type: none"><li>Repeated elements will not be counted toward the D-Score.</li><li>Starred (*) elements must be held for 2 seconds.</li><li>Last element must be an acrobatic element (0.5 Deduction).</li></ul>																

MAG Novice	VAULT (VT) - 135CM VAULT TOP WITH BLOCKS/MATS BEHIND TO EQUAL HEIGHT	
No Vault allowed other than as stated below		
Any two vaults performed, best score counts.	Squat on, kick to handstand, fall to flatback	2.00
	Stretch jump on, kick to handstand hop to handstand, fall to flatback	3.00
	Stretch jump on, step cartwheel ¼ turn in (steps backwards non-deductible)	3.00
	Handstand fall to flatback	4.00
	Handstand hop to handstand, fall to flatback	4.50
	Cartwheel on, finishing sideways	5.00
Apparatus Specific Deductions	• Handstand hop to handstand with no significant height in the hop will result in a deduction of 0.5 and downgrade to handstand fall to flatback.	

UGC MAG INTERMEDIATE [2024/2025]				Short Routines	
Gymnasts Compete FX & VT, plus either PH, SR, PB or HB				FX/PH/SR/PB/HB = See Table for Deductions	
FX/PB/SR D-Score = Total value of 7 highest counting elements + dismount + EG requirements				8	0.00
DV elements are valued accordingly by the UGC Committee Rules & Regulations are as per FIG Cycle 15 [2022-2024], unless stated otherwise				7	1.00
				6	2.00
				5	4.00
				3-4	6.00
				1-2	8.00
				0	10.00
MAG Intermediate	FLOOR EXERCISE (FX) – 12X2 STRIP				
No element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
Non-Acrobatic Elements	<ul style="list-style-type: none"><li>● Tucked fwd roll to stand</li><li>● Tucked bwd roll to stand</li><li>● Bwd roll to straddle stand</li><li>● Headstand (straight legs)*</li><li>● Scissor kick</li><li>● Stag leap</li></ul>	<ul style="list-style-type: none"><li>● Fwd roll to straddle/pike stand</li><li>● Handstand*</li><li>● Handstand hop</li><li>● Piked fold/japana*</li><li>● Arabesque*</li><li>● Y balance*</li></ul>	<ul style="list-style-type: none"><li>● Fwd roll to handstand (any shape)</li><li>● Bwd roll to front support (straight arms)</li><li>● Handstand ½ pirouette</li><li>● Handstand fwd roll</li><li>● L-sit/straddle L-sit*</li><li>● Tucked Russian lever*</li><li>● Splits (any direction) or swim through splits*</li><li>● Bridge*</li></ul>	<ul style="list-style-type: none"><li>● Bwd roll to handstand (straight arms)</li><li>● Handstand 1/1 pirouette</li><li>● Chest roll to handstand</li><li>● Straddle L-sit press to straddle stand</li><li>● Tuck planche*</li></ul>	<ul style="list-style-type: none"><li>● Bwd roll to handstand with ½ pirouette</li><li>● Straddle press to handstand*</li><li>● Straddle planche*</li><li>● Double leg circles</li><li>● Flairs</li><li>● Russian circle 360 or 540</li></ul>
Acrobatic Elements	<ul style="list-style-type: none"><li>● Straddle/pike jump</li><li>● Cartwheel</li><li>● Cartwheel 1/4t.</li></ul>	<ul style="list-style-type: none"><li>● Jump 1/1t.</li><li>● One handed cartwheel</li><li>● Roundoff to rebound jump</li></ul>	<ul style="list-style-type: none"><li>● Dive fwd roll</li><li>● Flic</li><li>● Handspring to one or two feet</li></ul>	<ul style="list-style-type: none"><li>● Tucked fwd salto</li><li>● Tucked bwd salto</li><li>● Handstand to one, handspring to two</li></ul>	<ul style="list-style-type: none"><li>● Piked fwd salto</li><li>● Piked bwd salto</li><li>● Arabian salto tucked/piked</li></ul>
Element Group Requirements (EGs) 3 @ 0.5 Per EG	<ul style="list-style-type: none"><li>● Non-acrobatic elements.</li><li>● Acrobatic elements.</li><li>● Dismount element (must be one of: salto, handspring, flic or dive roll).</li></ul>		Artistry & Apparatus Specific Deductions	<ul style="list-style-type: none"><li>● Repeated elements will not be counted toward the D-Score.</li><li>● Starred (*) elements must be held for 2 seconds.</li></ul>	

