

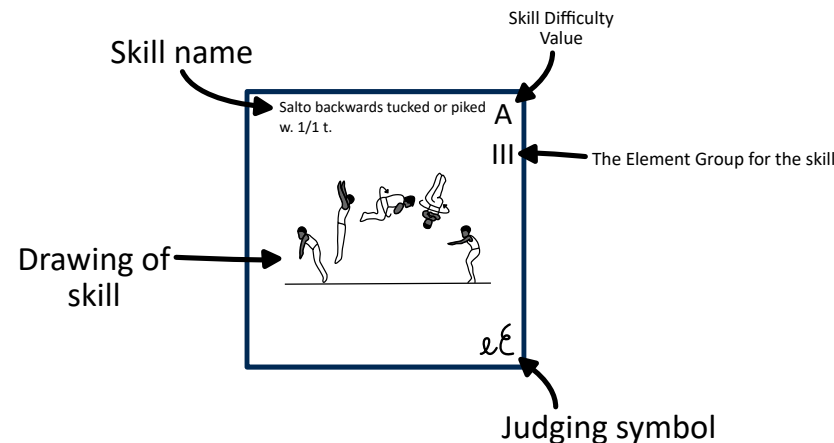


MAG Masters

Judges Guide



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)

General Differences Between NAIGC Masters and FIG:

- Apparatus can be set to any safe height
- D-score depends on age (scorecard will say their age decade)
- Judge has discretion to prohibit an athlete from performing a skill for safety reasons based on warmups
- No uniform deductions except in the case of safety
- Short routines get -1.0 per missing skill
- Misc. skills are any gymnastics-like skill that isn't a FIG or Masters skill, gymnasts must be 50+ to count Misc. skills
- Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, except that instead of requiring $\geq D$ to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).

Age Decade		30-39	40-49	50-59	60-69	70+
Number of elements		6	6	6	6	6
EG Bonus Skill Level Requirement		$\geq$ Masters Elements+	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Routine Length Skill Level Requirement		$\geq$ Masters Elements	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

Event Specific Rules:

- No deduction for lacking a double flipping skill.
- No time limit for the routine.
- For those aged 60 or higher, rolling elements will receive EG credit for EGII (eg. forward roll as a Misc. Skill) and EGIII (eg. Straight arm backward roll to prone as a Masters skill or a simple backward roll as a Misc. Skill).
- The dismount per FIG rules must be an acrobatic skill landing with both feet together. As such, a round-off (with or without rebound) may be used as the dismount for gymnasts age 50 or older (50-59 will receive partial dismount credit, 60+ will receive the full 0.5 dismount credit).
- The twisting skills that were combined into a single box (eg. front 1/1 and front 3/2) may each be performed for credit in the same routine (ie. they are considered separate skills).
- Any number of 10cm or thinner mats may be used on the floor during the exercise (depending on the availability of mats at the competition facility). The gymnast may not, however, use 20cm or taller mats to rebound or punch from, and the mat must remain in place throughout the routine. Rebounding from 20cm or taller mats and moving the mat during the routine are separate 0.5 apparatus deductions.

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 T	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 h	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)

General Differences Between NAIGC Masters and FIG:

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- No uniform deductions except in the case of safety
- Short routines get -1.0 per missing skill
- Misc. skills are any gymnastics-like skill that isn't a FIG or Masters skill, gymnasts must be 50+ to count Misc. skills
- Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, except that instead of requiring $\geq D$ to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).

Age Decade		30-39	40-49	50-59	60-69	70+
Number of elements		6	6	6	6	6
EG Bonus Skill Level Requirement		$\geq$ Masters Elements+	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Routine Length Skill Level Requirement		$\geq$ Masters Elements	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

Event Specific Rules:

- For those aged **60 or higher**, **only two parts of the horse need to be touched** (rather than the usual three).
- The rule stating a listed CoP element must be performed after any skill EG II or III skill to receive credit (see 11.2.2.2.a.4 in the FIG CoP) does not apply. **Gymnasts may leg cut after any skill without deduction** or loss of credit.

