

Hannah Whelan

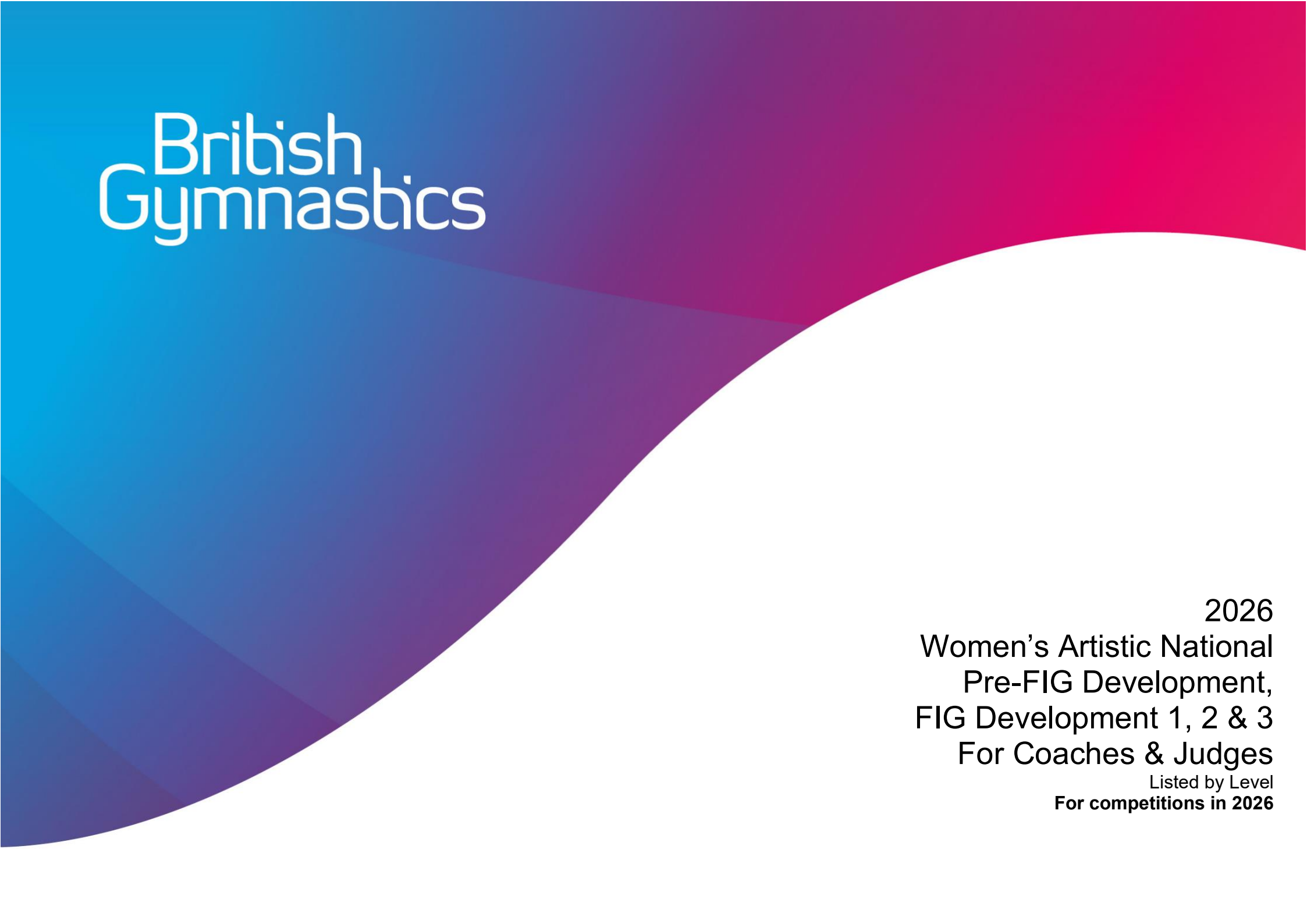
INVITATIONAL 2026

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FIG, FIG Development, Classic Challenge & WGC Nickel

**Hannah Whelan Invitational 2026
4 Piece Womens Artistic Competition**

The background of the page features a large, sweeping curve that transitions from a vibrant blue on the left to a deep purple in the middle, and finally to a bright magenta on the right. The British Gymnastics logo is positioned in the upper left corner, set against the blue portion of the background.

British Gymnastics

2026
Women's Artistic National
Pre-FIG Development,
FIG Development 1, 2 & 3
For Coaches & Judges
Listed by Level
For competitions in 2026

NATIONAL PRE-FIG DEVELOPMENT 2026

Pre-FIG Development – For gymnasts aged 8 or 9 years only

A/U = 0.10 B = 0.20	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements FLOOR* – An acro line will be considered to be 2 directly connected flighted elements, or a single forwards salto. 2 acro lines minimum required. Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements**			
Short Exercises	FIG Junior rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	From springboard to 30cm mats	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm mat throughout. Total height of mats 50cm.	FIG Beam Regulations with: - Total height of landing mats equals 30cm - Optional 20cm crash mats throughout length of beam	FIG Floor Regulations – see above* for acro line definition.
Requirements	Straight front salto into dive roll forwards from board to 30cm mats. (Mandatory vault from Excel 1) DV = 2.00 Best score of 2 vaults 2 Vaults must be performed or 1.00 penalty	1. An element on LB 2. A jump from LB to HB 3. An FIG coded close bar circle element 4. Dismount Dismount must be included in counting elements <u>*A/U' value dismount only allowed*</u> Unpermitted dismount 0.30 deduction only The sole circle [5.108] may be performed with bent legs without incurring execution penalty	1. Connection of min 2 different dance elements: To include 1 leap or jump with 180° split (cross or side) or straddle position 2. ½ spin immediate relevé ½ turn or 1/1 spin on one foot in forward direction 3. Acro elements in different directions [fwd/swd & bwd] 4. Dismount Dismount must be included in counting elements <u>*A/U' value only allowed*</u> Unpermitted dismount 0.30 deduction only	1. Dance passage of min 2 different leaps or hops: To include 1 leap or hop with 180° split (cross or side) or straddle position 2. Spin min 360° (any position) 3. Acro line minimum 2 flighted elements. 4. Salto forwards (can be performed as a single element) Dismount must be included in counting elements
Un-coded Permitted Elements (receive 0.10 DV)		Float on LB Chin circle over LB Cast above horizontal (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop, or straddle onto LB - jump to catch HB - (no penalty for performing jump LB to HB or sole circle jump) Straddle or pike on undershoot dismount	Tuck jump Straight jump ½ spin immediate relevé ½ turn (counts as 1 dance skill)	Cartwheel Backward roll Forward Walkover Backward Walkover Valdez
Penalties	1.00 – For only performing 1 vault. To be taken from the first vault score.			0.50 – Missing acro elements in different directions (fwd/swd & bwd) 0.50 – Routine with less than 2 acro lines
Barred Elements (prohibited / receive no DV)		Dismounts: Any dismount higher than 'A' Salto forwards tucked or piked [6.108]	Any Saltos [other than dismount] Any aerials Any skills above 'B' Hops/jumps/leaps to front support or with a turn	All acro elements above 'A' in difficulty value
GBR Bonus** (in addition to FIG)		0.30 - Upstart on LB (awarded once only) 0.30 - Upstart on HB (awarded once only) 0.30 - Handstand within 30° (awarded once only) 0.20 – Stuck landing on 'A' salto dismount.*	0.20 - Dance/Acro min A+B (mixed only, any order) 0.30 - Flighted acro 0.20 – Stuck landing on 'A' salto dismount.**	0.30 - Backwards salto in an acro line (awarded once only) 0.20 – Stuck landing on 'A' salto dismount.**

Clarifications for Pre-FIG Development

General:

- FIG Junior CoP Applies for short exercises on beam and floor.
- Un-coded elements 'U' which are permitted are listed in the tables and have a value of 0.10 for DV. They will fulfil the same criteria as A value elements.
- "Unpermitted dismount" is a dismount which has been performed, but not at the difficulty value specified.

Bonus:

Any bonus can only be awarded if the skill / combination of skills are performed without a fall.

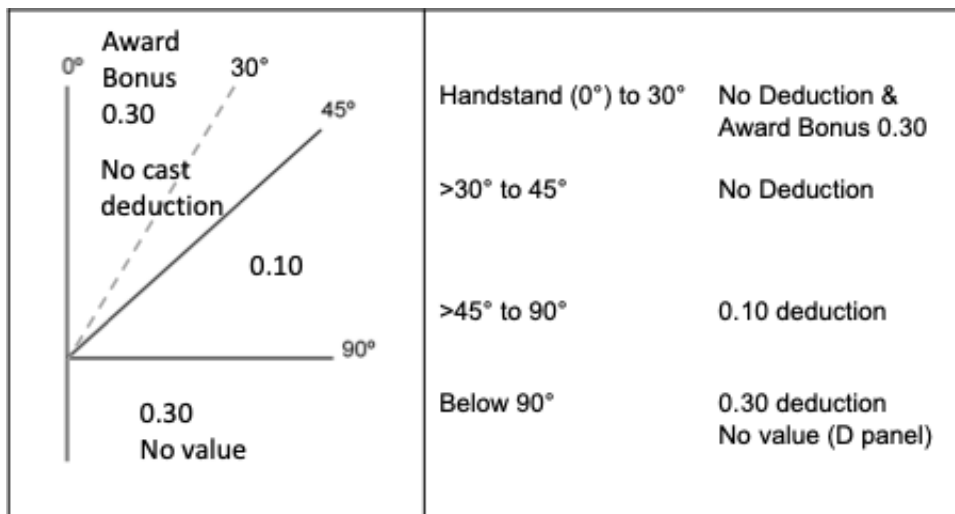
Vault:

- Mandatory Vault 1 from Excel 1 – deductions as per Excel 1 vault (see attached).

