

Floor 2025											
A	B	C	D	E	F	A	B	C	D	E	F-J
I. Non-Acro Elements						II. Acro Forward					
b<	v	n	z			u			vv		
>b	v	b	nb	z	b	v					
b<	v	b		z	b	b<	b<	b<	b</td> <td>b<</td> <td>b<</td>	b<	b<
b	b<	t	t				b<				b<
b<		m							ll		b<
b<	b<	b<		m	b	III. Acro. Backward/Arabian					
b<						lv	v	ll	lll	lll	lll
	b<	b<				lv	v		lll	lll	lll
									llv		lll
											lll
										ly	lll
										lv	lll
B	B<	B<									lll
f	f	f	f								lll
	b										lll
f	f	f									lll
	f		f								lll
r	r	r									lll
eb	eb					Connection Bonus		Max 1 Strength Element			
IV. Single Salto Twists						D or higher + B or C = +0.1		Max 1 Circle-type Element			
						D or higher + D or higher = +0.2					
						> 2 times same diagonal		-0.3			
						No balance on one leg.		-0.3			
						No Multiple salto -0.3. (Must be dismount for Seniors)					

Pommel Horse 2025

A	B	C	D	E	F	A	B	C	D	E	F
I. Scissor Elements						II. Circles, Spindles, Kehres, Russians					
X	X _→ X _E	X _↘				L f	L _u				
X _↘	X _E	X _E	X _E			r L	L _u				
		X _b				7 L	L _u				
	u b		x _b x _b								
X _b	X _b X _b X _b	X _b				⊕ ⊕ ⊕ ⊕ ⊕			⊕	⊕	⊕ ⊕
X _b	X _b								⊕	⊕ _o	⊕ _i
		X _b x _b					S _a		S _a f S _a		
							S				
III. Travel Type Elements						IV. Dismounts					
⊗ ⊗	⊗	⊗	⊗	⊗				f b f	f _b f		S _a b E f
						k	r ^x ⊗	k	k		
							⊗ k				
							R	R			R
			NR	NR2		C _S	C				C
				f m ⊕ U _r		ω					
				⊗ ⊕		⊕					
				⊗ ⊕		r	rr	rrr			
				M _o		⊕					
			Be			r	rr	rrr			
		TF	TF	ω			⊕, ⊕ _i	r, r _i	rr, rr _i	rrr, rrr _i	
			Wu	Wu							
			R _o								
		Rm	R								
Maximum 2: 3/3 Travel with Spindle Elements (1 Nin Reyes)						Maximum 2: Full Spindle Elements					
Maximum 2: 3/3 Cross Travel Elements						Maximum 2: Handstand Elements (not incl. dismount)					
Maximum 2: 3/3 Russian Travel Elements						Maximum 2: Russian Wendeswings (Only one on end)					
Maximum 1: Wu/Roth/630° Travel Element						Max 2: Bezugo and/or Sohn-type elements (incl. flops & to HS)					
Maximum 1: Tong Fei- Style Travel Element						Maximum 4 Flair Elements					

Rings 2025

Rings 2025											
A	B	C	D	E	F	A	B	C	D	E	F/G/I
I. Kip, Swing & Swing to Handstand						II. Strength & Hold Elements (2 sec.)					
+						L >	N		+		
↓	+ ↓					→		→	~	w	
f!	o	ll	llv ll/			←		+ t t			
d						↘			t ↓	1 t	
+	o					L > b	> b	L > b	m b		
l	h	h				>!	>!				
ib	o	o					e L	o t			
2						1 →	1 →	e t t t			
n t	u					t t →	1 L	→ t t t			→ 1 w
! u i		o				b b →	! + ↓ t	↑ t t	⇒ ⇒ ⇒		1 w G
+ l!						b b i		~ →	~ ↓ ~	→ ⇒	
	i e b	-o					t t L		t v t	t t	
		o								~ t	
	! u b	h b	h b					t →	t ~	→ t G	
III. Swing to Strength Hold (2 sec.)											
	+ L	+ N								e →	
	2 L	2 N								e ~	e t
	h L	h N	h t t	h t				o →	o t	e w	
			o t t					o t t	o ~		
		+ t t						1 b		1 m	
		+ t t							1 →	1 t G	
		2 t t	2 t		2 w	IV. Dismounts					
		2 t t	u →	u ~		o /	o /	o /	o /	o /	
	f >					o /		o /	o /	o /	
	f >	f t t	f →	f ~	+ w				o /	o /	
				f t							
	+ >		+ →	+ ~		o /	o /	o /		o /	lll G
				+ t		o /	o /	o /			lllv I
			! e →					o /	o /	o /	
								o /	o /	o /	o /

