

PARA MEN'S ARTISTIC GYMNASTICS (PMAG)

WORLD GYMNASTICS

Code of Points

Version October 2026

PARA MEN'S ARTISTIC GYMNASTICS (PMAG) CODE OF POINTS V1 2026

Philosophy

Men's Artistic Gymnastics at whatever level and ability of the competitor is about the pursuit of technical excellence in the elements performed according to the latest version of the MAG WGYM Code of Points (CoP) 2025-2028. The PMAG programme adapts these basic principles, whilst providing opportunities to accommodate the various different aspects of Para sports.

The PMAG movement is about inclusion, a level playing field & fair play philosophies.

The overriding aim is to provide gymnasts who have an Eligible Impairment and meet the applicable Minimum Impairment Criteria with a meaningful and achievable competition structure. The new structure will allow gymnasts to fulfil the rules within their ability level and promotes self-value, self-worth and pride in their achievement.

Introduction

The PMAG Code of Points has been adapted from the Men's Artistic WGYM Code of Points and the rules and directives are based around this with the aim of offering more choice and increased variety with a lower level of requirements and difficultly required to achieve a counting score
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Eligibility & Classification

The PMAG rules have been created to provide opportunities for gymnasts with physical and visual impairments to compete. Eligible Impairment groups for Para gymnastics include gymnasts with physical impairments (including those with limb difference or deficiency, impaired muscle power or range of movement) and visual impairment.

Medical classification will determine which athletes are eligible to compete in Para gymnastics. Classification aims to minimise the impact of the impairment on gymnastics performance so that the sporting excellence determines competition results.

World Gymnastics (WGYM) will put in place a separate classification process for Para gymnastics competitions that determines Eligible Impairments, Minimum Impairment Criteria and will establish which Sport Class athletes will compete in during World Gymnastics events. These classification and eligibility criteria aim to comply with the principles of the International Paralympic Committee (IPC) Classification Code.

Sport classes for World Gymnastics events are:
Upper Limb Impairment (PG-UL1 & PG-UL2)
Lower Limb impairment (PG-LL1 & PG-LL2)
Visual Impairment (PG-VI1 & PG-VI2)

Classification must not create incentives for gymnasts to attempt skills that exceed their safe functional capacity. If an impairment significantly reduces a gymnast's ability to perform a skill safely, that gymnast should not include the skill in a routine.

Sport classes for non-World Gymnastics events are at the discretion of the Local Organising Committee (LOC)

Para gymnastics Development Levels & Competition Structure

All Para gymnastics competitions will be **Individual Apparatus** (there will be no all-around competition).

There are 3 different competition levels offered. Development Level 1 is the starting level and progress through Development Level 2 to Performance Level, depending on the impact the Eligible Impairment has on each apparatus, gymnasts may compete in different levels for each apparatus.
At each level, a different number of skills and level of requirements are needed.

Framework

The judging system is based on current World Gymnastics D and E evaluations with supplementary elements being recognised as an 'A', awarded 0.10 and can be counted towards the D-Score. Gymnasts should have completed the element group requirements within the counting element for each of the performance levels.

Content of the Exercise

Each level will require gymnasts to perform elements from the main WGYM CoP with supplementary elements being recognised and awarded as an 'A'; as per the supplementary skills list indicated per apparatus. The number of elements and element group requirements differ for each level. The dismount will always count in the number of elements.

Short exercise penalties are as per the table below and are taken from the final score as a neutral deduction:

Number of Skills	Development Level 1	Development Level 2	Performance
8	0	0	0
7	0	0	0
6	0	0	0
5	0	0	1.0
4	0	2.0	2.0
3	3.0	3.0	3.0
2	4.0	4.0	4.0
1	5.0	5.0	5.0

The evaluation of exercises is broken down into two main areas, D score and E Score:

D Score Specifics

If a box has two listed skills (i.e.: a tucked salto and pike salto) the gymnast may perform both for difficulty value, this applies across all levels. Below is to highlight general rules dictating the D score although specific apparatus amendments may be highlighted later in the apparatus section of the document.

Performance Level:
On FX, PB, HB WGYM elements up to D and supplementary elements*
On PH, SR WGYM elements up to E and supplementary elements*

VT – Athletes must perform 2 different vaults. These can be from the same or different groups. The average score will count for qualification to and in apparatus finals. Maximum D score 4.0.

FX, PH, SR, VT, PB, HB

- 8 skills (including dismount)
- Dismount B or higher full EG (0.5); WGYM A dismount partial EG (0.3)
- On all apparatus all WGYM elements in the same box will be recognised as a different skill and awarded value.
- *On all apparatus supplementary elements will be counted as a skill but cannot be used to fulfil element group requirement except where stated.

Development Level 2:

WGYM Elements up to C and any supplementary elements.

