

UGC: WAG NOVICE ROUTINE SHEET

Please Refer To The UGC: WAG 2024-2025 Document, For ALL Rules and Regulations				Novice: Short/Long Exercise Penalty	
Novice Gymnasts:	Compete in Floor Exercise (FX) and Vault (VT)			FX	Penalty
Novice Gymnasts:	On FX will need to perform eight elements from the table below			13 + Elements	4.00
Novice Gymnasts:	Final Score (FX) = 8 Elements (1 which is DMT) + CRs - Deductions			8 – 12 Elements	No Deductions
Novice Gymnasts:	On FX are only permitted to perform elements listed below			7 Elements	1.00
Novice Gymnasts:	Will perform their FX routines on a 12m x 2m floor strip			6 Elements	2.00
Novice Gymnasts:	Cannot repeat elements, as they will not be counted towards their D-Score			5 Elements	4.00
Novice Gymnasts:	On VT are only permitted to perform the vaults lists below			4 – 3 Elements	6.00
Novice Gymnasts:	Will perform their vaults over a 125m table vault, with a block and mats stacked behind			2 – 1 Elements	8.00
Novice Gymnasts:	On VT will need to perform two vaults, different or same, highest score will contribute to their final score			0 Elements	10.00
Floor Exercise (FX)					
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Acrobatic Elements	<ul style="list-style-type: none">Teddy Bear RollFwd Tucked Roll To StandShoulder Stand*	<ul style="list-style-type: none">Headstand Tucked LeggedBwd Tucked Roll To StandBridge*	<ul style="list-style-type: none">Handstand*CartwheelHeadstand Straight Legged	<ul style="list-style-type: none">Handstand Fwd RollDive RollCartwheel ¼ Turn	<ul style="list-style-type: none">Bridge Kick-Over*Round-OffOne-Handed Cartwheel
Non-Acrobatic Elements	<ul style="list-style-type: none">Stretch Jump ½ TurnTuck JumpTwo Footed ½ SpinStar Jump	<ul style="list-style-type: none">Straddle JumpOne Footed ½ SpinArabesque*Japana Or Pike Fold*	<ul style="list-style-type: none">Cat-LeapWolf JumpY-Balance*Side Leap	<ul style="list-style-type: none">Splits (L, R or Box)*Stretch Jump 1/1 TurnCat-Leap ½ TurnStag Leap Or Leap	<ul style="list-style-type: none">Handstand ½ PirouetteSplit Leap Or JumpOne-Footed 1/1 SpinPike Jump
Composition Requirements 2 @ 0.50 P. Each	1. Two different non-acro elements connected 2. One acro element with a C DV or above		Apparatus Deductions Deducted 0.5 Each	<ul style="list-style-type: none">Elements with a * must be held for a min. of two secondsLast element must be an acrobatic elementPerformance must have: 3 acro, 3 non-acro & 2 optional	
Vault (VT)					
	2.00 P.	3.00 P.	4.00 P.	4.50 P.	5.00 P.
Vaults	<ul style="list-style-type: none">Squat On, Kick To Handstand, Fall To Flatback	<ul style="list-style-type: none">Stretch Jump On, Kick To Handstand, Fall To FlatbackStretch Jump On, Kick To Handstand, Step Cartwheel	<ul style="list-style-type: none">Handstand Flatback	<ul style="list-style-type: none">Handstand, Hop In Handstand, Fall To Flatback	<ul style="list-style-type: none">Cartwheel On <div>Apparatus Note No E-Deduction Taken for Straggered Hand Position</div>

