2025 - 2028 Masters Code of Points

for

Men's and Women's
Masters Artistic Gymnastics

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Foreword

With the aim of making competitions in artistic gymnastics attractive and internationally comparable for gymnasts beyond the high-performance level, these scoring rules were developed in collaboration between representatives from Japan, Great Britain, the USA and Germany. They are based on the international scoring regulations of the FIG (Code of Points, CoP) on the one hand and on the specific adaptations for the international masters gymnastics team cups held in Einbeck in 2023 and Boston in 2024. The long-term goal is to establish internationally standardized scoring regulations for gymnasts from age group 30 and above, according to which both national and international competitions are to be held in individual and team evaluations.

In order to keep the document clear, only modifications in comparison to the international scoring regulations of the FIG CoP are listed. Accordingly, the provisions of the current CoP always apply to all areas if they are not explicitly listed in this document.

We would like to thank all those involved in the technical committee who helped to draw up these scoring regulations.

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For reasons of better readability, the simultaneous use of male and female language forms is avoided. All personal designations nevertheless apply to all genders unless specifically marked.

Abbreviations

TC	Technical Committee
CoP	Code of Points
MAG	Men's Artistic Gymnastics
WAG	Women's Artistic Gymnastics
FX	Floor Exercise
PH	Pommel horse
SR	Rings
VT	Vault
PB	Parallel Bars
HB	Horizontal Bar (High Bar)
UB	Uneven Bars
BB	Balance Beam
EG	Element Group (MAG)
CR	Compositional Requirement (WAG)
NR	Non-Recognition
AG	Age Group
GE	Gymnastics Element
ME	Masters Element

General Rules

1. Calculation of the age group

The current age of a gymnast is calculated using the year of birth and the current year as follows:

Age = current year - year of birth

The corresponding age group (AG) for the calculated age is always the AG rounded down to a full 10 years (e.g. calculated age = 42 → AG 40 being the decade of a gymnast).

I. Men's Artistic Gymnastics

1. Regulations Governing Competition Participants

Supplement to Section 2 – *Regulations governing Gymnasts*

Article 2.1 *Rights of Gymnasts*, paragraph *Apparatus*:

- The gymnast is guaranteed the right to:
    - Use additional soft mat(s) (5 cm or 10 cm) on Floor Exercise. This mat must be placed before the start of the exercise and must not be moved or removed during the exercise.
    - Use an additional soft mat (10 cm) for landing on Vault on top of the mandatory soft mat. This additional mat must be secured against slipping during landing. The gymnast is fully responsible for any tripping hazards that may lead to unsteady landings.
    - Use of additional landing mats on Pommel Horse, Rings, Parallel Bars and Horizontal Bar to reduce the height of the apparatus. These mats must be placed before the start of the routine and must not be moved during the routine. In case of safety considerations, the judges have a right to intervene.
    - Participate in Masters MAG competitions regardless of their biological sex. The scoring rules listed apply to all athletes regardless of gender.

Article 2.3 *Duties of the Gymnast*, paragraph *Competition Attire*:

- There is no deduction for non-uniform competition attire in team competitions. Nevertheless, it is appreciated that athletes compete in uniform training suits and uniform competition attire.
- Gymnasts are expected to behave in good style representing their clubs and countries. During the competition appropriate clothing and respectful manner shall be a matter of course.

Supplement to Section 5 – *Regulations and Structure of Judges' Panel*

Article 5.3 *Composition of the Judges' panel*:

- It is recommended to have four judges on each apparatus
  (2 Difficulty (D) Judges and 2 Execution (E) Judges)
- There should be at least two judges (both judging D and E Score) on each apparatus.

2. The Evaluation of Competition Exercises

Modification to Section 6 – *The Evaluation of Competition Exercises*

Article 6.1 *General Rules*:

- D-score content will include by addition:
    - The additional difficulty value of 7 (6 from AG 60) elements, the best 6 (5 from AG 60) inside the counting elements plus the value of the dismount. If the judge

needs to choose the counting 6 (5 from AG 60) elements from elements which have the same value but belong to different Element Groups, he must determine them to the benefit of the gymnast.
There is no limit to the number of elements from the same Element Group.
However:
Elements that fulfill an Element Group but are not among the highest value elements must be considered for the difficulty value of the routine to maintain the value of the element group.

- Bonus: 0.5 or respectively 0.3 points for each fulfilled Element Group except the dismount.
  Element Groups must be fulfilled with an element of the minimum required difficulty value according to the age group.
- Bonus for the dismount depending on the difficulty value of the element.
- There are no connection bonuses for directly combined elements.

Article 6.3 *Short exercise*:

- The D-Jury will take the appropriate neutral deduction (ND) for a short exercise from the final score:

Number of elements incl. dismount	Neutral Deduction (ND)	
	≤ AG 50	≥ AG 60
7	0	N/A
6	1.0	0
5	2.0	1.0
4	3.0	2.0
3	4.0	3.0
2	5.0	4.0
1	6.0	5.0
0	10	10

- If the dismount is not accepted as an element due to technical deficiencies, one element is missing in each case, which leads to a deduction of 1.0 point in D-value.

Modification to Section 7 – *Regulations Governing the D-score*

Article 7.1 *Difficulty Value (DV)*:

- In addition to the CoP value elements (A to I), there are also *Gymnastics Element (GE)* and *Masters Element (ME)* value elements for master gymnasts. These are not listed in the CoP as they are either too simple (GE) or no longer up to date from a competitive point of view (ME).
  - All elements that are neither listed in the CoP nor in the *Masters Elements* tables are classified as *Gymnastics Elements* (GE). Such an element must be clearly recognizable as a gymnastic movement. If an element group is to be fulfilled by a GE from AG 50 upwards, the gymnast should point this out to the judges when registering. Reason: These elements are due to their large number and unspecified variety not summarized in a list and consequently not assigned

to element groups. The assignment and acceptance of a GE to an Element Group is at the judgement of the D-jury. An Element from the CoP that is not recognized by the D-jury due to insufficient hold time or excessive angular deviation can still be recognized as a GE. An Element from the CoP that was not recognized due to a fall cannot be recognized as a GE. GE also include simple forward and backward swings.

