



Men's Technical Handbook 2022-2026

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Effective July 1, 2022 to June 30, 2026

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*Scan for direct link:
NGA National Men's Director
Mike Naddour*



PART A

NGA MEN'S PROGRAM

CHAPTER 1—MEN'S COMPETITIVE PROGRAM

CHAPTER 2—MEN'S EVENTS SKILL CHART



Chapter 1

MEN'S COMPETITIVE PROGRAM



***Men's
Program***



SECTION 1—COMPETITION GUIDELINES

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COMPETITION GUIDELINES—ALL LEVELS

COMPETITION STANDARDS

Goal

- To maintain same **“Team First”** concepts thru each level of competition

Announcer



- Need to have a great announcer to keep the meet exciting!

Awards

- Team Awards—Every athlete receives medal
- Individual Awards—Top (3) per event/AA

Bonus Format

Judges use flags!

-  Blue Flag = Stick
-  Gold Flag = Top Score each event

Inclusive

- All athletes eligible to compete all events—everyone can contribute

Team Division

- Team Score = Designate (5)-(3) scores count. Must designate (5) Team Members in advance, prior to competition start
 - Level 8N/9N/10N = Designate 5/3 count
 - Level 6N/7N = Designate 5/3 count
 - Level 4N/5N = Designate 5/3 count
 - Level 1N/2N/3N = Designate 5/3 count

Qualifying

- Top 3 Club Teams-State Championships qualify to Zones
- Top 3 Club Teams-Zones qualify to Nat'l Championships
- Example: L8N/9N/10N Combined Team are top 3—all go as team, including Specialists
 - Level 8N/9N/10N = Designate 5/3 count
 - Level 6N/7N = Designate 5/3 count
 - Level 4N/5N = Designate 5/3 count
 - Level 1N/2N/3N = Designate 5/3 count

Sessions and Events

- Determining # of events at a time and/or # of meet sessions—Maximum 10 gymnasts per squad
- Level 1N-5N meets to be short and sweet—pre competition routines should be limited or discouraged

Event Warm-up

- Level 1N-5N—30 min. (open warm-up)
- Level 1N-5N—One Touch
- Level 6N-7N—Two touch
- Level 8N-10N—Three touch
- Modified Capital Cup suggested for Levels 6N-10N

Level Qualification

- L1N-3N Team—Competes at State Team Championships only
- L4N-5N Team—Qualifies to Zone Team Championships
- L6N-7N Team & L8N/9N/10N Team—Qualify to Nat'l Team Champs.

COACHES RESPONSIBILITIES

- Spotter required—all levels—be in position to safely spot on SR-V-HB
- Spotter allowed—all levels:PB—Additional spotter permitted: SR-VT-PB-HB
- L1N-3N: Spotting allowed—all events—Ø spot deduction, only loss of skill VP
- L1N-3N: Speaking to gymnast during routine allowed w/o deduction
- Video tape review allowed only for difficulty / element groups at Qualification Competitions
- Coaches must have current NCSI Background Check, Abuse Prevention Training Certification, & Concussion Protocol Training

PROFESSIONAL ATTIRE

- Closed toe shoes, shorts, slacks, or warm-up pants and collared team shirt



COMPETITION CONCEPTS—LEVELS 1N-3N

STATE GYMNASTICS TEAM LEAGUE

Level 1N-3N—Purpose <ul style="list-style-type: none"> • To develop Team competition that adds to growth of men's gymnastics in each state • To encourage participation in competitive gymnastics within each club program • To develop judges' assistants who may grow to be Nationally Certified 	League Competitions/GYMAct <ul style="list-style-type: none"> • Competition Directors hosting local events use the local GYMAct team, if available, to work the meet and assist the judges. • Host will donate to local GYMAct program based on number of workers needed to run the competition. • Donations used for competition and scholarship opportunities for athletes competing in local GYMAct collage programs 	Sessions and Events <ul style="list-style-type: none"> • Determine number of events at a time and/or number of meet sessions—Maximum 10 gymnasts per squad Event Warm-up <ul style="list-style-type: none"> • Level 1N-3N—30 min. (open warm-up) • Level 1N-3N—One Touch Overview Level 1N-3N <ul style="list-style-type: none"> • Positive and inexpensive introduction to competitive gymnastics • Athletes not required to do all events • Gym shorts and T-shirt are acceptable attire 	League Overview <ul style="list-style-type: none"> • NGA State Men's Gymnastics League is comprised of many Clubs and Judges from across each State • Competitions are usually dual in house meets not large invitationals <ul style="list-style-type: none"> • Provides access to competition and learning opportunities to all its members at greatly reduced cost. • Encourages participation and increases level of competition • Developing judges within the organization, ensures quality of judging remains high, and cost to Competition Directors stays affordable

[Link to Junior FIG here](#)

COMPETITION REQUIREMENTS

MEN'S ALL LEVEL REQUIREMENTS

FIG Junior Code of Points Rules (Including FIG Newsletters) will be followed with these exceptions:

Start Value (SV)	Age on 1st day of Competition <i>Ø max age restrictions at any level</i>	(6) min skills / (8) max. NGA Super Skills fulfills Element Group if Super Skills allowed L1N-3N: Missing Element Group = -0.50 L4N-10N: Element Group = +0.50		X = Skills NOT allowed L4N-10N PH all difficulty allowed				
	Min Age	Level	Required # of Element Groups	# Super Skills	A	B	C	D+
Max SV = 10.0	5	1N	2	8		X	X	X
Max SV = 10.0	6	2N	3	8		X	X	X
Max SV = 10.0	7	3N	4	8		X	X	X
Jr FIG include Super Skills	8	4N	4	6			X	X
Jr FIG include Super Skills	9	5N	4	5				X
Jr FIG include Super Skills	10	6N	4	4				X
Jr FIG include Super Skills	11	7N	4	3				X
Jr FIG include Super Skills	12	8N	4 + FIG 'A' Dismount	2				
Jr FIG include Super Skills	13	9N	4 + FIG 'B' Dismount	1				
Jr FIG include Super Skills	14	10N	4 + FIG 'C' Dismount	0				

EVENT EXCEPTIONS

1N-9N	FX	• No double salto skill required
6N-7N	PH	• Ø Pommels / 1-Pommel skill lists apply
		• Not required to touch (3) parts of Pommel Horse
7N-9N	PH	• Feint allowed w / Ø deduction
4N-9N	PH	• Circle—flair—HS (only upgrade to 'C')
		• No more than -0.5 (taken in normal increments) plus -0.3 for touching horse w any part of body
1N-9N	SR	• No swing to HS required
1N-9N	PB	• 1/2 swing allowed before EG III (under bar elements) skills
1N-9N	PB	• Hand-on-hand spot allowed before EG III skills
1N-9N	PB	• Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG
1N-9N	HB	• Change of directions allowed w/o deduction
4N-9N	HB	• Any Jam/Adler at 45° 'B' VP, fulfills EG
1N-9N	HB	• Change of direction + 1/2 swing allowed after EG II skill w/o deduction