UGC: WAG INTERMEDIATE ROUTINE SHEET

Please Refer To The UGC: WAG 2024-2025 Document, For ALL Rules and Regulations			Intermediate: Short/Long Exercise Penalty		
			FX/UB/BB	Penalty	
Intermediate Gymnasts:	Compete in Floor Exercise (FX), Vault (VT) and Balance Beam (BB) OR Uneven Bars (UB)		13 + Elements	4.00	
Intermediate Gymnasts:	On FX/BB/UB will need to perform eight elements from the table below		8 – 12 Elements	No Deductions	
Intermediate Gymnasts:	Final Score (FX/BB/UB) = 8 Elements (1 which is DMT) + CRs - Deductions				
Intermediate Gymnasts:	On FX/BB/UB are only permitted to perform elements listed below		7 Elements	1.00	
Intermediate Gymnasts:	Will perform their FX routines on a 12m x 2m floor strip		6 Elements	2.00	
Intermediate Gymnasts:	Cannot repeat elements, as they will not be counted towards their D-Score		5 Elements	4.00	
Intermediate Gymnasts:	On VT are only permitted to perform the vaults lists below		4 – 3 Elements	6.00	
Intermediate Gymnasts:	Will perform their vaults over a 125m table vault, with a block and mats stacked behind		2 – 1 Elements	8.00	
Intermediate Gymnasts:	On VT will need to perform two vaults, different or same, highest score will contribute to their final score		0 Elements	10.00	
Intermediate Gymnasts:	Will perform their UB routine on 175cm LB and 255cm HB				
Floor Exercise (FX)					
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Acrobatic Elements	<ul style="list-style-type: none">▪ Dive Roll▪ Cartwheel▪ Handstand*▪ Fwd Roll To Stand▪ Bwd Roll To Stand	<ul style="list-style-type: none">▪ One Handed Cartwheel▪ Fwd Walkover▪ Bwd Walkover▪ Tic-Tok▪ Handstand Fwd Roll	<ul style="list-style-type: none">▪ Flic▪ Handspring▪ Round-Off▪ Bwd Roll To Handstand	<ul style="list-style-type: none">▪ Flic, Flic▪ Handspring To One, Handspring To Two▪ Fwd Tucked Salto	<ul style="list-style-type: none">▪ Bwd Tucked Salto▪ Free Cartwheel/Walkover
Non-Acrobatic Elements	<ul style="list-style-type: none">▪ Tuck Jump▪ Cat-Leap▪ One Footed ½ Spin▪ Bridge Kick-Over*▪ Japana Or Pike Fold*	<ul style="list-style-type: none">▪ Splits (L, R Or Box)*▪ Straddle Jump▪ Cat-Leap ½ Turn▪ Arabesque Or Y-Balance*	<ul style="list-style-type: none">▪ Stretch Jump 1/1 Turn▪ Wolf Jump▪ Pike Jump▪ One Footed 1/1 Spin▪ Handstand ½ Pirouette	<ul style="list-style-type: none">▪ Cat-Leap 1/1 Turn▪ One Footed 1/1, Leg At Horizontal Spin▪ Split Leap or Jump▪ Handstand 1/1 Pirouette	<ul style="list-style-type: none">▪ Double Spin▪ Split Change Leap▪ Ring Leap or Jump▪ Straddle or Pike Lever Press To Handstand*
Composition Requirements 3 @ 0.50 P. Each	1. One dance passage with 180° splits 2. Two acro elements in different directions, connected [Fwd/Swd & Bwd] 3. Spin or Jump with a C DV or above [Leaps excluded]		Apparatus Deductions Deducted 0.5 Each	<ul style="list-style-type: none">▪ Elements with a * must be held for a min. of two seconds▪ Last element must be an acrobatic element▪ Performance must have: 3 acro, 3 non-acro & 2 optional	
Vault (VT)					
	2.50 P.	3.00 P.	4.00 P.	5.00 P.	
Vaults	<ul style="list-style-type: none">▪ Handstand Flatback	<ul style="list-style-type: none">▪ Handstand, Hop In Handstand, Fall To Flatback	<ul style="list-style-type: none">▪ Handspring To Stand▪ ½ On To Stand	<ul style="list-style-type: none">▪ Tsukahara Prep – Half On, Miss Feet, Land In Dish▪ Handspring, To Immediate Dive Roll	