Bars:

- Cast to handstands can be performed legs straddled [2.101] or legs together [2.102] as per FIG

Diagram for Pre-FIG Development Bars – Un-coded element (value - 0.10) – Cast above horizontal



Beam:

- Additional 20cm crash mat be placed under the full length of the beam without penalty.

Floor:

- 2 acro lines are required. An acro line at the level can be 2 directly connected flighted elements or a single forwards salto.
- Acro elements forwards / sideways & backwards are required in the routine. A penalty of 0.50 will be applied if the routine does not contain acro elements in different directions.

NATIONAL FIG DEVELOPMENT 1 2026

FIG Development 1 – For gymnasts aged 9 or 10 years only

A/U = 0.10 B = 0.20 C = 0.30	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements FLOOR – max 4 x Acro lines Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*			
Short Exercises	FIG Junior rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 110cm or 115cm with: Landing mats turned soft side uppermost when possible.	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm mat for dismount only.	FIG Beam Regulations	FIG Floor Regulations
Requirements	Handspring forwards vault only allowed. [FIG number 1.00] DV = 2.00 The best score from 2 vaults performed will count to AA score.	- FIG Coded mount on LB - Close bar circle element - Cast to handstand - Dismount Dismount must be included in counting elements *A/U' value dismount only allowed* Unpermitted dismount 0.30 deduction only The sole circle [5.108] may be performed once only with bent legs on LB without incurring execution penalty	- Connection of min 2 different dance elements: - To include 1 leap or jump with 180° split (cross or side) or straddle position - Any coded 1/1 spin on one foot - Acrobatic series with 2 elements [min] 1 with flight [not Salto] - not connected into dismount - Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A value only allowed* Unpermitted dismount 0.30 deduction only	- Dance passage of min 2 different leaps or hops: - To include 1 leap or hop with 180° split (cross or side) or straddle position - Salto bwd and Salto fwd (no aerials) in the same or different acro line 2 acro lines, 1 with 2 different Saltos - Spin min 360° (any position) Dismount must be included in counting elements *A or B Salto must be in last acro line* Unpermitted dismount 0.30 deduction only
Un-coded Permitted Elements (receive 0.10 DV)		Cast above 45° (see diagram for penalties) ¾ Giant from LB to HB (no penalty for empty swing at the end of this element) Cast squat, stoop, or straddle onto LB - jump to catch HB - (no penalty for performing jump LB to HB or sole circle jump) Straddle or pike on undershoot dismount or ¾ sole circle dismount	Straight jump – Cannot be used for CR1	
Penalties	1.00 – For only performing 1 vault. To be taken from the first vault score.			
Barred Elements (prohibited / receive no DV)		Dismounts: Any dismount higher than 'A' Salto forwards tucked or piked [6.108]	Any Saltos [other than dismount] Any aerials Hops/jumps/leaps to front support	All acro elements above 'B' in difficulty value
GBR Bonus* (in addition to FIG)		0.30 – Backward giant without a fall (once only) 0.50 – Close bar circle element, minimum 45° from handstand 0.20 – Stuck landing on 'A' salto dismount.*	0.10 - Dance/Acro min A+B (mixed only, any order) 0.30 - Series bonus of 3 elements (Dance or Acro or Mixed) min BBA, BAB, ABB 0.20 – Acro connection of 2 flighted elements (same or different) 0.20 – Stuck landing on A dismount.*	0.20 – Stuck landing on A+ dismount.*

Clarifications for FIG Development 1

General Notes:

- FIG Junior CoP Applies for short exercises on beam and floor
- Un-coded elements 'U' which are permitted are listed in the tables and have a value of 0.10 for DV. They will fulfil the same criteria as A value elements.
- "Unpermitted dismount" is a dismount which has been performed, but not at the difficulty value specified.
- The penalty for this is 0.30 which is taken as a neutral deduction, however if the difficulty value performed is greater than the specified value, the higher value will be treated as the specified value and will also incur the 0.30 deduction.

Bonus:

Any bonus can only be awarded if the skill / combination of skills are performed without a fall.

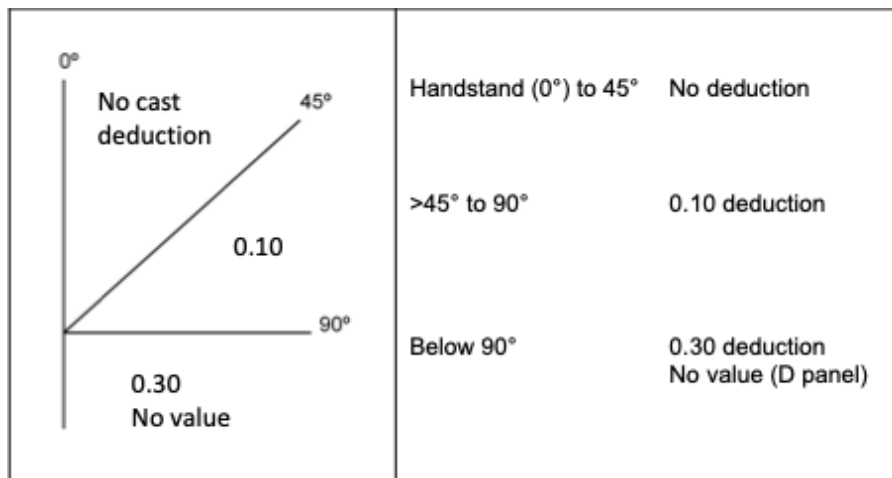
Vault:

- Handspring forwards vault only permitted [FIG Vault number 1.00]. D score 2.00
- Penalty 1.00 for not performing 2 vaults to be taken from the first vault score.
- FIG deductions apply.

Bars:

- Cast to handstands can be performed legs straddled [2.101] or legs together [2.102] as per FIG

Diagram for FIG Development 1 Bars – Un-coded element (value - 0.10) – Cast to above 45°



Beam: Conditions for bonuses

- The straight jump can only be used for a mixed series bonus and not for CR1.
- The maximum bonus that can be awarded for a series of 3 elements, is 0.30 (connections with more than 3 elements will still only earn 0.30).
- The mixed series bonus (0.10) can only be awarded if not used in conjunction with any other bonus.
- A combination of 3 elements may not be used to gain mixed bonus twice (0.10 + 0.10) example W-Jump-Flic-Sissone.

FIG Development 2 – For gymnasts aged 10 or 11 years only

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM & Floor – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – minimum 3, maximum 4 x Acro lines BARS – backward giant can receive Difficulty Value twice Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 120cm	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm mat for dismount only.	FIG Beam Regulations	FIG Floor Regulations 3 acro lines must be performed
Requirements	2 different vaults from FIG Vault table, with a maximum D Score 3.40 1 vault must be a handspring entry vault The best score from 2 different vaults performed will count to AA score.	No penalty for performing jump from LB to HB 1. Cast to handstand 2. 2 close bar circle elements [non-flight] same or different * see appendix 3. 2 x 180° (min) turn non-flight giant circle elements 4. Straight backaway dismount Dismount must be included in counting elements *A value only allowed* Unpermitted dismount 0.30 deduction only	1. Connection of minimum 2 different dance elements: • To include 1 leap or jump with 180° split (cross or side) or straddle position 2. Turn (Gr. 3) or Roll / Flairs 3. Acrobatic series with minimum 2 flight elements performed on the beam • Salto not required • not connected into dismount 4. Acro elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A or B value only allowed* Unpermitted dismount 0.30 deduction only	1. Dance passage of minimum 2 different leaps or hops • To include 1 leap or hop with 180° split (cross or side) or straddle position 2. Salto with LA turn (minimum 360°) 3. Acro line with 2 different Saltos 4. Spin minimum B (any position) Dismount must be included in counting elements *B or C value Salto must be in last acro line* Unpermitted dismount 0.30 deduction only
Un-coded Permitted Elements (receive 0.10 DV)		Cast squat, stoop or straddle onto LB - jump to catch HB - (no penalty for performing jump LB to HB) The sole circle backwards [5.108] may be performed with bent legs on LB without incurring execution penalty		
Penalties	1.00 - For not performing a handspring entry vault. To be taken from the best vault score. 1.00 - For only performing 1 vault. To be taken from the first vault score. 0.50 - For performing 2 vaults with the same number. To be taken from Final score.	0.50 – No skill performed on low bar	0.50 – No attempt at CR 3 – see clarifications page	1.00 – Routine with less than 3 acro lines 0.50 – Missing salto backwards and salto forwards in same or different acro line
Barred Elements (prohibited / receive no DV)	Any vault with a difficulty higher than 3.40	Flight element from HB to LB Flight on same bar [release] Dismounts: Salto forward tucked or piked [6.108]	Salto forwards from two feet [mount or on the beam] Hops/jumps/leaps to front support	Connections from Salto backward with 540° Double Salto Salto with LA turn greater than 720°
GBR Bonus* (in addition to FIG)	0.20 - For performing a vault with a salto. To be applied to the salto vault score.	0.30 - 3 different close bar circle elements to within 30° of handstand 0.50 - 2 different grips - not within flight or dismount (awarded once only) 0.30 - Clear pike circle [4.407] to min 45° (awarded once only) 0.20 – Stuck landing on 'A' salto dismount.*	0.20 – For any BBB connection 0.20 – Stuck landing on A+ dismount.*	0.20 – Stuck landing on B+ dismount.*

Clarifications/Help Desk/Updated Notes from Q & A for FIG Development 2

Bonus:

Any bonus can only be awarded if the skill / combination of skills are performed without a fall.