Stick Bonus: +0.1 on all apparatus, all Levels, except Mushroom
(See VT for some exceptions)

COMPETITION STANDARDS



ERRORS AND DEDUCTIONS

Deduction	Description
-0.10	Small Error
-0.30	Medium Error
-0.50	Large Error
-0.50	Fall
-0.50	Skill performed out of skill difficulty range
-0.50 each	Missing EG (Levels 1N-3N)
-0.50 each	Missing FIG 'A' skill
Ø VP	Repeat skills (Ø repetition deduction) L1-7
● One skill cannot fulfill more than 1-element group	
● All other error deductions as per FIG Jr COP	

START VALUES

Start Value	Level & Events
10.0	L1N-3N — FX-MU-SR-PB-HB
	L4N-10N — By difficulty

EQUIPMENT

- Tramp board allowed L 1N-3N VT
 - FIG Jr Code requirements except PB & PH—Height may be lowered if needed to adapt to athlete
 - As per FIG Jr Code of Points
 - Additional matting may be used on SR-VT-PB-HB-all levels for athlete safety
 - Panel mats may be used to mount PH & PB
 - (1) 4" mat/sting mat may be used on FX for 'C' + VP (landing only)—must remain in place for entire routine
- 4" = 10 cm
8" = 20 cm
16" = 40 cm

UNIFORMS

- Levels 1N-5N**
- Athletic shorts and team T-shirt or jersey top
- Levels 6N-10N**
- Gymnastics shorts: FX-VT
 - Form pants & socks w jersey top: PH-SR-PB- HB

SHORT ROUTINES — PER JR FIG

- No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed, regardless of whether skills are accounted for value
- NGA levels having FIG "A" skill requirement and is replaced with a Super Skill, NO 'Short Routine' deduction, only -0.50 for any missing FIG "A" required skill
- **L8-10 FIG dismount difficulty requirements not met, a partial credit of +0.30 is awarded**

LEVEL REQUIREMENTS



ALL LEVEL REQUIREMENTS

Missing EG Elements - L1N-L3N

Each Missing EG = -0.5

Missing EG Elements - L4N-L10N

Each EG is worth = +0.5

Number of Skills

(6) min. skills / (8) max.

NGA Super Skills (SS) vs FIG Skills

NGA SS fulfills EG if SS allowed

Fulfilling Element Group (EG)

One (1) skill cannot fulfill more than (1) element group

Changes/Clarifications

Noted in highlighted blue

Dates

LEVEL 1N SV = 10.0

5 years & up

FLOOR EXERCISE

1. Minimum (2) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

MUSHROOM

Floor Height Mushroom = +1.0 BONUS

1. 1/4 Circle through support
2. 3/4 Circle through support
 - Evaluate hip roll (Counter to Circle), lean & extension
 - May pass thru 1/4 & 3/4 positions if performed well
 - Landing not evaluated

STILL RINGS

1. Minimum (2) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

VAULT—Stacked mats—16”+

1. Stretch Jump—under arm reach—Kick Handstand—flat back onto Mat Stack

PARALLEL BARS

1. Minimum (2) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

HIGH BAR

1. Minimum (2) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

LEVEL 2N SV = 10.0

6 years & up

FLOOR EXERCISE

1. Minimum (3) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

MUSHROOM

Floor Height Mushroom = +1.0 BONUS

1. 1-1/2 or more Circles finish thru rear support
 - Evaluate hip roll (Counter to Circle), lean & extension
 - Finish in/thru fully extended rear support
 - Landing not evaluated

STILL RINGS

1. Minimum (3) Element Groups
2. May count up to 8 NGA Super Skills
3. May use FIG 'A' value skills

VAULT—Resi/Stacked Mats—10' x 5' x 32"

1. Handspring—flat back onto Resi

PARALLEL BARS

1. Minimum (2) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

HIGH BAR

1. Minimum (3) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

Section 3

LEVEL REQUIREMENTS



LEVEL 3N SV = 10.0

7 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

MUSHROOM

Floor Height Mushroom = +1.0 BONUS

1. 3-1/2 or more Circles finish thru rear support
 - Evaluate hip roll (Counter to Circle), lean & extension
 - Finish in/thru fully extended rear support
 - Landing not evaluated

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to 8 NGA Super Skills
3. May use FIG 'A' value skills

VAULT—Resi/Stacked Mats—5' x 32"

1. Front Handspring over resi to landing mat
 - Landing evaluated

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

HIGH BAR

1. Minimum of (4) Element Groups
2. May count up to (8) NGA Super Skills
3. May use FIG 'A' value skills

LEVEL 4N

8 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum of (1) FIG 'A' value skill

MUSHROOM

Floor Height Mushroom = +1.0 BONUS

1. Circles & Flairs plus (1) different FIG skill finish thru Rear Support
2. Four (4) element groups required
3. Circles & Flairs may be repeated for 'A' VP
 - Skill and finish must be preceded by circle or flair
 - Dismount landing not evaluated
 - #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG 'A' value skill

VAULT—Resi/Stacked Mats—5' x 32"

1. Handspring SW w 1/4 (90°) over Resi to landing mat
2. Front Handspring over Resi to landing mat
 - Landing evaluated
 - 2 different Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG "A" value skill

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (6) NGA Super Skills
3. May use FIG 'A' & 'B' value skills
4. Minimum (1) FIG 'A' value skill

LEVEL REQUIREMENTS



LEVEL 5N

9 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills

MUSHROOM

Floor Height Mushroom = +1.0 BONUS

1. Circles, plus (3) different FIG skill finish thru Rear Support
2. Four (4) element groups required
 - Skill and finish must be preceded by circle or flair
 - Dismount landing not evaluated
 - #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills

VAULT—Resi—10' x 5' x 32"

1. Round off, Back Handspring to stand on Resi
2. Front Handspring to stand on Resi
3. Handspring SW with 1/4 (90°) to stand on Resi
 - 2 different Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum of (2) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (5) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (2) FIG 'A' value skills required

SKILL LEVEL 6N

10 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

POMMEL HORSE—No Pommels

1. Minimum four (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use all FIG value skills
4. Minimum (3) FIG 'A' value skills
 - NO POMMELS—Ø Pommels skills
 - Not required to touch (3) parts of Pommel Horse
 - #EG1-Flair

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

VAULT—Table + Resi—10' x 5' x 32"

1. Roundoff BHS over Table to stand on Resi
2. Front Handspring over Table to stand on Resi
3. Handspring SW w 1/4 (90°) over Table to stand on Resi
 - Ø Stick Bonus, Land not evaluated, must land feet 1st
 - 2 different Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills
4. Minimum (3) FIG 'A' value skills

