



# NATIONAL GYMNASSTICS ASSOCIATION

## General Rules

### NGA Men's Rules

- FIG Junior Code of Points Rules (Including FIG Newsletters) will be followed with these exceptions:
- Levels 1-3: Start Value is 10.00 (Except on PH - Either 10.0 or 9.5 based on Mushroom height choice).
- Levels 4-10: Start Value determined by difficulty.
- Levels 1-7: No repetition deduction but repeated skill not counted for value.
- Levels 1-10 One skill cannot fulfill more than one element group.
- Routine Errors and Deductions: Small -0.1, Medium -0.3, Large -0.5, Fall -0.5.
- Missing EG (levels 1-3): -0.5 each
- Missing Difficulty: -0.5 global deduction
- Skill performed out of age group safety difficulty range: -0.5 each
- All other error deductions as per FIG Junior Code of Points

### General Rules

- Age Determination will be the current age of the athlete on the first day of each competition.
- Levels 1-10: There is a minimum age for each level, there are no maximum age restrictions in competing at any level.
- Levels 1-5: Uniform - Only required to wear athletic shorts and team T-shirt or jersey top.
- Levels 6-10: Uniform - Required to wear gymnastics shorts on FX & V, form pants and socks with jersey top on PH, SR, PB, HB.

### Coach's Responsibilities and Professional Attire

- Closed toe shoes, shorts, slacks, or warm-up pants and collared team shirt.
- Spotter is required for all levels to be in position to safely spot on SR, V and HB.
- Spotter is also allowed at all levels on PB.
- Additional Spotter is permitted on SR, VT, PB, HB.
- Levels 1-3: Spotting allowed on all events with no spotting deduction, only loss of skill value.
- Levels 1-3: Speaking to the gymnast during their routine is allowed without deduction.
- Video tape review is allowed only for difficulty and element groups at Qualification Competitions.
- Coaches must have Current NCSI Background Check, Abuse Prevention Training Certification, and Concussion Protocol Training.



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### Event Exceptions

- Levels 1-9: On FX No Double Salto skill required.
  - Levels 6-7: On PH, the no pommels and / or one pommel skills lists apply.
  - Levels 7-9: On PH, feint allowed without deduction.
  - Levels 1-9: On Rings No swing to handstand required.
  - Levels 1-9: On PB, 1/2 swing to horizontal is allowed before EG III (under bar element) skills.
  - Levels 1-9 On PB Hand on hand spot is allowed for EG III skills.
  - Levels 4-9 On PB Stutz, Salto Backwards, and Giant to support at horizontal "B" Value and will fulfill EG.
  - Levels 1-9: On HB, change of direction is allowed without deduction.
  - Levels 4-9 On HB Any Jam/Adler at 45° "B" Value and will fulfill EG.
  - Levels 1-9: On HB, change of direction and 1/2 swing allowed after EG II skill without deduction.
- Stick Bonus: +0.1 on all apparatus all levels, except Mushroom . (See VT rules for some exceptions)

### Equipment

FIG Junior Code requirements except PB and PH. Height may be lowered if needed to adapt to athlete.

### Matting

As per FIG Junior Code of Points.

Additional matting may be used on SR, VT, PB, HB at all levels for the safety of the athlete.

Panel mats may be used to mount PH and PB.

One 4 inch mat or sting mat may be used on FX for C value skills or higher (for landing only) but must remain in place for the entire routine.

4 inch = 10 cm

8 inch = 20 cm

16 inch = 40 cm