Vault:

- 2 different vaults must be performed. One of these vaults must be a handspring entry vault.
- Penalty 1.00 for not performing a handspring entry vault to be taken from best vault.
- Penalty 1.00 for not performing 2 vaults to be taken from the first vault score.
- Penalty 0.50 for performing 2 vaults with the same number, to be applied retrospectively to both vaults.
- No vault with a difficulty higher than 3.4 can be performed.

Bars:

- Cast to handstands can be performed legs straddled [2.101] or legs together [2.102] as per FIG
- The routine must contain an element on LB or a 0.50 penalty will be applied.
- A sole circle (5.108,5.105,5.106 in the Code of Points) may be used as a close bar element once only (backwards or forwards)
- If the sole circle forwards [5.105] is performed with bent legs, FIG deductions will apply.
- The same close bar element towards handstand may be repeated for CR2 but will receive difficulty value only once.

Beam:

- A penalty of 0.50 will be applied if there is no attempt at an acro series with 2 flighted elements.

Floor:

- Saltos with B value may be performed at any time during the routine, but to avoid penalty 0.30 there MUST be a B Salto performed in the last acrobatic line.
- The routine must contain a minimum of 3 acro lines, or a 1.00 penalty will be applied.
- The routine must contain saltos forwards and backwards (FIG requirement) or a 0.50 penalty will be applied.

FIG Development 3 – For gymnasts aged 11 & 12 years only.

To progress to British Championships 2027, gymnasts must have achieved a working at or higher in Excel Grade 3.

All gymnasts aged 13, who have achieved a working at or higher at Excel Grade 3 will take part in FIG Jun Dev competition (judged on FIG Junior CoP) taking place in conjunction with the FIG Dev 3 in order to progress to British Championships.

A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50	Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028 Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography Penalties will be applied BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 2 optional elements. FLOOR – min 3 / max 4 Acro lines Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*			
Short Exercises	FIG Rules apply for Beam & Floor. On Bars, an exercise with less than 7 elements will be deducted 1.00 for each missing element			
	Vault	Bars	Beam	Floor
Apparatus	Vault table at 125cm with: • FIG 30cm landing mats (soft side uppermost) with additional 10cm mat (optional)	FIG landing mats - 20cm + 10cm mat throughout + additional mandatory 20cm mat for dismount only.	FIG Beam Regulations	FIG Floor Regulations with: • Additional 5 or 10cm mat permitted for any 'D' salto without incurring a penalty. Must be removed after performing the element.
Requirements	Any FIG Vaults The best score from 2 different vaults performed will count to AA score.	- Non-flight element with 360° LA turn to fail by <30°, 0.50 deduction not 1.00 - DV given. - No deduction for an upstart after a Shap - An FIG coded element performed on the LB 2 different close bar circle elements to within 30° of handstand (FIG deductions will apply) 2 different grips [Not cast, mount or dismount] - Non-flight element with 360° LA turn [not mount or dismount] Dismount must be included in counting elements *A or B Salto only allowed* Unpermitted dismount 0.30 deduction only	- Connection of minimum 2 different dance elements: - To include 1 leap or jump with 180° split (cross or side) or straddle position - Turn (Gr. 3) or Roll / Flairs - Acrobatic series with 2 flight elements - minimum 1 Salto - Salto / aerial elements in different directions [fwd/swd & bwd] Dismount must be included in counting elements *A, B or C value only allowed* Unpermitted dismount 0.30 deduction only	- Dance passage of minimum 2 different leaps or hops: - To include 1 leap or hop with 180° split (cross or side) or straddle position - Acro line with 2 different Saltos – one with minimum 360° LA turn - Salto bwd and Salto fwd (no aerals) in the same or different acro line - Spin minimum B (any position) Dismount must be included in counting elements *B or C value Salto must be in last acro line* Unpermitted dismount 0.30 deduction only
Penalties	1.00 – for only performing 1 vault. To be taken from the first vault score. 0.50 – for performing 2 vaults with the same number.	0.50 – Dismount without a salto No penalty for performing a sole circle [5.105,6,8] jump to HB – but bent legs in sole circle will be deducted per FIG	0.50 – No attempt at CR 3	1.00 – Routine with less than 3 acro lines
Barred Elements (prohibited / receive no DV)		Flight element from HB to LB Dismounts: Salto backward with 540°/900° LA turn Salto forward with 360°/720° LA turn Double front or Double arabian		Double front [4.501] [4.601] Double Arabian [4.505] [4.605] [4.705]
GBR Bonus* (in addition to FIG)	0.20 - For performing 2 different vaults with a salto. These vaults can be from the same group with a different number. Or 0.50 - For performing 2 vaults with saltos in different directions.	0.30 - 3 different close-bar elements to handstand 0.20 - Backwards double tucked 0.30 - Clear pike circle [4.407] to min 45° 0.30 - Invert & invert ½ (L-Grip skills each time – not sole circle in L-Grip) 0.20 – Stuck landing on A+ salto dismount.*	0.20 - For each double spin 0.20 - For any FIG Bonus (awarded in addition to FIG Bonus) 0.20 – Stuck landing on A+ dismount.*	0.20 - Salto minimum 720° LA turn 0.20 - Acro line with 2 saltos, minimum 1 'C' 0.50 - Double back Salto (awarded once only) 0.20 – Stuck landing on B+ dismount.*

Clarifications/Help Desk/Updated Notes from Q & A for FIG Development 3

Bonus:

Any bonus can only be awarded if the skill / combination of skills are performed without a fall.

Vault:

- 2 different vaults must be performed. These can be from the same group, with a different number. Vaults can be with / without a salto.
- Penalty 1.00 for not performing 2 vaults to be taken from the first vault score.
- Penalty 0.50 for performing 2 vaults with the same number to be applied retrospectively to both vaults.
- Bonus' will be applied retrospectively to both vaults.

Bars:

- Cast to handstands can be performed legs straddled [2.101] or legs together [2.102] as per FIG
- FIG deductions will be applied for bent legs in sole circle, but the jump to high bar will not attract FIG uncharacteristic element deductions.
- Cast squat, stoop, or straddle onto low bar, jump to high bar will attract FIG uncharacteristic element deductions (0.50), and no DV will be given for this move.

Beam:

- A penalty of 0.50 can only be applied if there is no attempt at CR3.
- If the gymnast falls on the first element of CR3 or fails to successfully complete the 2nd element (to FIG). The gymnast can have one additional attempt at CR3 and, if successfully completed (to FIG requirements), the penalty will not be applied and the CR WILL be given.

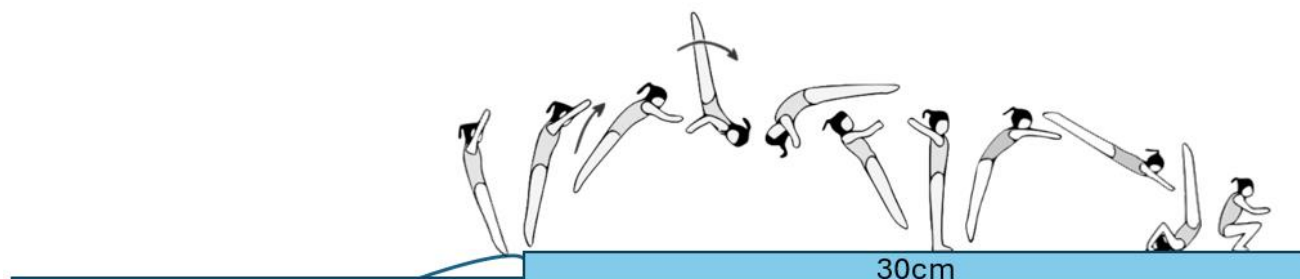
Floor:

- Saltos with B or C value may be performed at any time during the routine, but to avoid penalty there MUST be a B or C Salto performed in the last acrobatic line.
- The routine must contain a minimum of 3 acro lines, or a 1.00 penalty will be applied.

Pre-FIG Dev - Vault

Yurchenko surround must be used

Straight front salto into dive roll forwards from the board to 30cm mats



Faults	0.10	0.30	0.50
First Flight Phase – Poor technique			
• Leaning forwards on take-off (no deduction if leaning back or upright)	X	X	
• Body alignment (Hip angle / excessive arch) Or	X	X	
• No heel drive from board			X
• Leg separation	X	X	
Straight Front Salto			
• Poor body shape in Straight front salto	X	X	X
• Lack of Height	X	X	X
• Insufficient length	X	X	
• Leg or knee separations	X	X	
General			
• Dynamics	X	X	
• Deviation from straight direction	X		
Rebound into Dive Roll			
• Leg or knee separations on landing of straight front salto	X	X	
• No rebound into Dive roll		X	
• Stop before Dive roll			X
• Dive roll not performed			1.00
Judging finishes after the rebound. No deductions for technique of dive roll are to be taken.			

