



INTER-APARTMENT SPORTS FEST 2026

GYMNASTICS SKILL LIST & SCORING



**Hosted by Salto Gymnastics Academy
North Bengaluru**

Competition Format, Minimum Skills & Scoring

Minimum routine requirement for non-vault apparatus: Perform 6 skills in total — choose at least 2 skills from each of the 3 skill groups listed for that apparatus. Gymnasts may choose only skills they can perform safely and consistently.

Vault: Perform 2 vault attempts/progressions listed for the age category, as directed by the event organiser and coach. Vault has no CR.

CR / D-score: For non-vault apparatus, the event uses CR = 2.0 + Bonus = 0.5. Vault: No CR. Execution (E) score is out of 10, based on performance quality, control and presentation. D-score is calculated as per GFI guidelines.

Important: The six-skill minimum is the event's routine requirement; it does not mean each skill automatically earns CR or bonus. CR and bonus are evaluated by the judging panel under the event/GFI scoring rules.

Age categories and apparatus

Girls / WAG — U6, U8, U10, U12, U14	Floor Exercise, Beam, Uneven Bars, Vault
Boys / MAG — U6	Floor Exercise, Vault
Boys / MAG — U8	Floor Exercise, Vault, Parallel Bars, Roman Rings
Boys / MAG — U10, U12, U14	Floor Exercise, Vault, Parallel Bars, Roman Rings, High Bar, Pommel Horse

Safety & judging

- All skills must be performed under qualified coach supervision with suitable mats, apparatus settings and spotting.
- Judges assess execution, control, body position, balance, continuity and landing. A gymnast should not attempt an unmastered skill to meet the minimum.
- This is a simplified community-festival skill list based on GFI Foundation 1–3 progressions, not a verbatim official GFI compulsory routine.

GIRLS / WAG — UNDER 6

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls & shapes (Any Two)	Forward roll to stand; forward roll to squat; candle stand (hold 3 sec).
Balance & flexibility (Any Two)	One-leg split stretch; bridge; balance hold.
Jumps & turns (Any Two)	Straight jump ×2 with controlled landing; relevé half-turn (hold 2 sec).

BEAM

CR	EXAMPLES
Travel & balance (Any Two)	Walk forward; walk backward; side walk; passe walks.
Balance & turns (Any Two)	T-balance; one-leg balance; relevé half-turn.
Jump & dismount (Any Two)	Straight jump on beam; straight jump dismount with controlled landing.

UNEVEN BARS

CR	EXAMPLES
Support (Any Two)	Jump to front support from a suitable box; hold 3 seconds.
Cast & travel (Any Two)	Baby casts ×3 with hips on bar; hanging walks along the bar ×5.
Dismount (Any Two)	Jump backward from front support to a low box/mat with control.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Short run and hurdle to springboard; straight-body jump onto a 30 cm mat/box.
Vault 2	Jump from a 30 cm box/mat to a controlled landing.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

GIRLS / WAG — UNDER 8

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Forward roll to squat; forward roll to straddle; backward roll to squat.
Inversion & balance (Any Two)	Handstand to lunge; cartwheel; candle stand (hold 3 sec).
Jumps & turns (Any Two)	Straight jump ×2; straight jump + split jump; half-turn to relevé.

BEAM

CR	EXAMPLES
Travel (Any Two)	Forward and backward walks; passe walks ×4.
Balance & turn (Any Two)	T-balance; one-leg balance; relevé half-turn.
Jump & dismount (Any Two)	Straight jump; straight jump dismount; cartwheel only if coach-approved and safely mastered.

UNEVEN BARS

CR	EXAMPLES
Support (Any Two)	Jump to front support; hold 3 seconds.
Cast (Any Two)	Casts ×3, showing hips lift off the bar where safely achievable.
Swing & dismount (Any Two)	Tuck swings ×3 with coach supervision; controlled dismount to low box/mat.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Short run and hurdle to springboard; straight-body jump onto a 50 cm mat/box.
Vault 2	Kick to handstand on springboard and fall to flat back on a 30 cm mat, only under qualified coach supervision.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

GIRLS / WAG — UNDER 10

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Forward roll to straddle; backward roll to squat; backward roll to front support.
Inversion & acro (Any Two)	Handstand to lunge; cartwheel; bridge and kick-over to stand (if mastered).
Jumps & turns (Any Two)	Straight jump ×2; straight jump + split jump; half-turn to relevé.

BEAM

CR	EXAMPLES
Travel & balance (Any Two)	Forward/backward walks; passe walks; one-leg balance.
Dance & turn (Any Two)	Straight jump; split jump or leap at a safe, controlled height; relevé half-turn.
Acro & dismount (Any Two)	Cartwheel or handstand only if coach-approved; straight jump dismount with controlled landing.