VT – Athletes must perform 2 vaults. These can be the same or different. The average score will count for qualification to and in apparatus finals. Additional vaults permitted as per tables detailed below – No salto vaults are permitted at this level.

FX, PH, SR, PB, HB

- 6 skills (including dismount)
- Dismount A or higher full EG (0.5), dismount from supplementary elements list (0.3)
- On SR, PB and HB a half empty swing is allowed if it ends on an element
- On all apparatus all WGYM elements in the same box will be recognised as a different skill and awarded value.
- On all apparatus supplementary elements will be counted as a skill and can be used to fulfil element group requirement

Development Level 1:

WGYM Elements up to B and supplementary elements.

VT – Athletes must perform 2 vaults from the listed of permitted vaults only. These can be the same or different. The average score will count for qualification to and in apparatus finals.

FX, PH, SR, PB, HB

- 5 skills (including dismount)
- Dismount ‘A’/supplementary element full EG (0.5)
- On SR, PB and HB a half empty swing is allowed if it ends on an element
- On all apparatus all WGYM elements in the same box will be recognised as a different skill and awarded value.
- On all apparatus supplementary elements will be counted as a skill and can be used to fulfil element group requirement

E Score Specifics

At all levels the E score is the:
Execution score, this is the total deductions taken for how the elements are performed these deductions are to be taken from the CoP and applied as such to the skills performed.

Additional Note

It is important to understand that it is not compulsory to fulfil all the Element Group Requirements. The gymnast is encouraged to perform skills within their capabilities with the best technique they can.

For athlete safety, additional matting as stated on each apparatus may be used without penalty. This must be requested prior to the Orientation Meeting or event entry depending on the LOC requirements.

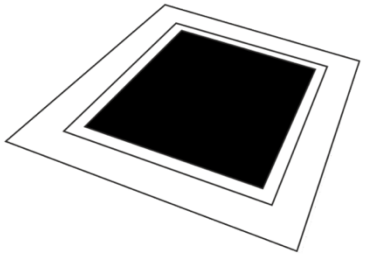
A spotter can be present at Rings, Parallel Bars and Horizontal Bar without deduction at all levels but is mandatory at Development Level 1.

The use of additional aids to help the athlete have a fair competition can be requested prior to the competition (by the time of Orientation Meeting or event entry depending on the LOC requirements). For example, additional landing aids, visual adaptations (for visual impairment) to apparatus.

Acknowledgments

The PMAG Rules have been adapted for Para gymnastics by Para gymnastics Working Group members: Alex ROW (GBR), André NOGUEIRA (POR) and George KRENK (USA)
Please note: For all apparatus, these rules and notes are in addition to those already included within the WGYM CoP 2025-2028 and any corresponding newsletters.

Floor



Equipment: As WGYM at all levels. An additional 10cm supplementary mat can be used without penalty if needed

Development Level 1	Development Level 2	Performance Level
• 2 Element Groups are required • 5 skills including dismount • The dismount will be the last counting acro skill from EG 2, 3 or 4 • Supplementary and A - B value elements only permitted	• 3 Element Groups are required • 6 skills including dismount • 'A' dismount 0.5, Supplementary 0.3 • The dismount will be the last counting acro skill from EG 2, 3 or 4 • Supplementary and A - C value elements only permitted	• 4 Element Groups are required • 8 skills including dismount • 'B' dismount 0.5, 'A' dismount 0.3 • The dismount will be the last salto from EG 2, 3 or 4 • Supplementary and A-D value elements only permitted • Supplementary elements cannot be used to fulfill element group requirement

- WGYM elements performed that are listed in the same box will be recognised as a different skill and awarded value.
- There is no requirement to start the routine with an acrobatic tumbling pass.
- There is no requirement for choreographic combinations in each corner.

Connection Value

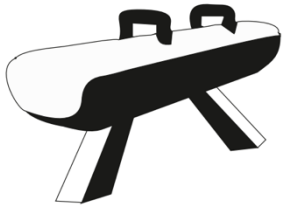
(can be awarded both sides of an element. All elements must be in the counting elements performed)

	0.1 - A+A/B	0.1 - B+B 0.2 – C+A or above

Supplementary Elements listed below will be recognised as an 'A' and awarded 0.10

Element Group 1	Element Group 2	Element Group 3	Element Group 4
Non-Acrobatic elements	*Acrobatics Elements Forwards*	*Acrobatic Elements backwards*	Single Salto forward and backward with 1 or more turn.
Tuck ½ Lever Tuck support scale/planche Headstand Held/ Press to Headstand Front Support V-Sit Shoulder Stand ½ Lever/ Straddle ½ Lever (Held) Handstand (No hold required) ½ Double leg circle (Front to back Support) Star Jump Tuck Jump Straight Jump ½ turn Straight jump 1/1 turn	Forward Roll with optional exit Handstand Forward Roll Handspring Style Elements Separated Cartwheel (any)	Backward Roll with optional exit (examples include Front Support/ Tuck/ Pike/ Straddle) Backward Roll travelling through Handstand Backward Roll to handstand Round off	

Pommel Horse



Equipment: At Development Level 1 & 2 a springboard / raised surface can be used to mount the apparatus and to remount following a fall. (This must be removed immediately after use). An additional 10cm supplementary landing mat can be used for all dismounts.

