NATIONAL SCHOOL GAMES
MEN'S ARTISTIC GYMNASTICS (MAG)
ROUTINES AND TECHNICAL PROGRAMME

Contents

NATIONAL SCHOOL GAMES
MEN'S ARTISTIC GYMNASTICS (MAG)
fr2019

OVERVIEW OF EVENTS

Category	Apparatus	Routine Requirement		Competition		
				IAF	AA	TEAM
SECONDARY A Div B Div C Div Optional	Floor	Modified FIG-Junior w/ additional recognised elements	FIG Jnr-8	✓	✓	✓
	Vault		FIG Jnr-8	✓	✓	✓
	Parallel Bars		FIG Jnr-8	✓	✓	✓
	Pommel Horse		FIG Jnr-8	✓	n.a.	n.a.
	Horizontal Bar		FIG Jnr-8	✓	n.a.	n.a.
	Rings		FIG Jnr-8	✓	n.a.	n.a.
C Div Novice	Floor	Singapore MAG National Devt'l Programme (2018) routines	Level 3	✓	✓	✓
	Vault		Level 3	✓	✓	✓
	Parallel Bars		Level 3	✓	✓	✓
	Pommel Horse		Level 3	✓	n.a.	n.a.
	Mushroom		Level 3	✓	n.a.	n.a.
PRIMARY Senior Optional	Floor	Modified FIG-Junior w/ additional recognised elements	FIG Jnr-7	✓	✓	✓
	Vault		FIG Jnr-7	✓	✓	✓
	Mushroom	Singapore MAG National Devt'l Programme (2018) routines	Stage 1	✓	n.a.	n.a.
	Pommel		Stage 2 (Trial)	✓	n.a.	n.a.
Junior Optional	Floor	Modified FIG-Junior w/ additional recognised elements	FIG Jnr-7	✓	✓	✓
	Vault		FIG Jnr-7	✓	✓	✓
	Mushroom	Singapore MAG National Devt'l Programme (2018) routines	Stage 1	✓	n.a.	n.a.
	Pommel		Stage 1 (Trial)	✓	n.a.	n.a.
Junior Novice	Floor	Singapore MAG National Devt'l Programme (2018) routines	Level 2	✓	✓	✓
	Vault		Level 2	✓	✓	✓
	Mushroom		Level 2	✓	n.a.	n.a.
Junior Under 9	Floor	Singapore MAG National Devt'l Programme (2018) routines	Level 1	✓	n.a.	n.a.
	Vault		Level 1	✓	n.a.	n.a.

GENERAL PENALTIES

(FOR NSG – extracted from SPSSC and SSSC Artistic Gymnastics Rules and Regulations)

Behaviour Violation	Penalty (by SJ / DJ)
Violations of attire	0.30
Violations of attire regulations that apply to Team Competition • Non identical leotards *(for gymnasts from the same team)*	*1.00 (taken 1 x in competition phase from apparatus where first recognized)*
Failure to acknowledge D- Panel Judges before and/or after exercise	0.30
Remounting podium after the exercise or unauthorized presence on the podium	0.30
Unsportsmanlike, undisciplined or abusive behavior	0.30
Unexcused delay or interruption of competition	Disqualified
Absent from Victory Ceremony	Result and Final Score is annulled for team and individual
Faults and Irregularities	
Non-permitted presence of spotter	0.50
Coach speaking with gymnast during the exercise.	0.30
Failure to use supplementary mat	0.50
Failure to properly use safety collar for round-off entry vaults	Invalid "0"
Use of unpermitted supplementary mats	0.50
Moving of supplementary mat to unpermitted location	0.50
Placement of springboard on unpermitted surface	0.50
Incorrect use of magnesium and/or damaging apparatus	0.50
Re-arrangement or removal of springs	0.50
Changing height / measurement of the apparatus without permission	0.50
Starting exercise / vault without green signal / flag or when red signal / flag is given / raised	Invalid "0"
Flagrant exceeding of touch warm-up time *(after warning)* • Team or Individuals (whichever is relevant)	0.30
Failure to start within 30 sec. after green signal / flag is given /raised.	0.30
Failure to start within 60 seconds	Terminated
Exceeding intermediate fall time 30 sec	0.30
Exceeding intermediate fall time 60 sec	Ex. ended
Overtime • MAG: Floor (≤ 2s / > 2 – 5s / > 5s)	 0.10 / 0.30 / 0.50

