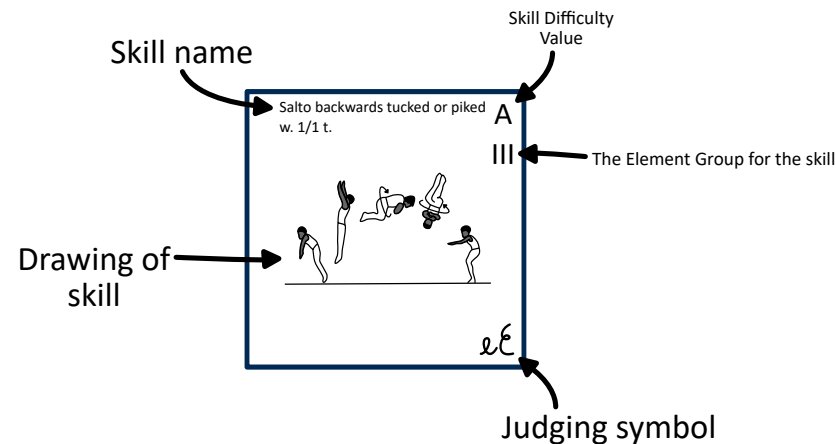




NAIGC Masters Code of Points – MAG



This document details skills that are not found in the FIG Code of Points but are allowed for credit in Masters Gymnastics Competitions. All skills are "clickable", and link to a video of the skill.

Skill values are as follows:

- **Miscellaneous Gymnastics Element (Misc.):** These are any gymnastics skill not listed here or the FIG code of points (eg. basic swing on rings or high bar)
- **Masters Element (ME):** These are easier than FIG skills but still harder than Misc. Elements
- **A, B, C, etc.:** These are of similar difficulty to FIG A/B/C/etc. skills

Floor Exercise (FX)

EG I: Non-acrobatic elements | EG II: Acrobatic elements forward (saltos and handsprings) and fwd. rollout elements (no salto) | EG III: Acrobatic elements backward (saltos and handsprings), and Arabian elements | EG IV: Single salto forward and backward with 1 or more turns

1. Pancake (stop required) ME ⋈	2. L-sit or straddled L-sit (2 s.) ME L	3. Press to headstand (2 s.), piked or straddled ME >h	4. Cartwheel ME X	5. Handstand (any entry, no hold) forward roll out ME ↑	6. Straight arm backward roll to prone ME λ
7. Backward roll through handstand ME λ	8. Elbow support scale (2 s.) ME ⌋	9. Jump fwd. to prone, also with ½ turn <i>Note: may not be directly connected to an EG II or EG III skill</i> ME ↑	10. Any neck or headspring ME ∩	11. Healy (handstand fall forward with ¼ turn on one arm to rear support) ME h	12. Round-off (stuck, rebound, or connected to other acro) ME λ
13. Dive roll without stretched position ME II ~	14. Jump ¼ turn or standing ¼ turn ME IV ↑	15. No-handed back extension roll with flight to prone A I λ↑	16. Any side aerial A II λ	17. Salto backwards tucked or piked w. 1/1 t. A IV λ	18. Jump fwd. with 2/1 twist to front support. <i>Note: may not be directly connected to an EG II or EG III skill</i> B I λ (Batta)
19. Endo roll to Japanese Handstand (2 s.) C I λ>⌋	20.	21. *All single salto skills with different amounts of twist are considered different skills in separate boxes. This affects the following FIG skills: EG II: 13, 14 EG III: 8 EG IV: 2, 3, 9	22.	23.	24.