Development Level 1	Development Level 2	Performance Level
• 2 Element Groups are required • 5 skills including dismount • Any WGYM or supplementary dismount will receive 0.5 • Supplementary and A-B value elements only permitted	• 3 Element Groups are required • 6 skills including dismount • 'A' dismount 0.5, 'Supplementary element' 0.3 • Supplementary and A-C value elements only permitted	• 4 Element Groups are required • 8 skills including dismount • 'B' dismount 0.5, 'A' dismount 0.3 • Supplementary and A-D value elements only permitted • Supplementary elements cannot be used to fulfil element group requirement

- WGYM elements performed that are listed in the same box will be recognised as a different skill and awarded value.

Supplementary Elements listed below will be recognised as an 'A' and awarded 0.10

Element Group 1	Element Group 2	Element Group 3	Element Group 4
Single Leg Swings and Scissors	*Circle & Flair with and/or without spindles, handstands*	*Travel type elements*	*Dismounts*
Leg In Leg Out Pendulum Swings (with or without hand release) Astride Swings Half scissor forwards Half Scissor backwards Legs together front support swings	Single Leg circles ½ Circle (Front support to back support) ½ Circle (back support to front support)	Front Support Step up from leather to Handles Front Support Step down from Handles to leather Single Leg Travel	Back support push off ¼ turn Single Leg Flank

Rings



Equipment: An additional supplementary landing mat can be used for all dismounts.
A spotter can be present throughout the routine at all levels, without deduction, but is mandatory at **Development Level 1**.

Development Level 1	Development Level 2	Performance Level
• 2 Element Groups are required • 5 skills including dismount • Any listed or WGYM dismount will receive 0.5 • Supplementary and A-B value elements only permitted	• 3 Element Groups are required • 6 skills including dismount • 'A' dismount 0.5, 'Supplementary element' 0.3 • Supplementary and A-C value elements only permitted	• 4 Element Groups are required • 8 skills including dismount • 'B' dismount 0.5, 'A' dismount 0.3 • Supplementary and A-E value elements only permitted • Supplementary elements can only be used to fulfill Element Group 4

- WGYM elements performed that are listed in the same box will be recognised as a different skill and awarded value.

In **Development Level 2 & Performance level**, no more than 3 elements from group II or III can be performed in direct succession.

- In **Development Level 2** supplementary elements from group I must be performed immediately after the 3rd element from group II or III in order for any further group II or III skills to be recognized and awarded a value.
- For **Performance Level** an WGYM 'A' or above skill must be performed immediately after the 3rd element from group II or III in order for any further group II or III skills to be recognized and awarded a value.

Supplementary Elements listed below will be recognised as an 'A' and awarded 0.10

Element Group 1	Element Group 2	Element Group 3	Element Group 4
Kip and Swing elements & swings through or to handstand	*Strength and hold elements*	*Swings to strength hold Elements*	*Dismounts*
Swing Forwards and backwards below horizontal Cast from pike inverted hang into swings Swing forward and backwards above horizontal Felge in tuck position Forwards roll tucked down from support to hang or swing	Front Scale (Optional leg position) Back Scale (Optional leg position) German Hang Inverted Straight Hold Chin Hold Muscle Up	Swing to inverted pike L sit slow roll back to inverted pike Back Uprise to immediate L-Sit Felge to L	Controlled lower through L hang to straight body hang and release. Swing to German hang immediate release Salto Backwards Tucked Salto Forwards Tucked

Vault

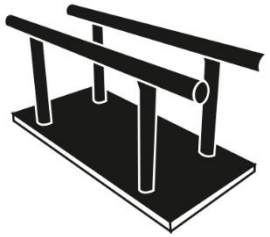


Requirements

- All gymnasts are required to perform 2 vaults.
- The average score will count for qualification to and in apparatus finals.
- In Performance Level these vaults must have a different number but can be from the same group.