COMPULSORY MAG ROUTINES for the NATIONAL SCHOOL GAMES

(Extracted from the Singapore MAG National Developmental Programme)

LEVEL	DIVISION	S'p MAG NDP (2018) ROUTINE
Primary	Junior Under 9	Level 1 Floor
		Level 1 Vault
	Junior Novice	Level 2 Floor
		Level 2 Vault
		Level 2 Mushroom
	Junior Optional	Stage 1 Mushroom
		Stage 1 Pommel
	Senior Optional	Stage 1 Mushroom
		Stage 2 Pommel
Secondary	C Div Novice	Level 3 Floor
		Level 3 Vault
		Level 3 Parallel Bars
		Level 3 Pommel
		Level 3 Mushroom

EVALUATION OF THE EXERCISES

(Extracted from "Singapore Men's Artistic Gymnastics, National Development Programme 2018", updated from version 2017.)

DIFFICULTY SCORE

Omitted Parts

For parts or connecting parts that are omitted, the value of the particular skill is deducted. There will be an additional 0.5 deduction. This would be deducted by the Difficulty Judge.

Additional Parts

For added parts, the deduction every time is 0.5. Once complete, a gymnast cannot repeat a skill. The added parts deduction will come from the D score, but additional Execution deductions may also apply.

Awarding Skill Value

If a gymnast attempts a skill, and it is recognisable, regardless of quality, he will always be awarded the skill value. Execution Deductions will apply.

Bonus Skills

Compulsory Levels 3-6 include optional bonus skills as an incentive to achieve a higher start score. Every routine has a base score of 10.0

TABLE OF GENERAL FAULTS

Execution Deductions			
Errors	**Small 0.1**	**Medium 0.3**	**Large 0.5**
Non-distinct positions (tuck, pike, straight)	+	+	+
Adjust or correct hand or grip position (each time)	+		
Walking in handstand or hopping (each step or hop)	+		
Touching apparatus or floor	+		
Hitting apparatus or floor			+
Gymnast touched but not assisted by a spotter during an exercise		+	
Interruption of exercise without fall			+
Bent arms, bent legs, legs apart	+	+	+
Poor posture or body position or postural corrections in end positions	+	+	+
Saltos with knees or legs apart	Less than shoulder width	More than shoulder width	
Legs apart on landing	Less than shoulder width	More than shoulder width	
Unsteadiness, minor adjustment of feet, or excessive arm swings on landing	+		
Loss of balance during any landing	Imbalance, step or hop (per step)	Large step or hop or touching mat with 1 or 2 hands	
Fall or support with 1 or 2 hands during any landing			1.0
Fall during any landing without feet contacting mat first			1.0 and non-recognition by D Judge
Atypical straddle		+	
Other aesthetic errors	+	+	+

Technical Deductions			
Errors	**Small 0.1**	**Medium 0.3**	**Large 0.5**
Deviations in swings to or through handstand or in circle elements	15-30	31-45	More than 45 – non-recognition
Angular deviations from perfect hold positions	Up to 15	16-30	31- 45 – more than 45 & non-recognition
Press from poorly held positions	Equivalent deductions as hold positions		
Incomplete twists	Up to 30	31-60	61-90 & More than 45 – non-recognition
Lack of height or amplitude			
Additional or intermediate hand support	+		
Strength with swing and vice versa	+	+	+
Duration of hold parts (2 seconds)		Less 2 seconds	Non-stop & non-recognition
Interruption in upward movement	+	+	+
Lowering of legs on elements to a handstand (from original position)	0-15°	16°-30°	31°-45° (>45° no recog.)
Two or more attempts at a hold or strength part		+	+
Unsteadiness in or fall from handstand	+	Swing/ disturbance	
Fall from or onto apparatus			1.0
Intermediate swing or layaway		Half or layaway	whole
Assistance by spotter in the completion of an element			1.0 and non-recognition by the D-Jury*
Lack of extension in preparation for landing	+	+	
Coach not present at Rings, Vault, Parallel Bars and High Bar			+

