



Short Routines		<p align="center"><b>UGC WAG NOVICE [2023/2024]</b>                      Gymnasts Compete FX &amp; VT                      [FX] D-Score = Total value of 8 elements + CR requirements</p> <p align="center">DV elements are valued accordingly by the UGC Committee                      Rules &amp; Regulations are as per FIG Cycle 15 [2022-2024], unless stated otherwise                      (FX) = 8 elements: Any 8 elements listed below</p>				
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					
<b>Vault (VT)</b>	<b>Floor Exercise (FX) – 12x2m Strip</b>					
<b>No Vault allowed other than as stated below</b>	<b>No Floor Exercise element allowed other than as stated below</b>	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>Acrobatic</b>	<ul style="list-style-type: none"> <li>Tuck Rock to Stand</li> <li>Teddy Bear Roll</li> <li>Fwd-Roll to Tuck Sit</li> </ul>	<ul style="list-style-type: none"> <li>Tucked Fwd-Roll to Stand</li> <li>Fwd-Roll to Dish</li> </ul>	<ul style="list-style-type: none"> <li>Tucked Bwd-Roll</li> <li>Straddled Bwd-Roll</li> <li>Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>Cartwheel ¼ Turn</li> <li>Bwd-Roll to Stand</li> <li>Straddled Fwd-Roll</li> </ul>	<ul style="list-style-type: none"> <li>Round-Off</li> <li>Handstand Fwd-Roll</li> <li>One-Handed Cartwheel</li> <li>Dive Roll</li> </ul>
	<b>Dance Elements</b>	<ul style="list-style-type: none"> <li>Stretch Jump</li> <li>Two Footed ½ Spin</li> <li>Two Step Kicks &gt;90°</li> </ul>	<ul style="list-style-type: none"> <li>Tuck Jump</li> <li>One Footed ½ Spin</li> <li>Star Jump</li> </ul>	<ul style="list-style-type: none"> <li>Catleap</li> <li>Wolf Jump</li> <li>Stretch Jump ½ Turn</li> </ul>	<ul style="list-style-type: none"> <li>Stretch Jump 1/1 Turn</li> <li>Stag Leap or Jump</li> <li>Pike Jump</li> <li>Catleap ½ Turn</li> </ul>	<ul style="list-style-type: none"> <li>Split Leap or Jump</li> <li>Side Leap</li> <li>Straddle Jump</li> <li>One Footed 1/1 Spin</li> </ul>
Vault Height <b>(1) 125cm Table</b> <b>(2) Block &amp; 30cm Mat*</b>	<b>Balance/Flexible Element (2 second Hold)</b>	<ul style="list-style-type: none"> <li>Stand On One Leg Bent at 90°</li> <li>Front Support</li> <li>Shoulder Stand</li> </ul>	<ul style="list-style-type: none"> <li>Dish Hold</li> <li>Arch Hold</li> <li>Bridge</li> </ul>	<ul style="list-style-type: none"> <li>Headstand (Tucked or Straight Legged)</li> <li>Straddle/Pike Lever</li> <li>Japana/Pike Fold</li> </ul>	<ul style="list-style-type: none"> <li>Arabesque</li> <li>Y Balance</li> <li>Handstand</li> </ul>	<ul style="list-style-type: none"> <li>Bridge Kickover</li> <li>Handstand ½ Pirouette</li> <li>Splits (Any Direction)</li> </ul>
<b>TWO Vaults performed best score counts</b>	<b>Composition Requirements (CRs) 2 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>Two different dance elements connected (Both a minimum DV of 0.2)</li> <li>One balance element of 0.3 or more</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>Last element must be an Acrobatic Element (0.5 Deduction)</li> </ul>	



<b>Short Routines</b>						
FX/BB/UB	Deduction	<b>UGC WAG INTERMEDIATE [2023/2024]</b>				
8	0.00	Gymnasts Compete FX, VT & UB/BB				
7	1.00	[FX/BB/UB] D-Score = Total value of highest 7 elements + DMT + CR requirements				
6	2.00	DV elements are valued accordingly by the UGC Committee				