  - Like the elements of the CoP, all *Masters Elements* (ME) are defined with an identification number and uniquely assigned to one Element Group. In exceptional cases, individual ME that clearly exceed the level of this grouping are assigned to a higher element value (e.g. Koeste stretched dismount on Rings). The value of these elements is explicitly listed in the element tables in the box.
  - In case a gymnast wants to show an element, which is not listed in the table of GE and ME and wants the element to be counted as ME (Masters Element, Masters-A, Masters-B, etc.), he needs to submit the element at a minimum of two weeks before the competition. The Masters-Committee will decide about the classification.

- Classification of value according to age group:
  - On Floor Exercise, Pommel Horse, Rings, Parallel Bars and Horizontal Bar, the D-value of each element is rated across the AG by adding 0.1 points per decade.
  - GE are not accepted in AG 30 and AG 40. In AG 30 a ME and in AG 50 a GE counts as an element to fulfill the requested minimum number of elements for an exercise but will add 0.0 points to the difficulty.
  - There is no separate grading for elements with a difficulty higher than D.

Element Value	Age group				
	AG 30	AG 40	AG 50	AG 60	AG 70
GE	N/A	N/A	0.0	0.1	0.2
ME	0.0	0.1	0.2	0.3	0.4
A	0.2	0.3	0.4	0.5	0.6
B	0.4	0.5	0.6	0.7	0.8
C	0.6	0.7	0.8	0.9	1.0
≥ D	0.8	0.9	1.0	1.1	1.2

Article 7.2 *Element Group and Dismount Requirements*:

- The Element Groups of the CoP apply to each apparatus.
- To fulfill an Element Group, the following rules apply to receive either 0.3 points or 0.5 points for the various AG:

Element Group Value	Age Group				
	AG 30	AG 40	AG 50	AG 60	AG 70
0.3	ME	ME	GE	GE	N/A
0.5	≥ A	≥ A	≥ ME	≥ ME	≥ GE

- There is no bonus of 0.3 points for fulfilling an EG in AG 70. Gymnasts of this AG will always receive 0.5 points for showing any element from an EG.
- This must be considered when adding up the difficulty value of the highest elements. If a higher-value element has been performed within the counting elements that is not

required to fulfill an Element Group, it must be deleted in case of doubt for an element to fulfill an Element Group.

- Regarding Dismount element group requirements, the following rule will be applied for Pommel Horse, Rings, Parallel Bars and Horizontal Bar:
    - Dismount element group value equals the Difficulty value of the dismount. (e.g. C dismount in AG 30 gets 0.6 for Difficulty Value and 0.6 as Element group value)
- On Floor Exercise there is no additional bonus for the dismount, as there are already four Element Groups. In this case, only the listed Element Groups can be fulfilled with 0.3 or 0.5 points.
- Stick landing after the dismount, minimum A for AG 30 and AG 40, ME for AG 50 and AG 60, GE for AG 70 (also Vaults with Masters D-score ≥ 4.0) will be awarded with 0.1 bonus by the D-Jury, except the Pommel Horse.

Article 7.3 *Connection Points*:

- There is no bonus for directly connected elements.

Article 7.4 *Evaluation by the D-Jury*:

- Holding elements that are performed with a straddle and are not listed in the CoP are devalued by one level.
- Strength elements that are performed with a straddle or with bent arms and are not listed in the CoP are devalued by one level.
- Touching the apparatus with the feet is only permitted if this is obviously necessary to perform the element (e.g. straddle sit on parallel bars or underswing with straddle on high bar). Such elements are classified as ME or GE according to the list.
- If strength elements are performed with swing or swing elements with strength, they will be devalued by one level or at least recognized as a GE.

Summary of the regulations for the D-Score according to the age groups

Age group		AG 30	AG 40	AG 50	AG 60	AG 70
Required number of elements (also number of elements for D value)		7 = 6 + dismount	7 = 6 + dismount	7 = 6 + dismount	6 = 5 + dismount	6 = 5 + dismount
Element group bonus		ME: 0.3 ≥ A: 0.5	ME: 0.3 ≥ A: 0.5	GE: 0.3 ≥ ME: 0.5	GE: 0.3 ≥ ME: 0.5	≥ GE: 0.5
Dismount bonus		Dismount element group value equals the difficulty value of the dismount except for Floor Exercise. (e. g.: C dismount gets 0.6 in AG 30 for Difficulty Value and 0.6 as EG value)				
Vault bonus		0.8	1.6	2.4	2.8	3.2
Stick bonus (0.1 points)		≥ A: 0.5	≥ A: 0.5	≥ ME: 0.5	≥ ME: 0.5	≥ GE: 0.5
D-value	Gymnastics Element	N/A	N/A	0.0	0.1	0.2
	Masters Element	0.0	0.1	0.2	0.3	0.4
	FIG A	0.2	0.3	0.4	0.5	0.6
	FIG B	0.4	0.5	0.6	0.7	0.8
	FIG C	0.6	0.7	0.8	0.9	1.0
	FIG D+	0.8	0.9	1.0	1.1	1.2

Modification to Section 8 – Regulations Governing E-Score

Article 8.3 *Instructions for the Gymnast*:

In addition to the technically proper and aesthetically demanding execution, the exercise should also be performed with virtuosity, originality and fluidity.

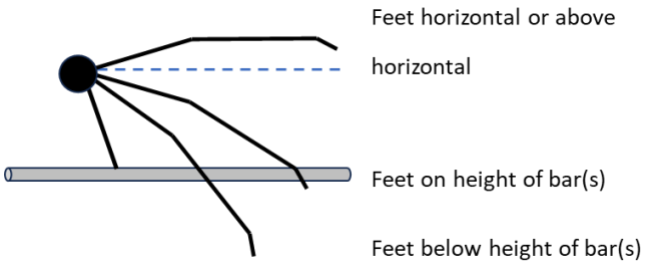
- The execution of an element or an entire routine has been performed by the gymnast in a particularly expressive, harmonious, fluent and refined manner. This is understood as virtuosity.
- The selection or execution of the elements or their sequence is particularly creative, unusual or very rarely seen. This is understood as originality.

