

South-east Network – Regional Routines

Clubs with no Men's Artistic experience may find the BG set-work system does not provide a viable entry pathway into our discipline. Inexperienced coaches and clubs may find the set-work system daunting. Then taking part can be a demotivating experience.

Objectives

1. Provide a competition more novice gymnasts
2. Allow a gymnast to gradually build full FIG routines comprising 6 moves of "A" value by the age of 18.
3. Routines are structured to avoid areas harder to understand for novice coaches like the more technical skill like bails on Ring/Pbar and based on good basics. No backs getting injured from poorly executed ring bails.
4. All levels include a Physical Preparation exercise.
5. Total score are taken from best four scores. Almost any WAG club could therefore put a gymnast through the program doing Floor, Vault, Single bar and PPP.

Level 1 and 2

Gymnasts entering Levels 1 and 2 should use the BG set-work routines. 10.0.

Gymnasts may omit elements from the set routine. The start value will be reduced by the value of the missing elements.

Level 3 and upwards

Level 3 and higher are grouped into two year age bands to ensure there is enough entrants to make a competition.

There are extra categories for older boys Level 7/8 and Level 9/10.

Routine variations and pauses

Gymnasts may miss out challenging elements without deduction (just a decreased start score). Gymnasts may add half an empty swing in place of such missing elements.

Some routines may include a deliberate pause (notably pommels and high bar). Such pauses must be done in a controlled manner. Gymnasts should declare their intention to pause the routine on pommels.



PPP

Level 3 / 4 (U12), Level 5 / 6 (U14)

1. [1.0] Holding stick at thigh level. Lift stick upwards and dislocate to back of legs.
2. [1.0] Fold forward to 90 degrees pike. Inlocate stick to front flat body fold to end looking at stick. Discard stick to side.
3. [1.0] Stand upright and kick to handstand (2 seconds)
4. [1.0] Roll into straddle, legs 90 degrees.
5. [1.0] Fold to Japan, swim through.
6. [1.0] Press to front support, bounce to splits (2 seconds)
7. [1.0] Bring leg to front to L shape on floor. Hands to side, lift to Russian V lever 2.00 or lift to Tuck lever, bottom in front of arms.
8. [1.0] Kick out to rear support. Hips in high arch 2 seconds
9. [1.0] Turn to front support. Press up with elbows in.
10. [1.0] Squat legs in tucked. Stand.

Level 7 / 8 (U16), Level 9 / 10 (U18)

1. [1.0] Holding stick at thigh level. Lift stick upwards and dislocate to back of legs.
2. [1.0] Fold forward to 90 degrees pike. Inlocate stick to front flat body fold to end looking at stick. Discard stick to side.
3. [2.0] Hands to paralettes. Feet step to a straddle position. Straddle lift to handstand 2 seconds. Lower piked to stand. Discard bars to the side.
4. [0.5] Tucked forward roll to straddle sit arms up, legs 90 degrees.
5. [1.0] Lower to Japan, swim through.
6. [1.0] Press to front support, bounce to splits (2 seconds)
7. [1.0] Bring leg to front to L shape on floor. Hands to side, lift to Russian V lever 2.00 or lift to Tuck lever, bottom in front of arms.
8. [0.5] Kick out to rear support. Hips in high arch 2 seconds
9. [1.0] Turn to front support. Press up elbows in. Fold backwards to tuck. Sit upright and kick to open D Shape.
10. [1.0] Chest roll to handstand. Handstand shown not held. Lower down piked to stand.



Floor

Level 3 / 4 (U12)

1. [1.0] Present arms out to the side horizontally, shoulder blades together, palms facing the floor
2. [2.0] 2 to 3 steps handspring, straight jump, dive roll any link with 3/8 turn
3. [1.0] Kick to handstand (not held) with a half turn, pike down,
4. [1.0] Backward roll to handstand with ½ turn, forward roll out with straight legs to stand
5. [1.0] Cartwheel, chasse, any link with 3/8 turn towards the corner
6. [3.0] Run into roundoff, back flick, tuck back somersault
7. [1.0] To finish, present arms out to the side horizontally, shoulder blades together, palms facing the floor

Level 5 / 6 (U14)