**Tuck planche hip angle deductions (in addition to other angle deductions)**

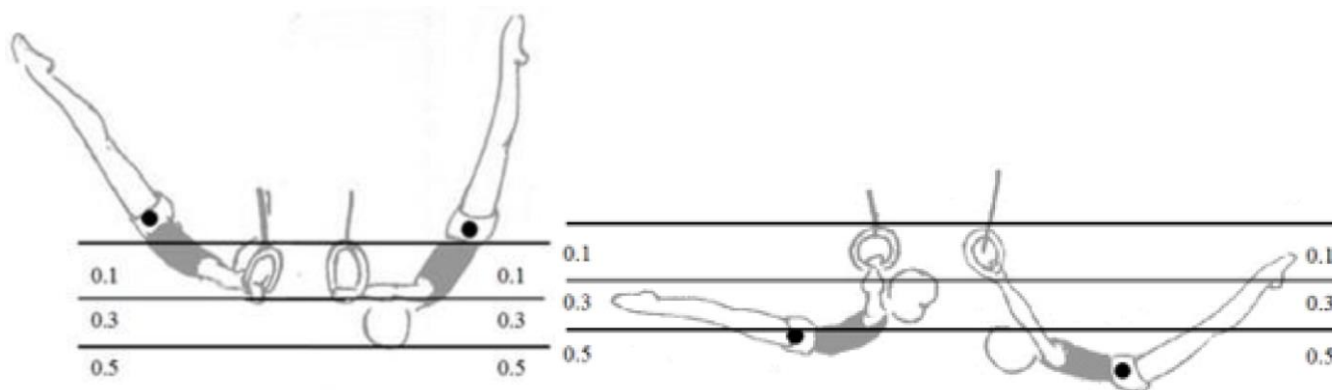


Source: British Gymnastics Men's Artistic National Elite Grades 2020-2024

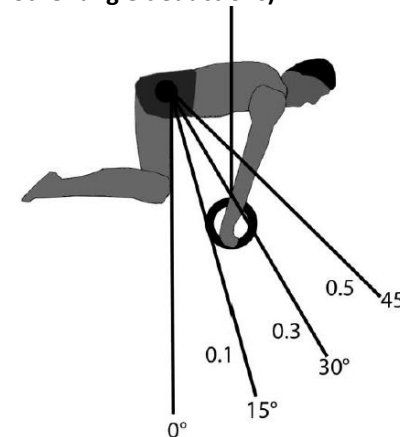
MAG Intermediate	POMMEL HORSE (PH) – MUSHROOM/ HORSE		
	Routine (perform one only)	Tariff	Notes
Mushroom	5x DLC (0.2 each)	1.0	
	5x DLC (0.2 each), ½ spindle (0.5), 5x DLC (0.2 each)	2.5	<ul style="list-style-type: none"> <li>• ½ spindle must be completed within 3 full circles.</li> </ul>
Horse (no handles)	10x inward loops (0.2 each), Schwabenflank dismount (1.0)	3.0	<ul style="list-style-type: none"> <li>• Springboard or Yurchenko block may be used for mount.</li> </ul>
	3x inward loops (0.2 each), Magyar (2.0), 2x outward loops (0.2 each), Schwabenflank dismount (1.0)	4.0	<ul style="list-style-type: none"> <li>• Schwabenflank dismount must cross over the body of the horse.</li> <li>• If a gymnast falls during the Magyar travel, they may continue the travel from where they fell (fall deductions still taken).</li> </ul>
Horse (with handles)	2x leg swing above shoulder height (0.5 each), shear (1.0 each), pick-up to front support (1.0), 5x DLC on handles (0.2 each), Schwabenflank (1.0)	5.0	<ul style="list-style-type: none"> <li>• Springboard or Yurchenko block may be used for mount.</li> <li>• Schwabenflank dismount must cross over the body of the horse.</li> </ul>
Element Group Requirements (EGs)	<ul style="list-style-type: none"> <li>• No element group bonuses given.</li> <li>• 0.5 bonus awarded for no falls during the routine.</li> </ul>	Apparatus Specific Deductions	<ul style="list-style-type: none"> <li>• Additional circles are deducted as 0.5 each.</li> <li>• Missing elements will be deducted from the difficulty value.</li> <li>• The gymnast must attempt all skills as part of the routine. A short routine deduction of 1.0 will apply to each missing element with no attempts, up to a maximum short routine deduction of -8.0 marks. If no skills are clearly attempted, the gymnast will receive a final score of 0.0.</li> </ul>

