



National Men's Artistic Mainstream Programme

**Programme Director Sonja Winde and Robert Liefeldt
Layout and design by Bobby Budai**

Level 4 to 8

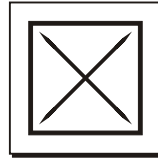
MAG Programme



FLOOR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Forward Tumbling
 2. Backward Tumbling
 3. Twisting / Circling
 4. Strength
 5. Balance
 6. Flexibility
 7. Artistic Presentation



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 4

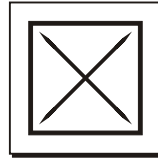
Routine Description	Value	Comments
Direction A-C		
1. Stand with arms upward, take two steps forward while circling arms backward to sides, step feet together ⁷ ,		• No pauses in
2. Swing arms upward, immediate stretch jump with 1/1 turn to standing, arms upward ³ ,	0.20	executing 1 & 2
3. Circle arms backward, 2-3 running steps,		
4. Dive roll to standing ¹ , arms upward,	0.30	• Control roll out
5. Step left leg forward, lowering arms side ways at shoulder height, scissors jump ⁷ ,	0.10	• Land on right leg
6. Immediate step onto left leg to front scale on left leg, arms forwards/sideways ⁵ (2s).	0.20	
7. Raise torso with shoulders flexed open, swing right leg forward with 3/8 turn on left leg to standing, arms upward ⁵ .	0.10	
Direction C-B		
8. Step forward, kick to handstand with shoulder block and hop ¹ ,	0.20	
9. Straight arm forward roll to straddled stand ¹ , raise arms forward/sideways with back held horizontal ⁵ (2s).	0.20	
10. Place hands on floor, with slight flexing of knees swing to handstand ⁴ [press to handstand ⁴] [handstand (2s) ⁴] .	0.30	• Bonus: press instead
11. 1/2 turn forwards ⁵ pike and lower legs, raise trunk to standing, arms upward ⁶ ,	0.30	of swing & hold
12. Lower arms forward and fall to seat with straight legs into backward roll with straight arms ² [backward roll through handstand] , to crouch and jump with 1/8 turn right ³ .	0.20	handstand • Bonus: modify roll
Direction B-D		
13. With arm swing jump forward, immediate hurdle, arab spring ² ,	0.30	• No running steps
14. Stretch jump to standing with arms upward and then lower arms against sides ¹ .	0.10	
Specific Notes	Value	Comments
• Point 13. Deduction: Each running step before hurdle.	0.10	• For each step
• To fit exercise in a 'strip' floor pattern substitute corner turns with a 1/2 turn.		• For venues without a full floor



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Level 5

Routine Description	Value	Comments
Direction A-C		
1. Standing, circle arms upward and backward, 2-3 running steps,		
2. Dive roll to standing, arms upward ¹ ,	0.30	
3. Head spring to standing, arms upward ¹ ,	0.40	
4. Fall forwards to front support ² ,		
5. With a push-up action, swing right leg forward with 1/4 turn left to straddled stand ⁶ , raise arms forward/sideways with back held horizontal ⁴ (2s).	0.10	
6. Place hands on floor, with slight flexing of knees, swing to handstand ⁴ [press to handstand (2s)] .	0.20	• Bonus: press instead of swing
Direction C-B		
7. 1/8 turn forward in handstand ⁵ ,	0.10	
8. Roll forward to crouch ¹ ,	0.10	
9. Stretch jump with 1/2 to standing ³ , arms upward,	0.10	
10. Lower arms forward and fall to seat with straight legs into 45° backward roll with straight arms ² [backward roll through handstand] , to standing with arms upward,	0.40	• Bonus: modify roll
11. Swing left leg backwards with 1/2 turn left on right foot ⁷ , immediately step left leg forward into front scale on left leg ⁵ , arms forward/sideways (2s).	0.20	
12. Immediate kick to handstand, forward roll over bent left leg to kneeling on left knee only ¹ , arms upward. Stand up with 3/8 turn left ⁷ .	0.30	
Direction B-D		
13. Standing, circle arms upward and backward, 2-3 running steps,		
14. Arabspring ² [flic-flac] ,	0.20	• Bonus: add flic-flac
15. Stretch jump to standing with arms upward and then lower arms against sides ¹ .	0.10	

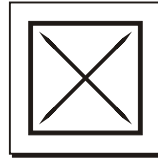
Specific Notes	Value	Comments
• To fit exercise in a 'strip' floor pattern substitute corner turns with a 1/2 turn.		• For venues without a full floor



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 Total = 13.10

Level 7

Routine Description	Value	Comments
Direction A-C		
1. Standing, circle arms upward and backward, 2-3 running steps,		
2. Handspring ¹ ,	0.30	• No pauses in
3. Dive roll ¹ ,	0.30	executing 2 - 4
4. Immediate straddle jump to prone, push up to front support ¹ ,	0.20	
5. Pull knees inward between hands and kneel, circle arms backwards ⁷ [from front support clip left leg forward to front split ⁶ (2s)],	0.10	• Bonus: split instead of kneeling
6. Kick up with legs together to handstand ⁴ , 3/8 turn forwards/left in handstand ⁵ [straddled press to handstand ⁴ (2s), 1/8 turn forward/left], lower legs to standing, arms upward.	0.20	• Bonus: press instead of swing
Direction C-B		
7. 2-3 running steps, tuck front somersault to standing, arms upward ¹ ,	0.40	
8. Step right leg forward while circling arms backward, <i>fuerté jeté</i> ⁷ ,	0.20	
9. 1/4 turn left, lower left leg to immediate side scale on left leg ⁵ (2s).	0.20	
10. Swing right leg forward and step with 5/8 turn left while circling arms backward ³ .		
Direction B-D		
11. 2-3 running steps, arab spring ² ,	0.10	
12. Flic-flac, flic-flac [tuck somersault] ² ,	0.40	• Value is 0.20 x 2,
13. Stretch jump to standing with arms upwards and then lower arms against sides ¹ .	0.10	Bonus: replace 1 x flic-flac

