

Aspire Grades Routines

Men's Artistic Gymnastics



Welsh Gymnastics
Gymnasteg Cymru

Version 1
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Introduction

This handbook is designed to support gymnasts and coaches who are either new to Men's Artistic Gymnastics (MAG) or looking to develop clear, structured, and accessible foundation routines. It bridges the gap between Gymnastics for All (GfA) competition opportunities and Men's Artistic Gymnastics, helping to introduce key movement patterns and skills in a progressive and achievable way.

These routines included are not intended for high performance and do not require fully equipped competitive MAG environments. Instead, they are designed to be practical and adaptable for everyday training settings, with the option to be performed on alternative apparatus such as training parallel bars and hanging rings.

Across the handbook, the focus is on quality of movement, basic body shapes, and safe progression. Each routine is structured to support gymnasts in building confidence and technical understanding, while also providing coaches with clear, easy-to-deliver content that can be adapted to their setting.

Ultimately, this resource aims to make Men's Artistic Gymnastics more accessible, offering a realistic starting point that supports long-term development from foundational movement through to more advanced skill work.



Age Groups

The age groups for each level are outlined in the table below. To support individual development, gymnasts may compete up to **one year out of age**. This provides additional flexibility for gymnasts who may benefit from further time to develop and consolidate the skills required at their current level before progressing to the next stage of the pathway.

Table 1. Aspire Grades Age Groups

	9 in Year	10 in Year	11 in Year	12 In Year	13 In Year
Level 1	✓	✓			
Level 2		✓	✓		
Level 3			✓	✓	
Level 4				✓	✓



FLOOR

Aspire Grades - Level 1 Floor

Element	Description	General Performance Considerations
	On 12m Strip:	
1	Kick step (1 mark), kick step (1 mark)	1. Kicks must be > than hip height or incur 0.3 deduction
2	Step into cartwheel (1 mark), Chasse (1 mark), Cartwheel 1/4 turn out (1 mark), Forward roll (1 mark)	2. Forward roll with straight arms - 0.3 deduction if bent
3	Jump ½ turn (1 mark)	
4	Hurdle step roundoff (2 marks) immediate stretch jump to land (1 mark)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 2 Floor

Element	Description	General Performance Considerations
	On 12m Strip:	
1	Short run into stretch jump to land (2 marks)	
2	Jump ½ turn (1 mark)	
3	Cartwheel, chasse, cartwheel (2 marks), handstand forward roll (1 mark) (not held)	
4	Kick step ½ turn (1 mark)	4. Kicks must be > than hip height or incur 0.3 deduction
5	Hurdle Step into Roundoff (1 mark), immediate stretch jump (1 mark) backward roll to stand (1 mark)	5. Backward roll with straight arms - 0.3 deduction if bent
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 3 Floor

