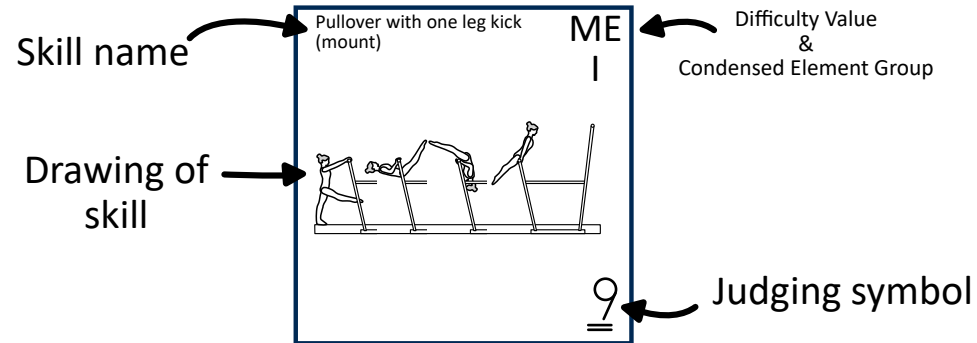




Masters Code of Points – WAG



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 bars)
- **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

Two attempts, highest score counts | Vault receives an age bonus per table | Any vault not in the FIG Code receives a base score of 0.0 plus the appropriate age bonus, minus deductions

1. Tuck onto table, straight jump off 0.0	2. Forward roll over table 0.0	3. Tuck hecht 0.6	4. Straddle hecht 0.6	5. Forward head spring 0.8	6. Pike hecht 1.1

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	
1.8	2.6	3.4	4.2	5.0	

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
		30	40	50	60	70	
Vault Name	FIG	1.8	2.6	3.4	4.2	5	
Squat onto table - straight jump down	0	1.8	2.6	3.4	4.2	5	Final Value
Roll onto and over the table	0	1.8	2.6	3.4	4.2	5	
Straddle hecht over table	0.6	2.4	3.2	4	4.8	5.6	
Tuck hecht over table	0.6	2.4	3.2	4	4.8	5.6	
Pike hecht over table	1.1	2.9	3.7	4.5	5.3	6.1	
Straight hecht over table	1.6	3.4	4.2	5	5.8	6.6	
Front handspring	1.6	3.4	4.2	5	5.8	6.6	
Front handspring with 1/2 twist	2	3.8	4.6	5.4	6.2	7	
Front handspring with 1/1 twist	2.6	4.4	5.2	6	6.8	7.6	
Front handspring with 3/2 twist	3.2	5	5.8	6.6	7.4	8.2	
Front handspring with 1/2 twist 1st phase	1.6	3.4	4.2	5	5.8	6.6	
Front handspring with 1/2 twist 1st phase and 1/2 twist 2nd	2.4	4.2	5	5.8	6.6	7.4	
Yamashita	2	3.8	4.6	5.4	6.2	7	
Yamashita 1/2 twist	2.4	4.2	5	5.8	6.6	7.4	
Yamashita 1/1 twist	2.8	4.6	5.4	6.2	7	7.8	
Front handspring and salto fwd. tucked	3.6	5.4	6.2	7	7.8	8.6	
Front handspring and salto fwd. tucked with 1/2 twist	3.8	5.6	6.4	7.2	8	8.8	
Front handspring and salto fwd. piked	3.8	5.6	6.4	7.2	8	8.8	
Front handspring and salto fwd. piked with 1/2 twist	4	5.8	6.6	7.4	8.2	9	
Front handspring sw with 1/4 twist	1.6	3.4	4.2	5	5.8	6.6	
Front handspring sw with 3/4 twist	2	3.8	4.6	5.4	6.2	7	
Front handspring sw with 5/4 twist	2.6	4.4	5.2	6	6.8	7.6	
Yurchenko tucked	3	4.8	5.6	6.4	7.2	8	
Yurchenko piked	3.2	5	5.8	6.6	7.4	8.2	
Yurchenko tucked with 1/2 twist	3.2	5	5.8	6.6	7.4	8.2	
Yurchenko tucked with 1/1 twist	3.6	5.4	6.2	7	7.8	8.6	
Yurchenko stretched	3.6	5.4	6.2	7	7.8	8.6	
Yurchenko stretched with 1/2 twist	3.8	5.6	6.4	7.2	8	8.8	
Yurchenko stretched with 1/1 twist	4.2	6	6.8	7.6	8.4	9.2	
Tsukahara tucked	3.2	5	5.8	6.6	7.4	8.2	
Tsukahara piked	3.4	5.2	6	6.8	7.6	8.4	
Tsukahara tucked with 1/2 twist	3.4	5.2	6	6.8	7.6	8.4	
Tsukahara tucked with 1/1 twist	3.8	5.6	6.4	7.2	8	8.8	
Tsukahara stretched	3.8	5.6	6.4	7.2	8	8.8	
Tsukahara stretched with 1/2 twist	4	5.8	6.6	7.4	8.2	9	
Tsukahara stretched with 1/1 twist	4.4	6.2	7	7.8	8.6	9.4	

