



**MEN'S
GYMNASTICS**



NATIONAL GYMNASTICS 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
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.



NATIONAL GYMNASTICS ASSOCIATION

General Rules

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



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			FIG and SS difficulty X- Level of difficulty not allowed at this level Lvl. 4-10 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	3**	8		X	X	X
Jr. FIG including SS	8	4	4**	6			X	X
Jr. FIG including SS	9	5	4**	5				X
Jr. FIG including SS	10	6	4**	4				X
Jr. FIG including SS	11	7	4**	3				X
Jr. FIG including SS	12	8	4 (A Dismount)	2				
Jr. FIG including SS	13	9	4 (B Dismount)	1				
Jr. FIG	14	10	4 (C Dismount)	0				

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 4 - 10 PH: All Difficulty Allowed



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 1 (5 yrs & Up)	SKILL LEVEL 2 (6 yrs & Up)	SKILL LEVEL 3 (7 yrs & Up)
FLOOR EXERCISE 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	FLOOR EXERCISE 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	FLOOR EXERCISE 1) 3 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
POMMEL HORSE <p style="text-align: center;">Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV</p> 1) 1/4 Circle Through Support 2) 3/4 Circle Through Support * Evaluate hip roll (Counter to Circle), lean & extension . These skills may pass through the 1/4 and 3/4 positions if performed well. Landing not evaluated	POMMEL HORSE <p style="text-align: center;">Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV</p> 1) 1 1/2 or More Circles Finish Through Rear Support * Evaluate hip roll (Counter to Circle), lean & extension. Finish in or through fully extended rear support. Landing not evaluated	POMMEL HORSE <p style="text-align: center;">Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV</p> 1) 3 1/2 or More Circles Finish Through Rear Support * Evaluate hip roll (Counter to Circle), lean & extension. Finish in or through fully extended rear support. Landing not evaluated
STILL RINGS 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	STILL RINGS 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	STILL RINGS 1) 3 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
VAULT (using stacked mats) 1) Stretch Jump, Followed by under arm reach Kick Handstand to Flatback onto Mats (16"+)	VAULT (using stacked mats) 1) Handspring Flatback on Resi (10'x5'x32") No Stick Bonus	VAULT (using stacked mats) 1) Front Handspring over Resi (5'x32") to Landing Mat
PARALLEL BARS 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	PARALLEL BARS 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	PARALLEL BARS 1) 3 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
HIGH BAR 1) Minimum of 2 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	HIGH BAR 1) Minimum of 3 Element Groups 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills	HIGH BAR 1) 3 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 4 (8 yrs & Up)	SKILL LEVEL 5 (9 yrs & Up)
FLOOR EXERCISE 1) 4 Element Groups required 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 required	FLOOR EXERCISE 1) 4 Element Groups required 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 required
POMMEL HORSE <p style="text-align: center;">Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV</p> 1) 3+ Circles, plus 1 different skill Finish Through Rear Support or Handstand Skill and finish must be preceded by a circle or flair May count NGA Super Skills or FIG skills Landing not evaluated	POMMEL HORSE <p style="text-align: center;">Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV</p> 1) 3+ Circles, plus 3 other skills Finish Through Rear Support or Handstand Skills and finish must be preceded by a circle or a flair May use NGA Super Skills or FIG skills Landing not evaluated
STILL RINGS 1) 4 Element Groups required 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 required	STILL RINGS 1) 4 Element Groups required 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 required
VAULT (using stacked mats)* 1) Handspring SW with 1/4 Over Resi (5'x32") to Landing Mat, or 2) Front Handspring Over Resi (5'x32") to Landing Mat	VAULT (using stacked mats)* 1) Round off, Back Handspring to Stand onto Resi (10'x5'x32"), or 2) Front Handspring to Stand on Resi (10'x5'x32"), or 3) Handspring SW with 1/4 to Stand on Resi (10'x5'x32")
*If two different EG Vaults are preformed, the scores will be averaged and then receive a bonus of 1.0 / May use additional matting on Resi / Level 5 No Stick Bonus, Landing not evaluated, must land feet	
PARALLEL BARS 1) 4 Element Groups required 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 required	PARALLEL BARS 1) 4 Element Groups required 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 required
HIGH BAR 1) 4 Element Groups required 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 required	HIGH BAR 1) 4 Element Groups required 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 required



