

Floor 2025

| A | B | C | D | E | F | A | B | C | D | E | F-J |
|---------------------------------------|------|------|------|---|---|--------------------------------|----|----|-----|-----|------------------|
| I. Non-Acro Elements | | | | | | II. Acro Forward | | | | | |
| b>L | N | > | | | | U | | | W | | |
| >b | >b | Nb | >b | | | U | | | | | |
| >1b | >1b | | >1b | | | U | | | | | |
| b | b>1 | L+ | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| b> b> | b> | | b> | | | III. Acro. Backward/Arabian | | | | | |
| h> | | | | | | lv | U | ll | lll | lll | lll ^G |
| | b>>b | b>Lb | | | | lv | U | | lll | lll | lll ^G |
| | | | | | | | | | lll | lll | lll ^G |
| Ux | | | | | | | | | lll | lll | lll ^G |
| L | | | | | | | | | lll | lll | lll ^G |
| T P | V | | | | | | | | lll | lll | lll ^G |
| M | M | | | | | | | | lll | lll | lll ^G |
| B | B> | B> | | | | | | | lll | lll | lll ^G |
| ff | fb | fbf | f1bf | | | | | | lll | lll | lll ^G |
| | bf | | | | | | | | lll | lll | lll ^G |
| fφ | fφ | fφb | | | | | | | lll | lll | lll ^G |
| | fφ | | fφbf | | | | | | lll | lll | lll ^G |
| r | rr | rrr | | | | IV. Single Salto Twists | | | | | |
| eb | e>e | | | | | e> | e> | e> | e> | e> | e> |
| | | | | | | e> | e> | e> | e> | e> | e> |
| | | | | | | e> | e> | e> | e> | e> | e> |
| Connection Bonus (no limit on amount) | | | | | | | | | e> | e> | e> |
| D or higher + B or C = +0.1 | | | | | | Maximum 2 Strength Elements | | | | | |
| D or higher + D or higher = +0.2 | | | | | | Maximum 2 Circle-type Elements | | | | | |

Pommel Horse 2025

| Pommel Horse 2025 | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| I. Scissor Elements | | | | | | II. Circles, Spindles, Kehres, Russians | | | | | |
| A | B | C | D | E | F | A | B | C | D | E | F |
| I. Scissor Elements | | | | | | II. Circles, Spindles, Kehres, Russians | | | | | |
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| III. Travel Type Elements | | | | | | IV. Dismounts | | | | | |
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| | | | | | | | | | | | |
| Maximum 2: Full Spindle Elements | | | | | | Maximum 2: Handstand Elements (not incl. dismount) | | | | | |
| Maximum 2: 3/3 Travel with Spindle Elements | | | | | | Maximum 2: Russian Wendeswings in same location | | | | | |
| Maximum 2: 3/3 Cross Travel Elements | | | | | | Maximum 2: Sohn-type elements (incl. flops & to HS) | | | | | |
| Maximum 2: Russian Travel Elements | | | | | | Maximum 2: Bezugo-type elements (incl. flops & to HS) | | | | | |

Rings 2025

| Rings 2025 | | | | | | | | | | | |
|--------------------------------------|-------|--------|---------|-----|-----|---------------------------------------|-------|-------|-------|-------|--------|
| A | B | C | D | E | F | A | B | C | D | E | F/G/H |
| I. Kip, Swing & Swing to Handstand | | | | | | II. Strength & Hold Elements (2 sec.) | | | | | |
| + | | | | | | L > | N | | + | | |
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| d | | | | | | ↔ | | | t N | 1 t | |
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| l | h | h | | | | o t | o t! | | | | |
| ib | oo | oo oo/ | | | | e L | o t | o t | | | |
| 2 | | | | | | 1 t → | 1 → | e t t | e t N | | |
| o t | o | | | | | t → | 1 L | → t t | → t | → 1 w | |
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| t e! | | | | | | b t i | | ~ → | ~ t ~ | → ~ | |
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| | | o | | | | | | | | ~ t | |
| | ! o b | h b | h b | | | | | | t → | t ~ | |
| III. Swing to Strength Hold (2 sec.) | | | | | | IV. Dismounts | | | | | |
| | + 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 m | → t G |
| | | + t t | | | | | | | 1 b | | 1 m |
| | | + t t | | | | | | | | 1 → | 1 t G |
| | | 2 t t | 2 t | | 2 w | IV. Dismounts | | | | | |
| | | o t t | o → | o m | | o o | o o | o o | o o | o o | |
| | f > | | | | | o o | o o | o o | o o | o o | |
| | f > | f t t | f → | f m | t w | | | | o o | o o | |
| | | | | f t | | | | | | o o | |
| | + > | | + → | + m | | o o | o o | o o | | e e | |
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| | | | ! e → | | | | | o o | | o o | lllv I |
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Parallel Bars 2025