WAG COP MODIFICATIONS FOR JUNIOR COMPETITIONS

The **2025 Code** is designed to:

- be utilised at all international competitions under the official jurisdiction of FIG, its Member Federations and Continental Unions, namely Junior World Championships, Youth Olympic Games and other Multisport Games, International Competitions and Tournaments as well as special events created by FIG.
- standardise the judging of the four phases of FIG official competitions: Qualification, Team Final, All Around Final and Individual Apparatus Finals.

For Junior Competitions, the 2025 Code with some modifications should be used.

2.1 Rights of the Gymnast

2.1.2 Warm-up

- **In Qualifications, Team Final, All-Around Final & Apparatus Finals** each competing gymnast (including substitute of injured gymnast) is entitled to a touch warm-up period immediately prior to the competition on the podium (see Section 2 – touch warm-up).
The maximum touch warm-up time as per FIG TR 4.10.9

NOTE:

- *In Qualifications and Team Final the entire touch warm-up time belongs to the team except Vault. The team must pay attention to the elapsed time, so that the last gymnast receives a warm-up.*
- *In mixed groups the warm-up time belongs personally to the gymnast.*

6.3 Short Exercise

The D-Jury will take the appropriate penalty for a short exercise from the Final Score:

- 6 or more elements – no deductions
- 5 elements – 4.00 P.
- 3-4 elements – 6.00 P.
- 1-2 elements – 8.00 P.
- No elements – 10.00 P.

7.2 Difficulty Value (DV)

DV Restriction: If performed “F”, “G”, “H”, “I” or “J” elements the maximum value of 0.50 for each element may be rewarded.

7.3 Composition Requirements (CR) 2.00 P.

Composition requirements are described in the respective Apparatus Sections.
A maximum of 2.00 P. is possible.

- One element may fulfil more than one CR; however, an element may not be repeated to fulfil another CR.

7.4 Connection Value

Formulas for CV are described in the respective apparatus Part 3: Sections 11, 12 and 13. (DV restriction will be taken into consideration).

DMT Bonus will not be awarded.

10.4 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed.
- In the **Qualification, Team Final and All-Around Final**:
1 vault must be performed.
 - In **Qualification**, the 1st vault score counts toward the **Team** and/or **All-Around** total.
 - The gymnast who wishes to qualify for the **Apparatus Final** must perform **2** vaults as per the rules below.
- **In Qualification to and in Apparatus Final**
 - The gymnast must perform 2 different vaults (may be from the same group, but with different numbers), which will be averaged for the Final Score.
 - **No bonus** will be awarded for performing vaults with saltos in different directions

10.4.2 Specific Apparatus Deductions (D-Jury)

All vaults are illustrated with a number.

There is no penalty if a different vault than the flashed vault is performed.

- Support with one hand (taken from Final Score) – 2.00 P.
- In the **Qualification** for the **Apparatus Finals & Apparatus Finals**
 - when 1 of 2 vaults receives “0” points (10.4.3)

Evaluation: Score of the vault performed divided by 2 = Final Score

SECTION 14 – TABLE OF ELEMENTS

Following elements are prohibited for performance:

- VT – vaults with sideward take-off or landing.
- VT – vaults with double saltos (fwd & bwd).
- UB – salto & DMT with take-off from two feet.
- BB – dance elements with cross sit landing on BB.
- FX – acro elements with sideward take off and/or landing into roll.

The logo for British Gymnastics, featuring the words "British" and "Gymnastics" in a white, sans-serif font, stacked vertically. The background of the entire page is a vibrant gradient of blue, purple, and pink, with a large white curved shape on the right side.

British Gymnastics

2026 **Women's Artistic** **Classic Championships**

Revision 24/11/25 – For 2026 Competitions

WOMEN'S ARTISTIC CLASSIC CHAMPIONSHIPS RULES 2026

Philosophy

This new competition pathway was devised in 2019 and introduced in 2021, to bridge the gap between FIG and Regional level gymnasts. This competition pathway is an integral part of British Gymnastics Women's Artistic programme.

The underlying principle of the Classic Championships is for competition based on ABILITY rather than AGE. The Classic Championships is about inclusion, a level playing field, fair play philosophies, and is pro-choice. This category must not be deemed to be "lesser" or of a "lower class", and coaches, judges, gymnasts and parents are discouraged from framing it that way.

The overriding aim is to allow the vast majority of WAG Gymnasts a meaningful competition structure that is ACHIEVABLE FOR ALL. The new structure will allow gymnasts who train less hours per week to fulfil the rules within their ability level and receive a score which promotes self-value, self-worth and pride in their achievement, whilst giving an additional opportunity for these gymnasts to represent their region at National Finals.

Gymnasts will be able to compete at the Classic Championships if they have not competed at British Championships or an Excel / FIG Dev level competition in that year. Competing in Home Nations Championships & Club Team Championships does NOT exclude a gymnast from also competing in Classic Challenge Championships. Gymnasts competing in Elite levels will still have FIG Development Levels which will be reviewed annually.

Introduction

For the past few years, WTC has been looking at ways to address the mandated reduction of gymnasts at the British Championships, yet also meet the demands of the vast increase in membership. In addition, keeping clubs in business, keeping gymnasts in the sport, and continuing to build tomorrow's coaches and judges has needed careful consideration.

It can be stated that the current WAG competitive system in the UK is primarily based on FIG rules, but for all sorts of reasons most gymnasts cannot sustain or manage Bars, and/or cannot develop Vault beyond a certain point or make an international standard. The FIG Code is made for international level gymnasts. This then leaves a large majority of competitors needing a more realistic and less demanding way of competing and enjoying performing.

As a result, a new domestic "code of points" has been created to address these challenges, yet still allow for exceptional talent or late starters to emerge. This new code has been created to address these and other challenges. The code is based largely on FIG rules and directives, but aims to provide more choice and variety through modified requirements and additional skills.

This is a competitive category that aims to keep these gymnasts in the sport, have a Regional Team National Final Championships at the upper levels that they can strive for outside of the British Championships, and values them in such a way that they consider their long-term involvement in the sport. These aims can be met through increased variety for a more personal and suitable choice of compositional requirements, thereby reducing potential stress and injury.

Framework

These new rules fall under the new "Classic Challenge" heading. An annual review with the WTC Working Group will make any necessary changes. The working group will be headed by WTC and changes, where needed, will be made annually in consultation and will take into consideration and incorporate all feedback received from coaches & judges throughout the year, whilst protecting the integrity & flexibility of the whole WAG competition structure.

So as to not require a whole new set of judging awards, the judging system is based on current FIG D and E evaluations with the addition of uncoded elements (at certain levels) being recognised as 'A' value skills and counted towards the start value of the exercise. Gymnasts have a choice of Compositional Requirements (CR) which have also been modified to reflect the difficulty level. It is hoped that by allowing a choice of CR's the gymnasts will be better able to work within their ability. Execution will remain as FIG (unless otherwise stated), encouraging clean, aesthetic work whilst also allowing judging of routines to be standardized.

Competition Structure

The different levels are called Tin, Zinc, Copper, Bronze, Silver and Gold Levels.

Tin & Zinc (8+ years) & Copper (9+ years) will be regional only levels and will not progress to National Finals. It is hoped that these new levels will enable regions to all work from the same rules for gymnasts that are not working to full FIG.

Bronze (10+ years), Silver (12+ years) & Gold (14+) will progress to National Finals in format of a regional team consisting of 6 gymnasts at each level.

WAG CLASSIC CHAMPIONSHIPS 2026

BG WTC

Updated 24/11/2025

TIN – 8 Years+ (County / Regional competition only)

Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted *Dance elements only	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS – 5 highest elements including dismount - BEAM/FLOOR – 6 highest elements including dismount BEAM/FLOOR – 2 acrobatic + 2 dance + 2 optional FLOOR 1 acro line (2 x directly connected elements - no flight required) Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded A element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 4 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected elements no salto or flight required. Suggested music length 1 minute
Requirements	DV 2.30 Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. 2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)	Low Bar only routine A Gymnast should fulfil 3 of the 4 CR's (Maximum awarded 1.5): - Upstart (no penalty if stop after) - Close bar circle element (back hip circle allowed) - Cast to minimum horizontal - A dismount coded or listed uncoded A or listed uncoded elements only allowed B/C/D or more or elements not listed as uncoded – no DV or CR Maximum D Score 2.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): Connection 2 Dance elements (can be same or different) Minimum ½ spin on one foot - Leap or jump with 180° split (cross or side) or straddle - Acro element backwards (must be performed on the beam) - Acro element forwards / sideways (must be performed on the beam) A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 2.70	A Gymnast should fulfil all 4 of the CR's (Maximum awarded 2.00): A dance passage of 2 leaps / hops – No split required (can be the same or different) - Acro line with min 2 elements (non-flighted allowed) - Acro elements forwards / sideways & backwards (non-flighted allowed) - Full spin A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 2.70
Uncoded Permitted Elements (receive 0.1 DV)		Chin up circle over mount Float swing (from board or floor, back to board or floor) Cast Straddle or pike on undershoot dismount from LB Squat on LB jump forwards to land as dismount	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement ½ spin on one foot Forward roll Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)	Cat leap ½ Tuck jump Changement Stag leap Backward walkover Forward walkover Tic-toc Backward roll to pike stand or handstand Cartwheel
Notes	No other vaults are permitted at this level.	See clarifications.	Any mount may be used and be given value 'A' Coaches are encouraged to be present for all dismounts, but must be present for any salto dismount	No jumps to prone are permitted at this level
Barred Elements		'A' or listed uncoded elements only permitted	Any acro elements above 'A'	No Saltos are permitted at this level.

