UNITED CLUB GYMNASTICS

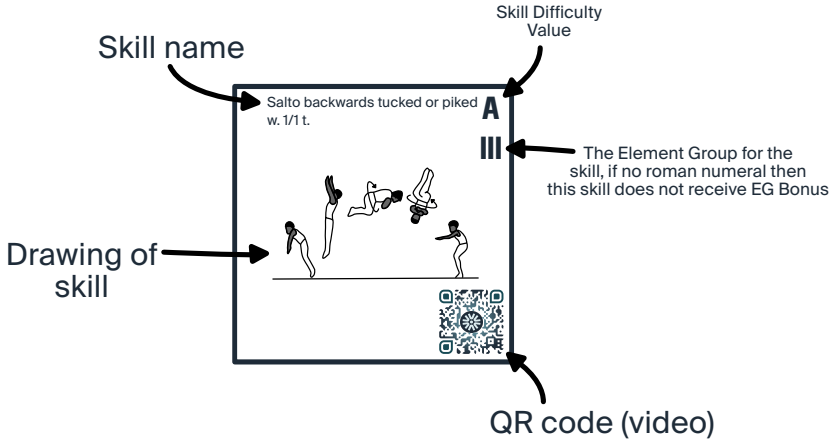
UCG CODE OF POINTS — MAG

This document details skills that are not found in the WG Code of Points but are allowed for credit in some or all of the UCG levels. All skills are "clickable", and link to a video of the skill.

UCG MAG (Men's Artistic Gymnastics) offers three different levels:

- **UCG Advanced (GymACT):** GymACT Rules + UCG Allowable Skills
- **UCG Intermediate:** WG + UCG MAG Rules
- **UCG Developmental:** WG + UCG MAG Rules

Please see the full rules document and other helpful resources at unitedclubgymnastics.org/mens-rules



Red text means this is a change in the current competitive season.

UCG HOMEPAGE

UCG MAG SITE

MAG ROUTINE PLANNER

JUDGES CHEAT SHEETS

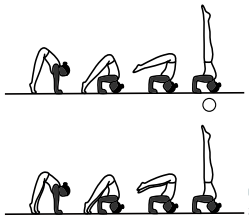
BEGINNER ROUTINES

UCG MAG Rules 2026 - 2028		UCG Developmental		UCG Intermediate	UCG Advanced (GymACT)
General	**Who is This Level For:**	New gymnasts and those who are focused on safety and basic skill development.		Gymnasts with some prior experience and are working towards routines comprised of WG credited skills. This level is recommended for those with WAG experience.	Gymnasts with competitive experience and/or have full routines comprised of all WG credited skills. ***Note: UCG Adv matches the 2027 GymACT Rules.***
	Number of Skills	Min 6 - Max 6		Min 6 - Max 8	Min 6 - Max 8
	Deduction for Less than 6 Skills	-0.5 per short skill		-1.0 per short skill	-1.0 per short skill
	EGI	0.5 for A+	Only 3 EG's count (max of 1.5 points)	0.5 for A+	0.5 for A+
	EGII-III			0.3 for A 0.5 for B+	0.3 for A or B 0.4 for C 0.5 for D+
	Dismount EG Value				Value of Dismount (Max of 0.5)
	Non Recognition of Skill	*More* than 1 Large Error on a Skill		*More* than 1 Large Error on a Skill	*More* than 1 Large Error on a Skill
	Stuck Dismount Bonus	+0.1 (except PH)		+0.1 (except PH)	+0.1 for B +0.2 for C+ (except PH)
	Credit for Non-WG Skills	All UCG CoP Skills		All UCG CoP Skills	All UCG CoP Skills
	SV Cap *(Includes all bonuses)*	12.3		13.1	None
	Empty Swings Allowed	Any Number		Non-consecutive empty half swings (unlimited) are allowed. WG deductions apply for full empty swings.	WG deduction applies for empty swings
Floor	**Double Flipping Requirement**	Not Required		Not Required	Double flip required in routine (-0.3 ND if missing). +0.1 bonus awarded for a double flipping dismount.
	Credit for Combined Box Twisting Skills	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).		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).	Two skills competed from the same box will be considered repetition and the second skill will not receive credit, execution deductions still apply.
	Landing Mat	10cm mat allowed & may be pulled at any time w/o deduction.		10cm mat allowed & may be pulled at any time w/o deduction.	10cm mat allowed & may be pulled at any time w/o deduction.
	Balance/Corner Requirement	Balance/leap skills not required.		Balance/leap skills not required.	Required per WG.
Pommel Horse	**Handstand Dismount**	Circle to handstand skills that make it to handstand will receive credit even in the case of a large deduction (ex: showing strength). Execution deductions still apply.		Circle to handstand skills that make it to handstand will receive credit even in the case of a large deduction like showing strength. Execution deductions still apply.	Circle to handstand skills that make it to handstand will receive credit even in the case of a large deduction like showing strength. Execution deductions still apply.
	Skill Required after EG II or III	A CoP-counting skill is not required directly following an EG II or III skill, a gymnast may leg cut after any skill without deduction or loss of credit.		A CoP-counting skill is not required directly following an EG II or III skill, a gymnast may leg cut after any skill without deduction or loss of credit.	A listed CoP skill must be performed after any EG II or III skill to receive credit.
	Mushroom Bonus	+0.1 for a successful circle, +0.2 for any other successful skill. The top 5 skills are counted (+1.0 value max). No execution deductions are taken but judging stops at the first large error or a fall, and the SV cap still applies with this bonus.		None	None
Rings	**Strength Skills**	One time bonus of +0.3 awarded for a C+ strength skill		One time bonus of +0.3 awarded for a C+ strength skill	One time bonus of +0.3 awarded for a C+ strength skill
	Swing Handstand Req	Not Required, No Deduction Taken		Not Required, No Deduction Taken	-0.3 neutral deduction for missing swing to handstand
	Bent Arm Deduction	No deduction for bent arms during transitions between skills.		Regular WG deduction applies.	Regular WG deduction applies.
Vault	**Assigned Difficulty**	UCG CoP		UCG CoP	UCG CoP
	Stick bonus	+0.1 stick bonus for any vault		+0.1 stick bonus for any non-flipping vault +0.2 for flipping vault	+0.2 stick bonus for any flipping vault No bonus for non-flipping vaults.
	Flipping or Round-Off-Entry Vault	Banned (results in 0 score)		Allowed	Allowed
	Non Feet First Landings	Credit with -2.0 neutral deduction.		Credit with -2.0 neutral deduction.	Credit with -2.0 neutral deduction.
P-Bars	**Change of Direction**	No deduction for change of direction coming from a swing handstand.		No deduction for change of direction coming from a swing handstand.	No deduction for change of direction coming from a swing handstand.
	Empty Half Swing Allowance	N/A - Any number of empty swings are allowed without deduction.		A half empty swing into any peach, giant, cast, or Moy skill is allowed.	Any empty swings will be deducted per WG.
High Bar	**Connection Bonus (Flight to Flight)**	C+C is awarded +0.1		C+C is awarded +0.1	C+C is awarded +0.1
	In Bar to Flight/Flight to In Bar (W/ No Intermediate Swing)	C+C is awarded +0.1		C+C is awarded +0.1	C+C is awarded +0.1
	Swings at Beginning of Routine	Unlimited empty swings are allowed throughout the routine. Judging starts when feet leave the mat, form deductions apply.		Unlimited empty swings are allowed until the first skill. Judging starts when feet leave the mat, form deductions apply.	WG (3 allowed)

