

Floor 2025

A	B	C	D	E	F	A	B	C	D	E	F-J	
I. Non-Acro Elements						II. Acro Forward						
$b \underline{k}$	\underline{N}	\underline{T}				\curvearrowright		$\curvearrowright \gamma^{mo}$				
$\wedge \underline{b}$	$\uparrow \underline{v} \underline{b}$	$\underline{N} \uparrow \underline{b}$	$\underline{T} \uparrow \underline{b}$			$\rightarrow \alpha$						
$\downarrow \underline{b}$	$\uparrow \underline{b}$		$\underline{T} \underline{b}^{Part}$			$\gamma \uparrow \downarrow$	γ, \downarrow		$\gamma \downarrow \downarrow$	$\gamma \downarrow \downarrow$		
\underline{b}	$\uparrow \underline{b}$	$\uparrow \underline{b}$					$\gamma \downarrow \downarrow$			$\gamma \downarrow \downarrow$	$\gamma \downarrow, 3$	
\underline{b}	\underline{b}	\underline{b}							$\uparrow \downarrow ll_2$		$\gamma \downarrow, 3$	
$b \downarrow / \epsilon$	\underline{b}	\underline{b}	\underline{b}			III. Acro. Backward/Arabian						
$\underline{N} \downarrow$						$l \downarrow$	$l, /w$	ll_2	$ll_2 \epsilon$	$ll_2 \downarrow$	$ll_2 \downarrow$	$ll_2 6^G$
	$\downarrow \underline{b}$	$\downarrow \underline{b}$				$a/e \downarrow$	l, \downarrow		$a \gamma \downarrow$	$a \gamma \downarrow$		$ll_2 5$
\curvearrowright						\curvearrowright			ll_v			$ll_2 1$
\uparrow / \downarrow												$ll_v 1$
γ	γ					α				$\xi \wedge \epsilon$	$a \gamma \downarrow$	
$\rightarrow \downarrow$	$\downarrow \downarrow$									ll_v	ll_v	
\mathbb{B}	$\mathbb{B} \epsilon$	$\mathbb{B} 4$										$ll, 3^G$
o/f	$f \downarrow$	$f \downarrow$	$f \downarrow$									ll, ϵ
	$b \downarrow$											$a \gamma \downarrow$
f	f	$f \downarrow$										$ll, 4^G$
	$f \downarrow$		$f \downarrow$									$ll, 5^H$
												$ll, 6^I$
R	RR	RRR				IV. Single Salto Twists						
$-O \downarrow b$	$-O \downarrow \epsilon b$						$\gamma \downarrow \epsilon / 3$	$\gamma \downarrow \epsilon / 3$	$\gamma 4$	$\gamma 5$	$\gamma 6$	
							l, ϵ	$l, 3/4$	$l, 5$	$l, 7$		$\gamma 7^G$
							$l_2 3$					
Connection Bonus (no limit on amount)									$l, 6$			$l, 8$
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											
A	B	C	D	E	F	A	B	C	D	E	F
I. Scissor Elements						II. Circles, Spindles, Kehres, Russians					
X	X ^{ak}	X				o/f	o/o				
X ^b	X	X	X			l	l				
		X ^b				l	l				
	VbA		Xb/Xb								
X	X ^{ak}	X				l/o	k/φ		φ	φ	φ/φ
X ^b	X								φ	φ	φ
		Xb/Xb					Sa		Sa		
							S				
III. Travel Type Elements						IV. Dismounts					
6/a	δ	δ	δ					f b f	f _a b f		l b e o
	Δ b	δΔ		δ		K	K ^{Cross to Side}	K ^{Side to Cross}	⊙		
	7/2	δ		δ			OK ^{Tra}				
				δ	δ/δ		S	⊙ ^{Side to Cross}		⊙	
				Δ/Δ	Δ/Δ	R					
	Δ/N	Δ	Δ	Δ/Δ		R	RR	RRR			
Δ/K	Δ/W	Δ	Δ	Δ/Δ		R					
			Ma			R	RR	RRR			
			Be			R	R/R	RR/RR	RRR		
		Tf	Tf	R		R	R	RR	RRR		
			W	W		R	R	RR	RRR		
			R			R	R	RR	RRR		
		1 S 4	S						O b e	S ^R l b e	
									R b		
									S _R l b	S _a b	
									f b	f _a b	R b
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/k	N		+		
↓!	↗!					→		→	~	~	
↓!	o	G	G _v			←		T/t			
l _v						→			T↓	N↓	i!↓
↖!	Q/cb					↗ _v b	↗ _v b	↗ _v b	↗ _v b	↗ _v b	
↘ _v	h _v !	h _v !				i _v !	i _v !				
i _v	γ ₂	γ _v					↘ _v L	i _v t			
n!						i _v →	i!→	↘ _v t ^{#2}	↘ _v		
n!	n!					T→	i!L	→i!T	→i!T	→i!T	→i!T
i _v !		i _v !				b→	i!T	i!T	~	~	i!T
i _v !						b↓		~	~	~	→i!T
	q _v !	o _b						T!L		T!T	T!T
		↗ _v o _b									~T
	i _v !	h _v !	h _v !						T!T	T!T	
III. Swing to Strength Hold (2 sec.)						IV. Dismounts					
	↗L	↗N								↘	
	∪L	∪N								↘	↘
	hL	hN	ht	ht					i _v t	i _v t	↘
			i _v t						i _v t	i _v t	↘
		↗T							i _v !		i!T
		↘T							i!T		i!T
		∪T	∪T		∪						
		∪T	∪T	∪	∪						
	De			∪T		↘ _v	↘ _v ε	↘ _v 3	↘ _v 4		
	↘	↘+	↘	↘	↘	↘ _v ?		↘ _v ^{ok} ?	↘ _v ^ε / ₃		
				↘	↘				↘ _v ^{ok} ?	↘ _v ^ε / ₃	
				↘		l _v	l, ε	l, ³ / ₄		l 6	
	↘		↘	↘		l _v ?	ll?	ll,			ll _v ^G
				↘				ll?			ll _v ^I
			↘					ll _v ^ε / ₃		ll _v 4	ll _v 5
								ll _v 3/4	ll _v 1/ε		ll _v 3/4

