



Routine Sheets



**SPONSORED BY
STAG LEOTARDS**

There are 3 sections to our routine sheets:

[The Introductory Sheets](#)

[The WAG Sheets](#)

[The MAG Sheets](#)

Commonly Abbreviated Terms

WAG - Women's

Artistic Gymnastics

MAG - Men's Artistic
Gymnastics

AA - All Around

VT - Vault

UB - Uneven Bars

BB - Balance Beam

FX - Floor Exercise

PH - Pommel Horse

SR - Still Rings

PB - Parallel Bars

HB - Horizontal Bar

DV - Difficulty Value

CR - Composition Requirements

EG - Element Group

MT - Mount (getting onto the
apparatus)

DMT - Dismount (getting off the
apparatus)

CoP - Code of Points

FIG - Fédération Internationale de
Gymnastique

LA - Longitudinal Axis

LB - Low Bar

HB - High Bar

Colour Coding

Categories:

Introductory is **Yellow**

Novice is **Green**

Intermediate is **Blue**

Advanced is **Purple**

Advanced + is **Pink**

FIG is **Red**

WAG & Introductory:

Vault is **Green**

Bars is **Red**

Beam is **Yellow**

Floor is **Blue**

MAG:

Floor is **Orange**

Pommel is **Yellow**

Rings is **Blue**

Vault is **Green**

Parallel Bars is **Grey**

Horizontal Bar is **Purple**

Apparatus will follow WAG
& MAG olympic orders
with colours as per the FIG
CoP

Apparatus Rules & Regulations

Equipment setup	Routine composition Minimum skill requirements
Scoring, Penalties, Bonuses	Extra notes

If you have any questions, don't hesitate to
contact us at office@bugl.co.uk or [@bug.league](https://www.instagram.com/bug.league) on Instagram



WAG/MAG INTRODUCTORY

Welcome to Introductory!

- This is a new category we have chosen to introduce to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- With this level there is no requirement for the gymnast to compete all three pieces. However, this is necessary if the gymnast wants to gain an all around medal.
- We have chosen to make this category unisex. We feel that vault, floor and a single bar routine provide good foundational skills for gymnasts to work in order to make the progression to the next level in either WAG or MAG.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- This category has also allowed us to spread out the skill requirements in other categories, particularly on the Women's Artistic side, as we know that there have been requests for change and clearer distinctions between categories in past university gymnastics events.

Introductory Routine Sheets Guide



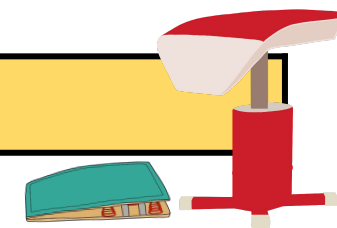
Information Layout

Equipment setup	Routine composition Minimum skill requirements
Scoring, Penalties, Bonuses	Extra notes

Terminology

WAG = Women's Artistic Gymnastics
 MAG = Men's Artistic Gymnastics
 MT = Mount (getting onto the apparatus)
 DMT = Dismount (getting off the apparatus)
 DV = Difficulty Value



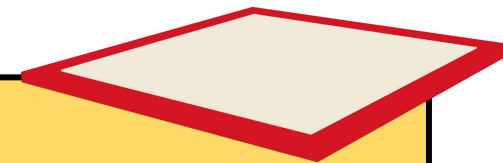


WAG/MAG Introductory VAULT

Vault Height: Minimum 110cm, with mats piled up level with the vault for landing	2 Vaults allowed Best Vault counts to final score Can compete same vault twice, or two different vaults
Maximum 0.5 deduction for the bonus element Touching the board and/or vault table without a completed vault attempt will score 0	<u>Notes</u> 2 warm ups allowed Finish by presenting to judges stood on the vault (unless completing bonus) Only vaults listed may be performed No requirement for 2 vaults to medal DV shown in ()

Vaults:	<u>Pick one option:</u> Straight Jump Onto the Vault (0.5) Squat Onto the Vault (1.0) Straddle Onto the Vault (1.5)	Bonus: Kick to Handstand Flatback (0.5)
----------------	--	---





WAG/MAG Introductory FLOOR

12x2m strip	2 Acrobatic + 2 Non-Acro + 2 Optional Elements Minimum 6 skills: Only the highest 6 skills will gain DV
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine BONUS: Link 2 jumps/leaps* (+0.2)	<u>Notes</u> No choreography required Static skills to be held for 2 seconds Any skill not held will lose DV if there is no momentary stop

DV:	0.1	0.2	0.3	0.4	0.5
Acro:	- Bunny Hop Towards Handstand	- Forward Roll to Stand	- Kick Towards Handstand - Backward Roll to Tuck	- Headstand (any leg position) - Backward Roll to Straddle	- Bridge - Handstand - Cartwheel
Non-Acro:	- Front Support - Tuck Jump* - Star Jump * - Relevée Half Turn - Dish Hold - Arch Hold	- Catleap* - Half Spin (One Footed)	- Scissor Kick* - Shoulder Stand - Right/Left Leg Splits	- Arabesque - Y Balance - Full Spin (One Footed) - W-Jump*	- Pike Lever - Straddle Lever - Pike Jump* - Straddle Jump*



WAG/MAG Introductory BAR

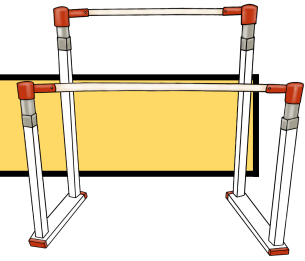


FIG Height - 175cm (can be adjusted if necessary, just let your judges know before the warm up) Springboard allowed	This routine will be performed on the Low Bar Gymnasts must complete <u>one</u> of each option from 1, 2, and 3 to form the routine
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine	<u>Notes</u> Attempt to link all skills in sequence, however there is no deduction for short pauses between skills No deductions for extra swings between skills
Skills Options:	1. Jump to front support (0.2) OR Chin Pull Over (0.4) 2. Three Casts Linked (0.1 each) OR Cast Back Hip Circle (0.5) 3. Cast Push Away to Land (0.2) OR Circle Down (0.3)



WAG Routine Sheets

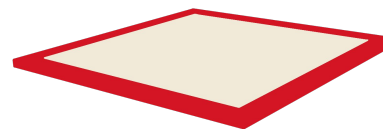
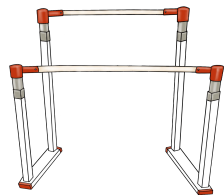
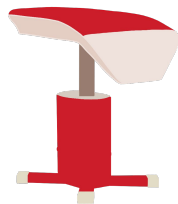


SPONSORED BY
STAG LEOTARDS

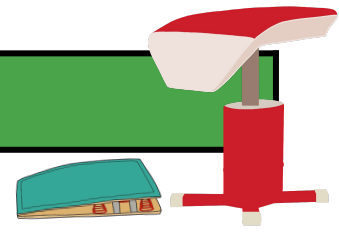
WAG NOVICE

Welcome to Novice!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an all around medal, gymnasts need to compete **ANY three out of the four pieces.**
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- The following routine sheets align with the [FIG Women's Artistic Gymnastics Code of Points, 2025-28](#). Some difficulty values may differ from the CoP due to including uncoded elements. The BUGL CoP is layered on top of the FIG CoP, so both apply.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk



WAG Novice VAULT



Vault Height: 115cm with mats piled up level with the vault for landing	2 Vaults allowed Best Vault counts to final score Can compete same vault twice, or different vaults
No deduction for staggered hand placement in half-on entry Touching the board and/or vault table without a completed vault attempt will score 0	<u>Notes</u> 2 warm ups allowed Only vaults listed may be performed No requirement for 2 vaults to medal

DV:	2.0	2.5	3.5	4.0
Vault Options:	Squat on, Kick to handstand flatback	Straight jump, Kick to handstand flatback	Handstand to Flatback	Half-on to Feet



WAG Novice BARS

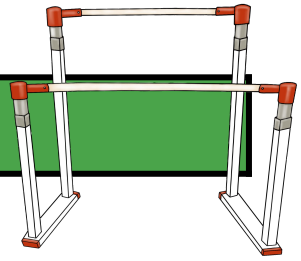


FIG Height (can be adjusted if necessary - let your judges know before the warm up) Springboard allowed	Minimum 5 skills: Only the highest 8 skills will gain DV (must include DMT) Repeated skills will not count towards DV
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine	<u>Notes</u> Only elements listed are permitted at this level

DV:	0.1	0.2	0.3	0.4	0.5
Skills:	- Jump to Front Support (MT) - Cast Below the Bar - Forward Circle Down (DMT)	- Chin Pull Over (MT) - Cast to Horizontal - Float Swing LB - Swing Half Turn (DMT)	- Back Hip Circle - Tap Swing on HB - Straddle Undershoot (DMT)	- Forward Hip Circle - $\frac{3}{4}$ Baby Giant HB	- Squat On, Jump to Catch High Bar

WAG Novice BEAM

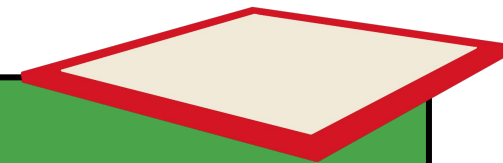


FIG Height Springboard allowed	2 Acrobatic + 2 Non-Acro + the rest Optional Minimum 5 skills: Only the highest 8 skills will gain DV (must include DMT)
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine BONUS: Connect two non-acro elements (+0.2) Acro connected to non-acro element (+0.3)	<u>Notes</u> Any mount not listed below earns 0.1 Repeated skills will not count towards DV No choreography required

DV:	0.1	0.2	0.3	0.4	0.5
Acro:	- Bunny Hop (Towards Handstand) - Shoulder Stand (Holding Beam)	- Backward Roll Over Shoulder (to any end position)	- Forward Roll - Cartwheel to Handstand, drop down (DMT)	- Free Forward Roll - Handstand - Round Off (DMT)	- Cartwheel - Handspring (DMT)
Non-Acro:	- Front support (MT) - Stretch Jump - Stretch Jump (DMT) - Tuck Jump (DMT)	- Squat On (MT) - Relevée Half Turn - Changement Jump - Straddle Jump (DMT)	- Straddle On (MT) - Tuck Jump - Cat Leap - Half Spin	- Japana (MT) - Wolf Jump	- Split Jump - Full Spin



WAG Novice FLOOR



12x2m strip	3 Acrobatic + 3 Non-Acro + 2 Optional Elements Minimum 8 skills: Only the highest 8 skills will gain DV (must include DMT, where the DMT is the last acro element)
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine BONUS: Link 2 jumps/leaps (+0.2) Link an acro and non-acro skill (+0.3)	<u>Notes</u> No choreography required Static skills to be held for 2 seconds Repeated skills will not count towards DV

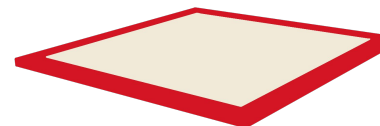
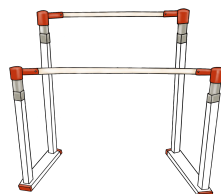
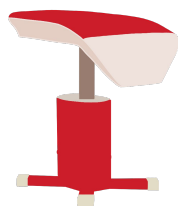
DV:	0.1	0.2	0.3	0.4	0.5
Acro:	- Forward roll to Stand - Headstand	- Left/Right Leg Splits - Cartwheel - Bridge - Handstand	- Handstand Forward Roll - One Handed Cartwheel - Round Off	- Bridge Kickover - Backward Roll	- Dive Roll - Forward Walkover - Backward Walkover
Non-Acro:	- Tuck Jump - Catleap - Stretch Jump half	- Half Spin (One Footed)	- Wolf Jump - Arabesque - Y Balance - Tuck Jump Half	- Pike Jump - Straddle Jump - Cat Leap Half	- Stretch Jump Full - Full Spin (One Footed) - Split Jump - Split Leap



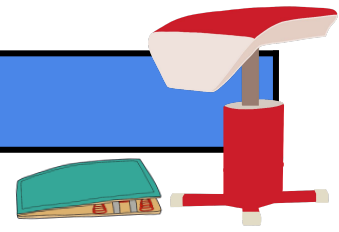
WAG INTERMEDIATE

Welcome to Intermediate!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an all around medal, gymnasts need to compete **ANY three out of the four pieces.**
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- The following routine sheets align with the [FIG Women's Artistic Gymnastics Code of Points, 2025-28](#). Some difficulty values may differ from the CoP due to including uncoded elements. The BUGL CoP is layered on top of the FIG CoP, so both apply.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- Floor routines at this level have progressed to a full 12 x 12m floor, and require music and choreography. Length of routine is advised between 1:00 and 1:30 minutes.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk



WAG Intermediate VAULT



Vault Height: Minimum 115cm, one additional 10cm mat allowed for landing	2 Vaults allowed Best Vault counts to final score Can compete same vault twice, or two different vaults
No deduction for staggered hand placement in half-on entry Touching the board and/or vault table without a completed vault attempt will score 0 No height deductions	<u>Notes</u> 2 warm ups allowed Only vaults listed below may be performed No requirement for 2 vaults to medal

DV:	1.0	3.0	3.5
Vault Options:	Squat on, Kick to handspring off	Handspring over table	Half-on over table



WAG Intermediate BARS

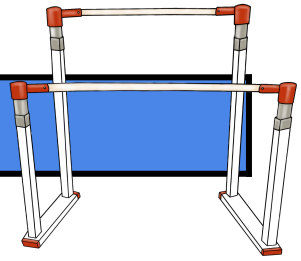
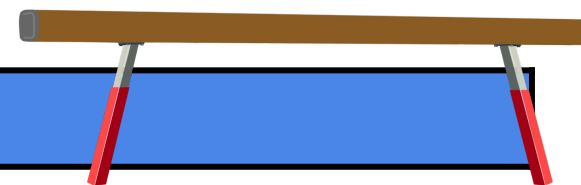


FIG Height - 175cm (can be adjusted if necessary - let your judges know before the warm up) Springboard allowed	Minimum 6 skills: Only the highest 8 skills will gain DV (must include DMT) Repeated skills will not count towards DV (except: see below)
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine 1.0 mark penalty for not utilising both bars No FIG penalty for jump bar change	<u>Notes</u> Swing can be completed twice for DV Cast to Horizontal can be completed twice for DV Only elements listed below are permitted at this level

