

ADULT MEET 2022

MAG

Vancouver
Phoenix
Gymnastics

MAG CODE – ADULT MEET 2022

These rules were written with the joy of gymnastics in mind. The routine rules and skill values were created using skill from the [Federal International Gymnastics \(FIG\) Code of Points \(CoP\) 2022-2024](#). The spirit of the adult competition is to promote a sense of community and continuity for participants across all levels, from the beginner adult gymnast to the ex-competitive adult gymnast. These rules are suited for competitors of ages 18 and up, or competitors who will be turning 18 the same year of the competition(s). The purpose for the adult program is to promote a fun, safe, and challenging environment among adult participants in gymnastics.

1. **Level placements** are as suggested:

Level 1: Beginner (new to gymnastics: 2 months to 2 years of consistent practice)

Level 2: Intermediate (athletes who are proficient at movement; athletes who have had 2+ years of consistent practice; athletes who are ex-gymnasts at a provincial or regional level)

Level 3: Advanced (athletes who have competed provincially or nationally in the past)

Athletes may choose to compete on as many or as few events as they desire. Athletes may choose various levels across apparatuses according to their skill level (*i.e. competitors may compete Level 2 Floor, Level 1 Pommel Horse, and Level 2 Rings*).

2. **Safety and matting:** Athletes must perform within their physical capabilities. Equipment height adjustments and extra matting within reason is permitted without deduction. A spotter is allowed without deduction. The safety of the athletes is priority.

3. **Gender:** There is no restriction on gender per apparatus in the adult competitions.

4. **Attire:** Athletes should wear clothing that is comfortable and form fitting. Baggy and loose clothing is not allowed.

5. **Scoring:** Scoring is out of a maximum 10.00. Start Value (SV) is out of 10.00 if all routine requirements are met. Each missing requirement is a 0.5 deduction from the start value. This rule applies for a skill that will count toward a routine requirement and a composition requirement (*e.g. Level 2 Floor – an athlete is missing an A-element that is also an Element Group I skill; therefore $-0.5 + -0.5 = -1.0$ deduction from SV.*)

Bonuses are to be added on after a score has received deductions.

Falls off apparatus, upon landing, or using hand(s) for landing support = -0.5 deduction.

Judges are to score fairly across all athletes.

6. **Supplementary skills:** Many skills are not in the FIG CoP. It is encouraged to have a variety of skills and unique skills. Athletes and coaches must submit skills for Supplementary A or Supplementary B value. Judges and host club are to be lenient on skill allowance and fair on skill value.

7. **Warm-up:**

a. General Warm-up: 20-30 min

b. Event warm-up: group warm-up with 1-2 minutes per athlete depending on group size. If there are less than 5 athletes in the rotation, approximately 5 minutes of event warm-up time is allotted. Time may be adjusted at the judge's discretion. If the rotation group is mixed level, or athletes require different equipment heights, judges may choose to divide the warm-up time in the most time efficient manner.

FLOOR

	Level 1	Level 2	Level 3
Start Value <i>(-0.5 for each missing req.)</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 7 skills. <i>Max. Start Value: 10.0</i>	Minimum 8 skills. <i>Max. Start Value: 10.0</i>
Routine Requirements	<ul style="list-style-type: none"> • 6 A's • Supplementary A's allowed 	<ul style="list-style-type: none"> • 7 A's • Max 3 supplementary A's allowed for value • B elements will count as A elements 	<ul style="list-style-type: none"> • 6 A's, 2 B's • Elements \geq C will count as B's • Extra B elements will count as A's
Composition Requirements	No composition requirements.	Must have elements from EG I, II, & IV <i>-or-</i> EG I, III, & IV.	Must have elements from EG I, II, III, & IV.
Restrictions & Additional Regulations	No elements \geq B. <i>Elements may be repeated for value.</i>	No elements \geq C. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i>	No supplementary A's. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i>
Equipment Specifications	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.
Bonus	0.3 bonus for a variety of skills. 0.3 bonus for use of the whole floor/four corners.	0.2 bonus for each B skill (max. 0.6 bonus).	0.2 bonus for each \geq C skill (max. 0.6 bonus).