Balance Beam (BB)					
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Acrobatic Elements	<ul style="list-style-type: none">(DMT) Straddle JumpFwd Tucked Roll	<ul style="list-style-type: none">(DMT) Round-Off(DMT) HandspringBwd Tucked Roll To Straddle Sit	<ul style="list-style-type: none">(DMT) Free-CartwheelCartwheelHandstand*	<ul style="list-style-type: none">(DMT) Tucked Fwd SaltoFwd Free RollTic-Tok	<ul style="list-style-type: none">(DMT) Tucket Bwd SaltoBwd WalkoverFwd WalkoverHandstand Fwd Roll
Non-Acrobatic Elements	<ul style="list-style-type: none">(MT) Front SupportTwo Footed ½ SpinStretch JumpTuck Jump	<ul style="list-style-type: none">(MT) Squat OnOne Footed ½ SpinStretch Jump ½ TurnArabesque Or Y-Balance*	<ul style="list-style-type: none">(MT) Squat ThroughHop, Leg At HorizontalCat-LeapTuck Jump ½ TurnScissors Leap	<ul style="list-style-type: none">(MT) Japana*(MT) L Or R Splits*Split Leap Or JumpWolf JumpOne Footed 1/1 Spin	<ul style="list-style-type: none">(MT) Flank(MT) Thief VaultSissone Leap or JumpCat-Leap ½ TurnOne Footed 1/1, Leg At Horizontal Spin
Composition Requirements 3 @ 0.50 P. Each	<ol style="list-style-type: none">A non-acro or acro element with a D DV or aboveOne non-acro element connected to an acro elementAny one-footed spin		Apparatus Deductions Deducted 0.5 Each	<ul style="list-style-type: none">Elements with a * must be held for a min. of two secondsPerformance must have: 3 acro, 3 non-acro & 2 optionalGymnasts’ torso/trunk must touch the beam	
Uneven Bars (UB)					
	DV 0.1 (A)	DV 0.2 (B)	DV 0.3 (C)	DV 0.4 (D)	DV 0.5 (E)
Acrobatic Elements	<ul style="list-style-type: none">(MT) Front Support(DMT) Circle Down(LB/HB) Cast(HB) 3 x Chin-Ups(HB) 3 x Leg Lifts	<ul style="list-style-type: none">(MT) Circle-Up(LB/HB) Bwd-Hip Circle(HB) 3 x Swings(LB) Squat On	<ul style="list-style-type: none">(DMT) Straddle Undershoot(DMT) Pike UndershootBaby Giant(LB/HB) Fwd Hip CircleSole Circle	<ul style="list-style-type: none">(MT/LB) Short Upstart(DMT) Straddle/Pike Undershoot ½ Turn(HB) Long Upstart(LB) Clear Hip Circle	<ul style="list-style-type: none">(MT) Short Upstart ½ Turn(DMT) Straddle/Pike Undershoot 1/1 TurnCast To Handstand
Composition Requirements 3 @ 0.50 P. Each	<ol style="list-style-type: none">Close bar elementCast to >90°Upstart		Apparatus Advice	<ul style="list-style-type: none">Up to three casts can be credited 0.1 (A) eachGymnasts DO NOT need to compete 3 x casts in a series, judges will recognise them as perform in the routine	

UGC: WAG ADVANCED ROUTINE SHEET

Please Refer To The UGC: WAG 2024-2025 Document, For ALL Rules and Regulations		Advanced: Short/Long Exercise Penalty		
		FX/BB	UB	Penalty
Advanced Gymnasts:	Compete in three of the following: Floor Exercise (FX), Vault (VT), Balance Beam (BB), Uneven Bars (UB)	16 + Elements	16 + Elements	2.00 P.
Advanced Gymnasts:	Final Score (FX/BB/UB) = 8 Elements (1 which is DMT) + CRs - Deductions	7 – 15 Elements	6 – 15 Elements	No Deductions
Advanced Gymnasts:	Cannot repeat elements, as they will not be counted towards their D-Score	6 – 5 Elements	5 Elements	4.00 P.
Advanced Gymnasts:	On VT for All-Round: must perform one/two vaults, with different entries, highest score will contribute to their final score	4 – 3 Elements	4 – 3 Elements	6.00 P.
Advanced Gymnasts:	On VT for VT medal: must perform two vaults, with different entries, which will be average for the final score	2 – 1 Elements	2 – 1 Elements	8.00 P.
Advanced Gymnasts:	Will perform their vaults over a 125m table vault	0 Elements	0 Elements	10.00 P.
Advanced Gymnasts:	Will perform their UB routine on 175cm LB and 255cm HB			
Vault (VT)		Floor Exercise (FX)	Balance Beam (BB)	Uneven Bars (UB)
Barred: All VTs, Unless Named Below		Barred: All D Elements and Above Barred: 1/1 Twisted Saltos	Barred: All D Elements and Above	Barred: All D Elements and Above Barred: Double Tucked Back-Away
VT 1.00 DV 1.60	Handspring	Recognised Elements Bwd Roll To Handstand – DV A Handstand Fwd Roll – DV A Fwd Walkover – DV A Bwd Walkover – DV A	Stretch Jump ½ Turn – DV A Cat-Leap – DV A Tuck Jump – DV A	Squat On – DV A Sole Circle – DV A Baby Giant – DV A Circle Hip To >45° – DV B Straddle Or Pike Undershoot – DV A
VT 1.01 DV 2.00	Handspring, ½ Off	Composition Requirements 4 @ 0.50 P. Each	1. One footed 1/1 spin 2. Two different acro elements connect [DMT excluded] 3. Two different dance elements [1 x 180° splits] 4. A flighted acro element	1. Transition from LB to HB 2. Element to >45° handstand 3. Close bar element 4. Element with DV B on LB or HB
VT 1.02 DV 2.60	Handspring, 1/1 Off			
VT 1.10 DV 2.00	Yamashita	Bonuses DMT B – 0.1 Bonus DMT C – 0.3 Bonus	DMT B – 0.1 Bonus DMT C – 0.3 Bonus	DMT B – 0.1 Bonus DMT C – 0.3 Bonus
VT 1.11 DV 2.40	Yamashita, ½ Off	Apparatus Deductions Deducted 0.5 Each	Performance must have: 3 acro, 3 non-acro & 2 optional Max. of 4 acro lines Acro elements in different directions [Fwd/Swd & Bwd]	Apparatus Advice Same element [excluding upstarts] may be repeated once and DV counted For example: 2 x Hip Circles “Same element” = same box in the CoPs 2025-2028 (Check!)
VT 1.12 DV 2.80	Yamashita, 1/1 Off			
VT 1.20 DV 1.60	½ On			
VT 1.21 DV 2.40	½ On, ½ Off			
VT 1.22 DV 2.60	½ On, 1/1 Off			