PRIMARY Junior Under 9 - Level 1 Floor & Vault

Level 1 – Floor Exercise				
L1 FX	Skill	Value	Technical Description	Typical Deductions
1	Forward roll to straddle stand	0.5	From stand, forward roll with straight arms and legs to stand in straddle	a). bent arms (0.1, 0.3) b). bent legs (0.1, 0.3) c). poor rhythm in roll (0.1, 0.3, 0.5)
2	Front support, 1 push-up	0.5, 1.0	From straddle stand, place hands on floor, jump swinging legs back to front support with legs together and toes pointed. 1 push-up with arms bent 90°	a). bent arms in support (0.1, 0.3) b). bent knees on swing (0.1, 0.3, 0.5) c). arched back on push-up (0.1, 0.3) d). arms bending less than 90° for push-up (0.1, 0.3, 0.5) e). Toes not pointed (0.1)
3	Bend knees jump to momentary handstand	2.0	From support, jump to squat position, jump to momentary handstand through tucked handstand, lower down to stand	a). bent arms in support (0.1, 0.3) b). knees apart (0.1, 0.3) c). deviation from handstand position (0.1, 0.3, 0.5) d). poor rhythm (0.1, 0.3) e). fall over (0.5)
4	Forward roll to L-sit, pancake split (2sec)	0.5, 1.5	From squat, forward roll with straight arms and legs to L-sit. Lift legs to straddle position and reach forward with chest touching floor	a). bent knees on roll and lift (0.1, 0.3, 0.5) b). chest not on floor (0.1, 0.3, 0.5) c). chest not on floor (0.1, 0.3, 0.5)
5	Bridge (2sec)	1.0	Lift body upright, closing legs to L-sit. Lie on back, bringing heels to glutes and hands under shoulders with fingers pointing to heels. Shoulders to be in line with hands	a). poor rhythm (0.1, 0.3) b). bent knees when going back to L-sit (0.1, 0.3, 0.5) c). shoulders not in line with hands (0.1, 0.3, 0.5) d). bent arms/legs (0.1, 0.3, 0.5) e). head touching floor (0.5)

6	Dish hold (2sec) to shoulder stand (2sec)	2.0	Lower from bridge to lie flat on back with straight arms and legs. Dish hold (arms raised with shoulders to ears) and roll backwards to shoulder stand	a). poor rhythm (0.1, 0.3, 0.5) b). dish shape not shown (0.1, 0.3, 0.5) c). bent knees on transition (0.1, 0.3, 0.5) d). hips closed on shoulder stand (0.1, 0.3, 0.5) e). insufficient time in hold (0.3) f). no hold (0.5) g). arms are down (0.3) h). lying flat before shoulder stand (0.5)
7	Stretch jump	1.0	Roll forwards to stretch jump (heels and shoulders stretched back)	a). poor rhythm (0.1, 0.3, 0.5) b). knees/legs apart on roll (0.1, 0.3, 0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height in jump (0.1, 0.3)
Total Max		10.0		

Level 1 - Vault				
L1 VT	Skill	Value	Technical Description	Typical Deductions
1	Maximum 10 meters run up, stretch jump onto 60cm mat.	10.0	Underswing shown, heels and shoulders stretched back	a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height (0.1, 0.3)
Max Total		10.0	*Vault to be completed twice, average score taken*	