| A | B | C | D | E | F/G | A | B | C | D | E | F/G |
|-----------------------|-----------------|-------------------|----------------|------------------|------------------------------|--|----------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| I. Upper Arm Elements | | | | | | III. Long Swings & Underswing Elements | | | | | |
| + | +>b | +>i | | +S | +B | | | T | T | Bv | |
| +i? | +k | | | +MK | +Mk ^G | | M E | M E | M Y M Y | | |
| | +b | +b | | +d | +d | | Mz | M | | | |
| | +e> | +e> | | | +ee | | | O O E | o | | |
| | | | +f | +ei | +eev ^G | | | | | o d | o E o E |
| | +b E | +f b | +f b | | | | oi | O E | Ma | | o d |
| | +e> | +e> | | | | | | O MK | | | OMk |
| | +f | + Y | + Y | | + Y | | O> | | O> | So | Q ^H |
| +>7 | +> | | | +> | +>i | | | | | Be Oll | Bev Ollv |
| II. Support Elements | | | | | | | | ch | O E | O E i | Ta ^G |
| ↗b | ka | S | S B | | | ~ | xi | ~1b | | O E | O E ^H |
| L | L b | d E | Df | | | | ~>b | ~>i | | O E | |
| ↖> | >b | >i | | | | | ~>b | ~Lb | ~L>b | | |
| >L | | | | | | | ~! | | | | |
| | | d d | d E | | | U | U! | f | f! | | |
| | S E | Mk | Z | Mk | Z | | U E | U E | f f E | f E f E | f E |
| | Ca | e' e' | e/> | | | | | U>b | | | f E ^G |
| | | Tu | e' | ee | eev | fi | f! | f> | | f | fMk ^G |
| | | | | Su | ee E ^G | | Ga | Gaz | | f E | fev |
| | k | b ^c k | | | | ~ | ~ E | | r f | r f E | |
| | b | b b | | | | | | | | r f h | |
| | | b> | | | | | | | | | |
| IV. Dismounts | | | | | | | | | | | |
| h | h | h | h | | | ~ E ~ E | | | | ~ E | ~ E |
| | | f | f | ↑e | ↑e' | f | e E | e E | e E e E | ~ E ~ E | ~ E ^G |
| | b E | | | | | e' | | ~ E ~ E | ~ E ~ E | | ~ E |
| b E | b E | | | | | | | e E e E | e E e E | | |
| | | Ca ₂ | | δ>i | | | | e E e E | e E e E | | |
| | ~ E | ~ E | ~ E | ~ E ! | | | 7ll | ee | eev | | ee E ^G |
| | | 7~ E i | | ~ E | ~ E | | | | ee E | | |
| | | ~ E | | ur | | 7e' | | oll | ollv | oll | oll E |

| 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 | | | | | ∩ | | | | | |
| + f | +Ei | +E! | | | | f | U | | | | |
| o | Em | E | | | | f! | | | | | |
| o | o↑o f | o↑E | | | | | e | ev | | | |
| o | o | Z | | | | | S | | SRm | SR | |
| -o f | o | | | | | | | Sv | | | |
| -o↑ | -o↑ | ↑E | | | | | S↑b | Sv↑u | | | |
| | -o↑L | Rm | R | | | | | ♂ | ♂E | ♂E | |
| | -o f L | | | | | | | | ♂ ^u _m | | |
| | -o↑L | | | | | | | | ♂Em♂Em | | |
| | L | r | © | | | e! | C! | Svc | | | |
| | C f ! | LEm | C f | | | | | C!b | | | |
| II. Flight Elements | | | | | | | Crv | | | | |
| | + | > | M | | YE ^G | | | Le | lev | | |
| | | Y | Ym | | | >i | >! | >b | >b | >Em | >E |
| | | T | Tm | V | VE ^G | IV. Dismounts | | | | | |
| | | Tv | Tvm | | Tl | o | o | o | o | o | o |
| | V | | P | Pm | P | Pm | | | | | |
| | r | V | Pv | Pvm | | | | | | | |
| | | γ | γv | γ | | o | o | o | o | o | o |
| | | | | | | o | o | o | o | o | o |
| | | CT | Tγ | | GE ^G | lv | lv f | e f | e f | e f | e f |
| | | G> | G | cG | | v | e f | ll | llv | llE | llE |
| | | | | | | | | ll/ | ll/e | ll/e | ll/e |
| | | | | | | | | | | | ll/e |
| | | | | | | | | | | | ll/e |
| | | | | | | | | | | | llv ^G |
| | | | ll f | llv f | | | | ll/ | ll/e | ll/e | ll/e |
| | | | ll | llE | | | | | | | llle ^G |
| | | | | llv | | H | HE | HE | H f | | |
| | | | | | | | | | | HE | |
| | | | | | | Flight + Flight Bonus | | | Adler + Flight Bonus | | |
| | | | | | | C + C or higher = +0.1 | | | D or higher + D = +0.1 | | |
| | | | | | | D or higher + D or higher = +0.2 | | | D or higher + E or higher = +0.2 | | |