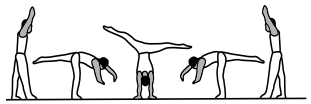
FLOOR EXERCISE (FX)

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

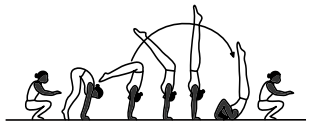
1. Press to headstand (2 s.), piked or straddled — **Sub-A**



2. Cartwheel — **Sub-A**



3. Pike up through handstand — **Sub-A**



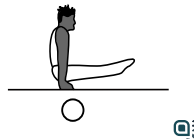
4. Straight arm backward roll to prone — **Sub-A**



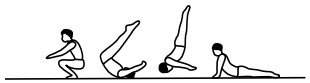
5. Pancake (stop required) — **A**



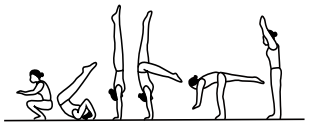
6. L-sit (2 s.) — **A**



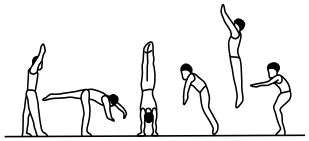
7. No-handed back extension roll with flight to prone — **A**



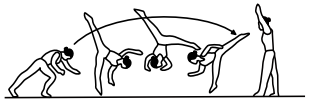
8. Backward roll through handstand — **A**



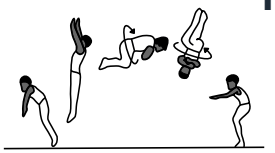
9. Round-off (stuck, rebound, or connected to other acro) — **A**



10. Any side aerial — **A II**

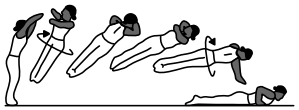


11. Salto backwards tucked or piked w. 1/1 t. — **A IV**



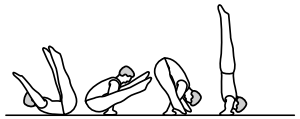
12. Jump fwd. with 2/1 twist to front support. — **C I**

Note: may not be directly connected to an EG II or EG III skill



(Batta)

13. Endo roll to Japanese Handstand (2 s.) — **C I**



14.

15.

*All **single salto** skills with **different amounts of twist** are considered different skills in separate boxes. This affects the following WG skills:
EG II: 13, 14
EG III: 8
EG IV: 2, 3, 9

16.

*UCG CoP skills with an A valuation **do not count as strength or circling skills** (unless otherwise noted in the CoP), and as such **don't** count towards the WG limits on strength and circling skills (1 of each per routine).

17.