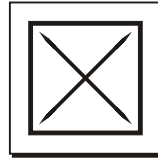
Specific Notes	Value	Comments
• Point 12. If the somersault is performed for bonus, then no stretch jump required in 13.		
• To fit exercise in a 'strip' floor pattern, substitute corner turns with a 1/2 turn.		• For venues without a full floor



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Level 8

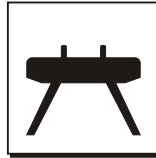
Routine Description	Value	Comments
 Direction A-C		
1. Standing, circle arms upward and backward, 2-3 running steps,		
2. Handspring ¹ ,	0.20	
3. Tucked front somersault to standing, arms upward ¹ ,	0.30	• No pauses in executing 2 & 3
4. Stretch jump with 1/8 turn to the left to standing, arms upward ¹ .		
Direction C-D		
5. Straight arm backward roll through handstand ² with 1/2 turn to straight arm and straight leg forward roll ¹ , to standing with arms upward,	0.40	
6. Full turn to prone ⁷ ,	0.10	
7. Step to the side, swing 1 x double-leg circle ³ [2 x double-leg circles] to front support,	0.20	• Bonus: additional circle
8. Pull knees inwards between hands and kneel, circle arms backward ⁷ ,		
9. Kick up with legs together to handstand ⁴ [piked press to handstand ⁴ (2s)],	0.10	• Bonus: press instead of swing
10. 3/8 turn forward in handstand ⁵ , lower legs and raise torso to standing, arms upward ⁶ .	0.10	
Direction D-B		
11. Circle arms backward, 2-3 running steps, arab spring ² ,	0.10	
12. Arabian dive roll ¹ , step with 1/2 turn to standing, arms upward ⁷ .	0.40	• No pauses in executing 11 - 12
Direction B-D		
13. Circle arms backward, 2-3 running steps, arab spring ² ,	0.10	
14. Flic-flac ² ,	0.20	
15. Tucked backward somersault ² [stretched backward somersault] to standing with arms upward and then lower arms against sides.	0.30	• Bonus: modified somersault
Specific Notes	Value	Comments
• To fit exercise in a 'strip' floor pattern, substitute corner turns with a 1/2 turn.		• For venues without a full floor



POMMEL HORSE EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Single Leg Work
 2. Circles and Flairs
 3. Travels
 4. Turns
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
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 Total = 13.10

Level 4

Routine Description	Value	Comments
Mushroom (40cm)		
1. Jump to 1 double-leg circle ² ,	0.70	• Step out before each circle is allowed
2. Jump to 1 double-leg circle ² [no stop in front support],	0.60	• Bonus: swing directly
3. Jump to 1 double-leg circle ² [no stop in front support],	0.60	from preceding circle
4. Jump to 1 double-leg circle ² [no stop in front support].	0.60	

Specific Notes	Value	Comments



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 Execution Value = 10.00
 Total = 13.10

Level 5

Routine Description	Value	Comments
<p>Mushroom (40cm)</p> <p>1. Jump to 5 x double-leg circles ² [6th, 7th & 8th double-leg circle].</p>	2.50	<ul style="list-style-type: none"> • Step out before first circle is allowed • Value is 0.50 x 5 • Bonus: for each additional circle

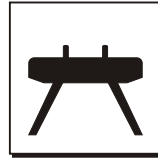
Specific Notes	Value	Comments



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Level 6

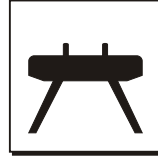
Routine Description	Value	Comments
Pommel Horse		
1. Standing facing end of horse, jump to 1/2 x double-leg circle in cross support ² [3/2 x double-leg circles in cross support].	0.20	• Place feet together before commencing
2. 1/4 turn left to rear support sideways (👉 1+2) ⁴ .		
3. Swing left leg backward.	0.10	with circle
4. Swing right leg backward.	0.10	
5. Swing left leg forward and then lift right leg over the horse to single leg travel up ³ , swing right leg backward (👉 2+4).	0.10	• Left hand in front of right hand in travel
6. Swing left leg forward, undercut to right ⁶ [right hip at height of left shoulder].	0.20	
7. Swing left leg forward and then lift right leg over the horse to single leg travel down, swing right leg backward (👉 4+5).	0.10	• Left hand in front of right hand in travel
8. Swing left leg forward.		• Leading foot in each
9. Swing right leg forward.		swing 3-8 must reach
10. Swing 1/2 x double-leg circle over the pommel with 1/4 turn left to dismount ⁴⁺⁵ .	0.20	shoulder height
Mushroom (40cm)		
1. Jump to 5 x double-leg circles ² ,	0.50	• Step out before first
2. Continue with 5 x double-leg circles ² [Czech kehre before dismount]	1.00	circle is allowed • Value is 0.10 x 5 • Value is 0.20 x 5 • Bonus: replace circle
Specific Notes		
• Age groups 14 & younger may use a springboard to mount the Pommel Horse.		
• The gymnast may not wait longer than 30s between his Pommel Horse & Mushroom exercises.	1.50	► Mushroom exercise will not be judged
• Both exercises are to be judged prior to determining the mark.		



