

Men's Artistic Gymnastics — Compulsory Exercises

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Table of Contents

Table of Contents	1
MEN'S ARTISTIC GYMNASTICS	2
GENERAL CODE OF POINTS	2
Compulsory Routines – Exercises 1–10	2
1. Introduction	2
2. Safety of the Gymnasts	3
3. Competitions	3
3.1 Team Competition	3
3.2 All-Around Competition	3
3.3 Apparatus Finals	3
4. Gymnasts and Coaches	3
5. Judges	4
5.1 Superior Jury / Competition Jury	4
5.2. D-Judges – Difficulty	5
5.3. E-Judges – Execution	5
5.4. Final Score	7
5.5 Example 1	7
5.6 Example 2 – Sentence 2 Not Completed	9
5.7 Important Rule	10
5.8. Line and Time Judges	10
6. Warm-Up Rules	10
7. Competition Procedure	11
8. Application of the FIG Code of Points	11
9. Floor	12
D-jury	12
E-jury	12
10. Pommel Horse	15
E-jury	15
11. Rings	17
E-jury	17
12. Vault	19
D-jury	19
E-jury	19
13. Parallel Bars	22
E-jury	22
14. Horizontal Bar	24
E-jury	24

MEN'S ARTISTIC GYMNASTICS

GENERAL CODE OF POINTS

Compulsory Routines – Exercises 1–10

1. Introduction

The Men's Compulsory System consists of 10 exercises on all six Men's Artistic Gymnastics apparatus:

- Floor Exercise (FX)
- Pommel Horse (PH)
- Still Rings (SR)
- Vault (VT)
- Parallel Bars (PB)
- Horizontal Bar (HB)

The system is designed to provide a clear progression from the gymnast's first introduction to competitive gymnastics through to preparation for elite gymnastics.

Exercise 1 is an introduction to gymnastics competition and focuses on basic elements, correct body positions, safe execution and fundamental technique.

The difficulty and technical requirements gradually increase through the exercises. Exercise 10 is designed as preparation for elite gymnastics and the transition towards competition under the full FIG Code of Points.

Unless otherwise stated in these regulations, the rules are based on the current version of FIG Men's Artistic Gymnastics Code of Points. When relevant, these regulations will be updated in accordance with changes and official updates to the FIG Code of Points.

2. Safety of the Gymnasts

The safety of the gymnasts is paramount at all times. Gymnasts must only perform elements and routines that they can perform safely and with full control.

Coaches are responsible for ensuring that their gymnasts are appropriately prepared for the elements they perform.

The judges have the authority to stop a gymnast from performing or continuing an exercise if they consider it necessary for the gymnast's safety. Safety always takes priority over the completion of a routine or the competition result.

3. Competitions

The compulsory system may be used for the following competitions.

3.1 Team Competition

- A team consists of a maximum of 5 gymnasts.
- The team with the highest combined score from all six apparatus wins the competition.

3.2 All-Around Competition

- The gymnast competes on all six apparatus.
- The scores from all six apparatus are added together.
- The gymnast with the highest total score is the winner of the All-Around competition.

3.3 Apparatus Finals

- Gymnasts may compete for individual titles on each apparatus.
- The gymnast with the highest final score on the apparatus is the winner.
- In the event of a tie, the applicable competition regulations and, where relevant, FIG tie-breaking rules shall be used.

4. Gymnasts and Coaches

Gymnasts and coaches must behave in a fair, respectful and sporting manner throughout the competition.

The general rules concerning gymnasts and coaches are based on the current version of FIG Code of Points, unless otherwise specified in these regulations.

Gymnasts must:

- Follow the competition schedule and instructions from officials.
- Wear appropriate competition attire.

- Be ready to compete when called.
- Present themselves to the judges before and after each routine.
- Perform only the compulsory routine declared for that exercise.
- Follow all safety requirements.
- Behave respectfully towards judges, officials, coaches and other gymnasts.

Coaches must:

- Ensure that their gymnasts are ready to compete.
- Inform the judging panel which compulsory routine/level the gymnast will perform.
- Follow the rules concerning assistance and spotting.
- Not communicate with or disturb judges while they are evaluating a routine.
- Behave in a respectful and sporting manner.
- Follow instructions given by the competition management and judging panels.

5. Judges

The judging system is based on the principles of the current version of FIG Men's Artistic Gymnastics Code of Points, adapted to the compulsory exercises 1–10 system. Judges must evaluate every gymnast fairly, independently and consistently.

5.1 Superior Jury / Competition Jury

The Superior Jury controls the competition and ensures that the competition is conducted according to these regulations.

