



MAG COMPETITION HANDBOOK

2025 - 2026

INTRODUCTION:

The University Gymnastics Cup (UGC) was started in 2019 and has quickly become the front runner for competitive University Gymnastics. We have adapted and developed to the ever-changing landscape to create an enjoyable, competitive, and inclusive environment – and we are proud to share that UGC is now powered by IGA. With the support and expertise of the Independent Gymnastics Association, we will continue to grow, improve, and deliver high-quality experiences for all athletes for many seasons to come.

CONTACT DETAILS:

National Competition Organiser: Robyn.adams@igauk.com

National Safeguarding Lead: Safeguarding@igauk.com

UGC COMMITTEE:

COMING SOON

CODE OF CONDUCT:

Please ensure that all Code of Conduct guidelines are adhered to at IGA events at all times. This applies to gymnasts, coaches, officials and spectators. Respectful behaviour, sportsmanship and professionalism is expected at these events from everyone involved. Any breaches of the Code of Conduct may result in disciplinary action, including removal from the event or future IGA competitions. By following these guidelines, we can maintain a positive and safe environment for all participants.

[Click here to ensure you are updated with our latest policy.](#)

COMPETITION STRUCTURE:

Regional Events:

North

South

September to December (2025):

TBC

TBC

TBC

TBC

January to May:

TBC

TBC

TBC

TBC

TBC

TBC

National Final: 9th/10th May 2026 at New College Leicester

COMPETITION ENTRIES:

At the heart of University Gymnastics is inclusivity – ensuring that every student has the opportunity to enjoy and participate in gymnastics, regardless of their background, experience, or skill level. Whether an athlete is new to the sport or returning to stay active in a non-elite setting, University Gymnastics offers a supportive environment with structured progressions, clear goals, and opportunities to perform and develop at their own pace.

COMPETITION ENTRY COSTS:

All Levels:

£5.00 per apparatus

[This is to ensure that all gymnasts have flexibility on entries – Please see your specific level rules for minimum apparatus entry]

COMPETITION ENTRY LIMIT: 30 entries per competition

Please note – Competitions have set entry numbers due to venue capacity

LATE ENTRIES:

Late entries will not be accepted under any circumstances.
Once the entry deadline has passed, no further entries will be permitted.

FIRST TIME ENTRIES:

At IGA, we offer entry level flexibility to support gymnasts in their first year of competition, allowing them to enter any level within the provided guidelines. However, it is essential that coaches carefully check the required entry level criteria to ensure gymnasts are entered into the appropriate level for their age and ability.

SAFE PARTICIPATION:

All Coaches are encouraged to prioritise the gymnast's ability to perform all required skills safely, rather than focusing solely on achieving higher scores. Well-executed basics are preferred over attempting higher-scoring skills. Emphasising clean, well-executed routines with minimal deductions promotes overall performance excellence and enables gymnasts to progress through levels confidently. Please note, our Safeguarding Officer may be present at UGC competitions and has the authority to intervene if they feel a potential accident or safety risk is imminent.

IGA AWARDS **NEW**

ALL UNI COMPETITIONS

Medals will be placed
for 1st to 3rd on all
apparatus.

1st to 3rd for overall winner who
competes on all required apparatus

THINGS TO BE AWARE OF: **NEW**

Gymnasts who participate alone in a category will **only** receive one gold medal.

Gymnasts who receive **two** move up scores in a season have **one** opportunity to compete as a **guest** before they are **required** to move up a level. If they get two move up scores **before the season ends** and **haven't moved up**, they are **required** to move up for the **first comp** in the **next year (26/27)**.

ENTRY REQUIREMENTS:

Entry requirements for our IGA competitions are essential and play a crucial role in maintaining the safety and well-being of all participants. It is vital that clubs adhere to these requirements to ensure they align with our safeguarding standards. By following these guidelines, we can create a secure and supportive environment for everyone involved, from gymnasts and coaches to spectators and officials. Your commitment to these standards helps us protect our entire gymnastics community and uphold the highest levels of safety and care.