FIG Vault Values 2025

I. Single Saltos with Complex Twists		II. Handspring		III. Tsuks	
101. Hsp tuck 1/2 (Cuervo tu.)	2.4	201. Handspring	1.2	301. 1/4 on 1/4 (R off or 1/4-1/4)	1.2
102. Hsp tuck 1/1 (Cuervo tu. 1/2)	2.8	202. Handspring 1/2	1.4	302. 1/4 on 3/4 off	1.4
103. Hsp tuck 3/2 (Kroll)	3.2	203. Handspring 1/1	1.6	303. 1/4 on 5/4 off	1.6
104. Hsp tuck 2/1 (Canbas)	3.6	204. Handspring 3/2	1.8	307. Tsukahara Tuck	1.8
107. Hsp pike 1/2 (Cuervo p.)	2.8	205. Handspring 2/1	2.0	308. Tsukahara Pike	2.0
108. Hsp pike 1/1 (Cuervo p. 1/2)	3.2	206. Handspring 5/2 (Tsygankov)	2.2	309. Tsukahara tuck 1/2	2.0
109. Hsp pike 3/2	3.6	207. Hsp salto Tuck	2.0	313. Tsukahara Straight	2.8
113. Hsp straight 1/2 (Cuervo str.)	3.6	213. Hsp salto Pike	2.4	314. Tsuk straight. 1/2	3.2
114. Hsp straight 1/1 (Cuervo str. 1/2)	4.0	219. Hsp salto Straight	3.2	319. Tsuk dbl Tuck (Yeo)	4.4
115. Hsp straight 3/2 (Lou Yun)	4.4	225. Hsp Dbl salto tu (Roche)	4.8	320. Tsuk dbl Pike (Lu Yu Fu)	5.2
116. Hsp straight 2/1	4.8	226. Roche 1/2 (Dragulescu)	5.2	321. Tsuk dbl 1/1 tu (Ri Se Gwang)	5.6
117. Hsp straight 5/2 (Yeo 2)	5.2	228. Hsp 1/2 Dbl bwd tu (Zimmerman)	5.2		
118. Hsp straight 3/1 (Yang Hak Seon)	5.6	231. Hsp Dbl salto Pike (Blanik)	5.2		
119. Tsuk tuck 1/1 (Kasamatsu)	2.4	232. Dragulescu Pike (Ri Se Gwang 2)	5.6		
120. Tsuk tuck 3/2 (Kas tu 1/2)	2.8				
121. Tsuk tuck 2/1 (Barbieri)	3.2	IV. Yurchenkos with Complex Twists		V. Yurchenkos	
122. Tsuk tuck 5/2	3.6	401. Yurchenko tuck 1/1	2.4	501. RO hsp bwd	1.2
125. Tsuk straight 1/1 (Kas str)	3.6	402. Yurchenko tuck 3/2	2.8	502. RO hsp bwd 1/2	1.4
126. Tsuk straight 3/2 (Kas str 1/2)	4.0	403. Yurchenko tuck 2/1	3.2	503. RO hsp bwd 1/1	1.6
127. Tsuk str 2/1 - Kas 1/1 (Akopian)	4.4	404. Yurchenko straight 1/1	3.6	507. RO hsp bwd Salto Tuck (Yurchenko)	1.8
131. Tsuk str 5/2 - Kas str 3/2 (Driggs)	4.8	405. Yurchenko straight 3/2	4.0	508. Yurchenko tuck 1/2	2.0
132. Tsuk str 3/1 - Kas str 2/1 (Lopez)	5.2	406. Yurchenko straight 2/1	4.4	509. Yurchenko Pike	2.0
133. Tsuk str 7/2 - Kas str 5/2 (Yonekura)	5.6	407. Yurchenko str 5/2 (Shewfelt)	4.8	510. Yurchenko Straight	2.8
		408. Yur. str 3/1 (Shirai/KIM, Hee HOON)	5.2	511. Yurchenko straight 1/2	3.2
		409. Yurchenko str 7/2 (Shirai 2)	5.6	513. RO 1/2 hdspr fwd	1.4
Second Vault Rules		413. RO 1/2 salto fw tuck 1/2	2.6	514. RO 1/2 hdspr 1/2	1.6
Repeating 1st Vault	Score 0.0	414. RO 1/2 salto pike 1/2 (Nemov)	3.0	515. RO 1/2 hdspr 1/1	1.8
Repeating 1st V. Group	-2.0	415. RO 1/2 salto str 1/2 (Hutcheon)	3.8	516. RO 1/2 Salto fw Tuck	2.2
Vault Final score = Average of 2 vaults		416. RO 1/2 salto str 1/1	4.2	517. RO 1/2 salto fw pike	2.6
Other Vault Rules		417. RO 1/2 salto str 3/2	4.6	518. RO 1/2 salto straight	3.4
More than 2 vaults during warm-up	-0.3	419. RO 1/2 salto str 2/1	5.0	519. Yur. Dbl tuck (Melissanidis)	4.8
Additional approach (any vault)	-1.0	420. RO 1/2 salto str 5/2 (Li Xiao Peng)	5.4	520. Yurchenko Dbl Pike (Yang Wei)	5.2
More than 25 meters	-0.5			521. RO 1/2 Dbl salto fw tu	5.0