EGI: Mounts | EGII: Casts, Clear Hip Circles, Stalder Circles, and Pike Circles | EGIII: Giant Circles | EGIV: Dismounts

1. Pullover mount with feet together (mount or long hang pullover on high bar) ME I 9	2. Pullover with one leg kick (mount) ME I 9	3. Running kip (mount) ME I //L	4. Single leg kip (mount) from glide or run ME I A	5. Drop kip to support ME II L	6. Squat on (tuck/pike/straddle) ME II 9 9 9
7. From rear support, drop backwards and jam back up to rear support ME II >	8. Mill circle (fwd or bwd) ME II Q	9. Back uprise ME III Sf	10. Baby giant ME III 9	11. Hop from high bar to low bar ME III /	12. Underswing (any position) dismount (either high or low bar) ME IV p
13. From handstand on HB, under-swing (toe-on) with ½ turn and flight over LB to hang (any position) B II ! h	14. Front support - free squat forward over bar with ½ turn to hang B II (Denk-Lobnig)	15. ¼ salto fwd piked to basket swing on LB B I	16. Front support - stoop forward over bar with ½ turn to clear support or hang B II	Angle evaluation for various skills ending in handstand: Casts (Elements 2.101 & 2.201): - Finishing within 30° of vertical receives listed DV - Finishing within 10° receives no execution deduction - Finishing between 10°-30° receives -0.1 execution - Finishing between 30° of vertical and horizontal receives DV of a Masters Element (ME) and no execution deduction - Finishing below horizontal receives DV of a Gymnastics Element (GE) if age group allows (50+ only) Circle elements to handstand, and flight elements from High Bar (HB) to handstand on Low Bar (LB): - Finishing within 30° of vertical receives listed DV - Finishing within 10° receives no execution deduction - Finishing between 10°-30° receives -0.1 execution - Finishing more than 30° off vertical receives one DV lower than listed - Finishing below horizontal receives -0.3 execution Casts to Handstand (Elements 2.101 & 2.201) Circle elements to handstand without turn & flight elements from HB to handstand on LB	
17. Cast from LB with ½ turn to hang on HB B II	18. Sole circle (pike or straddle) on HB to flight to clear support or hang on LB B II	19. Jump with ¾ (540°) turn, kip to support on LB C I (Victor)	20. Stalder hecht from LB to HB with ½ turn (180°) C II		

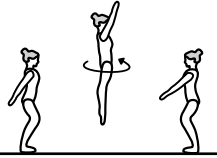
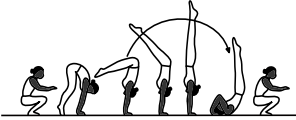
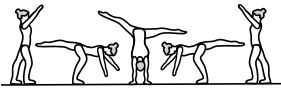
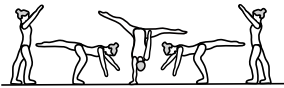
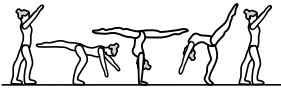
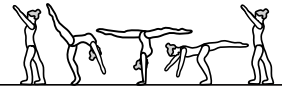
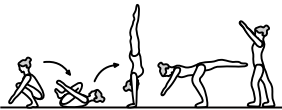
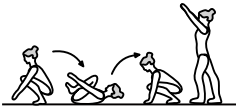
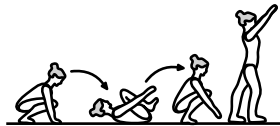
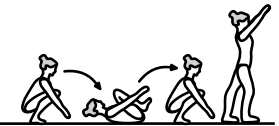
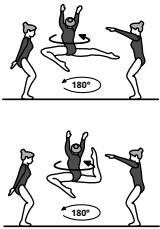
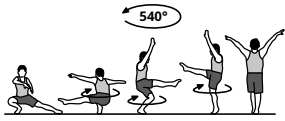
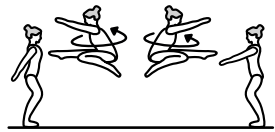
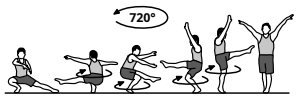


Balance Beam (BB)



