



MEN'S GYMNASTICS



NATIONAL GYMNASTICS ASSOCIATION

SKILL LEVEL REQUIREMENTS

SKILL LEVEL 6 (10 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 2 FIG "A" & 1 "B" value skills required

POMMEL HORSE

- 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
 - *** NO POMMELS. Pommel Horse with no pommels skills
 - * Czechkehr & Stockli-A; to be done from side support over the body of the horse

** Note on HS: 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 2 FIG "A" & 1 "B" value skills required

VAULT (using table to stacked mats) *

- 1) Roundoff Back Handspring Over Table to Stand onto Resi (10'x 5'x32")
- 2) Front Handspring Over Table to Stand onto Resi (10'x 5'x32")
- 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

* Two Different EG Vaults will be averaged and then receive a Bonus of 1.0 / ** May use additional matting on top of Resi

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 2 FIG "A" & 1 "B" 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 2 FIG "A" & 1 "B" value skills required

SKILL LEVEL 7 (11 yrs & Up)

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 2 FIG "A" & 2 "B" value skills required

POMMEL HORSE

- 1) Required 3 Element Groups
- 2) May count up to 3 NGA Super Skills
- 3) May use all FIG value skills
- 4) Minimum of 2 FIG "A" & 2 "B" value skills required
 - *** ONE POMMEL. Pommel Horse with no pommels skills + one Pommel skills
 - * Czechkehr & Stockli-A; to be done from side support over the body of the horse

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 2 FIG "A" & 2 "B" value skills required

VAULT (using table)

- 1) Any Vault from 11.6 SV to 12.2 SV or Tucked Salto (non-twisting)
- Two different EG Vaults will be averaged and then receive a bonus of 1.0

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 2 FIG "A" & 2 "B" 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 2 FIG "A" & 2 "B" value skills required