The Superior Jury is responsible for:

- The Superior Jury will be appointed by the Faroese Gymnastic Federation.
- Supervising the judging panels.
- Ensuring that the competition rules are correctly applied.
- Dealing with unusual situations during the competition.
- Handling official inquiries and complaints.
- Making decisions when an issue cannot be resolved by the apparatus judging panel.

Complaints and Inquiries

- Any official complaint concerning a score or decision must be submitted in writing during the competition.
- The complaint must be submitted by an authorised coach or team representative.

- The Superior Jury must consider the complaint and, whenever possible, make a decision before the medal ceremony.
- Complaints submitted after the competition will normally not change the official competition results.
- Other complaints or matters concerning the competition may subsequently be reviewed by the Head of Artistic Gymnastics of the Faroese Gymnastics Federation.

5.2. D-Judges – Difficulty

The responsibilities of the D-Judges are based on the current version of FIG Code of Points and will follow relevant changes made to the FIG Code.

The D-Judges are primarily responsible for determining what the gymnast performed.

In the compulsory system, the D-Judges shall:

- Confirm which compulsory routine the gymnast is performing.
- Check that the required elements have been performed.
- Recognise the difficulty and value of the elements.
- Identify missing, additional or incorrect elements.
- Apply applicable neutral deductions and special deductions.
- Determine the correct D-Score according to the compulsory routine regulations.

The D-Judges must evaluate the content of the routine independently from the quality of execution.

5.3. E-Judges – Execution

The responsibilities of the E-Judges are based on the current version of FIG Code of Points and will follow relevant changes made to the FIG Code. The E-Judges are responsible for determining how well the gymnast performed the routine. The E-Judges evaluate technical execution, body position, amplitude, control and landing.

Execution deductions are generally classified according to the FIG Code of Points:

Small error	0.10
Medium error	0.30
Large error	0.50
Fall	1.00

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for aesthetic and execution errors			
Non-distinct positions (tuck, pike, straight).	●	●	
Adjust or correct hand or grip position each time.	●		
Walking in handstand or hopping (each step or hop).	●		
Touching apparatus or floor with legs or feet.	●		
Hitting apparatus or floor.			●
Gymnast touched but not assisted by spotter during an exercise.		●	
Interruption of exercise without fall.			●
Bent arms, bent legs or legs apart.	●	●	●
Poor posture or body position or postural corrections in end positions.	●	●	
Salto with knees or legs apart.	≤ shoulder width	> shoulder width	
Legs apart on landing.	≤ shoulder width	> shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing.	●		
Loss of balance during any landing with no fall or support. (Maximum -1.0 total for steps and hops).	Slight imbalance, small step or small hop, 0.1 per step	Large step or large hop or touching the mat with 1 or 2 hands	
Landing with hips below knees (low landing)			●
Fall during any landing without feet contacting mat first.			-1.00
Atypical straddle		●	
Other aesthetic errors	●	●	●

Error	Small 0.10	Medium 0.30	Large 0.50
Deductions for Technical errors			
Deviations in swings to or through handstand or in circle elements.	>15° - 30°	>30° - 45°	>45° and NR
Angular deviations from perfect hold positions.	>5° - 20°	>20° - 45°	>45° and NR
Press from poorly held positions.	deductions equivalent to those for the hold position are repeated (max. - 0.30)		
Incomplete twists.	up to 30°	>30° - 60°	>60° - 90°
Lack of height or amplitude on salto and flight elements.	●	●	
Additional or intermediate hand support.	●		
Strength with swings and vice versa.	●	●	●
Duration of hold parts (2 sec.).		Less than 2 sec.	No stop
Interruption in upward movement.	●	●	
Lowering of legs on any element to handstand or hold parts.	0 - 15°	>15°-30°	>30° - 45°
Unsteadiness in or fall from the handstand.	●		
Fall from or onto apparatus.			-1.00
Intermediate swings or layaway.		Half or layaway	full
Assistance by spotter in the completion of an element.			-1.00
Lack of extension in preparation for landing.	●	●	
Other technical errors.	●	●	●

5.4. Final Score

Unless otherwise stated for a specific compulsory exercise, the gymnast's Final Score is calculated as:

$$\text{Final Score} = \text{D-Score} + \text{E-Score} - \text{Neutral Deductions}$$

- The D-Score represents the recognised content and difficulty of the exercise.
- The E-Score represents the quality of execution.
- Neutral deductions may be applied for violations such as time, line, behaviour, attire or other competition requirements.
- The Final Score cannot be lower than 0.00 points.