DV:	0.1	0.2	0.3	0.4	0.5
Skills:	- Jump to Front Support (MT) - Cast to Horizontal - Swing Half Turn (DMT)	- Chin Pull Over (MT) - Back Hip Circle - Swing HB	- Squat On LB to Catch HB - $\frac{3}{4}$ Baby Giant - Straddle/Pike Undershoot (DMT)	- Forward Hip Circle - Straddle/Pike - Undershoot $\frac{1}{2}$ turn (DMT)	- Upstart (MT) - Long Upstart HB - Sole Circle - Clear Hip Circle - Tuck Backaway (DMT)





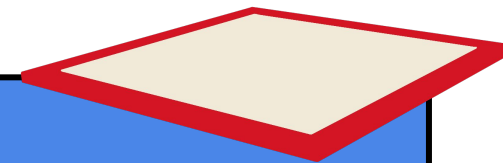
WAG Intermediate Beam

FIG Height Springboard allowed	3 Acrobatic + 3 Non-Acro + 2 Optional Elements Minimum 8 skills: Only the highest 8 skills will gain DV (must include DMT)
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine BONUS: 1/1 One footed spin (+0.2) Acro connected to non-acro element (+0.3)	<u>Notes</u> Choreography required Repeated skills will not count towards DV Any mount not listed below will earn 0.1 DV

DV:	0.1	0.2	0.3	0.4	0.5
Acro:	- Backward Roll Over Shoulder (to any end position)	- Forward Roll - Round Off (DMT)	- Free Forward Roll - Handstand - Handspring (DMT)	- Cartwheel - Handstand Forward Roll - Free Cartwheel (DMT)	- Backward Walkover - Forward Walkover - Tick Tock - Front Tuck Salto (DMT) - Back Tuck Salto (DMT)
Non-Acro:	- Front support (MT) - Squat On (MT) - Changement Jump - Relevée Half Turn - Straddle Jump (DMT)	- Straddle On (MT) - Tuck Jump - Cat Leap - Half Spin - Stretch Jump 1/1 turn (DMT)	- Japana (MT) - Squat Through (MT) - Stretch Jump ½ turn - Wolf Jump	- Split Jump - Tuck Jump ½ turn - One Footed 1/1 Spin - One Footed Back 1/1 Spin	- Split Leap - Sissone Leap



WAG Intermediate FLOOR



Full floor routine with music Maximum 90 seconds	3 Acrobatic + 3 Non-Acro + 2 Optional Elements Minimum 8 skills: Only the highest 8 skills will gain DV
No penalty for a long routine 1.0 mark penalty per skill missing for a short routine BONUS: Dance series linking 2 jumps/leaps (+0.2) Link 2 acro skills (+0.2) One Footed Spin (+0.1)	<u>Notes</u> Choreography required Recommended 60 seconds Static skills to be held for 2 seconds* Repeated skills will not count towards DV

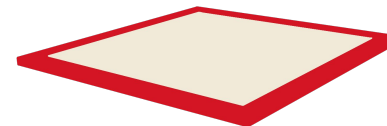
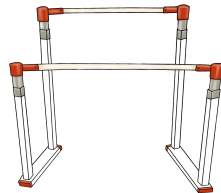
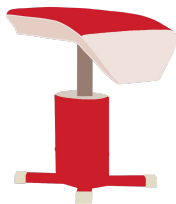
DV:	0.1	0.2	0.3	0.4	0.5
Acro:	- Left/Right Leg Splits* - Bridge Kickover - Backward Roll - Round Off	- Handstand ½ Pirouette - Handstand Forward Roll - Dive Roll - Forward Walkover - Backward Walkover	- Flic - Handspring to Two Feet - Backward roll to Handstand	- Handstand 1/1 Pirouette - Tuck Front Salto - Flic, Flic linked - Free Cartwheel	- Tuck Back Salto - Handspring to One Foot, Handspring to Two Feet linked - Free Walkover
Non-Acro:	- Cat Leap - Scissor Kick - Wolf Jump - Arabesque* - Y Balance* - Tuck Jump Half	- Full Spin - Straddle Jump - Pike Jump - Cat Leap ½ turn - Stretch Jump Full	- Split Jump - Split Leap - Side Leap - Fouetté Hop	- Cat Leap Full turn - Split Jump ½ turn - Straddle Jump ½ turn	- Double Spin - Wolf Spin 1/1 - Horizontal Spin 1/1 - Change Leg Leap

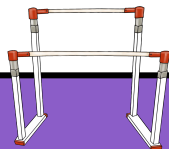
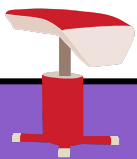


WAG ADVANCED

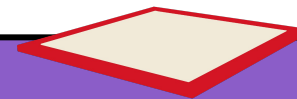
Welcome to Advanced!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an all around medal, gymnasts need to compete **ANY three out of the four pieces.**
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- Gymnasts should aim to fulfill the CRs for each piece. Except VT, only 4 out of 5 CRs need to be completed and only 4 will earn the 0.5.
- The following routine sheets align with the [FIG Women's Artistic Gymnastics Code of Points, 2025-28](#). Some difficulty values may differ from the CoP due to including uncoded elements. The BUGL CoP is layered on top of the FIG CoP, so both apply.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk





WAG Advanced VT, UB, BB, FX



Permitted Uncoded Elements = 0.1

A = 0.1

B = 0.2

C = 0.3

Skills of any higher value than C are strictly not permitted *(see Floor)

Elements will be given DV according to Rules and Regulations FIG WAG CoP, 2025-28

FIG Execution and Artistry Penalties will be applied unless stated otherwise

FX, BB, UB - 8 Highest elements including DMT

FX, BB : 3 Acro + 3 Dance + 2 Optional

FX: minimum 2 Acro Lines (two directly connected flighted elements, one with salto)

Same element can only count once EXCEPT on Bars where an FIG Coded A may be repeated once for DV

FIG Regulations Apply. 8 Highest Elements including DMT to count to D-score

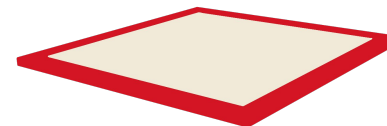
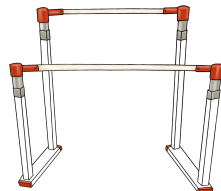
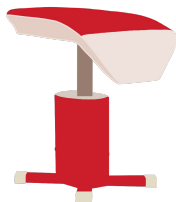
	Vault	Bars	Beam	Floor
Apparatus	Vault at 125cm to FIG landing 1 x Springboard	FIG Bar Regulations	FIG Beam Regulations A Jersey style mat is allowed for dismounts	FIG Floor Regulations except acro lines. An acro line will be considered to be 2x directly connected flighted elements no salto required, or a single forwards salto
Compositional Requirements (0.5 each) Gymnasts should fulfill 4 of the CRs (UB, BB, FX) (Max. 4 will be credited)	- Any vault <u>without</u> a salto from the vault list (see end of WAG sheets)	- Bar change (LB to HB) - Close bar element minimum B - A different Close bar element - Element to within 45° handstand - Salto (DMT)	- Minimum A value Spin - Acro series (no flight required) - Dance series with one element in split or straddle - Flighted acro element - Forward/side and backward elements (MT/DMT not included)	- Acro line with salto - Minimum B value spin - Dance Series with one element in split or straddle - Acro line going forward and Acro line going backward - Mixed series with one element minimum B
Permitted Uncoded Elements		- Squat on - Baby giant - Undershoot (DMT)	- Tuck jump	- Backward Walkover - Forward Walkover - Flic to one
Notes	- Best score of 2 vaults to count for AA - No deduction if only 1 vault is performed - To qualify for vault medal, both vaults must have different entry	- 1 mark Penalty for not using both bars - FIG Coded A elements may be repeated once for DV - Sole circle may be performed with bent legs - No double salto DMT allowed - No FIG penalty for jump bar change	- Saltos on the beam are not permitted - Dismounts of C value or higher are not permitted	- Maximum 1/1 twisting saltos, anything above is not permitted - *Spins value 'D' are permitted but given value 'C'
Bonus (In addition to FIG) Only awarded without a fall		- Close bar to handstand (0.3) - Flighted element LB to HB (0.3)	- DMT B value (0.3) - DMT from acro skill (0.3)	- One element achieve 180° split (0.3) - DMT minimum B value (0.3) (3 + acro line)