POMMEL HORSE EXERCISE

Men's Artistic Gymnastics — Novice Syllabus

- Structure Groups :
1. Single Leg Work
 2. Circles and Flairs
 3. Travels
 4. Turns
 5. Dismount



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Level 7

Routine Description	Value	Comments
Pommel Horse		
1. Standing facing end of horse, jump to 1 x double-leg circle in cross support (👉 1+1) ² [2 x double-leg circle in cross support],	0.30	► Place feet together before commencing with circle ► Bonus: additional circle
2. Followed by 1/2 x double-leg circle in cross support,	0.10	
3. 1/4 turn left to rear support sideways (👉 1+2) ⁴ ,		
4. Swing left leg backward ¹ ,	0.10	
5. Swing right leg backward ¹ ,	0.10	
6. Swing left leg forward and lift right leg over the horse to single leg travel up ³ , swing right leg backward (👉 2+4),	0.10	► Left hand in front of right hand in travel
7. Swing left leg forward, undercut to the right ¹ ,	0.10	► Leading foot in each swing 4 - 8 must reach head height
8. Swing left leg forward, scissors to the right ¹ ,	0.20	
9. Feint left leg forward and right leg backward over the pommel ¹ ,	0.10	
10. 1 x double-leg circle sideways on the pommels ² [2 x double-leg circles],	0.20	► Bonus: additional circle
11. Swing 1/2 x double-leg circle over the pommel with 1/4 turn left ⁴ to dismount landing lengthways with left shoulder nearest the pommel horse ⁵ .	0.20	
Mushroom (40cm)		
1. 1 x double-leg circle ² ,	0.10	► Step out before first circle is allowed
2. Czechkehre ⁴ ,	0.30	
3. 1 x double-leg circle ² ,	0.10	
4. Czechkehre ⁴ [Czechkehre direct (remove 3/2 circle) to czechkehre],	0.30	► Bonus: swing czechkehre through front support on 1 hand and 1/4 turn before placing second hand
5. 1 x double-leg circle ² ,	0.10	
6. 1 x double-leg circle.	0.10	

Specific Notes	Value	Comments
• Age groups 14 & younger may use a springboard to mount the Pommel Horse.		
• The gymnast may not wait longer than 30s between his Pommel Horse & Mushroom exercises.	1.00	► Mushroom exercise will not be judged
• Both exercises are to be judged prior to determining the mark.		



POMMEL HORSE EXERCISE

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Level 8

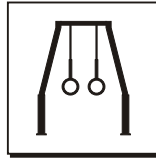
Routine Description	Value	Comments
Pommel Horse		
1. Standing facing end of horse, jump to 2 x double-leg circles in cross support (👉 1+1) ² ,	0.20	• Place feet together before commencing with circles
2. 1/2 x double-leg circle in cross support with 1/4 turn to left followed by 1/2 x uphill double-leg circle to end in front support sideways (👉 1+2) ⁴ ,	0.20	• Value is 0.10 x 2
3. Lift right leg over horse, pivot on right arm, with 1/2 turn to scissors support (👉 2+4) ⁴ ,	0.10	
4. Swing right leg forward, swing left leg backward ¹ ,		• Leading foot in each swing 4 - 7 must reach head height
5. Swing right leg backward, swing left leg forward ¹ ,		
6. Scissors to the right ¹ ,	0.10	
7. Scissors to the left ¹ ,	0.10	
8. Pick up circle in front and swing 2 x double-leg circles sideways on the pommels ² ,	0.40	• Value is 0.20 x 2
9. Travel down in side support (👉 1+2) ³ [additional downhill circle in side support],	0.30	• Bonus: additional circle post travel
10. Schwabenflanke to wende dismount (👉 1+1) ⁵ .	0.20	
Mushroom (40cm)		
1. 2 x double-leg circles ² [2 x Thomas flairs],	0.20	• Step out is allowed
2. 1 x Direct Stockli 'A' ⁴ (flop),	0.30	• Value is 0.10 x 2, Bonus: replace circle
3. 1 x double-leg circle ² [no intermediate circle between Direct Stockli A's],		• Bonus: remove circle
4. 1 x Direct Stokli 'A' (flop) ⁴ ,	0.30	
5. 1 x double-leg circle ² .	0.10	
Specific Notes		
• The gymnast may not wait longer than 30s between his Pommel Horse & Mushroom exercises.	0.90	• Mushroom exercise will not be judged
• Both exercises are to be judged prior to determining the mark.		



