

O6 / U8's (born in 2018/2019)

2026 - version 1

FLOOR - 12 x 12m floor area, use of single diagonal permitted with no deduction – max. 8 counting elements. Requirements only receive difficulty value (0.5) without additional bonus.

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Dive roll	+0.5	4 elements – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.2 Any 'C' value element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Cartwheel or round-off	+0.5	3 elements – 3.0			
- Any backward roll with straight arms	+0.5	2 elements – 5.0			
- Y-Scale or arabesque	+0.5	1 element – 7.0			
		0 elements – 10.00			

MUSHROOM - Mushroom (approx. 50cms high) or 1 handle floor mushroom

Requirements	Tariff	Value	Presentation	Deductions	Final Score
- 5x DLC on mushroom	1.0	0.2 per DLC	10.0 (Short Routines - 1.00 mark deduction per missing element)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Tariff + Presentation - Deductions
- 10x DLC on mushroom	2.0	0.2 per DLC			
- 5x DLC, ½ spindle, 5x DLC on mushroom	2.5	0.2 per DLC, spindle = 0.5			
- 5x DLC over 1 handle (1H floor mushroom)	2.5	0.5 per DLC			

RINGS – F.I.G. height rings with 1 or 2 30cm safety mats (max. 8 counting elements). Requirements only receive value (0.5) without additional bonus.

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Static inlocate	+0.5	4 elements – 0.0	Pull-up to bent-arm hang (2s) – 0.1 Straddled front/back scale (2s) – 0.2 Any additional 'a' or 'A' element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Hanging ½ lever (2s)	+0.5	3 elements – 3.0			
- Swing bwd & fwd to minimum horizontal	+0.5	2 elements – 5.0			
- Tucked back salto dismount	+0.5	1 element – 7.0			
		0 elements – 10.00			

VAULT – Vaulting table height 100cms, 2 springboards allowed

Routine	Tariff	Presentation		Deductions	Final Score
- Squat on, straight jump off	0.5	10.00	Gymnasts should only perform 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Tariff + Presentation - Deductions
- Squat through	1.0				
- Handspring / Handspring sideways with ¼ turn	1.6				

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- 1x dip (in support)	+0.5	4 elements – 0.0	Upstart to straddle sit OR support – 0.3 Drop-upstart to straddle sit OR support – 0.3 Any press to handstand (2s) – 0.3 Russian lever (2s) – 0.3 Swing to handstand (2s) - 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- ½ lever (2s)	+0.5	3 elements – 3.0			
- Swing bwd & fwds to horizontal (min.)	+0.5	2 elements – 5.0			
- Swing bwd towards handstand, step to 1 rail & dismount	+0.5	1 element – 7.0			
		0 elements – 10.00			

HIGH BAR – gloves and loops (no deductions for intermediate swings, slight pause or reversing direction)

Requirements	Value	Presentation	Bonus (max 3 additional elements to count)	Deductions	Final Score
- Pike leg lift and lower to still hang	+0.25	10.0 (Short Routines 0.50 deduction per missing element)	Cast to handstand – 0.1 Undershoot to swings – 0.1 Back-hip circle – 0.2 Clear circle to handstand – 0.3 Upstart to support (in place of circle-up) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Circle-up	+0.75				
- 5x swings forwards and backwards to minimum horizontal	+0.2 each				
Longswing (fwd or bwd) in place of swing – +0.2 each time					

U9's (born in 2017) & U10's (born in 2016)**FLOOR - 12 x 12m floor area – max. 8 counting elements. Requirements only receive value (0.5) without additional bonus. **No double somersaults or 'D' (or higher) value elements permitted****

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Dive roll	+0.5	4 elements – 0.0	Any additional 'a' or 'A' element – 0.1 Any 'B' value element – 0.2 Any 'C' value element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Flic (standing or from pre-element)	+0.5	3 elements – 3.0			
- Tucked front somersault	+0.5	2 elements – 5.0			
- Any coded single-leg balance	+0.5	1 element – 7.0 0 elements – 10.00			

MUSHROOM - Mushroom (approx. 50cms high) / LOW POMMEL HORSE (no handles, NOTE: inward & outward loops to be performed within 30cm of end of horse) / 1 HANDLE FLOOR MUSHROOM