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
→	→<b	→<i		→S	→S.n			Bh	Tx	Bh	
→o>i	→o>!			→MK	→MK ^G		m<?	mE	m>?		
	→<b	→<?b		→Eb	→3b		m>!	m!			
	→l>	→l>!			→ll ^{pm}			-O/W	-Ob ^h		
			→l?>	→l?i	→llv ^G					-OE	-O>+t
	→b>	→o>b	→o>!				o>i	o>	o>!		o>+h
	→>!	→>!							-OMK		-OMK
	→>!	→>?	→>!		→>		-O>		-O>!	-O>?<	-O>?E ^H
	→>?			→><	→><i					-O>ll ^{pe}	-O>llv
II. Support Elements								→O>?i	-O>?	-O>?i	-O>?> ^G
∧ b	Ka	S b	S>?			∩	∩?!	∩>+b		-O>?!	-O>?> ^H
⊥	↑>?b	Di?	Di>i				∩<b	∩<i		-O>?	
<!	<b	<i					∩>+b	∩>+b	∩>?b		
>⊥!							∩>?i				
		Di	Di+			u	u!	p?	p?!		
	SE	MK	Zon	MK	Zon		u?	u?!	p>?b	p>?/p b	pE b
	Ca	e, b	e>!					u<b			p3b ^G
		e?	e, b ^h	ll ^{mo}	llv	pi	p!	p>!		p, b ^h	PMK ^G
				e>? ^{sz}	e>? ^G		p>?b	p>?		p>ll	p>llv
	b>?!	b>?!				p<	p<?!		f>?b	f>?b	
	S!	S?								f h	
		S<				IV. Dismounts					
h	b h	h	b h			γ>				γ>	γ>
		∧ o>b	∧ o>?b	∧ Eb ^{cat}	∧ 3b ^{cat}	γ>?	γ>E	γ>3	γ>4/5	γ>?/ll	γ> ^G
	b>?/?					l>		γ>0			γ>?
b>	bE					l>?		l>?/3	l, 4		
		b>! ^{ca2}		γ>i					W ll [?]		
	γ>	γ!	γ>	γ>!			γ>ll [?]	ll [?]	llv		ll [?] E ^G
		γ>i		ll	llv				ll<?/ll [?]		ll<? ^G
		γ<		ll ^{ur}		γ l,		γ ll [?]	γ llv	γ ll<?/E	γ ll<4

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						
┌ b	┌ ε b					∩ b						
┌ b	┌ ε i	┌ ε !				f	w					
○	○ ε m	○ ε L				f _o						
○ b	○ ε b	○ ε					to _∧	to _v				
○	○	Z					+		+R _{ym}	+R _{yl}		
○ b	○							+				
○ Δ v	○ Δ	Q _o ε					+	+				
	○ Δ L	R _{ym}	R _{yl}					σ	σ b	σ ε v		
	○ b L								σ _o			
	○ Δ L								σ _o ε			
	Ⓛ	Ⓚ	Ⓞ			Ⓞ	Ⓞ					
	Ⓞ b !	Ⓛ ε m	Ⓞ b				Ⓞ b					
II. Flight Elements						IV. Dismounts						
	┌ > L	m _a ε b			ye ^G			L to _∧	L to _v			
		y ε b				σ < i !	σ < b	σ ε b	σ ε m	σ L		
		T _∧ ε b	T _v ε b		T, ε ^G							
		T _v ε b		T _∧ L								
	v _o		P _∧ ε b	P _v ε b								
	┌ ↑		P _v ε b		P _v ε ^H							
	f _a ε	f _a v	f _a ε		f _a ε ^G							
					f _a 4 ^H							
		Ⓞ ε i	X R		Gi ε ^G							
		Gi ε ^{De}	Gi		σ ε ^G							
					σ ε ^H							
					σ v							
			ll ε	ll ε ^{Go2}	σ v ε ^H		ll ε	ll ε	ll 4		ll v ^G	
			K	K ₂ ε	K ₂ 4 ^H		┌ ↑		ll ε	ll ε	ll 3/4	ll ε ε ^G
				K _v ε	K _v ε ^G		┌ ↑ ε					
					K _v 4 ^I							
					K ₂ 3 ^G							
						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			