



NATIONAL GYMNASSTICS 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 2 FIG "A" & 3 "B" 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 2 FIG "A", 3 "B" & 1 "C" 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 2 FIG "A", 3 "B" & 2 "C" 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 2 FIG "A" & 3 "B" value skills required	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 2 FIG "A", 3 "B" 1 "C" value skills required	POMMEL HORSE 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" value skills
** Note on HS: 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.		
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 2 FIG "A" & 3 "B" 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 2 FIG "A", 3 "B" 1 "C" value skills required	STILL RINGS 1) 4 Element Groups required 2) No NGA Super Skills allowed 3) May use all FIG value skills 4) Minimum of 2 FIG "A", 3 "B" & 2 "C" 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) Two different EG Vaults will be averaged and then receive a bonus of 1.0	VAULT (using table) 1) Any Vault from 11.6 SV to a 14.4 SV Two different EG Vaults will be averaged and then receive a bonus of 1.0	VAULT (using table) 1) Any Vault from 11.6 SV to a 16.0 SV 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 2 NGA Super Skills 3) May use all FIG value skills 4) Minimum of 2 FIG "A" & 3 "B" 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 2 FIG "A", 3 "B" & 1 "C" 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 2 FIG "A", 3 "B" & 2 "C" 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 2 FIG "A" & 3 "B" 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 2 FIG "A", 3 "B" & 1 "C" 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 2 FIG "A", 3 "B" & 2 "C" value skills