LEVEL REQUIREMENTS



SKILL LEVEL 7N

11 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

POMMEL HORSE—One Pommel

1. Minimum four (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use all FIG value skills
4. Minimum (4) FIG 'A' value skills
 - (1) PH w/ Ø pommel skills + 1 pommel skills
 - Not required to touch (3) parts of Pommel Horse

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV to 12.2 SV or Tucked Salto (non-twisting)
 - 2 different EG Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (3) NGA Super Skills
3. May use FIG 'A' & 'B' & 'C' value skills
4. Minimum (4) FIG 'A' value skills

SKILL LEVEL 8N

12 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

VAULT—Table

1. Any Vault from 11.6 SV - 13.2 SV or any Layout/Pike Salto (non-twisting)
 - 2 different EG Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (2) NGA Super Skills
3. May use all FIG value skills
4. Minimum (5) FIG 'A' value skills

LEVEL REQUIREMENTS



SKILL LEVEL 9N

13 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

STILL RINGS

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

VAULT – Table

1. Any Vault from 11.6 SV to a 14.4 SV
- 2 different EG Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. May count up to (1) NGA Super Skills
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

SKILL LEVEL 10N

14 years & up

FLOOR EXERCISE

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

POMMEL HORSE

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

STILL RINGS

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

VAULT – Table

1. Any Vault from 11.6 SV to a 16.0 SV
- 2 different EG Vaults required-averaged

PARALLEL BARS

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

HIGH BAR

1. Minimum (4) Element Groups
2. Ø NGA Super Skills allowed
3. May use all FIG value skills
4. Minimum (6) FIG 'A' value skills

Chapter 2

MEN'S EVENT SKILLS CHARTS



***Men's
Program***



SECTION 1—FX—SUPER SKILLS CHART

SECTION 2—PH—NO POMMELS SKILLS CHART

SECTION 3—PH—ONE POMMEL SKILLS CHART

SECTION 4—PH—SUPER SKILLS CHART

SECTION 5—SR—SUPER SKILLS CHART

SECTION 6—VT—REQUIREMENTS CHART

SECTION 7—PB—SUPER SKILLS CHART

SECTION 8—HB—SUPER SKILLS CHART

FX—SUPER SKILLS CHART

FLOOR EXERCISE — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: NON-ACROBATIC ELEMENTS

1.1 Sissone (120° leg split)	1.2 Hitch Kick (both legs above horizontal)	1.3 Swedish fall (90° leg split)	1.4 Press to Headstand	1.5 Handstand (no hold) to roll out	1.6 Bridge (2s)
1.7 Split press / Endo roll to stand (straddle/pike)	1.8 Handstand (no hold) to bridge	1.09 Endo roll to handstand no hold	1.10 Straddle jump	1.11 Pike jump	1.12 Tuck jump
1.13 Jump 1/2 or 1/1 turn	1.14 Arabesque	1.15 Candlestick	1.16 L-Hold	1.17 Prone Fall	1.18 Straddle Pancake

ELEMENT GROUP II: ACROBATIC ELEMENTS FORWARD

2.1 Headspring	2.2 Cartwheel step FWD or bring feet together FWD	2.3 Cartwheel	2.4 Bent arm tuck FWD roll	2.5 Pike FWD Roll	2.6 Straddle forward roll
2.7 Candlestick FWD roll					

ELEMENT GROUP III: ACROBATIC ELEMENTS BACKWARD

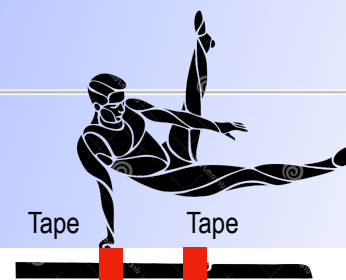
3.1 Cartwheel step BWD or bring feet together BWD	3.2 Roundoff (w w/o rebound)	3.3 Bent arm tuck/pike/straddle BWD roll	3.4 Straight arm BWD roll to pike stand or prone	3.5 BWD walkover	
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ELEMENT GROUP IV: DISMOUNTS

4.1 Roundoff (w rebound)	4.2 Back Handspring (w rebound)	4.3 Front Handspring (w rebound)			
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Section 2

PH—NO POMMELS SKILLS CHART



POMMEL HORSE SKILLS — NO POMMELS Pommel Horse Part Numbers

1 2 3 4 5

ELEMENT GROUP I: SINGLE-LEG SWINGS AND SCISSORS

No element skills

ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS

1	Circle in Side Support	A	26	Circle with 1/2 spindle (in one circle)	B	80	Reverse Stockli	B
1	*Flair in Side Support	A	28	1/1 spindle in side support within 2 circles	D	86	Swiss hop	B
13	Circle in cross support frontways on end	A	29	Any 1/1 spindle w/in 2 circles (From 1-3 E to 3-5 to 1-3) [Eichorn]	E	91	Schwabenflank	A
13	*Flair in cross support frontways on end	A	34	1/1 spindle in cross support within 2 circles	D	92	Czechkehr	B
19	Circle in cross support rearways on end	A	39	Flair or Circle to HS, lower to Flair or C Circle [Tippelt]	C	103	180° Russian	A
19	*Flair in cross support rearways on end	A	50	Direct Stockli-A	B	104	360° Russian	B
20	Circle in cross support between tape (3-3)	B	61	Double Rear [Kehr]	A	105	720° Russian	C
25	Circle with 1/4 spindle	A	79	Front out or in	A	105	1080° Russian	D

ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES

1	1/2 FWD side travel	A	33	1/2 Side travel with 1/2 spindle	B	70	Kehr - Reverse Stockli – Kehr [Moguilny]	D
2	3/3 FWD side travel	B	35	3/3 Cross travel with 1/2 spindle (in one circle) [Nin Reyes]	E	71	Reverse Stockli – Kehr – Reverse Stockli [Belenki]	D
13	1/2 BWD side travel	A	44	1/2 FWD cross support travel	B	82	3/3 Travel with 180° Russian [Tong Fei]	D
14	3/3 BWD side travel	B	46	3/3 FWD cross support travel [Magyar]	D	88	3/3 Travel with 360° Russian [Roth]	D
27	1/2 travel with 1/2 spindle (side or cross support)	C	56	1/2 BWD cross support travel	B	89	3/3 Travel with 720° Russian [Wu]	E
29	3/3 Side travel with 1/1 spindle	E	58	3/3 BWD cross support travel [Sivado]	D			

ELEMENT GROUP IV: DISMOUNTS

1	Wende	A	8	360° Russian to wende	B	10	1080° Russian to wende	D
4	Circle or flair to HS with 3/3 travel and 450 deg turn	D	9	720° Russian to wende	C	20	*Circle or flair to HS	C

(Special VAL for HS with no turn or travel)

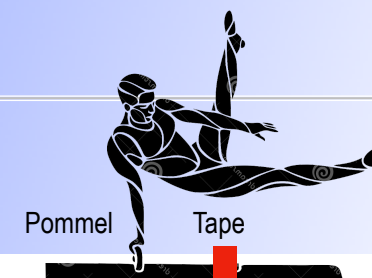
****1-3, 3-3, 4-5, etc refer to placement of gymnast's hands (see figure above)**