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 6 (10 yrs & Up)	SKILL LEVEL 7 (11 yrs & Up)
FLOOR EXERCISE 1) 4 Element Groups required 2) May count up to 4 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 3 FIG "A" value skills required	FLOOR EXERCISE 1) 4 Element Groups required 2) May count up to 3 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 4 FIG "A" value skills required
POMMEL HORSE <p style="text-align: center;">NO POMMELS- Pommel Horse with no pommels skills</p> 1) Required 3 Element Groups 2) May count up to 4 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 1 "B" value skills required	POMMEL HORSE <p style="text-align: center;">ONE POMMEL- Pommel Horse with no pommels skills + one Pommel skills</p> 1) Required 3 Element Groups 2) May count up to 3 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 4 FIG "A" value skills required
Czechkehr & Stockli-A; to be done from side support over the body of the horse Circle or flair to HS (only) = "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.	
STILL RINGS 1) 4 Element Groups required 2) May count up to 4 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 3 FIG "A" value skills required	STILL RINGS 1) 4 Element Groups required 2) May count up to 3 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 4 FIG "A" value skills required
VAULT (using table to stacked mats) * 1) Roundoff Back Handspring Over Table to Stand onto Resi (10'x 5'x32")**, or 2) Front Handspring Over Table to Stand onto Resi (10'x 5'x32")**, or 3) Handspring SW with 1/4 Over Table to Stand onto Resi (10'x 5'x32")** No Stick Bonus, Landing not evaluated, must land feet first	VAULT (using table)* 1) Any Vault from 11.6 SV to 12.2 SV or Tucked Salto (non-twisting)
<p style="text-align: center;">*If two different EG Vaults are preformed, the scores will be averaged and then receive a bonus of 1.0 / ** May use additional matting on top of Resi</p>	
PARALLEL BARS 1) 4 Element Groups required 2) May count up to 4 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 3 FIG "A" value skills required	PARALLEL BARS 1) 4 Element Groups required 2) May count up to 3 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 4 FIG "A" value skills required
HIGH BAR 1) 4 Element Groups required 2) May count up to 4 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 3 FIG "A" value skills required	HIGH BAR 1) 4 Element Groups required 2) May count up to 3 NGA Super Skills 3) May use FIG "A", "B" & "C" value skills 4) Minimum of 4 FIG "A" value skills required



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 8 (12 yrs & Up)	SKILL LEVEL 9 (13 yrs & Up)	SKILL LEVEL 10 (14 yrs & Up)
FLOOR EXERCISE 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 5 FIG "A" value skills required	FLOOR EXERCISE 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 6 FIG "A" value skills	FLOOR EXERCISE 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 7 FIG "A" value skills
POMMEL HORSE 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 5 FIG "A" value skills required Circle to flair to HS (only) upgraded to "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.	POMMEL HORSE 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 6 FIG "A" value skills Circle to flair to HS (only) upgraded to "C" Value. No more than -0.5 (taken in normal increments) plus -0.3 for touching the horse with any part of the body.	POMMEL HORSE 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 7 FIG "A" value skills
STILL RINGS 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 5 FIG "A" value skills required	STILL RINGS 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 6 FIG "A" value skills	STILL RINGS 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 7 FIG "A" value skills
VAULT (using table)* 1) Any Vault from 11.6 SV to a 13.2 SV or any Layout or Pike Salto (non-twisting)	VAULT (using table)* 1) Any Vault from 11.6 SV to a 14.4 SV	VAULT (using table)* 1) Any Vault from 11.6 SV to a 16.0 SV
*If two different EG Vaults are performed, the scores will be averaged and then receive a bonus of 1.0		
PARALLEL BARS 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 5 FIG "A" value skills required	PARALLEL BARS 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 6 FIG "A" value skills	PARALLEL BARS 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 7 FIG "A" value skills
HIGH BAR 1) 4 Element Groups required 2) May count up to 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 5 FIG "A" value skills required	HIGH BAR 1) 4 Element Groups required 2) May count up to 1 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 6 FIG "A" value skills	HIGH BAR 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 7 FIG "A" value skills



NATIONAL GYMNASSTICS ASSOCIATION

Pommel Horse Skills with NO Pommels



* NGA exception

Element Group I: Single Leg Swings and scissors
NO Element Group I Skills

Element Group II: Circle and flairs, with and/or without spindles and handstands, Kehrsings, Russian w., flops and combined elements

SKILL	VAL	SKILL	VAL	SKILL	VAL
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 within 2 circles (From 1-3 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 ** Turn over the body of the horse – from side support to side support	B
19. Circle in cross support rearways on end	A	39. Flair or Circle to HS and lower to Flair or Circle [Tippelt]	C	103. 180° Russian	A
19. *Flair in cross support rearways on end	A	50. Direct Stockli A ** Turn over the body of the horse-from side support to side support	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	106. 1080° Russian	D