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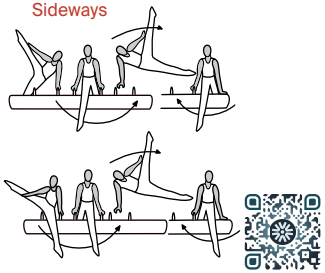
24.

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

POMMEL HORSE (PH)

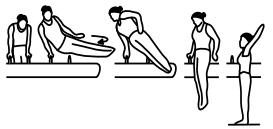
EG I: Single leg swings and scissors | EG II: Circle and flairs, with and/or without spindles and handstands, Kehrswings, Russian wendeswings, flops and combined elements | EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles | EG IV: Dismounts

1. Stride Swing Forwards or Backwards with Travel Sideways — **Sub-A**

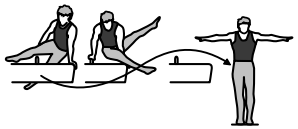


2. ½ Circle Dismount — **Sub-A**

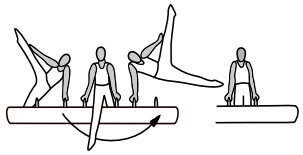
Note: May also be performed on the leather or one hand leather one hand pommel



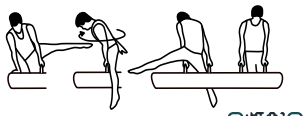
3. Scissor with hop sideways from the end to stand — **Sub-A**



4. False scissor — **A**

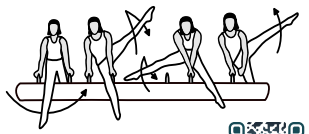


5. Single leg Stockli — **A**



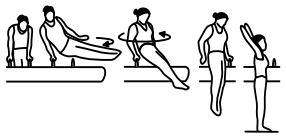
6. Single leg travel — **A**

Note: Any travel of this type is acceptable, it does not have to be the exact leg/hand movement sequence shown

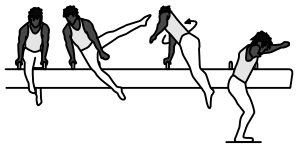


7. ½ Circle with ¼ Spindle Dismount — **A**

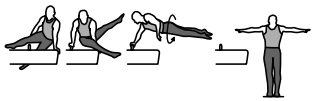
Note: Gymnast must not be touching the apparatus when their feet land



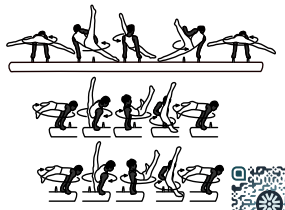
8. From stride swing, leg cut forward and ¾ twist to stand — **A**



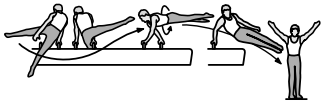
9. Scissor fwd with travel sideways and ½ turn from the end to stand — **A**



10. Flaired front loop, rear loop, or in cross support on pommels or pommel+leather (not shown) — **A** **II**



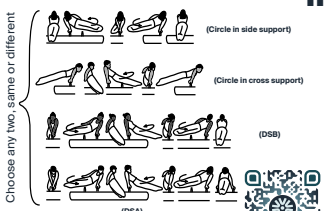
11. Double scissor fwd. with travel sideways from pommels to stand on end — **A** **IV**



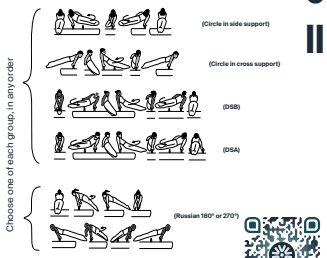
12. From cross support frontways on end, tucked salto backwards/sideways to dismount — **B** **IV**



13. Any combination of two flops on one pommel — **C** **II**



14. Russian + Flop combo — **C** **II**



15. Reverse stockli with 270° turn from one pommel — **C** **II**



(Rendon)

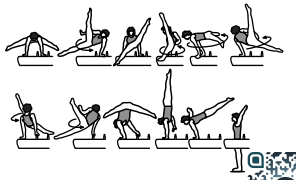
16. Reverse Stöckli with 360° t. using side support — **C** **II**



17. From support on end, Russian wendeswing fwd. to cross support on far pommel + leather — **C** **III**



18. From circles or flairs with one pommel between hands, ½ spindle through handstand and dismount — **C** **IV**

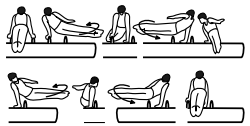


(Pearce)

19. Double Scissor fwd with travel swd. and ½ turn — **D** **I**

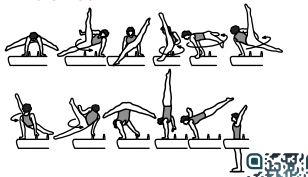


20. Reverse Stöckli with 360° t. on the leather between the pommels — **D** **II**

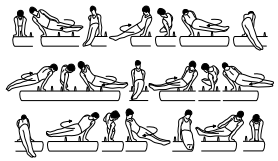


(Kalli)

21. From circles or flairs with both pommels between hands, ½ spindle through handstand and dismount — **D** **IV**



22. Kehre bwd, kehre fwd, kehre bwd, kehre fwd — **E** **III**



(Ganser)

23.

