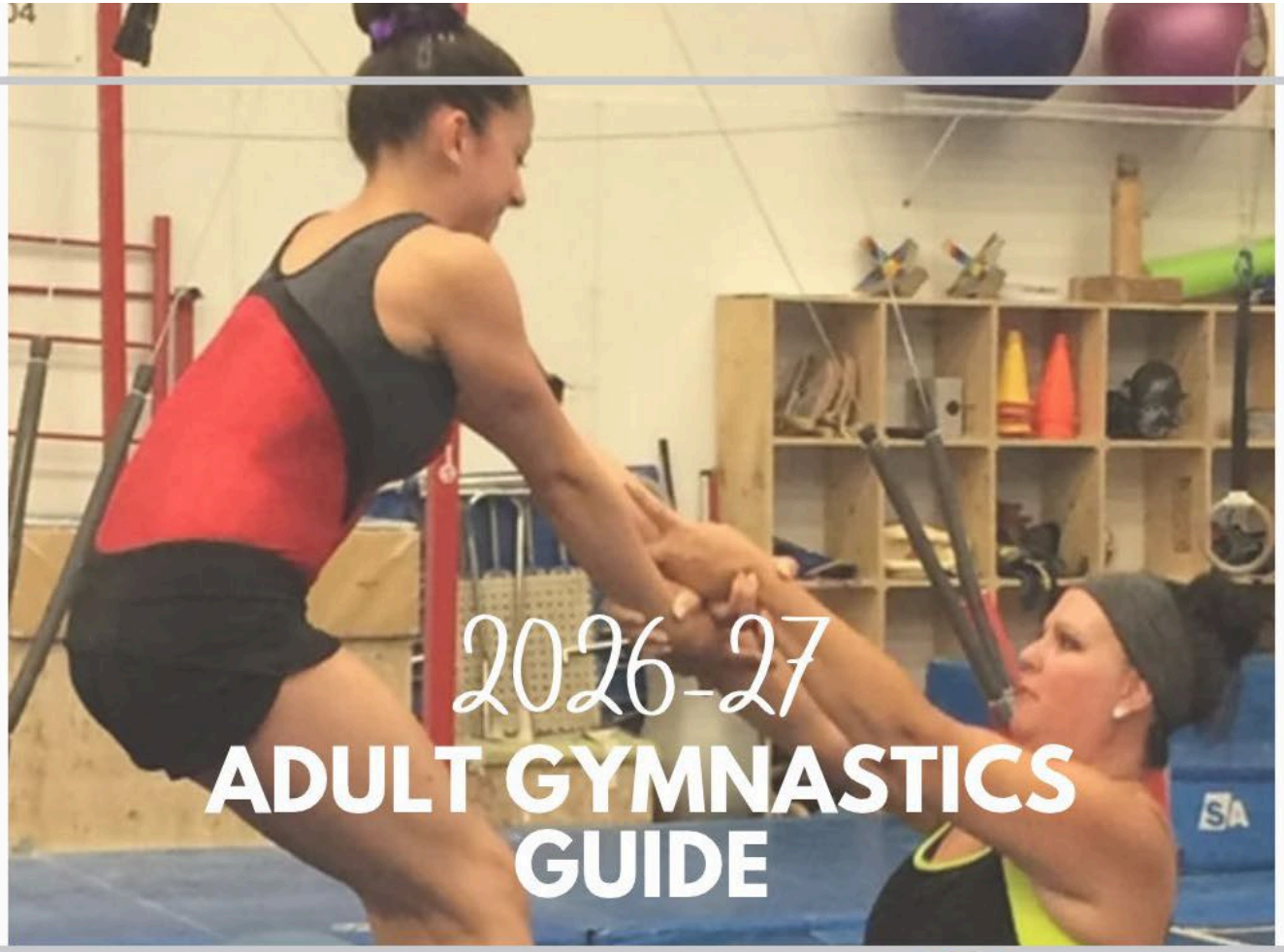


2026-27
ADULT GYMNASTICS GUIDE

GYMNASTICS BC

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GBC Adult Gymnastics Guide

Gymnastics BC thanks everyone who contributed to the development of the BC Adult Program:

- Twyla Ryan
- Vancouver Phoenix Gymnastics Staff
- Mary Morice
- June Booth
- John Carroll
- Mark Friesen
- Sheila Mozes
- Vivien Symington
- Chris Webster

Gymnastics BC also recognizes Gymnastics Ontario's Adult Program. Their Adult Rules handbook and Adult program not only served as great resources to develop the current B.C. Program – it is something to aspire to in our province.