ENTRY REQUIREMENTS:

A University **must** hold UGC Affiliation to enter UGC competitions.

A University **must** provide 1 full day/ 2 half day E judges per 6 competitors

An UGC University Club **must** provide one D-Panel Judge.

Clubs must be fully compliant with IGA Membership Policies to enter IGA competitions.

Clubs that do not hold the correct affiliation or fail to adhere to IGA policies will not be permitted to enter IGA events.

This requirement is in place to safeguard the integrity and wellbeing of our community.

COACH REQUIREMENTS: BG/IGA Recognised Qualifications Accepted

1. Must have coaching qualifications uploaded to JustGo.
2. Must have valid Insurance.
3. Must be qualified to the level of skills the gymnast is competing.

Coaches without these credentials will be unable to book via the portal. This is not a JustGo system error – please ensure the coach's profile is fully updated and meets the necessary requirements before attempting to register.

LEVEL UP SCORES

Novice: 31.5 AA

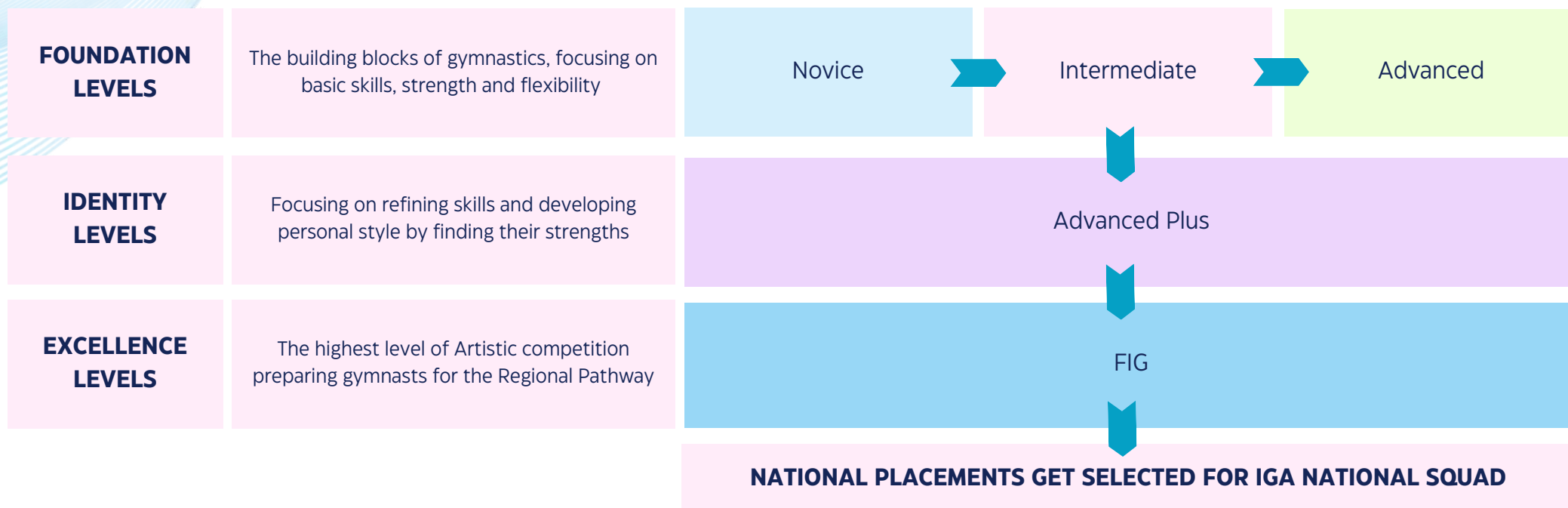
Intermediate: 37 AA

Advanced: 31.5 AA

Advanced + : 32 AA

FIG: No move up score

IGA COMPETITION PATHWAY **NEW**



COMPETITION ORGANISING TIMELINE:



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.