MAG Intermediate	STILL RINGS (SR) – AS PER FIG				
No element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
Strength Elements	<ul style="list-style-type: none"> <li>• Hanging pike lever*</li> <li>• Inverted pike*</li> <li>• Inverted hang*</li> <li>• Chin-up to 90°*</li> </ul>	<ul style="list-style-type: none"> <li>• German hang*</li> <li>• Hanging Russian lever*</li> <li>• Chin-up to 90° in pike lever</li> <li>• Dip to 90°</li> </ul>	<ul style="list-style-type: none"> <li>• L-sit*</li> <li>• Straddle L-sit*</li> <li>• Muscle-up to support</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle front lever*</li> <li>• Straddle back lever*</li> <li>• Fwd-roll muscle-up</li> </ul>	<ul style="list-style-type: none"> <li>• Tuck planche*</li> <li>• Front lever*</li> <li>• Back lever*</li> <li>• Shoulder stand*</li> </ul>
Swing Elements		<ul style="list-style-type: none"> <li>• Full intermediate swing fwds and bwds (or vice versa)**</li> </ul>	<ul style="list-style-type: none"> <li>• Static inlocation</li> <li>• From support, tuck planche or any L-sit, roll fwd to swing bwd in hang</li> </ul>	<ul style="list-style-type: none"> <li>• Back uprise to support</li> <li>• Inlocation straight or piked</li> <li>• Kip to dislocation from inverted hang</li> <li>• From support, felge bwd. piked or stretched to support with bent or straight arms</li> </ul>	<ul style="list-style-type: none"> <li>• Front uprise to support</li> <li>• Dislocate from swing</li> <li>• Kip to support</li> <li>• Back kip to support with bent arms</li> <li>• From hang, felge upward to support.</li> </ul>
Dismount Elements			<ul style="list-style-type: none"> <li>• Tucked Bwd Salto</li> </ul>	<ul style="list-style-type: none"> <li>• Piked Bwd Salto</li> </ul>	<ul style="list-style-type: none"> <li>• Straight Bwd Salto</li> </ul>
Element Group Requirements (EGs) 3 @ 0.5 Per EG	<ul style="list-style-type: none"> <li>• Strength elements.</li> <li>• Swing elements.</li> <li>• Dismount elements.</li> </ul>	Apparatus Specific Deductions	<ul style="list-style-type: none"> <li>• Repeated elements will not be counted toward the D-Score.</li> <li>• Starred (*) elements must be held for 2 seconds.</li> <li>• Swings (**) should achieve the minimum height denoted by the attached diagrams.</li> <li>• No deduction for straddle L-sit to L-sit (and vice versa) or bent arms when transitioning from above to below the rings.</li> <li>• The gymnast may be lifted to support above the rings at the start of the routine without deduction.</li> </ul>		

Half or full intermediate swing height deductions (per half swing)



Tuck planche hip angle deductions (in addition to other angle deductions)