UNEVEN BARS

CR	EXAMPLES
Support & cast (Any Two)	Front support hold; casts ×3.
Circle / swing (Any Two)	Pullover to front support (if mastered); tuck swings ×3.
Dismount (Any Two)	Controlled drop-off at the rear of the swing to a mat.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard; handstand to flat back on a suitable mat stack.
Vault 2	Straight-body jump onto a mat/box, or the same handstand-flat-back vault at a coach-selected safe height.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

GIRLS / WAG — UNDER 12

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Backward roll to front support; forward roll to straddle; backward roll to squat.
Inversion & acro (Any Two)	Handstand to lunge; cartwheel series ×2; bridge and kick-over to stand.
Jumps & turns (Any Two)	Straight jump + split jump; split leap; half-turn or full turn to relevé as mastered.

BEAM

CR	EXAMPLES
Travel & balance (Any Two)	Forward/backward walks; passe walks; one-leg balance.
Dance & turn (Any Two)	Split leap; straight jump series; 180° turn / relevé turn as mastered.
Acro & dismount (Any Two)	Handstand or cartwheel if mastered; controlled jump dismount.

UNEVEN BARS

CR	EXAMPLES
Support & cast (Any Two)	Front support; casts ×3; pullover to front support.
Circle & swing (Any Two)	Back hip circle only if mastered; tuck swings or long swings with coach supervision.
Dismount (Any Two)	Controlled dismount from the rear of the swing to a mat.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard; handstand to flat back on a suitable mat stack.
Vault 2	Straight-body jump onto a mat/box or a second coach-approved vault at the appropriate height.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

GIRLS / WAG — UNDER 14

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Backward roll to front support; backward roll to pike stand; forward roll to straddle.
Inversion & acro (Any Two)	Handstand to lunge; cartwheel series ×2; bridge and kick-over to stand.
Jumps & turns (Any Two)	Split leap; straight jump + split jump; full turn to relevé as mastered.

BEAM

CR	EXAMPLES
Travel & balance (Any Two)	Forward/backward walks; passe walks; one-leg balance / T-balance.
Dance & turn (Any Two)	Split leap; straight jump series; 180° or full turn as mastered.
Acro & dismount (Any Two)	Handstand or cartwheel if mastered; controlled jump dismount.

UNEVEN BARS

CR	EXAMPLES
Support & cast (Any Two)	Front support; casts ×3; pullover to front support.
Circle & swing (Any Two)	Back hip circle; long swings or tuck swings with coach supervision.
Dismount (Any Two)	Controlled dismount to a mat, with a stable landing.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard; handstand to flat back on a suitable mat stack.
Vault 2	A second coach-approved vault from the participant's safely mastered progression.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

BOYS / MAG — UNDER 6

MEN’S ARTISTIC GYMNASTICS (MAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls & shapes (Any Two)	Forward roll to squat; candle stand (hold 3 sec).
Support & balance (Any Two)	Cartwheel to side position; bridge with straight arms.
Jumps (Any Two)	Straight jump ×2 with controlled landing.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Short run and hurdle to springboard; straight-body jump onto a 30 cm mat/box.
Vault 2	Jump from a 30 cm box/mat to a controlled landing.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

BOYS / MAG — UNDER 8

MEN'S ARTISTIC GYMNASTICS (MAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Forward roll to squat; backward roll to squat.
Inversion & acro (Any Two)	Cartwheel to side position; handstand to lunge if mastered.
Jump & shape (Any Two)	Straight jump ×2; bridge with straight arms.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Short run and hurdle to springboard; straight-body jump onto a 50 cm mat/box.
Vault 2	Kick to handstand on springboard and fall to flat back on a 30 cm mat, coach-supervised.

PARALLEL BARS

CR	EXAMPLES
Support (Any Two)	Jump to support from a box; hold 3 seconds; jump back to box/mat.
Hold (Any Two)	Tucked L-sit in support (hold up to 5 seconds, as safely achieved).
Travel (Any Two)	Support walks ×8 steps with a controlled dismount.

ROMAN RINGS

CR	EXAMPLES
Hang (Any Two)	Straight-body hang (5 seconds) with coach assistance.
Strength (Any Two)	Chin-up hold (up to 5 seconds) with assistance as needed.
Shape (Any Two)	Tuck hang (up to 10 seconds), controlled drop-off to stand.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

BOYS / MAG — UNDER 10

MEN'S ARTISTIC GYMNASTICS (MAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Forward roll to squat; backward roll to front support.
Inversion & acro (Any Two)	Cartwheel series ×2; handstand to lunge.
Strength & shape (Any Two)	Bridge and kick-over to stand if mastered; straight jump ×2.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard/tramp-board; handstand to flat back on a suitable mat stack.
Vault 2	Straight-body jump onto a mat/box or a second coach-approved progression.

PARALLEL BARS

CR	EXAMPLES
Support & hold (Any Two)	L-sit in support (up to 5 seconds); pike basket (up to 5 seconds).
Swing (Any Two)	Support swings ×5.
Dismount (Any Two)	Dismount at rear of swing to a box/mat with control.