PRIMARY Junior Novice- Level 2 Floor, Vault & Mushroom

Level 2 – Floor Exercise				
L2 FX	Skill	Value	Technical Description	Typical Deductions
1	Cartwheel, cartwheel step in	2.0	Cartwheel, cartwheel step in	a). Cartwheel off line (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
2	Backward roll to front support	2.0	Fingers pointing in, backward roll with straight arms, to hollow position on front support	a). lack of rhythm (0.1, 0.3) b). incorrect arm position (0.3) c). bent arms (0.1, 0.3)
3	Front support (2sec), to rear support (2sec)	1.0	From front support, lift 1 arm, ½ turn to rear support	a). lack of rhythm (0.1, 0.3) b). insufficient time on holds (0.3) c). no hold (0.5)
4	Bridge (2sec)	1.0	Lower to backward lying position, circle arms to bring hands under shoulders and heels to bottoms, push upwards to bridge position	a). hands not in line with shoulders (0,1, 0.3, 0.5) b). Bent arms/knees (0.1, 0.3 each) c). insufficient time on hold (0.3) d). no hold (0.5)
5	Shoulder stand (2sec), straight jump with 180° turn	2.0	Lower to backward lying position, roll backward to shoulder stand, keeping arms flat to floor. Roll forward to straight jump with 180° turn	a). lack of rhythm (0.1, 0.3) b). piking of hips (0.1, 0.3, 0.5) c). insufficient time on hold (0.3) d). No hold (0.5) e). incomplete turn (0.1, 0.3)
6	Stretched dive-roll	2.0	2-3 steps, jump into stretched dive roll to stand	a). extra steps (0.3 each step) b). hips not extended (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3)
Max Total		10.0		

Level 2 - Vault				
L2 VT	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
1	Stretch Jump onto 60cm block, immediate rebound to stretch jump off to land.	10.0	From max 10m run, stretch jump onto 60cm block, immediate rebound into stretch jump off Underswing shown, heels and shoulders stretched back	a). underswing not shown on take-off (0.5) b). not a 2-foot take off (0.5) c). body not extended in jump (0.1, 0.3, 0.5) d). lack of height (0.1, 0.3)
2	Tucked front salto onto 30cm mat	10.0	From max 10m run, tucked front salto onto 30cm mat Salto should be at head height or above.	a). overarm action on take-off (0.5) b). piked hips on take-off (0.1, 0.3, 0.5,) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) below head height (0.1)
Max Total		**10.0**	**Average of 2 vaults**	

Level 2 – Mushroom (only)				
L2 MU	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
Mushroom	5 double leg circles to stand	10.0 (2.0 each)	Gymnasts are given 5 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time)
Max Total		**10.0**		

PRIMARY Junior Optional – Stage 1 Mushroom and Pommel

Stage 1 – Mushroom (only)				
S1 MU	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
Mushroom	10 double leg circles to flank dismount	10.0	Dismount after the 10th circle. Gymnasts are given 10 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time)
Max Total		**10.0**		

Stage 1 – Pommel (New)				
S1 PH	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
Pommel 1	Swing x2	2.0	Jump to front support, swing to right, swing to left (x2)	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3) d). hitting apparatus (0.5) each time
2	Swing to rear support	2.0	Swing right leg to front, swing left leg to front	
3	Swing in rear support (x2)	2.0	Swing to right, swing to left (×2)	
4	Swing to front support	2.0	Swing right leg back, swing left leg back	
5	Swing to dismount with ¼ turn dismount	2.0	Swing right leg to front, swing left leg over horse with ¼ turn dismount	a). Incomplete turn (0.1, 0.3) b). lack of body extension before landing (0.1, 0.3, 0.5) c). retaining grasp on landing (0.3)
Max Total		**10.0**		

PRIMARY Senior Optional – Stage 1 Mushroom and Stage 2 Pommel

Stage 1 – Mushroom (only)				
S1 MU	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
<u>Mushroom</u>	10 double leg circles to flank dismount	10.0	Dismount after the 10th circle. Gymnasts are given 10 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time)
Max Total		**10.0**		