RINGS EXERCISE

Men's Artistic Gymnastics

- Structure Groups :**
1. Swings Forward
 2. Swings Backward
 3. Static Strength
 4. Handstand / Support
 5. Dismount



Difficulty Value = 2.50
Bonus Difficulty = 0.60 (3x0.20)
Execution Value = 10.00
Total = 13.10

Level 4

Routine Description	Value	Comments
1. From hanging, lift legs to L-hang position ³ (2s).	0.30	• 90° hip angle
2. Pull with bent arms and lift with bent body and straight legs to stretched inverted hang ³ [Perform pull to inverted hang with straight arms],	0.20	• Neutral head position
3. Lower legs to piked inverted hang ³ ,	0.10	
4. Lower rearwards with piked body to drag hang ³ ,	0.10	
5. Pull to piked inverted hang ³ ,	0.10	
6. Layout swing forward ¹ [bent arm pull up into layout swing forward],	0.20	• No additional swings
7. Swing backwards ² ,	0.30	
8. Swing forwards ¹ ,	0.30	
9. Swing backwards ² ,	0.30	
10. Swing forwards ¹ ,	0.30	
11. Swing backwards ² [swing to horizontal] and release to stretched dismount ⁵ .	0.30	• Keep torso upright on landing

Specific Notes	Value	Comments
• Minimum height for all backward swings - knees at height of shoulders		
• Minimum height for all forward swings - hips at height of shoulders		
• Landing area may be raised for smaller gymnasts using additional mats.		



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Level 5

Routine Description	Value	Comments
1. From hanging, lift legs to L-hang position ³ (2s).	0.30	• 90° hip angle
2. Pull with bent arms and lift with bent body and straight legs to stretched inverted hang ³ . [Perform pull to inverted hang with straight arms],	0.20	• Neutral head position
3. Lower to drag hang with stretched body and straddled legs ³ . [straddled back lever (2s)],	0.40	
4. Pull to piked inverted hang ³ ,	0.10	
5. Layout swing forward ¹ ,	0.20	• No additional swings
6. Swing backwards ² ,	0.20	
7. Swing forwards ¹ ,	0.20	
8. Swing backward to inlocate ² [stretched body inlocate],	0.40	
9. Swing backwards ¹ ,	0.20	
10. Swing forwards to tucked backward somersault dismount ⁵ .	0.30	• Centre of rotation at ring height, keep torso upright on landing

Specific Notes	Value	Comments
• Minimum height for all backward swings - knees at height of shoulders		
• Minimum height for all forward swings - hips at height of shoulders		



RINGS EXERCISE

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Level 6

Routine Description	Value	Comments
1. From support, raise legs to L-support ³ (2s).	0.30	<ul style="list-style-type: none"> • Gymnast must be lifted to support • Forearms off rings • Neutral head position • Lower to horizontal then straddle legs, • Bonus: modify lever • No additional swings • Keep torso upright on landing
2. Lower backward to inverted hang ³ ,	0.20	
3. Lower to straddled back lever ³ (2s) [back lever (2s)] .	0.30	
4. Lower to drag hang with stretched body ³ ,	0.10	
5. Pull to piked inverted hang ³ ,	0.10	
6. Layout swing forward ¹ ,	0.10	
7. Swing backwards ² ,	0.20	
8. Swing forwards ¹ ,	0.20	
9. Swing backward to inlocate ² [stretched body inlocate] ,	0.30	
10. Swing backwards ² ,	0.20	
11. Swing forwards ¹ ,	0.20	
12. Dislocate [dislocate ≥ 30° above horizontal] and release to stretched dismount ⁵ .	0.30	

Specific Notes	Value	Comments
• Minimum height for all backward swings - knees at height of rings		
• Minimum height for all forward swings - hips at height of rings		



RINGS EXERCISE

Men's Artistic Gymnastics — Novice Syllabus

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Execution Value	= 10.00
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Level 7

Routine Description	Value	Comments
1. From hanging, muscle up to stretched support ³ ,	0.30	► Forearms off rings
2. L-support ⁴ (2s).	0.20	► Neutral head position
3. Press to shoulder stand ⁴ (2s).	0.30	
4. Lower slowly through shoulder stand to stretched inverted hang ³ ,		
5. Lower to straddled lever ³ (2s) [back lever (2s)].	0.20	► Lower to horizontal
6. Lower to drag hang ³ ,		then straddle legs,
7. Pull to piked inverted hang ³ ,	0.10	Bonus: modify lever
8. Layout swing forward ¹ ,	0.10	► No additional swings
9. Swing backward to inlocate ² ,	0.20	► No pauses in
10. Direct swing into second inlocate ² [showing lift of shoulders in inlocate],	0.20	executing 9 & 10,
11. Swing backward ² ,	0.10	Bonus: modify height
12. Swing forward ¹ ,	0.10	► No pauses in
13. Dislocate ¹ ,	0.20	executing 13 & 14,
14. Direct swing into second dislocate ¹ [showing lift of shoulders in dislocate],	0.20	Bonus: modify height
15. Swing forwards to stretched backward somersault, dismount ⁵ .	0.30	► Centre of rotation at ring height, keep torso upright on landing

Specific Notes	Value	Comments
• Point 11. Minimum height for backward swing - knees at height of rings		



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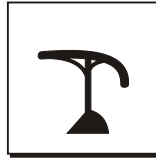
Routine Description	Value	Comments
1. From hanging, lift with bent body and straight legs to stretched inverted hang ³	0.10	▶ Neutral head position
2. Layout swing forward ¹ ,	0.10	
3. Swing backward to inlocate ² ,	0.10	▶ No pauses in
4. Swing backward to back uprise ² ,	0.30	executing 3 - 4
5. Support swing forward ⁴ ,	0.10	▶ Straight arms
6. Swing backward and lay away ² ,	0.20	through 4 - 6
7. Swing forward to dislocate ¹ ,	0.10	▶ No pauses in
8. Direct swing into second dislocate ¹ ,	0.10	executing 7 - 9
9. Swing forward to tucked felge ¹ (turn to rest) [piked felge],	0.30	▶ Bonus: modify felge
10. Swing to L-support ⁴ (2s).	0.10	▶ Forearms off rings
11. Bent arm press to handstand with bent body and straddled legs, rest legs on ropes ⁴ (2s) [perform press with straight arms], [close legs, handstand held free (2s)].	0.30	▶ No leaning on straps ▶ Bonus: modify press
12. Close legs in handstand and lower through support, ¹ ,	0.10	▶ Straight arms
13. Lower backward to inverted hang ³ ,		through 12
14. Lay away to backward swing in hang ² ,	0.10	
15. Inlocate ² ,	0.10	▶ No pauses in
16. Direct swing into second inlocate ² ,	0.10	executing 15 - 16
17. Swing backward to piked forward somersault with 1/2 turn, dismount ⁵ .	0.30	▶ Centre of rotation at ring height, keep torso upright on landing