5.5 Example 1

For Men's Floor – Exercise 8, the exercise has a fixed D-Score of 7.0 points. The E-Judges then deduct execution errors from 10.0, and any Neutral Deductions (ND) are deducted at the end.

Example – Exercise 8

Assume the gymnast completes all four sections correctly, so the D-Judges recognise the full exercise.

Judging	Score / Deduction	Explanation
D-Score	7.00	All required elements completed and recognised
E-judge 1	8.30	1.70 execution deductions
E-judge 2	8.10	1.90 execution deductions
E-Score	8.20	Average of the E-judges
ND	-0.30	Gymnast steps outside the floor area
Final Score	Total: 14.90	7.00 + 8.20 - 0.30

So on the scoreboard it would appear as:

D: 7.00	E: 8.20	ND: 0.30	Final: 14.90
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What the D-Judges do in this example:

The D-Judges check that the gymnast performs the prescribed Exercise 8 and that all required elements are recognised. Since everything is performed and recognised, the gymnast receives the full: D = 7.00

If a required element or section is omitted or not recognised, its assigned value would be removed from the D-Score according to your compulsory-system rules.

What the E-Judges do:

The E-Judges start from 10.00 and deduct for execution errors throughout the exercise. For example, an E-Judge could arrive at 8.20 like this:

10.00 Start score	Explanation
-0.10	Bent knees
-0.30	Insufficient height in front somersault
-0.10	Legs apart in handstand
-0.10	Balance error in front scale
-0.30	Bent arms in back handspring
-0.30	Insufficient height in tucked back somersault
-0.30	Large step on landing
-0.30	Other small/medium technical errors
E-Score = 8.20	

The individual E-Judge

deductions can differ slightly, which is why the panel's E-Score is calculated according to the judging-panel rules.

ND – Neutral Deductions

ND is separate from the D- and E-Scores. For example, if the gymnast steps outside the Floor Exercise boundary: ND = 0.30

ND = 0.30	Gymnast steps outside the floor exercise boundary
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D-Judges – Incomplete Elements or Sentences

The D-Judges are responsible for determining whether all required elements and sentences of the compulsory exercise have been completed. If the gymnast does not fulfill every required element within a sentence, the entire value of that sentence is deducted from the D-Score. In addition, a ND = 0.50 is applied for not completing the full prescribed routine.

For example, Exercise 8 consists of four sentences:

Sentence	Value
Sentence 1	2.00
Sentence 2	1.50
Sentence 3	1.50
Sentence 4	2.00
Total D-Score	7.00

If the gymnast fails to complete one or more required elements in Sentence 2, the complete value of Sentence 2 is lost:

$7.00 - 1.50 = 5.50$	D-Score
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An additional 0.50 deduction is then applied for not completing the full prescribed exercise.

5.6 Example 2 – Sentence 2 Not Completed

Assume the gymnast has an E-Score of 8.25 and no other Neutral Deductions:

Judging	Score
Original D-Score	7.00
Sentence 2 not completed	-1.50
Recognised D-Score	5.50
E-Score	8.20
Incomplete routine deduction	-0.50
Neutral Deduction	-0.30
FINAL SCORE	12.90

D: 5.50	E: 8.20	ND: 0.30+0.50 = 0.80	FINAL: 12.90
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5.7 Important Rule

- A sentence is only awarded its full value when all required elements within that sentence are completed and recognised.
- If one or more required elements in the sentence are missing or not completed, the gymnast loses the full value of that sentence.
- In addition, whenever the gymnast does not complete the full prescribed compulsory exercise, a 0.50 Neutral Deduction (ND) is applied.

5.8. Line and Time Judges

The responsibilities of the Line and Time Judges are based on the current version of FIG Code of Points.

Line Judges

Line Judges observe whether the gymnast goes outside the permitted competition area where boundary lines apply. They report any line violations to the D-Judges.

Time Judges

Time Judges control the duration of exercises and other applicable time limits. They report any time violations to the D-Judges. Applicable deductions are made according to these regulations and, where relevant, the current FIG Code of Points.

6. Warm-Up Rules

General warm-up will be according to the Faroese Gymnastic Federation. Before the competition on each apparatus, gymnasts are entitled to an official warm-up period. The following warm-up rules apply:

Apparatus	Warm-up
Floor Exercise (FX)	3 minutes of warm-up time for the group/team.
Pommel Horse (PH)	Each gymnast may practise the compulsory routine once.
Still Rings (SR)	Each gymnast may practise the compulsory routine once.
Vault (VT)	Each gymnast is allowed 1 practice vault in Team and All-Around competitions and 2 practice vaults in Apparatus Finals.
Parallel Bars (PB)	Each gymnast may practise the compulsory routine once.
Horizontal Bar (HB)	Each gymnast may practise the compulsory routine once.