Requirements	Tariff	Value	Presentation	Deductions	Final Score
- 10x DLC on mushroom	1.0	0.1 per DLC	10.0 (Short Routines - 1.00 mark deduction per missing element)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Tariff + Presentation - Deductions
- 5x DLC over 1 handle (1H floor mushroom)	1.5	0.3 per DLC			
- 10x inward loops on (low PH)	2.0	0.2 per loop			
- 5x loops, ½ spindle, 5x loops (low PH)	2.5	0.2 per loop, spindle = 0.5			
- 3x inward loops, Magyar, 2x outward loops (low PH)	3.0	0.2 per loop, Magyar = 2.0			

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deductions will be incurred for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Muscle-up	+0.5	4 elements – 0.0	Shoulder stand in support – 0.1 Straddled front/back scale – 0.2 Any 'a', 'A' or higher value element – 0.3 Double back dismount - 0.5 (+0.5 Requirement)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Any inlocate	+0.5	3 elements – 3.0			
- Dislocate	+0.5	2 elements – 5.0			
- Straight back salto dismount	+0.5	1 element – 7.0			
		0 elements – 10.00			

VAULT – Vaulting table height 115cms

Routine	Tariff	Presentation		Deductions	Final Score
- Squat through	0.6	10.00	Gymnasts should only perform 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Tariff + Presentation - Deductions
- Any other FIG recognised vault	As per FIG				

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements) - NOTE: no deductions will be incurred for intermediate swings

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Upstart to straddle sit OR support	+0.5	4 elements – 0.0	Drop upstart to straddle sit OR support – 0.2 Any other BG/FIG recognised element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- ½ lever (2s), lift to Russian lever (2s)	+0.5	3 elements – 3.0			
- Swing backwards & forwards above horizontal	+0.5	2 elements – 5.0			
- Swing bwd towards handstand, step to 1 rail & dismount	+0.5	1 element – 7.0			
OR swing bwd & fwd to salto dismount (+0.3 bonus)		0 elements – 10.00			

HIGH BAR – gloves and loops (no deductions for intermediate swings, slight pause or reversing direction)

Requirements	Value	Presentation	Bonus (max 3 additional elements to count)	Deductions	Final Score
- Pike leg lift and lower to still hang	+0.25	10.0 (Short Routines - 0.50 deduction per missing element)	Clear circle / Stalder / Endo – 0.3 each Stoop on & off (dismount prep.) – 0.3 Back hip circle – 0.2	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Circle up to support	+0.75				
- 5x longswings forwards or backwards	+0.2 each				
Upstart OR back uprise in place of circle up +0.3 bonus					

U12's (born in 2014/2015)**FLOOR – As per F.I.G. Junior code with BG U12 amendments – 12 x 12m floor area – max. 8 counting elements. **No double somersaults or 'D' (or higher) value elements permitted****

Requirements	Value	Short Routine deductions	Bonus (non-requirements only) & penalties	Deductions	Final Score
- Any coded single-leg balance	+0.5	4 elements – 0.0	Any 'a' or 'A' value element – 0.1 Any 'B' value element – 0.2 Any 'C' value element – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Any coded Group II (forward acro) element	+0.5	3 elements – 3.0			
- Any coded Group III (backward acro) element	+0.5	2 elements – 5.0			
- Dismount	A-0.3, B-0.5	1 element – 7.0			
		0 elements – 10.00			

MUSHROOM (approx. 50cms high) / LOW POMMEL HORSE (no handles)

Requirements	Tariff	Value	Presentation	Deductions	Final Score
- 10x DLC on high mushroom	1.0	0.1 per DLC	10.0 (Short Routines – 1.00 mark deduction per missing element)	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Tariff + Presentation - Deductions
- 5x DLC, ½ spindle, 5x DLC	1.5	0.1 per DLC, spindle = 0.5			
- 10x inward loops (low PH)	2.0	0.2 per loop			
- 5x loops, ½ spindle, 5x loops (low PH)	2.5	0.2 per loop, spindle = 0.5			
- 3x inward loops, Magyar, 2x outward loops (low PH)	3.0	0.2 per loop, Magyar = 2.0			