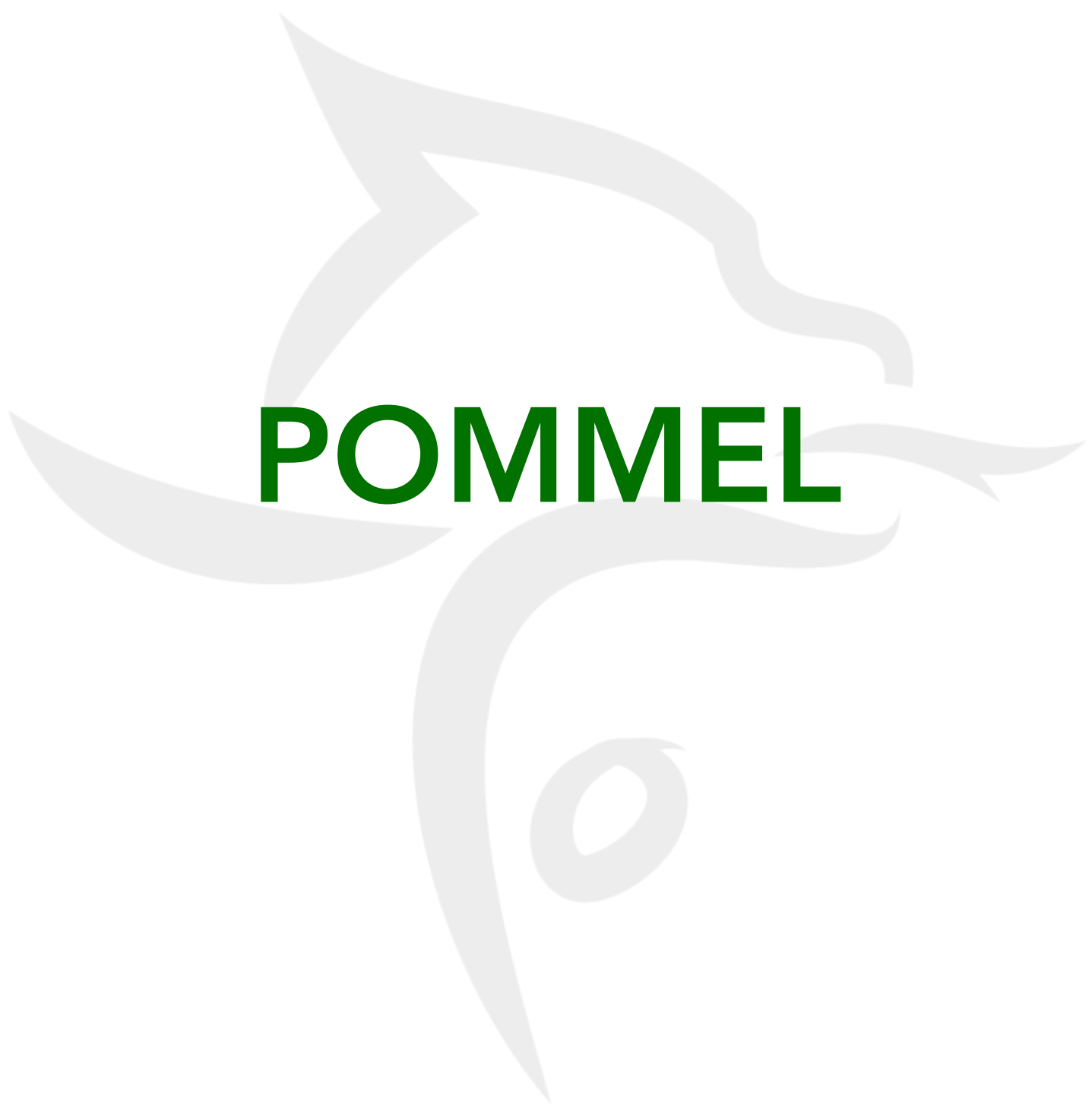
Element	Description	General Performance Considerations
	On 12m Strip:	
1	Run into tuck front (2 marks)	
2	Jump ½ turn (1 mark)	
3	Cartwheel, chasse, cartwheel 1/4 turn in (2 marks), tucked backwards roll (2 marks)	3. Backward roll with straight arms - 0.3 deduction if bent
4	Hurdle Step into Roundoff (2 marks), immediate stretch jump to land (1 mark)	

TOTAL SCORE – 10.00pts

Aspire Grades - Level 4 Floor

Element	Description	General Performance Considerations
	On 12m Strip:	
1	Run into tuck front (2 marks)	
2	Jump ½ turn (1 mark)	
3	Cartwheel, chasse, cartwheel 1/4 turn in (2 marks), tucked backwards to front support (1 mark)	3. Backward roll with straight arms - 0.3 deduction if bent
4	Hurdle Step into Roundoff (1 mark), flick (2 marks), immediate stretch jump to land (1 mark)	4. Flick can be missed for a D score of 8.0

TOTAL SCORE – 10.00pts

A large, stylized, light grey graphic in the background, resembling a calligraphic flourish or a stylized letter 'P' with a circular element at the bottom.