EG I: Leaps, Jumps, and Hops | EG II: Turns | EG III: Holds, Acrobatic Non-Flight, and Acrobatic Flight | EG IV: Mounts and Dismounts

1. Tuck jump ME I ✓	2. Straight jump with 1/2 twist ME I ✓	3. Straight jump with double leg change ME I z	4. Half turn on one leg (free leg any position) ME II ✓	5. Full turn on knee or knees ME II 9	6. Kick up to momentary handstand and return to stand ME III !
7. Stand on one leg w/ free leg ≥ horizontal (2 s.), facing any direction, leg in any direction ME III ✓	8. Headstand (2 s.) ME III !	9. Forward roll (any start or end position) ME III ✓	10. Backward roll to kneeling (from any start position) ME III ✓	11. Shoulder roll forwards (any end position) ME III ✓	12. Shoulder roll backwards (any end position) ME III ✓
13. Crocodile hold (2 sec.) ME III (Rogers)	14. Round-off dismount ME IV ✓	15. Cartwheel to momentary handstand, drop to stand dismount ME IV ✓	16. Free round-off dismount ME IV ✓	17. Front handspring dismount ME IV ✓	18. Free front handspring dismount ME IV ✓
19. Stand on one leg in relevé w/ free leg ≥ horizontal (2 s.), facing any direction, leg in any direction A III ✓	20. Jump to glide kip mount A IV (Denk-Lobnig)	21. Pistol squat in relevé or Y-Scale A III (Niolet)	22. Handstand drop to shoulderstand (2 sec.) B III (McCarthy)	23. Full twisting butterfly B IV (Churko)	24. Salto backward tucked with step-out to stand C III (Sharpe)

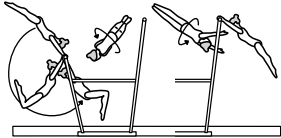
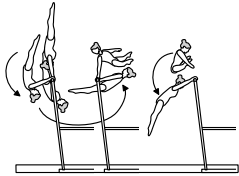
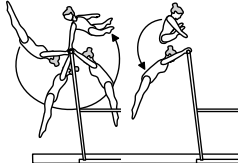
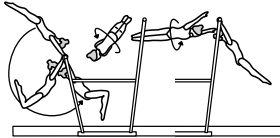
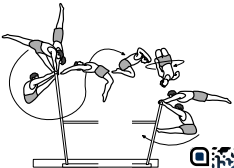
Floor Exercise (FX)							
EG I: Leaps, Jumps, and Hops EG II: Turns EG III: Hand Support Elements EG IV: Saltos Forward, Sideward, and Backward							
1. Tuck jump ME I  ✓	2. Straight jump with ½ twist ME I  ✓	3. Headstand (2 s.) ME III  ⚡	4. Handstand (any entry, no hold) forward roll out ME III  ⤴	5. Cartwheel ME III  ✗	6. One arm cartwheel (either arm) ME III  ✗		
7. Walkover forward ME III  ✓	8. Walkover backward (also Valdez) ME III  ✓	9. Back extension roll ME III  ⌚	10. Backward roll to stand ME IV  ⌚	11. Forward roll to stand ME IV  ⌚	12. Free (no hands) forward roll to stand ME IV  ⌚		
13. Tuck jump to prone A I  ⚡	14. Tuck jump with ½ turn A I  ⚡	15. Stag or double-stag jump with ½ (180°) turn (ineligible for naming) A I  ⚡	16. 1½ (540°) wolf turn to L-turn C II  (Lim 1) 	17. Wolf jump with ½ turn D I  ⚡	18. 2/1 (720°) wolf turn to L-turn D II  (Lim 2) 		
19. 3/1 (1080°) turn with leg in back attitude E II  1080° 	20. 3/1 (1080°) L-turn E II  1080° 	21.	22.	23.	24.		



Uneven Bars (UB)



EGI: Mounts | EGII: Casts, Clear Hip Circles, Stalder Circles, and Pike Circles | EGIII: Giant Circles | EGIV: Dismounts

21. On LB, ¾ bwd giant with release and ½ turn in tuck to catch on HB (Laumann) C III  <i>Laumann</i>	22. Clear hip circle forward to ½ turn and straddle backwards over the bar – catch in hang D II  <i>Clear Hip Circle</i>	23. Back uprise, release with ½ turn in straddle bwd over HB (Franzella) D III  <i>Franzella</i>	24. On LB, ¾ bwd giant with release and ½ turn in tuck to catch on HB D III  <i>3/4 Bwd Giant</i>	25. Toe on to salto fwd tucked with ½ turn (180°) to hang on LB E II  	26.
27.	28.	29.	30.	31.	32.
33.	34.	35.	36.	37.	38.
39.	40.	41.	42.	43.	44.