Parallel Bars 2025

I. Upper Arm Elements						III. Long Swings & Underswing Elements					
A	B	C	D	E	F/G	A	B	C	D	E	F/G/H
+	+>b	+>i		+s	+B			T	T	Bv	
+i?	+k			+mk	+mk ^G		Mz	Me	Mz My		
	+b	+b		+d	+d		Mz	M			
	+r>	+r>			+ll			O Oe	O		
			+f	+ei	+ev ^G					Od	Od Oe
	+bε	+>b	+>b				Oi	Oε	Ma		Od
	+ε>	+ε>							OMk		OMk
	+ε	+ε	+ε		+ε		Oε		O>	So	Q ^H
+>L	+>			+ε>	+ε>i					Be Oll	Bev Ollv
II. Support Elements								ch	Oε	Oεi	Ta ^G
↗b	ka	S	S B			~	zi	~1b		Oε	Oε ^H
L	Lb	dε	df				~>b	~>i		Oεf	
↖>	>b	>i					~>b	~Lb	~Ltb		
>L							~i				
		d d	dε			U	U!	f	f!		
	Sε	Mk	z	Mk	z		Uε	Uε	f fε	fε fε	fε
	Ca	e/e	e/>					U>b			fε ^G
		Tu	e/	ll	llv	fi	f!	f>		f	fMk ^G
			Su		llε ^G		Ga	Gaz		fe	fev
	k	b ^c k				~	~ε		rf	rfε	
	b	b b								rfh	
		b>				IV. Dismounts					
h	h	h	h			εε				εε	εε
		f	f	ε	ε	εε	εε	εε	εε	εε	εε ^G
	bε					ε/		εε	εε		εε
bε	bε							εε	εε		
		Ca ₂		ε>i				εε	εε	εε	
	ε	ε	ε>	ε>!			7ll	ll	llv		llε ^G
		εεi		εε	εε				llε	Oll	Ollε ^G
		ε		Ur		7ε/		Oll	Ollv	Ollε/Ollε	Ollε