1. [1.0] Present arms out to the side horizontally, shoulder blades together, palms facing the floor
2. [2.0] Run into tuck front somersault, immediate dive roll
3. [3.0] cartwheel ¼ in, backward roll, back flick, straight jump, backward roll to front support
4. [1.0] splits, side swim through to front support and
5. [1.0] snap to straddle stand, straddle lift to handstand (2 seconds), stoop down, Cartwheel towards the corner into link of choice
6. [2.0] Short run into roundoff, back flick, tuck back

Level 7 / 8 (U16)

1. [1.0] Present arms out to the side horizontally, shoulder blades together, palms facing the floor
2. [2.0] Run into tuck front somersault, dive roll
3. [2.0] Backward roll, immediate back flick, immediate back flic, straight jump Any link with ¼ turn to face the corner
4. [1.0] Dive roll, Swedish fall, front support
5. [1.0] step into 1 double leg circles to finish back in front support 0.5
6. [1.0] snap to straddle stand, straddle lift to handstand (2 seconds), stoop down any link with ½ turn to face opposite corner
7. [2.0] Short run into roundoff, back flick, tuck back

Level 9 / 10 (U18)

1. [1.0] Present arms out to the side horizontally, shoulder blades together, palms facing the floor
2. [2.0] Run into straight front somersault, immediate Tuck front link of choice with 3/8 turn
3. [1.0] Dive roll
4. [1.0] Flic to front support
5. [1.0] step into 2 double leg circles to finish in front support
6. [1.0] snap to straddle stand, straddle lift to handstand (2 seconds), 1/1 pirouette, forward roll, step into the corner with a link of choice
7. [3.0] Short run into roundoff, back flick, straight back



Pommels

Level 3 / 4 (U12)

- [8.0] 10 circles on High Mushroom
- [9.0] 6 circles on Floor Pommel Inwards or Outwards
- [10.0] 6 circles in centre of Floor Pommel

Level 5 / 6 (U14)

8.00 routine Floor/High pommel, no handles.

1. [3.0] 3 outwards circles, deliberate pause *
2. [3.0] 3 inwards circles
3. [2.0] Flank dismount

9.00 routine Floor/High pommel, no handles.

1. [2.0] 3 outwards circles
2. [3.0] ½ spindle
3. [2.0] 3 inwards circles
4. [2.0] Flank dismount

10.00 routine Floor/High pommel, with handles.

1. [2.0] 2 inwards circles
2. [1.0] ¼ turn with direction of circle to side support
3. [2.0] 2 sideways circles
4. [2.0] ¼ spindle back to inwards
5. [2.0] 2 inwards circles
6. [1.0] Flank dismount

Level 7 / 8 (U16)

1. [2.0] Shear
2. [2.0] pick up into circle
OR
[1.0] lift leg into circle
3. [2.0] 1-4 circles (deduction for more)
4. [2.0] Any side travel to finish in inwards circle
OR
[0.0] deliberate pause *
5. [1.0] 2 Inwards circles
6. [1.0] Flank dismount



Pommels

Level 9 / 10 (U18)



1. [1.0] Shear
2. [1.0] Shear pick up into circle
OR
[0.5] Lift leg into circle
3. [1.0] 2 circles (no deductions for more)
4. [2.0] Czech or Stöckli on handles
5. [1.0] 2 circles 1.00 (no deductions for more)
6. [2.0] Any side travel to finish in inwards circle
OR
[0.0] deliberate pause *
7. [1.0] 2 circles (no deductions for more)
8. [1.0] Flank

From the above, a basic L9/10 routine could be

- 1. [1.0] Shear*
 - 2. [0.5] Lift leg to circle*
 - 3. [1.0] 2 circles*
 - 5. [1.0] 2 circles*
 - 6. [0.0] deliberate pause **
 - 7. [1.0] 2 inwards circles*
 - 8. [1.0] Flank dismount*
- Total SV 5.5*

* A *deliberate pause* can be used to allow the gymnast to miss an element without deduction. Gymnasts must declare their intention to include such a pause before the start of the routine.