Stage 2 – Pommel (New)				
S2 PH	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
<u>Pommel</u> 1	Swing x2	1.0	Jump to front support, swing to right, swing to left (x2)	a). lack of height in swings (0.1, 0.3, 0.5) b). bottom foot not above bottom horse (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3) d). hitting apparatus (0.5) each time
2	Swing to rear support, swing to front support	1.0	Swing left leg to front, swing right leg to front, swing left leg back, swing right leg back to support	
3	False scissors	1.5	Swing left leg to false scissors	a). lack of amplitude (0.1, 0.3, 0.5)
4	False scissors	1.5	Swing right leg false scissors	
5	scissors ×2	4.0	Swing left leg to front, scissors	
6	Front pick up to ½ circle dismount	1.0	Swing right leg to front, to ½ circle dismount	a). Incomplete turn (0.1, 0.3) b). lack of body extension before landing (0.1, 0.3, 0.5) c). retaining grasp on landing (0.3)
Max Total		**10.0**		

SECONDARY C Division Novice- Level 3 Floor, Vault, Parallel Bars, Pommel and Mushroom

	Level 3 – Floor Exercise			
L3 FX	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
1	Front handspring to rebound	2.0	2-3 steps into front handspring rebound	a). bent arms/legs (0.1, 0.3, 0.5) b). poor body position in handspring (0.1, 0.3, 0.5) c). lack of height on rebound (0.1, 0.3) d). no rebound (0.5) e). extra steps (0.3 each step)
2	Handstand to forward roll, kick ½ turn	2.0	Raise leg, kick to momentary handstand, forward roll with straight arms, kick ½ turn	a). bent arms on roll (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3) c). bent legs on kick (0.1, 0.3, 0.5)
3	Cartwheel, to cartwheel ¼ turn outwards	2.0	Cartwheel, cartwheel with quarter turn outwards	a). Cartwheel off line (0.1, 0.3, 0.5) b). lack of rhythm (0.1, 0.3)
4 **Bonus Option**	Swedish prone to straddle balance OR **Swedish prone to middle split**	1.0 OR **2.0**	Fall forward to Swedish prone (2sec), straddle legs to at least 90° to straddle balance (2sec) **Fall forward to Swedish prone, middle pancake split (2sec)**	a). bent legs (0.1, 0.3, 0.5) b). legs not at least 90° apart in prone position (0.1, 0.3, 0.5) c). insufficient time on hold (0.3) d). no hold (0.5) e). angle of straddle balance >90° (0.1, 0.3, 0.5)
5	Front support (2sec), forward roll to straight jump 180° turn	1.0	From split, bring legs together, place hands on floor, push to front support (2sec). From straddle balance, place hands on floor, jump to front support (2sec). Jump to squat, straight arm forward roll to straight jump 180° turn	a). bent arms on roll (0.1, 0.3, 0.5) b). incomplete turn (0.1, 0.3)
6	Round off, stretch jump	2.0	2-3 steps, round off stretch jump	a). hurdle not stretched (0.1, 0.3) b). poor control in stretch jump (0.1, 0.3, 0.5)
Max Total		**11.0**		

Level 3 - Vault				
L3 VT	Skill	Value	Technical Description	Typical Deductions
1	Max 10m run up, tucked front salto onto 60cm mat	10.0	Head height for salto	a). overarm action on take-off (0.5) b). piked hips on take-off (0.1, 0.3, 0.5,) c). lack of height: (i) rotation phase below hips (1.0) (ii) below chest (0.5) (iii) below shoulder (0.3) (iv) below head height (0.1)
Max Total		10.0	*Vault to be completed twice, average score taken*	