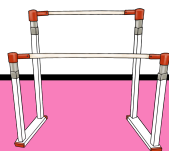
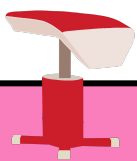


WAG ADVANCED +

Welcome to Advanced+!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an all around medal, gymnasts need to compete **ANY three out of the four pieces.**
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- Gymnasts should aim to fulfill the CRs for each piece. Except VT, only 4 out of 5 CRs need to be completed and only 4 will earn the 0.5.
- The following routine sheets align with the [FIG Women's Artistic Gymnastics Code of Points, 2025-28](#). Some difficulty values may differ from the CoP due to including uncoded elements. The BUGL CoP is layered on top of the FIG CoP, so both apply.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk





WAG Advanced + VT, UB, BB, FX



Permitted Uncoded Elements = 0.1

A = 0.1

B = 0.2

C = 0.3

D = 0.4

Moves of any higher value than D are strictly not permitted *(see Floor)

Elements will be given DV according to Rules and Regulations FIG WAG CoP, 2025-28

FIG Execution and Artistry Penalties will be applied unless stated otherwise

FX, BB, UB - 8 Highest elements including DMT to count as D-score

FX, BB: 3 Acro + 3 Dance + 2 Optional

FX: 2 Acro Lines (2 x directly connected flighted elements, one with salto)

Same element can only count once EXCEPT on Bars where an FIG Coded A may be repeated once for DV

At All Levels, gymnasts should concentrate their efforts towards the accuracy of technical execution

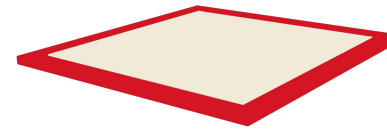
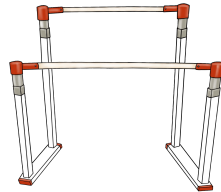
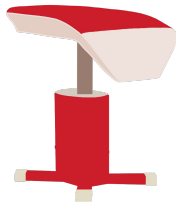
FIG Regulations Apply. 8 Highest Elements including DMT to count to D-Score

Apparatus	Vault	Bars	Beam	Floor
	Vault at 125cm to FIG landing 1 x Springboard	FIG Bar Regulations 1 mark Penalty for not using both bars	FIG Beam Regulations A Jersey style mat is allowed for dismounts	FIG Floor Regulations
Compositional Requirements (0.5 each) Gymnasts should fulfill <u>4 of the CRs</u> (UB, BB, FX) (Max. 4 will be credited)	- Any vault up to single salto from the vault list (see end of WAG sheets)	- Giant any direction - Close bar minimum C - Flighted element LB to HB - Cast/Circle element with 180° Turn - Handstand on LB and HB	- Minimum A value spin - Acro series with one flighted element - Dance series with one element in split or straddle - Forward/side and backward elements (MT/DMT not included) - Salto/aerial element on the beam	- Acro line with minimum 1/1 twisting salto - Minimum B value spin - Dance series with one element in split or straddle - Acro line going forward and acro line backward - Acro line with two saltos
Permitted Uncoded Elements		- Squat on - Undershoot - ¾ Sole circle forward LB		
Notes	- Best score of 2 vaults to count for AA - No deduction if only 1 vault is performed - To qualify for vault medal, both vaults must have different entry	- 1 mark penalty for not using both bars - Release & catch type elements are not permitted - Flighted HB to LB type elements are not permitted - No FIG penalty for jump bar change	- Double salto elements are not permitted	- *Spins valued 'E' are permitted but given value 'D' - Double salto elements are not permitted - No FIG DMT Bonus
Bonus (In addition to FIG) <i>Only awarded without a fall</i>		- Close bar with turn (0.3) - DMT minimum C (0.3) - Element in different grip (0.3)	- Minimum B value spin (0.3) - Acro series 2 flighted (0.3) - DMT min C (0.3)	- 3 C value dance elements (0.3) - DMT minimum C (0.3) (3 + acro line)



WAG FIG

Follow rules in the [FIG WAG Code of Points, 2025-2028](#).



List of vaults

GROUP I HANDSPRING / YAMASHITA with or without LA turn (no salto in second flight)

	D Score
1.00 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ¼ - ½ turn on & repulsion off	1.60
1.21 ½ on ½ off or ¼ on ¾ off	2.40
1.22 ½ on 1/1 or ¼ on 1¼ off	2.60
1.23 ½ on 1½ or ¼ on 1¾ off	3.20
1.24 ½ on 2/1 off or ¼ on 2¼ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2½	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1½ off	4.00

GROUP IV YURCHENKO: R/O Flic on with/without SALTO BWD with/without LA turn or R/O Flic on LA turn & SALTO FWD with or without LA turn

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1½	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP II HANDSPRING with or without LA turn and SALTO FORWARD/BACKWARD

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ½ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ½ BWD Salto Pike (Cuervo Pike)	4.00

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP V R/O Flic with ½ turn on, Handspring off with/without SALTO FWD with/without LA turn

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ½ turn, Handspring 1½	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ½ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ½ turn, Salto Pike ½	4.20

GROUP III TSUKAHARA or KASAMATSU SALTO with or without turn *All Group 3 Vaults - allow a 90° to 180° LA turn in first flight*

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

GROUP VI R/O Flic with 1/1 turn on with/without SALTO BWD *Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)*

	D Score
1.60 RO, Flic w ¾ + with Repulsion	2.40
1.61 RO, Flic w ¾ + with Repulsion ½	2.80
1.62 RO, Flic w ¾ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¾ + Salto Tuck	3.60
4.50 RO, Flic w ¾ + Salto Pike	3.80
4.51 RO, Flic w ¾ + Salto Straight	4.20





MAG Routine Sheets

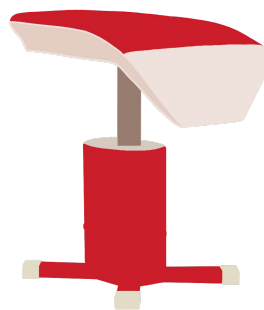
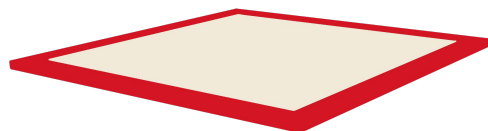


SPONSORED BY
STAG LEOTARDS

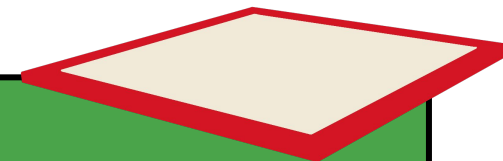
MAG NOVICE

Welcome to Novice!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an all around medal, gymnasts need to compete all three pieces.
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- The following routine sheets align with the [FIG Men's Artistic Gymnastics Code of Points](#), 2025-28. Some difficulty values may differ from the CoP due to including uncoded elements.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk



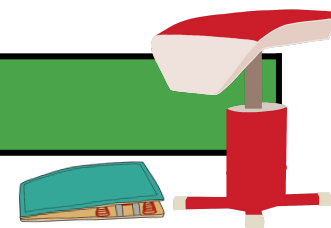
MAG Novice FLOOR



DV elements are valued accordingly by the BUGL Committee Rules & Regulations are as per FIG 2025-2028 CoP, unless stated otherwise (FX) = Minimum 8 skills required; Highest 8 elements to count to DV; Choice of elements from the list below			Short Routines (FX) = See Table for Deductions												
			<table><tr><td>8</td><td>0.00</td></tr><tr><td>7</td><td>1.00</td></tr><tr><td>6</td><td>2.00</td></tr><tr><td>5</td><td>4.00</td></tr><tr><td>3-4</td><td>6.00</td></tr><tr><td>1-2</td><td>8.00</td></tr><tr><td>0</td><td>10.00</td></tr></table>	8	0.00	7	1.00	6	2.00	5	4.00	3-4	6.00	1-2	8.00
8	0.00														
7	1.00														
6	2.00														
5	4.00														
3-4	6.00														
1-2	8.00														
0	10.00														
No element allowed other than as stated below	FLOOR EXERCISE (FX) – 12X2 STRIP														
	0.1	0.2	0.3	0.4	0.5										
Non-Acrobatic Elements	- Shoulder stand* - Back Support* - Push up (chest to floor) - Single leg balance* - Scissor kick - Swedish Fall	- Tucked forward roll to stand - Headstand (tucked)* - Arch hold* - Dish hold* - Pike fold* - Stag leap - Jump to Front Support	- Tucked backward roll to stand - Headstand (straight legs)* - L-sit* - Straddle L-sit* - Japana*	- Forward roll to straddle stand - Backward roll to straddle stand - Handstand - Tucked Russian lever* - Bridge* - Splits (any direction)* - Arabesque*	- Forward roll to pike stand - Backward roll to front support (straight arms) - Handstand forward roll - Handstand hop - Swim through box splits - Y balance*										
Acrobatic Elements	- Stretch jump - Tuck jump - Cartwheel	- Jump ½ turn - Cartwheel to one leg stand	- Straddle jump - Pike jump - Cartwheel ¼ turn	- Jump 1/1 turn - One handed cartwheel	- Dive forward roll - Round off to rebound jump										
Element Group Requirements 2 @ 0.5 Per EG	- Non-acrobatic elements. - Acrobatic elements.		Artistry & Apparatus Specific Deductions	- Repeated elements will not be counted toward the D-Score. - Starred (*) elements must be held for 2 seconds. - Last element must be an acrobatic element (0.5 Deduction). - No deduction for lack of transitions or simple steps - No deduction for lack of single leg balance or jump/leap											

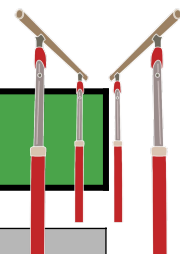


MAG Novice VAULT



No Vaults allowed other than as stated below	VAULT (VT) - 115CM Vault Table with blocks/mats behind to equal height	
Any two vaults performed, best score counts	Squat on, kick to handstand, fall to flatback	2.00
	Stretch jump on, kick to handstand, fall to flatback	3.00
	Stretch jump on, step cartwheel $\frac{1}{4}$ turn in (steps backwards non-deductible)	3.00
	Handstand fall to flatback	4.00
Apparatus Specific Deductions	N/A	





MAG Novice PARALLEL BARS

No element allowed other than as stated below	PARALLEL BARS (PB)	
	Set Routine (perform one only)	Apparatus Specific Deductions
	Routine (DV 3.5)	
1.	Mount: Jump to support (from end)	- Additional elements and swings will not receive any additional value but may still be subject to execution deductions. - No deduction will be given for stopping the swing after the end of the routine. - A short routine deduction of 1.0 will apply to each missing element with no attempts, up to a maximum short routine deduction of -8.0 marks. If no skills are clearly attempted, the gymnast will receive a final score of 0.0. - Can adjust bars to desired width.
2.	Walk to middle	
3.	Pike lever hold	
4.	Half turn in support	
5.	Dip	Element Group Requirements (EGs)
6.	Swing above horizontal	
7.	Swing above horizontal	- No element group bonuses given.
8.	Any flank dismount	



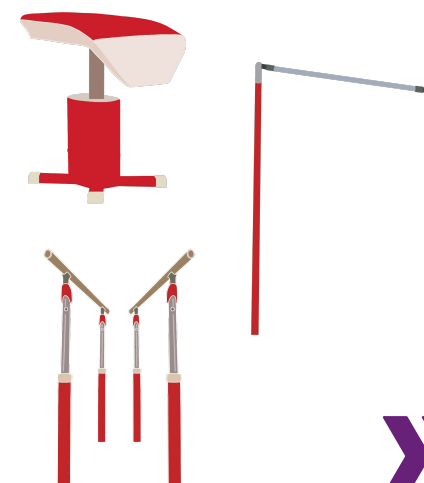
MAG INTERMEDIATE

Welcome to Intermediate!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an All Around medal, gymnasts need to compete ANY three out of the six pieces.
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- The following routine sheets align with the [FIG Men's Artistic Gymnastics Code of Points](#), 2025-28. Some difficulty values may differ from the CoP due to including uncoded elements.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk



Short Routines See Table for FX/PH/SR/PB/HB Deductions	8	0.00
	7	1.00
	6	2.00
	5	4.00
	3-4	6.00
	1-2	8.00
	0	10.00

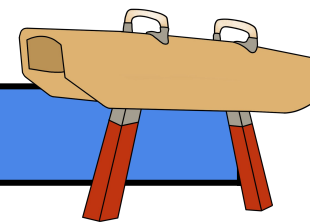


MAG Intermediate FLOOR

(FX) = Minimum 8 skills required; Highest 8 elements to count to DV			Repeated elements will not be counted toward the D-Score		
No element allowed other than as stated below	FLOOR EXERCISE (FX) – 12X2 STRIP				
	0.1	0.2	0.3	0.4	0.5
Non-Acrobatic Elements	- Tucked forward roll to stand - Tucked backward roll to stand - Backward roll to straddle-stand - Headstand (straight legs)* - Scissor kick - Stag leap - Jump to Front Support	- Forward roll to straddle/pike stand - Handstand* - Handstand hop - Piked fold/japana* - Arabesque* - Y balance*	- Forward roll to handstand (any shape) - Backward roll to front support (straight arms) - Handstand ½ pirouette - Handstand forward roll - L-sit/straddle L-sit* - Tucked Russian lever* - Splits (any direction* - Bridge* - Butterfly Kick - Stag 1/1 turn	- Backward roll to handstand (straight arms) - Handstand 1/1 pirouette - Chest roll to handstand - Straddle L-sit press to straddle stand - Tuck planche* - Flic to Support - Forward Walkover	- Backward roll to handstand with ½ pirouette - Straddle press to handstand* - Straddle planche* - Double leg circles - Flairs - Russian circle 360 or 540 - From handstand, lower to L-sit or strad L-sit
Acrobatic Elements	- Straddle/pike jump - Cartwheel - Cartwheel ¼ turn	- Jump 1/1 turn - One handed cartwheel - Roundoff to rebound jump	- Dive forward roll - Flic - Handspring to one or two feet	- Tucked forward salto - Tucked backward salto - Handstand to one, handspring to two	- Piked forward salto - Piked backward salto - Arabian salto tucked - Arabian salto piked
Element Group Requirements 3 @ 0.5 Per EG	• Non-acrobatic elements • Acrobatic elements • Dismount element (must be one of: salto, handspring, flic or dive roll)		Artistry & Apparatus Specific Deductions	• Starred (*) elements must be held for 2 seconds. • Gymnasts will be deducted for simple steps • No deduction for lack of unique transitions • No deduction for lack of single leg balance or jump/leap • 3 Acro + 3 Non-Acro + 2 Optional elements	