Rings



Level 3 / 4 (U12)

1. [2.0] Muscle up
OR
[0.0] coach assisted lift to support
2. [2.0] L sit (2 sec)
3. [1.0] Lower legs, reverse muscle up to hang, lift to inverted hang
4. [3.0] cast into three swings each direction
5. [2.0] Straight back
OR
[1.0] Tuck back

Level 5 / 6 (U14)

1. [2.0] Lift to inverted hang, cast, (optional inlocate), back uprise
OR
[1.0] Muscle up from hang
OR
[0.0] coach assisted lift to support
1. [1.0] L sit (2 sec). Reverse muscle up to hang, lift to inverted hang
2. [3.0] cast into two swings, inlocate
3. [3.0] Two swings each way, dislocate
4. [1.0] Straight back

Level 7 / 8 (U16)

1. [1.0] Lift to inverted hang, cast, inlocate, back uprise
OR
[0.0] coach assisted lift to support
2. [1.0] L sit (2 sec)
3. [2.0] slow forward roll to support
OR
[1.0] Tuck Top planch
4. reverse muscle up, lift to inverted hang, lower to back planch (2 sec)
OR
[1.0] straddle planch 1.00
OR
[0.5] German hang 0.5
5. [1.0] Lift to inverted hang, cast into inlocate, swing back
6. [1.0] Dislocate, dislocate
7. [2.0] Double back somi OR straight back somi 1/1 twist
OR
[1.5] Straight back somi with ½ twist
OR
[1.0] Straight Back somi

Rings

Level 9 / 10 (U18)



1. [1.0] Lift to inverted hang, cast into inlocate, back uprise
OR
[0.0] coach assisted lift to support
2. [1.0] L sit (2 sec)
3. [3.0] Lift to top planch OR lower to Cross 3.00
OR
[1.5] slow forward roll to support
OR
[0.5] Tuck top planch
4. Lower down reverse muscle up OR lower backwards from support to inverted hang,
[2.0] Back planch (2 sec)
OR
[1.0] Straddle back planch
OR
[0.5] German hang
lower to German hang
5. [0.5] Lift to inverted hang, cast into inlocate, pike inlocate, stop
6. [0.5] kip dislocate, dislocate
7. [2.0] Double back OR straight Back 1/1 twist
OR
[1.0] Straight back ½ twist OR Straight back

Vault



Gymnasts may elect to perform the same vault as listed in the BG set-work, or select the lower one listed here. Note there is a difference in apparatus set-ups for each level. There may be some movement of apparatus between gymnasts.

Level 3 / 4 (U12)

Vaulting table at 120cm and 25m run up with landing area level with the top of the table (i.e. BG set-work apparatus for Level 4).

- [9.0] Handspring flat back.
Second flight body shape a slight arch. Feet should touch first.
- [10.0] Handspring to flat lie on stomach, feet to touch first
BG set-work Level 4/8
- [11.0] Handspring to standing into immediate dive forward roll
BG set-work Level 4/9
- [12.0] Straight front to land into immediate dive forward roll
BG set-work Level 4/10

Level 5 / 6 (U14)

Vaulting table at 125cm and 25m run up with landing area level with table (i.e. BG Set-work set-up for Level 5/8 and Level 5/10)

- [9.0] Handspring flat back
Second flight body shape a slight arch. Feet should touch first.
- [10.0] Handspring to land into dive forward roll
See BG set-work Level 5/8
- [11.0] Tsukahara Straight prep to flat back
See BG set-work Level 5/8
- [12.0] Yurchenko prep to back lie
BG set-work Level 5/10

Level 7 / 8 (U16), Level 9 / 10 (U18)

Vaulting table at 135cm and 25m run up with 20cm landing mats (i.e. FIG).

1. [9.0] Handspring
2. [10.0] Handspring, full twist
3. [11.0] Tsukahara (tucked)
4. [12.0] Handspring, tuck front

Parallel bars



Level 3 / 4 (U12) – height 1.60m

1. [1.0] Jump to upper arms, swing forwards to momentary pike fold,
2. [1.0] swing backwards into back uprise
3. [1.0] swing forwards to ½ lever (2 sec)
4. [2.0] drop upstart, swing backwards
5. [1.0] swing forwards to ½ lever (2 sec)
6. [2.0] Straddle lift to handstand (2 sec)
7. [1.0] Swing forwards, swing backwards to handstand (2 sec)
8. [1.0] Swing forwards, swing backwards to handstand and face vault dismount