Pommel Horse (PH)

EG I: Single leg swings and scissors | EG II: Circle and flairs, with and/or without spindles and handstands, Kehrs, Russian wendeswings, flops and combined elements | EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles | EG IV: Dismounts

1. False scissor forwards or single leg circle forwards ME I Y	2. False scissor backwards or single leg circle backwards ME I Y	3. Hop sideways ME I Y	4. Second scissor forwards in direct succession ME I XX	5. Second scissor backwards in direct succession ME I XX	6. Single leg Stockli or "Simple Swiss" ME I S_A
7. Second circle in direct succession ME II LL	8. Circle on pommel + leather ME II Y	9. Kehr to rear support ME II k	10. Czechkehre as mount ME II C	11. Czechkehre to rear support ME II C	12. Circle with travel sideways to rear support ME III Y
13. Single leg travel Note: Any travel of this type is acceptable, it does not have to be the exact leg/hand movement sequence shown ME III A	14. 1/2 Circle Dismount (fwd or bwd) Note: May also be performed on the leather or one hand leather one hand pommel ME IV Ø	15. Kehr to rear support with 1/4 turn dismount ME IV k	16. ME IV k	17. Flaired front loop, rear loop, or in cross support on pommels or pommel+leather (not shown) A II f	18. From cross support frontways on end, tucked salto backwards/sideways to dismount B IV Y
19. Any combination of two flops on one pommel C II Choose any two, same or different (Circle in side support) (Circle in cross support) (DSB) (DSA)	20. Russian + Flop combo C II Choose one of each group, in any order (Circle in side support) (Circle in cross support) (DSB) (DSA) (Russian 180° or 270°)	21. Reverse stockli with 270° turn from one pommel C II (Rendon) R	22. Double Scissor fwd with travel swd. and 1/2 turn D I XE	23. 1/4 Kehr to one pommel (1/4 Sohn) to immediate 1/4 Reverse Stockli E II KR	24. Kehre bwd, kehr fwd, kehr bwd, kehr fwd E III (Ganser) Ga

NAIGC Masters Code of Points - MAG

Last Updated: 2026-04-02

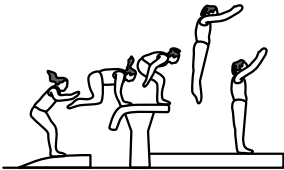
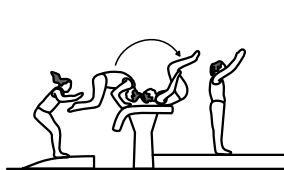
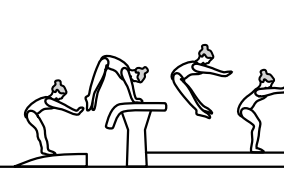
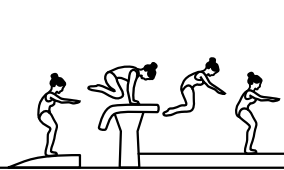
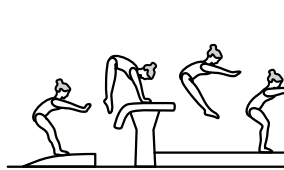
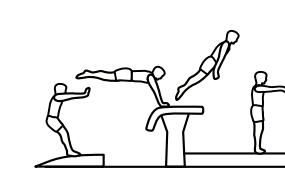
Still Rings (SR)

1. Swing forwards or backwards	GE	2. Support swing bwd. drop to	ME	3. Felge tucked to support	ME	4. Slow lower through back	ME	5. Muscle up	ME	6. Pike press to	ME
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to bent arm hang in L III +L	swing fwd. in hang I i	lever to German hang (2 s.) II i	II 1	shoulderstand (2 s.) II L
7. Straight body lift from hang to inverted hang (arms bent or straight) ME II i	8. Tuck planche (2 s.) <i>Note: Hips must be level, arms straight and off straps</i> ME II ▽	9. Tuck salto, front or back (also with 1/2) ME IV 8	10.	11.
13. Back uprise to shoulderstand (2 s.) A I +h	14. Felge to shoulderstand (2 s.) A I f	15. Uprise bwd. to tuck planche (2 s.) A III +▽	16. Swing bwd. and inlocate to back lever (2 s.) A III +▽	17. Uprise bwd. and salto bwd tucked A IV +e
19. From still hang, vertical pullup to support with one arm straight and the other bent B II +	20. From or through hanging L, vertical pull up with bent arms and legs horizontal to L-sit (2 s.) B II L	21. Uprise bwd. or swing down from handstand and salto bwd piked or stretched B IV +e	22. From still hang, vertical pullup to handstand (2 s.) with one arm straight and the other bent C II +	23. Kip and salto fwd. tucked (no support) C IV 8
24.	24.	24.	24.	24.