***See FIG Jr COP for HS turn/travel principles**

Same skill box number counted as separate skill

Section 3

PH—ONE POMMEL SKILLS CHART



POMMEL HORSE SKILLS — ONE POMMEL

Pommel Horse Part Numbers

1 2 3 4 5

ELEMENT GROUP I: SINGLE-LEG SWINGS AND SCISSORS

1	Scissor FWD	A	13	Scissor BWD	A	21	Scissor BWD to HS	C
4	Scissor FWD to HS	D	14	Double scissor (1/4 turn - 1/4 turn)	B	28	Scissor BWD w hop sideways (also w 1/2 turn)	B
7	Scissor FWD w 1/2 turn	A	15	Double scissor (1/4 turn - 1/4 turn) w travel	C	32	Double scissor BWD (1/4 turn - 1/4 turn)	B
8	Scissor FWD w hop SWD (also w 1/2 turn)	B	19	Scissor BWD w 1/2 turn	A			

ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPINDLES & HS, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS

1	*Uphill circle in side support (first 1/4 circle over pommel)	A	2	Circle in side support on pommel	B	56	Direct Stockli B using pommel	B
1	*Uphill flair in side support (first 1/4 circle over pommel)	A	14	Circle in cross support on 1-pommel (w or w/o 1/4 turn)	B	92	Czechkehr using pommel	B
1	*Downhill circle in side support (first 1/4 of circle over end)	A	14	*Flair in cross support on 1-pommel (w or w/o 1/4 turn)	B	110	180° Russian on the pommel	B
1	*Downhill flair in side support (first 1/4 of circle over end)	A	20	Circle in cross support (3-3)	B	111	360° Russian on the pommel	C
1	*Circle w pommel between hands	A	20	Flair in cross support (3-3)	B	112	720° Russian on the pommel	D
1	*Flair w pommel between hands	A	50	Direct Stockli A using pommel	B	113	1080° Russian on the pommel	E

ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPINDLES

-	*1/3 Fwd cross support travel to pommel	B	-	*1/2 Bwd cross support travel over pommel	B	70	Kehr - Reverse Stockli – Kehr [Moguilny]	D
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ELEMENT GROUP IV: DISMOUNTS

	No element skills						(Special VAL for HS with no turn or travel)	
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****1-3, 3-3, 4-5, etc refer to placement of gymnast's hands (see figure above)**

***See FIG Jr COP for HS turn/travel principles**

Same skill box number counted as separate skill

Section 4

PH—SUPER SKILLS CHART

POMMEL HORSE — SUPER SKILLS					
All super skills receive the value of A (0.1)					
ELEMENT GROUP I: SINGLE LEG SWINGS AND SCISSORS					
1.1 Front support to leg cut	1.2 Rear support to leg cut	1.3 Front support straddle swing to both sides (swing hips to outside of pommels)	1.4 Rear support straddle swing to both sides (swing hips to outside of pommels)	1.5 Stride swing to both sides (push off pommel on both sides)	1.6
1.7 Foward false scissor (left side)	1.8 Foward false scissor (right side)	1.9 Reverse false scissor (left side)	1.10 Reverse false scissor (right side)	1.11 Undercut	1.12
1.13 Single leg side travel	1.14 Single leg reverse stockli	1.15 Single leg Kehr	1.16	1.17	1.18
ELEMENT GROUP II: CIRCLE AND FLAIRS, W W/O SPINDLES & HANDSTAND, KEHR SWINGS, RUSSIAN W, FLOPS AND COMBINED ELEMENTS					
2.1 Single leg pick up thru rear support to front support	2.2 Single leg pick up thru front support to front support	2.3 Single leg circle in front support	2.4 Single leg circle in rear support	2.5 Uphill circle or flair (first 1/4 of circle over pommel)	2.6 Downhill circle or flair (first 1/4 of circle over end)
2.7 * Flair in side support, or cross support front ways, or cross support rear ways on end	2.8 * Circle or Flair w pommel between hands				
ELEMENT GROUP III: TRAVEL TYPE ELEMENTS, INCLUDING KROLLS, TONG FEI, WU GUONIAN, ROTH & TRAVELING SPINDLES					
3.1— <i>Added</i> Single leg travel					
ELEMENT GROUP IV: DISMOUNTS					
4.1 Leg cut FWD	4.2 Half circle	4.3 180° Russian to Wende			

SR—SUPER SKILLS CHART

STILL RINGS — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: KIP AND SWEING ELEMENTS & SWINGS THROUGH OR TO HANDSTAND

1.1— Moved to EG 3.7 Kip w bent arms to support	1.2 FWD giant from shoulder stand to shoulder stand (2s)	1.3 BWD giant from shoulder stand to shoulder stand (2s)	1.4 Full swing (candlestick / reverse candlestick position to 45° on both sides)	1.5 Kip w coach assistance	1.6
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ELEMENT GROUP II: STRENGTH ELEMENTS AND HOLD ELEMENTS (2 SEC)

2.1 Lower to shoulder stand (2s) from handstand	2.2 Muscle up (no hold)	2.3 Straight or Tucked body Support (2s Rings turned out arms straight)	2.4 Press to shoulder stand (2s)	2.5 Bent arm straddle press HS (2s) (feet on inside of cables)	2.6 Handstand (2s) (feet on inside of cables)
2.7 Hanging L (2s)	2.8 Pull up to bent arm hang (2s)	2.9 Bent arm L hang (2s)	2.10 Tuck planche (2s)	2.11 Inverted hang (2s)	2.12 Piked inverted hang (2s)
2.13 German hang (2s)	2.14 Hanging V	2.15 Straight-Body pull to inverted hang	2.16 Hanging straight arm tuck hold (2s)	2.17 Bent arm tuck hold 2s.	