5	4.00	Rules & Regulations are as per FIG Cycle 15 [2022-2024], unless stated otherwise				
3-4	6.00	(FX) = 8 elements: 7 elements + DMT listed below				
1-2	8.00	(BB) = 8 elements: 7 elements + DMT listed below				
0	10.00	(UB) = 8 elements: 7 elements + DMT listed below				
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>Acrobatic Elements</b>	<ul style="list-style-type: none"> <li>• Dive Roll</li> <li>• Cartwheel ¼ Turn</li> <li>• Handstand</li> <li>• Fwd-Roll to Stand</li> <li>• Bwd-Roll to Stand</li> <li>• Bwd-Roll to Straddle Stand</li> </ul>	<ul style="list-style-type: none"> <li>• Round-Off</li> <li>• Fwd Walkover</li> <li>• Bwd Walkover</li> <li>• Tic-Tok</li> <li>• Handstand Fwd-Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Flic</li> <li>• Handspring</li> <li>• Bwd-Roll to Handstand</li> <li>• One Handed Cartwheel</li> </ul>	<ul style="list-style-type: none"> <li>• Flic, Flic</li> <li>• Handspring to one, Handspring to two</li> <li>• Tucked Fwd Salto</li> </ul>	<ul style="list-style-type: none"> <li>• Tucked Bwd Salto</li> <li>• Piked Bwd Salto</li> <li>• Piked Fwd Salto</li> <li>• Free Cartwheel</li> <li>• Free Walkover</li> </ul>
	<b>Non-Acrobatic Elements</b>	<ul style="list-style-type: none"> <li>• Tuck Jump</li> <li>• Catleap</li> <li>• One Footed ½ Spin</li> <li>• Bridge Kickover</li> <li>• Straddle/Pike Lever</li> <li>• Headstand (Straight Legs)</li> <li>• Japana/Pike Fold</li> </ul>	<ul style="list-style-type: none"> <li>• Wolf Jump</li> <li>• Splits (Any Direction)</li> <li>• Arabesque</li> <li>• Y Balance</li> <li>• Catleap ½ Turn</li> <li>• Handstand ½ Pirouette</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch Jump 1/1 Turn</li> <li>• Stag Leap or Jump</li> <li>• Pike Jump</li> <li>• Straddle Jump</li> <li>• One Footed 1/1 Spin</li> </ul>	<ul style="list-style-type: none"> <li>• Catleap 1/1 Turn</li> <li>• One Footed 1/1 Leg at Horizontal Spin</li> <li>• Split Leap or Jump</li> <li>• Handstand 1/1 Pirouette</li> </ul>	<ul style="list-style-type: none"> <li>• Double Spin</li> <li>• Straddle/Pike Lever Press to Handstand</li> <li>• Split Change Leap</li> <li>• Ring Leap or Jump</li> <li>• Johnson Leap</li> </ul>
Vault Height <b>125cm Table</b>	<b>Composition Requirements (CRs) 3 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>• One dance passage with 180° split</li> <li>• Two different acro elements connected, one being a salto</li> <li>• Acro elements in different directions [Fwd/Swd &amp; Bwd]</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>• 3x acrobatic, 3x dance &amp; 2x optional</li> <li>• All balance element 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>	
<b>TWO Vaults performed best score counts</b>						



Balance Beam (BB)					
No Balance Beam element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
<b>Acrobatic Elements</b>	<ul style="list-style-type: none"> <li>Straddle Jump (DMT)</li> </ul>	<ul style="list-style-type: none"> <li>Round-Off (DMT)</li> <li>Handspring (DMT)</li> <li>Fwd-Roll</li> </ul>	<ul style="list-style-type: none"> <li>Free-Cartwheel (DMT)</li> <li>Handstand</li> <li>Cartwheel</li> <li>Bwd-Roll to Straddle Sit</li> </ul>	<ul style="list-style-type: none"> <li>Tucked Fwd Salto (DMT)</li> <li>Free Fwd-Roll</li> </ul>	<ul style="list-style-type: none"> <li>Tucked Bwd Salto (DMT)</li> <li>Bwd Walkover</li> <li>Fwd Walkover</li> <li>Tic-Tok</li> <li>Handstand Fwd-Roll</li> </ul>
