Organized by:
The Gymnastics Association of Hong Kong, China

Subvented by:
Leisure and Cultural Services Department

Official Water Sponer:
C'estbon

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

Evaluation of Exercise and Apparatus Requirement

## Women's Artistic Gymnastics (WAG)

## (1) Apparatus Requirements

1. Apparatus will be provided by the organizer. Gymnasts are not allowed to replace or adjust the apparatus without authorization.
2. The apparatus requirements for Open, Elementary and Novice are as follows:

| | Floor Exercise | Vault | Uneven Bars | Balance Beam |
|---|---|---|---|---|
| Novice | 14m x 1.5m (Performed in a straight line on a 12m x 12m floor exercise mat) | U9: 80cm horizontal box<br>U15: 1.0m horizontal box | / | 1.0m |
| Elementary | 12m x 12m | 1.15m/1.25m vaulting table (a springboard or a mini trampoline can be used) | HB 2.55m<br>LB 1.75m | 1.25m |
| Open (junior) | The FIG Code of Points applies (only a springboard can be used for vaulting) | | | |
| Open (Pre-Junior) | According to the FIG Code of Points (a springboard or a mini trampoline can be used for vaulting) | | | |
| Open (senior) | The FIG Code of Points applies | | | |

**Mini trampoline:**



## (2) Evaluation of the Exercise

Open (Senior) and Open (Junior): the 2025-2028 FIG Code of Points applies.
Elementary and Novice: except as otherwise specified in these Requirements, the 2025-2028 FIG Code of Points applies.

- D-score: Difficulty Value, Composition Requirement and Connection Value (if applicable)
- E-score: execution, missing elements and artistry of presentation (if applicable)
- Neutral deduction: including overtime, line violations, attire-related and behavioral penalties etc. Please refer to Sections 6 and 8 of 2025-2028 FIG WAG Code of Points for details.

## Submission of New Element

Gymnasts must submit any new elements in written format and CD/email the clip (mail@gahk.org.hk) (i.e. elements that have not yet been performed and/or do not yet appear in the 2025-2028 FIG Code of Points) to the organizer for evaluation of difficulty before 4 November 2026 (Wednesday). Otherwise the new elements will not be recognized.

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Novice – Vault

**Apparatus Requirements** : **U9 : 80cm horizontal box**

**U15 : 1.0m horizontal box**

**Springboard with 5 springs or 8 springs can be used**

**Composition Requirement** : **1 vault only**

| | Element | Difficulty Value |
|---|---|---|
| 1 | Front Handspring | 5.0 |

**Performance of Invalid Vaults (0.00 P.)**

1.1 More than two approaches

1.2 The athlete touched the springboard or equipment after run-up but did not perform any element

1.3 Turn over the box head-over-hand

1.4 Falling back to the springboard/runway when doing a handstand

1.5 Spotting assistance during the vault.

Please refer to the 2025-2028 FIG WAG Code of Points for details.
www.gymnastics.sport/publicdir/rules/files/en_1.1.%20WAG%20Code%20of%20Points%202025-2028.pdf

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Novice – Balance Beam

**Apparatus Requirements:** 1m height

**Time:** Within 65s

**Composition:** Elements from all 6 groups must be performed (maximum 8 highest DV). The order of groups 2 to 5 is not fixed.

**Score calculation:** D score + E score = final score

| | | | |
|---|---|---|---|
| **D score** | **(Difficulty + Composition Requirement)** | **Highest** | **5.6** |
| **E score** | **(execution, missing elements and artistry of presentation)** | **Highest** | **10. 0** |
| **Final score** | **Highest 15.6** | | |

| | Difficulty Value | | |
|---|---|---|---|
| **Group** | **0.2** | **0.4** | **0.6** |
| 1. Mount | - Tuck jump with hands support **(from side of beam)**<br>- Leap - on landing must show arabesque position (leg min. at horizontal) | / | / |
| 2. Split leaps (Value 0.2) | | | |
| 3. Straight jump (Value 0.2) **connected** with an optional jump (in any order, connection failed -0.3) | Straight jump | Any **'**A'-value jumps or hops listed in FIG WAG Code of Points | Any **'**B'-value jumps or hops listed in FIG WAG Code of Points |
| 4. **Turns** | *Half turn on 1 foot, half turn on 2 feet | Any 'A'-value gymnastic turns listed in FIG WAG Code of Points | Any 'B'-value gymnastic turns listed in FIG WAG Code of Points |
| 5. Two acro elements | Forward roll with hand support | Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points | Any 'B'-value Acrobatic Elements listed in FIG WAG Code of Points |
| 6. Dismount | Round-off off beam | - Free (aerial) cartwheel off beam<br>- Cartwheel to immediate straight jump off beam | Any 'A'-value or above dismounts in the FIG WAG Code of Points |

#The two acro elements do not have to be connected.