**Level 3 – Parallel Bars**

L3 PB	Skill	Value	Technical Description	Typical Deductions
1	Jump to upper arm support, kip to straddle support	3.0	Jump to upper arm support, swing forward into tight fold, kip to straddle support	a). lack of rhythm (0.1, 0.3) b). arms not straight before sitting after kip (0.1, 0.3, 0.5) c). weak kip action (0.1, 0.3, 0.5)
2 **Bonus Option**	L-sit (2sec) OR **V-sit (2sec)**	1.0 OR **1.5**	Lift legs to L-sit (2sec) OR **Lift legs to V-sit (2sec)**	a). hip angle >90° (0.1, 0.3, 0.5) b). insufficient time on hold (0.3) c). no hold (0.5)
3	Cast to swing backwards	1.0	Cast forward, swing backwards (15° from handstand)	a). lack of extension (0.1, 0.3, 0.5) b). back swing more than 15° from handstand (0.1, 0.3, 0.5) c). lack of rhythm (0.1, 0.3 each time)
4	Swing	1.0	Swing forward, swing backwards (15° from handstand)	
5	Swing	1.0		
6	Swing	1.0		
7 **Bonus Option**	Swing to flank vault dismount OR **Swing to handstand flank dismount**	2.0 OR **2.5**	Swing forward, swing backwards to 45°, flank vault dismount with grip change to dismount OR **Swing forward, swing backwards to handstand flank vault dismount with grip change to dismount**	a). retaining grasp on landing (0.3) b). no grip change (0.5) c). angle deviation (0.1, 0.3, 0.5)
Max Total		**11.0**		

				Level 3 – Pommel	
L3 PH	**Skill**	**Value**	**Technical Description**	**Typical Deductions**	
Pommel					
1	Swing	0.5	Swing to left, swing to right	a). lack of height in swings (0.1, 0.3, 0.5)	
2	Swing	0.5	Swing to left, swing to right	b). bottom foot not above bottom horse (0.1, 0.3, 0.5)	
3	Swing to rear support	1.5	Swing left leg to front, swing right leg to front	c). lack of rhythm (0.1, 0.3)	
4	Swing to front support	1.5	Swing left leg back, swing right leg back		
5	False scissors	2.0	Swing left leg to front, false scissors		
6	False scissors	2.0	Swing right leg to front, false scissors		
7	Half circle dismount	2.0	Swing left leg to front, half circle dismount (facing pommels)	a). Incomplete turn (0.1, 0.3) b). lack of body extension before landing (0.1, 0.3, 0.5) c). retaining grasp on landing (0.3)	
	Wende dismount	1.0			
Max Total		**10.0**			

Level 3 – Mushroom				
L3 MU	**Skill**	**Value**	**Technical Description**	**Typical Deductions**
Mushroom	10 double leg circles	9.0 (0.9 each)	Dismount after the 10th circle. Gymnasts are given 10 chances to complete. Each fall results in a 0.5 deduction on top of any other execution deductions.	a). lack of rhythm (0.1, 0.3 each time) b). lack of body extension (0.1, 0.3 each time) c). angular deviation (0.1, 0.3 each time)
	Wende dismount	1.0		
Max Total		**10.0**		

NATIONAL SCHOOL GAMES
2018
MAG Optional

MODIFIED FIG-JUNIOR for the NATIONAL SCHOOL GAMES
(With additional recognised elements)

LEVEL	DIVISION	MODIFIED FIG-JNR REQUIREMENT	APPARATUS
Primary	**Junior Optional**	FIG Jnr-7	Floor
			Vault
	Senior Optional	FIG Jnr-7	Floor
			Vault
Secondary	**C Div Optional**	FIG Jnr-8	Floor
	B Div Optional		Vault
	A Div Optional		Parallel Bars
			Pommel
			High Bar
			Rings

