



## NAIGC MAG Rules

Last updated 2021-03-28

(Note: Changes since last update are highlighted in red)

### I. Overview

- A. Beginning in the 2018-2019 season, the NAIGC will implement 3 levels.
  1. **NAIGC Modified NCAA:** The highest level offered will adopt the FIG code of points (2017-2020 January 2018 Version) and accompanying USAG interpretations except as modified by this document.
  2. **NAIGC Modified Level 9:** The middle level offered will adopt USAG Level 9 Rules except as modified by this document. Please reference the [USAG Code of Points](#).
  3. **NAIGC Modified Developmental:** The lowest level will adopt USAG JD1 rules except as modified by this document. The purpose of this level is to provide an opportunity for new and lower-level gymnasts to showcase their abilities while giving structure and guidance to their training with a focus on safety and basic skill development.
- B. To have an original skill or a variation of a skill considered for evaluation by the NAIGC, please send a video and description of the skill to [menrules@naigc.org](mailto:menrules@naigc.org). Skills must be submitted to the Rules Spokesperson before the competition in which they will be performed. If a skill is accepted and you subsequently submit a video of you competing the skill with no large deductions, it will be named after you. Please refer to the Skill Submission Policy for clarification.
- C. Safety Note: As per FIG and the NAIGC Safety and Equipment Standards policy: Gymnasts are expected to include in their exercise(s) only elements which they can perform with complete safety. Judges and other officials should permit greater safety measures to be taken than those listed here if doing so is necessary for the safety of the gymnast.

### II. General

- A. There are no uniform deductions in the men's competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, jewelry) In the case of disagreements, the meet referee's decision stands as final.
- B. Consistent with the rule against repeating elements for difficulty credit, a gymnast cannot repeat the "base skill" for any NAIGC skill exceptions.
  1. Example: A gymnast performs a C-value Stutz to handstand and a B-value Stutz to 45°. Only the C-value Stutz counts (because of its higher value), and no credit for the B Stutz.
- C. All NAIGC members are bound by the NAIGC Code of Conduct. Any unsportsmanlike behavior will be subject to the appropriate score deductions and may result in disciplinary procedures by the NAIGC.
- D. Any routine that is especially difficult to judge due to departure from normal routine construction (e.g. little to no actual skills, dance or other non-standard elements, etc.) should be given a score between 2.0 and 3.0 according to the judge's discretion.



- E. During the COVID-19 Pandemic, gymnasts shall not be deducted for using non-standard means to mount an apparatus (such as a block or similar) in order to maintain appropriate distance from others.
- III. General Rules
- A. Summary:



Level	Routine Length	Short Routine	Element Groups	Dismount	Stick Bonus	Other Bonus	Start Value Caps
<b>NAIGC Modified NCAA</b>	10 skills (9 + dismount)	Each skill short of 7 → 1.0 deducted from 'D' score	3 element groups plus dismount  +0.5 per requirement, fulfilled by 'A' valued skill or higher from FIG Code of Points	C+ = 0.5 A/B = 0.3	C+ = 0.2 B = 0.1	None	None
<b>NAIGC Modified Level 9</b>	8 skills (7 + dismount)	Each skill short of 6 → 1.0 deducted from 'D' score	3 element groups plus dismount  +0.5 per requirement, fulfilled by 'A' valued skill or higher from FIG Code of Points	B+ = 0.5 A = 0.3	C+ = 0.2 B = 0.1	None	13.2
<b>NAIGC Modified Developmental</b>	6 skills	Each skill short of 6 → 1.0 deducted from 'D' score	Choose up to 3 element groups  +0.5 per group	A+ = 0.5	FIG A+ = 0.1	+0.1 per mushroom circle, max .5	12.3 (Up to judges discretion to allow flipping vaults)

**B. Stick Bonus**

1. General

- a) To be awarded stick bonus, a gymnast must land without moving their feet. It is possible to be awarded stick bonus and have other landing errors such as piking down, separation of feet, or excessive balance checks.
- b) The stick bonus will be added to the D score of the gymnast and included in the flashed Start Value.
- c) Pommel Horse is not eligible for a stick bonus.
- d) All vaults will be eligible for a 0.1 stick bonus.

**C. Extra Swings in NAIGC Developmental**

1. In the NAIGC Developmental level, no deduction is to be taken for a single half or full empty swing on pommel horse, still rings, parallel bars, or horizontal bar. 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 (eg. if a gymnast performs 2 full empty swings in a row, they will get deducted -0.5 for a single full empty swing. If they perform a full empty swing, then a value part skill, and then another full empty swing, they receive no deduction).