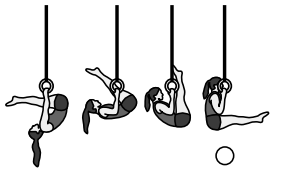
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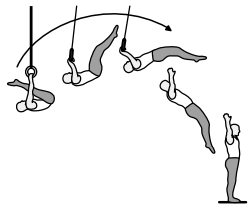
STILL RINGS (SR)

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. From piked inverted hang, pull with bent arms to bent arm hanging L-hold (2 s.) — Sub-A



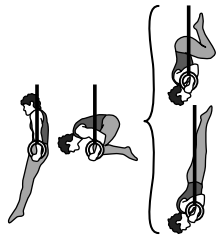
2. Kip off dismount — Sub-A



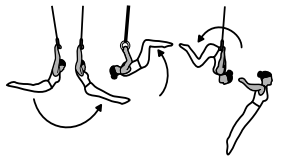
3. German hang (2 s.) — Sub-A



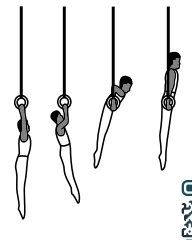
4. Tuck press to tucked or extended shoulderstand (2 s.) — Sub-A



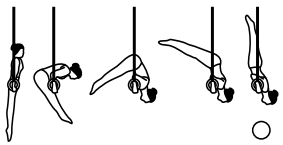
5. Tucked salto backwards with release after vertical — Sub-A



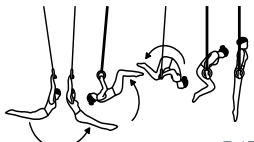
6. Muscle up — A



7. Pike press to shouldestand (2 s.) — A



8. Felge tucked to support — A

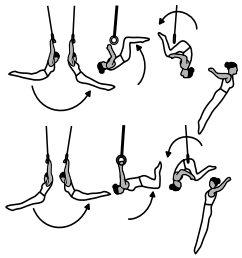


9. Tuck planche (2 s.) — A

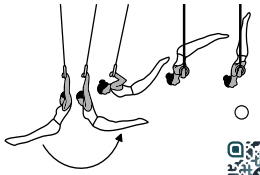
Note: Hips must be level, arms straight and off straps, and knees must be behind straps



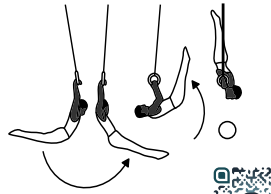
10. Tuck salto, front or back, release before vertical — A



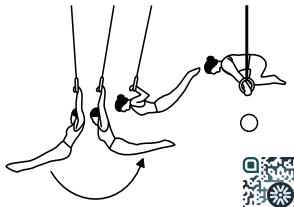
11. Back uprise to shoulderstand (2 s.) — A I



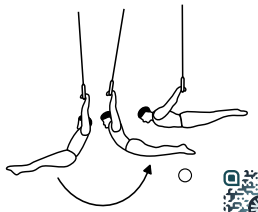
12. Felge to shoulderstand (2 s.) — A I



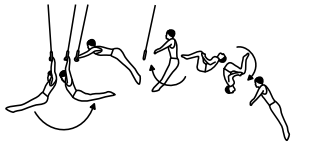
13. Uprise bwd. to tuck planche (2 s.) — A III



14. Swing bwd. and inlocate to back lever (2 s.) — A III

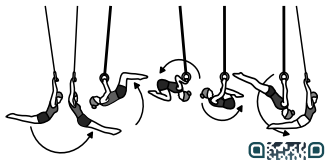


15. Uprise bwd. and salto bwd tucked — A IV



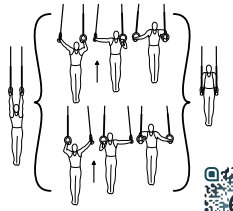
16. 5/4 tucked salto bwd. to inverted hang and immediate dislocate — B I

Note: must show continuous movement throughout the skill



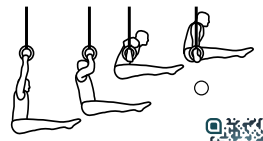
(Baker)

17. From still hang, vertical pullup to support with one arm straight and the other bent — B II



(Sharpe 1)

18. From or through hanging L, vertical pull up with bent arms and legs horizontal to L-sit (2 s.) — B II

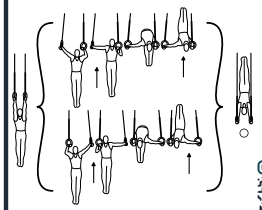


(Li)

19. Uprise bwd. or swing down from handstand and salto bwd piked or stretched — B IV

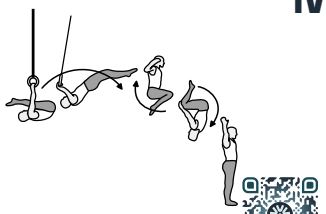


20. From still hang, vertical pullup to handstand (2 s.) with one arm straight and the other bent — C II

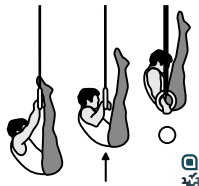


(Sharpe 2)

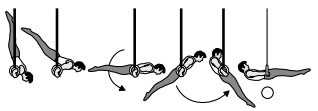
21. Kip and salto fwd. tucked (no support) — C IV



22. Pull up with bent arms while keeping legs vertical to V-Sit (2 s.) — D II



23. From inverted cross, slow lower and roll bwd. through maltese to inverted swallow (2 s.) — F II



24.