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Please contact GBC's Recreation Program Manager for questions about the Adult Artistic and Trampoline Gymnastics Program.

GBC Adult Gymnastics Guide

Age categories

Level 1	Level 2	Level 3
• Open Age Group Category	• 40 and fabulous category • 30 and even better category • Under 30 category	• 40 and fabulous category • 30 and even better category • Under 30 category

Age categories can be combined if there are too few athletes in one age group.

- Level 1: Athletes who are new to gymnastics and competition
- Level 2: Athletes who used to be at the Interclub level or have competed at lower provincial levels
- Level 3: Athletes who used to compete at higher provincial or national Levels

Athletes may choose the level of competition for each discipline, but only athletes who participate in all of the discipline's apparatus at the same level may qualify for All Around awards.

Warm-up

Clubs will specify which warm-up will be followed:

Warm-Up Option A:
- 30 minutes General warm-up
- Bars and Beam (WAG); P-Bars, High Bar, Pommel Horse, Rings (MAG): 90 seconds timed apparatus warm-up per athlete (can be blocked)
- Vault: 3 vaults per athlete
- Floor: 60 seconds blocked timed warm-up per athlete (minimum of 6 minutes; maximum of 10 athletes per group)
- TG disciplines: 3 routines

Warm-Up Option B:
- 60 minutes General warm-up
- Bars and Beam (WAG); P-Bars, High Bar, Pommel Horse, Rings (MAG): 60 seconds timed apparatus warm-up per athlete (can be blocked)
- Vault: 2 vaults per athlete
- Floor: 30 seconds blocked timed warm-up per athlete (minimum of 3 minutes; maximum of 10 athletes per group)
- TG Events: 2 disciplines

Athlete eligibility

Athletes who are over 18 years of age and who have not competed within the formal competitive structure in the current year.
Please note: all athletes must be registered with Gymnastics BC.

Apparatus

There are currently 14 categories which are not restricted by gender. Athletes may choose the apparatus they wish to compete in. Minimum of one apparatus. Clubs may choose to offer some or all of these apparatus.

Apparatus choices

Women's artistic gymnastics	Men's artistic gymnastics	Trampoline gymnastics
• Floor (with music) * • Balance beam • Uneven bars • Vault	• Floor (with or without music) * • High bar • Rings • Parallel bars • Vault • Pommel horse	• Trampoline • Tumble floor • Fast Track • Double mini

* A CD player must be available. An ipod can also be used. Please ensure that each athlete's music is on its own CD. CDs with more than one piece of music will not be accepted. CDs must be properly labelled with the name of the athlete.

Evaluation

The philosophy of the adult program is based on the principles of gymnastics for life and giving an opportunity to all adults to enjoy the sport. For these reasons, the following judging guidelines will be used:

- Judges do not have to be certified – they can be volunteers with experience in gymnastics, coaches, ex-athletes, etc.
- Athletes will be judged out of 10
- Awards will be presented up to sixth or 10th place (depending on the host club and number of athletes signed up in each category)

Competition clothing

Athletes are not required to wear spandex. Competitive clothing is NOT required. It is recommended to wear athletic clothing that allows free movement.

Athletes will not be penalized for piercings, tattoos, jewelry etc.