Additional Clarifications for Tin Level

A maximum of 6 valued elements including the dismount will be counted towards D score.

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

All CR's are minimum requirements

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

'A' value elements only are permitted at this level (**except 'B' dance elements on beam & floor**). Any other elements will receive NO DV or CR.

There are no bonus' at this level.

Vault:

- Only the specified vault may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

Bars:

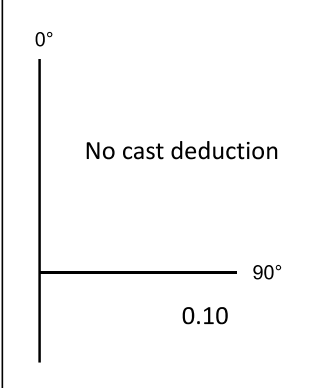
- **This is a low bar only routine.**
- Deductions as per FIG unless stated otherwise
- Routines with less than 4 elements will be deducted 1.00 for each missing element
- A float swing from board or floor back to board or floor does NOT carry a fall penalty if the gymnast releases the bar
- Gymnasts may start their exercise between the bars and dismount away from the bars.
- A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.

Beam:

- Routines with less than 6 elements - 1.00 penalty for each missing element
- Uncoded mounts – jump to front support, straddle hold, squat on & leg over mounts can only count as an optional element only.
- A backward roll on one shoulder to any finish position will class as a backwards element at this level.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- 'B' **dance** elements only are permitted
- Coaches must be present for any salto dismount (or 1.00 penalty).

Floor:

- Routines with less than 6 elements - 1.00 penalty for each missing element
- A Cat leap and a scissor kick can both be used and awarded value.
- 'B' **dance** elements only are permitted

	<table><tr><td>Handstand (0°) to 90°</td><td>No cast deduction With value (D Panel)</td></tr><tr><td>Below 90°</td><td>0.10 cast deduction With value (D Panel)</td></tr></table>	Handstand (0°) to 90°	No cast deduction With value (D Panel)	Below 90°	0.10 cast deduction With value (D Panel)
Handstand (0°) to 90°	No cast deduction With value (D Panel)				
Below 90°	0.10 cast deduction With value (D Panel)				

WAG CLASSIC CHAMPIONSHIPS 2026

BG WTC
Updated 24/11/2025

ZINC – 8 Years+ (County / Regional competition only)

Uncoded = 0.10 A = 0.10 B* = 0.20 Moves of higher value are not permitted *Dance elements only	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional FLOOR - 1 acro line (2 x directly connected flighted elements - no salto required) – Penalty 1.00 for a routine with no acro lines Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded ‘A’ element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam and floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element. On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Piled mats to height of 60cm, 90cm or 120cm 1 x springboard	FIG Bars Regulations with: A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges’ view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required.
Requirements	DV 2.50 Handspring Flat Back onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast. Or DV 2.50 ½ on to stand Or DV 3.00 Yurchenko prep to stand Both onto Pile of Safety Mattresses at a choice of 60cm, 90cm or 120cm to suit the gymnast.	A Gymnast should fulfil 4 of the 5 CR’s (Maximum awarded 2.0): ▪ Upstart (no penalty if stop after) ▪ Close bar circle element (back hip circle allowed) ▪ Cast to within 45° handstand ▪ Any bar change LB – HB ▪ A dismount coded or listed uncoded A or listed uncoded elements only allowed B/C/D or more or elements not listed as uncoded – no DV or CR Maximum D Score 3.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR’s (Maximum awarded 2.00): ▪ Connection 2 different Dance elements ▪ Minimum ½ spin on one foot ▪ Leap or jump with 180° split (cross or side) or straddle ▪ Acro element backwards (must be performed on the beam) ▪ Acro element forwards / sideways (must be performed on the beam) A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 3.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR’s (Maximum awarded 2.00): ▪ A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle ▪ Acro line with min 2 flighted elements ▪ Mixed series minimum 2 directly connected elements ▪ Acro elements forwards / sideways & backwards ▪ Full spin A or listed uncoded elements only allowed with the exception of B dance elements B*/C/D or more – no DV or CR Maximum D Score 3.00
Uncoded Permitted Elements (receive 0.1 DV)	2.00 penalty for coach support. Applies to each vault. Best score of 2 performed vaults. (No deduction if only 1 vault performed)	Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB Straddle or pike on undershoot dismount Chin up circle over mount Cast above horizontal Float swing (from board or floor, back to board or floor) Straddle, pike dismount from LB or HB Squat on LB jump forwards to land as dismount	Any mount Tuck jump Stretched or arched jump Stretched jump ½ Changement ½ spin on one foot Forward roll Backward shoulder roll Cartwheel rebounding straight jump dismount Roundoff Dismount Handspring dismount Cartwheel to handstand drop down dismount (side of beam)	Cat leap ½ Tuck jump Changement Stag leap Backward walkover Forward walkover Tic-toc Backward roll to handstand
Notes	No other vaults are permitted at this level.	See clarifications. Penalty 1.00 for not using both bars The coach must stand between the bars for any transition.	Any mount may be used and be given value ‘A’ Coaches must be present for any salto dismount. Penalty 1.00 if coach not present	No jumps to prone are permitted at this level Penalty 1.00 for no acro lines. No acro lines with 2 saltos are permitted.
GBR Bonus (in addition to FIG) Only awarded if performed without a fall		0.3 – Upstart performed without a stop (awarded once) 0.3 – Cast to within 30° handstand 0.1 – Stuck dismount	0.2 – Connection 2 different dance elements one with 180° split leap or jump 0.2 – Acro elements in different directions (fwd/swd & bwd) on the beam	0.2 each – Salto backwards & forwards

Additional Clarifications for Zinc Level

A maximum of 8 valued elements including the dismount will be counted towards D score.

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated). **All CR's are minimum requirements**

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

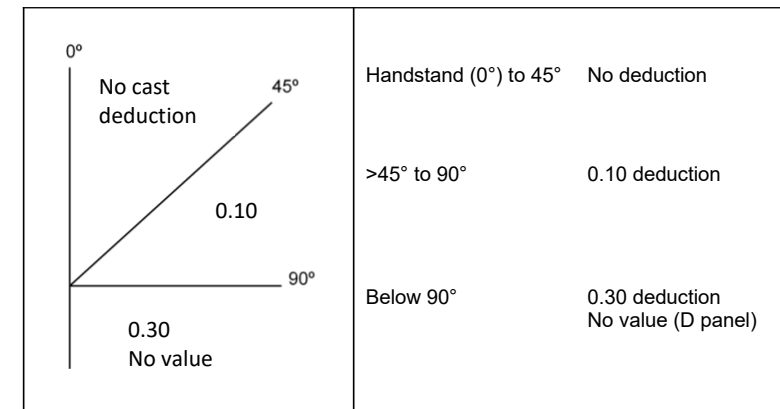
Maximum D score includes any bonus awarded. Bonus can only be awarded if performed without a fall.

Vault:

- Only the specified vaults may be performed.
- 1 springboard only allowed
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Deductions as per FIG unless stated otherwise
- Routines with less than 5 elements - 1.00 penalty for each missing element
- There is a 1.00 penalty for using only the low bar
- The coach **must** stand between the bars and be present for the transition between the bars (or 1.00 penalty).
- There is no penalty for bent legs in a sole circle **when performed on LB**
- There is no penalty for performing a jump from LB to HB either from a sole circle or from a squat / stoop / straddle on
- A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.



Beam:

- Routines with less than 6 elements - 1.00 penalty for each missing element
- Uncoded mounts – jump to front support, straddle hold, squat on & leg over mounts can only count as an optional element only.
- A backward roll on one shoulder will count as an acro element, but will not fulfil CR 4. The backward roll in the CoP (4.105) will count for CR.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- A forward roll will count as a forwards element for CR.
- Coaches must be present for any salto dismount (or 1.00 penalty).

Floor:

- Routines with less than 6 elements - 1.00 penalty for each missing element
- **Penalty 1.00 for no acro line**
- An acro element may be repeated without DV for purposes of fulfilling a mixed series CR
- Bonus for backward salto can only be awarded if performed within an acro line and without a fall. The front salto can be performed in or out of an acro line for bonus.