Supplementary A's (i.e. any simple skill not in the FIG code of points, and is a recognizable gymnastics skill):

- Forward roll (EG II)
- Backward roll (EG II)
- Log roll (EG I)
- Candle stand (EG I)
- Headstand (EG I)
- Handstand forward roll (EG I)
- Back extension to handstand (EG I)
- Cartwheel (EG II)
- Round-off (EG II)

Floor sample routines:

Level 1	Value
Forward roll	Supp. A
Handstand - forward roll	A
Jump ½ turn	Supp. A
Backward roll	Supp. A
Airplane scale	A
Run - hurdle - round off	Supp. A
<u>6 A's</u> = 10.0 S.V. + 0.3 skill variety bonus	

Level 2	Value
Run - punch/jump - front tuck	A
Cartwheel	Supp. A
Backward roll to handstand	Supp. A
Run - punch/jump - dive roll	A
Y-scale	Supp. A
Run - hurdle - round off - back handspring	Supp. A
	A
<u>7 A's</u> = 10.0 S.V.	

Level 3	Value
Run - front handspring - front tuck	A
	A
Jump ½ turn - back extension ½ turn to handstand	A
Run - punch/jump - front layout	B
Run - punch/jump - front tuck ½	A
Y-scale	A
Run - hurdle - round off - back handspring - back layout	A
	B
<u>6 A's + 2 B's</u> = 10.0 S.V.	

Level 1	Value
Run - hurdle - round off	Supp. A
Backward roll	Supp. A
Candle stand	Supp. A
Run - punch/jump - dive roll	A
Airplane scale	A
Run - punch/jump - front tuck	A
<u>6 A's</u> = 10.0 S.V. + 0.3 skill variety bonus	

Level 2	Value
Run - hurdle - round off - back layout	Supp. A
	B
Jump ½ turn	Supp. A
Run - punch/jump - front tuck	A
Handstand (2s. hold)	A
Cartwheel	Supp. A
Run - punch/jump - front tuck	A
<u>6 A's + 1 B</u> = 10.0 S.V. + 0.2 bonus for B-skill	

Level 3	Value
Run - hurdle - round off - back handspring - double back	A
	C
Run - punch/jump - front tuck	A
From split - press to handstand (2s. hold)	B
1/1 pirouette - forward roll	A
Airplane scale	A
Run - hurdle - round off - back handspring - back layout 1/1	-
	B
<u>4 A's + 2 B's + 1 C</u> = 9.5 S.V. + 0.2 bonus for C-skill	

POMMEL HORSE

	Level 1	Level 2	Level 3
Start Value <i>(-0.5 for each missing req.)</i>	Minimum 5 skills. <i>Max. Start Value: 10.0</i>	Minimum 5 skills. <i>Max. Start Value: 10.0</i>	Minimum 6 skills. <i>Max Start Value: 10.0</i>
Routine Requirements	<ul style="list-style-type: none"> ● 5 A's ● Supplementary A's allowed 	<ul style="list-style-type: none"> ● 5 A's ● Max. 3 supplementary A's allowed for value ● B elements will count as A elements 	<ul style="list-style-type: none"> ● 4 A's, 2 B's ● Elements \geq C will count as B's ● Extra B elements will count as A's ● <i>No supplementary skills</i>
Composition Requirements	No composition requirements.	No composition requirements.	Must have elements from EG I, II, III, & IV.
Restricted elements & Additional Regulations	No elements \geq B. <i>Elements may be repeated for value.</i>	No elements \geq C. <i>Repeated elements will <u>not</u> count for value.</i>	No supplementary skills. <i>Repeated elements will <u>not</u> count for value.</i>
Equipment Specifications	Mushroom may be used. Pommel horse without handles allowed. Pommel horse may be set to any height.	Pommel horse without handles allowed. Pommel horse may be set to any height.	Pommel horse may be set to any height.
Bonus	0.3 bonus for smooth routine flow.	0.2 bonus for each B skill (max. 0.6 bonus).	0.2 bonus for each \geq C skill (max. 0.6 bonus).

Supplementary A's (i.e. any simple skill not in the FIG code of points, and is a recognizable gymnastics skill):

- Leg cut forward or backward
- Stride swing
- Pendulum swing
- 1 double leg circle on mushroom

Pommel horse sample routines:

Level 1 (mushroom)	Value
1 circle	Supp. A
1 circle	Supp. A
1 circle	Supp. A
1 circle	Supp. A
1 circle	Supp. A
<u>5 A's</u> = 10.0 S.V.	

Level 2 (without pommels)	Value
2 circles rearways	A
½ spindle	B
2 circles frontways	A
⅓ travel forward	Supp. A
Wende dismount	A
<u>4 A's + 1 B</u> = 10.0 S.V. + 0.2 bonus for B-skill	

Level 3	Value
Leg cut - 2 scissors	A
2 circles on pommels	A
Czechkehr	B
2 circles - stockli	B
⅓ side travel from pommel to leather	A
¼ spindle	A
2 front ways circles	A
Wende dismount	A
<u>4 A's + 2 B's</u> = 10.0 S.V.	

Level 1 (horse with pommels)	Value
Left leg cut fwd.	Supp. A
Stride swing	Supp. A
Left leg cut bwd.	Supp. A
Right leg cut fwd.	Supp. A
Scissor	A
Right leg cut fwd. - dismount	Supp. A
<u>5 A's</u> = 10.0 S.V. + 0.3 skill variety bonus	

Level 2 (with pommels)	Value
2 circles frontways	A
Leg cut - travel to pommels w. ¾ turn	Supp. A
Leg cut bwd.	Supp. A
Leg cut fwd.	Supp. A
Scissor	A
2 circles on pommels	A
<u>5 A's</u> = 10.0 S.V.	

Level 3	Value
2 circles frontways	A
travel forward over pommels	C
2 circles rearways	A
½ spindle	B
2 circles frontways	-
Leg cut - travel to pommels	-
Leg cuts - 2 circles on pommels	A
2 circles through to handstand dismount	B
<u>4 A's + 2 B's</u> = 10.0 S.V. + 0.2 bonus for C-skill	

RINGS

	Level 1	Level 2	Level 3
Start Value <i>(-0.5 for each missing req.)</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>
Routine Requirements	<ul style="list-style-type: none"> ● 6 A's ● Supplementary A's allowed 	<ul style="list-style-type: none"> ● 6 A's ● Max. 3 supplementary A's allowed for value ● B elements will count as A elements 	<ul style="list-style-type: none"> ● 4 A's, 2 B's ● Elements \geq C will count as B's ● Extra B elements will count as A's ● <i>No supplementary skills</i>
Composition Requirements	No composition requirements.	Must have elements from EG I, II, & IV.	Must have elements from EG I, II, III, & IV.
Restricted elements & Additional Regulations	No elements \geq B. <i>Elements may be repeated for value.</i>	No elements \geq C. Repeated elements will not count as additional skills.	No supplementary skills. Repeated elements will not count as additional skills.
Equipment Specifications	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.
Bonus	0.3 bonus for a variety of skills.	0.2 bonus for each B skill (max. 0.6 bonus).	0.2 bonus for each \geq C skill (max. 0.6 bonus).

Supplementary A's (i.e. any simple skill not in the FIG code of points, and is a recognizable gymnastics skill):

- Swing fwd & bwd (EG I)
- Spin-the-cat (EG II)
- L-hang (EG II)
- Inverted tuck/straddle/pike/straight (EG II)
- Muscle-up (EG II)
- Straddle lever (backward or forward) (EG II)
- Back tuck dismount (EG IV)

Rings sample routines:

Level 1	Value
Chin-up (2s. hold)	Supp. A
Inverted hang (2s. hold)	Supp. A
Spin-the-cat -	Supp. A
Inverted pike (2s. hold)	Supp. A
Swing bwd - swing fwd - swing bwd	Supp. A
Swing fwd - swing bwd - dismount	Supp. A
<u>6 A's</u> = 10.0 S.V. + 0.3 skill variety bonus	

Level 2	Value
Muscle- up	Supp. A
L-sit (2s. hold)	A
Press to shoulder stand (2s. hold)	Supp. A
Lower to inverted hand (2s. hold)	Supp. A
Dislocate	A
Back layout dismount	A
<u>6 A's</u> = 10.0 S.V.	

Level 3	Value
Kip to L-sit (2s. hold)	B
Press to handstand (2s. hold)	B
Roll down to inverted hang	-
Back lever (2s. hold)	A
Inlocate	A
Dislocate	A
Back layout dismount	A
<u>6 A's + 2 B's</u> = 10.0 S.V.	

Level 1	Value
Inverted pike (2s. hold)	Supp. A
Swing bwd - swing fwd - swing bwd	Supp. A
Swing fwd - swing bwd - dismount	Supp. A
Swing fwd - swing bwd - dismount	Supp. A
Swing fwd - swing bwd - dismount	Supp. A
Swing fwd - swing bwd - dismount	Supp. A
<u>6 A's</u> = 10.0 S.V.	

Level 2	Value
Muscle-up	Supp. A
L-sit (2s. hold)	A
Cross (2s. hold)	B
Inverted hang (2s. hold)	Supp. A
Swing bwd - swing fwd - swing bwd	Supp. A
Back layout dismount	A
<u>5A's + 1 B</u> = 10.0 S.V. + 0.2 bonus for B-skill	

Level 3	Value
Back lever (2s. hold)	A
Dislocate	A
Front uprise to L-sit (2s. hold)	B
Press to handstand (2s. hold)	B
Swing fwd w/ straight arm to handstand (bwd giant) (2s. hold)	C
Double back dismount	B
<u>4 A's + 2 B's</u> = 10.0 S.V. + 0.2 bonus for C-skill	

VAULT

	Level 1	Level 2	Level 3
Start Value	<i>Max Start Value: 10.0</i>	<i>Max Start Value: 10.0</i>	<i>Max Start Value: 10.0</i>
Requirements	2 attempts may be performed; best to count. Vaults may be same or different.	2 attempts may be performed; best to count. Vaults may be same or different.	2 attempts may be performed; best to count. Vaults may be same or different.
Composition Requirements	*see vault list below	*see vault list below	*see vault list below
Restricted elements	*only vaults listed below	*only vaults listed below	If the vault is not listed below, submit it to the judge for a value.
Equipment Specifications	Vault may be set to any height.	Vault may be set from 125cm to 135cm.	Vault may be set from 125cm to 135cm.

L E V E L 1	Squat through	9.4
	Straddle through	9.5
	Handstand flat back onto stacked mats	9.8
	Front handspring	10.0
	Round off (¼ turn on, ¼ turn off)	10.0

L E V E L 2	Front handspring	9.5
	Front handspring ½	9.8
	Front handspring 1/1	10.0
	Round off	9.5
	Round off ½	9.8
	Round off 1/1	10.0
	Hecht	10.0

L E V E L 3	Front handspring	9.0
	Front handspring ½	9.2
	Front handspring 1/1	9.4
	Front handspring front tuck	9.8
	Front handspring front pike	10.0
	Round off ½	9.2
	Round off 1/1	9.4
	Tsukahara tuck	9.6
	Tsukahara pike	9.8
	Tsukahara layout	10.0
	Yurchenko tuck	9.6
	Yurchenko pike	9.8
	Yurchenko layout	10.0
	Hecht (stretched)	9.4

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PARALLEL BARS

	Level 1	Level 2	Level 3
Start Value <i>(-0.5 for each missing req.)</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 7 skills. <i>Max. Start Value: 10.0</i>	Minimum 8 skills. <i>Max. Start Value: 10.0</i>
Routine Requirements	<ul style="list-style-type: none"> • 6 A's • Supplementary A's allowed 	<ul style="list-style-type: none"> • 7 A's • Supplementary A's and B's allowed • B elements will count as A elements 	<ul style="list-style-type: none"> • 6 A's, 2 B's • Elements \geq C will count as B's • Extra B elements will count as A's • <i>No supplementary skills</i>
Composition Requirements	No composition requirements.	Must have elements from EG I, II, III & IV.	Must have elements from EG I, II, III, & IV.
Restricted elements & Additional Regulations	No elements \geq B. <i>Elements may be repeated for value.</i> Layaway or empty swings permitted with continued flow of routine.	No elements \geq C. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i> Layaway or empty swings permitted with continued flow of routine.	No supplementary skills. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i>
Equipment Specifications	Bars may be set to any height. Any extra matting may be used without deductions.	Bars may be set to any height. Any extra matting may be used without deductions.	Bars may be set to any height. Any extra matting may be used without deductions.
Bonus	0.3 bonus for a variety of skills.	0.2 bonus for each B or Supp. B skill (max. 0.6 bonus).	0.2 bonus for each \geq C skill (max. 0.6 bonus).

Supplementary skills (i.e. any simple skill not in the FIG code of points, and is a recognizable gymnastics skill):

Supplementary A's:

- Shoulder stand (EG I)
- Forward shoulder roll (EG I)
- Kip to straddle sit (legs on bars)(EG III)
- Front uprise to straddle sit (EG II)
- Straddle travel (EG I)
- Long hang swing back up-rise to upper arm
- Kip to upper arm support (EG III)
- Pirouette in cross support (EG I)

- Wende dismount (Handstand $\frac{1}{2}$ pirouette dismount) (EG IV)
- Stutz dismount (Front swing with $\frac{1}{2}$ turn) (EG IV)
- Rear dismount (Swing bwd with or without hand transfer to side) (EG IV)
- Back/front tuck dismount off side (EG IV)
- Back uprise (EG II)
- Stutz bwd to upper arm (EG II)
- Moy to upper arm (EG III)

- Back shoulder roll (EG II)
- Back shoulder roll to support (EG II)
- Stutz to upper arm (EG I)
- Stutz below horizontal (EG I)

Supplementary B's:

- Straddle planche (EG I)
- Stutz horizontal or above (EG I)
- Basket to support (peach basket) (EG I)

Parallel bars sample routines:

Level 1	Value
Jump to upper arm - swing fwd. - front uprise to straddle sit	Supp. A
Shoulder stand (2s. hold)	Supp. A
Fwd shoulder roll to straddle sit	Supp. A
Swing bwd - swing fwd - swing bwd	Supp. A
Swing fwd - swing bwd	Supp. A
Rear dismount	Supp. A
<u>6 A's</u> = 10.0 S.V.	

Level 2	Value
Kip to support	A
L-sit	A
Straddle sit - press to shoulder stand (2s. hold)	Supp. A
Fwd shoulder roll to upper arm	Supp. A
Back uprise to cross support	Supp. A
Swing fwd & bwd	Supp. A
Long hang swing - back tuck flyaway dismount	Supp. A
<u>7 A's</u> = 10.0 S.V.	

Level 3	Value
Kip to support	A
Moy to support	B
Swing to handstand (2s. hold)	A
Fwd pirouette	A
Front uprise	A
L-sit	A
Press to handstand	B
Back layout dismount	A
<u>6 A's + 2 B's</u> = 10.0 S.V.	

Level 1	Value
Jump to long hand swing fwd & bwd	Supp. A
Back uprise to upper arm	Supp. A
Front uprise to straddle sit	Supp. A
L-sit	A
Swing fwd & bwd	Supp. A
Stutz dismount	Supp. A
<u>6 A's</u> = 10.0 S.V. + 0.3 bonus for skill variety	

Level 2	Value
Kip to support	A
Front uprise	A
L-sit	A
Swing bwd - swing fwd - swing bwd	Supp. A
Stutz above horizontal	Supp. B
Swing fwd - swing bwd	Supp. A
Stutz dismount	Supp. A
<u>6 A's + 1 B</u> = 10.0 S.V. + 0.2 bonus for B-skill	

Level 3	Value
Kip straddle cut press to handstand	B
Basket to support	B
L-sit	A
Press to handstand (2s. hold)	A
Fwd pirouette	A
Stutz to handstand	C
Front uprise	A
Front layout dismount	A
<u>6 A's + 2 B's</u> = 10.0 S.V. + 0.2 bonus for C-skill	

HORIZONTAL BAR

	Level 1	Level 2	Level 3
Start Value <i>(-0.5 for each missing req.)</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>	Minimum 6 skills. <i>Max. Start Value: 10.0</i>
Routine Requirements	<ul style="list-style-type: none"> • 6 A's • Supplementary A's allowed 	<ul style="list-style-type: none"> • 6 A's • Supplementary A's allowed 	<ul style="list-style-type: none"> • 6 A's • Elements \geq B will count as A's • <i>No supplementary skills</i>
Composition Requirements	No composition requirements.	Must have elements from EG I, III, & IV.	Must have elements from EG I, III, & IV.
Restricted elements & Additional Regulations	No elements \geq FIG A elements. <i>Elements may be repeated for value.</i> Layaway or empty swings permitted with continued flow of routine.	No elements \geq B. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i> Layaway or empty swings permitted with continued flow of routine.	No supplementary A's. <i>Repeated elements may count if they are in the same box, but are recognizably different.</i> One layaway or empty swing permitted.
Equipment Specifications	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.	Any extra matting may be used without deductions.
Bonus	0.3 bonus for a variety of skills.	0.2 bonus for each FIG A skill (max. 0.6 bonus).	0.2 bonus for each \geq B skill (max. 0.6 bonus).

Supplementary A's (i.e. any simple skill not in the FIG code of points, and is a recognizable gymnastics skill):

- Beat swing (EG I)
- Long hang swing (EG I)
- Long swing half turn (EG I)
- Chin-up – pull over (EG I)
- Kip to support (EG I)
- Back hip circle (EG III)
- Back up rise (EG I)
- Sole circle (EG III)
- Straddle or pike under swing dismount (EG IV)
- Tucked flyaway (EG IV)

High bar sample routines:

Level 1	Value
Chin-up pullover	Supp. A
Cast - back hip circle - under swing	Supp. A
Long hang swing	Supp. A
Long hang swing	Supp. A
Long hang swing	Supp. A
Long hang swing	Supp. A
<u>6 A's</u> = 10.0 S.V.	

Level 2	Value
Beat swing - jam cast	Supp. A
Long hang swing half turn	Supp. A
Kip to support	Supp. A
Cast - back hip circle - under swing	Supp. A
Long hang swing	Supp. A
Tuck fly away	Supp. A
<u>6 A's</u> = 10.0 S.V.	

Level 3	Value
Kip cast to handstand	A
Bwd. giant	A
Bwd giant - blind change (½ turn to reverse grip)	A
Fwd giant	A
Fwd giant ½ turn	A
Layout flyaway dismount	A
<u>6 A's</u> = 10.0 S.V.	

Level 1	Value
Beat swing - jam cast	Supp. A
Long hang swing	Supp. A
Long hang swing pullover	Supp. A
Cast - back hip circle	Supp. A
Cast - sole circle	Supp. A
Pike under swing dismount	Supp. A
<u>6 A's</u> = 10.0 S.V. + 0.3 bonus for skill variety	

Level 2	Value
Beat swing - jam cast	Supp. A
Back uprise	Supp. A
Back hip circle - under swing	Supp. A
Long hang swing half turn	Supp. A
Kip to support	Supp. A
Layout flyaway	A
<u>6A's</u> = 10.0 S.V. + 0.2 bonus for FIG A skill	

Level 3	Value
Jam cast - back uprise - free hip circle to handstand	A
Bwd giant	A
Bwd giant - blind change (½ turn to reverse grip)	A
Fwd giant	A
Fwd giant ½ turn	A
Bwd giant - double back tuck dismount	B
<u>5 A's + 1 B's</u> = 10.0 S.V. + 0.2 bonus for B-skill	