<b>Non-Acrobatic Elements</b>	<ul style="list-style-type: none"> <li>Front Support, Kick Leg Around (MT)</li> <li>Stalk Balance</li> <li>Stretch Jump</li> <li>Tuck Jump</li> </ul>	<ul style="list-style-type: none"> <li>Squat-On (MT)</li> <li>One Footed ½ Spin</li> <li>Arabesque</li> <li>Y Balance</li> </ul>	<ul style="list-style-type: none"> <li>Squat Through (MT)</li> <li>One Footed 1/1 Spin</li> <li>Wolf Jump</li> <li>Catleap</li> </ul>	<ul style="list-style-type: none"> <li>Japana (MT)</li> <li>Bwd One Footed 1/1 Spin</li> <li>Tuck Jump ½ Turn</li> <li>Split Leap or Jump</li> </ul>	<ul style="list-style-type: none"> <li>Left/Right Splits (MT)</li> <li>Flank (MT)</li> <li>Catleap ½ Turn</li> <li>One Footed 1/1 Leg at Horizontal Spin</li> </ul>
<b>Composition Requirements (CRs) 3 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>Two dance elements connected</li> <li>Any element connected to an acro element</li> <li>Any one-footed spin</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>3x acrobatic, 3x dance &amp; 2x optional</li> <li>All balance element must be held for 2 seconds</li> </ul>	
Uneven Bars (UB) – 175cm (LB) & 255cm (HB)					
No Uneven Bars element allowed other than as stated below	0.1	0.2	0.3	0.4	0.5
	<ul style="list-style-type: none"> <li>Jump to Front Support (MT)</li> <li>Cast Away (DMT-LB)</li> <li>Circle Down (DMT-LB)</li> <li>Cast</li> <li>Fish Swings x3 (HB)</li> </ul>	<ul style="list-style-type: none"> <li>Circle-Up (MT)</li> <li>Straddle/Pike Undershoot (DMT-LB)</li> <li>Chin-Ups x3 (HB)</li> <li>Leg Lifts x3 (HB)</li> <li>Squat-On</li> </ul>	<ul style="list-style-type: none"> <li>Straddle/Pike Undershoot (DMT-HB)</li> <li>Cast Back-Hip Circle (HB)</li> <li>Cast Back-Hip Circle (LB)</li> <li>Baby Giant</li> </ul>	<ul style="list-style-type: none"> <li>Short Upstart (LB)</li> <li>½ Turn Straddle/Pike Undershoot (DMT-HB)</li> <li>Long Upstart (HB)</li> <li>Clear-Hip Circle</li> <li>Sole Circle</li> <li>Cast to &gt;45-90° Handstand</li> </ul>	<ul style="list-style-type: none"> <li>½ Turn Short Upstart (LB)</li> <li>1/1 Turn Straddle/Pike Undershoot (DMT-HB)</li> <li>Tucked Flyaway (DMT-HB)</li> <li>Cast to &gt;45-10° Handstand</li> </ul>
<b>Composition Requirements (CRs) 3 @ 0.5 Each</b>	<ul style="list-style-type: none"> <li>Close Bar Element (Cast Back-Hip Circle Counted)</li> <li>Cast to &gt;45-90° Handstand (See Images FIG CoP: 9.4)</li> <li>Upstart</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>*Exempt = Up to 3 x Casts will be credited at 0.1 each*</li> </ul>	



Short Routines			UGC WAG ADVANCED [2023/2024]																			
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FX/BB	UB	Deduction																				
7+	6+	0.00																				
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Vault (VT)		Floor Exercise (FX)	Balance Beam (BB)	Uneven Bars (UB) <b>175cm (LB) &amp; 255cm (HB)</b>																		
<b>No Vault allowed other than those with a DV 1.60 - 2.60. Including but not limited to the below</b>	<b>Barred Elements</b>	All D elements and above 1/1 twisted salto	All D elements and above	All D elements and above Double Tucked Back-Away (DMT)																		