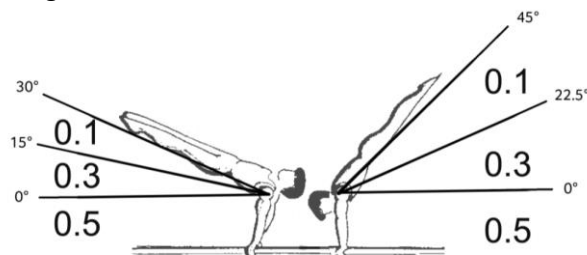


Source: British Gymnastics Men's Artistic National Elite Grades 2020-2024

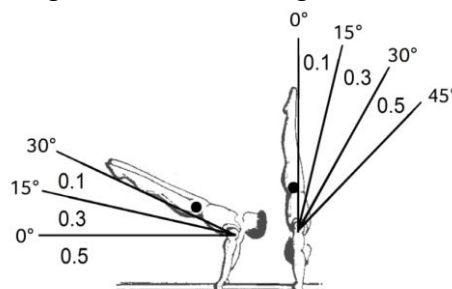
MAG Intermediate	VAULT (VT) - 135CM VAULT TOP WITH BLOCKS/MATS BEHIND TO EQUAL HEIGHT	
No Vault allowed other than as stated below		
Any two vaults performed, best score counts.	Handstand fall to flatback	2.50
	Handstand hop to handstand, fall to flatback	3.00
	Handspring to stand on feet (step forwards non-deductible)	4.00
	Half on to stand on feet (step backwards non-deductible)	4.00
	Handspring to immediate dive roll	5.00
	Half on, miss feet to land in dish on back (Tsukahara prep)	5.00
Apparatus Specific Deductions	• Handstand hop to handstand with no significant height in the hop will result in a deduction of 0.5 and downgrade to handstand fall to flatback	

MAG Intermediate	PARALLEL BARS (PB) – AS PER FIG				
No element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
Elements in Support	<ul style="list-style-type: none"> <li>• ½ pirouette in support</li> <li>• L-sit*</li> <li>• Dip to 90°</li> <li>• Straight arm jump to support</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle L-sit*</li> </ul>	<ul style="list-style-type: none"> <li>• Swings not to handstand**</li> </ul>	<ul style="list-style-type: none"> <li>• Russian Lever*</li> </ul>	<ul style="list-style-type: none"> <li>• Swing to Handstand*,**</li> <li>• L-sit press to straddle L-sit*</li> </ul>
Elements in Upper Arms & Underswings		<ul style="list-style-type: none"> <li>• Swing on upper arms above bars**</li> </ul>	<ul style="list-style-type: none"> <li>• Front uprise to straddle support</li> <li>• Back uprise to support</li> </ul>	<ul style="list-style-type: none"> <li>• Drop upstart</li> <li>• Front uprise to support</li> </ul>	<ul style="list-style-type: none"> <li>• Dropshoot to upper arms</li> <li>• Float upstart</li> <li>• Basket to upper arm hang</li> </ul>
Dismount Elements	<ul style="list-style-type: none"> <li>• Front/back flank</li> </ul>	<ul style="list-style-type: none"> <li>• Flank through handstand</li> </ul>	<ul style="list-style-type: none"> <li>• Tucked bwd salto</li> <li>• Tucked fwd salto</li> </ul>	<ul style="list-style-type: none"> <li>• Straight bwd salto from end</li> </ul>	<ul style="list-style-type: none"> <li>• Straight/piked bwd salto</li> <li>• Straight/piked fwd salto</li> </ul>
Element Group Requirements (EGs) 3 @ 0.5 Per EG	<ul style="list-style-type: none"> <li>• Elements in support.</li> <li>• Elements in upper arms and underswings.</li> <li>• Dismount elements.</li> </ul>		Apparatus Specific Deductions	<ul style="list-style-type: none"> <li>• Repeated elements will not be counted toward the D-Score.</li> <li>• Starred (*) elements must be held for 2 seconds.</li> <li>• Swings in support and on upper arms (**) should achieve the minimum height denoted by the attached diagrams.</li> <li>• No deduction for straddle L-sit press out to swing.</li> </ul>	

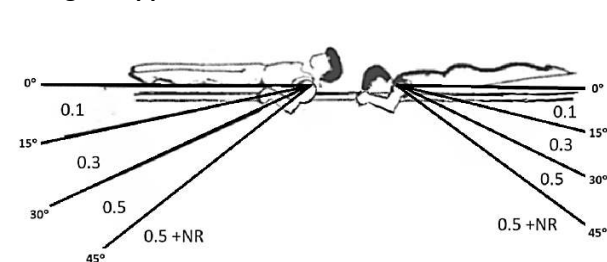
Swings not to handstand



Swings to and skills finishing in handstand



Swings in upper arms



Source/adapted from: British Gymnastics Men's Artistic National Elite Grades 2020-2024