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

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

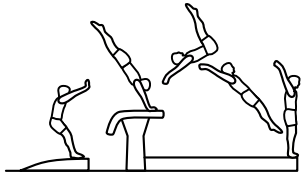
1. Tuck vault **0.2**



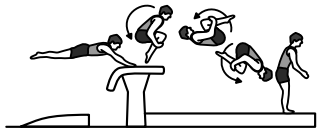
2. Straddle vault **0.2**



3. Forward handspring piked (Yamashita) **1.6**



4. Hecht with salto backwards tucked **2.2**



5.

6.

7.

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16.

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21.

22.

In UCG Advanced, some Front Handspring entry flipping vaults have an upgraded Difficulty compared to the standard WG value.

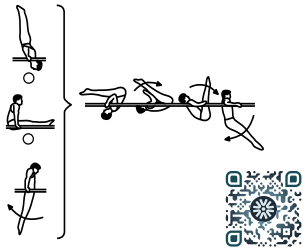
VAULT	WG SV	ADV SV
Piked	2.4	2.6
Piked ½	2.8	3.0
Piked 1/1	3.2	3.4
Stretched	3.2	3.4
Piked 3/2	3.6	3.8
Stretched ½	3.6	3.8
Stretched 1/1	4.0	4.2
Stretched 3/2	4.4	4.6
Stretched 2/1	4.8	5.0
Double Front Tucked	4.8	5.0
Stretched 5/2	5.2	5.4
Double Front Tucked ½	5.2	5.4
Double Front Piked	5.2	5.4
Double Front Piked ½	5.6	5.8
Stretched 3/1	5.6	5.8

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

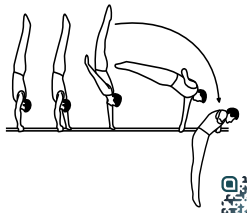
PARALLEL BARS (PB)

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

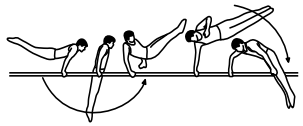
1. Forward roll to upper arm from shoulderstand, L, or support swing bwd — Sub-A



2. Flank dismount from at least 45° above horizontal — Sub-A

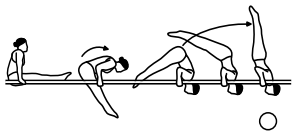


3. Stutz dismount (also reverse Stutz dismount) — Sub-A

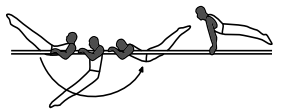


4. Press to shoulderstand (2 s.) — A

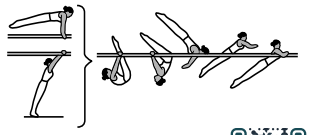
Note: shoulders may be on or off bars, either is acceptable



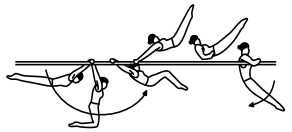
5. Back uprise to support from upper arm — A



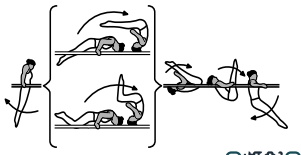
6. Peach to upper arm — A



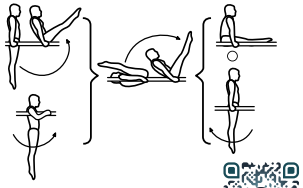
7. Moy to upper arm — A



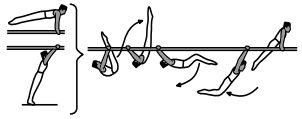
8. ¾ salto forward to upper arm — A



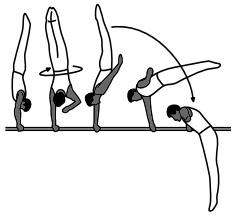
9. Kip from upper arm to support or L — A



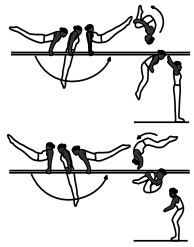
10. Underswing to long hang bwd uprise to support — A



11. Wende dismount (also w/ 1/2 turn) — A

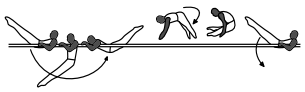


12. Tuck salto, front or back — A

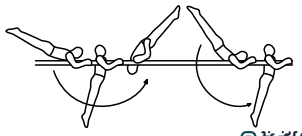


13. Back uprise straddle cut to upper arm — A I

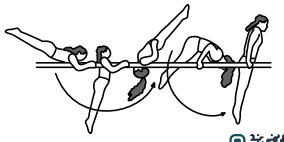
(same box as straddle cut to bent arm support)



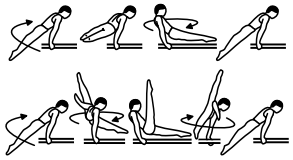
14. Bwd. roll from upper arm to upper arm stretched — A I