Modification to Section 9 – *Technical Directives*

Supplement to angular deviations

- For GE and ME that have not to end in a handstand position but in a forward or backward swing, the following deductions for angular deviations apply:

Swing height	Deduction
Horizontal and higher	No deduction
Between horizontal and bar height	Small error 0.1
Under bar height	Medium error 0.3



Article 9.3 *Expectations for Exercise Construction*:

- Layaways, empty and intermediate swings:
    - No deduction of 0.3 points is made for backswings that are not directly followed by an element, but only by a reversal of direction and placement in a lower position. However, the execution (angular deviation) of the forward/ backward swing is evaluated.
    - Up to AG 40, half or full intermediate swings lead to deductions according to the CoP (0.3/0.5). From AG 50, half or full intermediate swings may be performed as GE without any deductions for intermediate swings.
    - Examples:
        - PB: Swing backwards in support to swing forwards in upper arm or long hang or cast
        - HB: kip to handstand or horizontal, swing down into free hip, giant

3. Apparatus

3.1. Floor Exercise

Element Groups

- I. Non-acrobatic elements
- II. Acrobatic elements forward
- III. Acrobatic elements backward
- IV. Acrobatic elements or jumps with 1 or more turns

Modification to Article 10.2.1 *Information about Exercise Presentation*:

- There is no limit to the duration of the floor exercise. In this context, no signal is given after a certain time has elapsed.
- There are no deductions for performing the same diagonals several times in direct succession.
- From AG 60, it is no longer necessary to perform all four corners of the floor.
- An acrobatic element (e.g. round off, back handspring, forward handspring) can be finished with an additional straight jump without deduction. In the case of the dismount, the last acrobatic element counts as the dismount and not the straight jump.
- The dismount cannot be from EG I.
- To fulfill EG IV
    - a single salto element forward or backward,
    - a rolling element, or
    - a jump

  with 1 or more turns is necessary. The element has not necessarily to be a salto element, also a roll backward to handstand with full turn (as A- element) or a full twisting straight jump (as a ME) will fulfill EG IV.

Modification to Article 10.2.2 *Information about the D-score*:

- There is no deduction for a missing multiple salto element. The dismount does not need to be a multiple salto element.
- There is no bonus for directly connected acrobatic elements.
- The regulations for special repetitions are not applied.
- If there is no clear hold on a holding element, it can only be recognized as a GE or ME.

3.2. Pommel Horse

Element groups

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

Modification to Article 11.2.2 *Information about the D-score*:

- Elements from EG II or EG III, which according to the CoP must be followed by at least one further element for recognition, also count for seniors with a simple forward or backward swing of one or both legs.
- The regulations for special repetitions are not applied.
- The walking or turning straddle can also end in the straddle support and from there lead to the forward or backward straddle or into the scissors or circle (e.g. walking straddle + scissor backward = ME + A).

3.3. Rings

Element groups

- I. Kip and swing elements & swings through or to handstand (2 sec.)
- II. Strength elements and hold elements (2 sec.)
- III. Swing to Strength hold elements (2 sec.)
- IV. Dismounts

Modification to Article 12.2.1 *Information about Exercise Presentation*:

- From AG 60, gymnasts may be lifted into the support at the beginning of the exercise.

Modification to Article 12.2.2 *Information about the D-score*:

- There is no deduction for missing swing to handstand element.
- The regulations for special repetitions are not applied.
- The rule that a swing element with at least a B value must be performed after three strength type elements from EG II and/or EG III does not apply.
- From AG 50, every element starting with a swing (forward or backward, in hang or support) followed by a strength hold element (2 sec.) counts as GE to fulfill EG III (e.g. swing forward to L-pull-up hang is a GE).

Modification to Article 12.3 *Specific Deductions for Rings*:

- There is no deduction for compositional errors.
- Gymnasts do not receive a deduction for bent arms during transitions between elements. During an element, the CoP deductions for bent arms apply.

3.4. Vault

Modification to Article 13.1 *Description of a Vault*:

- The gymnast may perform two vaults, of which only the better attempt counts towards the individual and team scores. The vaults can be identical.

Modification to Article 13.2.1 *Information about Vault Presentation*:

- The height of the vaulting table can be set anywhere between 110 cm and 135 cm.
- It is recommended to have both vaults on the same height.
- In the case that the first and second vault are shown on different heights, coaches must make sure that the time between the first and second vault does not violate the 30 sec. rule after "green light" is given by the judges.
- There are no deductions for leaving the landing zone.
- During the competition, the gymnast may choose between a hard and a soft springboard provided by the organizer. The hardness of the available springboards may not be manipulated by adding or removing springs. According to the CoP, manipulation will be penalized with a neutral deduction of 0.5 points.

Modification to Article 13.2.2 *Information about the D-score*:

- The differentiation of vaults according to vault groups is not applied.
- From AG 60, the gymnast may also touch the vault table with the feet without the vault being scored invalid. (e.g. squat and straight jump to stand)
- There are no deductions if the gymnast performs the same element in the first and second vault.
- There is no limit to the number of vaults in the warm-up if the warm-up time has not yet expired. Every gymnast has the right to perform at least two vaults in the warm-up.
- Vaults that are not listed in the CoP will receive a D-value of 0.0, to which the bonus related to the AG will be added.
- As with the other apparatus, there is an AG-dependent bonus for the D value on vault. In addition to the D value according to the CoP, gymnasts receive the following bonus:

Vault	Age Group				
	AG 30	AG 40	AG 50	AG 60	AG 70
D value bonification	0.8	1.6	2.4	2.8	3.2

- Examples can be found in the table below:

Element	FIG	AG 30	AG 40	AG 50	AG 60	AG 70
		0.8	1.6	2.4	2.8	3.2
Squat on table - stretched jump down	0.0	0.8	1.6	2.4	2.8	3.2
Role over the table	0.0	0.8	1.6	2.4	2.8	3.2
Straddle to hecht	0.4	1.2	2.0	2.8	3.2	3.6
Squat to hecht	0.4	1.2	2.0	2.8	3.2	3.6
Pike to hecht	0.8	1.6	2.4	3.2	3.6	4.0
Stretched hecht	1.2	2.0	2.8	3.6	4.0	4.4
Front handspring	1.2	2.0	2.8	3.6	4.0	4.4
Front handspring with 1/2 twist	1.4	2.2	3.0	3.8	4.2	4.6
Front handspring with 1/1 twist	1.6	2.4	3.2	4.0	4.4	4.8
Front handspring with 3/2 twist	1.8	2.6	3.4	4.2	4.6	5.0
Front handspring and salto fwd. tucked	2.0	2.8	3.6	4.4	4.8	5.2
Front handspring and salto fwd. tucked with 1/2 twist	2.4	3.2	4.0	4.8	5.2	5.6
Front handspring and salto fwd. piked	2.4	3.2	4.0	4.8	5.2	5.6
Front handspring and salto fwd. piked with 1/2 twist	2.8	3.6	4.4	5.2	5.6	6.0
Front handspring and salto fwd stretched	3.2	4.0	4.8	5.6	6.0	6.4
Front handspring and salto fwd stretched with 1/2 twist	3.6	4.4	5.2	6.0	6.4	6.8
Front handspring sw with 1/4 twist	1.2	2.0	2.8	3.6	4.0	4.4
Front handspring sw with 3/4 twist	1.4	2.2	3.0	3.8	4.2	4.6
Front handspring sw with 5/4 twist	1.6	2.4	3.2	4.0	4.4	4.8
Tsukahara tucked	1.8	2.6	3.4	4.2	4.6	5.0
Tsukahara piked	2.0	2.8	3.6	4.4	4.8	5.2
Tsukahara tucked with 1/2 twist	2.0	2.8	3.6	4.4	4.8	5.2
Tsukahara tucked with 1/1 twist (Kasamatsu)	2.4	3.2	4.0	4.8	5.2	5.6
Tsukahara stretched	2.8	3.6	4.4	5.2	5.6	6.0
Tsukahara stretched with 1/2 twist	3.2	4.0	4.8	5.6	6.0	6.4
Tsukahara stretched with 1/1 twist	3.6	4.4	5.2	6.0	6.4	6.8

Legend: blue = „standard" vault, yellow = great vault, should be approximately even over the AG.

Table is not complete, but to be understood as some example vaults only for illustration purpose.

3.5. Parallel Bars

Element Groups

- I. Elements starting in upper arm position
- II. Elements in support or through support on 2 bars
- III. Long swings in hang on 1 or 2 bars and underswings
- IV. Dismounts

Modification to Article 14.2.1 *Information about Exercise Presentation*:

- The height of the bar can be set anywhere between 120 cm and 200 cm measured from the floor to the top edge of the bar.
- Sitting/touching the bar is permitted as long as the element obviously requires it (e.g. diving roll, straddle with bounce).
- There are no deductions for back swings in support or upper arm hang that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang or support position. This also includes no deductions for swing back down from handstand after a simple back swing in support to handstand.

Modification to Article 14.2.2 *Information about the D-score*:

- The regulations for special repetitions are not applied.

3.6. Horizontal Bar

Element Groups

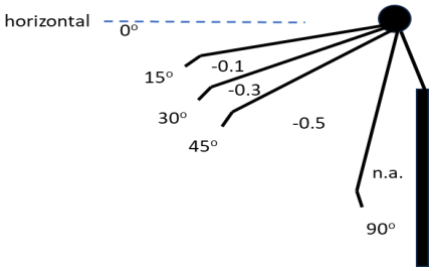
- I. Long hang swings with and without turns
- II. Flight elements
- III. In bar and Adler elements
- IV. Dismounts

Modification to Article 15.2.1 *Information about Exercise Presentation*:

- There is no deduction for more than three swings at the beginning of the exercise.
- Touching the horizontal bar with feet is permitted if the element obviously requires it (e.g. straddle).

Modification to Article 15.2.2 *Information about the D-score*:

- The regulations for special repetitions are not applied.
- From AG 50, every element with a complete release and regrasp of the horizontal bar at the same moment counts as a GE Flight Element to fulfill EG II (e.g. jump/hop without a grip change is a GE and counts as such).
- Elements which, according to the CoP, must end in a handstand (e.g. kip, free hip circle, back uprise, ...) are classified as ME in favor of the gymnast if the deductions for angular deviation are too large and are penalized according to the following deductions for angular deviation:



II. Women's Artistic Gymnastics

1. Regulations Governing Competition Participants

Supplement to Section 2 – *Regulations for Gymnasts*

Article 2.1 *Rights of the Gymnasts*, paragraph 2.1.2 *Apparatus*:

- The gymnast is guaranteed the right to:
    - Use of additional soft mat(s) (5 cm or 10 cm) on Floor Exercise. This mat must be placed before the start of the exercise and must not be moved during the exercise but might get removed.
    - Use an additional soft mat (10 cm) for landing on Vault and Uneven Bars on top of the mandatory soft mat. This additional mat must be secured against slipping during landing. The gymnast is fully responsible for any tripping hazards that may lead to unsteady landings.
    - Use of additional landing mats on Balance Beam to reduce the height of the apparatus. These mats must be placed before the start of the routine and must not be moved during the routine. In case of safety considerations, the judges have a right to intervene.
    - Participate in Masters WAG competitions regardless of their biological sex. The scoring rules listed apply to all athletes regardless of gender.

Article 2.3 *Duties of the Gymnast*, paragraph 2.3.2 *Competition Attire*:

- There is no deduction for non-uniform competition attire in team competitions. Nevertheless, it is appreciated that athletes compete in uniform training suits and uniform competition attire. The gymnast may wear any competition attire deemed safe, including long or short tight-fitting shorts over or under the leotard.
- Gymnasts are expected to behave in good style representing their clubs and countries. During the competition appropriate clothing and respectful manner shall be a matter of course.

Supplement to Section 5 – *Regulations & Structure of Apparatus Juries*

Article 5.3 *Composition of the Apparatus Panel*:

- It is recommended to have four judges on each apparatus
  (2 Difficulty (D) Judges and 2 Execution (E) Judges)
- There should be at least two judges (both judging D and E Score) on each apparatus.

2. Evaluation of Exercises

Modification to Section 6 – *Determination of Score*

Article 6.3 *Short Exercise*:

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

Number of elements incl. dismount	Neutral Deduction (ND)	
	≤ AG 50	≥ AG 60
7	0	N/A
6	1.0	0
5	2.0	1.0
4	3.0	2.0
3	4.0	3.0
2	5.0	4.0
1	6.0	5.0
0	10	10

Modification to Section 7 – *Regulations Governing the D-score*

Article 7.1 *D-Score (Content) UB, BB, FX*

- The D-Score on UB, BB and FX includes the highest 6 (5 from AG 60) difficulties plus dismount, compositional requirements and bonuses. No connection values or series bonuses are awarded.
- Elements that fulfill a compositional requirement (CR) but are not among the highest shown elements do not necessarily have to be considered for the difficulty value of the routine.
- Bonus: 0.5 points for each fulfilled compositional requirement.
  CR must be fulfilled with an element of the minimum required difficulty value according to the age group.
- Bonus: 0.5 or respectively 0.3 points for the dismount.
  Depending on the value of the dismount's difficulty value according to the age group.
  One element may fulfil more than one CR; however, an element may not be repeated to fulfill another CR.