UNIVERSITY GYMNASTICS

COMPETITION LEVELS



MAG NOVICE ROUTINE SHEET

Apparatus Requirements:

FX, VT and 1 of either PB or HB

Short Exercise Penalty:

1.00 mark removed for each missing element

Follow skills and values of matrix below

VAULT

PARALLEL BARS

HIGH BAR

FLOOR

EQUIPMENT:	135m Vault with stacked mats	FIG Height Parallel Bars with 60cm Block/mats Underneath	FIG Shiny bar/ Gloves and Loops	FIG Floor Area: 12m x 2m Floor strip
ROUTINE REQUIREMENTS:	Perform two vaults Same or different Best score to count Choice of three vaults only	Set routine	Set routine, Underbar only No penalty	Performed on a line Set routine
ROUTINE SKILLS:	DV: 2.00 Squat on, Kick to handstand, Fall to flat lie DV: 3.00 Stretch jump on, Kick to handstand, Fall to flat lie. DV: 4.00 Handspring flat lie	DV: 1.6 Mount Jump OR Press to support 0.2 Tuck shape hold in support 0.4 Four penguin walks 0.2 Dip to 90 0.5 Dismount between bars 0.3	DV: 1.6 Mount Jump to hang 0.2 Hanging tuck hold 0.1 Leg lift to horizontal with hold then touch toes to bar 0.4 Chin up 0.4 Swings 0.5	DV: 2.6 Handstand OR Handstand fwd roll 0.4 Arabesque OR Y-Balance 0.4 Bwd roll to front support OR Fwd roll to straddle 0.3 Cartwheel 0.3 Tucked russian lever OR Headstand 0.3 Tuck jump (i) OR Star Jump (ii) 0.1 Wolf Jump (i) OR Straddle Jump (ii) 0.3 Round off OR Dive Roll 0.5
BONUS:	N/A	Flank dismount = 0.5 Bonus	Circle over (either cast to swings or circle down) 0.5 Bonus	0.5 Bonus for linking jumps (i) and (ii)

MAG INTERMEDIATE ROUTINE SHEET

Apparatus Requirements:	FX, VT and and 1 of either PB, HB or SR	Short Exercise Penalty:	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
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Final Score (FX/PB) = 8 Elements (1 which is DMT) + CRs - Deductions

Final Score (HB & SR) = 6 Elements (1 which is DMT) + CRs - Deductions

Follow skills and values of matrix below

VAULT

EQUIPMENT:	135m Vault with stacked mats	ROUTINE REQUIREMENTS:	Perform two vaults Same or different. Best score to count. Choice of three vaults only	ROUTINE REQUIREMENTS:	DV: 3.00 Handspring flat lie DV: 4.00 Handspring to stand DV: 5.00 Half on to stand
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PARALLEL BARS

EQUIPMENT:	FIG Height Parallel Bars	ROUTINE DEDUCTIONS:	Repeated elements not counted towards D score Swings in support and upper arms should be completed (0.5 Ded) Swings in upper arms should be level with pbars	CR REQUIREMENTS:	1.Elements in support (0.5) 2.Swings in support above horizontal (0.5) 3.Dismount of C value (0.5)
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ROUTINE SKILLS:

DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Tuck Lever Straight arm jump to support MT Drop between bars DMT	Swing on upper arms Pike Lever Dip to 90 ½ Pirouette in support	Straddle L-sit Front uprise to straddle support Swings in support to horizontal Back uprise to support Front/back flank DMT	Drop Upstart Swings in Support above horizontal Tuck planche Front uprise to support Swing half DMT	Float upstart Swings to handstand Drop shoot to upper arm Tucked bwd/fwd salto DMT

RINGS

EQUIPMENT:	FIG Height Rings	ROUTINE DEDUCTIONS:	Repeated elements not counted towards D score Must complete swing element (ded 0.5) Gymnast may be lifted to support above rings at start without deduction.	CR REQUIREMENTS:	1.Strength element (0.5) 2.Swings above horizontal (0.5) 3.Dismount of C value (0.5)
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ROUTINE SKILLS:

DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Hanging ½ lever Basket hold Inverted hang Drop to land DMT	German hang Chin up, leg lifts to ½ lever Drop off in back swing DMT	Pike lever in support Straddle lever in support Swings fwds/bwds]	Muscle up to support Static inlocation From support, tuck planche/L sit, fwd roll to swing bwd in hang Tuck bwd DMT	Fwd roll muscle up Back uprise to support Straddle back lever Straight bwd DMT

MAG INTERMEDIATE ROUTINE SHEET



HIGH BAR

EQUIPMENT:	Shiny bar/Gloves and Loops	ROUTINE DEDUCTIONS:	Repeated elements will not be counted towards the D-Score. Additional swings will not receive DV but will still be subject to execution deductions No deduction given for stopping the swing at the end of the routine	CR REQUIREMENTS:	1. 2 Backwards long swings completed continuously (0.5) 2.2 Forwards long swings completed continuously (0.5) 3. Close bar element, e.g. clear hip/upstart (0.5)
ROUTINE SKILLS:					
DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)	
Chin up circle over Cast below bar Leg lift to bar	Swings level with bar Backwards hip circle Forward hip circle Trolley swing upstart	Clear hip below horizontal Cast to horizontal Swings higher than bar	Clear hip to horizontal Cast to handstand (legs together)	Clear hip to handstand Forwards long swing (per one) Backwards long swing (per one)	

FLOOR

EQUIPMENT:	FIG Floor 12m x 2m Strip	ROUTINE REQUIREMENTS:	Floor Line Repeated elements do not count towards DV	CR REQUIREMENTS:	1. Strength hold element (Non acrobatic elements) DV C (0.5) 2.2 x Acro elements in different directions, connected (fwd/swd/bwd) (0.5) 3. Balance worth DV B (0.5)	1. Last element must be an acrobatic element (ded 0.5) 2. Must have 3 x Acro, 3 x Non-Acro & 2 Optional (ded 0.5)
ROUTINE SKILLS:						
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)	
ACROBATIC ELEMENTS	Jump 1/1 Cartwheel 1 Handed cartwheel	Roundoff Straddle jump Pike jump	Dive roll Flic Handspring to one/two feet	Tucked fwd salto Tucked bwd salto Handspring to one, handspring to two	Piked bwd salto Piked fwd salto	
NON-ACROBATIC ELEMENTS	Tucked fwd roll to straddle stand Tucked Bwd roll to straddle stand Stag leap	Fwd roll to pike stand Bwd roll to front support Bridge Arabesque / Y balance	Handstand hold Splits Pike / Straddle Lever Handstand fwd roll	Fwd roll tuck up to handstand Handstand ½ pirouette Tucked Russian lever Straddle Lever to straddle stand	Tuck planche Handstand 1/1 pirouette Chest roll to handstand Bwd roll to handstand	

MAG ADVANCED ROUTINE SHEET

Apparatus Requirements:	4 of the following: FX, PH, SR, VT, PB, HB	Short Exercise Penalty:	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
Final Score:	FX/SR/PB/HB= 8 Elements (1 which is DMT) + CRs - Deductions		PH: Select set routine		Cannot repeat elements, as they will not be counted towards their D Score.					

