

### Short Routines

FX	Deduction
8	0.00
7	1.00
6	2.00
5	4.00
3-4	6.00
1-2	8.00
0	10.00

### UGC MAG NOVICE [2023/2024]

Gymnasts Compete FX & VT  
 [FX] D-Score = Total value of 8 elements

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

Vault (VT)	Floor Exercise (FX) – 12x2 Strip					
No Vault allowed other than as stated below	No Floor Exercise element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
<b>Vault DV 10.00</b> Squat On, Straddle Jump Off <b>Vault DV 10.50</b> Squat Through <b>Vault DV 11.00</b> Straddle Over <b>Vault DV 11.50*</b> Handstand Flatback	<b>Non-Acrobatic Elements</b>	<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>Straddled fwd roll to 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>
Vault Height <b>(1) 125cm Table</b> <b>(2) Block &amp; 30cm Mat*</b>	<b>Acrobatic Elements</b>	<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>
<b>TWO Vaults performed best score counts</b>	<b>Element Group Requirements (EGs)</b> 2 @ 0.5 Each	<ul style="list-style-type: none"> <li>Non-acrobatic elements</li> <li>Acrobatic elements</li> </ul>		<b>Artistry &amp; Apparatus Specific Deductions</b>	<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>	

### Short Routines

FX/SR/PB	Deduction
8	0.00
7	1.00
6	2.00
5	4.00
3-4	6.00
1-2	8.00
0	10.00

### UGC MAG INTERMEDIATE [2023/2024]

Gymnasts Compete FX, VT & PB/SR

FX/PB/SR D-Score = Total value of 8 highest counting elements **including** DMT + EG requirements

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: DMT + top 7 counting elements

PB = 8 elements: DMT + top 7 counting elements

SR = 8 elements: DMT + top 7 counting elements

Vault (VT)	Floor Exercise (FX) – 12x2m Strip					
No Vault allowed other than as stated below	No Floor Exercise element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
<b>Vault DV 10.00</b> Squat Through <b>Vault DV 10.50</b> Handspring <b>Vault DV 11.00</b> Half-On <b>Vault DV 11.50</b> Handspring, Half-Off <b>Vault DV 11.50</b> Half-On, Half-Off <b>Vault DV 12.00</b> Handspring, Full-Off <b>Vault DV 12.00</b> Half-On, Full-Off	<b>Non-Acrobatic Elements</b> <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>	
	<b>Acrobatic Elements</b> <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> <li>Free cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Piked fwd salto</li> <li>Piked bwd salto</li> <li>Arabian salto tucked or piked</li> </ul>	
Vault Height <b>135cm Table</b> <b>TWO Vaults performed best score counts</b>	<b>Element Group Requirements (EGs)</b> <b>3 @ 0.5 Each</b> <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>	<b>Artistry &amp; Apparatus Specific Deductions</b>		<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>Maximum of two saltos in any direction</li> <li>Saltos can be competed from standing</li> </ul>		

### Parallel Bars (PB)

No Parallel Bars element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
<b>Elements in Support</b>	<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> <li>● Tuck Planche</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>
<b>Elements in Upper Arms &amp; Underswings</b>		<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>
<b>DMT</b>	<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>
<b>Element Group Requirements (EGs) 3 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>● Elements in support</li> <li>● Elements in upper arms and underswings</li> <li>● DMT elements</li> </ul>		<b>Artistry &amp; Apparatus Specific Deductions</b>	<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>	