Specific Notes	Value	Comments
• Point 4. Minimum height for backward swing before rising up - knees at height of rings		
• Point 5 - 6. No minimum height for support swing forward and backward		
• Point 11. Piked press may replace straddled press with no deduction		



VAULT EXERCISE

Men's Artistic Gymnastics



Difficulty Value = 2.50
Bonus Difficulty = 0.00
Execution Value = 10.00
Total = 12.50

Level 4

Routine Description	Value	Comments
Springboard (no horse)		
1. From running (not more than 25m),		
2. Double-leg take off from springboard,		
3. Tucked front somersault,	2.50	
4. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt is marked from 10.50
• All Age groups use 20cm landing mats		



VAULT EXERCISE

Men's Artistic Gymnastics



Difficulty Value	= 2.50
Bonus Difficulty	= 0.00
Execution Value	= <u>10.00</u>
Total	= <u>12.50</u>

Level 5

Routine Description	Value	Comments
Vaulting Table		
1. From running (not more than 25m),	█	
2. Double-leg take off from springboard,		
3. Swing arms forward and dive driving legs upward, place hands on table,	█	
4. Block against table and drive stretched body upwards - handspring ,	2.50	• Straight arms with shoulders flexed open
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.	█	• Keep torso upright

Age Groups	Horse Height
• 12 years & under	1.15m
• 14 years & under	1.15m
• 15 years & over	1.25m
• Seniors	1.30m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt is marked from 10.50
• Gymnasts 14 & under may use two springboards, without penalty, to perform their Vault.		



VAULT EXERCISE

Men's Artistic Gymnastics



Difficulty Value =	2.50
Bonus Difficulty =	0.00
Execution Value =	<u>10.00</u>
Total =	<u>12.50</u>

Level 6

Routine Description	Value	Comments
Vaulting Table		
1. From running (not more than 25m),	█	
2. Double-leg take off from springboard,		
3. Swing arms forward and dive driving legs upward, place hands on table,	█	• Straight arms with
4. Block against horse and drive stretched body upwards - handspring ,	2.50	shoulders flexed open
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.	█	• Keep torso upright

Age Groups	Horse Height
• 12 years & under	1.20m
• 14 years & under	1.20m
• 15 years & over	1.30m
• Seniors	1.35m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt is
• Gymnasts 14 & under may use two springboards, without penalty, to perform their Vault.		marked from 10.50



VAULT EXERCISE

Men's Artistic Gymnastics



Difficulty Value =	2.50
Bonus Difficulty =	0.00
Execution Value =	<u>10.00</u>
Total	= <u>12.50</u>

Level 7

Routine Description	Value	Comments
Vaulting Table		
1. From running (not more than 25m),	█	
2. Double-leg take off from springboard,		
3. Swing arms forward and dive driving legs upward, place hands on table,	█	• Straight arms with
4. Block against horse and drive stretched body upwards - handspring with 1/2 turn,	2.50	shoulders flexed open
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.	█	• Keep torso upright

Age Groups	Horse Height
• 14 years & under	1.25m
• 15 years & over	1.30m
• Seniors	1.35m

Specific Notes	Value	Comments
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt is
• Gymnasts 14 & under may use two springboards, without penalty, to perform their Vault.		marked from 10.50



VAULT EXERCISE

Men's Artistic Gymnastics



Difficulty Value = 2.50
 Bonus Difficulty = 0.00
 Execution Value = 10.00
 Total = 12.50

Level 8

Routine Description	Value	Comments								
Vaulting Table (option 1)										
1. From running (not more than 25m),										
2. Double-leg take off from springboard,										
3. Swing arms forward and dive driving legs upward, place hands on table,										
4. Block against horse and drive stretched body upwards - Yamashita with 1/2 turn ,	2.50	• Forward vault								
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright								
Vaulting Table (option 2)										
1. From running (not more than 25m),										
2. Double-leg take off from springboard,										
3. Swing arms forward and dive driving legs upward, place hands on table,										
4. Block sideways against horse and drive stretched body upwards - Hollander with 3/4 turn ,	2.50	• Handspring sideways vault								
5. Land, bending knees on impact, feet slightly apart, rise to standing, arms upward, heels together.		• Keep torso upright • Can be done with an inward or an outward turn								
<table border="1"> <thead> <tr> <th>Age Groups</th> <th>Horse Height</th> </tr> </thead> <tbody> <tr> <td>• 15 years & under</td> <td>1.30m</td> </tr> <tr> <td>• 16 years & over</td> <td>1.35m</td> </tr> <tr> <td>• Seniors</td> <td>1.35m</td> </tr> </tbody> </table>			Age Groups	Horse Height	• 15 years & under	1.30m	• 16 years & over	1.35m	• Seniors	1.35m
Age Groups	Horse Height									
• 15 years & under	1.30m									
• 16 years & over	1.35m									
• Seniors	1.35m									
Specific Notes										
• Gymnasts must choose to perform one of the optional vaults.										
• A nil Vault will entitle the gymnast to a second attempt. It must be performed within 30s.	2.00	• Second attempt is marked from 10.50								
• Gymnasts 15 & under may use two springboards, without penalty, to perform their Vault.										