Follow skills and values of matrix below, following FIG MAG code of points

	FLOOR	POMMEL	RINGS	VAULT	PBARS	HIGH BAR
EQUIPMENT:	FIG Floor Area	Routine 1: Mushroom, 2&3: Horse no handle, 4: Fig Horse w handle	UGC Still Rings	FIG Vault 135m	FIG Parallel Bars	FIG High Bar
ROUTINE REQUIREMENTS /CRS/ BONUS:	1.Non-acrobatic element 0.5 2. Acrobatic elements forward 0.5 3. Acrobatic elements backwards 0.5 4.DMT B DV Bonus 0.2	Routine options: 1.5x DLC (0.2 EA), ½ Spindle (0.5), 5x DLC (0.2)= 2.5 DV a.10x Inward loops(0.2) flank DMT (1.0) =3 DV 2.3x Inward loops (0.2 EA), Magyar (2.0), 2x Outward loops (0.2 EA), Flank DMT (1.0)= DV 4 3.2x Leg swing above shoulder height (0.5 EA), Shear (1 EA), Pick up to front support (1.0), 5x DLC on handles (0.2 EA), Flank DMT (1.0)= DV 5 ½ Spindle must be completed within 3 circles (0.5 ded) Board may be used for mount Flank DMT must cross body of horse (0.5 ded) May continue after Magyar from where they have fallen Missing skills = value taken off plus short routine	1. Kip, swing elements & swings through/to handstand 0.5 2. Strength element to hold 0.5 3. Swing to strength hold 0.5 4. DMT B DV Bonus 0.2	1. Must Perform two vaults 2. Must have 2 different vault entries for AA and Vault medal 3. Highest score counts	1.Element in support/ through support (on 2 bars) 0.5 2. Element starting in upper arm 0.5 3. Long swings in hang on 1/2 bars/ Underswings 4. DMT B DV Bonus 0.2	1.Long hang swings 0.5 2. Inbar and adler element 0.5 3. DMT DV B Bonus 0.2
ROUTINE SKILLS/ADVICE/ APPARATUS DEDUCTIONS:	An additional 10cm landing mat may be used without deduction if the gymnast gets approval from judge prior to their routine. Additional skills: 1. Bwd roll to handstand 0.1. 2. Pike/Straddle lever 0.1		No deduction for lack of swing to handstand Additional 10cm mat may be used without deduction if judge approves prior to start of routine. Additional skills: 2. Muscle up 0.1 2. Tucked planche 0.2 2. Shoulder stand 0.2	VT 1.00 DV 1.6: Handspring VT 1.01 DV 2.00: Handspring ½ off VT 1.01 DV 2.00: Yamashita VT 1.11 DV 2.6: Yamashita 1/2 VT 1.20 DV 1.6: Half on VT 1.21 DV 2.4: ½ On ½ off VT 1.22 DV 2.6: ½ on 1/1 off VT 3.10 DV 3.2 Tsukahara Tuck	An additional 10cm landing mat may be used without deduction if approved by judge prior to routine start Additional skills: 1. stutz to horizontal 0.2 2. back uprise to support 0.2 3. moy to upper arms 0.2 3. drop upstart 0.2 4. salto bwd/fwd tucked 0.2 4. salto bwd/fwd from long hang 0.1	An additional 10cm landing mat may be used without deduction if approved by judge prior to routine start No deduction taken for change of direction A baby giant will receive no deduction for stopping on bar if less than 2 secs. Additional skills: 1. Failed blind/top 0.2 2. From hang, kip to straddle cut 0.1 3. Baby giant to support 0.1 4. Salto DMT tucked fwd/bwd 0.2
BARRED ELEMENTS:	C elements and above barred (FIG MAG Code of points) 1/1 Twists and above barred	0.5 Bonus for no falls Only elements & routines above permitted.	C Elements and above barred (FIG MAG Code of points) Double saltos or 1/1 twist and above saltos Barred	Choice of the vaults above only	C elements and above barred (FIG MAG Code of points) Double saltos or 1/1 twists and above Barred	C elements and above barred (FIG MAG Code of points)

Additional skills match the corresponding group numbered in the routine requirements. e.g. FX 1. Non-acrobatic element from additional skills 1. bwd roll to handstand for Bonus



MAG ADVANCED+ ROUTINE SHEET

Apparatus Requirements:	5 of the following: FX, PH, SR, VT, PB, HB	Short Exercise Penalty:	11+ = 4.00	8-10 = No penalty	7 = 1.00	6 = 2.00	5 = 4.00	4-3 = 6.00	2-1 = 8.00	0 = 10.00
Final Score:	FX/PH/SR/PB/HB = 8 Elements (1 which is DMT) + CRs - Deductions			Cannot repeat elements, as they will not be counted towards their D Score.						