### Still Rings (SR)

No Still Rings element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
<b>Static Strength Elements</b>	<ul style="list-style-type: none"> <li>● Hanging pike lever*</li> <li>● Inverted pike*</li> <li>● Inverted hang*</li> </ul>	<ul style="list-style-type: none"> <li>● German hang*</li> <li>● Hanging Russian lever*</li> </ul>	<ul style="list-style-type: none"> <li>● L-sit*</li> <li>● Straddle L-sit*</li> </ul>	<ul style="list-style-type: none"> <li>● Straddle front lever*</li> <li>● Straddle back lever*</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>
<b>Swing &amp; Dynamic Strength Elements</b>	<ul style="list-style-type: none"> <li>● Chin-up to 90°*</li> </ul>	<ul style="list-style-type: none"> <li>● Chin-up to 90° in pike lever</li> <li>● Dip to 90°</li> </ul>	<ul style="list-style-type: none"> <li>● Muscle-up to support</li> </ul>	<ul style="list-style-type: none"> <li>● Dislocation from inverted hang</li> <li>● Static inlocation</li> <li>● Fwd-roll muscle-up</li> <li>● Bwd-roll muscle-up</li> </ul>	<ul style="list-style-type: none"> <li>● Inlocation straight or piked</li> <li>● Kip to support with straight arms</li> <li>● Back kip to support with bent arms</li> <li>● Dislocate from swing</li> <li>● Swings**</li> </ul>
<b>DMT</b>			<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>
<b>Element Group Requirements (EGs) 3 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>● Static strength elements</li> <li>● Swing and dynamic strength elements</li> <li>● DMT elements</li> </ul>		<b>Artistry &amp; Apparatus Specific Deductions</b>	<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> </ul>	

			<ul style="list-style-type: none"><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>
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Short Routines		UGC MAG ADVANCED [2023/2024]																				
<table border="1"> <thead> <tr> <th>FX/PB/SR/PB/HB</th> <th>Deduction</th> </tr> </thead> <tbody> <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> </tbody> </table>		FX/PB/SR/PB/HB	Deduction	8	0.00	7	1.00	6	2.00	5	4.00	3-4	6.00	1-2	8.00	0	10.00	<p>Gymnasts Compete 4 out of 6 Apparatus  FX/PH/SR/PB/HB D-Score = Total of highest 8 counting elements <b>including</b> DMT + EG requirements</p> <p>Rules &amp; 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</p> <p>(FX/SR/PB) = 8 elements: DMT + 7 top counting elements  Max 5 elements to count per EG</p>				
FX/PB/SR/PB/HB	Deduction																					
8	0.00																					
7	1.00																					
6	2.00																					
5	4.00																					
3-4	6.00																					
1-2	8.00																					
0	10.00																					
Vault (VT)		Floor Exercise (FX)	Pommel Horse (PH)	Still Rings (SR)	Parallel Bars (PB)	High Bar (HB)																
<b>No Vault allowed other than those with a DV 1.60 - 3.20</b>	<b>Non-Permitted Elements</b>	All D elements and above	All D elements and above (inc. flops)	All D elements and above	All D elements and above	All D elements and above																
<b>Vault 201 DV 1.60</b> Handspring <b>Vault 207 DV 2.40</b> Handspring, Tucked Salto Off <b>Vault 301 DV 1.60</b> ½-On <b>Vault 302 DV 1.80</b> ½-On, ½-Off <b>Vault 307 DV 2.20</b> Tsukahara Tucked <b>Vault 308 DV 2.40</b> Tsukahara Piked <b>Vault 313 DV 3.20</b> Tsukahara Straight <b>Vault 407 DV 2.20</b> Yurchenko Tucked <b>Vault 413 DV 2.40</b> Yurchenko Piked	<b>Element Group Requirements (EGs)</b> <b>3 @ 0.50 Each + DMT</b>	<ul style="list-style-type: none"> <li>Non-acro element</li> <li>Fwd acro element</li> <li>Bwd and Arabian acro element</li> <li>Dismount (see below details on dismount values)</li> </ul>	<ul style="list-style-type: none"> <li>Single leg swings/scissor elements</li> <li>Circle/flair elements</li> <li>Travel elements</li> <li>Dismount (see below details on dismount values)</li> </ul>	<ul style="list-style-type: none"> <li>Kip and swing elements</li> <li>Strength and hold elements</li> <li>Swing to strength and hold elements</li> <li>Dismount (see below details on dismount values)</li> </ul>	<ul style="list-style-type: none"> <li>Elements in and through support (2 bars)</li> <li>Elements starting in upper arm</li> <li>Long and underswings (1 &amp; 2 bars) elements</li> </ul>	<ul style="list-style-type: none"> <li>Long hang swing elements</li> <li>Flight elements</li> <li>In bar/adler elements</li> <li>Dismount (see below details on dismount values)</li> </ul>																
	<b>DMT Bonus</b>	<ul style="list-style-type: none"> <li>DMT DV A = 0.3 Bonus</li> <li>DMT DV B or higher = 0.5 Bonus</li> </ul> <p>Note: Dismount must come from Group II or III and must land on the gymnast's feet.</p>	<ul style="list-style-type: none"> <li>DMT DV A = 0.3 Bonus</li> <li>DMT DV B or higher = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>DMT DV A = 0.3 Bonus</li> <li>DMT DV B or higher = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>DMT DV A = 0.3 Bonus</li> <li>DMT DV B or higher = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>DMT DV A = 0.3 Bonus</li> <li>DMT DV B or higher = 0.5 Bonus</li> </ul> <p>Note: Dropping from the bar does not count as a dismount, nor incur execution or landing deductions.</p>																
	<b>Apparatus Specific Rules &amp; Deductions</b>	No deduction for lack of double salto Same element can only count once towards DV.	No deduction for not utilising all 3 parts of horse Same element can only count once towards DV.	No deduction for lack of swing to handstand Same element can only count once towards DV, however special repetition does not apply.	Same element can only count once towards DV.	Same element can only count once towards DV.																
Vault Height <b>135cm Table</b>																						
<b>TWO Vaults performed best score counts</b> TWO different entry Vaults REQUIRED <sup>§</sup>																						