Vault (VT)

Group I: Single salto vaults with complex twists | Group II: Handspring vaults w/ or w/o twists and all double salto fwd | Group III: Tsukahara vaults | Group IV: Yurchenko vaults

1. Tuck onto table, straight jump off 0.0	2. Forward roll over table 0.0	3. Straddle hecht 0.5	4. Tuck hecht 0.5	5. Pike hecht 1.1	6. Straight hecht 1.6
					
					

In International Masters Competitions, vaults have different values from FIG to compensate for the impact of advancing age. The gymnast receives an "Age Bonus" depending on their decade as shown below. Not all vaults are shown in this table, only a sample of some of the most common vaults.

Age Decade				
30	40	50	60	70
0.8	1.6	2.4	2.8	3.2
Age Bonus				

All vaults not listed in the FIG Code of Points or the above boxes receive a base value of 0.0 points and the corresponding bonus of the respective age group.

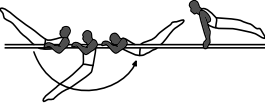
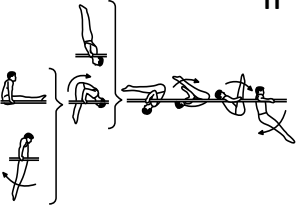
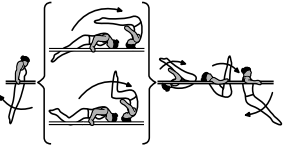
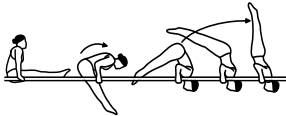
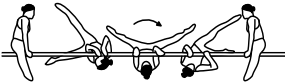
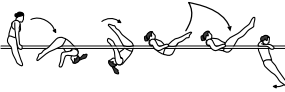
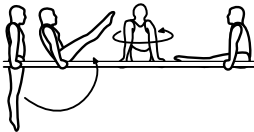
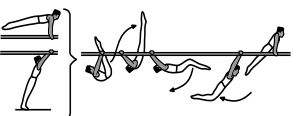
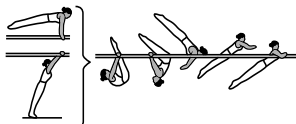
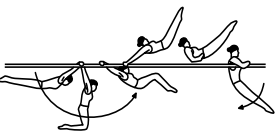
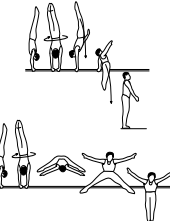
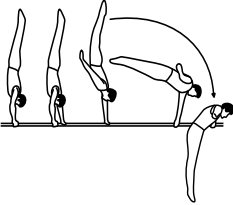
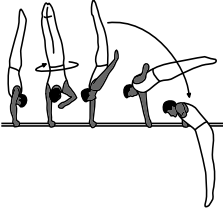
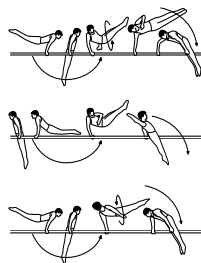
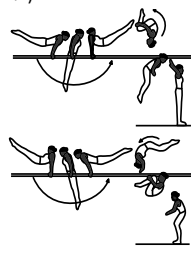
Example Vault Values		Age Decade					Age Bonus
Vault Name	FIG	30	40	50	60	70	