WAG CLASSIC CHAMPIONSHIPS 2026

COPPER – 9+ Years (County / Regional Competition only)

Uncoded = 0.10 A = 0.10 B = 0.20 Moves of higher value are not permitted* *See specific bars & beam clarification	Elements will be given Difficulty Value according to Rules & Regulations. FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional FLOOR - 2 acro lines are required Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Bars, Beam & Floor, an exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A safety mat (depth 20cm), and/or a jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view. 1.00 penalty for not using both bars.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations except acro lines where an acro line will be considered to be 2 x directly connected flighted elements no salto required, or a single forwards salto.
Requirements	Any vault without a salto from the new vault table Height of vault 105, 110, 115, 120 or 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): - FIG coded mount on LB - Close bar circle element (back hip circle allowed) - Any bar change LB to HB - Cast to within 45° handstand - A different close bar element Listed uncoded, A/B elements only allowed C* or more – no DV *Any close bar that achieves handstand will only receive credit as a 'B' Maximum D Score 3.50	<i>A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00):</i> Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle ½ spin immediate ½ turn or 1/1 spin - An acrobatic element with flight 1 x acrobatic series with 2 elements [minimum] Non flighted OK - Mixed Series (Minimum 2 element – no flight required on acro element) – must be performed on the beam Listed uncoded, A/B elements only allowed C* or more – no DV *C dance elements can be used, but will only receive credit as a 'B' Maximum D Score 3.50	<i>A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00):</i> A dance passage of 2 different leaps / hops - 1 with 180° split (cross or side) or straddle - Acro line with a backward salto and a Forward salto (in or out of an acro line) - Mixed series minimum 2 directly connected elements - A different leap, hop or jump that is not part of the dance or mixed series - Full Spin Listed uncoded, A/B elements only allowed C or more – no DV Maximum D Score 3.50
Uncoded (U) Permitted Elements (receive 0.1 DV)		Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB Straddle or pike on undershoot dismount Chin up circle over mount Cast to within 45° handstand	Any mount Tuck jump Stretched or arched jump & Stretched jump ½ Changement Forward roll Backward roll ½ spin immediate ½ turn Cartwheel rebounding straight jump dismount	Backward walkover Forward walkover Tic-toc Backward roll to handstand
Notes	Best score of 2 performed vaults. (No deduction if only 1 vault performed)	The sole circle (5.108) may be performed on the low bar with bent legs without incurring execution penalty	Any mount may be used and be given value 'A' Coaches are encouraged to be present for dismounts	No jumps to prone are permitted at this level Dismount of 'B' are not permitted
GBR Bonus (in addition to FIG)		0.3 – 2 x upstarts 0.3 – Backward giant (awarded once only) 0.3 – Close bar Value B	0.2 – Acro series with minimum 1 flighted element 0.2 – Acro elements in different directions (fwd/swd & bwd) on the beam	0.1 – Straight salto backwards 0.2 – A routine with 2 FIG Acro lines 0.2 – An acro line with a ½ or 1/1 twist backwards

Additional Clarifications for Copper Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated). **All CR's are minimum requirements**

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

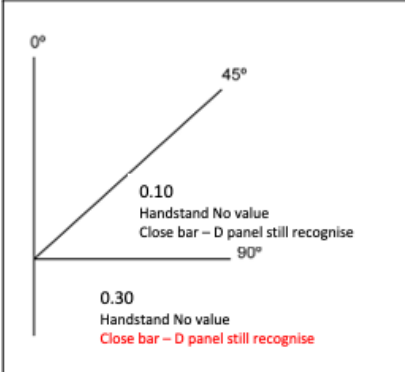
Maximum D score includes any bonus awarded.

Vault:

- 2 different vaults may be performed
- Additional modified 4 & 5 coil springboards will be available

Bars:

- Deductions as per FIG unless stated otherwise
- A routine with less than 6 elements will be deducted 1.00 for each missing element
- The coach is encouraged to stand between the bars and be present for the transition between the bars without deduction.
- An additional 20cm mat can be placed underneath through-out the bars without deduction.
- There is no penalty for bent legs in a sole circle **performed once on LB. If performed on the High Bar, or twice, bent leg deductions will apply.**
- A safety mat (depth 20cm), or a jersey style mat (depth 10cm), can be used without penalty, but must not block the judges' view.

	Handstand / Close bar (0°) to 45°	No deduction
	>45° to 90° Handstand Close Bar	0.10 deduction No Value (D Panel) D Panel still recognise
	Below 90° Handstand Close Bar	0.30 deduction No value (D panel) D Panel still recognise

Beam:

- A routine with less than 6 elements will be deducted 1.00 for each missing element
- Uncoded mounts – jump to front support, straddle hold, squat on & leg over mounts can only count as an optional element only.
- Forward and backward rolls can be used as DV, CR & bonus unless the backward roll goes over one shoulder and therefore will not class as a backwards element at this level and not receive no value, CR or bonus.
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- A routine with less than 6 elements will be deducted 1.00 for each missing element
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- 2 acro lines are required these can be 2 directly connected flighted acro elements without a salto, or a single salto.
- A routine with one acro line will incur a 1.00 penalty.
- **No B dismounts are permitted. If performed no DV, Bonus, CR can be awarded, and this will not be recognised as an acro line.**

WAG CLASSIC CHAMPIONSHIPS 2026

BG WTC
Updated 24/11/2025

BRONZE – 10 years+

Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40* *No D saltos permitted on floor	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated once for Difficulty Value (except sole circle) IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, if less than 6 elements are performed, FIG Junior CoP Penalties apply. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations apply No additional matting is permitted
Requirements	Any vault from the new vault table Height of vault 115, 120 or 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): - Close bar circle element - A different close bar element min B - An element LB to HB (uncoded OK) - A giant circle in any direction - An element in a different grip Dismount must be included in counting elements Maximum D Score 4.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle - Turn (Grp 3) or Roll / Flairs 1 x acrobatic series with minimum 2 elements at least one with flight - Mixed Series (Minimum 2 elements 1 must be minimum 'B' – no flight required on acro element) may include mount, cannot be connected to dismount - Acro elements in different directions (fwd/swd & bwd) on the beam Maximum D Score 4.00	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle - Acro line with min 2 saltos - Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance) - Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. - Salto with LA Turn (min 180) (must be in acro line) Maximum D Score 4.00
Uncoded (U) Permitted Elements (receive 0.1 DV)		Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ Giant from LB to HB ¾ sole circle forwards (LB) (no penalty for cast deduction before the element or adjusted grip)		An acro line with 2 saltos, one of which is a 'C'. No DV, CV, CR if performed.
Barred Elements		No flight on the same bar or from HB to LB are permitted. No C/D dismounts are permitted.	All elements above a D No C/D dismounts are permitted.	D+ saltos are not permitted No C/D dismounts are permitted.
Notes	Best score of 2 performed vaults. (No deduction if only 1 vault performed)	The sole circle (5.108) may be performed once on the low bar with bent legs without incurring execution penalty)		Minimum 2 FIG acro lines must be performed or a penalty 1.00 will be applied. Any travelling isolated salto may be performed at any point in the routine and be credited.
GBR Bonus (in addition to FIG)		0.2 – Flighted element LB to HB 0.1 – 2 x Close bar in routine to minimum 45° from handstand 0.1 – 'B' value Dismount 0.2 – 'Back away (any shape)	0.1 – Dance series B+B or more (elements must be different) 0.1 – Spin C value or more 0.1 – Mixed series BBA (each element must be different) 0.2 – Salto / aerial connected to a flighted or non-flighted acro element 0.1 – Dismount A from acro flight OR 0.2 – Dismount B value or more from acro flight	0.1 – 2 different directly connected saltos 0.1 – B spin or more (any position) 0.2 – C salto - acro line not necessary 0.2 – Minimum 3 leaps or jumps 'B' or more throughout routine 0.2 – Dismount (3rd or 4th acro line) B

Clarifications for Bronze Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

Vault:

- Additional modified 4 & 5 coil springboards will be available
- In qualifying to and at National finals, the best vault score will count towards the All-Around (and Team) Score. For apparatus ranking at National Finals, the gymnast must perform 2 vaults and the average score will count towards apparatus ranking.

Bars:

- A routine with less than 6 elements will be deducted 1.00 for each missing element
- A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- A sole circle can count as CR1. The sole circle cannot be repeated for DV and if performed twice in succession will attract an empty swing penalty. If performed on HB bent leg penalties will apply.
- $\frac{3}{4}$ sole circle forwards (LB only) can be performed and will count as CR5. No angle of cast deductions are to be applied to enter the element. If performed on HB it will have no DV or CR.
- No flight elements on the same bar or from HB to LB are permitted
- No C/D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Beam:

- FIG Junior CoP penalties apply for short exercise (less than 6 elements)
- CR 1, 3 & 5 must be performed on the beam, CR 2 & 4 can include mount and / or on the beam
- Rolls can only be used to fulfil CR 2 (As per FIG) & CR 4
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).
- No C/D dismounts are permitted. If performed no DV, CV, CR can be awarded.

Floor:

- FIG Junior CoP penalties apply for short exercise (less than 6 elements)
- Minimum 2 FIG acro lines to be performed (penalty 1.00 for each missing acro line)
- No D+ saltos are permitted on floor. If performed no DV, CV, CR can be awarded.
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- No C/D dismounts are permitted. If performed no DV, CV, CR can be awarded, and this will not be recognised as an acro line.
- Dismount bonus on floor can only be awarded if the routine contains 3 or more acro lines, 2 must be FIG acro lines

WAG CLASSIC CHAMPIONSHIPS 2026

BG WTC
Updated 24/11/2025

SILVER – 12 years+

Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount. BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element of 'B' or above may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, if less than 7 elements are performed, FIG Penalties apply. On Bars, an exercise with less than 6 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations with: for D+ Saltos, a mat (depth 10cm) is allowed, no restrictions or deductions. The mat must be removed once no longer needed.
Requirements	Any vault from the new vault table Height of vault 120 or 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): - Close bar circle element min C - A flighted element LB to HB - A giant circle in any direction - A cast / circle element with min 180° turn - An element in a different grip Dismount must be included in counting elements Maximum D Score 4.50	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): - Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle - Turn (Grp 3) or Roll / Flairs - Salto or aerial skill 1 x acrobatic series with min 2 flighted elements or one salto connected to another acro element (flight not necessary) Or Mixed Series (Minimum 2 elements 1 must be minimum 'B' – acro element must be flighted) may include mount, cannot be connected to dismount - Acro elements in different directions (fwd/swd & bwd) on the beam Maximum D Score 4.50	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): - A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle - Acro line with min 2 different saltos - Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance) - Saltos in different directions (no aerials). Acro line not necessary, no stationary skills. - Salto with LA Turn (min 360) (acro line not necessary) Maximum D Score 4.50
Uncoded (U) Permitted Elements (receive 0.1 DV)		Squat onto low bar (There will be no penalty for performing a jump from LB to HB) ¾ sole circle forwards (LB) (no penalty for adjusted grip or cast deduction before the element)		
Notes	Best score of 2 performed vaults. (No deduction if only 1 vault performed)	The sole circle (5.108) may be performed with bent legs without incurring execution penalty) on LB only		Minimum 2 FIG acro lines must be performed or a penalty 1.00 will be applied. Any travelling isolated salto may be performed at any point in the routine and be credited.
GBR Bonus (in addition to FIG)		0.1 – C + C or more (elements may be the same or different) 0.2 – Any close bar with minimum 180° turn 0.1 – A 'B' value dismount 0.1 – Salto dismount	0.1 – Dance series C+C or more (elements must be different) 0.1 – Spin C value or more 0.1 – Mixed series minimum BBB (each element must be different) 0.2 – 2 or more different salto / aerial in routine (can include mount to 2 feet) 0.2 – Dismount C value or more	0.1 – 2 different directly connected saltos - minimum 1 x B 0.1 – C spin or more (any position) 0.2 – Minimum 3 dance elements 'C' or more throughout routine 0.2 – Dismount (3rd or 4th acro line) C or more

Clarifications for Silver Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.