<p><b>Additional Uncoded Skills (U = 0.1)</b></p>	<p><b>Non-Acro Elements</b></p> <ul style="list-style-type: none"> <li>● Backward roll to handstand straight arms</li> <li>● L-sit/Straddle L-sit</li> <li>● Straddle lever to straddle stand/endo roll to straddle stand</li> </ul> <p><b>Fwd, Bwd &amp; Arabian, and Dismount Elements</b></p> <p>All previous code values for twisting i.e Straight back salto with 1/2 twist B and Straight back salto with 1/1 twist B – can be used in the same exercise for value, even if they appear in the same box in the FIG CoP: See table below.</p>	<p><b>Single Leg Swings/Scissor Elements</b></p> <ul style="list-style-type: none"> <li>● ½ scissor fwds</li> <li>● ½ scissor bwds</li> </ul> <p><b>Circle/Flair Elements</b></p> <ul style="list-style-type: none"> <li>● Pick up circle (either in front or behind, finish in front support + ¼ circle)</li> </ul> <p><b>Travel Elements</b></p> <ul style="list-style-type: none"> <li>● Russian circle style travel element from end onto or between handles</li> </ul>	<p><b>Strength and Hold Elements</b></p> <ul style="list-style-type: none"> <li>● Muscle up</li> <li>● Tucked top planche (2s)</li> <li>● Shoulder stand (2s)</li> </ul>	<p><b>Elements In and Through Support (2 Bars)</b></p> <ul style="list-style-type: none"> <li>● Stutz to 45°</li> </ul> <p><b>Elements Starting in Upper Arm</b></p> <ul style="list-style-type: none"> <li>● Back uprise to support</li> </ul> <p><b>Long and Underswing (1 &amp; 2 Bars) Elements</b></p> <ul style="list-style-type: none"> <li>● Moy to upper arm</li> </ul> <p><b>Dismount Elements</b></p> <ul style="list-style-type: none"> <li>● Bwd or fwd salto tucked. Bwd tucked salto also from long hang</li> </ul>	<p><b>Long Hang Swing Elements</b></p> <p>Swing forward and half turn to handstand (failed blind)*</p> <p>Swing backward and half turn to handstand (failed top)*</p> <p><b>In Bar/Adler Elements</b></p> <p>Stoop/straddle on &amp; off backwards</p> <p>Upstart to hdst with stop given, but:</p> <ul style="list-style-type: none"> <li>- 0.3 deduction for stop before cast</li> <li>- Normal deductions for cast height</li> <li>- Must cast to swing fwds or bwds afterwards (NR if gymnast returns to bar without a subsequent element)*</li> </ul> <p>Clear hip/back uprise height deductions:</p> <ul style="list-style-type: none"> <li>- 0-15' - no deduction</li> <li>- 15-45' -0.1</li> <li>- 45-90' -0.3</li> <li>- Below 90' - 0.5+NR</li> </ul> <p>Baby giant</p> <p><b>Dismount Elements</b></p> <ul style="list-style-type: none"> <li>● Tuck back/front dismount</li> </ul> <p>*No deduction for reverse of direction for cast to handstand or swing to hdst 1/2t.</p>
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<b>MAG Advanced Additional Acrobatic FX Values</b>		
<b>Element</b>	<b>Value</b>	<b>EGR</b>
Tucked or piked front salto	A value	Gp II
Tucked or piked front salto 1/2	A value	Gp II
Straight front salto	B value	Gp II
Straight front salto 1/2	B value	Gp II
Straight front salto 1/1	C value	Gp II
Straight front salto 3/2	C value	Gp II
Tempo salto (Whip back)	B value	Gp III
Straight back salto	B value	Gp III
Straight back salto 1/2	B value	Gp III
Straight back salto 1/1	B value	Gp III
Straight back salto 3/2	C value	Gp III
Straight back salto 2/1	C value	Gp III