[See 'Welcome to Intermediate' page for short routine deductions.](#)





MAG Intermediate POMMEL

No element allowed other than as stated below	POMMEL HORSE (PH) - Mushroom/Horse		
	Set Routine (perform one only)	Tariff	Notes
Mushroom	5x DLC (0.2 each)	1.0	
	5x DLC (0.2 each), ½ spindle (0.5), 5x DLC (0.2 each)	2.5	- ½ spindle must be completed within 3 full circles.
Horse (no handles)	10x inward loops (0.2 each), Schwabenflank dismount (1.0)	3.0	- Springboard or Yurchenko block may be used for mount. - Schwabenflank dismount must cross over the body of the horse. - If a gymnast falls during the Magyar travel, they may continue the travel from where they fell (fall deductions still taken).
	3x inward loops (0.2 each), Magyar (2.0), 2x outward loops (0.2 each), Schwabenflank dismount (1.0)	4.0	
Horse (with handles)	2x leg swing above shoulder height (0.5 each), shear (1.0 each), pick-up to front support (1.0), 5x DLC on handles (0.2 each), Schwabenflank (1.0)	5.0	- Springboard or Yurchenko block may be used for mount. - Schwabenflank dismount must cross over the body of the horse.
Element Group Requirements (EGs)	- No element group bonuses given. 0.5 bonus awarded for no falls during the routine.	Apparatus Specific Deductions	- Additional circles are deducted as 0.5 each. - Missing elements will be deducted from the difficulty value. - The gymnast must attempt all skills as part of the routine. A short routine deduction of 1.0 will apply to each missing element with no attempts, up to a maximum short routine deduction of -8.0 marks. If no skills are clearly attempted, the gymnast will receive a final score of 0.0.

[See 'Welcome to Intermediate' page for short routine deductions.](#)

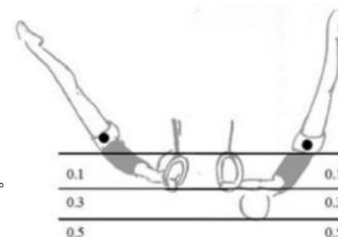
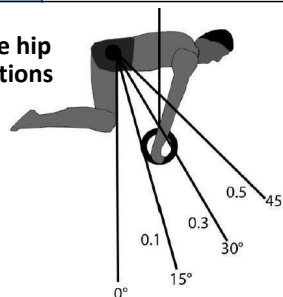


MAG Intermediate RINGS

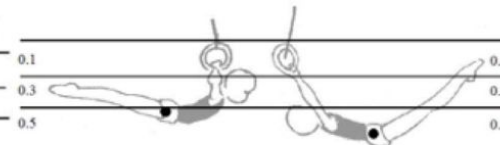
No element allowed other than as stated below	STILL RINGS (SR) – AS PER FIG				
	0.1	0.2	0.3	0.4	0.5
Strength Elements	- Hanging pike lever* - Inverted pike* - Inverted hang* - Chin-up to 90°*	- German hang* - Hanging Russian lever* - Chin-up to 90° in pike lever - Dip to 90° - Support (Rings Turned Out)*	- L-sit* - Straddle L-sit* - Muscle-up to support	- Straddle front lever* - Straddle back lever* - Forward-roll muscle-up	- Tuck planche* - Front lever* - Back lever* - Shoulder stand*
Swing Elements		- Full intermediate swing forwards and backwards (or vice versa)**	- Static inlocation - From support, tuck planche or any L-sit, roll forward to swing backward in hang	- Back uprise to support - Inlocation straight or piked - Kip to dislocation from inverted hang - From support, felge backward piked or stretched to support with bent or straight arms	- Front uprise to support - Dislocate from swing - Kip to support - Back kip to support with bent arms - From hang, felge upward to support
Dismount Elements			- Tucked backward salto	- Piked backward salto	- Straight backward salto
Element Group Requirements 3 @ 0.5 Per EG	- Strength elements. - Swing elements. - Dismount elements.	Apparatus Specific Deductions	- Repeated elements will not be counted toward the D-Score. - Starred (*) elements must be held for 2 seconds. - Swings (**) should achieve the minimum height denoted by the attached diagrams. - No deduction for bent arms when transitioning from above to below the rings. - The gymnast may be lifted to support above the rings at the start of the routine without deduction. - Gymnasts must not perform more than 3 Strength Elements. - If a Gymnast wishes to perform more than 3 Strength Elements they must perform a Swing Element (Except a Kip, Back Kip or static inlocation) before doing so. This Swing Element must be among the 8 best. - Back lever to Straddle back lever (and vice versa) will receive a -0.3 compositional error deduction. The same applies for the Front lever.		

[See 'Welcome to Intermediate' page for short routine deductions.](#)

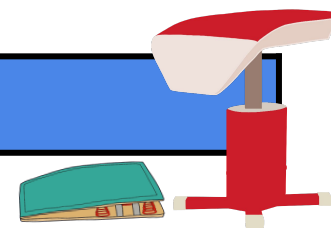
Tuck planche hip angle deductions



Half or full intermediate swing height deductions (per half swing)

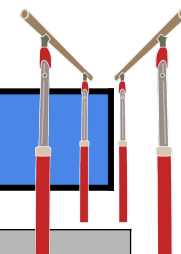


MAG Intermediate VAULT



No Vaults allowed other than as stated below	VAULT (VT) - Minimum 125CM Vault Table with blocks/mats behind to equal height	
Any two vaults performed, best score counts	Handstand fall to flatback	2.50
	Handstand hop to handstand, fall to flatback	3.00
	Handspring to stand on feet (step forwards non-deductible)	4.00
	Half on to stand on feet (step backwards non-deductible)	4.00
	Half on, miss feet to land in dish on back (Tsukahara prep)	5.00
Apparatus Specific Deductions	- Handstand hop to handstand with no significant height in the hop will result in a deduction of 0.5 and downgrade to handstand fall to flatback.	