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 Choose any two, same or different C II	20. Russian + Flop combo Choose one of each group, in any order C II	21. Reverse stockli with 270° turn from one pommel C II (Rendon) R_Ø	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_Ø	24. Kehre bwd, kehre fwd, kehre bwd, kehre fwd E III (Ganser) G_a

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Still Rings (SR)

General Differences Between NAIGC Masters and FIG:

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- No uniform deductions except in the case of safety
- Short routines get -1.0 per missing skill
- Misc. skills are any gymnastics-like skill that isn't a FIG or Masters skill, gymnasts must be 50+ to count Misc. skills
- Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, except that instead of requiring $\geq D$ to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).

Age Decade		30-39	40-49	50-59	60-69	70+
Number of elements		6	6	6	6	6
EG Bonus Skill Level Requirement		$\geq$ Masters Elements+	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Routine Length Skill Level Requirement		$\geq$ Masters Elements	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

Event Specific Rules:

- **No deduction for lacking a swing to handstand skill.**
- Gymnasts shall **not receive deductions for bent arms during transitions** between elements. All other form deductions will be taken as per FIG rules.
- For those age **60 or higher**, the gymnast may be lifted into support above the rings to start the exercise without deduction.

Still Rings (SR)

EG I: Kip and swing elements & swings through or to handstand | EG II: Strength elements and hold elements | EG III: Swing to Strength hold elements | EG IV: Dismounts

1. Swing forwards or backwards to bent arm hang in L GE III +L	2. Support swing bwd. drop to swing fwd. in hang ME I i i	3. Felge tucked to support ME I f	4. Slow lower through back lever to German hang (2 s.) ME II i l 9	5. Muscle up ME II 1	6. Pike press to shoulderstand (2 s.) ME II L h
7. Straight body lift from hang to inverted hang (arms bent or straight) ME II i j !	8. Tuck planche (2 s.) ME II <i>Note: Hips must be level, arms straight and off straps</i> ▽	9. Tuck salto, front or back (also with 1/2) ME IV 8 2	10.	11.	12.
13. Back uprise to shoulderstand (2 s.) A I + h	14. Felge to shoulderstand (2 s.) A I f h	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 + ↘	18.
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 + ↘	22. From still hang, vertical pullup to handstand (2 s.) with one arm straight and the other bent C II 1 + h p	23. Kip and salto fwd. tucked (no support) C IV 8	24.

Vault (VT)

General Differences Between NAIGC Masters and FIG:

- Apparatus can be set to any safe height
- D-score gets a bonus depending on age (scorecard will say their age decade)
- Judge has discretion to prohibit an athlete from performing a skill for safety reasons based on warmups
- No uniform deductions except in the case of safety

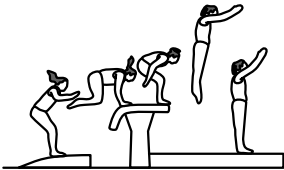
Age Decade	30-39	40-49	50-59	60-69	70+
Vault Age Bonus	0.8	1.6	2.4	2.8	3.2

Event Specific Rules:

- **Two attempts are allowed** on vault, with the highest score of the two (if both attempts are used) counting.
- The **vault score will receive an age bonus** as specified in the table above
- **All vaults not listed in the FIG Code of Points receive a base value of 0.0 points and the corresponding bonus of the respective age group.**(eg. squatting on the table followed by e.g. stretching jump from the table, jumping off the springboard followed by rolling on the table into a standing position, etc.)
- In addition to the base landing mats, a 10cm or 20cm landing mat may be used in the landing area.
- The springboard may be set with any manufacturer allowed number and placement of springs

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

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	
		0.8	1.6	2.4	2.8	3.2	
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 ½ 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 ½ 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 ½ 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)

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- No uniform deductions except in the case of safety
- Short routines get -1.0 per missing skill
- Misc. skills are any gymnastics-like skill that isn't a FIG or Masters skill, gymnasts must be 50+ to count Misc. skills
- Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, except that instead of requiring $\geq D$ to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).