POMMEL

Aspire Grades - Level 1 Pommel Horse (Mushroom)

Element	Description	General Performance Considerations
1	Medium mushroom as per Gymnova ref: 3581 From front support, step to the side or jump into X5 Double leg circles (1.5 marks each) Each connected circle will receive 0.5 bonus, All 5 circles connected will receive extra 0.5 bonus Gymnasts will have a maximum of 5 attempts to complete the routine.	The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine.
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 2 Pommel Horse (Mushroom)

Element	Description	General Performance Considerations
1	Medium mushroom as per Gymnova ref: 3581 From front support, step to the side or jump into 5 x Double leg circles (2 marks each) Each stop will incur 0.5 deduction Gymnasts will have a maximum of 5 attempts to complete the routine.	The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine.
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 3 Pommel Horse (Mushroom)

Element	Description	General Performance Considerations
1	Medium mushroom as per Gymnova ref: 3581 From front support, step to the side or jump into X10 Double leg circles (1 mark each) Each stop will incur 0.5 deduction Gymnasts will have a maximum of 5 attempts to complete the routine.	The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine.
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 4 Pommel Horse (Low Horse)

Element	Description	General Performance Considerations
	Low horse with no handles From front support, step to the side or jump into 1 X5 double leg circles facing inward (1 mark each) 2 X5 double leg circles facing outward (1 mark each) Each stop will incur 0.5 deduction Gymnasts will have a maximum of 5 attempts to complete each routine.	The circles should be fluent and well extended from the shoulders. Control should be demonstrated throughout the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine.
TOTAL SCORE – 10.00pts		



RINGS

Aspire Grades - Level 1 Rings (Loops)

Element	Description	General Performance Considerations
	LOOPS From still hang:	
1	From hang, circle through, pike to German hang (2 secs) (1 mark)	
2	Lift up through pike to inverted hang, showing straight body (2 secs) (1 mark)	
3	Kip out into swing backwards, swing forwards (2 marks)	
4	Swing backwards and forwards (2 marks)	Rings should be turned inwards on forwards swings and turned out on backward swings.
5	Swing backwards and forwards (2 marks)	Forwards swing should be performed in a dish shape, while backwards swings should be performed in a shallow arch shape, initiated by a heel drive.
6	Swing backwards and forwards (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 2 Rings (Loops)

Element	Description	General Performance Considerations
	LOOPS From still hang:	
1	Lift to chin up position (2 secs) (1 mark)	1. Elbows in
2	Lower down and lift over in pike into German hang (2 secs), lift back up through pike to inverted hang (2 secs) (1 mark)	
3	Kip out into swing backwards, swing forwards (2 marks)	
4	Swing backwards and forwards (2 marks)	Rings should be turned inwards on forwards swings and turned out on backward swings.
5	Swing backwards and forwards (2 marks)	Forwards swing should be performed in a dish shape, while backwards swings should be performed in a shallow arch shape, initiated by a heel drive.
6	Swing backwards and forwards (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 3 Rings (Guards)

Element	Description	General Performance Considerations
	Compulsory Landing area - 30cm safety mats + 10cm landing mat GUARDS From still hang:	
1	Lift to chin up position (2 secs) (1 mark)	1. Elbows in
2	Lower down and lift over in pike into German hang (2 secs), lift back up through pike to inverted hang (2 secs) (1 mark)	
3	Kip out into swing backwards, swing forwards (1.5 marks)	Rings should be turned inwards on forwards swings and turned out on backward swings.
4	Swing backwards and forwards (1.5 marks)	
5	Swing backwards and forwards (1.5 marks)	Forwards swing should be performed in a dish shape, while backwards swings should be performed in a shallow arch shape, initiated by a heel drive.
6	Swing backwards and swing forwards (1.5 marks) into tucked back dismount (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 4 Rings (Guards)