RINGS – F.I.G. height rings with 30cm safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Muscle-up	+0.5	4 elements – 0.0	Lift to shoulder stand – 0.1 Straddled front/back scale – 0.2 Any 'A' value element – 0.3 Any 'B' value element or dismount upgrade – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- 1x inlocation	+0.5	3 elements – 3.0			
- 1x dislocation	+0.5	2 elements – 5.0			
- Straight salto dismount (fwd or bwd)	+0.5	1 element – 7.0			
OR any B value dismount (+0.5 bonus)		0 elements – 10.00			

VAULT – Vaulting table height 120cms

Routine	Tariff	Presentation	Deductions	Final Score
- Any FIG recognised vault	As per FIG	10.00	Gymnasts should only perform 1 vault	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0 Tariff + Presentation - Deductions

PARALLEL BARS – height 1.50m with optional safety mat (max. 8 counting elements). No deduction for intermediate swings. Requirements only receive value (0.5) without additional bonus.

Requirements	Value	Short Routine deductions	Bonus (non-requirements only)	Deductions	Final Score
- Upstart to / through support	+0.5	4 elements – 0.0	Drop upstart – 0.2 Russian lever – 0.2 Any 'a' or 'A' value element – 0.3 Any 'B' value element – 0.5	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- ½ lever (2s)	+0.5	3 elements – 3.0			
- Swing bwds to handstand hold (2s)	+0.5	2 elements – 5.0			
- Swing bwd to handstand, step to 1 rail & dismount	+0.5	1 element – 7.0			
OR any salto dismount (+0.3 bonus)	+0.5	0 elements – 10.00			

HIGH BAR – gloves and loops

Requirements	Value	Presentation	Bonus (max 3 additional elements to count)	Deductions	Final Score
- Leg lift, body shaper, cast & swing backwards	+0.4	10.0 (Short Routines - 0.50 deduction per missing element)	Upstart into immediate cast to handstand – 0.3 Clear-circle / Stalder / Endo – 0.3 each Stoop on & off (dismount prep.) – 0.3	As per F.I.G. 0.1 / 0.3 / 0.5 Fall = 1.0	Requirements + Bonus + Presentation - Deductions
- Upstart to support, cast into	+0.4				
- 3x bwds longswings (0.2 each)	+0.6				
- 3x fwds longswings (0.2 each)	+0.6				

U16 (born 2010-2013)

2026 - version 1

FLOOR - Max. 8 counting elements

As per F.I.G. Junior Code with BG's U12 code amendments

POMMEL HORSE (high pommel horse with 2 handles)

Routine (perform 1 routine only)	Tariff	Presentation	Deductions	Final Score
- Shear, pick-up into (0.5) 2x DLC on handles (0.25 each), any FIG recognised travel-down (0.5), 2x inward loops (0.25 each), Schwabenflank (0.5)	2.5	10.0	As per F.I.G.	Tariff + Presentation –
- 2x inward loops (0.2 each), ¼ spindle (0.3), 2x side loops (0.2 each), turn back to inwards (0.3), Schwabenflank (0.5)	1.9	(Short Routines –	0.1 / 0.3 / 0.5	Deductions
- Shear, pick-up (0.5), 5x DLC on handles (0.1 each), Schwabenflank (0.5)	1.5	additional 1.00 mark	Fall = 1.0	
- 5x inward loops (0.1 each), Schwabenflank (0.5)	1.0	deduction per missing element)		

RINGS – Max. 8 counting elements

As per F.I.G. Junior Code with BG's U12 code amendments

VAULT – Vaulting table height optional (125cms or 135cms)

As per F.I.G. Junior Code

PARALLEL BARS – F.I.G. height (1.80m) with optional 30cm safety mat (max. 8 counting elements)

As per F.I.G. Junior Code with BG's U12 code amendments

HIGH BAR – F.I.G. height chalk bar with optional 30cm safety mats (max. 8 counting elements)

As per F.I.G. Junior Code with BG's U12 code amendments

Additional rules

- Non-coded skills = 0.1, 'a' or 'A' value skills = 0.2, 'B' value skills = 0.3
- Additional non-coded skills (= 0.1 value + 0.5 requirement)
 - Group 1 - Back-uprise to support / baby giant
 - Group 3 - Circle-up from hang / back-hip circle
 - Group 4 - Push off from longswing or clear circle
- NO DEDUCTION for slight pause following an upstart or reversing direction after a cast to handstand