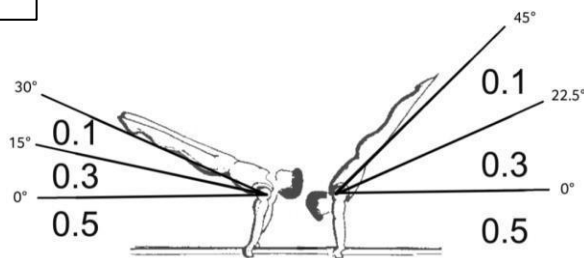


MAG Intermediate PARALLEL BARS

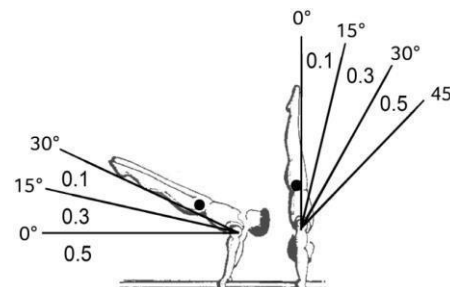
No element allowed other than as stated below	PARALLEL BARS (PB) – AS PER FIG				
	0.1	0.2	0.3	0.4	0.5
Elements in Support	- ½ pirouette in support - Dip to 90° - Straight arm jump to support	- Shoulder Stand* - L-sit*	- Swings not to handstand** - Straddle L-sit*	- Russian Lever*	- Swing to handstand*, ** - L-sit press to straddle L-sit* - Forward straddle cut - Backward straddle cut
Elements in Upper Arms & Underswings		- Swing on upper arms above bars**	- Front uprise to straddle support - Back uprise to support	- Drop upstart - Front uprise to support	- Dropshoot to upper arms - Float upstart - Basket to upper arm hang - Back uprise straddle cut (bent arms) - Felge to hang
Dismount Elements	- Front/back flank	- Flank through handstand	- Tucked backward salto - Tucked forward salto - Tuck backward from hang		- Straight/piked backward salto - Straight/piked forward salto
Element Group Requirements 3 @ 0.5 Per EG	- Elements in support. - Elements in upper arms and underswings. - Dismount elements.		Apparatus Specific Deductions	- Repeated elements will not be counted toward the D-Score. *Starred elements must be held for 2 seconds. **Swings in support and on upper arms should achieve the minimum height denoted by the attached diagrams. - No deduction for straddle L-sit press out to swing.	

[See 'Welcome to Intermediate' page for short routine deductions.](#)

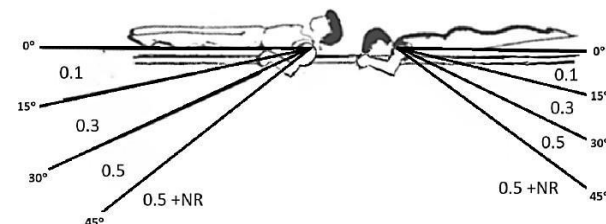
Swings not to handstand



Swings to and skills finishing in handstand



Swings in upper arms



MAG Intermediate HORIZONTAL BAR

No element allowed other than as stated below	HORIZONTAL BAR (HB) - <u>SHINY BAR, GLOVES AND LOOPS</u>		
	Basic Routine	Bonus elements	Notes
1.	Chin up to bar (0.2)		- Bonus elements in place of basic routine elements will receive the value of the bonus element only, i.e. a trolley swing into float upstart, in place of a chin up circle over, will receive 0.5 in value. - Any combination of swings and long swings may be performed, up to a maximum of 5 swings and long swings in total, i.e. 2 swings + 3 long swings = 2(0.3) + 3(0.6) = 2.4. - No reverse of direction deductions will be taken.
2.	Leg lift to bar (0.2)		
3.	Chin up circle over to support (0.3)	OR trolley swing into float upstart to support (0.5)	
4.		+ Back hip circle (0.3)	
5.	Cast above horizontal (0.3) into		
6.		+ Clear circle to handstand (0.5)	
7.	5x swings forward and backward above horizontal (0.3 each)	OR up to 5x forward or backward long swing (0.6 each)	
8.		+ Toe-on toe-off stoop (0.5)	
Element Group Requirements (EGs) - No element group bonuses given.		Apparatus Specific Deductions	- Repeated elements will not be counted toward the D-Score. - Additional elements and swings will not receive any additional value but may still be subject to execution deductions. - No deduction will be given for stopping the swing after the end of the routine. - The gymnast must attempt all skills as part of the basic routine, except where a bonus element is performed in place. A short routine deduction of 1.0 will apply to each missing element with no attempts, up to a maximum short routine deduction of -8.0 marks. If no skills are clearly attempted, the gymnast will receive a final score of 0.0.

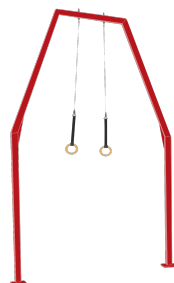
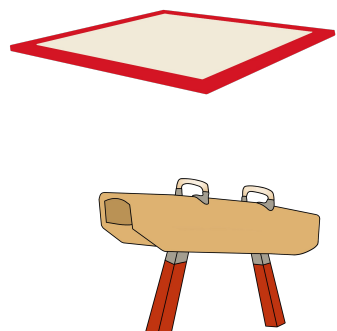
[See 'Welcome to Intermediate' page for short routine deductions.](#)



MAG ADVANCED

Welcome to Advanced!

- For this category we have chosen the following skills and routine requirements to provide more opportunities for gymnasts to be able to compete at the level that suits them best.
- To be in the running for an All Around medal, gymnasts need to compete ANY four out of the six pieces.
- This category may only be entered by gymnasts who are capable of and have trained the skills in this level. Competitors must not enter themselves at a level that is beyond or below their ability.
- The following routine sheets align with the [FIG Men's Artistic Gymnastics Code of Points](#), 2025-28. Some difficulty values may differ from the CoP due to including uncoded elements. Maximum 5 elements to count per Element Group.
- Please read the apparatus rules and regulations for each piece to ensure gymnasts are training on the correct equipment.
- If you have any questions, don't hesitate to contact us at office@bugl.co.uk



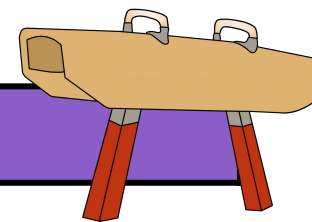
Short Routines See Table for FX/PH/SR/PB/HB Deductions	8	0.00
	7	0.00
	6	0.00
	5	3.00
	4	4.00
	3	5.00
	2	6.00
	1	7.00
	0	10.00



MAG Advanced FLOOR

Element Group Requirements 3 @ 0.5 Per EG + Dismount	- Group I. Non-acrobatic elements. - Group II. Acrobatic elements forward. - Group III. Acrobatic elements backward. - Group IV. Dismounts.*	Non-Permitted Elements	- All D-value elements and above. - Uncoded elements not listed will not receive any DV and may be subject to execution deductions.		
Dismount Bonus *Note: Dismount must come from either Group II or III and must land on the gymnast’s feet.	- B = 0.3 - C = 0.5	Apparatus Specific Rules & Deductions	- No deduction for lack of a double salto element. - Gymnasts must perform a one leg balance or jump/leap in line with the 2025-2028 FIG COP. - Gymnasts must perform corner transitions in line with the 2025-2028 FIG COP. - No deduction for lack of unique corner transitions. - An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine. In this case, the coach may subsequently remove the mat part way through the routine, but must not communicate with the gymnast in any way whilst doing so.		
Additional Uncoded Skills and Split Skills in the Same Box		Max 5 elements to count to D-score per EG			
Group I Elements	Value	Group II Elements	Value	Group III Elements	Value
Backward roll to handstand straight arms	A	Tucked or piked front salto	A	Tucked or piked back salto 1/1	A
L-sit/straddle L-sit	A	Tucked or piked front salto 1/2	A	Tempo salto (Whip back)	B
Straddle lever to straddle stand/endo roll to straddle stand	A	Straight front salto	B	Straight back salto	B
		Straight front salto 1/2	B	Straight back salto 1/2	B
		Straight front salto 1/1	C	Straight back salto 1/1	B
		Straight front salto 3/2	C	Straight back salto 3/2	C
See ‘Welcome to Advanced’ page for short routine deductions.				Straight back salto 2/1	C