An element can be utilised to fulfil more than one CR (unless otherwise stated).

Listed uncoded elements can be used for DV, CR & Bonus and will be recognised with the same value as 'A' elements.

Maximum Bonus (including any FIG bonus) 1.00. Bonus can only be awarded if performed without a fall.

Maximum D score includes any bonus awarded.

Vault:

- Additional modified 4 & 5 coil springboards will be available
- In qualifying to and at National finals, the best vault score will count towards the All-Around (and Team) Score. For apparatus ranking at National Finals, the gymnast must perform 2 vaults and the average score will count towards apparatus ranking.

Bars:

- Short exercise penalties - A routine with less than 6 elements will be deducted 1.00 penalty for each missing element
- No deductions for bent legs in a sole circle when performed on LB only. If performed on HB bent leg penalties will apply.
- A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.
- ¾ sole circle forwards (LB only) can be performed and will count as CR5. No angle of cast deductions are to be applied to enter the element. If performed on HB it will have no DV or CR.

Beam:

- FIG CoP penalties apply for short exercise (less than 7 elements)
- CR 1, 3 & 4 must be performed on the beam, CR 2 & 5 can include mount and / or on the beam
- Rolls can only be used to fulfil CR 2 (As per FIG)
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- FIG CoP penalties apply for short exercise (less than 7 elements)
- Minimum 2 FIG acro lines to be performed (penalty 1.00)
- For D+ Saltos, a jersey mat (depth 10cm) is allowed, no restrictions or deductions (2 jersey mats available, & can be moved). The mat(s) must be removed once no longer needed.
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- Dismount bonus on floor can only be awarded if the routine contains 3 or more acro lines, 2 must be FIG acro lines

WAG CLASSIC CHAMPIONSHIPS 2026

BG WTC
Updated 24/11/2025

GOLD – 14 years+

Uncoded = 0.10 A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50	Elements will be given Difficulty Value according to Rules & Regulations FIG Cycle 16 Code of Points [2025- 2028] Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 3 acrobatic + 3 dance + 2 optional BARS/BEAM/FLOOR The dismount must be included in the counting elements Un-coded elements as listed below will be recognised and awarded 0.10 each unless stated otherwise Same element can only count once EXCEPT on Bars where an FIG Coded element 'B' or above may be repeated once for Difficulty Value IMPORTANT At all levels, coaches and gymnasts should concentrate their efforts towards the accuracy of technical execution.			
Short Exercises	On Beam & Floor, if less than 7 elements are performed, FIG Penalties apply. On Bars, an exercise with less than 7 elements will be deducted 1.00 for each missing element.			
	Vault	Bars	Beam	Floor
Apparatus	FIG Vault table with: A jersey style mat (depth 10cm) is allowed in addition to the standard 30cm with no deductions, and landing mats turned soft side uppermost when possible.	FIG Bars Regulations with: A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.	A FIG Beam Regulations with: A jersey style mat (depth 10cm) is allowed for dismounts (optional).	FIG Floor Regulations with: for D+ Saltos, a mat (depth 10cm) is allowed, no restrictions or deductions. The mat(s) must be removed once no longer needed.
Requirements	Any vault from the new vault table Height of vault 125cm 1 x springboard Execution deductions of 0.1, 0.3, 0.5 & 0.8 for height will apply <i>NOTE - Straight vaults will be recognised as straight with the following deductions: 0 -10° - no deduction 10°- 30° - 0.10 30°- 45° - 0.30 Vaults will be devalued and recognised as piked if: Holding legs Or More than 45° from straight at inverted.</i>	A Gymnast should fulfil 4 of the 5 CR's (Maximum awarded 2.00): - Close bar circle element min C - An element in a different grip - A flighted element LB to HB - A flighted element from HB to LB - A cast / circle element with min 180° turn Dismount must be included in counting elements	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): - Connection of minimum 2 different Dance elements to include one Leap or jump with 180° split (cross or side) or straddle - Turn (Grp 3) or Roll / Flairs 1 x acrobatic series with min 2 elements one must be a salto / aerial connected to a flighted or non-flighted acro element - Mixed Series (Minimum 2 elements B+B or an 'A' dance element connected to a salto / aerial) may include mount, cannot be connected to dismount - Acro elements in different directions [fwd/swd & bwd]	A Gymnast must fulfil the first CR and then 3 of the remaining 4 CR's (Maximum awarded 2.00): - A dance passage of 2 different leaps / hops – 1 with 180° split (cross or side) or straddle - Acro line with min 2 different saltos - Mixed series minimum 3 directly connected elements (acro/dance/acro or dance/acro/dance) - Saltos in different directions (no aerials). - Acro line not necessary, no stationary skills. - Salto with LA Turn (min 540°) (acro line not necessary)
Uncoded (U) Permitted Elements (receive 0.1 DV)				
Notes	Best score of 2 performed vaults. (No deduction if only 1 vault performed)	Upstart (kip) after "Shaposhnikova" type elements – no penalty		Minimum 2 FIG acro lines must be performed or a penalty 1.00 will be applied. Any travelling isolated salto may be performed at any point in the routine and be credited.
GBR Bonus (in addition to FIG)		0.1 – C + C or more (elements may be the same or different) 0.2 – Any close bar with minimum 180° turn 0.2 – Flight element on the same bar 0.1 – Any cast / circle with minimum 180° turn connected to dismount 0.1 – Double BA salto (any shape - inc. open tuck) 0.1 – A 'C' value dismount	0.1 – Dance series C+C or more (elements must be different) 0.1 – Mixed series D+A or more 0.1 – Spin C value or more 0.2 – Acro series flight + salto 0.1 – Dismount C value or more	0.1 – 2 different directly connected saltos – minimum 1 x C 0.2 – Double (BA) salto, in an acro line 0.2 – Minimum 3 dance elements 'C' or more throughout routine 0.1 – Dismount (3rd or 4th FIG acro line) C or more

Clarifications for Gold Level

Element recognition and deductions are as per FIG CoP unless the rules specifically state otherwise.
An element can be utilised to fulfil more than one CR (unless otherwise stated).
There is no maximum D score.

Vault:

- Additional modified 4 & 5 coil springboards will be available
- In qualifying to and at National finals, the best vault score will count towards the All-Around (and Team) Score. For apparatus ranking at National Finals, the gymnast must perform 2 vaults and the average score will count towards apparatus ranking.

Bars:

- Short exercise penalties - A routine with less than 7 elements will be deducted 1.00 penalty for each missing element
- A jersey style mat (depth 10cm), can be moved/placed as needed, but must not block the judges' view.

Beam:

- FIG CoP penalties apply for short exercise (less than 7 elements)
- CR 1, 3 & 5 must be performed on the beam, CR 2 & 4 can include mount and / or on the beam
- Rolls can only be used to fulfil CR 2 (As per FIG)
- A jersey style mat (depth 10cm) is allowed for dismounts (optional).