High Bar 2025

High Bar 2025											
A	B	C	D	E	F/G/H/I	A	B	C	D	E	F/G
I. Long Hang Swings & Turns						III. In-Bar & Adler Elements					
—	+Em					∩					
—	+Ei	+E!				f	U				
o	Em	E				f↑	e	ev			
o	o↑o!	o↑E					S		SRm	SR	
o	o	Z						Sv			
o!	o						S↑b	Sv↑u			
o↓	o↑	↑E						♂	♂	♂	
	o↑L	Rm	R						♂	u	
	o!L								♂Em	♂Em	
	o↑L					o	C!	Svc			
	L	r	©					C!b			
	C!L	LEm	CE				CrV				
II. Flight Elements											
	→	M			YE ^G			Le	lev		
		Y Ym				>i	>!	>b	>b	>Em	>E
		T Tm	V Vm		VE ^G	IV. Dismounts					
		Tv TvM		Tl		o	o	o	o	o	o
	V		P Pm	P Pm		o	o	o	o	o	o
	r V		Pv Pvm		PE ^H	o	o	o	o	o	o
		γ	γv	♂	♂E ^G	o	o	o	o	o	o
					♂E ^H	o	o	o	o	o	o
		CT	Tγ		GE ^G	o	o	o	o	o	o
		G>	G cG		♂E ^G	o	o	o	o	o	o
				♂	♂E ^H	o	o	o	o	o	o
					♂v	o	o	o	o	o	o
			llg	llv	♂v ^H	o	o	o	o	o	o
			ll	llE	llg ^H	o	o	o	o	o	o
				llv/ll	llv ^G	o	o	o	o	o	o
					llv ^E	o	o	o	o	o	o
					llg ^G	o	o	o	o	o	o
						H HE	HE HE		H E		
Flight + Flight Bonus						EG I or III + Flight Bonus					
C + D or higher = +0.1						EG I or III		Flight		Value	
D + D = +0.1						D or higher		+		D = +0.1	
D or higher + E or higher = +0.2						D or higher		+		E or higher = +0.2	

Color Coding Key & Rules to Remember

Tables are organized as closely to the Code of Points as possible.

Page breaks are notated

Occasionally, a page was slightly compressed to accommodate space limitations

Floor 2025	
Maximum 2 Strength Elements	Special Floor Requirements (Penalty: -0.3) Double salto (Must be dismount for Seniors) One leg Balance - Pass to and from each corner No more than 2 times in a row on same diagonal
Maximum 2 Circle-type Elements	
Connection Bonus (no limit on amount) Must be among the counted elements	

Pommel Horse 2025	
Maximum 2: Full Spindle Elements	Maximum 4 Flair Elements
Max 2: 3/3 Travel with Spindle Elements (1 Nin Reyes)	Max 2: Handstand Elements (Not including Dismount)
Maximum 2: 3/3 Cross Travel Elements	Max 2: Russian Wendeswings (Only 1 on leather on end)
Maximum 2: 3/3 Russian Travel Elements	Maximum 2: Bezugo and/or Sohn-type Elements (includes. flops & to Handstand)
Maximum 1: Wu/Roth/630° Travel Element	
Maximum 1: Tong Fei- Style Travel Element	

Rings 2025	
Guczoghy-Forbidden for Juniors	Final hold position may only be shown once per Element Group
Swing to Handstand Elements	
Elements permitted with bent arms	Special Rings Requirements (Penalty: -0.3) Swing to Handstand

Vault 2025	
Second Vault Rules	Other Vault Rules
Repeating 1st Vault Score 0.0	More than 2 vaults during warm-up -0.3
Repeating 1st V. Group -2.0	Additional approach (any vault) -1.0
Vault Final score = Average of 2 vaults	More than 25 meters -0.5

Parallel Bars 2025	
Maximum 2 Upper Arms to Handstand Elements	Only 1 variation of similar saltos
Maximum 2 Giant to Handstand Elements	Upper arm reception-Forbidden for Juniors
Maximum 2 Basket to Handstand Elements	

High Bar 2025	
Maximum 2 Permitted of the following Flight elements:	Maximum 2 Adler Elements
Markelov Elements Gienger Elements	Connection Bonus (no limit on amount) Must be among the counted elements
Tkatchev/Piatti Elements Jäger Elements	
Kovacs Elements Salto Fwd over the Bar	5th flight permitted only if 2 flights are connected