ELEMENT GROUP III: SWING TO STRENGTH HOLD ELEMENTS (2 SEC)

3.1 Back uprise to Straight or Tucked support (2s) - Rings turned out and arms straight	3.2 Back uprise to tucked planche (2s)	3.3 Felge with bent arms to L (2s)	3.4 Felge with bent arms to tucked planche (2s)	3.5 Swing to Inverted Hang	3.6 Back uprise with coaches assistance
3.7— Changed from #3.1 Kip w bent arms to support					

ELEMENT GROUP IV: DISMOUNTS

4.1 Salto BWD tucked	4.2 Salto FWD tucked	4.3 German hang to drop			
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Section 6



VT—REQUIREMENTS CHART—1N, 2N, 3N, 4N, 5N, 6N

<p>LEVEL 1N</p> <p>Stretch Jump—under arm reach—Kick Handstand Flat back onto Mat Stack</p>  <ul style="list-style-type: none"> ✓ Surface—Stacked mats—16”+ ✓ Not required to salute after jump landing and before kick HS ✓ Landing not evaluated 	<p>LEVEL 2N</p> <p>Handspring Flat back onto Resi</p>  <ul style="list-style-type: none"> ✓ Surface—Resi/Stacked Mats—10' x 5' x 32" ✓ Repulsion required ✓ Ø Stick Bonus 	<p>LEVEL 3N</p> <p>Front Handspring over resi to landing mat</p>  <ul style="list-style-type: none"> ✓ Over Resi/Stacked Mats—5' x 32" ✓ Landing evaluated
<p>LEVEL 4N</p> <p>Front Handspring over Resi to landing mat</p>  <ul style="list-style-type: none"> ✓ Over Resi/Stacked Mats—5' x 32" ✓ Landing evaluated 	<p>LEVEL 4N</p> <p>Handspring SW w 1/4 (90°) over Resi to landing mat</p>  <ul style="list-style-type: none"> ✓ Over Resi/Stacked Mats—5' x 32" ✓ Landing evaluated 	<p>• 4N, 5N, 6N athletes are required to perform (2) different vaults—score is average of both vaults</p> <p>• Resi = min 32" high. May use additional matting on resi (2N-6N)</p> <p>• If gymnast receives '0' vault—May repeat the vault with 1.0 deduction from SV</p>
<p>LEVEL 5N</p> <p>Front Handspring to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Up to Resi—10' x 5' x 32"—No Table used ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Ø Stick bonus 	<p>LEVEL 5N</p> <p>Handspring SW with 1/4 (90°) to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Up to Resi—10' x 5' x 32"—No Table used ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Ø Stick Bonus 	<p>LEVEL 5N</p> <p>Round off, Back Handspring to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Up to Resi—10' x 5' x 32"—No Table used ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Safety Zone required—Hand mat recommended ✓ Ø Stick Bonus
<p>LEVEL 6N</p> <p>Front Handspring over Table to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Over Table to Resi—10' x 5' x 32" ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Ø Stick bonus 	<p>LEVEL 6N</p> <p>Handspring SW w 1/4 (90°) over Table to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Over Table to Resi—10' x 5' x 32" ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Stick bonus 	<p>LEVEL 6N</p> <p>Roundoff BHS over Table to stand on Resi</p>  <ul style="list-style-type: none"> ✓ Over Table to Resi—10' x 5' x 32" ✓ Judging stops w/ foot touch ✓ Landing not evaluated—Land bottom of feet first or VOID ✓ Safety Zone required—Hand mat recommended ✓ Ø Stick bonus

VT—REQUIREMENTS CHART—7N, 8N, 9N, 10N

LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
Option #1 — Any vault from 11.6 start value to 12.2 start value or any (tucked) non-twisting salto	Option #1 — Any vault From 11.6 start value to 13.2 start value or any layout or pike non-twisting salto	Option #1 — Any vault from 11.6 start value to 14.4 start value	Option #1 — Any vault from 11.6 start value to 16.0 start value
<input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar	<input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar	<input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar	<input checked="" type="checkbox"/> Table <input checked="" type="checkbox"/> RO vaults required to use board safety collar
			<p>•Level 7N, 8N, 9N, 10N athletes are required to perform (2) different EG vaults—score is average of both vaults</p> <p>• If gymnast receives '0' vault—May repeat vault with 1.0 deduction from SV</p>

PB—SUPER SKILLS CHART

PARALLEL BARS — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: ELEMENTS IN SUPPORT OR THROUGH SUPPORT ON 2 BARS

1.1 Full support swing (straight body horizontal on both sides)	1.2 Swing to handstand (no hold required)	1.3 Shoulder stand (2s)	1.4 Handstand, FWD roll to upper arm	1.5 Front toss to upper arm	1.6 Straddle L (2s)
1.7 Straddle front support hold w straight legs on bar (2s)	1.8 Shoulder stand to FWD roll	1.9 Tucked hold (2s)	1.10 Press handstand, no hold		

ELEMENT GROUP II: ELEMENTS STARTING IN UPPER ARM POSITION

2.1 Full upper arm swing (straight body horizontal on both sides)	2.2 Back uprise to support	2.3 Upper arm pike to cast FWD	2.4 Upper arm swing BWD to shoulder stand (2s)	2.5 Upper arm FWD roll	2.6 Upper arm BWD roll
2.7 Tuck hold in upper arm (2s)	2.8 Front uprise with straddle to support				

ELEMENT GROUP III: LONG SWINGS IN HANG ON 1 OR 2 BARS AND UNDERSWINGS

3.1 Full long hang swing (straight body horizontal on both sides)	3.2 Full basket swing (hips above bars on both sides)	3.3 Bent leg Moy to upper arm	3.4 Glide kip to upper arm	3.5 Drop kip to upper arm	3.6 Drop kip to support
3.7 Giant to upper arm	3.8 Basket to upper arm	3.9 Straight leg Moy to upper arm	3.10 Long hang swing FWD straight leg straddle pull up to upper arm		

ELEMENT GROUP IV: DISMOUNTS

4.1 Long hang swing to Salto BWD tucked	4.2 Support swing to Salto BWD tucked	4.3 Support swing to Salto FWD tucked	4.4 Wende	4.5 BWD swing to flank dismount	4.6 Stutz dismount
4.7 Giant swing through support to push off (no grip change)	4.8 Diamidov to one bar dismount	4.10 Drop from a back swing			

HB—SUPER SKILLS CHART

HORIZONTAL BAR — SUPER SKILLS

All super skills receive the value of A (0.1)

ELEMENT GROUP I: LONG HAND SWINGS AND TURNS

1.1 Full tap swing (hollow body at 45° on each side)	1.2 BWD baby giant to support	1.3 FWD baby giant to support	1.4 Hanging 1/2 turn	1.5 Swing half turn to horizontal	1.6 Swing 1/2 turn to Handstand
1.7 Pull up bent arm hold (2s)	1.8 Back uprise to Horizontal				

ELEMENT GROUP II: FLIGHT ELEMENTS

2.1 Straddle cut to regrasp	2.2 Back uprise 1/1 turn to regrasp	2.3 Hop from any grip to another grip (above horizontal)	2.4 Hop from any grip to another grip (to Handstand)	2.5 Back swing to 2-hand release and regrasp	
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ELEMENT GROUP III: IN BAR AND ADLER ELEMENTS

3.1 Cast (to horizontal)	3.2 Cast (to handstand)	3.3 Undershoot (hollow body throughout)	3.4 Back hip circle	3.5 Free hip circle (from horizontal to horizontal)	3.6 Toe on / toe off to Handstand
3.7 Full Endo / Stalder swing (hips or shoulders above the bar on both sides)	3.8 Swing forward to 1/2 Endo swing BWD to FWD swing	3.9 Swing BWD to 1/2 Stalder swing FWD to BWD swing	3.10 Kip to support (stop allowed)	3.11 Stalder, Endo, or toe on circle (support to support)	3.12 Pullover to support (Stop allowed)
3.13 From hang Stalder toes to bar (2s) Hold or 2 small swings	3.14 Pull over, kip or back uprise w coach assistance				