*Half turn on 1 foot followed by half turn on 2 feet does not count as a 360° turn for purpose of composition requirement.

※For cartwheel to immediate straight jump off beam dismount, the arms should not be lower than the shoulders during the jump (otherwise it will be treated as an acro element and no dismount).

**Rules of scoring：**

| Items | Scoring |
|---|---|
| Composition Requirements：<br>1. One direct connection of 2 dance elements (must be chosen from Table of Elements above<br>2. Acro elements in different directions (forward/sideward and backward)<br>3. 360° Turn / rolls<br>4. Dismount | 0.5 will be awarded for completion of each composition requirement |
| Artistry of presentation | Please refer to the Artistry & Composition Deductions of 2025-2028 FIG WAG Code of Points for details |
| Missing required element | -1.0 **&** no D-score |

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Novice - Floor Exercise

**Apparatus Requirements:** **14 m x 1 .5 m**

**Time:** **Within 65s (without music)**

**Composition:** **Elements from all 5 groups must be performed (maximum 8 highest DV). The order of groups 1 to 5 is not fixed.**

**Score calculation:** **D score + E score = final score**

| | | |
|---|---|---|
| **D score** | **(Difficulty + Composition Requirement)** | **Highest 5.4** |
| **E score** | **(execution, missing elements and artistry of presentation)** | **Highest 10.0** |
| **final score** | **Highest 15.4** | |

| | **Difficulty Value** | | |
|---|---|---|---|
| **Group** | **0.2** | **0.4** | **0.6** |
| 1. Round-off (Value 0.4) **Connecting with** (Connection failed -0.3) | Straight jump | / | Back Handspring |
| 2. Two acro elements | Cartwheel<br>Front walk-over<br>Back walk-over | Any 'A'-value Acrobatic Elements listed in FIG WAG Code of Points | / |
| 3. Handstand forward roll (Value 0.4) | | | |
| 4. Turn | 1/1 turn (360°) on one leg | / | Any 'B'-value gymnastic turns listed in FIG WAG Code of Points |
| 5. Split leap (Value 0.2) **Connecting with** *an optional leap or hop (order can be reversed) | Any 'A'-value jumps or hops listed in FIG WAG Code of Points | Any 'B'-value jumps or hops listed in FIG WAG Code of Points | |

#The two acro elements from Group 2 are not required to be connected. Acro elements from Groups 1 and 2 cannot be repeated but elements from Group 2 can be connected with those in Group 1.

* An optional leap could be a split leap, but with opposite leg

### Rules :

| **Items** | **Scoring** |
|---|---|
| Composition Requirements :<br>1. A series of 2 dance elements (must take off from one foot and chosen from the Table of Elements above) directly or indirectly connected, one of which with 180° split (cross or side) or straddle position<br>2. Acro elements in different directions (forward/sideward and backward)<br>3. One acro series (direct connection of 2 acro elements)<br>4. 2 flight elements | 0.5 will be awarded for completion of each composition requirement |
| Artistry of presentation | Please refer to the Artistry & Composition Deductions of 2025-2028 FIG WAG Code of Points for details |
| Missing required element | -1.0 **&** no D-score |

※No dismount deduction under the 2025-2028 FIG WAG Code of Points does not apply

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Elementary - Vault

**Apparatus Requirements** : **1.15m or 1.25m vaulting table**
**A springboard or a mini trampoline can be used**

**Composition Requirement** :
1. **The 1st vault score counts toward the Team and/or All-Around Total.**
2. **The gymnast who wishes to qualify for the Apparatus Final must perform 2 vaults as per the rules below, average of two vaults will be the final score**

| | Element | Difficulty Value |
|---|---|---|
| 1 | Handspring forward | 5.0 |
| 2 | Handspring forward with ½ turn (180°) – repulsion off | 5.0 |
| 3 | Round-off, flic-flac on – repulsion off | 6.0 |

**Performance of Invalid Vaults (0.00 P.)**

1.1 More than two approaches

1.2 The athlete touched the springboard or equipment after run-up but did not perform any element

1.3 Falling back to the springboard/runway when doing a handstand

1.4 Spotting assistance during the vault.

Please refer to the 2025-2028 FIG WAG Code of Points for details.
www.gymnastics.sport/publicdir/rules/files/en_1.1.%20WAG%20Code%20of%20Points%202025-2028.pdf

