INTERNATIONAL MASTERS GYMNASTICS

INFINITE MOTION

Code of Points

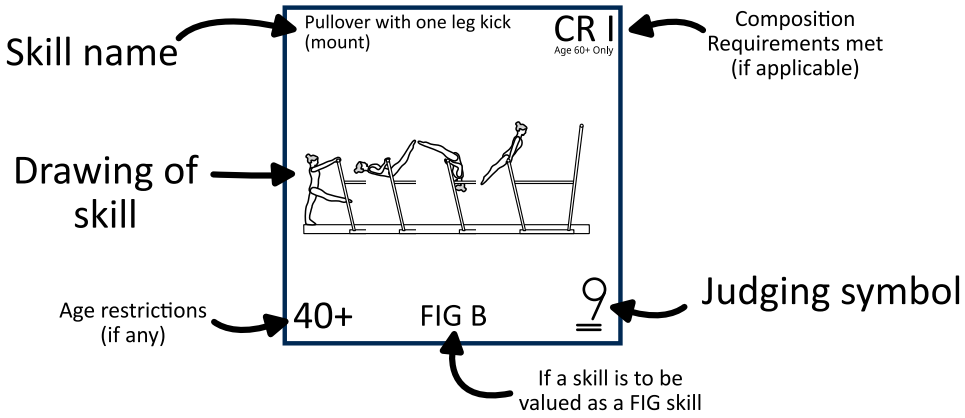
WAG

2025-2028

International Masters Gymnastics

Infinite Motion

Code of Points - WAG



This document details skills that are not found in the FIG Code of Points but are allowed for credit in Masters Gymnastics Competitions. All skills are "clickable", and link to a video of the skill.

Skill values are as follows:

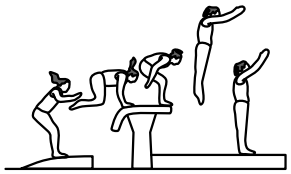
- **Gymnastics Element (GE): These are any gymnastics skill not listed here or the FIG code of points (eg. basic swing on rings or high bar)**
- **Masters Element (ME): These are easier than FIG skills but still harder than GEs - unless otherwise noted, all skills illustrated here are MEs**
- **FIG A: These are of similar difficulty to FIG A skills**
- **FIG B: These are of similar difficulty to FIG B skills**
- **etc.**

Click here to see the full rules document for international masters gymnastics.

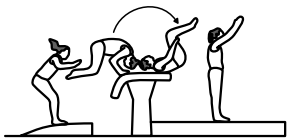
Vault (VT)

Two attempts, highest score counts | Vault receives an age bonus per table | Any vault not in the FIG Code receives a base score of 0.0 plus the appropriate age bonus, minus deductions

1. Tuck onto table, straight jump off — 0.0



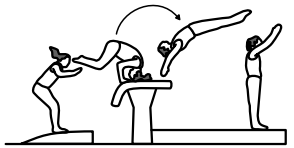
2. Forward roll over table — 0.0



3. Tuck hecht — 0.6

4. Straddle hecht — 0.6

5. Forward head spring — 0.8



6. Pike hecht — 1.1

In International Masters Competitions, vaults have different values from FIG to compensate for the impact of advancing age. The gymnast receives an "Age Bonus" depending on their decade as shown below. Not all vaults are shown in this table, only a sample of some of the most common vaults.

Age Decade					
30	40	50	60	70	
1.8	2.6	3.4	4.2	5.0	Age Bonus

All vaults not listed in the FIG Code of Points or the above boxes receive a base value of 0.0 points and the corresponding bonus of the respective age group.

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	
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	

Final Value

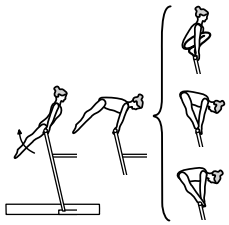
International Masters Code of Points - WAG

Last Updated: 2025-05-12

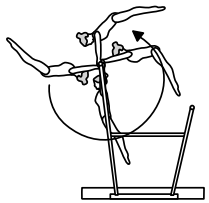
Uneven Bars (UB)

CR I: Bar change (except 60+)| CR II: Any kip (60+ or pullover) | CR III: 2 different circling skills | CR IV: Long axis turn of 180° or more (can also be in mount or dismount) or flight skill | CR V: Dismount

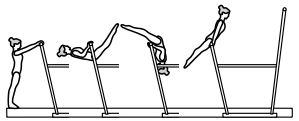
1. Squat on (tuck/pike/straddle)



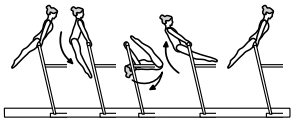
2. Back uprise



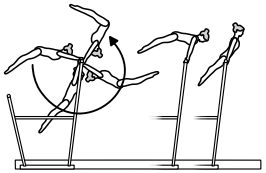
3. Pullover mount with feet together (mount or long hang pullover on high bar) CR II Age 60+ Only



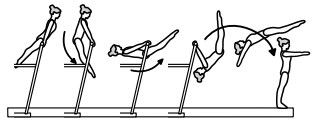
4. Drop kip to support CR II



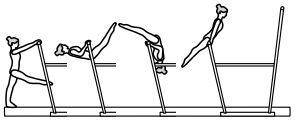
5. Baby giant CR III



6. Underswing (any position) dismount (either high or low bar) CR V 50: Partial (0.3) 60+: Full (0.5)

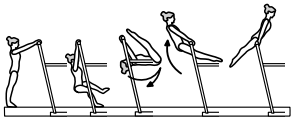


7. Pullover with one leg kick (mount) CR II Age 60+ Only



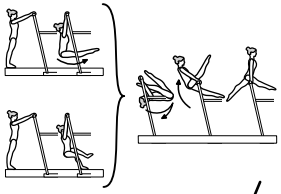
40+

8. Running kip (mount) CR II



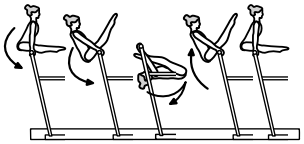
40+

9. Single leg kip (mount) from glide or run CR II



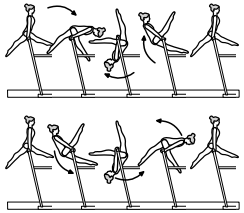
40+

10. From rear support, drop backwards and jam back up to rear support CR II



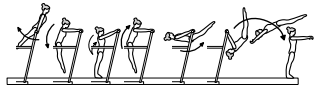
40+

11. Mill circle (fwd or bwd) CR III



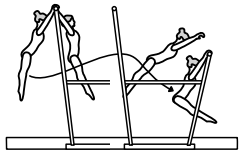
40+

12. Support swing bwd to hop off floor to underswing dismount CR V 50: Partial (0.3) 60+: Full (0.5)



40+

13. Hop from high bar to low bar CR I&IV



14.

15.

16. From handstand on HB, under-swing (toe-on) with ½ turn and flight over LB to hang (any position) CR IV

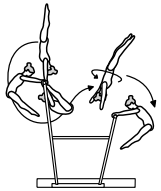
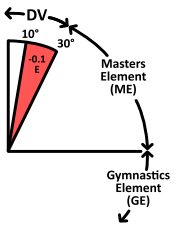


FIG B

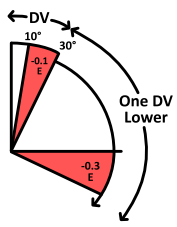
Angle evaluation for various skills ending in handstand:
Casts (Elements 2.101 & 2.201):
- **Finishing within 30° of vertical receives listed DV**
  - **Finishing within 10° receives no execution deduction**
  - **Finishing between 10°-30° receives -0.1 execution**
- **Finishing between 30° of vertical and horizontal receives DV of a Masters Element (ME) and no execution deduction**
- **Finishing below horizontal receives DV of a Gymnastics Element (GE) if age group allows (50+ only)**

Circle elements to handstand, and flight elements from High Bar (HB) to handstand on Low Bar (LB):
- **Finishing within 30° of vertical receives listed DV**
  - **Finishing within 10° receives no execution deduction**
  - **Finishing between 10°-30° receives -0.1 execution**
- **Finishing more than 30° off vertical receives one DV lower than listed**
  - **Finishing below horizontal receives -0.3 execution**

Casts to Handstand (Elements 2.101 & 2.201)



Circle elements to handstand without turn & flight elements from HB to handstand on LB



19. On LB, ¾ bwd giant with release and ½ turn in tuck to catch on HB (Laumann) CR I&IV

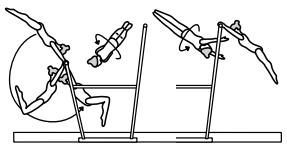


FIG C

20. Back uprise, release with ½ turn in straddle bwd over HB (Franzella) CR I&IV

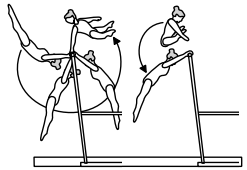


FIG D

21. On LB, ¾ bwd giant with release and 1/1 turn in tuck to catch on HB CR I&IV

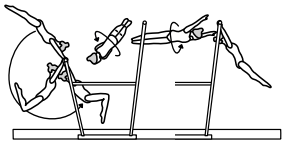


FIG D

22. Clear hip circle forward to ½ turn and straddle backwards over the bar – catch in hang CR IV

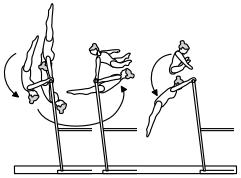


FIG D

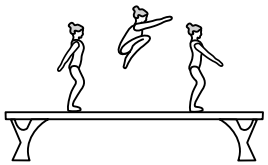
International Masters Code of Points - WAG

Last Updated: 2025-05-12

Balance Beam (BB)

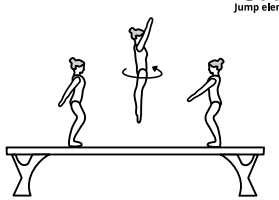
CR I: Dance combo w/ one 180° leg separation jump/leap (60+ any jump/leap)| CR II: Turn on 1 leg | CR III: Combo w/ at least 1 acro | CR IV: Second acro or hold | CR V: Dismount

1. Tuck jump — CR I (Jump element)



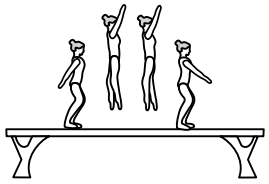
(D)

2. Straight jump with ½ twist — CR I (Jump element)



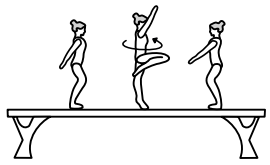
(D)

3. Straight jump with double leg change — CR I (Jump element)



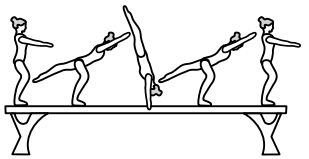
(D)

4. Half turn on one leg (free leg any position) — CR II

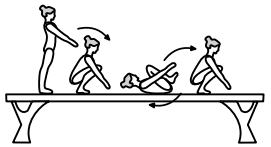


(D)

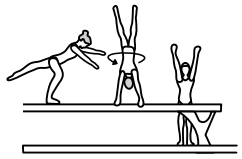
5. Kick up to momentary handstand and return to stand — CR IV



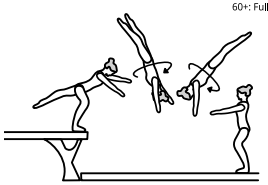
6. Forward roll (any start or end position) — CR IV



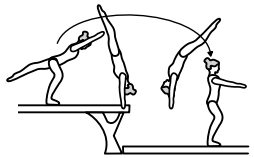
7. Cartwheel to momentary handstand, drop to stand dismount — CR V (50: Partial (0.3) 60+: Full (0.5))



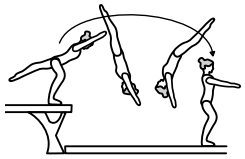
8. Free round-off dismount — CR V (50: Partial (0.3) 60+: Full (0.5))



9. Front handspring dismount — CR V (50: Partial (0.3) 60+: Full (0.5))



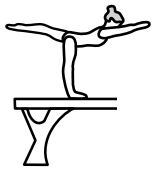
10. Free front handspring dismount — CR V (50: Partial (0.3) 60+: Full (0.5))



11.

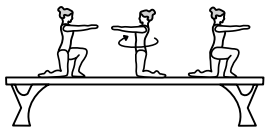
12.

13. Scale w/ free leg at or above horizontal (2 s.) — CR IV



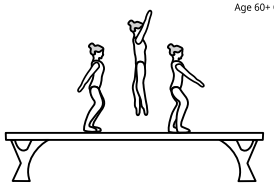
40+

14. Full turn on knees



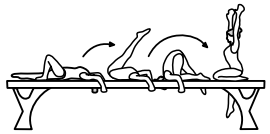
40+ (D)

15. Straight jump with single leg change — CR I (Jump element, Age 60+ Only)



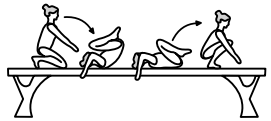
40+ (D)

16. Shoulder roll backwards (any end position) — CR IV



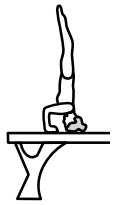
40+

17. Shoulder roll forwards (any end position) — CR IV



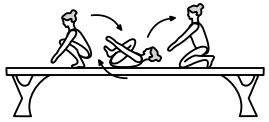
40+

18. Headstand (2 s.) — CR IV



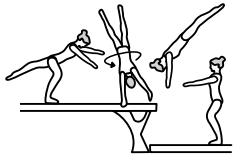
40+

19. Backward roll to kneeling (from any start position) — CR IV



40+

20. Round-off dismount — CR V (50: Partial (0.3) 60+: Full (0.5))



40+

21.

(D): Denotes skills considered dance elements for the purposes of Composition Requirement I (CR I)

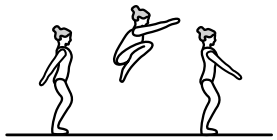
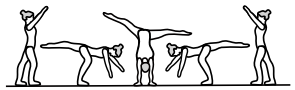
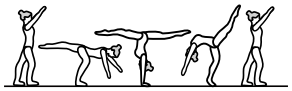
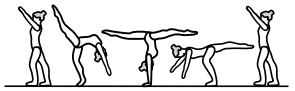
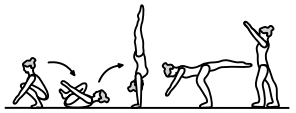
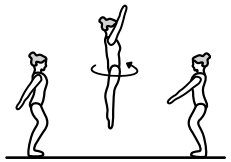
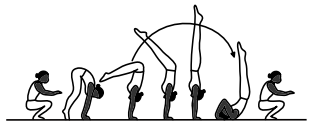
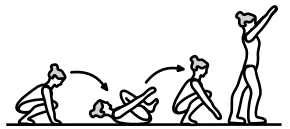
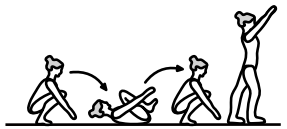
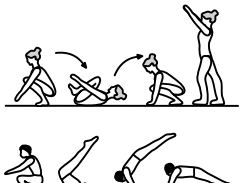
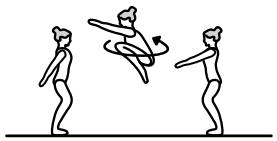
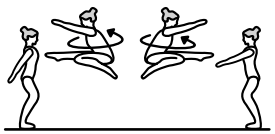
Gymnasts age 40 or higher may choose to compete on either the widened beam or the standard beam. If they choose the standard beam they will receive a bonus as per the table below.

- **All mounts on the low beam receive one value lower than the listed FIG value (C→B, A→Masters, etc.)**

Age Decade	30-39	40-49	50-59	60-69	70+
Standard Beam Bonus	N/A	.0.5	0.8	1.2	1.5

Floor Exercise (FX)

CR I: 180° leg separation leap/jump (90° for 60+) | CR II: Acro combo with at least one flight (60+ only one of the combo is acro) | CR III: Acro fwds/swds | CR IV: Acro backwards | CR V: Dismount

1. Tuck jump 	2. Cartwheel CR III 	3. One arm cartwheel (either arm) CR III	4. Walkover forward CR III 	5. Walkover backward (also Valdez) CR IV 	6. Back extension roll CR IV 
7. Straight jump with ½ twist  40+	8. Headstand (2 s.) 40+	9. Scale w/ free leg at or above horizontal (2 s.) 40+	10. Handstand (any entry, no hold) forward roll out CR III  40+	11. Forward roll to stand CR III  40+	12. Free (no hands) forward roll to stand CR III  40+
13. Backward roll to stand or prone support CR IV  40+	14.	15.	16.	17.	18.
19. Tuck jump to prone FIG A	20. Tuck jump with ½ turn  FIG A	21. Wolf jump with ⅜ turn  FIG D	22.	23.	24.

International Masters Code of Points - WAG

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