Level 5 / 6 (U14) – height 1.80m

1. [1.0] Float upstart, swing back
2. [1.0] Swing forwards to ½ lever
3. [2.0] Drop shoot to upper arm
4. [2.0] Swing backwards to back uprise to horizontal
5. [1.0] Swing forwards
6. [1.0] Swing backwards to handstand (2 sec)
7. [2.0] Swing forwards to tuck back somi dismount
OR
[1.0] Swing forwards, swing backwards to handstand and face vault dismount

Level 7 / 8 (U16) – height 2.00m

1. [1.0] Upstart, swing backwards
2. [1.0] swing forwards to ½ lever (2 sec)
3. [2.0] Straddle press handstand (2 sec)
4. [2.0] Front uprise
5. [1.0] Swing backwards, swing forwards
6. [2.0] Swing backwards to handstand pirouette (2 sec)
7. [1.0] Swing forwards to straight back somi dismount

Level 9 / 10 (U18) – height 2.00m

1. [1.0] Upstart
2. [1.0] ½ lever
3. [2.0] Straddle press handstand (2 sec)
4. [2.0] Front uprise
5. [1.0] Swing backwards to handstand (2 sec)
6. [1.0] Swing handstand ½ pirouette (2 sec)
7. [2.0] Straight back somi

High bar

Level 3 / 4 (U12)

Glove Bar

1. [2.0] Upstart, immediate cast
OR
[1.0] Upstart, pause
2. [2.0] Cast to handstand
3. [3.0] Three forwards giants
4. [3.0] Swing back, three backwards giants

Chalk Bar

1. [3.0] Upstart, immediate cast
OR
[2.0] Upstart, pause
1. [3.0] Cast to Handstand
2. [3.0] Three Backwards Giants
3. [1.0] Drop off to secure landing



Level 5 / 6 (U14)

Glove Bar

1. [1.0] Upstart
2. [1.0] Cast to handstand
3. [2.0] Two forwards giants
4. [2.0] At top of second forward giant, clear hip circle
5. [2.0] Two backwards giant
6. [2.0] Straddle toe on, toe off to handstand followed by two giants. Can be done forward or backward after move 3. or 5.

Chalk Bar

1. [1.0] Upstart, pause
2. [1.0] Change grip to forwards grip
3. [2.0] Two forwards giants
1. [2.0] At top of second forward giant change hands one at a time to over grip
1. [2.0] Two backwards giants
2. [2.0] Drop off to secure landing

High bar

Level 7 / 8 (U16)

Glove Bar

1. [1.0] Upstart, pause
OR
[2.0] Upstart immediate cast to handstand
2. [1.0] Two forward giants
3. [2.0] On third forward giant, clear hip circle to handstand
4. [1.0] Two backward giants
5. [2.0] On third backward giant, toe on (straddle or pike) to handstand
6. [1.0] one backward giant

Chalk Bar

1. [1.0] Upstart, pause
OR
[2.0] Upstart, handstand
1. [2.0] Two forward giants
2. [2.0] Top turn
OR
[1.0] change hands one at a time to over grip
3. [2.0] Two backwards giants
4. [2.0] Straight back
OR
[1.0] toe on shoot/clear hip shoot



Level 9 / 10 (U18)

Glove Bar

Maximum SV: 8.0

1. [2.0] Upstart to handstand
2. [1.0] Forward giants
3. [1.0] Forward Straddle toe on, followed by at least 1 forward giant
4. [2.0] Clear hip circle to handstand
5. [1.0] Backward giants
7. [1.0] Straddle toe on backwards followed by at least 1 be giant

Chalk Bar

1. [2.0] Upstart to handstand
OR
[1.0] Upstart, stop
2. [1.0] Backward giants
3. [2.0] Any ½ turn (e.g. Blind, Gienger roll)
4. [1.0] Forward giants
5. [2.0] Top turn
OR
[1.0] Change hands one at a time to over-grip
6. [2.0] Straight back
OR
[1.0] Shoot type discount

A routine with a pause after the upstart and missing out moves 2 & 3 can be performed for a reduced start value.

Publish history

This is a “work in progress”.

We welcome feedback on the routines included here, and will consider modifications as necessary.

Please ensure you are using the most up to date version.

2 July 2026	Initial
7 July 2026	Added H-bar routine for Level 7/8 Formatted as landscape