PARALLEL BARS EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
 2. Upper Arm Swings
 3. Long Swings
 4. Strength & Holds
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 4

Routine Description	Value	Comments
1. Jump to upper arm support ² ,		
2. Swing forward to horizontal ² ,	0.20	
3. Swing backward to horizontal ² ,	0.20	
4. Swing forward to horizontal ² ,	0.20	
5. Pike to inverted hamstring fold ² ,	0.10	• Legs horizontal
6. Roll forward, pushing to rear support, and straddle with straight legs across bars ² ,	0.20	• Kip not permissible
7. Replace hands forward, ahead of legs ⁴ ,		
8. Forward shoulder roll, pushing to rear support, and straddle with straight legs across bars ² [stop in shoulder stand (2s) during roll],	0.40	• Bonus: add shoulder stand
9. Bend legs and swing upwards off bars to rear support with legs straight and closed ¹ ,	0.10	
10. Swing backward to 15° above horizontal ¹ ,	0.20	
11. Swing forward to horizontal ¹ ,	0.20	
12. Swing backward to 15° above horizontal ¹ [swing to handstand],	0.20	• Bonus: modify swing
13. Swing forward to horizontal ¹ ,	0.20	
14. Swing backward to 45° above horizontal [swing to handstand],	0.20	• Bonus: modify swing
15. Front dismount ⁵ .	0.10	• Do not hold the bar on landing, keep torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		



PARALLEL BARS EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
 2. Upper Arm Swings
 3. Long Swings
 4. Strength & Holds
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 5

Routine Description	Value	Comments
1. Jump to upper arm support ² ,		
2. Swing forward to horizontal ² ,	0.10	
3. Swing backward to horizontal ² ,	0.10	
4. Swing forward to horizontal ² ,	0.10	
5. Pike to inverted hamstring fold ² ,	0.10	• Legs horizontal
6. Roll forward, pushing to rear support, and straddle with straight legs across bars ² ,	0.10	• Kip not permissible
7. Replace hands forward, ahead of legs ⁴ ,		
8. Lift legs to straddled L-support ⁴ (2s).	0.30	
9. Press to shoulder stand ⁴ (2s) [press through handstand to shoulder stand (2s)],	0.30	• Bonus: modify press, don't hold handstand
10. Forward shoulder roll, pushing to rear support, and straddle with straight legs across bars ² ,	0.10	
11. Bend legs and swing upwards off bars to rear support with legs straight and closed ¹ ,	0.10	• Height horizontal
12. Swing backward to 45° above horizontal ¹ ,	0.20	
13. Swing forward to horizontal ¹ ,	0.20	
14. Swing backward to 45° above horizontal ¹ [swing to handstand],	0.20	• Bonus: modify swing
15. Swing forward to horizontal ¹ ,	0.20	
16. Swing backward to 45° above horizontal ¹ [swing to handstand],	0.20	• Bonus: modify swing
17. Stutz Kehre dismount above horizontal ⁵ .	0.20	• Do not hold the bar on landing, keep torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		



PARALLEL BARS EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
 2. Upper Arm Swings
 3. Long Swings
 4. Strength & Holds
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 6

Routine Description	Value	Comments
1. Jump to long swing ³ ,		
2. Swing forward to horizontal ³ ,	0.10	
3. Swing backward to horizontal ³ ,	0.10	
4. Swing forward to horizontal ³ ,	0.10	
5. Swing backward to horizontal, uprise to upper arm support ² ,	0.20	
6. Swing forward, front uprise to 15° below horizontal ² in support,	0.40	
7. Straddle with straight legs across bars ¹ ,		• Complete 6. before
8. Replace hands forward, ahead of legs ⁴ ,		straddling legs
9. Lift legs to straddle L-support ⁴ (2s).	0.20	
10. Press to shoulder stand (2s) [press through handstand to shoulder stand (2s)].	0.20	• Bonus: modify press,
11. Forward shoulder roll to upper arm support ² ,	0.10	don't hold handstand
12. Swing backward, back uprise to horizontal in support ² ,	0.30	
13. Swing forward to horizontal ¹ ,	0.20	
14. Swing backward to 45° above horizontal ¹ [swing to handstand],	0.20	• Bonus: modify swing
15. Swing forward ¹ ,	0.20	
16. Stutz Kehre dismount 30° above horizontal ⁵ [Stutz Kehre ≥ 45° above horizontal].	0.20	• Bonus: modify Stutz,
		do not hold the bar
		on landing, keep
		torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		



PARALLEL BARS EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Support Swings
 2. Upper Arm Swings
 3. Long Swings
 4. Strength & Holds
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 7