The warm-up is intended to allow the gymnast to prepare safely for the apparatus. Additional attempts or additional warm-up time are not permitted unless authorised by the Superior Jury due to exceptional circumstances.

7. Competition Procedure

The following procedure applies to every exercise:

1. The coach must inform the judging panel which compulsory exercise the gymnast will perform.
2. The gymnast must wait for the signal from the D-Judge before entering the apparatus and beginning the exercise.
3. After receiving the signal, the gymnast presents himself to the D-Judge with a clear salute.
4. The gymnast then begins the exercise.
5. The gymnast must perform the compulsory exercise according to the published requirements for that level and apparatus.
6. The exercise ends after the gymnast has completed the final element or dismount.
7. After completing the exercise, the gymnast must present himself to the D-Judge with a final salute.
8. The gymnast must then leave the competition area without unnecessarily delaying the competition.

An exercise started before the signal from the D-Judge may be subject to a deduction according to the applicable competition regulations.

8. Application of the FIG Code of Points

- These regulations are intended to provide a simplified competition and judging system for the Faroese Men's Compulsory exercises 1–10.
- They do not replace the complete FIG Code of Points.
- Where a situation is not specifically covered by these regulations, the current FIG Men's Artistic Gymnastics Code of Points shall be used as guidance.
- The Faroese Gymnastics Federation has the authority to interpret these regulations and to make necessary amendments or clarifications.
- The regulations may be updated when changes are made to the FIG Code of Points or when adjustments are considered necessary for the development of Men's Artistic Gymnastics in the Faroe Islands.

9. Floor

The Floor Exercise is performed on a 12 × 12 metre floor area. The exercise is primarily composed of acrobatic elements, combined with other gymnastics elements such as strength, balance, flexibility, handstands and choreographic combinations.

The gymnast begins from a still standing position with the legs together, and the exercise starts with the first movement of the feet.

D-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Exercise longer than 70 sec.	≤ 2 sec.	>2-5 sec.	> 5 sec.
Landing or touching with one foot or one hand outside the floor area.	●		
Touching with feet, hand, foot and hand or with any other part of the body outside of the floor area.		●	
Landing directly outside the floor area.		●	
Elements initiated outside the floor area.	No Value		

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Insufficient height in acrobatic elements.	●	●	
Lack of flexibility during static elements.	●	●	
Uncontrolled momentary landings	●		
Simple steps	●		

Exercise 1 — 0.5 points

1	0.5	Standing lower through squat – 2× forward roll - side split (min. 90°) – jump to stand - stretched rebound with ½ turn – 1 tucked backward roll to standing	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Forward roll - cartwheel - handstand roll - stretched rebound with ½ turn – tucked backward roll to standing.	
	1.0	Total	

Exercise 3 — 1.5 points

1	1.5	Forward roll - handstand roll - jump forward to around off - backward roll with stretch arms to stand. stretched rebound with ½ turn – dive roll	
	1.5	Total	

Exercise 4 — 2.0 points

1	1.0	Cartwheel – chassé – round off - stretched rebound with ½ turn	
2	1.0	Handstand roll – backward roll with piked hips and straight legs to standing - dive roll	
	2.0	Total	

Exercise 5 — 3.0 points

1	1.0	Cartwheel – chassé – round off	
2	1.0	Back extension roll	
3	1.0	Short run-up take-off to dive roll	
	3.0	Total	

Exercise 6 — 4.0 points

1	1.5	Rebound – cartwheel – chassé – round-off with rebound – back extension roll	
2	1.5	Short run-up front handspring with slight rebound to forward roll – front scale – step turn	
3	1.0	Run-up tucked front somersault	
	4.0	Total	

Exercise 7 — 6.0 points

1	2.00	Run-up round-off – back handspring – slight rebound – backward roll with straight arms to handstand – lower with legs together	
2	1.50	Short run-up front handspring – slight rebound	
3	1.00	Lower to squat – push-off with legs together to press with straight legs to handstand – – followed by roll-down – forward 180° step turn – front scale	
4	1.50	Run-up tucked front somersault	
	6.00	Total	

Exercise 8 — 7.0 points

1	2.0	Run-up round-off – 2× back handspring – slight rebound – backward roll with straight arms to handstand – lower with legs together	
2	1.5	Run-up front handspring front somersault – dive roll – step turn	
3	1.5	Standing leg lift to cartwheel turn forward to handstand – roll-down through straddle to wide standing balance with arms extended to the sides – press to handstand over bent arms with straddled legs – handstand turn – lower with legs together and straight – front scale	
4	2.0	Run-up round-off – back handspring – tucked back somersault	
	7.0	Total	