MAG Advanced POMMEL

Element Groups (EGs) 3 @ 0.5 Per EG + Dismount	- Group I. Single leg swings and scissors. - Group II. Circle and flairs, with and/or without spindles and handstands, Kehrswings, Russian wendeswings, flops and combined elements. - Group III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles. - Group IV. Dismounts.*	Non-Permitted Elements	All D-value elements and above.
Dismount Bonus	- B = 0.3. - C = 0.5.	Apparatus Specific Rules & Deductions	No deduction for lack of use of all three parts of the horse.
Additional Uncoded Skills and Split Skills in the Same Box			
Elements		Element Group	Value
- ½ scissor forwards		Group I	A
- ½ scissor backwards		Group I	A
- Pick up circle to finish in front or back support + min. ½ circle out		Group II	A
- From side or cross support on end, 180° or 270° Russian wendeswing forwards or sideways to support on or between the pommels (side to side support, side to cross support, cross to side support).		Group III	A
See 'Welcome to Advanced' page for short routine deductions.			



MAG Advanced RINGS

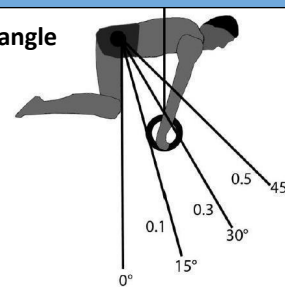
Element Groups (EGs) 3 @ 0.5 Per EG + Dismount	- Group I. Kip and swing elements & swings through or to handstand (2 sec.). - Group II. Strength elements and hold elements (2 sec.). - Group III. Swing to strength hold elements (2 sec.). - Group IV. Dismounts. *	Non-Permitted Elements	All D-value elements and above
Dismount Bonus	- B = 0.3. - C = 0.5.	Apparatus Specific Rules & Deductions	- Gymnasts must not perform more than 3 Strength Elements. - If a Gymnast wishes to perform more than 3 Strength Elements they must perform an inlocation/swinging dislocation or a B Value Swing Element (except any kind of Kip or Back Kip) before doing so. This Swing Element must be among the 8 best. - No deduction for lack of swing to handstand element. - An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine.

Additional Uncoded Skills and Split Skills in the Same Box

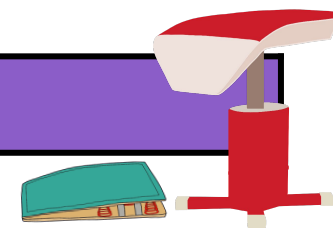
Group I Elements	Value	Group II Elements	Value	Group III Elements	Value
Kip to dislocation from inverted/Dislocated bwd. piked or straight	A	Muscle up	A	Back uprise to shoulder stand (2s)	A
		Tucked top planche (2s)	A	Back uprise tuck planche (2s)	A
		Shoulder stand (2s)	A	Felge to shoulder stand (2s)	A

[See 'Welcome to Advanced' page for short routine deductions.](#)

Tuck planche hip angle deductions

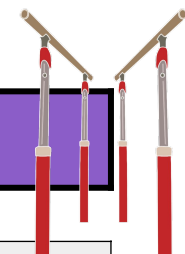


MAG Advanced VAULT



Element Groups (EGs)	- Group I. Single salto vaults with complex twists - Group II. Handspring vaults with or without simple twists, and all double salto forward - Group III. Handspring sideways and Tsukahara vaults with or without simple twists, and all double salto bwd. - Group IV. Round off entry and single salto vaults with complex twists - Group V. Round off entry vaults with or without simple twists, single salto without twist, and double saltos	Non-Permitted Elements	Any vault above 2.8 in difficulty value as per the FIG MAG CoP 2025-2028.
		Scoring	- All-around score: The best vault score taken. - Apparatus score: The average score of two vaults taken.
Apparatus Specific Rules & Deductions	135cm vault table with FIG landing. - An additional 10cm landing mat may be used for either vaults without deduction if the gymnast makes a request prior to the start of their first vault. - If two vaults are performed for an apparatus score, they must each come from different element groups. If two elements from the same group are performed, the second vault in order will receive a final score of 0.00.		





MAG Advanced PARALLEL BARS

Element Groups (EGs) 3 @ 0.5 Per EG + Dismount	- Group I. Elements in support or through support on 2 bars. - Group II. Elements starting in upper arm position. - Group III. Long swings in hang on 1 or 2 bars and underswings. - Group IV. Dismounts. *	Non-Permitted Elements	All D-value elements and above				
Dismount Bonus	- B = 0.3. - C = 0.5.	Apparatus Specific Rules & Deductions	- No deduction for lack of double salto - An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine. - The angle on the stutz to 45° should be evaluated as the line connecting the shoulders and hips. - No deduction for reversal of direction following swing to handstand				
Additional Uncoded Skills and Split Skills in the Same Box							
Group I Elements	Value	Group II Elements	Value	Group III Elements	Value	Group IV Elements	Value
Stutz to 45°	A	Back uprise to support	A	Moy to upper arm with bent or straight legs	A	Salto bwd. or fwd. tucked	A
				Drop upstart	A	Salto bwd. tucked from long hang	A
See ‘Welcome to Advanced’ page for short routine deductions.							



MAG Advanced HORIZONTAL BAR

Element Groups (EGs) 3 @ 0.5 Per EG + Dismount	- Group I. Long hang swings with and without turns. - Group II. Flight elements. - Group III. In bar and Adler elements. - Group IV. Dismounts. *	Apparatus Specific Rules & Deductions	- An additional 10cm landing mat may be used without deduction if the gymnast makes a request prior to the start of their routine. - No deduction will be taken for reverse of direction. - A baby giant will receive no deduction for stopping on the bar, so long as the gymnast does not pause for longer than 2s. A deduction of 0.3 will be taken for pausing longer than 2s by the E jury. - Dropping from the bar does not count as a dismount, and therefore incurs no fall deductions. However, steps and hops on landing may still be deducted. - Upstart to hstd. with a stop on the bar will given, however the following rules will apply: - A deduction of 0.3 will be applied for the stop; - The gymnast must subsequently cast to hstd. following the upstart (NR if gymnast returns to bar without a subsequent cast to hstd.); - Normal deductions will apply to the cast height.				
Dismount Bonus	- B = 0.3. - C = 0.5.						
Non-Permitted Elements	All D-value elements and above						
Additional Uncoded Skills and Split Skills in the Same Box							
Group I Elements	Value	Group II Elements	Value	Group III Elements	Value	Group IV Elements	Value
Swing fwd. and ½ turn to hstd. (failed blind)	A	Back uprise above horizontal with release and catch	A	Toe-on toe-off stoop to hstd	A	Salto dismount bwd. or fwd. tucked	A
Swing bwd. and ½ turn to hstd. (failed top)	A	From hang, kip to straddle cut to finish in hang	A	Baby giant to support	A		
See ‘Welcome to Advanced’ page for short routine deductions.							



MAG FIG

Follow rules in the [FIG MAG Code of Points, 2025-2028](#).



British University Gymnastics League

2026/27



If you have any questions, don't hesitate to contact us at office@bugl.co.uk or [@bug.league](https://www.instagram.com/bug.league) on Instagram