**IV. Event Specific Rules (except NCAA)**

**A. Floor Exercise**

1. All levels



- a) The floor exercise will be timed as per FIG rules and limited to 70 seconds. The timer is not required to be a certified judge.
  - b) A gymnast may use one landing mat of up to 10 cm (4") for landing any value skill. The gymnast may not, however, use the mat to rebound or punch from, and the mat must remain in place throughout the routine. Rebounding from the mat and moving the mat during the routine are separate 0.5 apparatus deductions.
2. NAIGC Modified NCAA
    - a) As per FIG, gymnasts who do not perform a double flipping salto will receive a 0.3 neutral deduction.
  3. NAIGC Modified Developmental and NAIGC Modified Level 9
    - a) [Any side aerial](#) will receive an A value and Element Group II credit.
    - b) The following skills will receive an A value
      - (1) [Cartwheel](#)
      - (2) [Round-Off](#)
      - (3) [Pike up through handstand](#)
      - (4) [Backward roll through handstand](#)
      - (5) [L-Sit \(2 s.\)](#)
      - (6) [Straight arm backward roll to prone](#)
      - (7) [Press to headstand \(2 s.\), straddled or piked](#)
- B. Pommel Horse
1. All levels
    - a) Skill Interpretations
      - (1) [Any combination of two flops on one pommel](#) (direct Stockli or pommel loop) will be awarded a C value. This sequence counts as a flop sequence and follows FIG rules.
      - (2) [Reverse stockli with 270° turn from one pommel](#) will receive a C value and Element Group II.
      - (3) A [Double scissor fwd. with travel swd. and ½ turn](#) will receive a D value and Element Group I.
      - (4) A [¾ Kehr to one pommel \(¾ Sohn\) to immediate ¾ Reverse Stockli \(two total hand placements\)](#) will receive an E value and Element Group II.
      - (5) A [kehre bwd, kehre fwd, kehre bwd, kehre fwd](#) will receive an E value and Element Group III. Note that 360° of the turn must be completed in between the pommels to receive credit.
  2. NAIGC Modified Developmental
    - a) In any developmental pommel horse routine, the gymnast has the option to attempt to do any number of consecutive circles on a mushroom, up to and including five complete circles. The gymnast is limited to a single attempt, and will get +0.10 in bonus for each circle completed without any major deductions (minor deductions do not count against their E-Score). Evaluation begins when both feet leave the ground, and ends



when both feet touch the ground or the fifth circle is completed. This additional aspect of the routine is only available if the meet facility has a mushroom available. It is recommended (but not required) that gymnasts finish with a ½ circle or flank.

3. NAIGC Modified Developmental and NAIGC Modified Level 9
  - a) Rule Exemption
    - (1) The rule stating a listed CoP element must be performed after any skill EG II or III skill to receive credit (see [FIG MTC Newsletter #34](#)) does not apply. Gymnasts may leg cut after any skill without deduction or loss of credit.
  - b) The following skills will receive an A value
    - (1) [False Scissor](#)
    - (2) [Single Leg Stockli](#)
    - (3) [Single Leg Travel](#)
    - (4) [½ Circle Dismount](#) (EG IV credit for Developmental only)

### C. Still Rings

1. All levels
  - a) The rings may be raised if a gymnast's feet touch the base mat when in a long hang. Any request to raise the rings must be submitted before the beginning of the session or it may be denied.
  - b) A skill cushion of up to 20 cm (8") may be used for dismounts. The mat must be in place at the beginning of the routine and cannot be moved during the routine.
2. NAIGC Modified Developmental
  - a) **Gymnasts shall not receive deductions for bent arms during transitions between elements. All other form deductions will be taken as per FIG rules.**
3. NAIGC Modified NCAA and NAIGC Modified Level 9
  - a) As per FIG, gymnast who do not perform a swing to handstand will receive a 0.3 neutral deduction.
4. NAIGC Modified Developmental and NAIGC Modified Level 9
  - a) [Any front or back salto tucked](#) will receive an A value and dismount credit.
  - b) The following skills will receive an A value (Note: none of these skills count towards the EG II/III three skill counter)
    - (1) [Muscle Up](#)
    - (2) [Pike press to shoulderstand \(2 s.\)](#)
    - (3) [Back uprise to shoulderstand \(2 s.\)](#)
    - (4) [Felge to shoulderstand \(2 s.\)](#)
    - (5) [Felge tucked to support](#)
    - (6) [Tuck Planche \(2 s.\)](#)
    - (7) [German hang \(2 s.\)](#)



- c) A [back uprise tuck planche](#) will receive A value and element group 3 credit. Requirements are:
  - (1) Hips must be level
  - (2) Arms must be straight and off of straps
  - (3) Knees may not pass the straps.