Exercise 9 — 9.0 points

1	2.5	Run-up round-off – 3× back handspring – slight rebound – backward roll with straight arms to handstand – lower with legs together	
2	2.0	Run-up front handspring front somersault – dive roll – step turn	
3	2.5	Run-up front somersault – front somersault – dive roll – small rebound to prone landing – press to handstand over straight arms with straddled legs (hold) turn and lower with legs together – front scale	
4	2.0	Run-up round-off – back handspring – layout back somersault	
	9.0	Total	

Exercise 10 — 10.0 points

1	2.5	Run-up round-off – back handspring – layout back somersault with full twist – backward 360° step turn	
2	3.0	Run-up front handspring front somersault – dive roll – small rebound to prone landing – press to handstand over straight arms with straddled legs (hold) – turn and lower with legs together and straight	
3	2.5	Run-up round-off – ½ twist front somersault – front scale	
4	2.0	Run-up round-off – back handspring – layout back somersault	
	10.0	Total	

10. Pommel Horse

The Pommel Horse exercise is composed of continuous swinging movements performed in different support positions on all parts of the horse. The exercise includes circles with legs together or apart, single-leg swings, scissors and handstand elements. All elements must be performed with continuous swing and without interruption; strength and hold elements are not permitted.

The gymnast begins from a standing position, and the exercise starts when the gymnast's feet leave the floor.

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Lack of amplitude in scissors and single leg swings.	●	●	
Hip breaks during circles or flairs.	●	●	
Lack of body ext. In circles or flairs. Each element.	●		
Legs apart during elements.	0° - 30°	>30° - 60°	>60° - 90°
Landing obliquely or not facing the long axis of the horse.	●	●	

Exercise 1 — 0.5 points

1	0.5	Front support leg bend and pass-through of both legs to support position (hold) – leg bend and pass-through backward – side swing right, left, right, left. Jump off backward.	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Jump up to support position on end of horse – travel sideways to the left with 5 hand shifts to support position on pommels – swing left leg forward under left hand and back again – right leg under right hand to jump off with right side to the horse.	
	1.0	Total	

Exercise 3 — 1.5 points

1	1.5	1 circle on mushroom	
	1.5	Total	

Exercise 4 — 2.0 points

1	2.0	2 circles on mushroom	
	2.0	Total	

Exercise 5 — 3.0 points

1	3.0	5 circles on mushroom	
	3.0	Total	

Exercise 6 — 4.0 points

1	1.5	3 circles on mushroom	
2	1.5	Czech circle or ½ spindel	
3	1.0	2 circles	
	4.0	Total	

Exercise 7 — 6.0 points

1	6.0	5 circles on horse with pommels to jump off	
	6.0	Total	

Exercise 8 — 7.0 points

1	1.0	Jump up onto horse direct swing to right leg under right hand – left leg around left pommel – right leg back to	
2	6.0	5 circles on pommel – jump off facing the horse	
	7.0	Total	

Exercise 9 — 9.0 points

1	3.0	3x Circles in cross support frontways on end	
2	1.00	Right hand to pommel and circle turn to support position on both pommels with legs on each side – left leg back – right leg under right hand – left leg around left pommel – right leg back	
3	3.0	5 circles	
4	2.0	Travel out – jump off facing the horse	
	9.0	Total	

Exercise 10 — 10.0 points

1	1.0	Jump up onto horse direct swing to right leg under right hand – forward scissors to the left – right leg under right hand – swing of both legs to the left	
2	4.0	4 circles to	
3	4.0	Travel out – 1 flair – turn – 1-2 Russian circles	
4	1.0	Americana dismount	
	10.0	Total	

11. Rings

The Still Rings exercise is composed of swing, strength and hold elements in approximately equal proportions. The exercise includes movements performed in hang, support and handstand positions, with smooth transitions between swinging and strength elements. Straight-arm execution should be used whenever possible.

The gymnast begins from a still standing position, jumps or is assisted into a still hanging with the legs together, and the exercise starts when the gymnast's feet leave the floor.