UGC: WAG ADVANCED+ ROUTINE SHEET

Please Refer To The UGC: WAG 2024-2025 Document, For ALL Rules and Regulations		Advanced+: Short/Long Exercise Penalty		
		FX/BB	UB	Penalty
Advanced+ Gymnasts:	Compete in three of the following: Floor Exercise (FX), Vault (VT), Balance Beam (BB), Uneven Bars (UB)	16 + Elements	16 + Elements	2.00 P.
Advanced+ Gymnasts:	Final Score (FX/BB/UB) = 8 Elements (1 which is DMT) + CRs - Deductions	7 – 15 Elements	6 – 15 Elements	No Deductions
Advanced+ Gymnasts:	Cannot repeat elements, as they will not be counted towards their D-Score	6 – 5 Elements	5 Elements	4.00 P.
Advanced+ Gymnasts:	On VT for All-Round: must perform one/two vaults, with different entries, highest score will contribute to their final score	4 – 3 Elements	4 – 3 Elements	6.00 P.
Advanced+ Gymnasts:	On VT for VT medal: must perform two vaults, with different entries, which will be average for the final score	2 – 1 Elements	2 – 1 Elements	8.00 P.
Advanced+ Gymnasts:	Will perform their vaults over a 125m table vault	0 Elements	0 Elements	10.00 P.
Advanced+ Gymnasts:	Will perform their UB routine on 175cm LB and 255cm HB			
Vault (VT)		Floor Exercise (FX)	Balance Beam (BB)	Uneven Bars (UB)
Barred: All VTs, Unless Named Below		Barred Elements	Barred: All D Elements and Above	Barred: All D Elements and Above
VT 1.02 DV 2.60	Handspring, 1/1 Off	Recognised Elements	Free Cartwheel – DV D Free Walkover – DV D Tuck Jump – DV A	Squat On – DV A Sole Circle – DV A Straddle Or Pike Undershoot – DV A
VT 1.12 DV 2.80	Yamashita, 1/1 Off	Composition Requirements 4 @ 0.50 P. Each	1. Jump or spin with a DV B 2. Two different acro elements connect, 1 x flighted [DMT excluded] 3. Two different dance elements [1 x 180° splits] 4. Two acro elements, in different directions [Fwd/Swd & Bwd]	1. Transition with DV B, from LB to HB 2. Element to >45° handstand 3. Close bar element with DV C 4. Fwd/Bwd Giant
VT 1.22 DV 2.60	½ On, 1/1 Off			
VT 1.40 DV 2.00	Round-Off, Flic			
VT 1.50 DV 2.20	Round-Off, Flic ½ On	Bonuses	DMT C – 0.3 Bonus	DMT C – 0.3 Bonus
VT 1.60 DV 2.40	Round-Off, Flic 1/1 On	Artistry & Apparatus Deductions	<ul style="list-style-type: none"> Performance must have: 3 acro, 3 non-acro & 2 optional Max. of 4 acro lines Acro elements in different directions [Fwd/Swd & Bwd] 	Apparatus Advice Same element [excluding upstarts] may be repeated once and DV counted For example: 2 x Bwd Giants “Same element” = same box in the CoPs 2025-2028 (Check!)
VT 2.10 DV 3.60	Handspring, Fwd Tucked Salto Off			
VT 3.10 DV 3.20	Tsukahara Tucked			
VT 3.20 DV 3.40	Tsukahara Piked			
VT 4.10 DV 3.00	Yurchenko Tucked			