



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) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills
POMMEL HORSE Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV 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 Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV 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 Floor Mushroom 10.0 SV Full Height Mushroom 9.5 SV 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) 4 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) 4 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) 4 Element Groups required 2) May count up to 8 NGA Super Skills 3) May use FIG "A" value skills