



MEN'S GYMNASTICS



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 4 (8 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

POMMEL HORSE

Floor Mushroom 13.0 SV Full
Height Mushroom 12.5 SV

- 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

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

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

*Two Different EG Vaults 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 first

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

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

SKILL LEVEL 5 (9 yrs & Up)

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

Floor Mushroom 13.0 SV Full
Height Mushroom 12.5 SV

- 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 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) 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")

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 5 NGA Super Skills
- 3) May use FIG "A", "B" & "C" value skills
- 4) Minimum of 2 FIG "A" value skills required