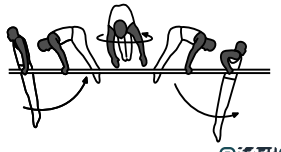
15. Bwd. roll piked or stretched from upper arm to support — A I



16. Any number of circles or flairs from support swing fwd or bwd. — A II

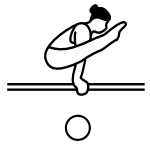


17. Piked vault with hop 1/2 to support bent arm — A II

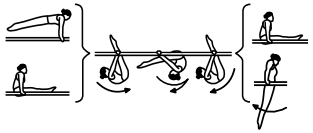


18. Straddle L (2 s.) — A II

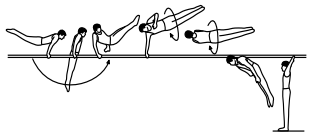
(same box as L-sit)



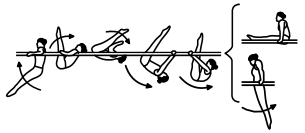
19. Drop kip — A III



20. Stutz dismount with full turn — A IV

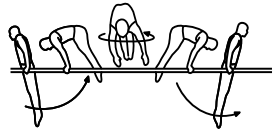


21. Reverse cast from upper arm — B I



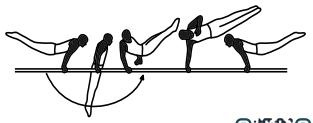
(Sharpe 2)

22. Piked vault with hop 1/2 to support straight arm — B II



(Sharpe 1)

23. Stutz to support — B II



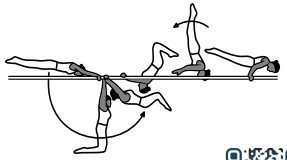
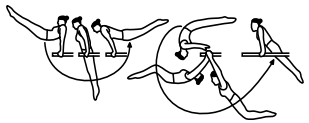
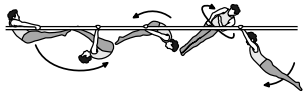
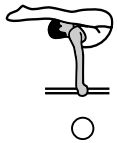
24. V-sit (2 s.) — B II



-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

PARALLEL BARS (PB) (CONT.)

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

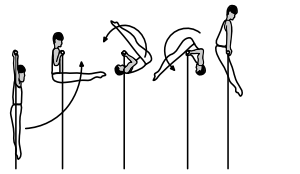
25. Giant swing to support **B** **III** 	26. Forward giant to support **B** **III** 	27. Felge (peach) ½ to hang **B** **III** 	28. Manna (2 s.) **C** **II** 	29.	30.
31.	32.	33.	34.	35.	36.
37.	38.	39.	40.	41.	42.
43.	44.	45.	46.	47.	48.

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

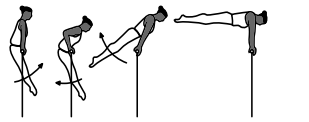
HORIZONTAL BAR (HB)

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

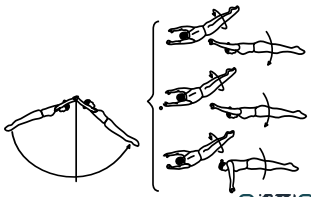
1. Pull Over — Sub-A



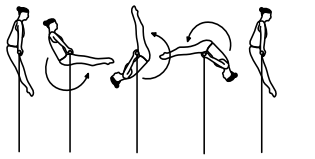
2. Cast to Horizontal — Sub-A



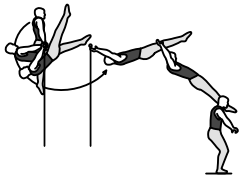
3. Swing to 1/2 turn, also with hop, also to support — Sub-A



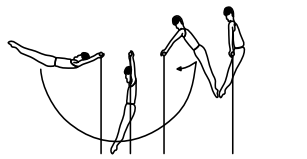
4. Backward Hip Circle — Sub-A



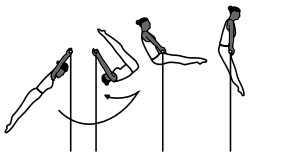
5. Underswing dismount — Sub-A



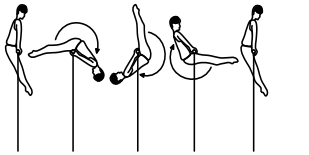
6. Back uprise to support — A



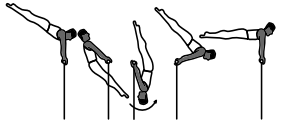
7. Kip to support — A



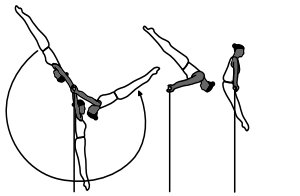
8. Forward Hip Circle — A



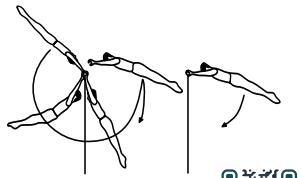
9. Backward Free Hip Circle to Horizontal — A



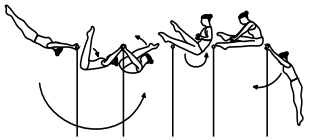
10. 3/4 Giant swing backward to support — A