Element Group III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles

SKILL	VAL	SKILL	VAL	SKILL	VAL
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

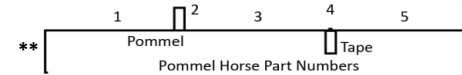
SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Wende	A	8. 360° russian to wende	B	10. 1080° russian to wende	D
4. Circle or flair to HS with 3/3 travel and 450 deg turn	D	9. 720° russian to wende	C	20. *Circle or flair to HS (Special VAL for HS with no turn or travel) ** See the FIG COP for HS turn and travel principles	C

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



NATIONAL GYMNASTICS ASSOCIATION

Additional Pommel Horse Skills with ONE Pommel



* NGA exception

Element Group I: Single Leg Swings and scissors

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. Scissor forward	A	13. Scissor backward	A	21. Scissor backward to handstand	C
4. Scissor forward to hanstand	D	14. Double scissor (1/4 turn - 1/4 turn)	B	26. Scissor backward with hop sideways (also with 1/2 turn)	B
7. Scissor forward with 1/2 turn	A	15. Double scissor (1/4 turn - 1/4 turn) with travel	C	32. Double scissor bwd (1/4 turn - 1/4 turn)	B
8. Scissor forward with hop sideways (also with 1/2 turn)	B	19. Scissor backward with 1/2 turn	A		

Element Group II: Circle and flairs, with and/or without spindles and handstands, Kehrsings, Russian w., flops and combined elements

SKILL	VAL	SKILL	VAL	SKILL	VAL
1. *Uphill circle in side support (first 1/4 of circle over the 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 of circle over the pommel)	A	14. Circle in cross support on one pommel (with or without 1/4 turn)	B	92. Czechkehr using pommel	B
1. *Downhill circle in side support (first 1/4 of circle over the end)	A	14. *Flair in cross support on one pommel (with or without 1/4 turn)	B	110. 180° Russian on the pommel	B
1. *Downhill flair in side support (first 1/4 of circle over the end)	A	20. Circle in cross support (3-3)	B	111. 360° Russian on the pommel	C
1. *Circle with pommel between hands	A	20. Flair in cross support (3-3)	B	112. 720° Russian on the pommel	D
1. *Flair with 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

SKILL	VAL	SKILL	VAL	SKILL	VAL
*1/3 Fwd cross support travel to pommel	B	*1/2 Bwd cross support travel over pommel	B		

Element Group IV: Dismounts

No additional skills

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



NATIONAL GYMNASTICS ASSOCIATION

Men's Vault Requirements

Level 1 - Start Value 10.0		
Option #1	1) Stretch Jump "possible stick bonus" followed by Under Arm reach Kick to handstand	
Level 2 - Start Value 10.0		
Option #1	Handspring flatback on resi (10' X 5' X 32")	
Level 3 - Start Value 10.0		
Option #1	Front Handspring over resi (5' X 32") to landing mat	
Level 4 - Start Value 11.6		
Option #1	Handspring sideways with 1/4 turn over resi (5' X 32") to landing mat	
Option #2	Front Handspring over resi (5' X 32") to landing mat	
Level 5 - Start Value 11.6		
Option #1	Round off Back Handspring to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Option #2	Front Handspring to stand onto resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Option #3	Handspring sideways with 1/4 turn to stand onto resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Level 6 - Start Value 11.6		
Option #1	Round off Back Handspring over table to stand on Resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Option #2	Front Handspring over table to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Option #3	Handspring sideways with 1/4 over table to stand on resi (10' X 5' X 32")	Landing is not evaluated but must land on bottom of feet first or vault is void
Level 7		
Option #1	Any vault from 11.6 start value to 12.2 start value or any (tucked) non-twisting salto	
Level 8		
Option #1	Any vault From 11.6 start value to 13.2 start value or any layout or pike non-twisting	
Level 9		
Option #1	Any vault from 11.6 start value to 14.4 start value	
Level 10		
Option #1	Any vault from 11.6 start value to 16.0 start value	

If two different EG Vaults are preformed, the scores will be averaged and then receive a bonus of 1.0 (Levels 4-10)

Resi is minimum of 32" high. May use additional matting on resi (Levels 2-6)

No Stick Bonus for Level 2, 5 & 6

Level 5 & 6 Landing not evaluated must land on bottom of feet first or vault is void



**NATIONAL GYMNASTICS ASSOCIATION
SUPER SKILLS
Floor Exercise**

All super skills receive the value of A (0.1)