Follow skills and values of matrix below, following FIG MAG code of points

	FLOOR	POMMEL	RINGS	VAULT	PBARS	HIGH BAR
EQUIPMENT:	FIG Floor Area	FIG Pommel Horse	UGC Still Rings	FIG Vault 135m	FIG Parallel Bars	FIG High Bar
ROUTINE REQUIREMENTS /CRS/ BONUS:	1.Non-acrobatic element 0.5 2. Acrobatic elements forward 0.5 3. Acrobatic elements backwards 0.5 4.DMT C DV Bonus 0.3	1.Single leg swing or scissor 0.5 2.Circle or flair 0.5 3. Travelling element 0.5 4.DMT B DV Bonus 0.2	1. Kip, swing elements & swings through/to handstand 0.5 2.Strength element to hold 0.5 3.Swing to strength hold 0.5 4.DMT C DV Bonus 0.3	Must Perform two vaults Must have 2 different vault entries for AA and Vault medal Highest score counts	1.Element in support/ through support (on 2 bars) 0.5 2. Element starting in upper arm 0.5 3. Long swings in hang on 1 or 2 bars/ underswings 4. DMT DV C Bonus 0,3	1.Long hang swings with/without turns 0.5 2. Flight element 0.5 3.In bar/adler elements 0.5 4. DMT DV C Bonus 0.3
ROUTINE SKILLS/ADVICE/ APPARATUS DEDUCTIONS:	An additional 10cm landing mat may be used without deduction if approval is granted by judge prior to their routine.	No deduction for lack of use of all three parts of the horse. Additional skills: 1. ½ scissor fwd/bwd 0.1 2. Pick up circle to finish front/back support + min ½ circle out 0.1 3. 180/270 Wendeswing fwd/swd 0.1	No deduction for lack of swing to handstand Additional 10cm mat may be used without deduction if judge approves prior to start of routine. Additional skills: 2. Tucked planche 0.1	Vaults groups permitted: 1. Single salto vaults with twists 2. Handspring salto vaults, with/without twists, 3. Tsuk vaults with salto, with/without twist. 4. Round off entry vaults with salto	An additional 10cm landing mat may be used without deduction if approved by judge prior to routine start. The angle on the stutz to 45 should be evaluated as line connecting shoulders to hips. Additional skills: 1. Stutz to 45 0.1 3. Moy to upper arms 0.1 4. Salto bwd/fwd tucked	An additional 10cm landing mat may be used without deduction if approved by judge prior to routine start No deduction taken for change of direction Dropping from bar doesn't count as a DMT = fall deductions added. Additional skills: 1. Failed blind/top 0.1
BARRED ELEMENTS:	D elements and above barred (FIG MAG Code of points) No deduction for no double salto	D elements and above barred (FIG MAG code of points)	D elements and above barred (FIG MAG Code of points)	Any vault up to 3.2 in difficulty as per FIG MAG Code of points.	D elements and above barred (FIG MAG Code of points)	D elements and above barred (FIG MAG Code of points)

Additional skills match the corresponding group numbered in the routine requirements. e.g. FX 1. Non-acrobatic element from additional skills 1. straddle lever to straddle stand for Bonus

MAG FIG ROUTINE SHEET

Gymnasts **must** compete Floor **(FX)**, Pommel Horse **(PH)**, Still Rings **(SR)**, Vault **(VT)**, Parallel Bars **(PB)** & High Bar **(HB)**.

(This is dependent on venue apparatus availability, your university will be informed prior to competition entries open and not charged for missing apparatus)

All routines are judged as per the **current MAG FIG Code of Points 2025-2028**

https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20-%20MAG%20CoP%202025-2028.pdf

All equipment used will be of FIG Standard and Height.