MAG Intermediate		HORIZONTAL BAR (HB) - SHINY BAR, GLOVES AND LOOPS		
Basic Routine		Bonus elements		Notes
1.	Chin up to bar (0.2)			<ul style="list-style-type: none"><li>Bonus elements in place of basic routine elements will receive the value of the bonus element only, i.e. a trolley swing into float upstart, in place of a chin up circle over, will only receive 0.5 in value.</li><li>Any combination of swings and long swings may be performed, up to a maximum of 5 swings and long swings in total, i.e. 2 swings + 3 long swings = 2(0.3) + 3(0.6) = 2.4.</li><li>No reverse of direction deductions will be taken.</li></ul>
2.	Leg lift to bar (0.2)			
3.	Chin up circle over to support (0.3)	OR trolley swing into float upstart to support (0.5)		
4.		+ Back hip circle (0.3)		
5.	Cast above horizontal (0.3) into			
6.		+ Clear circle to handstand (0.5)		
7.	5x swings forward and backward above horizontal (0.3 each)	OR up to 5x forward or backward long swing (0.6 each)		
8.		+ Toe-on toe-off stoop (0.5)		
Element Group Requirements (EGs)		No element group bonuses given.		Apparatus Specific Deductions
				<ul style="list-style-type: none"><li>Repeated elements will not be counted toward the D-Score.</li><li>Additional elements and swings will not receive any additional value but may still be subject to execution deductions.</li><li>No deduction will be given for stopping the swing after the end of the routine.</li><li>The gymnast must attempt all skills as part of the basic routine, except where a bonus element is performed in place. A short routine deduction of 1.0 will apply to each missing element with no attempts, up to a maximum short routine deduction of -8.0 marks. If no skills are clearly attempted, the gymnast will receive a final score of 0.0.</li></ul>

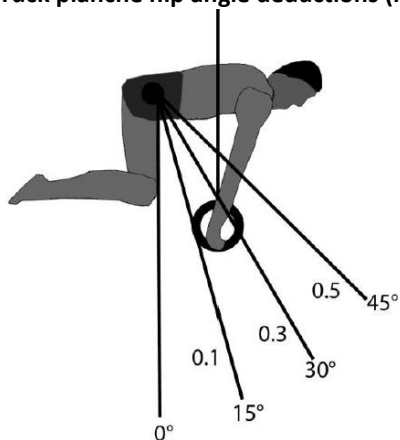
<div>UGC MAG ADVANCED [2024/2025]</div> <div>Gymnasts Compete 4 out of 6 Apparatus</div> <div>FX/PH/SR/PB/HB D-Score = Total of highest 7 counting elements + dismount + EG requirements</div>			<div>Short Routines</div> <div>FX/PB/SR/PB/HB = See Table for Deductions</div> <table><tr><td>8</td><td>0.00</td></tr><tr><td>7</td><td>1.00</td></tr><tr><td>6</td><td>2.00</td></tr><tr><td>5</td><td>4.00</td></tr><tr><td>3-4</td><td>6.00</td></tr><tr><td>1-2</td><td>8.00</td></tr><tr><td>0</td><td>10.00</td></tr></table>			8	0.00	7	1.00	6	2.00	5	4.00	3-4	6.00	1-2	8.00	0	10.00
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0	10.00																		
Rules & Regulations are as per FIG Cycle 15 [2022-2024], unless stated otherwise																			
No uncoded elements not listed below will receive any value but may be subject to execution deductions																			
Max 5 elements to count per EG																			
MAG Advanced	FLOOR EXERCISE (FX) – AS PER FIG																		
Element Group Requirements (EGs) (3 @ 0.5 Per EG + Dismount)	<ul style="list-style-type: none"><li>Group I. Non-acrobatic elements.</li><li>Group II. Acrobatic elements forward.</li><li>Group III. Acrobatic elements backward.</li><li>Group IV. Dismounts. *</li></ul>	Non-Permitted Elements	<ul style="list-style-type: none"><li>All D-value elements and above.</li></ul>																
Dismount Bonus	<ul style="list-style-type: none"><li>B = 0.3.</li><li>C = 0.5.</li></ul> <div>Note: Dismount must come from Group II or III and must land on the gymnast’s feet.</div>	Apparatus Specific Rules & Deductions	<ul style="list-style-type: none"><li>No deduction for lack of a double salto element.</li><li>An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine. In this case, the coach may subsequently remove the mat part way through the routine, but must not communicate with the gymnast in any way whilst doing so.</li></ul>																
Additional Uncoded Skills and Split Skills in the Same Box																			
Element		EGR		Value															
Backward roll to handstand straight arms		Group I		A value															
L-sit/straddle L-sit		Group I		A value															
Straddle lever to straddle stand/endo roll to straddle stand		Group I		A value															
Tucked or piked front salto		Group II		A value															
Tucked or piked front salto 1/2		Group II		A value															
Straight front salto		Group II		B value															
Straight front salto 1/2		Group II		B value															
Straight front salto 1/1		Group II		C value															
Straight front salto 3/2		Group II		C value															
Tempo salto (Whip back)		Group III		B value															
Straight back salto		Group III		B value															
Straight back salto 1/2		Group III		B value															
Straight back salto 1/1		Group III		B value															
Straight back salto 3/2		Group III		C value															
Straight back salto 2/1		Group III		C value															

