



***WOMEN'S ARTISTIC GYMNASTICS***

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**CODE OF POINTS**

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***2025 - 2027***

NAME	ABBREVIATION	EXTRA NOTES
Circling Element	(C)	Skill can be used to fulfil the CR of a circling element
Dismount	(D)	Skill can be used to fulfil the CR of a dismount.
With Springboard	(WB)	Skill can be performed with springboard
Without Springboard	(WOB)	Skill can be performed without springboard
Above Horizontal	(AH)	Skill must be performed above horizontal
Below Horizontal	(BH)	Skill must be performed below horizontal
Mount	(M)	Skill can be used to fulfil the CR of a Mount.
Balance	(B)	Skill can be used to fulfil the CR of a Balance.
Acrobatic Skill	(A)	Skill can be used to fulfil the CR of an acrobatic skill
Flighted Skill	(F)	Skill can be used to fulfil the CR of a flighted element

The background features several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth. The lines are most prominent in the center and fade out towards the edges.

***WOMEN'S ARTISTIC GYMNASTICS***

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**UNEVEN BARS**

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# UNEVEN BARS



A	B	C	D	E	F
<p>Backward Hip Circle (C)                      Cast to Land (D)                      Cast below Bar (BH)                      Chin Up Circle Over (WB)                      Dish Undershoot Low Bar (D)                      Straddle Undershoot Low Bar (D)                      Forward Circle Down (D)                      Forward Hip Circle                      Squat on (D or Transition)</p>	<p>3/4 Giant                      Cast above Bar (AH)                      Chin up circle over (WOB)                      Pike on (Transition)                      Pike undershoot (D)                      Straddle undershoot (D)                      Clear circle below bar (C)</p>	<p>Backaway tucked (D)                      Straddle Cast to handstand                      Clear hip to horizontal                      Jump to handstand (M)                      Tucked Sole Circle (Transition)                      Straddle undershoot 1/2 (D)                      Pike undershoot 1/2 (D)                      Short upstart                      Long upstart                      Stalder Circle</p>	<p>Backaway Straight (D)                      Backward Giant                      Cast to Hstd (Legs together)                      Clear hip to handstand (C)                      Forward Giant                      Jump to handstand 1/2 (M)                      Shoot front tucked or piked (D)                      Shoot half                      Stalder to handstand (C)                      Straddle undershoot 1/1 (D)                      Pike undershoot 1/1 (D)                      Straddle back                      Toe on to handstand (C)                      Upstart 1/2 (M)                      Cast to handstand 1/2 turn                      Top Turn                      Piked Sole Circle (Transition)                      Moe straddled or piked</p>	<p>Backaway 1/2 (D)                      Backaway 1/1 (D)                      Blind change                      Cast to handstand 1/1                      Clear hip to handstand 1/2 (C)                      Endo to handstand                      Front away (D)                      Giant 1/2 into mixed grasp                      Jump to handstand 1/1 (M)                      Pak salto                      Shoot front tuck or pike 1/2 (D)                      Stalder to handstand 1/2 (C)                      Stoop to handstand (C)                      Backaway 1/1 (D)                      Toe on to handstand 1/2 (C)                      Upstart 1/1 (M)</p>	<p>Backaway 1 1/2 (D)                      Double twist (D)                      Clear hip to handstand 1/1 (C)                      Double front (D)                      Double tuck (D)                      Double pike (D)                      Endo to handstand (C)                      Endo to handstand 1/2 (C)                      Full turning giant                      Giant (L grip)                      Geinger                      Jaeger                      Pak salto with 1/1 (Transition)                      Shaposhnikova                      stalder to handstand 1/1 (C)                      Tkatchev                      Toe on to handstand 1/1</p>

A decorative graphic consisting of several overlapping, wavy lines in various shades of blue, creating a sense of motion and depth. The lines are centered horizontally and span most of the width of the page.