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Elementary – Uneven Bars

**Apparatus Requirements** : **HB 2.55m, LB 1.75m**

**Composition** : **Maximum of 6 elements (including the dismount) with highest DV are counted**

**Difficult value** : **Refer to the Table of Elements for Elementary Uneven Bars below**

| Difficulty Value | | | | | |
|---|---|---|---|---|---|
| **Groups** | | **0.2** | **0.4** | **0.6** | **0.8** |
| **Mount** | | Pullover (one leg take off) | Chin-up pullover (two legs together) | | Any A-value or above mounts listed in FIG WAG Code of Points |
| **Elements completed on the bars** | **Cast** | Cast to squat on | - Cast to above horizontal<br>- #Long hang swing (high bar) x 2 *min. 45° past vertical in each swing | | Cast to handstand (between 10° before or after vertical; legs straddled or legs together) |
| | **Circle skills** | | - Fwd hip circle<br>- Back hip circle<br>- Long hang pullover (high bar) | - Clear hip circle to support<br>- Stalder circle (fwd/bwd) to support<br>- Sole circle piked (fwd/bwd) to support | Any B-value or above circle skills listed in FIG WAG Code of Points |
| **Dismount** | | - ^Swing fwd (min. 45° past vertical) with 180° turn release<br>- ★Roll forward to L-hang with bend arms (hold 2 seconds) | - Underswing dismount (support of feet) on low bar (piked or straddle)<br>- Clear underswing dismount on low bar | - Underswing dismount (support of feet) on high bar (piked or straddle)<br>- Clear underswing dismount on high bar | Any A-value or above dismount listed in FIG WAG Code of Points |

# If a long hang swing does not reach min. 45° before or after vertical, no value will be awarded and a deduction of 0.5 for empty swing will be applied

**^** If the forward swing does not reach min. 45° before the release, no value or dismount will be awarded and a deduction of 0.5 from D-score

※ LB kip to support and HB kip to support count as different elements

* LB pullover and HB Long hang pullover count as different elements

★ Roll forward to L-hang with bend arms (hold 2 seconds), chin must be above the bar, otherwise no value or dismount will be awarded and a deduction of 0.5 from D-score

**Rules of scoring：**

| Items | Scoring |
|---|---|
| Composition Requirements：<br>1. Mount<br>2. An element completed on HB<br>3. Close bar circle element<br>4. Bar change (from LB to HB or from HB to LB) | 0.5 will be awarded for completion of each composition requirement |
| Bonus：<br>1. Long hang swing (high bar) x 2 *min. 45o past vertical in each swing with Kip<br>2. Kip connected with cast to above horizontal<br>3. Giant circle (Bonus awarded only once, regardless of number of times the element is performed.)<br>4. Giant circle connected with any salto dismount | <br>+0.2<br>+0.2<br>+0.2<br>+0.2 |

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Elementary – Balance Beam

**Apparatus Requirements** : **1.25m**

**Time** : **Within 90s**

**Composition** : **Maximum of 8 elements (including the dismount) with highest DV are counted. Within the 8 counting elements there must be a minimum of 3 Dance elements and 3 Acro elements.**

**Difficult value** : **Refer to the 2025-2028 FIG Code of Points**

- **A = 0.2**
- **B = 0.4**
- **C = 0.6**
- **D = 0.8**
- **E or above = 1.0**

### Rules of scoring :

| Items | Scoring |
|---|---|
| Composition Requirements :<br>1. One direct connection of at least 2 different dance elements, one of them being a leap, jump or hop with 180° split (cross or side), or straddle position<br>2. Turns, Roll/Flairs (must be chosen from Table of Elements in WAG COP 2025-2028)<br>3. Direct connection of 2 acro elements*<br>4. Acro elements in different directions (forward/sideward and backward) | 0.5 will be awarded for completion of each composition requirement |
| Connection Value :<br>1. Direct connection of 2 dance elements, one with min. B value, another one with min. C value<br>2. Direct connection of 2 acro elements*, one of which is a flight element<br>3. Series Bonus will be awarded to 3 connected dance and/or acro elements series (one must be min. B value) (series bonus and CV 1-2 can be awarded in same series) | + 0.2<br>+ 0.2<br>+ 0.2 |
| Artistry of presentation | Please refer to the Artistry & Composition Deductions of 2025-2028 FIG WAG Code of Points for details |

*Any acro element can be repeated at most once for the purpose of fulfilling composition requirements and to be awarded connection value, but the difficult value of the repeated element will only count once (credited in accordance with the order of performance).

