




NAIGC MAG Rules 2024 - 2026 <small>(Last Updated: 10/26/2025)</small>		 NAIGC Developmental	 NAIGC Intermediate	 NAIGC Advanced (GymACT) 
General	Who is This Level For:	New gymnasts and those who are focused on safety and basic skill development.		Gymnasts with competitive experience and/or have full routines comprised of all FIG credited skills. Note: NAIGC Adv matches the 2025-26 GymACT Rules.
	Number of Skills	Min 6 - Max 6		Min 6 - Max 8
	Deduction for Less than 6 Skills	-0.5 per short skill		-1.0 per short skill
	EGI	0.5 for A+	0.5 for A+	
	EGII-III		0.3 for A 0.5 for B+	
	Dismount EG Value		Value of Dismount (Max of 0.5)	
	Non Recognition of Skill	More than 1 Large Error on a Skill		More than 1 Large Error on a Skill
	Stuck Dismount Bonus	+0.1 (except PH)		+0.1 for B +0.2 for C+ (except PH)
	Credit for Non-FIG Skills	All NAIGC CoP Skills		All NAIGC CoP Skills
	SV Cap (Includes all bonuses)	12.7		None
	Empty Swings Allowed	Any Number		FIG deduction applies for empty swings
Floor	Double Flipping Requirement	Not Required		Double flip required in routine (-0.3 ND if missing). +0.1 bonus awarded for a double flipping dismount.
	Credit for Combined Box Twisting Skills	Twisting skills that were combined into a single box (eg. front 1/1 and front 3/2) may each be performed for credit in the same routine (ie. they are considered separate skills).		Two skills competed from the same box will be considered repetition and the second skill will not receive credit, execution deductions still apply.
	Landing Mat	10cm mat allowed & may be pulled at any time w/o deduction.		10cm mat allowed & may be pulled at any time w/o deduction.
	Balance/Corner Requirement	Balance/leap skills not required.		Required per FIG.
Pommel Horse	Handstand Dismount	Circle to handstand skills that make it to handstand will receive credit even in the case of a large deduction (ex: showing strength). Execution deductions still apply.		Circle to handstand skills that make it to handstand will receive credit even in the case of a large deduction like showing strength. Execution deductions still apply.
	Skill Required after EG II or III	A CoP-counting skill is not required directly following an EG II or III skill, a gymnast may leg cut after any skill without deduction or loss of credit.		A listed CoP skill must be performed after any EG II or III skill to receive credit.
	Mushroom Bonus	+0.1 for a successful circle, +0.2 for any other successful skill. The top 5 skills are counted (+1.0 value max). No execution deductions are taken but judging stops at the first large error or a fall, and the 12.7 SV cap still applies with this bonus.		None
Rings	Strength Skills	One time bonus of +0.3 awarded for a C+ strength skill		One time bonus of +0.3 awarded for a C+ strength skill
	Swing Handstand Req	Not Required, No Deduction Taken		-0.3 neutral deduction for missing swing to handstand
	Bent Arm Deduction	No deduction for bent arms during transitions between skills.		Regular FIG deduction applies.
Vault	Assigned Difficulty	NAIGC CoP		NAIGC CoP
	Stick bonus	+0.1 stick bonus for any vault		+0.2 stick bonus for any non-flipping vault +0.2 for flipping vault
	Flipping Vault	Banned		Allowed
	Round off Entry Vault	Banned		Allowed
P-Bars	Change of Direction	No deduction for change of direction coming from a swing handstand.		No deduction for change of direction coming from a swing handstand.
	Empty Half Swing Allowance	N/A - Any number of empty swings are allowed without deduction.		Any empty swings will be deducted per FIG.
High Bar	Connection Bonus (Flight to Flight)	C+C is awarded +0.1		C+C is awarded +0.1
	In Bar to Flight/Flight to In Bar (W/ No Intermediate Swing)	C+C is awarded +0.1		C+C is awarded +0.1
	Swings at Beginning of Routine	Unlimited empty swings are allowed throughout the routine. Judging starts when feet leave the mat, form deductions apply.		FIG (3 allowed)

Change Log

9-14-2025 HB: Swings at beginning of routine wording updated for clarity, no functional changes.

9-14-2025 FX: Balance requirement, previously "Scale Requirement" updated per FIG newsletter and is now required for the Adv Level: https://www.ngja.org/wp-content/uploads/2025/08/MAG_NL_1_en.pdf

9-14-2025 FX: Added "10cm mat allowed & may be pulled at any time w/o deduction."

10-26-2025 Dismount EG now capped at 0.5. Only applies to the Adv level.