#### D. Vault

##### 1. NAIGC Modified Developmental

- a) Gymnasts may not perform round-off entry vaults.

#### E. Parallel Bars

##### 1. All levels

- a) The P-Bars may be raised if a gymnast's knees touch the base mat while in a long hang swing or if a gymnast's feet touch while in an upper arm support. Any request to raise the P-Bars must be approved by the head judge. The bars may only be raised to the minimum height required for the gymnast not to touch. After the gymnast's routine, the bars must be returned to regulation height for all other gymnasts.

##### b) Skill Interpretations

- (1) [V-Sit \(2 s.\)](#) will receive a B value and Element Group I.
- (2) [Manna \(2 s.\)](#) will receive a C value and Element Group I.

##### 2. NAIGC Modified Developmental and NAIGC Modified Level 9

##### a) Skill Interpretations:

- (1) A [Stutz to support](#) will receive a B value and Element Group I.
- (2) A [giant swing to support](#) will receive a B value and Element Group III.

- b) An empty half empty swing into any peach, giant, cast, or Moy skill is allowed.

- c) [Any front or back salto tucked](#) will receive an A value and dismount credit.

##### d) The following skills will receive an A value

- (1) [Underswing to long hang bwd uprise to support](#)
- (2) [Peach to Upper Arm](#)
- (3) [Moy to upper arm](#)
- (4) [Back uprise to support from upper arm](#)
- (5) [Forward roll to upper arm](#)
- (6) [Salto forward to upper arm](#)
- (7) [Press to shoulderstand \(2 s.\)](#)
- (8) [Straddle L \(2 s.\) \(same box as L-sit\) \(Group I\)](#)
- (9) [Wende dismount](#) (EG IV credit for Developmental only)
- (10) [Stutz dismount](#) (EG IV credit for Developmental only)

#### F. Horizontal Bar

##### 1. All levels



- a) The Horizontal Bar may be raised if a gymnast's feet touch the base mat while in a long hang. Any request to raise the horizontal bar must be submitted before the beginning of the session or it may be denied.
- b) A skill cushion of up to 20 cm (8") may be used for releases and dismounts.
- c) While evaluation begins the moment the gymnast leaves the floor, no change in direction deductions may be taken until after the gymnast has completed 5 changes in direction (two and a half empty swings) or has performed (or attempted to perform) a recognized skill.
- d) Skill Interpretations
  - (1) [Salto fwd. stretched with 3/2 t. also from el grip](#) will receive a G value and Element Group II.

2. NAIGC Modified Developmental and NAIGC Modified Level 9

- a) Skill Interpretations:
  - (1) A jam (Adler) to El grip or inverted giant that does not finish in a handstand will receive the following values. All jams will receive Element Group III credit. No angle deductions apply, only general execution deductions.

<u>Angle of Jam</u>	<u>Difficulty Value</u>
<a href="#">0-45°</a>	C
<a href="#">45-90°</a>	B
Below 90°	A

- b) [Any front or back salto tucked](#) will receive an A value and dismount credit.
- c) Any stalder or endo skill may be done as a toe on skill for one value less.
- d) The following skills will receive an A value
  - (1) [Back uprise to support](#)
  - (2) [Kip to support](#)
  - (3) [Back hip circle](#)
  - (4) [Free hip circle to horizontal](#)
  - (5) [Front hip circle](#)
  - (6) [3/4 Back giant to support](#)
  - (7) [Swing 1/2 turn](#)
  - (8) [Pullover](#)
  - (9) [3/4 Front giant \(to hop out\)](#)
  - (10) [Cast to horizontal](#)
  - (11) [Straddle Cut](#)

V. Inquiry Procedure

- A. Each NAIGC sanctioned meet shall have an appointed meet referee selected from the judges attending. At NAIGC National Championships, the meet referee will be an



additional judge. The meet referee will oversee the enforcement of the NAIGC rules and interpretations and handle any inquiries.

- B. Inquiries may only be made for the difficulty score. Execution scores stand as final.
- C. The inquiring party must completely fill out an inquiry form. All Inquiries must be submitted prior to 10 minutes following the last routine of the session. The recommended time frame is before the end of the rotation following the one to which the inquiry applies. A last call for inquiries will be announced prior to the meet referee dismissing the judges.

### XIII. Amendments

- A. This document may be amended by the NAIGC Men's Rules Spokesperson, or by the NAIGC Board of Directors.
- B. The most up-to-date and authoritative version of this document is on the NAIGC website.