Routine Description	Value	Comments
1. Jump to long swing ³ ,		
2. Glide kip ³ to support, with straight arms,	0.40	
3. Swing backward to horizontal ¹ [swing to handstand],	0.10	• Bonus: modify swing
4. Swing forward to horizontal ¹ ,	0.10	
5. Swing backward ¹ , layaway to upperarm support,	0.10	
6. Swing forward, front uprise to horizontal ² in support,	0.30	
7. Swing backward through shoulder stand with stretched body to forward shoulder roll in upper arm support ² ,	0.20	
8. Swing backward, back uprise to horizontal ² in support,	0.20	
9. Swing forward to horizontal ¹ [swing forward to L-support (2s)],	0.10	• Bonus: replace swing
10. Swing backward to 45° above horizontal ¹ [straddled press to handstand (2s)],	0.20	• Bonus: replace swing
11. Swing forward to horizontal ¹ ,	0.10	
12. Swing backward to handstand ¹ ,	0.20	
13. Swing forward to horizontal ¹ ,	0.10	
14. Swing backward through handstand with 1/2 turn forward over the bar (Wende) dismount ⁵ .	0.40	• Stop in handstand not permitted, do not hold the bar on landing, keep torso upright

Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		



PARALLEL BARS EXERCISE

Men's Artistic Gymnastics — Novice Syllabus

- Structure Groups :
1. Support Swings
 2. Upper Arm Swings
 3. Long Swings
 4. Strength & Holds
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 8

Routine Description	Value	Comments
1. Jump to long swing ³ ,		
2. Glide kip ³ to support, with straight arms,	0.30	
3. Swing backward to horizontal ¹ [swing to handstand],	0.10	► Bonus: modify swing
4. Lay away to long swing ¹ ,	0.30	
5. Moy with bent legs to upper arm support ³ ,		
6. Swing backward, back uprise to horizontal ² in support,	0.20	
7. Swing forward to horizontal ¹ ,	0.20	
8. Swing backward through handstand ¹ ,		
9. 1/2 turn forward (A-pivot) ¹ ,	0.30	
10. Lower down through (L-support or basket) to cast to upper-arm ³ ,	0.10	
11. Swing backward, back uprise to horizontal ² in support,	0.10	
12. Swing forward to horizontal ¹ [swing forward to L-support (2s) +0.1],	0.20	► Bonus: replace swing
13. Swing backward through handstand ¹ [piked press to handstand (2s) +0.1],	0.30	► Bonus: replace swing
14. Swing to tucked backward somersault dismount ⁵ [stretched somersault dismount].	0.40	► Bonus: modify salto, do not hold the bar on landing, keep torso upright

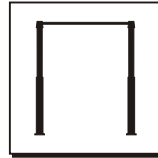
Specific Notes	Value	Comments
• Bars may be set at a height suitable to the gymnast, not exceeding FIG regulations.		



HORIZONTAL BAR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
 2. Release & Regrasp
 3. Inbar Elements
 4. Turns
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 4

Routine Description	Value	Comments
1. From hang in over-grasp pull over to support ³ ,	0.40	• No additional whips
2. Cast to horizontal ³ [cast > horizontal],	0.40	• Legs straight
3. Backward hip circle through support ³ ,	0.40	• Bonus: modify cast, keep arms straight
4. Underswing forward to horizontal ³ [underswing > horizontal],	0.30	• Bonus: modify swing
5. Swing backward to horizontal ¹ [swing > horizontal],	0.20	• Bonus: modify swing
6. Swing forward to horizontal ¹ ,	0.20	
7. Swing backward to horizontal ¹ ,	0.20	
8. Swing forward to horizontal ¹ ,	0.20	
9. Swing backward to horizontal and dismount to stand ⁵ .	0.20	• Keep torso upright on landing

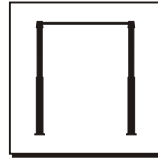
Specific Notes	Value	Comments
• Horizontal Bar set to FIG regulations.		
• Landing area may be raised for smaller gymnasts using additional mats.		



HORIZONTAL BAR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
 2. Release & Regrasp
 3. Inbar Elements
 4. Turns
 5. Dismount



Difficulty Value =	2.50
Bonus Difficulty =	0.60 (3x0.20)
Execution Value =	10.00
Total =	<u>13.10</u>

Level 5

Routine Description	Value	Comments
1. From hang in over-grasp, whip legs forward and backward ¹ ,		• No additional whips
2. Underswing forward to horizontal ³ [underswing > horizontal],	0.30	• Bonus: modify swing
3. Swing backward to horizontal ¹ [swing > horizontal],	0.20	• Bonus: modify swing
4. Swing forward to horizontal ¹ ,	0.20	
5. Swing backward to horizontal ¹ ,	0.20	
6. Swing forward to horizontal ¹ ,	0.20	
7. Swing backward to horizontal ¹ ,	0.20	
8. Swing forward kip up ³ through front support,	0.40	• No pauses in 8 - 10
9. Cast to horizontal ³ [cast > 30° above horizontal],	0.20	• Bonus: modify cast
10. Backward hip circle through support ³ ,	0.20	• Keep arms straight
11. Underswing forward to horizontal ³ ,	0.20	
12. Swing backward to horizontal and dismount to stand ²	0.20	• Keep torso upright on landing

Recommended training in loops & pipes/gloves

1. Cast to backward hip circle,		
2. Underswing,		
3. Swing back, swing forward x5,		
4. Swing back and stall swing.		

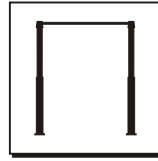
Specific Notes	Value	Comments
• Horizontal Bar set to FIG regulations.		



