



NATIONAL GYMNASTICS ASSOCIATION

LEVEL REQUIREMENTS

Deductions: small = -0.1 medium = -0.3 large = -0.5 fall = -0.5	*Age Determined at Day of Competition	6 min skills, 8 max NGA SS can fulfill EG if SS are Allowed (Lvl. 1 - 3. each Missing EG is -0.5) (Lvl 4 -10, each EG is worth +0.5)			Min. Difficulty Required (-0.5 Global deduction if not fulfilled) Higher difficulty skills can always replace lower difficulty skills X- Level of difficulty not allowed at this level Lvl. 1-3 PH all difficulty allowed ***			
	Min Age*	Level	# of EG required	# of SS allowed	A	B	C	D+
Max SV from 10.0	5	1	2**	8		X	X	X
Max SV from 10.0	6	2	3**	8		X	X	X
Max SV from 10.0	7	3	4**	8		X	X	X
Jr. FIG including SS	8	4	4**	6	1		X	X
Jr. FIG including SS	9	5	4**	5	2			X
Jr. FIG including SS	10	6	4**	4	2	1		X
Jr. FIG including SS	11	7	4**	3	2	2		X
Jr. FIG including SS	12	8	4 (A Dismount)	2	2	3		
Jr. FIG including SS	13	9	4 (B Dismount)	1	2	3	1	
Jr. FIG	14	10	4 (C Dismount)	0	2	3	2	

SS = Super Skills

* Minimum age to compete at each level is determined at day of competition

** Does not apply to PH and VT. See PH and VT requirements for details

*** Levels 3 - 10 PH: All Difficulty Allowed