Element	Description	General Performance Considerations
	Compulsory Landing area - 30cm safety mats + 10cm landing mat GUARDS: Lift gymnast up to support.	
1	Show straight arm support (2 sec) (1 mark)	2. Elbows in
2	Lower down to chin up position (2 sec) (1 mark)	
3	Lower down and lift over in pike into German hang (2 secs) (1.0), lift back in pike to inverted hang (2 secs) (1 mark)	
4	Kip out into swing backwards, swing forwards (1.5 marks)	Rings should be turned inwards on forwards swings and turned out on backward swings.
5	Swing backwards, swing forwards (1.5 marks)	Forwards swing should be performed in a dish shape, while backwards swings should be performed in a shallow arch shape, initiated by a heel drive.
6	Swing backwards, swing forwards (1.5 marks)	
7	Swing backwards, swing forwards (1.5 marks) into tucked back dismount (1 marks)	

TOTAL SCORE – 10.00pts



VAULT

Aspire Grades - Level 1 Vault

Element	Description	General Performance Considerations
1	Springboard onto 60cm block onto 20cm safety mat - from a 5m run Stretch jump on, immediate stretch jump off to land (10 marks)	Distinct body shape during stretch jump Arms positioned up during stretch jump Strong distinct landing shape
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 2 Vault

Element	Description	General Performance Considerations
1	Springboard onto a 60cm block with a 20cm safety mat positioned on top - from a 10m run Handspring flat back (10 marks) OR	Distinct body shape during vault Arms positioned up during stretch jump Strong distinct landing shape
2	Round off to knees (10 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 3 Vault

Element	Description	General Performance Considerations
1	Springboard onto 100cm table vault with level mats - from a 15m run.	Distinct body shape during vault Arms positioned up during stretch jump Strong distinct landing shape
	Handspring flat back (10 marks)	
OR		
2	Round off to knees (10 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 4 Vault

Element	Description	General Performance Considerations
1	Springboard onto 100cm table vault with FIG landing area - from a 15m run. Handspring (10 marks) OR	Distinct body shape during vault Strong distinct landing shape
2	Round off (10 marks)	
TOTAL SCORE – 10.00pts		



PARALLEL BARS

Aspire Grades - Level 1 Parallel Bars

Element	Description	General Performance Considerations
	Bars on lowest height + 60cm block	
1	From block, jump to support with straight arms (2 sec) (1 mark)	
2	Lift legs up above height of bars (1 mark), into Swing backwards, swing forwards (2 marks)	
3	Swing backwards, swing forwards (2 marks)	Swings should show distinct arch shape throughout
4	Swing backwards, swing forwards (2 marks)	Swing expectation - hips in line or greater than the bar height for no deduction
5	Swing backwards and push off between the bars to land on block (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 2 Parallel Bars

Element	Description	General Performance Considerations
	Bars on lowest height + 60cm block. 30cm high landing area	
1	From block, jump to support with straight arms (2 sec) (1 mark), dip (1 mark)	Dip must have at least a 90-degree bend in arms
2	Lift legs up above height of bars into Swing backwards, swing forwards (2 marks)	
3	Swing backwards, swing forwards (2 marks)	Swings should show distinct arch shape throughout
4	Swing backwards, swing forwards (2 marks)	Swing expectation - hips in line or greater than the bar height for no deduction
5	Swing backwards and flank dismount (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 3 Parallel Bars

Element	Description	General Performance Considerations
	Bars on lowest height + 60cm block. 30cm high landing area	
1	From block, jump to support with straight arms (2 sec) (0.5 marks)	
2	½ turn in support (1 mark), Lift legs to L sit (2 sec) (0.5 marks)	
3	Lift legs towards Russian lever into Swing backwards, swing forwards (2 marks)	Swings should show distinct arch shape throughout
4	Swing backwards, swing forwards (2 marks)	Swing expectation - hips in line or greater than the bar height for no deduction
5	Swing backwards, swing forwards (2 marks)	
6	Swing backwards and flank dismount (2 marks)	
TOTAL SCORE – 10.00pts		