MAG Advanced		POMMEL HORSE (PH) – AS PER FIG	
<b>Element Groups (EGs)</b> (3 @ 0.5 Per EG + Dismount)	<ul style="list-style-type: none"> <li>Group I. Single leg swings and scissors.</li> <li>Group II. Circle and flairs, with and/or without spindles and handstands, Kehrs wings, Russian wendeswings, flops and combined elements.</li> <li>Group III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles.</li> <li>Group IV. Dismounts.*</li> </ul>	<b>Non-Permitted Elements</b>	<ul style="list-style-type: none"> <li>All D-value elements and above</li> </ul>
	<b>Dismount Bonus</b> <ul style="list-style-type: none"> <li>B = 0.3.</li> <li>C = 0.5.</li> </ul>	<b>Apparatus Specific Rules &amp; Deductions</b>	<ul style="list-style-type: none"> <li>No deduction for lack of use of all three parts of the horse.</li> </ul>
<b>Additional Uncoded Skills and Split Skills in the Same Box</b>			
Element		EGR	Value
½ scissor fwds		Group I	A value
½ scissor bwds		Group I	A value
Pick up circle to finish in front or back support + min. ½ circle out		Group II	A value
From side or cross support on end, 180° or 270° Russian wendeswing fwd. or swd. to support on or between the pommels (side to side support, side to cross support, cross to side support).		Group III	A value



MAG Advanced		STILL RINGS (SR) – AS PER FIG	
<b>Element Groups (EGs)</b> (3 @ 0.5 Per EG + Dismount)	<ul style="list-style-type: none"> <li>Group I. Kip and swing elements &amp; swings through or to handstand (2 sec.).</li> <li>Group II. Strength elements and hold elements (2 sec.).</li> <li>Group III. Swing to strength hold elements (2 sec.).</li> <li>Group IV. Dismounts. *</li> </ul>	<b>Non-Permitted Elements</b>	<ul style="list-style-type: none"> <li>All D-value elements and above</li> </ul>
<b>Dismount Bonus</b>	<ul style="list-style-type: none"> <li>B = 0.3.</li> <li>C = 0.5.</li> </ul>	<b>Apparatus Specific Rules &amp; Deductions</b>	<ul style="list-style-type: none"> <li>No deduction for lack of swing to handstand element.</li> <li>An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine.</li> </ul>
<b>Additional Uncoded Skills and Split Skills in the Same Box</b>			
Element		EGR	Value
Muscle up		Group II	A value
Tucked top planche (2s)		Group II	A value
Shoulder stand (2s)		Group II	A value

**Tuck planche hip angle deductions (in addition to other angle deductions)**



Source: British Gymnastics Men's Artistic National Elite Grades 2020-2024

MAG Advanced		VAULT (VT) – AS PER FIG	
<b>Element Groups (EGs)</b>	<ul style="list-style-type: none"> <li>Group I. Single salto vaults with complex twists.</li> <li>Group II. Handspring vaults with or without simple twists, and all double salto fwd.</li> <li>Group III. Handspring sideways and Tsukahara vaults with or without simple twists, and all double salto bwd.</li> <li>Group IV. Round off entry vaults.</li> </ul>	<b>Non-Permitted Elements</b>	<ul style="list-style-type: none"> <li>Any vault up to 3.20 in difficulty value as per the FIG MAG CoP 2022-2024.</li> </ul>
<b>All-Around and Apparatus Scoring</b>	<ul style="list-style-type: none"> <li>All-around score: Best vault score taken.</li> <li>Apparatus score: Average score of two vaults taken.</li> </ul>	<b>Apparatus Specific Rules &amp; Deductions</b>	<ul style="list-style-type: none"> <li>If two vaults are performed for an apparatus score, they must each come from different element groups. If two elements from the same group are performed, the second vault in order will receive a final score of 0.00.</li> <li>An additional 10cm landing mat may be used for either vaults without deduction if the gymnast makes a request prior to the start of their first vault.</li> </ul>