Floor:

- FIG CoP penalties apply for short exercise (less than 7 elements)
- Minimum 2 FIG acro lines to be performed (penalty 1.00)
- For D+ Saltos, a mat (depth 10cm) is allowed, no restrictions or deductions. The mat(s) must be removed once no longer needed.
- An acro element may be repeated without DV for purposes of fulfilling a mixed series
- Dismount bonus on floor can only be awarded if the routine contains 3 or more FIG acro lines

Classic Challenge Championships

GROUP I	
HANDSPRING / YAMASHITA with or without LA turn (no salto in second flight)	

	D Score
1.00 Handspring	1.60
1.01 Handspring with ½	2.00
1.10 Yamashita	2.00
1.11 Yamashita with ½	2.40
1.20 ¼ - ½ turn on & repulsion off	1.60
1.21 ¼ on ¼ off or ¼ on ¾ off	2.40
1.22 ¼ on 1/1 or ¼ on 1¾ off	2.60
1.23 ¼ on 1½ or ¼ on 1¾ off	3.20
1.24 ¼ on 2/1 off or ¼ on 2¾ off	3.60
1.02 Handspring with 1/1 turn	2.60
1.03 Handspring with 1½ turns	3.20
1.12 Yamashita with 1/1 turn	2.80
1.04 Handspring with 2/1	3.60
1.05 Handspring with 2¾	4.00
1.30 H/Y 1/1 on H/Y off	3.20
1.301 H/Y 1/1 on H/Y ½ off	3.40
1.31 H/Y 1/1 on H/Y 1/1 off	3.60
1.311 H/Y 1/1 on 1¾ off	4.00

GROUP II	
HANDSPRING with or without LA turn and SALTO FORWARD/BACKWARD	

	D Score
2.10 Handspring FWD Salto Tuck	3.60
2.11 Handspring FWD Salto Tuck ½	3.80
2.11 Handspring ½ BWD Salto Tuck (Cuervo Tuck)	3.80
2.20 Handspring FWD Salto Pike	3.80
2.21 Handspring FWD Salto Pike ½	4.00
2.21 Handspring ½ BWD Salto Pike (Cuervo Pike)	4.00

All FIG deductions apply
but for Height take 0.10, 0.30, 0.50 or 0.80
to create a greater spread between the majority of vaults performed

GROUP III	
TSUKAHARA or KASAMATSU SALTO with or without turn <i>All Group 3 Vaults - allow a 90° to 180° LA turn in first flight</i>	

	D Score
3.10 Tsukahara Tuck	3.20
3.20 Tsukahara Pike	3.40
3.11 Tsukahara Tuck ½	3.40
3.12 Tsukahara Tuck 1/1 (Kasamatsu Tucked)	3.80
3.30 Tsukahara Straight	3.80
3.31 Tsukahara Straight ½	4.00
3.32 Tsukahara Straight with 1/1 (Kasamatsu)	4.40

GROUP IV	
YURCHENKO: R/O Flic on with/without SALTO BWD with/without LA turn or R/O Flic on LA turn & SALTO FWD with or without LA turn	

	D Score
1.40 RO, Flic with Repulsion	2.00
1.401 RO, Flic with Repulsion ½	2.20
1.402 RO, Flic with Repulsion 1/1	2.50
1.403 RO, Flic with Repulsion 1½	2.70
4.10 RO, Flic Salto Tuck	3.00
4.11 RO, Flic Salto Tuck ½	3.20
4.12 RO, Flic Salto Tuck 1/1	3.60
4.205 RO, Flic Salto Pike	3.20
4.30 RO, Flic Salto Straight	3.60
4.31 RO, Flic Straight ½	3.80
4.32 RO, Flic Straight 1/1	4.20

GROUP V	
R/O Flic with ½ turn on, Handspring off with/without SALTO FWD with/without LA turn	

	D Score
1.50 RO, Flic w ½ turn, Handspring off	2.20
1.51 RO, Flic w ½ turn, Handspring ½ off	2.60
1.52 RO, Flic w ½ turn, Handspring 1/1	3.00
1.53 RO, Flic w ½ turn, Handspring 1½	3.40
5.10 RO, Flic w ½ turn, Salto Tuck	3.80
5.11 RO, Flic w ½ turn, Salto Tuck ½	4.00
5.20 RO, Flic w ½ turn, Salto Pike	4.00
5.21 RO, Flic w ½ turn, Salto Pike ½	4.20

GROUP VI	
R/O Flic with 1/1 turn on with/without SALTO BWD <i>Vaults performed with 1/1 on allow for tolerance of ¼ (270°) to 1/1 (360°)</i>	

	D Score
1.60 RO, Flic w ¾ + with Repulsion	2.40
1.61 RO, Flic w ¾ + with Repulsion ½	2.80
1.62 RO, Flic w ¾ + with Repulsion 1/1	3.20
4.40 RO, Flic w ¾ + Salto Tuck	3.60
4.50 RO, Flic w ¾ + Salto Pike	3.80
4.51 RO, Flic w ¾ + Salto Straight	4.20

WGC Rules 2026

NICKEL

(for gymnasts born in 2020 & 2019 only)

	Vault	Bars	Beam	Floor
Apparatus	Safety mats/blocks to height 60cm from the floor	Polished Bar, gloves and straps	FIG Beam Regulations + 30cm safety mats underneath the beam (including dismount)	Floor routine performed to music
Requirements	Stretch jump onto block, kick to handstand flat back	-Leg lift -Chin up circle -Forward circle to hang straight -Dish hold 3s -Arch hold 3s -Trolley swing, Big swings x3	-Jump to front support, swing leg over to straddle sit -Show handstand -Half turn on toes -Stretch jump, stretch jump connected -Tuck jump -Run, stretch jump dismount (arms by ears rebound)	-Step, hurdle cartwheel 1/4 turn to join feet into backward roll to pike stand -Split jump -Full spin -Shasse cat leap shasse scissor kick -Handstand forward roll

VAULT

Stretch jump from springboard to land on 60cm matting/blocks, one step into handspring flatback.
(Gymnasts may walk forwards or backwards into correct starting position for flatback with no deduction)

SV 3.0

<i>PHASE</i>	<i>EXECUTION FAULTS</i>	<i>EXECUTION DEDUCTIONS</i>		
Take off board	Poor co-ordination of arm swing	0.10		
	Arms already up on jump onto board		0.30	
	Rebound from one foot			0.50
Jump and landing into block	Body alignment in jump	0.10		
	Lack of height in jump	0.10	0.30	
	Bent knees in jump	0.10	0.30	0.50
	Leg or knee separations	0.10	0.30	
	Lack of control in landing	0.10	0.30	
Repulsion	Shoulder angle on contact	0.10	0.30	
	Bent arms	0.10	0.30	0.50
	More than one step into flatback	0.10 (per step)		
	Run/ jump/ hurdle into flatback			0.50
Flight phase in flatback	Bent knees	0.10	0.30	0.50
	Failure to maintain straight body position	0.10	0.30	
	Insufficient height	0.10	0.30	
	Distance (insufficient length)	0.10	0.30	
	Legs apart in flight phase	0.10	0.30	
Landing	Landing with legs apart	0.10		
	Failure to land on flat back (landing in dish)		0.30	
General	Dynamics	0.10	0.30	

BARS

Routine on single polished 'strap' bar height 255cm **SV 3.0**

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>EXECUTION DEDUCTIONS</i>		
Leg raise x1 (toes to touch bar)	0.5	Failure to lift feet to 45° from vertical Toes not touching the bar Body alignment (shoulder angle/ head out) Bent legs at any point Legs apart at any point	VM 0.10 0.10 0.10 0.10	0.30	0.50
Upward circle and forward circle to straight hang	0.5	Failure to circle over to front support Chin touching bar Poor technique in circle over (use of leg swing to initiate circle) Poor technique in forwards circle (lack of control or swinging) Failure to circle forwards to hang	VM 0.30 0.10 0.10 VM	0.30	
Dish hold 3s	0.5	Failure to hold position for 3s Poor shape (shoulder angle/ head out/ hip angle) Bent legs at any point Legs apart at any point	0.30 0.10 0.10 0.10	0.30	0.50 0.50
Arch hold 3s	0.5	Failure to hold position for 3s Poor shape (shoulder angle/ head out/ hip angle) Bent legs at any point Legs apart at any point	0.30 0.10 0.10 0.10	0.30	0.50
Fish swing x1 (show dish and arch)	0.5	Poor shape (shoulder angle/ head out/ hip angle) Bent legs at any point Legs apart at any point	0.10 0.10 0.10	0.30	0.50 0.50
Trolley swing into x3 swings	0.5	Swing penalties Poor rhythm in swings Poor shape (shoulder angle/ head out/ hip angle)	See Nickel diagrams 0.10 0.10	0.30	0.50

BEAM

30cm mats under entire beam including dismount (total height of dismount matting is 40cm)

Gymnasts may perform this in any order. **SV 3.0**

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>EXECUTION DEDUCTIONS</i>		
Mount- jump to front support, swing leg over to straddle sit	0.5	Bent legs at any point	0.10	0.30	0.50
Stretch jump, stretch jump	0.5	Failure to connect jumps Element penalties	Series break (0.5) As COP		
Handstand with feet together to (minimum) 45 degrees. No hold required	0.5	Handstand not within 45 degrees Body alignment Element penalties	0.1	0.3	As CoP
Half turn on toes	0.5	Turn not completed Poor releve Body alignment Bent legs	0.1 0.1 0.1.	VM 0.3	
Tuck jump	0.5	Element penalties	As COP		
Dismount- minimum 2 steps into rebound jump take off from two feet – ARMS BY EARS (prep for front somi)	0.5	Less than 2 steps into dismount Take off from one foot Insufficient height in jump Body alignment in jump Arms not by ears on take-off	0.30 0.10 0.10	VM 0.30 0.30	

FLOOR

Floor routine performed to music. Elements may be performed in any order **SV 3.0**

<i>DESCRIPTION</i>	<i>VALUE</i>	<i>EXECUTION FAULTS</i>	<i>EXECUTION DEDUCTIONS</i>
Step, hurdle, cartwheel ¼ turn to join feet into backward roll to pike stand	0.5	Failure to complete the cartwheel or backward roll Element penalties Series break (elements not connected)	VM As Cop 0.30
Split jump 180	0.5	Element penalties	As CoP
Handstand forward roll	0.5	Element penalties	As CoP
Full spin	0.5	Element penalties	As CoP
Shasse cat leap	0.5	Elements performed in incorrect order	0.5 series break
Shasse scissor kick	0.5	Element penalties	As CoP
<i>(to be performed in this order)</i>			

Nickel Swing penalties