Aspire Grades - Level 4 Parallel Bars

Element	Description	General Performance Considerations
	Bars on lowest height + 60cm block. 30cm high landing area	
1	From block, jump into drop upstart (1 mark) to support (2 sec) (1 mark)	
2	½ turn in support (1 mark), Lift legs to L sit (2 sec) (1 mark)	
3	Lift legs towards Russian lever into Swing backwards, swing forwards (1.5 marks)	Swings should show distinct arch shape throughout
4	Swing backwards, swing forwards (1.5 marks)	Swing expectation - hips in line or greater than the bar height for no deduction
5	Swing backwards, swing forwards (1.5 marks)	
6	Swing backwards and flank dismount (1.5 marks)	
TOTAL SCORE – 10.00pts		



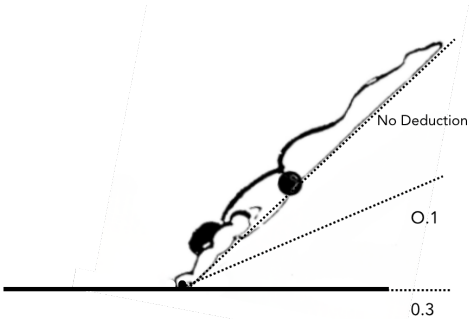
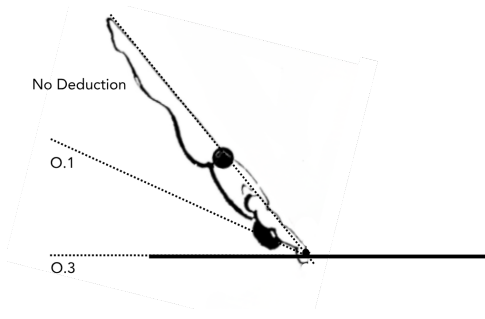
HIGH BAR

Aspire Grades - Level 1 High Bar (Gloves and Loops)

Element	Description	General Performance Considerations
	From a still hang in gloves and loops:	
1	Chin up circle round to support (2 marks)	
2	Cast above horizontal (2 marks), layaway into	
3	Swing forwards, swing backwards (2 marks) (each side must higher than the bar)	Swings below horizontal will incur a 0.3 deduction
4	Swing forwards, swing backwards (2 marks) (each side must higher than the bar)	
5	Swing forwards, swing backwards (2 marks) (each side must higher than the bar)	

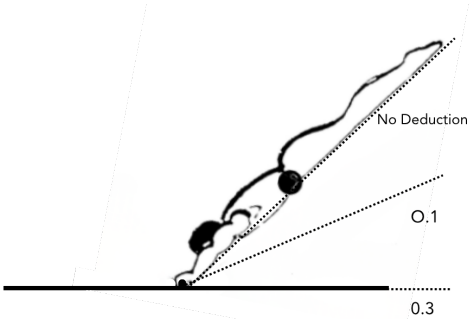
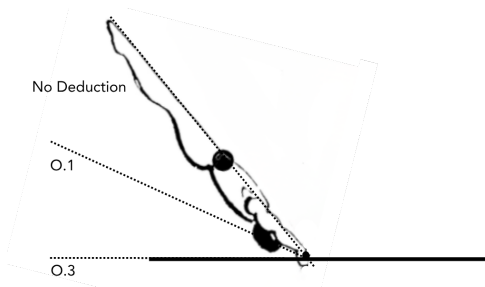
TOTAL SCORE – 10.00pts

Aspire Grades - Level 2 High Bar (Gloves and Loops)

