

UGC: WAG NOVICE ROUTINE SHEET

Please Refer To The UGC: WAG 2024-2025 Document, For ALL Rules and Regulations		Novice: Short/Long Exercise Penalty	
		FX	Penalty
Novice Gymnasts:	Compete in Floor Exercise (FX) and Vault (VT)	13 + Elements	4.00
Novice Gymnasts:	On FX will need to perform eight elements from the table below	8 – 12 Elements	No Deductions
Novice Gymnasts:	Final Score (FX) = 8 Elements (1 which is DMT) + CRs - 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		
Novice Gymnasts:	On VT will need to perform two vaults, different or same, highest score will contribute to their final score	2 – 1 Elements	8.00
Novice Gymnasts:		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 Roll Fwd Tucked Roll To Stand Shoulder Stand* 	<ul style="list-style-type: none"> Headstand Tucked Legged Bwd Tucked Roll To Stand Bridge* 	<ul style="list-style-type: none"> Handstand* Cartwheel Headstand Straight Legged 	<ul style="list-style-type: none"> Handstand Fwd Roll Dive Roll Cartwheel ¼ Turn 	<ul style="list-style-type: none"> Bridge Kick-Over* Round-Off One-Handed Cartwheel
Non-Acrobatic Elements	<ul style="list-style-type: none"> Stretch Jump ½ Turn Tuck Jump Two Footed ½ Spin Star Jump 	<ul style="list-style-type: none"> Straddle Jump One Footed ½ Spin Arabesque* Japana Or Pike Fold* 	<ul style="list-style-type: none"> Cat-Leap Wolf Jump Y-Balance* Side Leap 	<ul style="list-style-type: none"> Splits (L, R or Box)* Stretch Jump 1/1 Turn Cat-Leap ½ Turn Stag Leap Or Leap 	<ul style="list-style-type: none"> Handstand ½ Pirouette Split Leap Or Jump One-Footed 1/1 Spin Pike Jump
Composition Requirements 2 @ 0.50 P. Each	<ol style="list-style-type: none"> Two different non-acro elements connected 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 seconds Last element must be an acrobatic element Performance 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 Flatback Stretch 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 style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Apparatus Note No E-Deduction Taken for Straggered Hand Position</p> </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	<ol style="list-style-type: none"> One dance passage with 180° splits Two acro elements in different directions, connected [Fwd/Swd & Bwd] 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 Jump Fwd Tucked Roll 	<ul style="list-style-type: none"> (DMT) Round-Off (DMT) Handspring Bwd Tucked Roll To Straddle Sit 	<ul style="list-style-type: none"> (DMT) Free-Cartwheel Cartwheel Handstand* 	<ul style="list-style-type: none"> (DMT) Tucked Fwd Salto Fwd Free Roll Tic-Tok 	<ul style="list-style-type: none"> (DMT) Tucket Bwd Salto Bwd Walkover Fwd Walkover Handstand Fwd Roll
Non-Acrobatic Elements	<ul style="list-style-type: none"> (MT) Front Support Two Footed ½ Spin Stretch Jump Tuck Jump 	<ul style="list-style-type: none"> (MT) Squat On One Footed ½ Spin Stretch Jump ½ Turn Arabesque Or Y-Balance* 	<ul style="list-style-type: none"> (MT) Squat Through Hop, Leg At Horizontal Cat-Leap Tuck Jump ½ Turn Scissors Leap 	<ul style="list-style-type: none"> (MT) Japana* (MT) L Or R Splits* Split Leap Or Jump Wolf Jump One Footed 1/1 Spin 	<ul style="list-style-type: none"> (MT) Flank (MT) Thief Vault Sissone Leap or Jump Cat-Leap ½ Turn One 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 above One non-acro element connected to an acro element Any 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 seconds Performance must have: 3 acro, 3 non-acro & 2 optional Gymnasts' 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 Undershoot Baby Giant (LB/HB) Fwd Hip Circle Sole 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 Turn Cast To Handstand
Composition Requirements 3 @ 0.50 P. Each	<ol style="list-style-type: none"> Close bar element Cast to >90° Upstart 		Apparatus Advice	<ul style="list-style-type: none"> Up to three casts can be credited 0.1 (A) each Gymnasts 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 Elements	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	<ol style="list-style-type: none"> One footed spin with DV B/C Two different dance elements connected [1 x DV B/C & 1 x 180° splits] 1 x acro line with a Salto with DV B Two acro elements [Fwd/Swd & Bwd] 	<ol style="list-style-type: none"> One footed 1/1 spin Two different acro elements connect [DMT excluded] Two different dance elements [1 x 180° splits] A flighted acro element 	<ol style="list-style-type: none"> Transition from LB to HB Element to >45° handstand Close bar element 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 – 0.3 Bonus	DMT B – 0.3 Bonus	DMT B – 0.3 Bonus
VT 1.11 DV 2.40	Yamashita, ½ Off	Apparatus Deductions Deducted 0.5 Each	<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] 	<ul style="list-style-type: none"> Performance must have: 3 acro, 3 non-acro & 2 optional Acro elements in different directions [Fwd/Swd & Bwd] 	<p align="center">Apparatus Advice</p> <p>Same element [excluding upstarts] may be repeated once and DV counted</p> <p>For example: 2 x Hip Circles</p> <p>“Same element” = same box in the CoPs 2025-2028 (Check!)</p>
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)		Barred Elements	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	Barred: All D Elements and Above
VT 1.02 DV 2.60	Handspring, 1/1 Off	Recognised Elements	Bwd Roll To Handstand – DV A Handstand Fwd Roll – DV A	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	<ol style="list-style-type: none"> Salto with a 360° twist Two different dance elements connected [1 x DV C & 1 x 180° splits] 1 x acro line with a Salto with DV B and a Salto with DV A Jump or spin with a DV C 	<ol style="list-style-type: none"> Jump or spin with a DV B Two different acro elements connect, 1 x flighted [DMT excluded] Two different dance elements [1 x 180° splits] Two acro elements, in different directions [Fwd/Swd & Bwd] 	<ol style="list-style-type: none"> Transition with DV B, from LB to HB Element to >45° handstand Close bar element with DV C 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	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] 	<ul style="list-style-type: none"> Performance must have: 3 acro, 3 non-acro & 2 optional Acro elements in different directions [Fwd/Swd & Bwd] 	<p align="center">Apparatus Advice</p> <p>Same element [excluding upstarts] may be repeated once and DV counted For example: 2 x Bwd Giants</p> <p align="center">"Same element" = same box in the CoPs 2025-2028 (Check!)</p>
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				