	Development Level 1	Development Level 2	Performance Level
Equipment	Piled mats	WGYM Vault table	WGYM Vault table
Height	Choice of height of Piled mats 60cm or 90cm (+/- 10cm)	Choice of vault height 110 or 125cm (+/- 5cm)	Vault height 135cm
Vault Options	Set Vault from choice of: Straight jump on & off 60cm block. **(D 0.60)** ¾ Straight front to back lie on mats **(D 0.80)** Handstand Flatback **(D 1.00)** Round Off Entry to land kneeling on mats **(D 1.00)** Straight front to stand on mats **(D 1.00)**	Any WGYM Vault without a salto with the following additional options: Squat on Jump off **(D 0.80)** Squat Through or Straddle over **(D 1.00)**	
Requirements	2 vaults on the same height of mats must be performed can be same or different.	2 vaults must be performed can be same or different.	2 different vaults must be performed can be from same group but with a different number.
Barred Elements	Any vault except those listed above	Any vault with a salto.	Any vault with a difficulty above 4.00

Parallel Bars



Equipment: An additional supplementary landing mat can be used for all dismounts.
A spotter can be present throughout the routine at all levels, without deduction, but is mandatory at **Development Level 1**.

Development Level 1	Development Level 2	Performance Level
• 2 Element Groups are required • 5 skills including dismount • Any listed or WGYM dismount will receive 0.5 • Supplementary and A-B value elements only permitted	• 3 Element Groups are required • 6 skills including dismount • 'A' dismount 0.5, Supplementary element' 0.3 • Supplementary and A-C value elements only permitted	• 4 Element Groups are required • 8 skills including dismount • 'B' dismount 0.5, 'A' dismount 0.3 • Supplementary and A-D value elements only permitted • Supplementary elements can only be used to fulfill Element Group 4

- WGYM elements performed that are listed in the same box will be recognised as a different skill and awarded value.

At Development Levels 1 & 2, Back swings in support or upper arm hang that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang or support position are allowed one time i.e: After swing to handstand, next element must continue in same direction (1/2 turn, Gatson, Healy, etc)

Supplementary Elements listed below will be recognised as an 'A' and awarded 0.10

Element Group 1	Element Group 2	Element Group 3	Element Group 4
Elements starting in an upper arm position	*Elements in support or through support on 2 bars*	*Long swings in hang on 1 or 2 bars and under swings*	*Dismounts*
Forward Roll Backward Roll Shoulder balance Back Uprise to straddle sit Front Uprise to Straddle sit 2x Upper Arm Swings Back Uprise to support Front Uprise to Straddle Support.	Swings to Front Support (feet on bar) Tuck Hold Stutz to 45° Swing Backward & Forward to Horizontal V Hold Planche Hold	Float Swing (Glide) to stand and into immediate next move. Drop Upstart to straddle sit Moy to upper arm Drop Upstart Underbar back uprise.	Face Vault Dismount Straddle Sit ½ turn push off to stand Flank above 45° Salto Backwards Tucked Salto Forwards Tucked Salto backwards tucked from long hang

Horizontal Bar



Equipment: An additional supplementary landing mat can be used for all dismounts.
A spotter can be present throughout the routine at all levels, without deduction, but is mandatory at **Development Level 1**.

Development Level 1	Development Level 2	Performance Level
• 2 Element Groups are required • 5 skills including dismount • Any listed or WGYM dismount will receive 0.5 • Supplementary and A-B value elements only permitted	• 3 Element Groups are required • 6 skills including dismount • 'A' dismount 0.5, 'Supplementary element' 0.3 • Supplementary and A-C value elements only permitted	• 4 Element Groups are required • 8 skills including dismount • 'B' dismount 0.5, 'A' dismount 0.3 • Supplementary and A-D value elements only permitted • Supplementary elements can only be used to fulfil Element Group 4

- WGYM elements performed that are listed in the same box will be recognised as a different skill and awarded value.

The gymnast must jump or be assisted to a still or swinging hang on the Horizontal Bar from a still stand with legs together or from a short run, but always with good form. The evaluation begins from the moment the gymnast leaves the floor. **Performance Level:** A cast, consisting in a maximum of three swings or movements is permitted to begin an exercise without deduction. **Development Level 2 & 1**: A cast, consisting in a maximum of five swings or movements is permitted to begin an exercise without deduction.

Supplementary Elements listed below will be recognised as an 'A' and awarded 0.10

Element Group 1	Element Group 2	Element Group 3	Element Group 4
Long hang swings and turns	*Flight elements*	*In bar and Adler elements*	*Dismounts*
Swing and ½ turn below horizontal Swing Below Horizontal Body Shaper cast into swings (trolley swing) Swing and ½ turn above horizontal Back uprise to support ¾ Giant backwards from swing ¾ Giant backwards from cast	Swing hop with both hands Swings with a flighted regrasp Swing ½ with hop above 45° Upstart Straddle Cut	Upward Circle (Pull over) Back hip circle Undershoot into swings Upstart to support Straddle on and off (Straddle sole circle) Forward Hip Circle Stoop on and off (Piked sole circle) Tucked sole circle	Swing forwards and ½ turn to land Swing at the back and drop to land. Clear / Straddle/ Pike Undershoot (also with ½ turn) Salto Backwards Tucked Salto Forwards Tucked