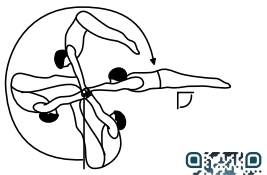
11. 3/4 Forward Giant hop out — A



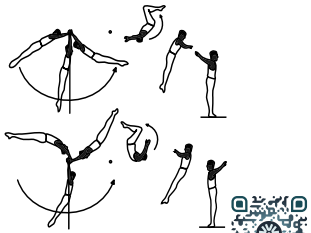
12. Straddle Cut — A



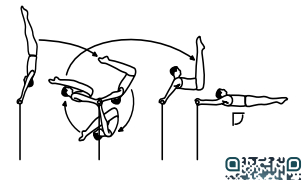
13. Toe-on, toe-off to horizontal — A



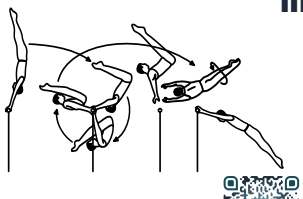
14. Salto tucked, bwd or fwd — A



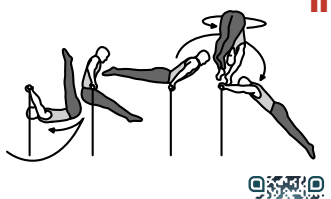
15. Jam (Adler) to El grip >90° — A III



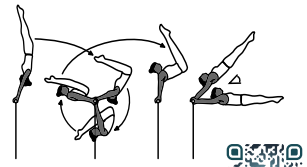
16. Jam to release with half turn to swing fwd in long hang — A III



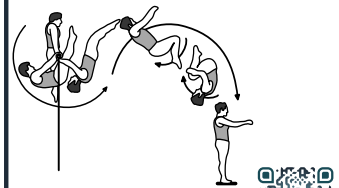
17. Voronin from kip-cast — B II



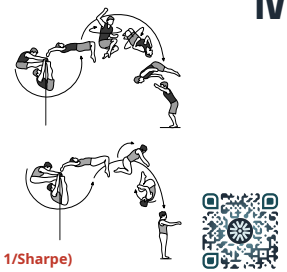
18. Jam (Adler) to El grip 45°-90° — B III



19. Underswing to counter salto fwd tucked — B IV

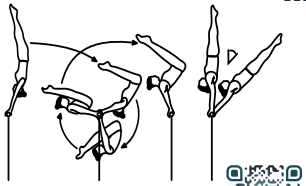


20. Toe on to counter salto fwd tucked, also with ½ twist — B IV



(Penn 1/Sharpe)

21. Jam (Adler) to El grip 0-45° — C III

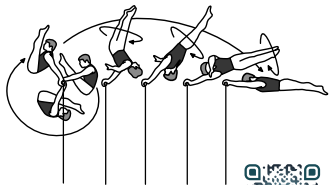


22. Toe on to counter salto fwd tucked with 1/1 twist — C IV

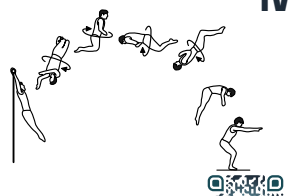


(Penn 2)

23. Stoop in and free back toss with full turn to below horizontal — E III

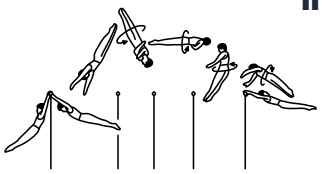


24. Double salto bwd. tucked with 3/1 turns — E IV



-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

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

25. Salto fwd stretched with 3/2 t. also from el grip **G II**  (Meister)	26. *Any stalder or endo skill may be done as a toe-on skill for one value less.	27.	28.	29.	30.
31.	32.	33.	34.	35.	36.
37.	38.	39.	40.	41.	42.
43.	44.	45.	46.	47.	48.

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
-All skills in the pdf are clickable links to a video of the skill

2026 - 2028 UCG MAG Rules Policy

(Note: Changes this competition year highlighted in red)

I. Overview
   A. All UCG Levels use the WG Rules as a basis, with modifications per level as outlined in this document.
   B. The UCG supports 3 levels:
      1. **UCG Advanced:** The highest level offered will adopt the latest version of the GymACT Rules, which is based off of the WG Code of Points. This level is tailored to gymnasts with prior competitive experience.
      2. **UCG Intermediate:** The middle level offered will adopt the WG Code of Points with modifications listed in this document tailored to support gymnasts with some prior experience.
      3. **UCG Developmental:** The entry level will adopt the WG Code of Points with modifications tailored to new gymnasts so they can showcase their abilities while giving structure and guidance to their training with a focus on safety and basic skill development.
   C. To have an original skill or a variation of a skill considered for evaluation by the UCG, please fill out this form (https://bit.ly/UCG_skill_submission). Skills must be submitted at least 2 weeks prior to competition during the regular season and at least 6 weeks prior to nationals for skill valuation. If you have any issues submitting the form, please email rules@unitedclubgymnastics.org. If the skill has been awarded a valuation of B or higher, the submitter will have the opportunity to have the skill named after them. The submitter will have until the end of that season to submit a video of themselves competing the skill with no large deductions to have it named after them. After that season, if no video proof was submitted and accepted by the MAG rules committee, then any gymnast may submit video evidence for naming rights. NOTE: Only new skills will be considered, modified valuation of skills currently in the WG CoP will not be considered.
   D. Safety Note: As per WG and the UCG Safety and Equipment Standards policy: Gymnasts are expected to include in their exercise(s) only elements which they can perform with complete safety. If a judge or meet official deems an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge or meet official has the ability to scratch the athlete from the event prior to their competition routine.