<b>Vault 1.00 DV 1.60</b> Handspring <b>Vault 1.01 DV 2.00</b> Handspring, ½-Off <b>Vault 1.02 DV 2.60</b> Handspring, 1/1-Off <b>Vault 1.10 DV 2.00</b> Yamashita <b>Vault 1.11 DV 2.40</b> Yamashita, ½-Off <b>Vault 1.12 DV 2.80</b> Yamashita, 1/1-Off <b>Vault 1.20 DV 1.60</b> ½-On <b>Vault 1.21 DV 2.40</b> ½-On, ½-Off <b>Vault 1.22 DV 2.60</b> ½-On, 1/1-Off	<b>Uncoded Elements</b>	<ul style="list-style-type: none"> <li>Bwd-Roll to Handstand (DV 0.1)</li> <li>Handstand Fwd-Roll (DV 0.1)</li> <li>Fwd Walkover (DV 0.1)</li> <li>Bwd Walkover (DV 0.1)</li> <li>Valdez (DV 0.1)</li> </ul>	<ul style="list-style-type: none"> <li>Stretch Jump with ½ Turn (DV 0.1)</li> <li>Catleap (DV 0.1)</li> <li>Tuck Jump (0.1)</li> <li>MT: Straddle ½ Lever/Japana (DV 0.1)</li> <li>MT: Jump to One/Two Feet (DV 0.1)</li> </ul>	<ul style="list-style-type: none"> <li>Squat-On (DV 0.1)</li> <li>Tucked Bwd Sole Circle (DV 0.1)</li> <li>Circle-Hip to &gt;45-90° Handstand (DV = 0.2) (See Images FIG CoP: 9.4)</li> <li>Baby Giant (DV 0.1)</li> <li>DMT: Straddle/Pike Undershoot (DV 0.1)</li> </ul>																		
	<b>Composition Requirements (CRs) 4 @ 0.50 Each</b>	<ul style="list-style-type: none"> <li>One footed Spin with DV B or above</li> <li>Two different dance elements connect [1 x DV of B or above &amp; 1 x 180° splits</li> <li>Acro line with one salto</li> <li>Two acro elements in different directions [Fwd/Swd &amp; Bwd]</li> </ul>	<ul style="list-style-type: none"> <li>One Footed 1/1 Spin</li> <li>Two different acro elements connected</li> <li>Two different dance elements connect, one with 180° splits</li> <li>Flighted acro element</li> </ul>	<ul style="list-style-type: none"> <li>Transition from LB to HB</li> <li>Cast/element to &gt;45-10° Handstand (See Images FIG CoP: 9.4)</li> <li>Close Bar Element</li> <li>B element on LB or HB</li> </ul>																		
	<b>DMT Bonus</b>	<ul style="list-style-type: none"> <li>A = 0.3 Bonus</li> <li>B/C = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>A = 0.3 Bonus</li> <li>B/C = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>A = 0.3 Bonus</li> <li>B/C = 0.5 Bonus</li> </ul>																		
Vault Height <b>125cm Table</b>	<b>Artistry &amp; Apparatus Specific Deductions</b>	<ul style="list-style-type: none"> <li>Same element can only count once towards DV</li> <li>3x acrobatic, 3x dance &amp; 2x optional</li> <li>4x acro lines [Maximum]</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd] (0.3 deduction if not achieved)</li> </ul>	<ul style="list-style-type: none"> <li>Same element can only count once towards DV</li> <li>3x acrobatic, 3x dance &amp; 2x optional</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd] (0.3 deduction if not achieved)</li> </ul>	<ul style="list-style-type: none"> <li>Same elements [excluding upstarts] may be repeated once for DV, for example:               <ul style="list-style-type: none"> <li>1x Clear-Hip &amp; 1x Hip-Circle</li> <li>2x Clear-Hips OR 2x Hip-Circles</li> </ul> </li> </ul>																		
<b>TWO Vaults performed best score counts</b> TWO different entry Vaults REQUIRED*																						



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FX/BB	UB	Deduction																				
7+	6+	0.00																				
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Vault (VT)		Floor Exercise (FX)	Balance Beam (BB)	Uneven Bars (UB) 175cm (LB) & 255cm (HB)																		