Article 7.2 *Difficulty Value (DV)*:

- The maximum 7 (6 from AG 60) highest DV including the dismount are counted on UB, BB and FX
- In addition to the CoP (current version 2024-2028 is applied) value elements (A to I), there are also the *Gymnastics Element (GE)* and *Masters Element (ME)* value elements for masters' gymnasts. These are not listed in the CoP as they are either too simple (GE) or no longer up to date from a competitive point of view (ME).
    - All elements that are neither listed in the CoP nor in the *Masters Elements* tables are classified as *Gymnastics Elements* (GE). Such an element must be clearly recognizable as a gymnastic movement.
    - Like the elements of the CoP, all *Masters Elements* (ME) are defined with an identification number and uniquely assigned to one Element Group. In exceptional cases, individual ME that clearly exceed the level of this grouping are assigned to a higher element value. The value of these elements is explicitly listed in the element tables in the box.

- In case a gymnast wants to show an element, which is not listed in the table of GE and ME and wants the element to be counted as ME (Masters Element, Masters-A, Masters-B, etc.), she needs to submit the element at a minimum of two weeks before the competition. The Masters-Committee will decide about the classification.

- Classification of value according to age group:
  - On UB, BB and FX, the D-value of each element is rated across the AG by adding 0.1 points per decade.
  - GE are not accepted in AG 30 and AG 40. In AG 30 a ME and in AG 50 a GE counts as an element to fulfill the requested minimum number of elements or a CR for an exercise but will add 0.0 points to the difficulty.
  - There is no separate grading for elements with a difficulty higher than D.

Element Value	Age group				
	AG 30	AG 40	AG 50	AG 60	AG 70
GE	N/A	N/A	0.0	0.1	0.2
ME	0.0	0.1	0.2	0.3	0.4
A	0.2	0.3	0.4	0.5	0.6
B	0.4	0.5	0.6	0.7	0.8
C	0.6	0.7	0.8	0.9	1.0
≥ D	0.8	0.9	1.0	1.1	1.2

Article 7.3 *Compositional Requirements (CR) 2.00*:

- To fulfill an CR, at least a ME must be performed up to AG 40 and a GE from AG 50.
- The following regulations apply to the dismount requirement for the various AG:

Dismount Bonus	Age group				
	AG 30	AG 40	AG 50	AG 60	AG 70
0,0	ME	ME	GE	N/A	N/A
0,3	A	A	ME	GE	GE
0,5	≥ B	≥ B	≥ A	≥ ME	≥ ME

Article 7.4 *Connection Value (CV) & Bonus*:

- There are no connection bonuses for directly combined elements.

Summary of the regulations for the D-Score according to the age groups

Age group		AG 30	AG 40	AG 50	AG 60	AG 70
Required number of elements (also number of elements for D value)		7 = 6 + dismount	7 = 6 + dismount	7 = 6 + dismount	6 = 5 + dismount	6 = 5 + dismount
Minimum difficulty to reach the CR and length of the exercise		At least Masters Element	At least Masters Element	At least Gymnastics Element	At least Gymnastics Element	At least Gymnastics Element
dismount bonus		ME: 0.0 A: 0.3 ≥B: 0.5	ME: 0.0 A: 0.3 ≥B: 0.5	GE: 0.0 ME: 0.3 ≥A: 0.5	GE: 0.3 ≥ME: 0.5	GE: 0.3 ≥ME: 0.5
Vault bonus		1.8	2.6	3.4	4.2	5.0
Bonus for not using the widening on the Balance Beam		N/A	0.5	0.8	1.2	1.5
D-value	Gymnastics Element	N/A	N/A	0.0	0.1	0.2
	Masters Element	0.0	0.1	0.2	0.3	0.4
	FIG A	0.2	0.3	0.4	0.5	0.6
	FIG B	0.4	0.5	0.6	0.7	0.8
	FIG C	0.6	0.7	0.8	0.9	1.0
	FIG D+	0.8	0.9	1.0	1.1	1.2

Modification to Section 8 – *Technical Directives*

Article 8.2.3 *Split Requirement:*

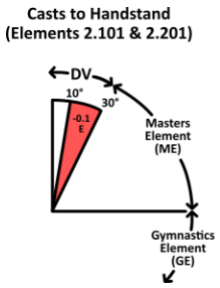
- This rule is also applied for AG 60 and older if they perform leaps or jumps with splits. However, for ≥ AG 60 not a split angle of 180 degree but 135 degree is required.

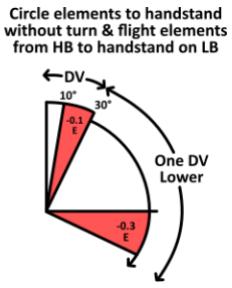
Article 8.4 *Supplement to angular deviations:*

- A deduction for "empty-swing" is not applied. A cast is judged as an element, the following categories apply:

Swing angle	Value
Handstand position - 30° E-Deduction 0.1 10°-30°	FIG Value (2.101, 2.201)
30°-horizontal	ME
Under bar height	GE

- Elements that end in a handstand (e.g. clear hip circle) retain their value according to CoP up to an angular deviation of 30 ° below the vertical. If the angular deviation is lower than 30°, the element is downgraded by one value. For E-deduction see, table below.





- Layaways, empty and intermediate swings:
    - Up to AG 40 an intermediate swing leads to deductions according to the CoP (0.5). From AG 50a intermediate swing may be performed as GE without any deductions for intermediate swings.

Section 9: The E-score is taken as in the CoP, if not clarified differently in that document.

3. Apparatus

3.1. Vault

Supplements and modifications to Article 10 *Information about the vault execution*:

- Each gymnast may perform two vaults, of which only the better attempt counts towards the individual and team scores. The vaults may be identical (modification to 10.4).
- The height of the vault table can be set to any height between 110 cm and 135 cm.
- In the case that the first and second vault are shown on different heights, coaches must make sure that the time between the first and second vault does not violate the 30 sec. rule after "green light" is given by the judges.
- During the competition, the gymnast may choose between a hard and a soft springboard provided by the organizer. The hardness of the available springboards may not be manipulated by adding or removing springs. According to the CoP, manipulation will be penalized with a deduction of 0.5 points.

Modifications to Article 10.4.1:

- There are no deductions for leaving the landing zone.

Information about the D-score:

- From AG 60, the gymnast may also touch the vault table with their feet without the vault being scored invalid. (e.g. squat on and stretch vault into standing position)
- There are no deductions if the gymnast performs the same vault twice (*modification 10.4*).
- There is no limit to the number of vaults in the warm-up as long as the warm-up time has not yet expired. Every gymnast has the right to perform at least two vaults in the touch warm-up (Assuming there is a general warm-up of 1 hour right before the competition).
- Vaults that are not listed in the CoP will receive a D-value of 0.0, to which the age group-dependent bonus will be added.
- As with the other apparatus, there is an age group-dependent bonus for the D score on vault. In addition to the D score according to the CoP, gymnasts receive the following bonus:

Vault	Age Group				
	AG 30	AG 40	AG 50	AG 60	AG 70
D value bonification	1.8	2.6	3.4	4.2	5.0

Example Vault Values		Age Decade					
		30	40	50	60	70	
Vault Name	FIG	1.8	2.6	3.4	4.2	5	Age Bonus
Squat onto table - straight jump down	0	1.8	2.6	3.4	4.2	5	Final Value
Roll onto and over the table	0	1.8	2.6	3.4	4.2	5	
Straddle hecht over table	0.6	2.4	3.2	4	4.8	5.6	
Tuck hecht over table	0.6	2.4	3.2	4	4.8	5.6	
Pike hecht over table	1.1	2.9	3.7	4.5	5.3	6.1	
Straight hecht over table	1.6	3.4	4.2	5	5.8	6.6	
Front handspring	1.6	3.4	4.2	5	5.8	6.6	
Front handspring with 1/2 twist	2	3.8	4.6	5.4	6.2	7	
Front handspring with 1/1 twist	2.6	4.4	5.2	6	6.8	7.6	
Front handspring with 3/2 twist	3.2	5	5.8	6.6	7.4	8.2	
Front handspring with ½ twist 1st phase	1.6	3.4	4.2	5	5.8	6.6	
Front handspring with ½ twist 1st phase and ½ twist 2nd	2.4	4.2	5	5.8	6.6	7.4	
Yamashita	2	3.8	4.6	5.4	6.2	7	
Yamashita 1/2 twist	2.4	4.2	5	5.8	6.6	7.4	
Yamashita 1/1 twist	2.8	4.6	5.4	6.2	7	7.8	
Front handspring and salto fwd. tucked	3.6	5.4	6.2	7	7.8	8.6	
Front handspring and salto fwd. tucked with ½ twist	3.8	5.6	6.4	7.2	8	8.8	
Front handspring and salto fwd. piked	3.8	5.6	6.4	7.2	8	8.8	
Front handspring and salto fwd. piked with ½ twist	4	5.8	6.6	7.4	8.2	9	
Front handspring sw with 1/4 twist	1.6	3.4	4.2	5	5.8	6.6	
Front handspring sw with 3/4 twist	2	3.8	4.6	5.4	6.2	7	
Front handspring sw with 5/4 twist	2.6	4.4	5.2	6	6.8	7.6	
Yurchenko tucked	3	4.8	5.6	6.4	7.2	8	
Yurchenko piked	3.2	5	5.8	6.6	7.4	8.2	
Yurchenko tucked with 1/2 twist	3.2	5	5.8	6.6	7.4	8.2	
Yurchenko tucked with 1/1 twist	3.6	5.4	6.2	7	7.8	8.6	
Yurchenko stretched	3.6	5.4	6.2	7	7.8	8.6	
Yurchenko stretched with 1/2 twist	3.8	5.6	6.4	7.2	8	8.8	
Yurchenko stretched with 1/1 twist	4.2	6	6.8	7.6	8.4	9.2	
Tsukahara tucked	3.2	5	5.8	6.6	7.4	8.2	
Tsukahara piked	3.4	5.2	6	6.8	7.6	8.4	
Tsukahara tucked with 1/2 twist	3.4	5.2	6	6.8	7.6	8.4	
Tsukahara tucked with 1/1 twist	3.8	5.6	6.4	7.2	8	8.8	
Tsukahara stretched	3.8	5.6	6.4	7.2	8	8.8	
Tsukahara stretched with 1/2 twist	4	5.8	6.6	7.4	8.2	9	
Tsukahara stretched with 1/1 twist	4.4	6.2	7	7.8	8.6	9.4	

Table is not complete, but to be understood as some example vaults only for illustration purpose.

3.2. Uneven Bars

Supplements and modifications to Article 11:

- The uneven bar can be set to any width that the apparatus allows and that the judges deem safe. The height can be increased for tall gymnasts upon request before the competition (according to FIG). An additional soft mat is allowed above the landing mat for the dismount.

Modification to Article 11.2 *Content and construction of the Exercise:*

- The required minimum number of elements is shown in the table above
- The root-skill rule does not apply

Modification to Article 11.3 *Composition requirements (CR)*:

- **CR I: Bar change**
  - ≥ AG 60: a gymnast will automatically receive a partial bonus of 0.3 if not performing a bar change. The full bonus applies if performing the bar change. The bar change can be performed without an element (so jump from low to high bar).
- **CR II: Kip as a start or in the exercise**
  - ≥ AG 60: a gymnast will automatically receive a partial bonus of 0.3 if not performing a kip. The full bonus applies if performing the kip.
- **CR III: Two different circle elements**
  - includes the following element types:
    - all circle elements according to CoP
    - ME such as mill circle, labeled the additional ME-table with CR III
- **CR IV: 180° long axis rotation**
  - can also be show in the mount or dismount

  or

  Flight element
  - Any element that requires some time without touching the apparatus before re-gripping. Jumping from standing on the low bar to hanging on the high bar does not count as a flight element.
  - A mount can fulfil the CR
- **CR V: Dismount**
  - Details of the element difficulties required for a partial (0.3) or full (0.5) CR bonus are described in the table above.

Modification to Article 11.4 *Connection Value (CV):*

- A connection bonus is not awarded

Modification to Article 11.5 *Composition deductions – E-Jury:*

- There are no deductions for:
  (a) Jump from the lower to the upper bar

3.3. Balance Beam

Modification to Article 12.1 *General:*

- According with the CoP the routine on the beam must have an artistic concept with using the whole beam and showing a body position transverse and lateral the beam and using at least two different body-positions (upright, kneeling, laying etc).
- **Situation a)** if a widening for the beam is provided, **CR table 1** is applied and
    - Gymnasts ≥ AG 40 can choose whether to perform their routine with a hard top widening (20 cm) like this:

      or without widening (10 cm original beam).
      If opted for "without widening", the gymnast will receive an age bonus in accordance with the table above.
- **Situation b)** a widening is not available: all gymnasts use the beam and get the beam bonus, **CR Table 2** is applied
- There is no bench for ≥ AG 40.
- The height of the beam must not be changed. Additional mats can be placed under the balance beam to reduce the height of the apparatus, whereby safety must not be jeopardized during the exercise. This applies regardless of the choice with/without widening. Mounts are allowed to perform starting anywhere, also on the additional mats if not using a springboard. If using one it is only allowed on the beam surrounding mats (usually 20 cm) or on the landing mat at the end of the beam, not on the additional mats under the beam (if used), s.a. The springboard is due to be taken away after the mount for safety reason.
- Touching the mat softly or hitting the mat with any part of the body during the routine results in the usual deduction (touching 0.3, hitting 1,0)
- Jumps/leaps/hops in lateral position only receive a D-value higher (according to CoP), if shown without widening. If the same jump/leap/hop is shown once in lateral and once in transverse position, it only receives a value once. This in chronological order.

Modification to Article 12.2 *Content of the exercise:*

- The highest 6 (5 for ≥ AG 60) elements plus dismount count towards the D-value
- There is no minimum or maximum number of dance or acrobatic elements to be counted for the D-score

Modification to Article 12.3 *Composition Requirements (CR):*

Table 1 (applied if a widening is available)

- **CR I: Dance-element combination:**

- One connection of at least two different dance elements, one being a leap or jump with 180° (AG 50+ 135°) split angle (cross or side) or straddle position with a directly connected 2nd dance element.
- ≥ AG 60: jumps without a spread angle are permitted.

- **CR II: Gymnastic turn on one leg**
- **CR III: Acrobatic or mixed (dance + acro) combination**
  - The same acrobatic element may be repeated for the combination but is only awarded a value once.
  - If two different acrobatic elements are performed, CR IV is also fulfilled.
  - A mount can fulfill a part of this CR.
- **CR IV: Second, different acrobatic element**
  - or element from group 4 (holding elements and elements without flight phase) of the CoP or ME/GE listed in the Masters Table as "CR IV"**.**
  - Forward and backward rolls are considered acrobatic elements. Mounting elements can be shown at the beginning and during the exercise as well.
- **CR V: Dismount**
  - For details of the requirements for a partial (0.3) or full (0.5) CR bonus, see the table above.

Table 2 (if a widening is not provided)

- **CR I: Dance-element combination:**
  - One connection of at least two different dance elements, one being a leap or jump with 180° (AG 50+ 135°, AG60+ 90°) split angle (cross or side) or straddle position with a directly connected 2nd dance element.
  - ≥ AG 60: jumps without a spread angle are permitted.
- **CR II: Gymnastic turn on one leg**
- **CR III: Acrobatic or mixed (dance + acro) combination**
  - The same acrobatic element may be repeated for the combination but is only awarded a value once.
  - If two different acrobatic elements are performed, CR IV is also fulfilled.
  - Mounts can fulfill a part of the CR
  - ≥ AG 60 is allowed to show a holding element (group 4 CoP, ME, GE) instead.
- **CR IV: Second, different acrobatic element**
  - or (≥ AG 60 second, but different holding) element from group 4 (holding elements and elements without flight phase) of the CoP or ME/GE listed in the Masters Table as "CR IV"**.**
  - Forward and backward rolls are considered acrobatic elements. Mounting elements can be shown at the beginning and during the exercise as well.
- **CR V: Dismount**
  - For details of the requirements for a partial (0.3) or full (0.5) CR bonus, see the table above.

3.4. Floor Exercise

Supplements and modification to Article 13 *General*:

- The maximum time for the exercise is 90 seconds.
- Floor music: The competition administration has equipment that can play music from any device with an auxiliary audio cable input or Bluetooth connection. It is the responsibility of the team or individual gymnast to ensure that the correct music is provided.

Modification to Article 13.2 *Content of the Exercise:*

- The 6 (5) highest elements plus the dismount determine the D value
- There is no minimum or maximum number of dance or acrobatic elements to be counted
- Acrobatic lines: There is no minimum requirement for the number of acro lines. A single acro line is therefore sufficient for each age group
    - An acro line does not necessarily have to include a somersault.
    - It consists of two (AG60+ at least one) acrobatic elements. There is no deduction for performing the same diagonal twice in a row.
    - An acrobatic element can be used for the D-value of the routine, even if performed individually and shown after the last acrobatic move.

Modification to Article 13.3 *Composition requirements (CR):*

- **CR I: Dance passage with a 180° spread angle leap**
    - ≥ AG 60: a leap with a spread angle of 135 degree fulfills the CR without deduction.
    - The FIG regulations for take-off and landing apply (one-legged take-off for both leaps, one-legged landing of the first leap in accordance with Article 13.3).
- **CR II: Acrobatic combination with at least one flight element**
    - Can consist of the same element, which is repeated twice. It then only receives a value once.
    - ≥ AG 60: a combination of an acrobatic element (also without a flight phase) and a gymnastic element is permitted.
- **CR III: Acrobatic element forwards or sidewards**
    - Arabian acrobatic elements are considered forward acrobatics.
- **CR IV: Acrobatic element backwards.**
- **CR V: Dismount: is the last acrobatic element in a combination or individually shown**
    - In modification to 13.2 elements that are performed solo and not in a combination are counted as a dismount also after the last acro line.
    - Example: First line roundoff back flip, continuation of the routine, somersault fwd ½ turn (B). The routine has fulfilled all CRs, dismount B is counted.
- **CR III & CR IV** can be performed in one and the same acro line. They also can be performed solo, not necessarily in a tumbling pass or acrobatic series.

Closing words

In the coming years, these scoring regulations will initially be established, evaluated and then continuously developed to create a well-founded set of rules for international masters' competitions in artistic gymnastics. Based on these scoring rules, we aim to establish continental and world championships in masters' gymnastics in the future.

Appendix

Specific Regulations for team competitions

The listed regulations for team competitions apply to the following International Master Team Cups in Leipzig 2025 and Tokyo 2027. Each participating nation may provide one team. Gymnasts joining the team for a nation must have the respective citizenship or at least an unrestricted resident status. If a nation does not have the required number of gymnasts from the various age groups, cross-national teams may be formed after consultation with the organizer. However, only gymnasts whose nation does not have its own team in the corresponding competition may form a team. Applications for joint teams must be submitted before the entry deadline.

Composition of the team

A team consists of a maximum of 12 participants, composed as follows:

- 2 participants aged 30-39
- 2 participants aged 40-49
- 2 participants aged 50-59
- 2 participants aged 60-69
- 2 participants aged 70+
- 2 participants of any age who can be used as wildcards in their corresponding age group

A maximum of 5 participants can compete on each apparatus, with each age group being able to be filled exactly once. If a team cannot fill the position of an age group, this starting place remains unoccupied and cannot be compensated by using age groups that have already been used.
The best 3 scores of the maximum 5 exercises are included in the team result.

The notification of which gymnasts will compete on which apparatus and their order must be submitted to the competition management before the start of the warm-up. It is up to the nations themselves to define the rules for the qualification/selection of their gymnasts. If possible, it is recommended that the results of the gymnasts at the local senior championships be considered when nominating participants. There is no minimum number of points required as a prerequisite for qualification.

The modalities described here are for guidance only but may be overridden by the organizers' final announcements.

Notes on possible team sizes

The theoretical minimum size of a team is three gymnasts in different age groups, whereby each gymnast must perform all apparatus without having an option of a strike-score.

Example of a team constellation with few gymnasts (MAG):

Team Position	Age Group	Last name, First Name
30.1	30-39	Peter
30.2	30-39	
40.1	40-49	Albert
40.2	40-49	Mike
50.1	50-59	Andre
50.2	50-59	
60.1	60-69	
60.2	60-69	
70.1	70+	
70.2	70+	
W1	40-49	Carl
W2		

Dekade	Floor	Pommel	Rings	Vault	P-Bar	Highbar
30 - 40	Peter	Peter	Peter	Peter	Peter	Peter
40 - 50	Albert	Mike	Mike	Carl	Albert	Albert
50 - 60	Andre	Andre	Andre	Andre	Andre	Andre
60 - 70						
70 +						

Peter and Andre must perform on all 6 apparatuses, while Albert, Mike and Carl can share the 6 apparatuses considering their strongest routines.

Recommendations

Insurance

Every gymnast is recommended to take out their own health and accident insurance when participating in competitions, as the organizer is generally not liable for damages and accidents.

Competition

Hosting countries might provide a general “cultural” list of good manners.

Preparation

Each gymnast can submit his/her routines to the judges to facilitate the judging process. Only the elements that make up the D value of the routine should be listed. Connecting elements do not have to be listed. The following information on the elements is required:

- Element name
- Element group
- Element classification (GE, ME, A, B, C, ...)
- Element value according to age group

At best, appropriate forms will be provided by the organizer. No deductions will be made if the gymnast does not perform the written routine in the same way but deviates from it!

Example:

Name xxxxxxx - Decade 40				
	Boden - Floor	EG	Element	Wert
1	Salto Rueckwarts gehockt (aus Stand) Salto backwards tucked	III	A	0.3
2	Hechtrolle Dive roll	II	A	0.3
3	Standwaaage Any standing scale (2 s.).	I	A	0.3
4	Salto vorwaerts gehockt Salto fwd. tucked	II	A	0.3
5	Handstand 1/2 Drehung ½ turn in handstand	I	A	0.3
6	Radwende Round-off	II	NE	0.1
7	Salto rueckwaerts getreckt Abgang Salto backwards str.	IV	B	0.5
8				
9				
10				
			Summe	2.1
I.	Non-acrobatic Elements		3	0.5
II.	Acrobatic elements forward		2	0.5
III.	Acrobatic elements backward		1	0.5
IV.	Dismounts		7	0.5
	Schwierigkeitswert - Difficulty			4.1

Schedule

- There should be opportunities for free training on the competition equipment on the days before the competition.
- Warm-up: at least one hour before the start of the competition.
- The gymnasts leave the hall at the end of the warm-up.
- The gymnasts march with music onto the floor.

- Greeting, e.g. by a guest of honor (max. 5 minutes). To ensure that the gymnasts do not get cold again after the warm-up, a maximum of 5-10 minutes may elapse between warm-up and the start of the competition for safety reasons.
- The competition management invites the gymnasts to the first apparatus with music.
- As a rule, a nation competes as a team on one apparatus (maximum of 5 gymnasts per nation in case of a pure team-competition – maximum of 12 gymnasts per nation in the case of a team and individual competition). If the competition is also held as an individual competition, individual gymnasts are grouped together in an "International" squad or assigned to squads with fewer than 12 gymnasts.
- Short warm-up time during the competition:
    - If the competition is held as a pure team competition, each gymnast receives 45 seconds of warm-up time.
    - If the competition is also held as an individual competition, the gymnasts who are competing for the team competition will start first. Then the gymnasts who are only competing in the individual competition will warm up. Each gymnast receives 45 seconds of warm-up time (9 minutes if there are 12 gymnasts in the team on the apparatus)
    - After a maximum of 6 gymnasts, a second warm-up time should be offered so that the time interval between warm-up and exercise is not too long.
- Speeches by guests of honor can be made before the warm-up or between the end of the competition and the award ceremony.

Award ceremony

- For the award ceremony, the gymnasts leave the hall and march onto the floor as a team in uniform clothing (competition uniform or training suit).
- The short version of national anthems of the participating national teams will be played before the award ceremony.
- If the competition also includes individual gymnasts, there will also be an award ceremony for the best 6 gymnasts per apparatus and the 6 best gymnasts in the all-around competition (gold, silver and bronze medals and a certificate for each).
- The members of the top three teams are awarded with gold, silver and bronze medals, all other teams receive a participant medal. Each gymnast receives a certificate of participation with the team's ranking. If the competition takes place as a pure team competition, there are no winners' lists for individual gymnasts.
- The teams are called up for the award ceremony, starting with the last-placed team. The award ceremony ends with the winning team.
- After the winning team has been honored, their national anthem is played once again.
- The competition management or a guest of honor closes the competition.