Squat onto table - straight jump down	0	0.8	1.6	2.4	2.8	3.2	Final Value
Roll onto and over the table	0	0.8	1.6	2.4	2.8	3.2	
Straddle hecht over table	0.4	1.2	2	2.8	3.2	3.6	
Tuck hecht over table	0.4	1.2	2	2.8	3.2	3.6	
Pike hecht over table	0.8	1.6	2.4	3.2	3.6	4	
Straight hecht over table	1.2	2	2.8	3.6	4	4.4	
Front handspring	1.2	2	2.8	3.6	4	4.4	
Front handspring with 1/2 twist	1.4	2.2	3	3.8	4.2	4.6	
Front handspring with 1/1 twist	1.6	2.4	3.2	4	4.4	4.8	
Front handspring with 3/2 twist	1.8	2.6	3.4	4.2	4.6	5	
Front handspring and salto fwd. tucked	2	2.8	3.6	4.4	4.8	5.2	
Front handspring and salto fwd. tucked with 1/2 twist	2.4	3.2	4	4.8	5.2	5.6	
Front handspring and salto fwd. piked	2.4	3.2	4	4.8	5.2	5.6	
Front handspring and salto fwd. piked with 1/2 twist	2.8	3.6	4.4	5.2	5.6	6	
Front handspring and salto fwd. stretched	3.2	4	4.8	5.6	6	6.4	
Front handspring and salto fwd. stretched wit 1/2 twist	3.6	4.4	5.2	6	6.4	6.8	
Front handspring sw with 1/4 twist	1.2	2	2.8	3.6	4	4.4	
Front handspring sw with 3/4 twist	1.4	2.2	3	3.8	4.2	4.6	
Front handspring sw with 5/4 twist	1.6	2.4	3.2	4	4.4	4.8	
Tsukahara or Yurchenko tucked	1.8	2.6	3.4	4.2	4.6	5	
Tsukahara or Yurchenko piked	2	2.8	3.6	4.4	4.8	5.2	
Tsukahara or Yurchenko tucked with 1/2 twist	2	2.8	3.6	4.4	4.8	5.2	
Tsukahara or Yurchenko tucked with 1/1 twist	2.4	3.2	4	4.8	5.2	5.6	
Tsukahara or Yurchenko stretched	2.8	3.6	4.4	5.2	5.6	6	
Tsukahara or Yurchenko stretched with 1/2 twist	3.2	4	4.8	5.6	6	6.4	
Tsukahara or Yurchenko stretched with 1/1 twist	3.6	4.4	5.2	6	6.4	6.8	

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Parallel Bars (PB)