Element	Description	General Performance Considerations
	From a still hang in gloves and loops: 1 Lift legs piked to the bar and lower with straight legs to hang (1 mark), then chin up circle round to support ((1 mark) 2 Cast above 45° (2 marks), layaway into 3 Swing forwards, swing backwards (2 marks) (each side must be >45°) 4 Swing forwards, swing backwards (2 marks) (each side must be >45°) 5 Swing forwards, swing backwards (2 marks) (each side must be >45°)	 Diagram above shows height deductions for the back swing  Diagram above shows height deductions for the front swing

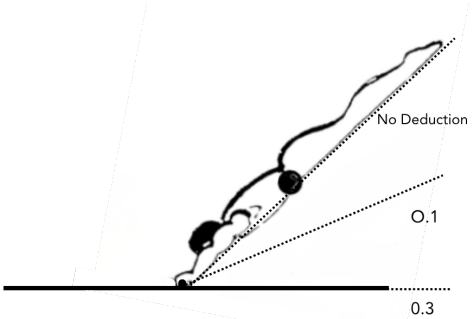
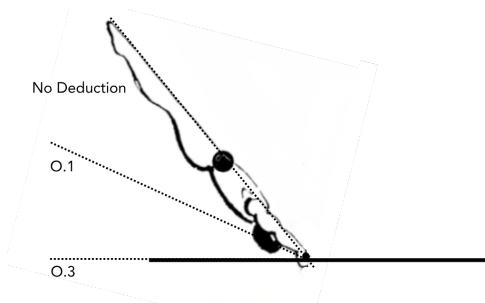
TOTAL SCORE – 10.00pts

Aspire Grades - Level 3 High Bar (Gloves and Loops)

Element	Description	General Performance Considerations
	From a still hang in gloves and loops: 1 Lift legs piked to the bar and lower with straight legs to hang (1 mark), then chin up circle round to support (1 mark) 2 Backward Hip circle to support (1 mark), cast above 45° (1 mark), layaway into 3 Swing forwards, swing backwards (2 marks) (each side must be >45°) 4 Swing forwards, swing backwards (2 marks) (each side must be >45°) 5 Swing forwards, swing backwards (2 marks) (each side must be >45°)	 Diagram above shows height deductions for the back swing  Diagram above shows height deductions for the front swing

TOTAL SCORE – 10.00pts

Aspire Grades - Level 4 High Bar (Gloves and Loops)

Element	Description	General Performance Considerations
	From a still hang in gloves and loops: 1 Lift legs piked to the bar and lower with straight legs to hang (1 mark), then chin up circle round to support (1 mark) 2 Backward Hip circle to support (1 mark), cast above 45° (1 mark), layaway into 3 Swing forwards, swing backwards (2 marks) (each side must be >45°) 4 Swing forwards into backward giant (2 marks) 5 Swing forwards into backward giant (2 marks)	 Diagram above shows height deductions for the back swing  Diagram above shows height deductions for the front swing

TOTAL SCORE – 10.00pts

Men's Artistic Resources



Scan the QR code to access our growing collection of Men's Artistic Gymnastics (MAG) resources, including routine guides, training materials, competition information, coaching resources, and more.

Please note that the routines shown in the videos are intended as a guide only. They are not performed perfectly and may contain elements that would incur deductions under competition judging criteria. In addition, the equipment used may differ from that used in official competitions or from the equipment available in your own gym.

The purpose of these videos is to provide an overview of the routine structure, sequencing and required elements rather than a flawless competition standard performance. Coaches and gymnasts should always refer to the current competition rules and equipment specifications when preparing for events.

Please note that this resource hub is a work in progress. New content, resources, and updates will continue to be added over time, so we encourage you to check back regularly to access the latest materials and information.

Welsh Gymnastics would like to thank Adam Perman, Paul Edwards and Aled Jones for their contributions to the development of this Grades Booklet and its associated resources.

For any questions or further information, please contact Adam Perman at **adam.perman@welshgymnastics.org**