ELEMENT GROUP IV: DISMOUNTS

4.1 BWD salto tucked	4.2 FWD salto tucked	4.3 Undershoot to stand	4.4 Toe on shoot to stand	4.5 Toe on shoot to any Salto dismount	4.6 Front Swing 1/2 Turn
4.7 Free hip to push off	4.8 Drop from back swing				

Section 10

COMPETITION SUMMARY—LEVELS 1N, 2N, 3N



DETAILS	FLOOR EXERCISE	MUSHROOM	STILL RINGS	VAULT	PARALLEL BARS	HIGH BAR
LEVEL 1N						
<ul style="list-style-type: none"> •5 years & up •SV = 10.0 •EG req'd = 2 •VP = 'A' •SS allowed = 8 •WU = :30s per event •Routine time = :75s •Stick Bonus: +0.1: All events, all Levels, except Mushroom, some VT's 	1. Element Groups = Min 2 2. NGA Super Skills = Max 8 3. FIG skills = 'A'	Floor Height Mushroom = +1.0 BN 1. 1/4 Circle through support 2. 3/4 Circle through support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● May pass thru 1/4 & 3/4 positions if performed well ● Landing not evaluated 	1. Element Groups = Min 2 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● No swing to HS required 	1. Stretch Jump —under arm reach—Kick HS—flat back onto mat stack	1. Element Groups = Min 2 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	1. Element Groups = Min 2 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● Change of directions allowed w/o deduction ● Any Jam/Adler at 45° 'B' VP, fulfills EG ● Change of direction + 1/2 swing allowed after EG II skill w/o deduction
LEVEL 2N						
<ul style="list-style-type: none"> •6 years & up •SV = 10.0 •EG req'd = 3 •VP = 'A' •SS allowed = 8 •WU = :30s per event •Routine time = :75s •Stick Bonus: +0.1: All events, all Levels, except Mushroom, some VT's 	1. Element Groups = Min 3 2. NGA Super Skills = Max 8 3. FIG skills = 'A'	Floor Height Mushroom = +1.0 BN 1. 1-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support ● Landing not evaluated 	1. Element Groups = Min 3 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● No swing to HS required 	1. HS—flat back onto resi	1. Element Groups = Min 3 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	1. Element Groups = Min 3 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● Change of directions allowed w/o deduction ● Any Jam/Adler at 45° 'B' VP, fulfills EG ● Change of direction + 1/2 swing allowed after EG II skill w/o deduction
LEVEL 3N						
<ul style="list-style-type: none"> •7 years & up •SV = 10.0 •EG req'd = 3 •VP = 'A' •SS allowed = 8 •WU = :30s per event •Routine time = :75s •Stick Bonus: +0.1: All events, all Levels, except Mushroom, some VT's 	1. Element Groups = Min 4 2. NGA Super Skills = Max 8 3. FIG skills = 'A'	Floor Height Mushroom = +1.0 BN 1. 3-1/2 or more Circles finish thru rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support ● Landing not evaluated 	1. Element Groups = Min 4 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● No swing to HS required 	1. FHS over Resi <ul style="list-style-type: none"> ● Ø Stick Bonus ● Landing evaluated 	1. Element Groups = Min 4 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	1. Element Groups = Min 4 2. NGA Super Skills = Max 8 3. FIG skills = 'A' <ul style="list-style-type: none"> ● Change of directions allowed w/o deduction ● Any Jam/Adler at 45° 'B' VP, fulfills EG ● Change of direction + 1/2 swing allowed after EG II skill w/o deduction

Section 11

COMPETITION SUMMARY—LEVELS 4N, 5N



DETAILS	FLOOR EXERCISE	MUSHROOM	STILL RINGS	VAULT	PARALLEL BARS	HIGH BAR
LEVEL 4N						
<ul style="list-style-type: none"> •8 years & up •SV = Jr FIG include SS •EG req'd = 4 •VP: 'A', 'B' •SS allowed = 6 •WU = 1:00m per event •Routine time = :75s •Stick Bonus: +0.1: All events, all Levels, except Mushroom, some VT's 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 6 3. FIG 'A' Value skill = Min 1 4. FIG skills = 'A', 'B' 	<p>Floor Height Mushroom = +1.0 BN</p> <ol style="list-style-type: none"> 1. Circles & Flairs plus (1) different skill finish thru Rear Support 2. Element Groups = Min 4 3. Circles & Flairs may repeat = 'A' VP <ul style="list-style-type: none"> • Skill and finish must be preceded by circle or flair • Landing not evaluated • #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 6 3. FIG 'A' value skill = Min 1 4. FIG skills = 'A', 'B' <ul style="list-style-type: none"> • No swing to HS required 	<ol style="list-style-type: none"> 1. HS SW w 1/4 over Resi to landing mat 2. FHS over Resi to landing mat <ul style="list-style-type: none"> • Ø Stick Bonus • Landing evaluated • (2) Different Vaults required, averaged 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 6 3. FIG "A" value skill = Min 1 4. FIG skills = 'A', 'B' <ul style="list-style-type: none"> • 1/2 swing to HOR allowed before EG III (under bar elements) skills • Hand-on-hand spot allowed before EG III skills • Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 6 3. FIG 'A' value skill = Min 1 4. FIG skills = 'A', 'B' <ul style="list-style-type: none"> • Change of directions allowed w/o deduction • Any Jam/Adler at 45° 'B' VP, fulfills EG • Change of direction + 1/2 swing allowed after EG II skill w/o deduction
LEVEL 5N						
<ul style="list-style-type: none"> •9 years & up •SV = Jr FIG include SS •EG req'd = 4 •VP: 'A', 'B', 'C' •SS allowed = 5 •WU = 1:00m per event •Routine time = :75s 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 5 3. FIG 'A' value = Min 2 4. FIG skills = 'A', 'B', 'C' 	<p>Floor Height Mushroom = +1.0 BN</p> <ol style="list-style-type: none"> 1. Circles plus (3) different skill finish thru Rear Support 2. Element Groups = Min 4 <ul style="list-style-type: none"> • Skill and finish must be preceded by circle or flair • Landing not evaluated • #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 5 3. FIG 'A' value = Min 2 4. FIG skills = 'A', 'B', 'C' <ul style="list-style-type: none"> • No swing to HS required 	<ol style="list-style-type: none"> 1. RO-BHS to stand on Resi 2. FHS to stand on Resi 3. HS SW with 1/4 to Stand on Resi <ul style="list-style-type: none"> • Ø Stick Bonus • Landing not evaluated • Must land feet 1st • (2) Different Vaults required, averaged 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 5 3. FIG 'A' value = Min 2 4. FIG skills = 'A', 'B', 'C' <ul style="list-style-type: none"> • 1/2 swing to HOR allowed before EG III (under bar elements) skills • Hand-on-hand spot allowed before EG III skills • Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	<ol style="list-style-type: none"> 1. Element Groups = Min 4 2. NGA Super Skills = Max 5 3. FIG 'A' value = Min 2 4. FIG skills = 'A', 'B', 'C'