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Elementary – Floor Exercise

**Apparatus Requirements** : **12m x 12m**

**Time** : **Within 90s (with music)**

**Composition** : **Maximum of 8 elements (including the dismount) with highest DV are counted. Within the 8 counting elements there must be a minimum of 3 Dance elements and 3 Acro elements.**

**Difficult value** : **Refer to the 2025-2028 FIG Code of Points**

- **A = 0.2**
- **B = 0.4**
- **C = 0.6**
- **D = 0.8**
- **E or above = 1.0**

**Rules of scoring：**

| Items | Scoring |
|---|---|
| Composition Requirements：<br>1. A dance passage composed of two different leaps or hops connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) or straddle position<br>2. An acro line consisting minimum 2 acro elements with flight<br>3. A salto element (alone or in acro line) must be rebounding and take off from two feet<br>4. Forward/sideways and backward acro elements in same or different acro lines | 0.5 will be awarded for completion of each composition requirement |
| Connection Value(CV)：<br>1. A salto element connected with a dance element (in this order) (with rebound)<br>2. Direct connection of 2 acro flight elements, one of which is a salto *must be rebounding | +0.2<br>+ 0.2 |
| Artistry of presentation | Please refer to the Artistry & Composition Deductions of 2025-2028 FIG WAG Code of Points for details |

Remarks:

* Dismount – the element with the highest DV in the last acro line. No dismount will be credited if only one acro line is performed (neutral deduction -0.5)

# An acro line consists of a minimum of 2 directly connected acro elements

The final resolution of all competition rules, the Chinese version shall prevail.

# Hong Kong Artistic Gymnastics Open & Novice Championships 2026-2027

## WAG Open (Pre-Junior) Additional Information

The WAG Open (Pre-junior) level will follow the WAG FIG YOUTH RULES AND REGULATIONS 2025 for the AGE CATEGORY – 13 YEARS.

| A = 0.10<br>B = 0.20<br>C = 0.30<br>D = 0.40<br>E & higher = 0.40 | **Elements will be given Difficulty Value per FIG Cycle 16 Code of Points 2025-2028**<br>**Rules and Regulations are as FIG Cycle 16 Code of Points, unless stated otherwise**<br>**FIG Execution penalties will be applied**<br>**BARS/BEAM/FLOOR – 7 highest elements <u>including</u> dismount**<br>**BEAM/FLOOR – 3 acrobatic [min] + 3 dance [min] and 1 optional element** | | | |
|---|---|---|---|---|
| | ***Vault*** | ***Bars*** | ***Beam*** | ***Floor*** |
| ***Apparatus*** | Vault table at 120cm **or 125cm**<br>• FIG landing mats | FIG Bars regulations with:<br>• FIG landing mats | FIG Beam regulations with:<br>• FIG landing mats | FIG Floor regulations |
| ***Requirements*** | Best score of 2 vaults performed<br>Any FIG vaults from the CoP<br><br>Note: Gymnast may perform only 1 vault<br><br>Q to and VT Final: 2 different vaults (same or different groups)<br>Average of the 2 vaults<br><br>**0.20 bonus for a vault with a salto** | **Gymnasts must perform 4 out of 6 requirements (max 2.00 P.)**<br><br>1. 1 x close bar circle element to handstand<br><br>2. Another close bar circle element to 30°<br>**0.10 bonus if in handstand**<br><br>3. 1 x cast to handstand<br><br>4. 1 x giant (bwd or fwd)<br><br>5. Non flight element with 360°<br><br>6. Flight element (HB to LB /LB to HB / Same Bar)<br><br>**Dismount must be included in counting elements**<br><br>**0.10 bonus for dismount with salto** | 1. Connection of minimum 2 different dance elements<br>*To include 1 leap or jump with 180° split (cross or side) or straddle position*<br><br>2. Minimum 1/1 (360°) pirouette<br><br>3. Acrobatic series with [min] 2 flight elements performed on the beam<br>**0.10 bonus if 1 is a salto**<br><br>4. Acro elements in different directions [fwd/swd & bwd]<br><br>**Dismount must be included in counting elements** | 1. Dance passage of minimum 2 different leaps or hops<br>*To include 1 leap or hop with 180° split (cross or side) or straddle position*<br><br>2. Stretched salto with 360° LA twist - forward or backward in an acro line<br>**0.10 bonus for 720° LA twist**<br><br>3. Salto bwd and salto fwd (no aerials) in the same or different acro line<br><br>4. Any 'B' pirouette<br><br>**Dismount must be included in counting elements** |

A springboard or mini trampoline can be used for vaulting