EVALUATION OF THE EXERCISES

DIFFICULTY SCORE
Exercise Composition

MAG Optional	Primary Junior & Senior Divisions							Secondary A, B & C Divisions						
No. of counting elements in D Score	Best 6 elements + dismount = Total 7 elements							Best 7 elements + dismount = Total 8 elements						
Dismount Requirement	A = +0.3 B or higher = +0.5							A = 0.0 B = +0.3 C or higher = +0.5						
Value Points	A	B	C	D	E	F	G	A	B	C	D	E	F	G
	0.1	0.2	0.3	0.3	0.3	0.3	0.3	0.1	0.2	0.3	0.4	0.5	0.6	0.7
Element Groups	As FIG CoP 2025-2028 (At least 1 element from each of the 4 element groups, and 3 element groups for Floor, and awarded 0.5 each)													
Elements Recognised	• FIG Junior elements as dictated in the Code of Points 2025-2028 • NSG additional recognised elements not found in the CoP 2025-2028													

VAULT
i.   Each gymnast is allowed two vaults. The 1st vault score counts toward the Team Competition and All-Around Competition.
ii. In the Team Competition and All-Around Competition, ONE vault must be performed.
iii. The gymnast who wishes to contest for the Individual Apparatus Competition must perform TWO vaults (2 same or 2 different vaults), which will be averaged for the final score.
iv. **From 2019:** A bonus of +0.50 pts will be awarded to the final score if a different vault (may be from the same vault group, but with different vault numbers) is performed at the second vault attempt.
v.   The gymnast must inform the judges of his vault / vault number at the time of reporting for competition.

NSG Additional Recognised Elements Not Found in the CoP 2025-2028

The following elements not found in the CoP (up to a maximum of 2 per routine) will be recognised as a counting element, and be given a Difficulty Value of 0.1. However, they will not fulfill EGR 0.5, with the exception of * on HB:

FX	Cartwheel
	Round off
	Backward roll to momentary handstand
	Headspring
	Pirouette 2/1 turn
	Jump 2/1 turn
	Front support to straddle cut to rear support
	L-sit (2s)
	Jump backward 1/2 twist to front support
	Any jump forward legs together or straddle, also with 1/1 twist to front support or to handstand
PB	Glide kip to upper arm hang
	Glide kip to straddle rear support
	Forward roll
	Back uprise
	Swing forward 1/2 turn to upperarm or support
	Backward roll to upperarm or support
	Press to shoulder stand
	Stutz swing dismount
	Handstand 1/2 turn dismount
	Salto fwd tucked dismount
	Salto bwd tucked or piked dismount
	From hang on end, salto backward tucked or piked dismount
PH	Elements can be repeated two times one after another and still receive DV:
	○ All Circle elements
	○ All Scissor elements
HB	Back hip circle to front support
	Forward roll to front support
	Back uprise to front support
	Kip to front support
	Sole circle (piked or straddle) or stalder forward
	Sole circle (piked or straddle) or stalder backward
	Underswing dismount
	Flyaway dismount tucked
	* The following elements will receive EGR II:
	*Straddle cut
	*Back uprise 1/1 turn to regrasp bar
RR	Press to shoulder stand (2s)
	V-hang (2s)
	Bent arm hang (2s)
	Muscle up to support
	Salto backward tucked dismount

20-Mar-17

EXECUTION SCORE

Exercise Presentation

The exercise presentation that forms the Execution-score has a maximum value of 10.0 pts and for short exercises, the following rule will be applied:

	Evaluation from
7 or more elements	10.0 pts
6 elements	7.0 pts
5 elements	6.0 pts
4 elements	5.0 pts
3 elements	4.0 pts
2 elements	3.0 pts
1 element	2.0 pts
No elements	0.0 pts

Execution Deductions

Deductions for execution errors will be according to the FIG Code of Points 2025-2028. The deduction for Execution includes: General and Apparatus-specific deductions for Aesthetic, Execution errors for incorrect form, as well as Technical errors for incorrect performance.

- **Small Error – Deduction 0.1**
  Minor error in execution, slight deviation from correct position

- **Medium Error – Deduction 0.3**
  Distinct or significant deviation from errorless execution or correct position

- **Large Error – Deduction 0.5**
  Severe deviation from perfect execution or correct position

- **Fall – Deduction 1.0**
  Fall onto or from the apparatus