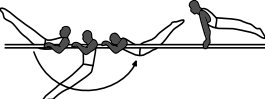
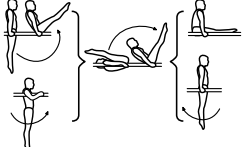
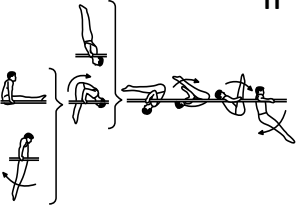
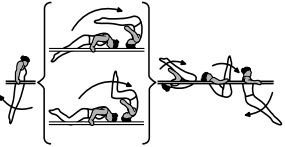
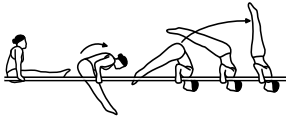
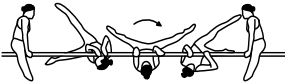
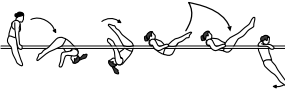
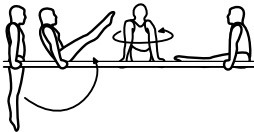
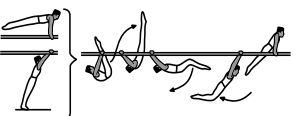
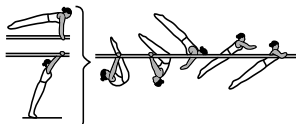
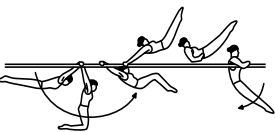
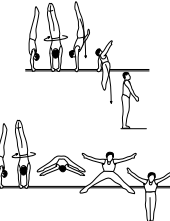
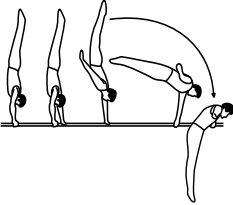
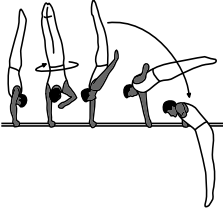
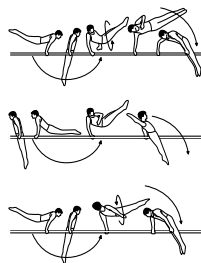
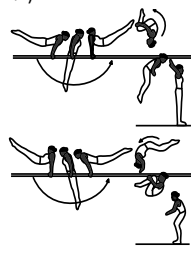
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Routine Length Skill Level Requirement		$\geq$ Masters Elements	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

Event Specific Rules:

- **Sitting on the parallel bars is permitted in elements that require this due to their structure** (Miscellaneous Skills such as straddle sit followed by dive roll).

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.

High Bar (HB)

General Differences Between NAIGC Masters and FIG:

- Apparatus can be set to any safe height
- D-score depends on age (scorecard will say their age decade)
- Judge has discretion to prohibit an athlete from performing a skill for safety reasons based on warmups
- No uniform deductions except in the case of safety
- Short routines get -1.0 per missing skill
- Misc. skills are any gymnastics-like skill that isn't a FIG or Masters skill, gymnasts must be 50+ to count Misc. skills
- Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, except that instead of requiring $\geq D$ to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).