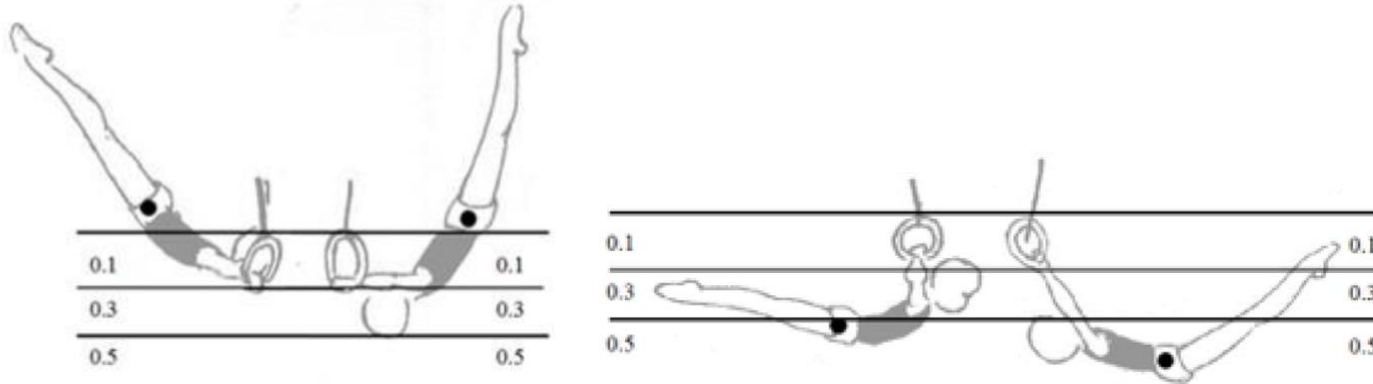
Gp II = Fwd acro element; Gp III = Bwd and Arabian acro element

## Additional deductions

The following deductions will be applied across UGC MAG Intermediate and Advanced competitions in addition to other normal execution deductions.

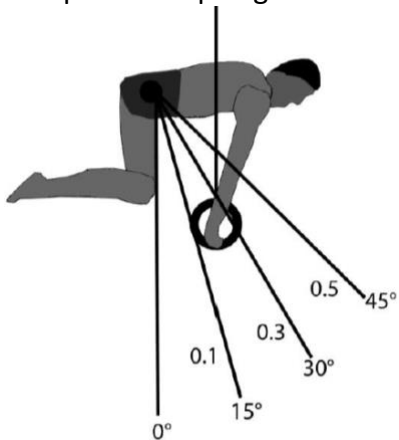
### Still Rings

Half or full intermediate empty swings (per half swing)