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Legs apart or other poor execution during jump or lift to rings.		●	
Pre-swing before the start of exercise.		●	
The coach gives the gymnast an initial swing.	●		
Bent arms during swing to strength hold parts or the established hold position.	●	●	●
Touching cables or straps with arms, feet or other parts of the body.		●	
Supporting or balancing with feet or legs on cables.			●
Fall from handstand.			●
Swing with strength.	●	●	

Exercise 1 — 0.5 points

1	0.5	Long hang – bent leg lift to inverted hang (hold) – tuck to kip position (hold) – slow lowering of straight legs to 90° angle – downswing to back swing – front swing – back swing with pike off and drop.	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Long hang – bent leg lift to 4 back swings and 4 front swings with hips at minimum 45° – 5th back swing with pike off and drop.	
	1.0	Total	

Exercise 3 — 1.5 points

1	1.5	Long hang – bent leg lift to inverted hang (hold) – tuck to kip position (hold) – downswing to 4 back swings – 4 front swings with hips at minimum 45° – 5th back swing with pike off and drop	
	1.5	Total	

Exercise 4 — 2.0 points

1	2.0	Long hang – bent leg lift to 4 back swings and 4 front swings with hips at minimum 45° – 5th front swing to back somersault (tucked)	
	2.0	Total	

Exercise 5 — 3.0 points

1	1.0	Long hang – pull-up with straight legs to inverted hang – tuck to downswing – 2 back swings and 2 front swings with hips at ring height	
2	1.0	Dislocate – downswing to	
3	1.0	Back swing – front swing with hips at ring height – to back somersault (tucked)	
	3.0	Total	

Exercise 6 — 4.0 points

1	0.5	Long hang – pull-up with straight legs to inverted hang – tuck to downswing	
2	1.0	Dislocate – directly	
3	1.5	3 back swings – 2 front swings with hips at ring height	
4	1.0	3rd front swing to back somersault (piked)	
	4.0	Total	

Exercise 7 — 6.0 points

1	0.5	Long hang – pull-up with straight legs to inverted hang – tuck to downswing	
2	1.5	2 back swings – 2 front swings with hips at ring height	
3	2.0	Back swing to pull-in – L-support (hold)	
4	1.0	Backward lower – shoot to handstand	
5	1.0	Layout back somersault	
	6.0	Total	

Exercise 8 — 7.0 points

1	0.5	Long hang – pull-up with straight legs to inverted hang – tuck to downswing	
2	3.0	Dislocate – downswing to pull-in – L-support (hold)	
3	2.5	Backward lower – shoot to handstand – shoot to handstand	
4	1.0	Layout back somersault	
	7.0	Total	

Exercise 9 — 9.0 points

1	0.5	Long hang – pull-up with straight legs to inverted hang – tuck to downswing	
2	2.0	Pull-in – L-support (hold)	
3	2.5	Forward roll – directly to dislocate	
4	2.0	Shoot to handstand – shoot to handstand	
5	2.0	Layout back somersault with ½ twist or double back somersault	
	9.0	Total	

Exercise 10 — 10.0 points

1	0.5	Long hang – pull-up with straight legs to inverted hang	
2	2.0	Shoot to handstand – backward press – L-support (hold)	
3	1.5	Forward roll – to direct dislocate	
4	2.0	Downswing to pull-in – L-support	
5	2.0	Backward lower – shoot to handstand – shoot to handstand	
6	2.0	Double back somersault (back somersault with ½ twist has been removed)	
	10.0	Total	

12. Vault

The Vault consists of a run, take-off from the springboard, a brief support phase with both hands on the vaulting table, a flight phase and a controlled landing. The vault may include turns around the different axes of the body.

The gymnast begins from a still standing position with the legs together. The vault begins with the first step or hop, while the judging of execution begins when the gymnast's feet contact the springboard. The vault ends with a landing behind the table in a standing position with the legs together.

D-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Landing or touching with one foot or one hand outside the landing area.	●		
Touching with feet, hands, foot and hand or with any other part of the body outside of the landing area.		●	
Landing directly outside the landing area.		●	
Exceeding 25 meter run for vault.			●
Failure to use vault board safety collar for round off entry vaults.	Score of 0,00 for the vault		

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Execution errors in 1st flight.	●	●	●
Technical errors in 1st flight.	●	●	●
Passing the handstand position not through the vertical.	●	●	●
Angular deviation during support phase (handspring vs. Tsukahara)	≤30°	>30-60°	
Execution errors in 2nd flight.	●	●	●
Technical errors in 2nd flight.	●	●	●
Insufficient height, no conspicuous rise of the body.	●	●	●
Lack of extension in preparation for landing.	●	●	
Low landing positions with hips below the knees.			●

Exercise 1 — 0.5 points

1	0.5	Short run-up, straight jump from springboard to landing on mat (40 cm)	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Jump to handstand onto a raised mat surface (minimum 40 cm) fall to a straight lying position on the back.	
	1.0	Total	

Exercise 3 — 1.5 points*Plinth with 1-2 springboard (minimum height around 80 cm)*