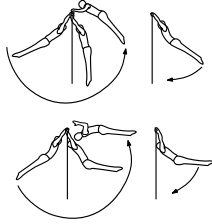
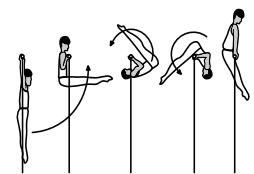
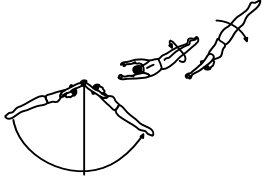
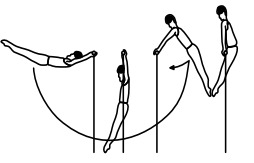
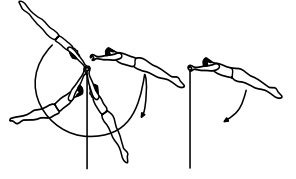
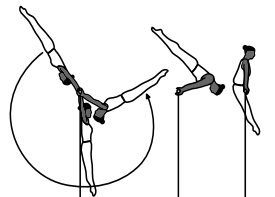
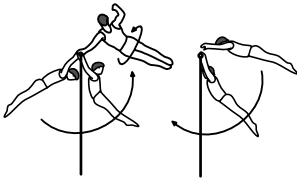
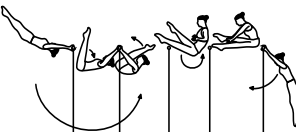
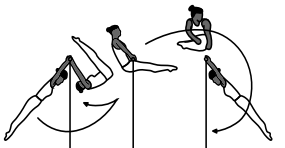
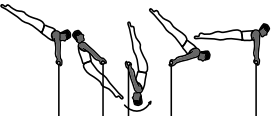
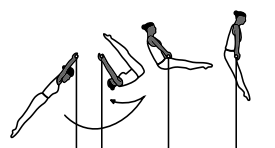
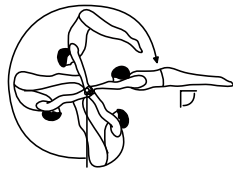
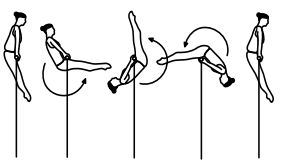
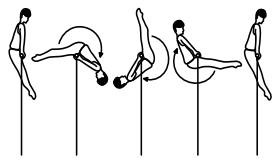
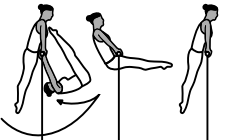
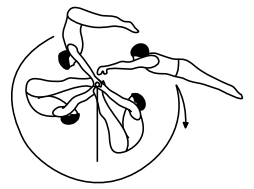
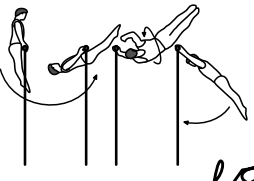
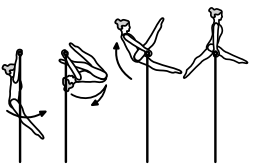
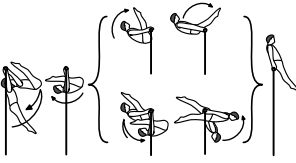
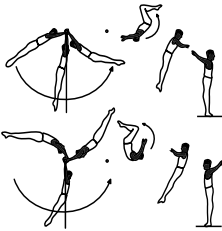
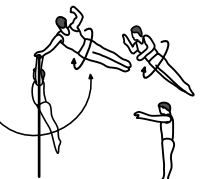
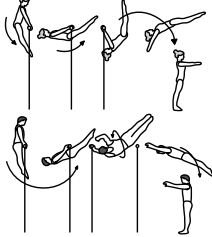
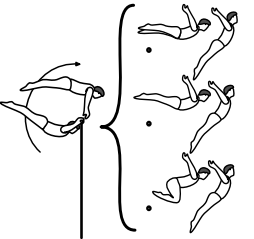
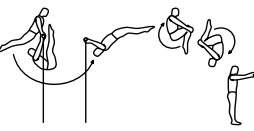
Age Decade		30-39	40-49	50-59	60-69	70+
Number of elements		6	6	6	6	6
EG Bonus Skill Level Requirement		$\geq$ Masters Elements+	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Routine Length Skill Level Requirement		$\geq$ Masters Elements	$\geq$ Masters Elements	$\geq$ Misc.	$\geq$ Misc.	$\geq$ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

Event Specific Rules:

- While evaluation begins the moment the gymnast leaves the floor, no change in direction deductions may be taken until after the gymnast has completed 5 changes in direction (two and a half empty swings) or has performed (or attempted to perform) a recognized skill.
- Any Miscellaneous skill performed for credit where the gymnast is not in contact with the apparatus for any amount of time will be given EG II (flight elements) credit.
- Elements that require touching the bar with feet are permitted as long as it is required for proper execution of the skill (eg. toe-on toe-off to horizontal).

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~