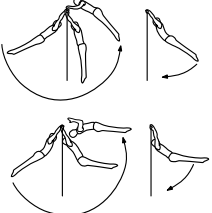
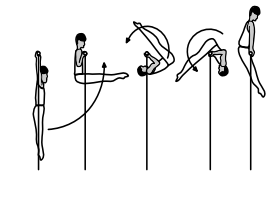
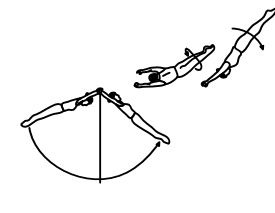
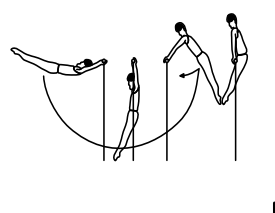
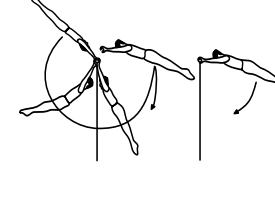
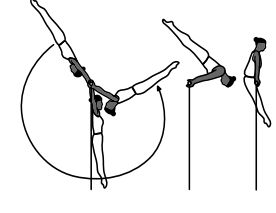
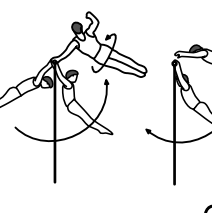
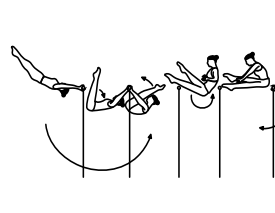
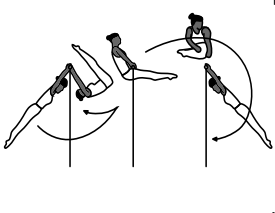
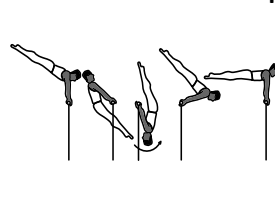
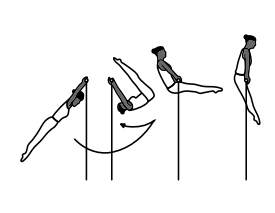
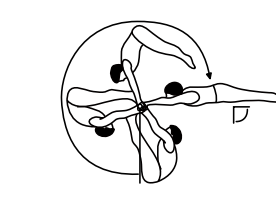
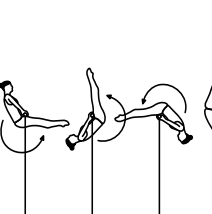
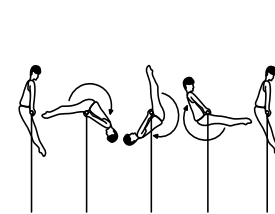
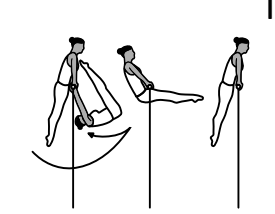
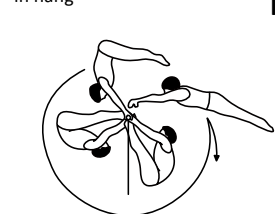
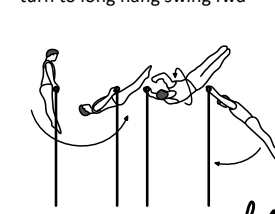
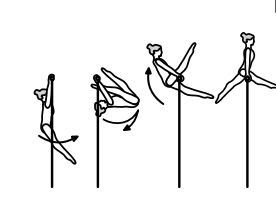
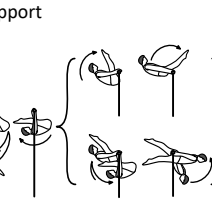
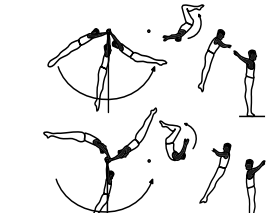
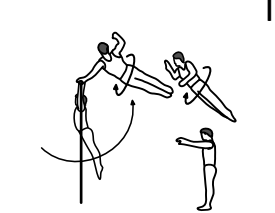
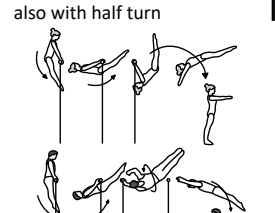
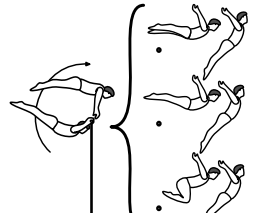
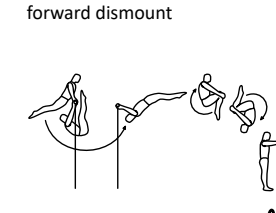
EG I: Elements starting in upper arm position | EG II: Elements in support or through support on 2 bars | EG III: Long swings in hang on 1 or 2 bars and underswings | EG IV: Dismounts