1	1.5	Handspring	
2	1.5	Handspring fwd. with ½ turn (180°) on - repulsion of	
	1.5	Total	

Exercise 4 — 2.0 points*Pegasus with 1-2 springboard (minimum height 110 cm)*

1	2.0	Handspring	
2	2.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
3	2.0	Round-off, flic-flac on - repulsion off	
	2.0	Total	

Exercise 5 — 3.0 points*Pegasus with 1-2 springboard (minimum 115 cm)*

1	3.0	Handspring	
2	3.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
3	3.0	Round-off, flic-flac on - repulsion off	
	3.0	Total	

Exercise 6 — 4.0 points*Pegasus with 1-2 springboard (minimum height 120 cm)*

1	4.0	Handspring	
2	4.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
3	4.0	Round-off, flic-flac on - repulsion off	
	4.0	Total	

Exercise 7 — 6.0 points*Pegasus with 1 springboard (minimum height 125 cm)*

1	6.0	Handspring	
2	6.0	Handspring fwd. with ½ turn (180°) on - repulsion of	
3	6.0	Round-off, flic-flac on - repulsion off	
	6.0	Total	

Exercise 8 — 7.0 points*Pegasus with 1 springboard (minimum height 125 cm)*

1	7.0	Tsukahara	
2	7.0	Round-off, flic-flac on - tucked salto bwd off (Yurchenko)	
	7.0	Total	

Exercise 9 — 9.0 points*Pegasus with 1 springboard (minimum height 125 cm)*

1	9.0	Tsukahara tucked with $\frac{1}{2}$ twist (180°) off	
2	9.0	Tsukahara piked	
3	9.0	Round-off, flic-flac on – piked salto bwd off	
4	9.0	Handspring fwd. on – tucked salto fwd. off	
	9.0	Total	

Exercise 10 — 10.0 points*Pegasus with 1 springboard (minimum height 125 cm)*

1	10.0	Tsukahara tucked with 1/1 twist (360°) off	
2	10.0	Tsukahara straight	
3	10.0	Round-off, flic-flac on – straight salto bwd off	
4	10.0	Handspring fwd. on – piked salto fwd. off	
	10.0	Total	

13. Parallel Bars

The Parallel Bars exercise is composed of a variety of swing, flight, support, hang and strength elements, performed both above and below the bars. The exercise should demonstrate continuous movement, good technique, control and amplitude, with elements performed through or into handstand positions where required.

The gymnast begins from a standing position, and the exercise starts when the gymnast's feet leave the floor.

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Not controlled handstand	•		
Stepping or hand adjustments in handstand	•		

Exercise 1 — 0.5 points

1	0.5	Support position bent leg lift and initial swing to – 4 back and front swings with feet at minimum bar height – 5th back swing and drop between bars.	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Support position – leg guide to tucked L-support (hold) extends to initial swing to – 4 back and front swings with feet at minimum bar height – 5th back swing drop between bars.	
	1.0	Total	

Exercise 3 — 1.5 points

1	0.5	Standing on box (with hips approximately at bar height) – mount to support front swing with feet at minimum bar height	
2	0.5	4 back and front swings with hips toward shoulder height	
3	0.5	5th back swing – dismount backward over bar with straight legs at shoulder height, landing sideways to the bars	
	1.5	Total	

Exercise 4 — 2.0 points

1	0.5	Standing on box (with hips approximately at bar height) – mount to support front swing with feet at minimum bar height	
2	1.0	4 back and 4 front swings with hips at shoulder height	
3	0.5	5th back swing at 45° and out, landing sideways to the bars	
	2.0	Total	

Exercise 5 — 3.0 points

1	1.0	Support position – leg guide to L-support (hold)	
2	1.0	4 back and front swings with hips at shoulder height	
3	1.0	5th back swing at 45° and out, landing sideways to the bars.	
	3.0	Total	

Exercise 6 — 4.0 points

1	1.0	Standing on springboard – mount to support front swing with hips at shoulder height	
2	2.0	4 back swings at 45° and 4 front swings at shoulder height	
3	1.0	5th back swing to handstand and out to the side.	
	4.0	Total	

Exercise 7 — 6.0 points

1	1.0	Short run-up mount on springboard to support front swing with hips at shoulder height	
2	2.0	Back swing at shoulder height – front swing – straddle cut – pull-in	
3	1.5	Front swing at shoulder height – back swing at 45° – front swing at shoulder height	
4	1.5	Back swing to handstand (hold) – and out to the side.	
	6.0	Total	