Adult level 1 – WAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	Vault	Bars	Beam	Floor
Requirements	1 or 2 vaults, best to count	Top 3 skills + Dismount	Top 4 skills + Dismount	Top 6 skills
Required Elements Each worth 0.5		• 'A' Dismount (A value or One Dismount)	• One static hold (held for 3 seconds) • 'A' turn • Jump or leap • One acro skill • 'A' Dismount	• 'B' turn • Dance series: min 2 elements, leaps, jumps or turn • At least one acro series of minimum 3 skills (skills may be repeated)
Bonus	+0.1 Stuck Landing Bonus +0.2 for each old-school skill performed in routine +0.1 for Creativity (at the discretion of judges)			
A Skills	• Tuck on, jump off • Straddle over • Handspring to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats) • Handspring to feet (mini-tramp only)	• Pull over mount • Jump to front support mount • Cast to feet at bar height • Back hip circle • Squat on (tuck, pike or straddle) to catch HB • Long hang swing pull over • Spin the cat • Long swing to minimum horizontal • Toe on dismount (pike/straddle) • Underswing dismount	• Front support, scissor kick, tuck jump mounts • Pivot, 180° or 360° turn • Straight, tuck, star jumps • Stag, double stag, split leap/sissone • Rolls including shoulder rolls • Handstand, cartwheel, walkover • Shaped jump dismount • Round-off dismount	• Tuck, star, straddle, pike jumps • Cat, stag, double stag, split leap/sisson • Rolls including log rolls, shoulder rolls, dive rolls and back extension • Cartwheel and roundoff (and variations) • Handstand and variations (forward roll, pirouettes,…) • Walkover fwd and bwd • Front Handspring • Back handsping
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No vault harder than a handspring	No B+	No B+	No B+
Time	N/A	N/A	Suggested time: approx. 30 seconds / Max: 60 seconds	Suggested time: approx. 30 seconds / Max: 60 seconds
Apparatus Regulations	• Height: 115 cm/FIG (125 cm) • Stacked mats measured from floor: 125 cm ± 5 cm • Athlete can use mini-tramp or beat board (unless specified)	• Bars must be at FIG height • Width of bars optional • Board or block can be used for mount	• Height: 110 cm/FIG (125 cm) • Beam pads and mats can be used for additional safety	• 12m x 12m • Music may be instrumental or vocal • Only CDs or music on an iPod will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm allowed for acro series

Adult level 2 – WAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	Vault	Bars	Beam	Floor
Requirements	1 or 2 vaults, best to count	Top 4 skills + Dismount	Top 6 skills + Dismount	Top 8 skills + Turn
Required Elements		• One bar change (no value necessary) • 'A' Dismount	• One static hold (held for 3 seconds) • 'A' turn • Jump or leap series (2 leaps/jumps in a row) • Two acro skills • 'A' Dismount	• Full turn • Leap or jump series • 2 acro series of minimum 3 skills • 1 flight acro (can be included in acro series)
Bonus	+0.1 Stuck Landing Bonus (awarded on A+ dismount)			+0.1 Stuck Landing Bonus applied to dismount only
	+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)			
A Skills	Board only: • Handspring to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats) Board or Mini-Tramp: • Handspring vaults	• Pull over mount • Cast to horizontal • Back hip circle • Squat on (tuck, pike or straddled) to catch HB • Long hang swing pull over • Toe on dismount on HB (pike or straddle) • Min 270° sole circle fwd or bwd legs together or straddled	• Front support, scissor kick, tuck jump mounts • 180° or 360° turn • Straight, tuck, star jumps • Stag, double stag, split leap/sissone • Rolls including shoulder rolls • Handstand, cartwheel, walkover • Round-off or front handspring dismount • Fwd/Sdw aerial dismount	• Tuck, straddle, pike jumps • Stag, double stag, split leap/sisson • Rolls including dive rolls and back extension • Cartwheel and roundoff • Handstand and variations (forward roll, pirouettes,…) • Walkovers • Handsprings and flysprings
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No vault harder than a 1/2 on, 1/2 off	No B+	No B+	No B+
Time	N/A	N/A	Suggested time: approx. 60 seconds Max: 90 seconds	Suggested time: approx. 60 seconds Max: 90 seconds
Apparatus Regulations	• Height: 115 cm/FIG (125 cm) • Stacked mats are measured from the floor • Mats: 125 cm ± 5 cm	• Bars must be at FIG height • Bar width optional • Board or block can be used for mount	• Beam height at 110cm or FIG (125cm) • Beam pads and mats can be used for additional safety	• 12m x 12m • Music may be instrumental or vocal • Only CDs will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm mats allowed for acro series

Adult level 3 – WAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	Vault	Bars	Beam	Floor
Requirements	1 or 2 vaults, best to count	Top 5 skills + Dismount	Top 7 skills + Dismount	Top 8 skills
Required Elements	Vaults can be the same or different	• 1 bar change LB-HB • Cast to 45° • 1 long hang swing element (ex: long kip, straddle back, uprise, bwd giant) • Min 'A' Dismount	• Turn minimum 360° • Connection of minimum 2 different dance elements • 1 Acro series (2 acros) • Mix series (acro-dance or dance-acro) • A Dismount or higher	• Turn minimum 360° • Passage of 3 different leaps or hops • 2 acro series of 3 elements with flight • Mix series (acro-dance-acro or dance-acro-dance) • Minimum 1 salto
Bonus	+0.1 Stuck Landing Bonus (awarded on A+ dismount)			+0.1 Stuck Landing Bonus applied to dismount only
	+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)			
A Skills		• Squat/stoop/straddle on LB to catch HB • Back/Front hip circle • Min 270° sole circle fwd or bwd legs together or straddled	• Stag and double stag leap/sissone • Handstand within 10° from vertical • Cartwheels and variations • Front handspring dismount	• Bwd and fwd walkovers and variations
Scoring	Athletes will be loosely scored on a 10 point scale			
Restricted Elements	No restrictions. Please be safe… remember how old you are			
Time	N/A	N/A	Maximum: 90 seconds	Maximum: 90 seconds
Apparatus Regulations	Vault Height: FIG (125cm) Board (no mini-tramp allowed)	Bars must be at FIG height (30-80cm) Board can be used for mounts (no blocks)	Beam height at FIG (125cm) Beam pads and mats can be used for additional safety	12m x 12m Music may be instrumental or vocal Only CDs or music on an ipod will be accepted
Mats	Mandatory minimum 20 cm safety mat for dismount			Additional 5 or 10 cm allowed for acro series

Adult level 1 – MAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Required Elements	Minimum 6 skills	Minimum 4 skills Including • A dismount • Continuous movement	Minimum 4 skills including: • A dismount	1 or 2 vaults (can be the same or different)	Minimum 4 skills including: • A dismount	Minimum 4 skills including: • A dismount
Bonus	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ dismount)				
	+0.2 for each old-school skill performed in routines +0.1 for creativity (at the discretion of judges)					
Skill Options *Please refer to the Code of Points for additional A skills	• Tuck, straddle, pike jumps • Rolls including shoulder rolls, dive rolls and back extension • Handstands and variations (forward roll, pirouettes…) • Cartwheel, roundoff • Walkovers • Handsprings	• Leg cut series • Single leg circles • Squat through • Front support walk around	• Spin the cat • Shoulder stand • Swings • Front support hold • L-hang hold	• Tuck on, jump off • Straddle over • Jump to handstand on vault, tuck on, jump off • Handspring to land on back (stacked mats)	• Front support ½ turn • Shoulder stand • Support swing • Upper arm swing • Kip to upper arms	• Pull over mount • Cast to horizontal • Back hip circle • Min 270° sole circle fwd or bwd legs together or straddled • Toe on dismount • Spin the cat • Beat swing • Long hang swing to horizontal
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	No B+	No B+	No B+	Any vault harder than a handspring	No B+ Handstands, flyaways	No B+ Handstands, flyaways
Apparatus Regulations	12m x 12m	• Pommel horse must be at FIG height (105 cm) • Board can be used for mounts (no block)	Rings must be at FIG height (260cm)	• Height: 125 cm or FIG (135 cm) • Stacked mats measured from floor: 135 cm ± 5 cm • Athlete can use mini-tramp or board	• Bars must be at FIG height (180cm) • Board can be used for mounts (no blocks)	Bar must be at FIG height (260cm)
Mats	Additional 5 or 10 cm allowed tumbling lines		Mandatory minimum 10 cm safety mat			

* Additional landing mats can be used as needed

Adult level 2 – MAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Requirements	Top 5 Skills + Dismount	Top 5 Skills + Dismount	Top 5 Skills + Dismount	1 or 2 vaults, best to count	Top 5 Skills + Dismount	Top 5 Skills + Dismount
Required Elements	• Skills must be present from 3 different element groups (one being group V)	• Skills must be present from 3 different element groups (one being group V)	• Skills must be present from 3 different element groups (one being group V)	• Use of mini-tramp is allowed with a deduction of 1.0 point • Vaults can be the same or different	• Skills must be present from 3 different element groups (one being group V)	• Skills must be present from 3 different element groups (one being group V)
Skill Options	All elements listed in the current FIG Code of Points. All other gymnastics and acrobatic elements will be considered as skills, if previously recognized in the Code of Points for Men's Artistic Gymnastics.					
Bonus	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ dismount)				
	+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)					
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	No C+ Skills, No vault with a somersault					
Apparatus Regulations	12m x 12m	• Pommel Horse must be at FIG heights • Boards can be used for mount (no blocks)	• Rings must be at FIG height (260cm) • Boards can be used for mount (no blocks)	• Vault Height: FIG (135 cm) • Stacked mats are measured from the floor: 135 cm ± 5 cm • Athlete can use mini-tramp or board	• Bars must be at FIG height (180 cm) • Boards can be used for mount (no blocks)	• Bar must be at FIG height (260 cm) • Boards can be used for mount (no blocks)
Mats	Additional 5 or 10 cm allowed for tumbling lines		Mandatory minimum 10 cm safety mat			

* Additional landing mats can be used as needed

Adult level 3 – MAG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	FLOOR	POMMELS	RINGS	VAULT	P-BARS	HIGH BAR
Requirements	Top 7 Skills + Dismount	Top 7 Skills + Dismount	Top 7 Skills + Dismount	1 or 2 vaults, best to count	Top 7 Skills + Dismount	Top 7 Skills + Dismount
Required Elements	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)	Use of mini-tramp is allowed with a deduction of 1.0 point Vaults can be the same or different	Skills must be present from 3 different element groups (one being group V)	Skills must be present from 3 different element groups (one being group V)
Skill Options	All elements listed in the current FIG Code of Points. All other gymnastics and acrobatic elements will be considered as skills, if previously recognized in the Code of Points for Men's Artistic Gymnastics.					
Bonus	+0.1 Stuck Landing Bonus applied to dismount only	+0.1 Stuck Landing Bonus (awarded on A+ dismount)				
	+0.2 for each old-school skill performed in routines +0.1 for Creativity (at the discretion of judges)					
Scoring	Athletes will be loosely scored on a 10 point scale					
Restricted Elements	Restricted elements will follow the Junior FIG Code of Points Otherwise, no restrictions – please remember how old you are…					
Apparatus Regulations	12m x 12m	Pommel Horse must be at FIG heights Board can be used for mount (no blocks)	Rings must be at FIG height (260cm) Boards can be used for mount (no blocks)	Vault Height: FIG (135cm) Stacked mats are measured from the floor Mats: 135 cm ± 5 cm Athlete can use mini-tramp or board	Bars must be at FIG height (180cm) Board can be used for mount (no blocks)	Bar must be at FIG height (260cm) Boards can be used for mount (no blocks)
Mats	Additional 5 or 10 cm allowed for tumbling lines		Mandatory minimum 10 cm safety mat			

* Additional landing mats can be used as needed

Adult level 1 – TG routine requirements ~ The FIG Code of points is in effect for all apparatus.

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
Required Elements	Athletes must perform 4 skills consecutively	Athletes must perform a tumbling pass of 2 skills	Athletes must perform a tumbling pass of 3 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Skill Options	All Level 1 Skills (please see Appendix A)	• Cartwheel • Fwd and bwd handspring • Flyspring • Roundoff	• Rolls and variations (fwd, bwd, back extension, dive roll) • Cartwheel, Roundoff • Fwd and bwd handspring • Flyspring Jumps will be considered a skill when performed last • Tuck, straddle and pike jumps * For example: front handspring, roundoff, tuck jump	• Tuck, straddle, pike jumps • Jump half turn • Jump full turn
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No inversion skills	No saltos	No saltos	No saltos
Apparatus Specifications	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

Adult level 2 – TG routine requirements

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
Required Elements	Athletes must perform 6 skills consecutively	Athletes must perform a tumbling pass of 3 skills	Athletes must perform a tumbling pass of 4 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Skill Options	All Level 1 and 2 Skills (please see Appendix A)	• Roundoff • Fwd and bwd handspring • Flyspring Jumps will be considered a skill when performed last • Tuck, straddle and pike jumps * For example: front handspring, roundoff, tuck jump	• Dive roll • Cartwheel, Roundoff • Fwd and bwd handspring • Flyspring Jumps will be considered a skill when performed last • Tuck, straddle and pike jumps * For example: front handspring, cartwheel, roundoff, tuck jump	• Tuck, straddle, pike jumps • Jump half turn • Jump full turn
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No Double Twisting or Double Somersaulting Maximum 2 saltos	Only one salto allowed	No saltos	Only one salto allowed
Apparatus Specifications	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

Adult level 3 – TG routine requirements

	TRAMPOLINE	FAST TRACK	TUMBLE FLOOR	DOUBLE MINI
DV	10 Consecutive Skills	One pass of a minimum of 5 skills	One pass of a minimum of 5 skills	Athletes must perform 2 passes (total of both to count): One mount and one dismount (skills must be different)
Requirements	• Minimum 2 saltos	• The 5th element must be a salto • Minimum 1 salto	• The 5th element must be a salto • Minimum 1 salto	• Minimum 1 salto per pass
Bonus	+0.1 Bonus for staying in the middle of the trampoline	+0.1 Stuck Landing Bonus		
Scoring	Athletes will be loosely scored on execution based on a 10 point scale			
Restricted Elements	No restrictions. Please be safe… remember how old you are.			
Mats	Safety throw-in mat available if needed	Final skill may be performed on or off apparatus. If final skill is performed off the apparatus, additional 5, 10 or 20 cm mats allowed		Mandatory minimum 20 cm safety mat

Appendix A: NCCP Trampoline Skills by Level

The progressions for the following skills are taught in the appropriate Level NCCP course.

Level 1

- Foot to Foot Skills
  - Straight Jump
  - Shaped Jumps
  - Twisting Jumps
- Seat Drop Skills
  - Seat Drop
  - Seat Drop, Half Twist to Feet
  - Half Twist to Seat Drop
  - Seat drop Half Twist to Seat drop (Swivel Hips)
  - Seat drop Full twist to Seat drop (Roller)
- Front Drop Skills
  - Hand Knee Drop
  - Front Drop
  - Half Twist to Front Drop (Airplane)
- Seat Drop to Front Drop
  - Front Drop to Seat Drop
  - Half Turntable
  - Front Drop Half Twist to Feet
- Back Drop Skills
  - Back Drop
  - Back Drop, Half Twist to Feet
  - Half Twist to Back Drop
  - Back Drop to Front Drop
  - Seat Drop Half Twist to Back Drop (Baby Cradle)
- Advanced Skills
  - Full Twist to Back Drop
  - Back Drop Half Twist to Back Drop (Cradle)
  - Back Drop Full Twist to Back Drop (Cat Twist)
  - Front Drop Half Twist to Front Drop (Cruise)
  - Back Drop 1 1/2 Twist to Back Drop (Corkscrew)

Level 2

- Forward Somersault
- Backward Pullover
- Backward Somersault Tucked and Piked
- Backward Somersault Layout
- Forward ¾ Somersault
- Ball-Out
- Backward ¾ Somersault
- Backward 1¼ Somersault
- Barani
- Arabian ¾
- Backward Somersault, Full Twist

Level 3

- Forward Twisting Somersaults
  - Rudolf
  - Randolf
- Backward Twisting Single Somersaults
  - Back Full
  - Double Full
  - Triple Full
- Somersaults from the Back
  - Barani Ballout
  - Rudi Ballout
- Backward Rotations Greater than 1 Somersault
  - Cody
  - Double Back
- Forward Rotations Greater than 1 Somersault
  - 1 ¾ Front
  - Half-Out