MAG Advanced		PARALLEL BARS (PB) – AS PER FIG	
<b>Element Groups (EGs)</b> (3 @ 0.5 Per EG + Dismount)	<ul style="list-style-type: none"> <li>Group I. Elements in support or through support on 2 bars.</li> <li>Group II. Elements starting in upper arm position.</li> <li>Group III. Long swings in hang on 1 or 2 bars and underswings.</li> <li>Group IV. Dismounts. *</li> </ul>	<b>Non-Permitted Elements</b>	<ul style="list-style-type: none"> <li>All D-value elements and above</li> </ul>
<b>Dismount Bonus</b>	<ul style="list-style-type: none"> <li>B = 0.3.</li> <li>C = 0.5.</li> </ul>	<b>Apparatus Specific Rules &amp; Deductions</b>	<ul style="list-style-type: none"> <li>No deduction for lack of double salto</li> <li>An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine.</li> <li>The angle on the stutz to 45° should be evaluated as the line connecting the shoulders and hips.</li> </ul>

**Additional Uncoded Skills and Split Skills in the Same Box**

Element	EGR	Value
Stutz to 45°	Group I	A value
Back uprise to support	Group II	A value
Moy to upper arm with bent or straight legs	Group III	A value
Drop upstart	Group III	A value
Salto bwd. or fwd. tucked	Group IV	A value
Salto bwd. tucked from long hang	Group IV	A value

MAG Advanced		HORIZONTAL BAR (HB) – AS PER FIG	
<b>Element Groups (EGs)</b> (3 @ 0.5 Per EG + Dismount)	<ul style="list-style-type: none"> <li>Group I. Long hang swings with and without turns.</li> <li>Group II. Flight elements.</li> <li>Group III. In bar and Adler elements.</li> <li>Group IV. Dismounts. *</li> </ul>	<b>Non-Permitted Elements</b>	<ul style="list-style-type: none"> <li>All D-value elements and above</li> </ul>
<b>Dismount Bonus</b>	<ul style="list-style-type: none"> <li>B = 0.3.</li> <li>C = 0.5.</li> </ul>	<b>Apparatus Specific Rules &amp; Deductions</b>	<ul style="list-style-type: none"> <li>An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine.</li> <li>Dropping from the bar does not count as a dismount, and therefore incurs no fall deductions. However, steps and hops on landing may still be deducted.</li> <li>No deduction will be taken for reverse of direction.</li> <li>A baby giant will receive no deduction for stopping on the bar, so long as the gymnast does not pause for longer than 2s. A deduction of 0.3 will be taken for pausing longer than 2s by the E jury.</li> <li>Upstart to hdst with a stop on the bar will given, however the following rules will apply: <ul style="list-style-type: none"> <li>A deduction of 0.3 will be applied for the stop;</li> <li>The gymnast must subsequently cast to hdst. following the upstart (NR if gymnast returns to bar without a subsequent cast to hdst.);</li> <li>Normal deductions will apply to the cast height.</li> </ul> </li> </ul>
<b>Additional Uncoded Skills and Split Skills in the Same Box</b>			
Element	EGR		Value
Swing fwd. and ½ turn to hdst. (failed blind)	Group I		A value
Swing bwd. and ½ turn to hdst. (failed top)	Group I		A value
Back uprise above horizontal with release and catch	Group II		A value
From hang, kip to straddle cut to finish in hang	Group II		A value
Toe-on toe-off stoop to hdst.	Group III		A value
Baby giant to support	Group III		A value
Salto dismount bwd. or fwd. tucked	Group IV		A value

**UGC MAG FIG [2024/2025]**

Gymnasts Compete FX, PH, SR, VT, PB & HB

All routines are judged as per the current FIG Code of Points.

In other words:

All routines performed up until 31/12/2024 will be judged as per the current 2022-2024 FIG MAG Code of Points,

All routines performed on or after 01/01/2025 will be judged as per the current 2025-2028 FIG MAG Code of Points.