EG 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 or pike)	1.8 Handstand (no hold) to bridge	1.9 Straight jump	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
EG II: Acrobatic elements forward					
2.1 Headspring	2.2 Cartwheel step forward or bring the feet together forward	2.3 Cartwheel	2.4 Bent arm tuck forward roll	2.5 Pike forward Roll	2.6 Straddle forward roll
2.7 Candlestick forward roll					
EG III: Acrobatic elements backward					
3.1 Cartwheel step backward or bring the feet together backward	3.2 Roundoff (with or without rebound)	3.3 Bent arm tuck, pike, or straddle backward roll	3.4 Straight arm backward roll to pike stand or prone	3.5 Backward walkover	
EG IV: Dismounts					
Roundoff (with rebound)	Back Handspring (with rebound)	Front Handspring (with rebound)			



**NATIONAL GYMNASTICS ASSOCIATION
SUPER SKILLS
Pommel Horse**

All super skills receive the value of A (0.1)

* All may be preformed for credit

EG 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 the pommels)	1.4 Rear support straddle swing to both sides (swing hips to outside of the pommels)	1.5 Stride swing to both sides (push off pommel on both sides)	
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	
1.13 Single leg side travel	1.14 Single leg reverse stockli	1.15 Single leg Kehr			
EG II: Circle and flairs, with and/or without spindles and handstands, Kehr swings, Russian w., flops and combined elements					
2.1 Single leg pick up through rear support to front support	2.2 Single leg pick up through 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 the pommel)	2.6 Downhill circle or flair (first 1/4 of circle over the end)
2.7 * Flair in side support, or cross support frontways, or cross support rearways on end	2.8 * Circle or Flair with pommel between hands				
EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles					
EG IV: Dismounts					
4.1 Leg cut forward	4.2 Half circle	4.3 180° russian to wende			



**NATIONAL GYMNASTICS ASSOCIATION
SUPER SKILLS
Still Rings**

All super skills receive the value of A (0.1)

EG I: Kip and swing elements & swings through or to handstand					
1.1 Kip with bent arms to support	1.2 Forward giant from shoulder stand to shoulder stand (2s)	1.3 Backward giant from shoulder stand to shoulder stand (2s)	1.4 Full swing (candlestick / reverse candlestick position to 45° on both sides)	1.5 Kip with coaches assistance	
EG II: Strength elements and hold elements (2 sec.)					
2.1 Lower to shoulderstand (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)
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.	
EG 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
EG IV: Dismounts					
4.1 Salto backward tucked	4.2 Salto forward tucked	4.3 German hang to drop			



**NATIONAL GYMNASSTICS ASSOCIATION
SUPER SKILLS
Parallel Bars**

All super skills receive the value of A (0.1)

EG I: Elements in support or through support on 2 bars					
1.1 Full support swing (straight body horizontal on both sides)	1.2 Swing or press to Handstand (no hold required)	1.3 Shoulder stand (2s)	1.4 Handstand, forward roll to upper arm	1.5 Front toss to upper arm	1.6 Straddle L (2s)
1.7 Straddle front support hold with straight legs on the bar 2s.	1.8 Shoulder stand to forward roll	1.9 Tucked hold (2s)			
EG 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 forward	2.4 Upper arm swing backward to shoulder stand (2s)	2.5 Upper arm forward roll	2.6 Upper arm backward roll
2.7 Tuck hold in upper arm 2s.					
EG III: Long swings in hang en 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 forward straight leg straddle pull up to upper arm		
EG IV: Dismounts					
4.1 Long hang swing to Salto backward tucked	4.2 Support swing to Salto backward tucked	4.3 Support swing to Salto forward tucked	4.4 Wende	4.5 Backward swing to flank dismount	4.6 Stutz dismount
4.7 Giant swing through support to pushoff (no grip change)	4.8 Diamidov to one bar dismount	4.9 Drop form a back swing			



**NATIONAL GYMNASTICS ASSOCIATION
SUPER SKILLS
Horizontal Bar**

All super skills receive the value of A (0.1)

EG I: Long hang swings and turns					
1.1 Full tap swing (hollow body at 45° on each side)	1.2 Backward baby giant to support	1.3 Forward 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.					
EG 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 (above horizontal)	2.4 Hop from any grip to another (to Handstand)	2.5 Back swing with two hand release and regrasp	2.6
EG 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 backward to forward swing	3.9 Swing backward to 1/2 stalder swing forward to backward swing	3.1 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 with coach assistance				
EG IV: Dismounts					
4.1 Backward salto tucked	4.2 Forward 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	4.9			