Exercise 8 — 7.0 points

1	2.0	Short run-up mount to support front swing to straddle cut to upper-arm hang	
2	2.0	Back swing extension to long hang kip – back swing	
3	1.5	Front swing at shoulder height – back swing to handstand	
4	1.5	Front swing at shoulder height – back swing to handstand (hold) – and out to the side.	
	7.0	Total	

Exercise 9 — 9.0 points

1	2.0	Short run-up mount to L-support (hold) – straddle cut to upper-arm hang	
2	2.0	Back swing extension to long hang kip – back swing	
3	2.0	Roll to upper-arm hang – front swing to glide kip	
4	1.5	Back swing at shoulder height – front swing at shoulder height – back swing to handstand (hold)	
5	1.5	Layout back somersault	
	9.0	Total	

Exercise 10 — 10.0 points

1	2.5	Short run-up mount to L-support (hold) – press to handstand with straight arms and straddled legs (hold)	
2	1.5	Slow lower to straddle cut	
3	1.5	Long hang kip	
4	2.0	Back swing to roll to upper-arm hang to front swing to glide kip	
5	1.0	Back swing to handstand (hold)	
6	1.5	Layout back somersault	
	10.0	Total	

14. Horizontal Bar

The Horizontal Bar exercise is a dynamic routine composed of continuous swinging, turning and flight elements, performed both near to and far from the bar and using different hand grips. The exercise should demonstrate fluid movement, good technique, amplitude and control, without unnecessary stops or pauses.

The gymnast begins from a still standing position or a short run and jumps or is assisted into a hang on the bar. The exercise starts when the gymnast's feet leave the floor.

E-jury

Error	Small 0.10	Medium 0.30	Large 0.50
Legs apart or other poor execution during jump or lift on Horizontal bar		•	
Bent arms, knees or feet during swing actions.	•	•	•

Exercise 1 — 0.5 points

1	0.5	Still long hang – bent leg lift and initial swing with assistance – 4 back and front swings – 5th back swing pike off and drop	
	0.5	Total	

Exercise 2 — 1.0 points

1	1.0	Still long hang – bent leg lift and large initial swing to – 4 back and front swings – 5th back swing pike off and drop	
	1.0	Total	

Exercise 3 — 1.5 points

1	1.5	Still long hang – bent leg lift and large initial swing to 2 back and front swings – ½ turn forward with 1 hand change – front back swing – second hand change – front and back swing pike off and drop	
	1.5	Total	

Exercise 4 — 2.3 points

1	0.5	Still long hang – backward mount to support position	
2	0.5	Hip circle up to back hip circle – underswing to new start (extension with hips horizontal at bar height)	
3	1.0	2 Back swing – 3 front swing	
4	0.3	Layout back somersault (tucked)	
	2.3	Total	

Exercise 5 — 3.0 points

1	1.0	Still long hang – straight leg lift and large initial swing to kip	
2	1.0	Hip circle up to back hip circle – underswing to new start (extension with hips horizontal at bar height)	
3	1.0	2 Back swing – 3 front swing	
4	0.5	Layout back somersault (piked)	
	3.5	Total	

Exercise 6 — 4.5 points

1	1.0	Still long hang – straight leg lift and large initial swing to kip – short pause allowed – hip circle up	
2	3.5	5 back giant swings (with chicken grips)	Dismount with help from couch
	4.5	Total	

Exercise 7 — 6.5 points

1	2.0	Still long hang – straight leg lift and large initial swing to kip – hip circle to handstand	
2	4.0	5 back giant swings	
3	0.5	Layout back somersault (piked)	
	6.5	Total	

Exercise 8 — 7.0 points

1	1.0	Still long hang - straight leg lift and large initial swing to kip – short pause for grip change	
2	2.0	Hip circle up to 2 front giant swings	
3	1.0	Half turn	
4	2.0	2-3 back giant swings	
5	1.0	Layout back somersault (straight)	
	7.0	Total	

Exercise 9 — 9.0 points

1	1.0	Still long hang - straight leg lift and large initial swing back swing to minimum 45°	
2	1.5	Free hip circle	
3	1.0	2 back giant swings	
4	1.5	Counter-swing release	
5	1.0	2 front giant swings	
6	1.0	Half turn	
7	2.0	2 back giant swings – layout back somersault (straight)	
	9.0	Total	

Exercise 10 — 10.0 points

1	1.0	Still long hang - straight leg lift and large initial swing back swing to minimum 45°	
2	1.5	Free hip circle	
3	1.0	2 back giant swings	
4	1.5	Counter-swing release	
5	1.0	2 front giant swings	
6	1.0	Half turn	
7	1.5	1-2 back giant swings – Stalder	
8	1.5	1-2 back giant swings – double back somersault (tucked)	
	10.0	Total	