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

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

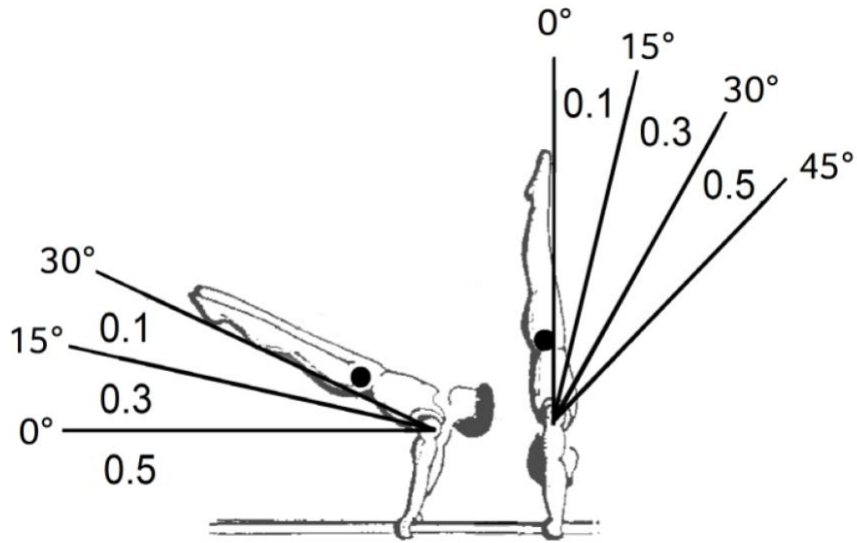


Source: British Gymnastics Men's Artistic National Elite Grades 2020-2024



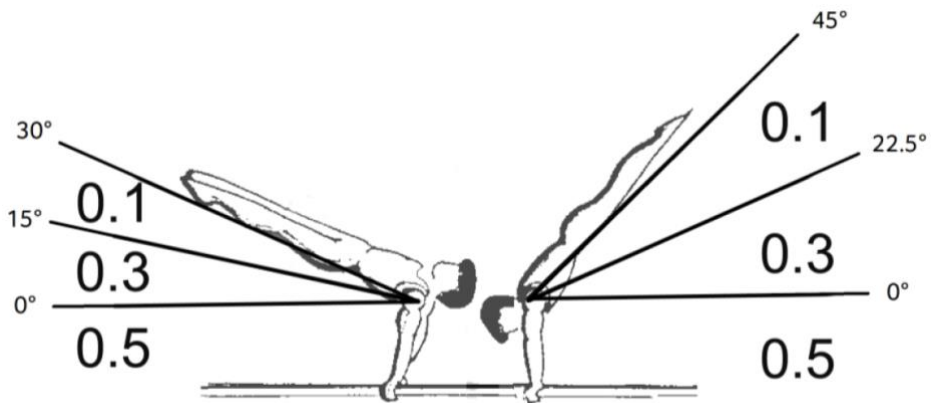
# Parallel Bars

Skills to handstand



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

Swings (not to handstand)



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

Swings in upper arms:

Hips above bars – 0.0 deduction

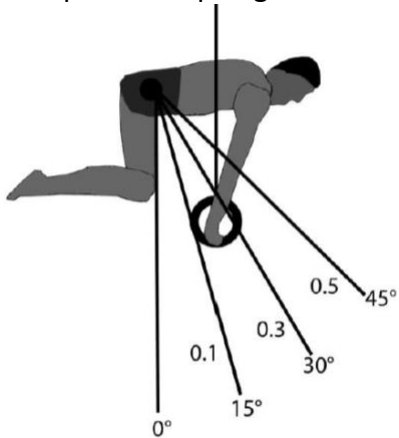
Hips 0-15° below bars – 0.1 deduction

Hips 15-30° below bars – 0.3 deduction

Hips 30-45° below bars – 0.5 deduction

Hips greater than 45° below bars – 0.5 deduction and non-recognition

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



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

§For the vault competition, only one vault will count towards the All-Around Score. Should the gymnast want to earn league points and an individual medal for vault they will need to compete TWO vaults with different entries. The average score will then be taken for the vault score whilst the highest score will be taken for the All-Around total. Any repeated vault or a vault with the same entry will score an automatic 0.0 for the second vault.

Gymnasts who do not compete two different vaults are not eligible to win an individual medal for vault and will not earn any individual league points for vault for that event.

If a gymnast is not entering the individual vault competition, they will only compete ONE vault.