



For detailed rules, please see <https://naigc.org/mens-rules/>

	Counting skills	Min skills	Short routine deduction	Max EG	Dismount req.	Stick bonus (not PH)	Other bonus	Start Value Cap	Special Reqs. (-0.3 ea)	Notes	Allowable Skills not found in the FIG Code of Points: (Find illustrations and videos for these skills in the NAIGC Code of Points)		
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5 (includes highlighted non-FIG As)	A+ = +.1 Vault = +.1	+ .1 per mushroom circle, max .5	12.3	None	<p>Developmental Only: No deduction is to be taken for a single half or full empty swing. Further empty swings in succession are deducted as usual. There is no limit to the number of such single empty swings allowed in a single routine.</p> <p>Developmental + L9: -PH: Listed CoP skill NOT required after any EG II or III skill to receive credit -SR: Non-FIG A elements do not count towards 3 in a row strength skill max -PB: Half empty swing allowed into peach, giant, cast, or Moy skill</p>	<p>FLOOR</p> <p>A value (No Element Group): Cartwheel Round-Off Pike up through handstand Backward roll through handstand L-Sit (2 s.) Straight arm backward roll to prone Press to headstand (2 s.), piked or straddled</p> <p>A value: Any side aerial (Group II)</p>	<p>POMMEL HORSE</p> <p>A value (No Element Group): False Scissor Single Leg Stockli Single Leg Travel ½ Circle Dismount*</p> <p>C value: Any combination of two flops on one pommel (Group II)** Reverse stockli with 270° turn from one pommel (Group II)** (Rendon)</p> <p>D value: Double Scissor fwd with travel swd. and ½ turn**</p> <p>E value: ¼ Kehr to one pommel (¾ Sohn) to immediate ¼ Reverse Stockli (Group II)** Kehre bwd, kehre fwd, kehre bwd, kehre fwd (Group III)** (Ganser)</p>	
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B+ = .5 A = .3	C+ = +.2 B = +.1 Vault = +.1	FIG Only	13.2	Swing Hndstnd (SR)		<p>STILL RINGS</p> <p>A value (No Element Group): Muscle Up Pike press to shoulderstand (2 s.) Back uprise to shoulderstand (2 s.) Felge to shoulderstand (2 s.) Felge tucked to support Tuck Planche (2 s.) German hang (2 s.)</p> <p>A value: Tuck salto, front or back (Group IV) Uprise bwd to tuck planche (2 s.) (Group III)</p>		
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.2 B = +.1 Vault = +.1	FIG Only	None	Swing Hndstnd (SR) & Double Flipping Skill (FX)		<p>PARALLEL BARS</p> <p>A value (No Element Group): Underswing to long hang bwd uprise to support Peach to upper arm Moy to upper arm Back uprise to support from upper arm Forward roll to upper arm Salto forward to upper arm Press to shoulderstand (2 s.)</p> <p>Wende dismount* Stutz dismount*</p> <p>A value: Tuck salto, front or back (Group IV) Straddle L (2 s.) (same box as L-sit) (Group I)</p> <p>B value: Stutz to support (Group I) V-Sit (2 s.) (Group I)** Giant swing to support (Group III) Forward giant to support (Group III)</p> <p>C value: Manna (2 s.) (Group I)**</p>	<p>HIGH BAR</p> <p>A value (No Element Group): Back uprise to support Kip to support Back hip circle Free hip circle to horizontal Front hip circle ¾ Back giant to support Swing ½ turn (also with hop) Pull over ¾ Front giant (to hop out) Cast to horizontal Straddle cut</p> <p>A value: Tuck salto, front or back (Group IV) Jam (Adler) to El grip below 90°(Group III)</p> <p>B value: Jam (Adler) to El grip 45-90°(Group III)</p> <p>C value: Jam (Adler) to El grip 0-45°(Group III)</p> <p>G value: Salto fwd. stretched with 3/2 t. also from el grip (Group II) ** (Meister)</p> <p>General: Any stalder or endo skill may be done as a toe on skill for one value less</p>	
										<p>VAULT</p> <p>None</p>			

* Dismount Credit for Developmental Only
** All levels (Including NAIGC Modified NCAA)

