



NGA Men's General Rules

FIG Junior Code of Points Rules will be followed with these exceptions:

Including FIG Newsletters

Start Value is a 10.00 for Levels 1-5

Start Value for level 6 - 10 determined by Difficulty.

Routine Errors and Deductions Small 0.1 Medium 0.2 Large 0.3 Fall 0.5

All error deductions as per FIG

Missing skills 0.5

Missing Special Requirement 0.5

Skill performed out of age group safety difficulty range 0.5

Missing dismount 0.5

General Requirements

Special Requirements and EG may be done in any order.

Levels 1 & 2 must complete two of event requirements.

Levels 3 must complete three of event requirements.

Levels 4 - 10 must complete all four event requirements or EG

Any "A" in the FIG Code of Points counts for EG

Levels 1-7: Any recognizable skill receives "A" Value including Full basic swing.

Levels 1-7: No repetition deduction / Repeated skill not counted for value.

One Skill cannot fulfill more than one Special Requirement or EG

No Deduction for extra swings or circles in Levels 1-7

General Rules

Age Determination will be the current age of the athlete on the first day of each competition.

There is no Level age restriction for older athletes.

For Levels 6-10 there is no age level mobility for younger athletes

For Levels 1-5 score mobility score of 48.00AA or 8.5 Individual event specialist to move to next level.

Level 1-5 can move up one age Level with 55.00AA or 9.5 Individual event specialist.

Uniform for Levels 1-5 are only required to wear athletic shorts and team T-shirt.

Uniform for Levels 6-10 are required to wear gymnastics shorts on FX & V,

form pants on PH, R, PB, HB with jersey top

Coach's Responsibilities and Professional Attire

Closed toe shoes, shorts, slacks or warmup pants and team shirt.

Spotter is required for all levels to be in position to safely spot the routine on HB, SR and VT

Spotter is also allowed at all levels on PB.

Additional Spotter is permitted on HB, SR, VT & PB

Spotting assistance allowed Level 1-5 with possible loss of skill value but given special requirement.

Speaking to gymnast is allowed in Levels 1-5

Coaches must have Current NCSI Background Check, Abuse Prevention Training Certification, and Concussion Protocol Training

Video tape review is allowed only for difficulty and special requirements at Qualification Competitions.

Event Exceptions

On PB, 1/2 swing is allowed before EG 3 (Under bar element)

Level 1-8 hand on hand spot is allowed on PB.

On HB, change of direction allowed Level 1-7

On HB, Level 8 Change of direction and 1/2 swing allowed on EG 2

On HB Level 8 Flight Element Tap receives A value and fulfills the EG requirement.

Level 6 -7 On PH, the no pommels skills list will apply.

On PH C & D+ skills allowed for Full Difficulty Value in Level 6-8

Stick Bonus +.1 all Levels.

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 R, V, PB, HB at all levels for the safety of the athlete.

Panel mats may be used to mount PH and PB.

Up to Two 4" mats may be used on FX but must remain in place for the entire routine.