ROMAN RINGS

CR	EXAMPLES
Swing (Any Two)	Coach-assisted swings ×5.
Hold (Any Two)	L-hang (up to 5 seconds) or support hold (up to 5 seconds), with assistance.
Shape (Any Two)	Basket hold (up to 5 seconds), only with coach assistance.

HIGH BAR

CR	EXAMPLES
Support (Any Two)	Jump to front support from a box; small casts ×3.
Hang & swing (Any Two)	Tension swings ×5 in a controlled dish–arch shape.
Dismount (Any Two)	Cast backward to land on a box/mat with control.

POMMEL HORSE

CR	EXAMPLES
Support positions (Any Two)	Front support hold; rear support hold on handles, as safely achievable.
Circle pathway (Any Two)	Circle walk around the apparatus, pausing in each quarter position.
Transfer (Any Two)	Controlled support transfer and dismount beside the apparatus.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

BOYS / MAG — UNDER 12

MEN'S ARTISTIC GYMNASTICS (MAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Backward roll to front support; backward roll to pike stand.
Inversion & acro (Any Two)	Handstand to lunge; cartwheel series ×2.
Strength & shape (Any Two)	Bridge and kick-over to stand; straddle press to headstand only if mastered.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard/tramp-board; handstand to flat back on a suitable mat stack.
Vault 2	Second coach-approved vault progression matched to the gymnast's ability.

PARALLEL BARS

CR	EXAMPLES
Hold & strength (Any Two)	L-sit in support; pike basket.
Swing (Any Two)	Support swings ×5; long swings only if safely mastered.
Dismount (Any Two)	Rear-of-swing dismount to a box/mat; controlled landing.

ROMAN RINGS

CR	EXAMPLES
Swing (Any Two)	Long swings ×5 with coach assistance.
Hold (Any Two)	Support hold or L-hang (up to 5 seconds, according to ability).
Shape (Any Two)	Piked basket position; skin-the-cat progression only if coach-approved.

HIGH BAR

CR	EXAMPLES
Support & circle (Any Two)	Chin-up pullover to front support; casts ×3.
Swing (Any Two)	Tuck swings ×5 or long swings if safely mastered.
Dismount (Any Two)	Controlled drop-off at the rear of the swing to a mat.

POMMEL HORSE

CR	EXAMPLES
Support & travel (Any Two)	Front support and rear support on handles; circle walk / circle hop progression.
Swings (Any Two)	Front-support swings ×5 or pendulum swings, according to ability.
Dismount (Any Two)	Controlled dismount beside the apparatus.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

BOYS / MAG — UNDER 14

MEN'S ARTISTIC GYMNASTICS (MAG)

Minimum per non-vault apparatus: 6 skills — at least 2 from each of the 3 skill groups below. **Vault:** 2 attempts/progressions. See the scoring page for CR and E-score rules.

FLOOR EXERCISE

CR	EXAMPLES
Rolls (Any Two)	Backward roll to front support; backward roll to pike stand.
Inversion & acro (Any Two)	Handstand to lunge; cartwheel series ×2; bridge and kick-over to stand.
Strength & shape (Any Two)	Straddle press to headstand if mastered; straight jump + split jump.

VAULT

ATTEMPT	EXAMPLES
Vault 1	Hurdle to springboard/tramp-board; handstand to flat back on a suitable mat stack.
Vault 2	Second coach-approved vault progression matched to the gymnast's ability.

PARALLEL BARS

CR	EXAMPLES
Hold & strength (Any Two)	L-sit in support; pike basket.
Swing (Any Two)	Support swings ×5; long swings if safely mastered.
Dismount (Any Two)	Rear-of-swing dismount to a box/mat with controlled landing.

ROMAN RINGS

CR	EXAMPLES
Swing (Any Two)	Long swings ×5 with coach assistance.
Hold (Any Two)	Support hold or L-hang (up to 5 seconds, according to ability).
Shape (Any Two)	Piked basket / controlled basket sequence only if coach-approved.

HIGH BAR

CR	EXAMPLES
Support & circle (Any Two)	Chin-up pullover to front support; cast and back hip circle if mastered.
Swing (Any Two)	Long swings ×5 with coach supervision.
Dismount (Any Two)	Controlled dismount to a mat, landing in balance.

POMMEL HORSE

CR	EXAMPLES
Support & travel (Any Two)	Circle walk / circle hop; front and rear support on handles.
Swings (Any Two)	Pendulum swings ×5 each side, only if safely mastered.
Dismount (Any Two)	Controlled dismount beside the apparatus.

Coach note: choose 2 different skills from each group. If a listed option is not safely mastered, use an easier progression approved by the coach.

Competition-Day Checklist

- Confirm age category and apparatus rotation for each participant.
- Use the same six-skill minimum and group requirement for all gymnasts in the same non-vault category.
- Confirm vault attempts and any event-specific bonus criteria with the chief judge before competition.
- Check apparatus, mat stacks and spotting arrangements before each rotation.

Scoring note: Confirm CR, bonus and E-score criteria with the chief judge before competition.