COMPETITION SUMMARY—LEVELS 6N, 7N

	FLOOR EXERCISE	POMMEL HORSE Pommels	STILL RINGS	VAULT	PARALLEL BARS	HIGH BAR
LEVEL 6N						
<ul style="list-style-type: none"> • 10 years & up • SV = Jr FIG include SS • EG req'd = 4 • VP: 'A', 'B', 'C' • SS allowed = 4 • WU = 1:00m per event • Routine time = :75s • Stick Bonus: +0.1 <i>All apparatus, all Levels, except Mushroom, some VT's</i> 	1. Element Groups = Min 4 2. NGA Super Skills = Max 4 3. FIG 'A' value = Min 3 4. FIG skills = 'A', 'B', 'C' • No Double salto req'd	1. Element Groups = Min 4 2. NGA Super Skills = Max 4 3. FIG 'A' value = Min 3 4. FIG 'B' value = Min 1 5. FIG skills = All values • NO POMMELS—Ø Pommels skills • Not required to touch (3) parts of Pommel Horse • #EG1-Flair	1. Element Groups = Min 4 2. NGA Super Skills = Max 4 3. FIG 'A' value = Min 3 4. FIG skills = 'A', 'B', 'C' • No swing to HS required	1. RO-BHS over table to stand on Resi 2. FHS over Table to stand on Resi 3. HS SW w 1/4 over Table to stand on Resi • Ø Stick Bonus • Landing not evaluated • Must land feet 1st • (2) Different Vaults required, averaged	1. Element Groups = Min 4 2. NGA Super Skills = Max 4 3. FIG 'A' value = Min 3 4. FIG skills = 'A', 'B', 'C' • 1/2 swing to HOR allowed before EG III (under bar elements) skills • Hand-on-hand spot allowed before EG III skills • Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG	1. Element Groups = Min 4 2. NGA Super Skills = Max 4 3. FIG 'A' value = Min 3 4. FIG skills = 'A', 'B' & 'C'
LEVEL 7N						
<ul style="list-style-type: none"> • 11 years & up • SV = Jr FIG include SS • EG req'd = 4 • VP: 'A', 'B', 'C' • SS allowed = 3 • WU = 1:30m per event • Routine time = :75s • Stick Bonus: +0.1 on <i>All apparatus, all Levels, except Mushroom, some VT's</i> 	1. Element Groups = Min 4 2. NGA Super Skills = Max 3 3. FIG 'A' value = Min 4 4. FIG skills = 'A', 'B', 'C' • No Double salto req'd	1. Element Groups = Min 4 2. NGA Super Skills = Max 3 3. FIG 'A' value = Min 4 4. FIG skills = All values • (1) PH w/ Ø pommel skills + 1 pommel skills • Not required to touch (3) parts of Pommel Horse • Feint allowed w/ Ø deduction	1. Element Groups = Min 4 2. NGA Super Skills = Max 3 3. FIG 'A' value = Min 4 4. FIG 'A', 'B', 'C' skills • No swing to HS required	1. Any Vault from 11.6 SV to 12.2 SV or 2. Tuck Salto (non-twisting) • (2) Different EG Vaults required, averaged	1. Element Groups = Min 4 2. NGA Super Skills = Max 3 3. FIG 'A' value = Min 4 4. FIG 'A', 'B', 'C' skills • 1/2 swing to HOR allowed before EG III (under bar elements) skills • Hand-on-hand spot allowed before EG III skills • Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG	1. Element Groups = Min 4 2. NGA Super Skills = Max 3 3. FIG 'A' value = Min 4 4. FIG 'A', 'B', 'C' skills • Change of directions allowed w/o deduction • Any Jam/Adler at 45° 'B' VP, fulfills EG • Change of direction + 1/2 swing allowed after EG II skill w/o deduction

Section 13



COMPETITION SUMMARY—LEVELS 8N, 9N, 10N

	FLOOR EXERCISE	POMMEL HORSE	STILL RINGS	VAULT	PARALLEL BARS	HIGH BAR
LEVEL 8N						
<ul style="list-style-type: none"> • 12 years & UP • SV = Jr FIG include SS • EG = 4 (A Dismount) • VP: 'A', 'B', 'C', 'D'+ • SS allowed = 2 • WU = 1:30m per event • Routine time = :75s • Stick Bonus: +0.1: <i>All apparatus, all Levels, except Mushroom, some VT's</i>	1. Element Groups = Min 4 2. NGA Super Skills = Max 2 3. FIG 'A' value = Min 5 4. FIG skills = All values ● No Double salto req'd	1. Element Groups = Min 4 2. NGA Super Skills = Max 2 3. FIG 'A' skills = Min 5 4. FIG skills = All values ● Feint allowed w/ Ø deduction	1. Element Groups = Min 4 2. NGA Super Skills = Max 2 3. FIG 'A' value = Min 5 4. FIG skills = All values ● No swing to HS required	1. Any Vault from 11.6 SV - 13.2 SV or any Layout 2. Pike Salto (non-twisting) ● (2) Different EG Vaults required, averaged	1. Element Groups = Min 4 2. NGA Super Skills = Max 2 3. FIG 'A' value = Min 5 4. FIG skills = All values ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG	1. Element Groups = Min 4 2. NGA Super Skills = Max 2 3. FIG 'A' value = Min 5 4. FIG skills = All values ● Change of directions allowed w/o deduction ● Any Jam/Adler at 45° 'B' VP, fulfills EG ● Change of direction + 1/2 swing allowed after EG II skill w/o deduction
LEVEL 9N						
<ul style="list-style-type: none"> • 13 years & up • SV = Jr FIG include SS • EG = 4 (B Dismount) • VP: 'A', 'B', 'C', 'D'+ • SS allowed = 1 • WU = 1:30 per event • Routine time = :75s • Stick Bonus: +0.1: <i>All apparatus, all Levels, except Mushroom, some VT's</i>	1. Element Groups = Min 4 2. NGA Super Skills = Max 1 3. FIG 'A' value = Min 6 4. FIG skills = All values ● No Double salto req'd	1. Element Groups = Min 4 2. NGA Super Skills = Max 1 3. FIG 'A' value = Min 6 4. FIG skills = All values ● Feint allowed w/ Ø deduction	1. Element Groups = Min 4 2. NGA Super Skills = Max 1 3. FIG skills = All values 4. FIG 'A' value = Min 6 ● No swing to HS required	1. Any Vault from 11.6 SV to a 14.4 SV ● (2) Different EG Vaults required, averaged	1. Element Groups = Min 4 2. NGA Super Skills = Max 1 3. FIG 'A' value = Min 6 4. May use all FIG value skills ● 1/2 swing to HOR allowed before EG III (under bar elements) skills ● Hand-on-hand spot allowed before EG III skills ● Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG	1. Element Groups = Min 4 2. NGA Super Skills = Max 1 3. FIG skills = All values 4. FIG 'A' value = Min 6 ● Change of directions allowed w/o deduction ● Any Jam/Adler at 45° 'B' VP, fulfills EG ● Change of direction + 1/2 swing allowed after EG II skill w/o deduction
LEVEL 10N						
<ul style="list-style-type: none"> • 14 years & up • SV = Jr FIG • EG = 4 (C Dismount) • VP: 'A', 'B', 'C', 'D'+ • SS allowed = 0 • WU = 1:30 per event • Routine time = :75s • Stick Bonus: +0.1: <i>All apparatus, all Levels, except Mushroom, some VT's</i>	1. Element Groups = Min 4 2. NGA Super Skills = Ø 3. FIG 'A' value = Min 6 4. FIG skills = All values	1. Element Groups = Min 4 2. NGA Super Skills = Ø 3. FIG 'A' value = Min 6 4. FIG skills = All values	1. Element Groups = Min 4 2. NGA Super Skills = Ø 3. FIG 'A' value = Min 6 4. FIG skills = All values	1. Any Vault from 11.6 SV to a 16.0 SV ● (2) Different EG Vaults required, averaged	1. Element Groups = Min 4 2. NGA Super Skills = Ø 3. FIG 'A' value = Min 6 4. FIG skills = All values	1. Element Groups = Min 4 2. NGA Super Skills = Ø 3. FIG 'A' value = Min 6 4. FIG skills = All values