II. General
   A. There are no uniform deductions in the men's competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, jewelry) In the case of disagreements, the meet referee's decision stands as final.
   B. Any apparatus that is easily adjustable (PB, PH, VT) may be lowered by any amount from standard competition height. Excess mats may be placed under the rings or high bar to effectively lower the height of the apparatus (as allowable by the available mats at the

competition location). The gymnast accepts all responsibility for any deductions incurred for touching the mats during their routine as a result of the modified equipment height, and the judge may request that the height or mats be modified if there is a safety concern.

C. Consistent with the rule against repeating elements for difficulty credit, a gymnast cannot repeat the "base skill" for any UCG skill exceptions.
    1. Example: A gymnast performs a C-value Stutz to handstand and a B-value Stutz to 45°. Only the C-value Stutz counts (because of its higher value), and no credit for the B Stutz.

D. All UCG members are bound by the UCG Code of Conduct. Any unsportsmanlike behavior will be subject to the appropriate score deductions and may result in disciplinary procedures by the UCG.

E. Any routine that is especially difficult to judge due to departure from normal routine construction (e.g. little to no actual skills, dance or other non-standard elements, etc.) should be given a score between 2.0 and 3.0 according to the judge's discretion.

F. Any flipping vault performed at the Developmental level shall receive a score of 0 (this supersedes II.E).

G. Athletes and coaches may speak to a competing athlete during their competition routine at any point with no deduction.

III. General Rules

A. All UCG Levels use the WG Rules as a basis, with modifications per level as outlined in this document.

B. Additional Allowable Skills
    1. In addition to the skills listed in the latest WG Code of Points, the UCG allows certain other skills to be competed for credit, as defined in this document.

C. Stick Bonus
    1. General
        a) To be awarded stick bonus, a gymnast must land without moving their feet. It is possible to be awarded stick bonus and have other landing errors such as piking down, separation of feet, or excessive balance checks.
        b) The stick bonus will be added to the D score of the gymnast and included in the flashed Start Value.
        c) Pommel Horse is not eligible for a stick bonus.

IV. Event Specific Rules

A. Floor Exercise
    1. All levels
        a) The floor exercise will be timed as per WG rules and have 70 seconds to complete their routine. The timer is not required to be a certified judge.
        b) A gymnast may use one landing mat of up to 10 cm (4") for landing any value skill. The mat can be pulled at any point during the routine *without* deduction. The gymnast may not, however, use the mat to rebound or punch from. Rebounding from the mat results in a 0.5 apparatus deduction.

c) UCG CoP skills with an A valuation do not count as strength or circling skills (unless otherwise noted in the CoP), and as such don't count towards the WG limits on strength and circling skills.

B. Pommel Horse
   1. All levels
      a) The Pommel Horse height may be set to any level at or below WG regulation height (as deemed safe by the event judge).
      b) Some meets may not have the capability of supporting equipment height changes, in which case mats shall be available to mount off of.

C. Still Rings
   1. All levels
      a) The rings may be raised if a gymnast's feet touch the base mat when in a long hang. Any request to raise the rings must be submitted at least an hour before the beginning of the session or it may be denied.
      b) A skill cushion of up to 20 cm (8") may be used for dismounts. The mat must be in place at the beginning of the routine and cannot be moved during the routine.

D. Vault
   1. All levels
      a) The vault height may be set to any level at or below WG regulation height (as deemed safe by the event judge).
      b) Unique vaults not existing in the WG CoP or UCG CoP will not receive credit and instead receive a value between 2-3 at the discretion of the judge. New vaults should be submitted to the rules committee and decided upon prior to it being competed.

E. Parallel Bars
   1. All levels
      a) The P-Bars may be raised if a gymnast's knees touch the base mat while in a long hang swing or if a gymnast's feet touch while in an upper arm support. Any request to raise the P-Bars must be approved by the event judge. The bars may only be raised to the minimum height required for the gymnast not to touch. After the gymnast's routine, the bars must be returned to a maximum of regulation height for all other gymnasts.
      b) The P-Bars may be lowered to any height below WG regulation (as deemed safe by the event judge).

F. Horizontal Bar
   1. All levels
      a) The Horizontal Bar may be raised if a gymnast's feet touch the base mat while in a long hang. Any request to raise the horizontal bar must be submitted at least one hour before the beginning of the session or it may be denied.
      b) A skill cushion of up to 20 cm (8") may be used for releases and dismounts.

V. Amendments

A. This document may be amended by the UCG Men's Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of MAG members need to know about it, the changes must be approved by the UCG Board.

B. The most up-to-date and authoritative version of this document is on the UCG website.