1. Back uprise to support from upper arm ME I  +	2. Kip from upper arm to support or L ME I  ⌋	3. Forward roll to upper arm ME II  ⌋	4. Czech turn (also as mount) ME II  C	5. Any number of circles or flairs from support swing fwd or bwd. ME II  l f	6. ¼ salto forward to upper arm ME II  ⌋
7. Elbow support scale (2 s.) ME II  ⌋	8. Press to shoulderstand (2 s.) <i>Note: shoulders may be on or off bars, either is acceptable</i> ME II  L ⌋	9. Diver Roll 1 ME II  ⌋	10. Diver Roll 2 ME II  ⌋	11. From support swing fwd, half turn in L with momentary sit on outside bar to L sit (2 s.) ME II  ⌋	12. Half Turn While Holding Straddle L on One Bar ME II  ⌋
13. Underswing to long hang bwd uprise to support ME III  J+	14. Peach to upper arm ME III  f	15. Moy to upper arm ME III  M	16.	17.	18.
19. Dutch dismount (handstand ½ to stand or ¼ turn and straddle/tuck to stand) ME IV  D	20. Fencer dismount ME IV  f	21. Flank dismount ME IV  f	22. Wende dismount (also w/ 1/2 turn), tucked, piked, or stretched ME IV  W	23. Stutz, reverse stutz, or kehr dismount ME IV  S	24. Tuck salto, front or back (also with ½) ME IV  ⌋ ⌋

EG I: Elements starting in upper arm position EG II: Elements in support or through support on 2 bars EG III: Long swings in hang on 1 or 2 bars and underswings EG IV: Dismounts					
1. Bwd. roll from upper arm stretched A I +∩	2. Bwd. roll from upper arm to support A I +∩	3. Back uprise straddle cut to upper arm <i>(same box as straddle cut to bent arm support)</i> A I +→	4. Straddle L (2 s.) <i>(same box as L-sit)</i> A II <	5. Piked vault with hop 1/2 to support bent arm A II V∟	6. Drop kip A III h
7. Reverse cast from upper arm B I ↺	8. Piked vault with hop 1/2 to support straight arm B II V	9. Stutz to support B II S!	10. V-sit (2 s.) B II n	11. Giant swing to support B III O!	12. Forward giant to support B III O!
13. Manna (2 s.) C II T	14.	15.	16.	17.	18.
19.	20.	21.	22.	23.	24.

Horizontal Bar (HB)

EG I: Long hang swings with and without turns | EG II: Flight elements | EG III: In bar and Adler elements | EG IV: Dismounts

1. Hopping from forward to backward swing or vice versa with grip change GE II 	2. Pull Over ME I  P	3. Swing to 1/2 turn, minimum 45° above horizontal ME I  JZ	4. Back uprise to support ME I  +I	5. 3/4 Forward Giant hop out ME I  O-I	6. 3/4 Giant swing backward to support ME I  O-I
7. German swing fwd to 1/2 turn with hop to long hang fwd. ME II  CE	8. Straddle Cut ME II  <	9. Kip, cast, vault catch ME II  ~L	10. Backward Free Hip Circle to Horizontal ME III  fI	11. Kip to support ME III  ~I	12. Toe-on, toe-off to horizontal ME III  ^
13. Backward Hip Circle ME III  9	14. Forward Hip Circle ME III  9	15. Drop kip to support ME III  ~I	16. Fwd. toe circle (piked or straddled) hop to swing fwd. in hang ME III 	17. Underswing (piked, straddled, or free) with half turn to long hang swing fwd ME III  fZ	18. Single leg kip to support ME III  ^
19. Stoop through to swing forward or backward to rear support ME III  >	20. Salto tucked, bwd or fwd (also with 1/2) ME IV  ~L	21. Uprise backwards and full turn dismount ME IV  +E	22. Underswing (piked, straddled, or free) dismount, also with half turn ME IV  P	23. Tuck, pike, or straddle hecht over bar ME IV  +~	24. Underswing (piked, straddled, or free) salto forward dismount ME IV  f~