***WOMEN'S ARTISTIC GYMNASTICS***

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**BEAM**

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# BEAM



A	B	C	D	E	F
<p>1/2 Spin (S) Arabesque (B) Cartwheel (A) Catleap Forward roll Handstand held (B) Jump to front support (M) Pike Jump Round Off (D) Squat or Straddle on (M) Star jump (D) Tuck jump W-Jump Bridge Kickover</p>	<p>1/2 Spin leg at horizontal (S) Arabesque on scale (B) Backward walkover (A) Forward walkover (A) Cartwheel (One Handed) (A) Cartwheel straight jump (D) Circle up to front support (M) Free roll (A) Full spin (S) Handspring (D) illusion 1/2 Jump to box splits (M) Jump to straddle hold (M) Needle scale with hands (b) Pike Jump 1/2 Pike hold (B) Straddle hold - All variations (B) Round off (A) Russian lever tucked (B) Scissor kick Sissone Split jump Split leap Splits without hands (B) Squat through to rear support (M) Stag ring jump Straddle jump and Dismount Straight jump 1/2 Tic Toc (A) Tuck jump 1/2 Tucked top blanche V-sit without hand support (B) W-jump 1/2 Wolf Spin 1/2 Y Balance (B) Tuck/Pike Front Somersault (D) Jump to two feet (M) Tuck back (D) Handstand in splits (B)</p>	<p>Backward roll to handstand (A) Barani (D) Change leg leap Flick to 1 (A) Flick to 2 (A) Forward walkover one handed (A) Fouetté hop land in arabesque Full spin leg at horizontal Full spin leg at vertical Gainer Flick (A) Korbut Flick (A) Handstand forward roll (A) illusion 1/1 Needle scale without hands (B) Pike or straddle lever 1/2 (B) Ring jump Round off straight jump (D) Russian level pike or straddle (B) Spin 1 1/2 Split jump 1/4 Squat through to any russian (M) Straddle jump sideways Straddle jump 1/2 Straddle lever to hstd step down (M) Tuck back (A) + (F) Straight Back (D) Straight jump 1/1 Tuck jump 1/1 Tuck jump 1/2 sideways Valdez (A) W-jum 1/2 sideways Wolf spin 1/1 Backward walkover to splits Y Balance on relevé Jump to splits hand support (M) Jump 1/2 turn (M) Jump to hstd forward roll (M) Arabian Salto (D)</p>	<p>Catleap 1 1/2 Changeleg 1/4 Double Spin Forward Walkover (M) Free Cartwheel (A) + (F) Free walkover to support (M) Front somersault (M) Gainer tuck back (D) Jump 1/2 to feet (M) Layout (A) + (F) Onodi (A) Pike or Tuck Back (A) + (F) Ring leap Sheep Jump Split Jump 1/2 Split leap into arabesque (M) Straddle jump 1/1 E-lift to return (M &amp; B) Straddle planche (B) Straight back 1/2 (D) Straight Front (D) Straight front 1/2 (D) Tourjette Wolf spin 1 1/2 Straight back 1/1 (D) Jump to splits (No hands) (M)</p>	<p>Change leg 1/2 Change leg ring Change leg to arabesque (M) Flick to support (M) Free Walkover (A) + (F) Front somersault 1/2 (D) Gainer straight back (D) Pike front (M) Round off flick (M) Side somersault (A) + (F) Spin 2 1/2 Spin 2 1/2 leg at horizontal Spin 2 1/2 leg at vertical Split jump 1/1 Split jump 1/2 sideways Tourjette 1/2 Wolf spin 2/1 Double Spin leg at horizontal Double Spin leg at vertical</p>	<p>Change leg 1/1 Change leg ring 1/1 Double tuck (D) Double pike (D) Round off Layout (M) Straight back 1 1/2 (D) Double Twist (D) Straight front 1/1 (D) Straight front 1 1/2 (D) Triple spin Wolf spin 3/1</p>

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***WOMEN'S ARTISTIC GYMNASTICS***

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**FLOOR**

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# FLOOR



A	B	C	D	E	F
<p>1/2 Spin (S) Arabesque (B) Backward Roll (Tuck or Straddle) Bridge (B) Cartwheel (A) Catleap W Hop Forward Roll (A) Frog Balance (B) Handstand Held (B) Handstand Bridge to Stand (A) Handstand Forward Roll (A) Japana (B) Pike Fold (B) Pike Jump Press Up (B) Shoulderstand Arm Support (B) Splits - L or R (B) Star Jump Tuck Jump W-Jump Straight Leg Hop Bridge Kickover (A)</p>	<p>1/2 Spin Leg at horizontal (S) Arabesque on Scale (B) Backward Roll to front prone (A) Backward Walkover (A) Forward Walkover (A) Cartwheel (One Handed) (A) Catleap 1/2 Flick to 1 (A) Flick to 2 (A) Flighted Forward Roll (F) + (A) Full Spin (S) Handspring (A) Handspring to 1 (A) Handstand 1/2 Pirouette Handstand fwd roll Pike to stand Hecht Roll (A) + (F) illusion 1/2 Pike Jump 1/2 Straddle hold (B) Pike hold (B) Round off (A) Scissor kick Shoulderstand straight arms (B) Shoushanova tucked or straddle Side leap Sissone Split jump Split leap Stag ring jump Straddle jump Straight jump 1/2 Tic Toc (A) Tuck jump 1/2 V-sit without hand support (B) W hop 1/2 W-jump 1/2 Wolf spin 1/2 Y Balance (B) Handstand in splits (B) Tuck Back (A) + (F) Front Somersault (A) + (F)</p>	<p>Arabian Salto (A) + (F) Backward roll to handstand (A) Catleap 1/1 Change leg leap Flyspring (A) Forward walkover one handed (A) Fouetté hop land in arabesque Free cartwheel from run or chase (A) Pike Front Somersault (A) + (F) Full spin leg at horizontal Full spin leg at vertical Gainer Flick (A) Korbut Flick (A) Handstand 1/1 pirouette illusion 1/1 Needle scale without hands (B) Pike Jump 1/1 Pike or straddle lever 1/2 (B) Ring jump Russian level pike or straddle (B) Sheep jump Shushanova 1/2 Spin 1 1/2 Split jump 1/4 Straddle jump 1/2 Straight back Straight jump 1/1 Tuck jump 1/1 Valdez (A) W hop change leg W hop 1/1 W jump 1/1 Wolf spin 1/1 Y Balance on relevé (B) Barani (A) + (F) Straddle lever step down (B)</p>	<p>Backward roll with 1/2 turn (A) Catleap 1 1/2 Changeleg 1/4 Double Spin Free Cartweel from stand (A) Handstand pirouette 1 1/2 (B) illusion 1/1 no hands Onodi (A) Pike Front (A) + (F) Ring leap Sheep Jump Shoushanova 1/1 Spin 1 1/2 leg at horizontal Spin 1 1/2 leg at vertical Split Jump 1/2 Straddle jump 1/1 E-Lift to return (B) Straight Front (A) + (F) Straight front 1/2 (A) + (F) Straight back 1/2 (A) + (F) Straight back 1/1 (A) + (F) Straight jump 1 1/2 Tourjette Tuck back 1/1 (A) + (F) Tuck jump 1 1/2 Wolf spin 1 1/2 Whip salto (A)</p>	<p>Backward roll with 1/1 turn (A) Change leg 1/2 Change leg ring Free Walkover (A) Front Somersault 1/2 (A) + (F) Handstand pirouette 2/1 (B) Side somersault (A) Spin 2 1/2 Spin 2 1/2 leg at horizontal Spin 2 1/2 leg at vertical Split jump 1/1 Straight jump 2/1 Tourjette 1/2 Wolf spin 2/1 Wolf spin 2 1/2 Tourjette ring Double Spin leg at horizontal Double Spin leg at vertical</p>	<p>Change leg 1/1 Change leg ring 1/1 Double front (A) + (F) Double tuck (A) + (F) Double pike (A) + (F) Handstand 3/1 pirouette (B) Straight back 1 1/2 (A) + (F) Double Twist (A) + (F) Straight front 1/1 (A) + (F) Straight front 1 1/2 (A) + (F) Triple spin Wolf Spin 3/1 Tourjette ring 1/2</p>



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**UNCODED ELEMENTS**

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***MINI MARVELS - LEVELS 10, 9 & 8 ONLY***

## ALL VALUED AS AN A SKILL TO COMPLETE CR'S



<b>BEAM</b>	<b>BARS</b>	<b>FLOOR</b>
<p>Squat 1/2 Turn                      Spin preparation                      Straight Jump (D)                      Straight Jump (On beam)                      Beat Change Jump                      Press Up                      Front Support Hold (B)                      2 x Straight Leg Steps (Ref: Ruby Gems Grade)</p>	<p>Chin up circle over (With support or off high block)                      Backward hip circle (with support)</p>	<p>Tucked V-Sit (With Hands)                      Dish to Arch Hold (B)                      Straight Jump                      Front Support Hold (B)                      Spin preparation                      Back support (B) (Ref: Ruby Gems Grade)</p>