HORIZONTAL BAR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
 2. Release & Regrasp
 3. Inbar Elements
 4. Turns
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 6

Routine Description	Value	Comments
1. From hang in over-grasp, whip legs forward and backward,		• No additional whips
2. Underswing forward to horizontal ³ ,	0.10	
3. Swing backward to horizontal ¹ ,	0.20	
4. Swing forward to horizontal ¹ ,	0.20	
5. Swing backward to horizontal ¹ ,	0.20	
6. Swing forward to horizontal, 1/2 turn to mixed grip ⁴ [1/2 turn > horizontal],	0.20	• Bonus: height of turn
7. Swing forward to horizontal with mixed grip ¹ ,	0.20	
8. Swing backward to horizontal with mixed grip ¹ , regrasp to over-grasp ² ,	0.20	
9. Swing forward kip up ³ through front support,	0.30	• No pauses in 9 - 12
10. Immediate cast to horizontal ³ [cast $\geq 45^\circ$ above horizontal],	0.20	• Bonus: modify cast
11. Backward hip circle through support ³ ,	0.10	• Keep arms straight
12. Underswing forward to horizontal ³ ,	0.10	• Keep hips at bar
13. Swing backward to horizontal ¹ ,	0.20	during underswing
14. Swing forward to tucked backward somersault dismount ⁵ [somersault with hips above bar height].	0.30	Bonus: height of somersault, keep torso upright on landing

Recommended training in loops & pipes/gloves

1. Pre-swing to high start,
2. Swing back, swing forward x3,
3. Giant swing backward x3,
4. Break giant swing and dismount.

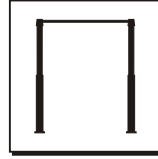
Specific Notes	Value	Comments
• Horizontal Bar set to FIG regulations.		



HORIZONTAL BAR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
 2. Release & Regrasp
 3. Inbar Elements
 4. Turns
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 7

Routine Description	Value	Comments
1. From hang in over-grasp, whip legs forward and backward ¹ ,		• No additional whips
2. Underswing forward to horizontal ³ ,	0.10	
3. Swing backward to horizontal ¹ ,	0.10	
4. Swing forward kip up ³ through front support,	0.20	• No pauses in 4 - 6
5. Immediate cast to 30° above horizontal ³ ,	0.10	
6. Clear hip circle to 45° above horizontal ³ [clear hip circle to handstand], [full giant swing],	0.40	• Keep arms straight • Bonus: modify clear
7. Swing forward to 30° above horizontal, 1/2 turn to over-grasp ⁴ ,	0.20	hip circle and/or
8. Swing forward to 30° above horizontal, 1/2 turn to over-grasp ⁴ ,	0.20	additional giant
9. Swing forward to 3/4 giant swing ¹ [full giant swing before 3/4 giant swing],	0.30	swing
10. Backward hip circle through support ³ ,	0.10	• keep arms straight
11. Underswing forward to horizontal ³ ,	0.10	• Keep hips at bar
12. Swing backward to horizontal ¹ ,	0.10	during underswing
13. Swing forward Kip up ³ through front support,	0.20	• No pauses in
14. Immediate cast to 30° above horizontal ³ and layaway,	0.10	executing 13 - 14
15. Swing forward to stretched backward somersault dismount ⁵ .	0.30	• Centre of rotation at bar height, keep torso upright on landing
Recommended training in loops & pipes/gloves		
1. Pre-swing to high start,		
2. Swing backward, swing forward,		
3. Kip to cast and layaway,		
4. Giant swing backward x4,		
5. Break giant swing and dismount.		

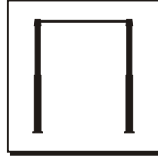
Specific Notes	Value	Comments
• Horizontal Bar set to FIG regulations.		



HORIZONTAL BAR EXERCISE

Men's Artistic Gymnastics

- Structure Groups :
1. Long Swings
 2. Release & Regrasp
 3. Inbar Elements
 4. Turns
 5. Dismount



Difficulty Value = 2.50
 Bonus Difficulty = 0.60 (3x0.20)
 Execution Value = 10.00
 Total = 13.10

Level 8

Routine Description	Value	Comments
1. From hang in over-grasp, whip legs forward and backward ¹ ,		• No additional whips
2. Underswing forward to horizontal ³ ,	0.10	
3. Swing backward back uprise ¹ [back uprise to handstand],	0.20	• Bonus: modify uprise
4. Clear hip circle to handstand ³ ,	0.20	• Keep arms straight
5. Giant swing backward in over-grasp ¹ ,	0.20	
6. Giant swing backward in over-grasp ¹ ,	0.20	
7. Giant swing backward with 1/2 turn over bar ⁴ [turn complete before handstand],	0.30	• Bonus: modify turn
8. Giant swing forward in under-grasp ¹ ,	0.20	
9. Giant swing forward in under-grasp ¹ ,	0.20	
10. Giant swing forward with 1/2 turn over bar ² [turn complete before handstand],	0.30	• Bonus: modify turn
11. Giant swing backward in over-grasp ¹ .	0.20	
12. Giant swing backward in over-grasp ¹ ,	0.20	
13. Swing forward to stretched backward somersault dismount ⁵ .	0.20	• Centre of rotation at bar height, keep torso upright on landing
Recommended training in loops & pipes/gloves		
1. Pre-swing to high start,		
2. Swing backward back uprise,		
3. Clear hip circle,		
4. Giant swing backward x3,		
5. Swing forward, swing backward to giant swing forward x3,		
6. Stall on back swing and dismount.		

Specific Notes	Value	Comments
• Horizontal Bar set to FIG regulations.		