No Vault allowed other than those with a DV 2.40 - 3.60. Including but not limited to the below	Barred Elements	All D elements and above	All D elements and above <i>Free Cartwheel &amp; Free Walkover are EXCEPT</i>	All D elements and above																		
<b>Vault 1.21 DV 2.40</b> ½-On, ½-Off <b>Vault 1.02 DV 2.60</b> Handspring, 1/1-Off <b>Vault 1.12 DV 2.80</b> Yamashita, 1/1-Off <b>Vault 1.22 DV 2.60</b> ½-On, 1/1-Off <b>Vault 1.40 DV 2.00</b> Round-Off, Flic-On <b>Vault 2.10 DV 3.60</b> Handspring, Tucked Salto Off <b>Vault 3.10 DV 3.20</b> Tsukahara Tucked <b>Vault 3.20 DV 3.40</b> Tsukahara Piked <b>Vault 4.10 DV 3.00</b> Yurchenko Tucked	<b>Uncoded Elements</b>  <b>Composition Requirements (CRs) 4 @ 0.50 Each</b>	<ul style="list-style-type: none"> <li>Bwd-Roll to Handstand (DV 0.1)</li> <li>Handstand Fwd-Roll (DV 0.1)</li> <li>Fwd Walkover (DV 0.1)</li> <li>Bwd Walkover (DV 0.1)</li> <li>Valdez (DV 0.1)</li> </ul> <ul style="list-style-type: none"> <li>Two different dance elements connected [1 x DV of C or above &amp; 1 x 180° splits</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd]</li> <li>Salto with a 360° twist</li> <li>Acro line connecting a DV B salto and DV A salto (any order)</li> </ul>	<ul style="list-style-type: none"> <li>Stretch Jump with ½ Turn (DV 0.1)</li> <li>Catleap (DV 0.1)</li> <li>Tuck Jump (0.1)</li> <li>MT: Straddle ½ Lever/Japana (DV 0.1)</li> <li>MT: Jump to One/Two Feet (DV 0.1)</li> </ul> <ul style="list-style-type: none"> <li>One Footed Spin with a DV of B or above</li> <li>Two different acro elements connected, one with flight</li> <li>Two different dance elements connect, one with 180° splits</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd]</li> </ul>	<ul style="list-style-type: none"> <li>Squat-On (DV 0.1)</li> <li>Tucked Bwd Sole Circle (DV 0.1)</li> <li>Circle-Hip to &gt;45-90° Handstand (DV = 0.2) (See Images FIG CoP: 9.4)</li> <li>DMT: Straddle/Pike Undershoot (DV 0.1)</li> </ul> <ul style="list-style-type: none"> <li>DV B Transition from LB to HB</li> <li>Element to &gt;45-10° Handstand (See Images FIG CoP: 9.4)</li> <li>Close Bar Element</li> <li>Fwd/Bwd Giant</li> </ul>																		
	<b>Bonus</b>	<ul style="list-style-type: none"> <li>B = 0.3 Bonus</li> <li>C = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>B = 0.3 Bonus</li> <li>C = 0.5 Bonus</li> </ul>	<ul style="list-style-type: none"> <li>B = 0.3 Bonus</li> <li>C = 0.5 Bonus</li> </ul>																		
Vault Height 125cm Table	<b>Artistry &amp; Apparatus Specific Deductions</b>	<ul style="list-style-type: none"> <li>Same element can only count once towards DV</li> <li>3x acrobatic, 3x dance &amp; 2x optional</li> <li>4x acro lines [Maximum]</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd] (0.3 deduction if not achieved)</li> </ul>	<ul style="list-style-type: none"> <li>Same element can only count once towards DV</li> <li>3x acrobatic, 3x dance &amp; 2x optional</li> <li>Acro elements in different directions [Fwd/Swd &amp; Bwd] (0.3 deduction if not achieved)</li> </ul>	<ul style="list-style-type: none"> <li>Same elements may be repeated once for DV, for example:               <ul style="list-style-type: none"> <li>1x Clear-Hip &amp; 1x Hip-Circle</li> <li>2x Clear-Hips OR 2x Hip-Circles</li> <li>2 x LB upstarts &amp; 2 x HB upstarts</li> </ul> </li> </ul>																		
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