MEN'S GYMNASTICS PROGRAM

MEN—FOUR EVENT COMPETITION FORMAT LEVEL 1-3

COMPETITION GUIDELINES

<p>MISSION</p> <ul style="list-style-type: none"> • To introduce Men's Gymnastics using equipment already available to existing women's program with additional purchase of a *Mushroom • Allowing more boys participation in the Men's NGA program, providing a team environment for better retention • <i>Special Pricing on Mushroom for NGA Member Clubs</i> 	<p>COMPETITION FORMAT</p> <ul style="list-style-type: none"> • Participants will compete in up to 4 events • Floor Exercise <ul style="list-style-type: none"> • Routine performed in straight line to allow for possible tumbling strip at competitions • Mushroom • Vault • Horizontal Bar <ul style="list-style-type: none"> • Performed on one Uneven Bar high or low • Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad • Boys can compete as an event specialist or in all 4 events
<p>EQUIPMENT</p> <ul style="list-style-type: none"> • Uneven Bar (high or low) • Spring Floor • Mushroom • Compulsory Vaulting mat system <ul style="list-style-type: none"> • Aro-board & springboard 	<p>ATTIRE</p> <ul style="list-style-type: none"> • Athletic shorts and Team T-shirt or jersey top • Required to wear socks on Single Bar and Mushroom
<p>WARM UP TIME — MODIFIED CAPITAL CUP</p> <ul style="list-style-type: none"> • General Open Stretch = 15-30m • Event Warm up = 30s Level 1, Level 2 • Event Warm up = 45s Level 3 • Meet directors will need to be mindful of Warm up times when determining which session the boys are to be assigned 	<p>AWARDS</p> <ul style="list-style-type: none"> • Boys to be divided into age groups no more than 5 years apart for awards • Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines
<p>SCORING</p> <ul style="list-style-type: none"> • As per NGA Men's Technical Handbook 	<p>JUDGES</p> <ul style="list-style-type: none"> • Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition • A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men's Level 1-3 NGA online Judges exam

Section 2

MEN—LEVEL REQUIREMENTS



SKILL LEVEL 1N	5 years & up	SKILL LEVEL 3N	7 years & up
FLOOR EXERCISE—Performed in straight line tumbling pattern		FLOOR EXERCISE—Performed in straight line tumbling pattern	
<ol style="list-style-type: none"> 1. Minimum (2) Element Groups 2. May count (8) NGA Super Skills 3. May use FIG 'A' value skills 		<ol style="list-style-type: none"> 1. Minimum (4) Element Groups 2. May count (8) NGA Super Skills 3. May use FIG 'A' value skills 	
MUSHROOM		MUSHROOM	
<ol style="list-style-type: none"> 1. Perform ¼ Circle return to start position then 2. Perform ¾ Circle <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended side support 		<ol style="list-style-type: none"> 1. Perform 3 ½ Circle finish thru rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support 	
VAULT—Stacked mats 16”+		VAULT—Resi/Stacked mats 10’ X 5’X 32”	
<ol style="list-style-type: none"> 1. Stretch Jump-under arm reach followed by Under arm reach kick handstand to flat back onto mat stack 		<ol style="list-style-type: none"> 1. Under arm reach Handspring over ½ Resi to stand onto landing mat 	
HIGH BAR		HIGH BAR	
<ol style="list-style-type: none"> 1. Minimum (2) Element Groups 2. May count (8) NGA Super Skills 3. May use FIG 'A' value skills 		<ol style="list-style-type: none"> 1. Minimum (4) Element Groups 2. May count (8) NGA Super Skills 3. May use FIG 'A' value skills 	
SKILL LEVEL 2N	6 years & up	COMPETITION GUIDELINES	
FLOOR EXERCISE—Performed in straight line tumbling pattern		<ol style="list-style-type: none"> 1. Start Value 10.0 2. Routine is composed of 6 skills minimum 8 skills maximum 3. NGA Super Skills fulfill Element Group 4. Missing element group Element Group -.5 5. One skill cannot fulfill more than one Element Group 6. Mushroom Bonus 1.0 if performed on the floor mushroom. 7. Aro-Board allowed on Vault 8. A Vault may be repeated if athlete receives a 0 Vault with a -1.0 deduction 	
MUSHROOM		STICK BONUS	
<ol style="list-style-type: none"> 1. Perform 1 ½ Circle finish thru rear support <ul style="list-style-type: none"> ● Evaluate hip roll (Counter to Circle), lean & extension ● Finish in/thru fully extended rear support 		+1 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)	
VAULT—Resi/Stacked mats 10’ X 5’X 32”		ERRORS AND DEDUCTIONS	
<ol style="list-style-type: none"> 1. Under arm reach Handspring to flat back 		Small Error -0.10 Medium Error -0.30 Large Error -0.50 Fall -0.50 <ol style="list-style-type: none"> 1. Skill performed out of skill difficulty range -0.5 2. Missing Element Group (Levels 1N-3N) -0.5 3. Repeat skills (Ø repetition deduction - Ø Value Part) 4. All other error deductions per FIG Jr. COP 	
HIGH BAR		SHORT ROUTINE	
<ol style="list-style-type: none"> 1. Minimum (3) Element Groups 2. May count (8) NGA Super Skills 3. May use FIG 'A' value skills 		PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed	