

# MEN'S ARTISTIC GYMNASTICS ROUTINES 2019-2027

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## LEVEL A

### FLOOR EXERCISE – LEVEL A

May be performed on the floor, with a wedge mat, in a wheelchair, or with a walker.  
Optional/Voluntary Choreography, including these requirements:

#### Value Element

- 2.0 Salute at beginning of routine
- 1.0 Beginning pose
- 2.0 1-2 log rolls or optional movements in wheelchair or walker
- 1.0 Ending pose
- 2.0 Salute at end of routine

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

### VAULT – LEVEL A

The video is the official version. This written text is merely an additional teaching tool.

\* Spotter required

May be performed in a wheelchair or with a walker (or other assistance)

#### Value Element

- 2.0 Salute to judge
- 2.0 Move to a designated point
- 2.0 “Stick” landing
- 2.0 Salute to judge

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

## **PARALLEL BARS – LEVEL A**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\* Spotter required

Performed seated, either with hand held bars or the parallel bars

### **Value Element**

- 1.0 Salute at beginning of routine
- 2.0 Grab the bars in an overgrip (either simultaneously or one hand at a time)
- 1.0 Change 1 hand to an undergrip
- 1.0 Change the other hand to an undergrip
- 2.0 Release the bar
- 1.0 Salute at end of the routine

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

## **HORIZONTAL BAR – LEVEL A**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\* Spotter required

Performed seated, either with a hand held single bar or the horizontal bar

### **Value Element**

- 1.0 Salute at beginning of the routine
- 2.0 Grab the bar in an overgrip (either simultaneously or one hand at a time)
- 1.0 Change 1 hand to an undergrip
- 1.0 Change the other hand to an undergrip
- 2.0 Release the bar
- 1.0 Salute at end of the routine

Difficulty 8.0  
Execution 2.0  
Max. score 10

# LEVEL B

## FLOOR EXERCISE – LEVEL B

Optional/Voluntary Choreography, including these requirements:

### Value Element

- 1.0 Salute at beginning of routine
- 1.0 Beginning pose
- 2.0 2 different locomotor movements (examples: walk forward, sideways, backwards, march) or sideways steps in both directions
- 2.0 1-2 log rolls
- 1.0 Ending pose
- 1.0 Salute at end of routine

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

## POMMEL HORSE – LEVEL B

The video is the official version of the routine. This written text is merely an additional teaching tool. Routine is performed standing on a folded panel mat or spotting box

### Value Element

- 1.0 Salute at beginning of routine
- 2.0 Place hands on pommels
- 2.0 Lift right hand, lift left hand, lift right hand, lift left hand
- 2.0 With hands on pommels, lift right leg, lift left leg, lift right leg, lift left leg
- 1.0 Salute at end of routine

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

## **VAULT – LEVEL B**

The video is the official version. This written text is merely an additional teaching tool.

\* Spotter Required

### **Value Element**

1.0 Stand at attention on springboard

1.5 Salute to judge

2.0 Straight jump onto 8" mat

2.0 Stick landing

1.5 Salute to judge

Difficulty 8.0

Execution 2.0

Max. score 10.0

## **HORIZONTAL BAR – LEVEL B**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

Performed seated, either with a hand held single bar or the horizontal bar

### **Value Element**

0.5 Salute at beginning of routine

1.0 Grasp the bar in an overgrip

1.0 Show straddle position

1.0 Show pike position

1.0 Show tuck position

1.0 Change 1 hand to an undergrip

1.0 Change the other hand to an undergrip

1.0 Release the bar

0.5 Salute at end of routine

Difficulty 8.0

Execution 2.0

Max. score 10.0

# LEVEL C

## FLOOR EXERCISE – LEVEL C

The video is the official version of the routine. This written text is merely an additional teaching tool.  
These skills may be reversed without deductions: Jump 180° turn, Log rolls, Knee scale

### Value Element

0.5	Salute at beginning of routine
1.0	Straight jump
1.0	1/4 turn to side chasse. Finish in straddle stand. Bring legs together
1.0	Jump 1/2 turn
1.0	Chasse
1.0	Squat down through push up position to lay flat
1.0	2 log rolls
1.0	Push to knee scale. Stand
0.5	Salute at end of routine

Difficulty	8.0
Execution	2.0
Max. score	10.0

## POMMEL HORSE – LEVEL C

The video is the official version of the routine. This written text is merely an additional teaching tool.  
Routine is performed standing on a folded panel mat or spotting block

### Value Element

0.5	Salute at beginning of routine
1.0	Grab pommels
2.0	Lift right hand; lift left hand; lift right hand; lift left hand
2.0	Push to support (feet must leave mat)
2.0	Leg kick right; leg kick left
0,5	Salute at end of routine

Difficulty	8.0
Execution	2.0
Max. score	10.0

## **VAULT – LEVEL C**

The video is the official version. This written text is merely an additional teaching tool.

\*Spotter Required

### Straight Jump Onto 8” Stacked Mats

#### OPTION 1 – Walk or Run Onto Springboard

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run or walk onto springboard
- 1.0 Put feet together on springboard
- 2.0 Straight jump onto 8” mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty 7.0  
Execution 2.0  
Max. score 9.0

#### OPTION 2 – Hurdle Onto Springboard

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run
- 2.0 Hurdle onto springboard
- 2.0 Straight jump onto 8” mat
- 1.0 Stick landing
- 1.0 Salute to judge

Difficulty 8.0  
Execution 2.0  
Max. score 10.0

## **HORIZONTAL BAR – LEVEL C**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

### **Value Element**

- 1.0 Salute at beginning of routine
- 2.0 Pike kick tap
- 2.0 One tap swing
- 2.0 Release at end of second back swing
- 1.0 Salute at end of routine

Difficulty 8.0  
Execution 2.0  
Max. score 10.0



# LEVEL 1

## FLOOR EXERCISE – LEVEL 1

The video is the official version of the routine. This written text is merely an additional teaching tool. These skills may be reversed without deductions:  $\frac{3}{4}$  Handstand/Teeter-totter, Hurdle, Jump 180° Turn, Scale

### Value Element

Salute at beginning of routine

1.0 Step kick  $\frac{3}{4}$  handstand/teeter-totter

1.0 Forward roll to stand

1.0 Tuck jump

1.0 Straddle jump

1.0 Two steps and a running pace; hurdle rebound straight jump

0.5  $\frac{1}{4}$  turn. Side chasse. Close feet together.

0.5 Jump  $\frac{1}{2}$  turn. Side chasse to straddle stand.

1.0  $\frac{1}{4}$  turn to stand. Scale/arabesque. Close feet together.

1.0 Sit & roll back to candle stick (hands by ears)

1.0 Roll to pike sit to immediate shoulder stretch V sit

1.0 Lay flat to  $1\frac{1}{2}$  log rolls to stomach. Stand

Salute at end of routine

Difficulty 10.0

Execution 10.0

Max. score 20.0

## **POMMEL HORSE – LEVEL 1**

The video is the official version of the routine. This written text is merely an additional teaching tool.  
Routine may be reversed.

### **Value Element**

- 2.0 Jump to support. Lift left, lift right arm, lift left arm
- 2.0 Leg kick right, leg kick left, leg kick right
- 2.0 Leg cut left to immediate right leg cut in
- 2.0 Tuck hold
- 1.0 Kick press dismount

Difficulty 9.0  
Execution 10.0  
Max. score 19.0

### **With Bonus**

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **VAULT – LEVEL 1**

The video is the official version. This written text is merely an additional teaching tool.

\*Spotter Required

- 1.0 Salute to judge
- 2.0 Run
- 2.0 Hurdle onto springboard
- 2.0 Straight jump onto 16” mat
- 2.0 Stick landing
- 1.0 Salute to judge

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **STILL RINGS – LEVEL 1**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

### **Value Element**

- 1.0 Jump to rings (with assistance). Show long hang position
- 2.0 Pull up with legs in a tucked position
- 2.0 Kick to tap swing forward. Tap swing backward.
- 2.0 Swing to tucked inverted
- 2.0 German Hang/Skin the cat
- 1.0 Release to dismount

Difficulty 10.0

Execution 10.0

Max. score 20.0

## **PARALLEL BARS – LEVEL 1**

The video is the official version of the routine. This written text is merely an additional teaching tool.  
Dismount may be performed off either side of bars.

\*Spotter Required (not shown on video)

### **Value Element**

- 1.0 Jump to support
- 1.5 2 support walk steps forward
- 1.5 Straddle cut with legs in front of arms
- 1.5 Straddle travel
- 1.5 Press legs to tuck support in-between the bars
- 1.0 Kick forward to swing backwards
- 2.0 Swing forward. Swing backwards to dismount off side of bar (tuck position)

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **HORIZONTAL BAR – LEVEL 1**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

### **Value Element**

- 1.0 Jump to hang (with or without assistance)
- 1.0 Pike arch pull stem tap
- 2.0 1 tap swing into a ½ turn
- 2.0 Tap swing in mixed grip
- 2.0 Change grip to front grip
- 1.0 1 tap swing
- 1.0 Release in back swing

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## LEVEL 2

### FLOOR EXERCISE – LEVEL 2

The video is the official version of the routine. This written text is merely an additional teaching tool.  
These skills may be reversed without deductions: Handstand, Cartwheel, Round-off

#### Value Element

- 2.0 Step kick to handstand (feet together in vertical position)
- 1.0 Step down to stand
- 2.0 Step cartwheel, cartwheel connected
- 1.5 Backward roll to straddle stand
- 1.5 Forward roll to tuck jump
- 2.0 2 steps, hurdle into round-off rebound

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

### POMMEL HORSE – LEVEL 2

The video is the official version of the routine. This written text is merely an additional teaching tool.  
Routine may be reversed

#### Value Element

- 2.0 With hand in a reverse position on pommel and one hand on leather kick travel with a 180° turn to the middle
- 1.5 Leg cut back to support
- 1.0 2 leg kicks/scissors
- 1.5 Leg cut in and out with right leg
- 1.5 Leg cut in and out with left leg
- 1.5 Leg cut one leg at a time to dismount

Difficulty 9.0  
Execution 10.0  
Max. score 19.0

#### WITH BONUS – Dismount

- 2.5 Travel from pommels to leather. Leg cut one leg at a time to dismount.

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **VAULT – LEVEL 2**

The video is the official version. This written text is merely an additional teaching tool.

\*Spotter Required

- 1.0 Salute to judge
- 2.0 Run
- 2.0 Hurdle onto springboard
- 2.0 Straight jump onto 24” mat
- 2.0 Stick landing
- 1.0 Salute to judge

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **STILL RINGS – LEVEL 2**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

### **Value Element**

- 0.5 Jump to rings (with assistance). Show long hang position.
- 2.0 Pull up and hold for 2sec.
- 1.5 Lower to hang
- 1.5 Hanging tuck position, hold for 2 seconds.
- 1.0 Kick to 3 swings
- 1.0 Pull to inverted hang
- 0.5 Lower to back pike/basket hang
- 1.0 German hang
- 1.0 Skin the cat dismount

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **PARALLEL BARS – LEVEL 2**

The video is the official version of the routine. This written text is merely an additional teaching tool.  
Dismount may be performed off either side of bars.

\*Spotter Required (not shown on video)

### **Value Element**

- 1.0 Jump to support with immediate swing forward
- 0.5 Swing backwards
- 1.5 Swing forward to straddle support with legs in front of arms
- 2.0 Press to straddle V hold for 2 seconds
- 1.5 Press legs together kick forward into swing backwards
- 1.5 Swing forward. Swing backwards
- 2.0 Swing forward. Swing backwards to dismount over side of bar (with straight legs)

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## **HORIZONTAL BAR – LEVEL 2**

The video is the official version of the routine. This written text is merely an additional teaching tool.

\*Spotter Required

### **Value Element**

- 1.0 Jump to the bar (with or without support). Show long hang position.
- 0.5 Chin up pull over with spot
- 1.0 Cast undershoot to 2 swings
- 2.0 ½ turn to mixed grip
- 1.0 1 swing in mixed grip
- 1.5 Change grip to front grip. Do 2 full tap swings
- 1.0 Dismount in the back of the second swing
  
- 1.5 Chin up pull over without spot
- 0.5 Additional tap swing forward & backwards before dismount

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

## LEVEL 3

### FLOOR EXERCISE - LEVEL 3

Elements in the routine may be performed in any order, using these composition guidelines:

- Top 5 elements count for difficulty
- FIG “A” or Recognizable Gymnastics Skills
- Must include these Element Groups:

Value	Requirement
0.5	Forward acrobatic element
0.5	Backward acrobatic element
0.5	Additional acrobatic element for dismount
0.5	Non-acrobatic element

Difficulty	10.0
Execution	10.0
Max. Score	20.0

### POMMEL HORSE – LEVEL 3

Elements in the routine may be performed in any order, using these composition guidelines:

- Top 5 elements count for difficulty
- FIG “A” or Recognizable Gymnastics Skills
- Must include these Element Groups:

0.5	Swings/scissors
0.5	Travel
0.5	Circle
0.5	Dismount

### STILL RINGS – LEVEL 3

\*Spotter required

Elements in the routine may be performed in any order, using these composition guidelines:

- Top 5 elements count for difficulty
- FIG “A” or Recognizable Gymnastics Skills
- Must include these Element Groups:

Value	Requirement
0.5	Swinging element
0.5	Strength element below the rings
0.5	Strength element above the rings
0.5	Dismount



### **VAULT - LEVEL 3**

\* Spotter required

#### **OPTION 1**

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run
- 1.0 Hurdle onto springboard
- 2.0 Straight jump onto 24" mat
- 1.0 Stick landing
- 2.0 (2-3 steps) Handstand flat back
- 1.0 Sit up & salute to judge

Difficulty 9.0  
Execution 10.0  
Max. score 19.0

#### **OPTION 2**

##### **Value Element**

- 1.0 Salute to judge
- 1.0 Run
- 2.0 Hurdle onto springboard
- 3.0 Jump to handstand onto minimum 30" mat
- 2.0 Flat back
- 1.0 Sit up & salute to judge

Difficulty 10.0  
Execution 10.0  
Max. score 20.0

### **PARALLEL BARS – LEVEL 3**

\*Spotter required

Elements in the routine may be performed in any order, using these composition guidelines:

- Top 5 elements count for difficulty
- FIG “A” or Recognizable Gymnastics Skills
- Must include these Element Groups:

Value	Requirement
0.5	Support element
0.5	Element on upper arm
0.5	Swinging element
0.5	Dismount

### **HORIZONTAL BAR – LEVEL 3**

\*Spotter required

Elements in the routine may be performed in any order, using these composition guidelines:

- Top 5 elements count for difficulty
- FIG “A” or Recognizable Gymnastics Skills
- Must include these Special Requirements:

Value	Requirement
0.5	In bar element
0.5	Swinging element
0.5	Turning element
0.5	Dismount

## **LEVEL 4**

### **FLOOR EXERCISE – LEVEL 4**

- Top 8 elements count for difficulty
- Skills may be Recognizable Gymnastics Skills or any skill listed in the FIG Code of Points
- Only FIG skills can fulfill the Element Groups listed below

#### **ELEMENT GROUPS (2 Required)**

- EG I - Flexibility, balance, strength
- EG II - Forward element(s)
- EG III - Backward element(s)
- EG IV - Dismount

### **POMMEL HORSE – LEVEL 4**

- Top 8 elements count for difficulty
- Skills may be Recognizable Gymnastics Skills or any skill listed in the FIG Code of Points
- Only FIG skills can fulfill the Element Groups listed below

#### **ELEMENT GROUPS (2 Required)**

- EG I - Single leg swings and scissors
- EG II – Circle and flairs, with and/or without spindles and handstands, kehrswigns, Russian wendeswings, flops and combined elements
- EG III – Travel type elements, including krolls, tong fei, wu guonian, roth and traveling spindles
- EG IV - Dismount

### **STILL RINGS – LEVEL 4**

\*Spotter required

- Top 8 elements count for difficulty
- Skills may be Identifiable Skills or any skill listed in the FIG Code of Points
- Only FIG skills can fulfill the Element Groups listed below

#### **ELEMENT GROUPS (2 Required)**

- EG I – Kip and swing elements & swings through a handstand or to a handstand
- EG II – Strength elements and hold elements (2 sec.)
- EG III – Swing to strength hold elements (2 sec.)
- EG IV - Dismount

## **VAULT – LEVEL 4**

Any vault in the FIG Code of Points – Add 2.0 to start values listed in the current FIG Code of Points.

For Special Olympics vaults over stacked mats turned sideways, any standard manufactured 5'X10' mat may be used.

Special Olympics Vaults:

### **Start value Vault**

- |     |   |
|-----|---|
| 1.0 | Handstand Onto Stacked Mats (32" Or Higher) – Flat Back                             |
| 1.6 | Handstand Onto Table – Flat Back Onto Stacked Mats (minimum height even with table) |
| 1.4 | Handsprings Over Stacked Mats (32" or higher)                                       |

Additional vaults over stacked mats will receive 1.4 for the handspring, plus the following points:

- |     |  |
|-----|--|
| 0.1 | Each $\frac{1}{4}$ turn (For example: $\frac{1}{4}$ on – $\frac{1}{4}$ off start value is 1.6: 1.4 for the handspring plus 0.1 for each $\frac{1}{4}$ turn)) |
| 0.2 | Each $\frac{1}{2}$ turn (For example: $\frac{1}{2}$ on, $\frac{1}{2}$ off start value is 1.8: 1.4 for the handspring plus 0.2 for each $\frac{1}{2}$ turn)   |

**SAFETY NOTE:** Per FIG, vaults with a lateral landing are not allowed. (For example - a handspring on, 1/4 off is not allowed.)

## **PARALLEL BARS – LEVEL 4**

\*Spotter required

- Top 8 elements count for difficulty
- Skills may be Recognizable Gymnastics Skills or any skill listed in the FIG Code of Points
- Only FIG skills can fulfill the Element Groups listed below

ELEMENT GROUPS (2 Required)

- EG I – Elements in support or through support on 2 bars
- EG II – Elements starting in upper arm position
- EG III – Long swings in hang on 1 or 2 bars and underswings
- EG IV - Dismount

## **HORIZONTAL BAR – LEVEL 4**

\*Spotter required

- Top 8 elements count for difficulty
- Skills may be Recognizable Gymnastics Skills or any skill listed in the FIG Code of Points
- Only FIG skills can fulfill the Element Groups listed below

ELEMENT GROUPS (2 Required)

- EG I - Long hang swings with and without turns
- EG II – Flight elements
- EG III – In bar and Adler elements
- EG IV - Dismount