

# Floor Exercise (FX)

## General Differences Between NAIGC and JO:

- No JO Bonuses (Only stick bonus and FIG Connection bonus)
- Only listed A's with no EG receive value (no judge's interpretation)
  - No non-FIG A's in Modified NCAA
  - Additional skills listed
- No skill restrictions or flipping vault restrictions
- No uniform deductions except in the case of safety
- Judge has discretion to prohibit an athlete from performing a skill for safety reasons

	Counting skills	Min. skills	Short routine deduction	Max groups	Dismount req.	Stick bonus	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
<b>NAIGC - Developmental</b>	5 + dismount	6	-1.0 each	3	Non FIG A = .5	A+ = +.1	None	None	Yes
<b>NAIGC - Modified L9</b>	7 + dismount	6	-1.0 each	4	B = .5 A = .3	B = +.1 C+ = +.2	FIG Connection Only	Swing Handstand (SR)	Yes
<b>NAIGC - Modified NCAA</b>	9 + dismount	7	-1.0 each	4	C = .5 A, B = .3	B = +.1 C+ = +.2	FIG Connection Only	Swing Handstand (SR) & Double Flipping Skill (FX)	No

## Event Specific Rules:

- FX Routine is timed at all levels: no minimum time, maximum 70 seconds ( $\leq 2$  sec.: -0.1 ||  $>2 - 5$  sec.: -0.3 ||  $> 5$  sec.: -0.5)
- A single 4" landing mat may be used for any value skill, but the athlete may not rebound from the mat (-0.5 deduction) and the mat may not be moved during the routine (-0.5 deduction)
- Double flipping requirement applies to Modified NCAA only, not Level 9 or Developmental
  - -0.3 Neutral deduction
- Deduction for not using full floor area applies (-0.3)
- Limitation of no more than 2 strength elements applies to all levels
- Connection bonus:
  - D or higher + B or C = +0.1
  - D or higher + D or higher = +0.2

## NAIGC Skill Exceptions

### A value with no EG skills

- Cartwheel
- Round-Off
- Pike up through handstand
- Backward roll through handstand

# Pommel Horse (PH)

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## Event Specific Rules:

- In Developmental, 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.

## NAIGC Skill Exceptions

A value with no EG skills (Level 9 and Developmental)

- False Scissor
- Single Leg Stockli
- Single Leg Travel (Old Level 6 travel)
- ½ Circle Dismount

Additional Skills (All levels):

- Any combination of two flops on one pommel = C value EG II
- A ¾ Kehr to one pommel (¾ Sohn) to immediate ¾ Reverse Stockli (two total hand placements) = D value EG II

# Still Rings (SR)

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## Event Specific Rules:

- Swing HS requirement applies to Modified NCAA and Level 9, **not Developmental**
  - -0.3 Neutral deduction
- 3 EG II and III skills in a row applies at all levels
  - More than 3 EG II and III skills must be broken up with B value or higher EG I skill
  - A with no EG skills do not break up sequence, nor do they add to the sequence
  - All subsequent skills after the 3rd which are not broken up are not credited
- Rule restricting end strength positions to one per EG II and EG III applies
- In Developmental, 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.

## NAIGC Skill Exceptions

A value with no EG skills (Level 9 and Developmental):

- Muscle Up
- Shoulderstand (2 s.)
- Back uprise to shoulderstand (2 s.)
- Felge to shoulderstand (2 s.)
- Tuck Planche (2 s.)

Additional Skills (Level 9 and Developmental):

- Back Uprise Tuck Planche (2 s.) = A + EG III
  - Arms must be straight and off the straps
  - Back must be flat, knees at or behind rings

# Vault (VT)

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## Event Specific Rules:

- No round off entry vaults for NAIGC - Developmental

## NAIGC Skill Exceptions

A value with no EG skills (Level 9 and Developmental)

- None

Additional Skills (Level 9 and Developmental):

- None



# Parallel Bars (PB)

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## Event Specific Rules:

- In Level 9 and Developmental (**not** Modified NCAA), an empty half empty swing into any peach, giant, cast, or Moy skill is allowed.
- In Developmental, 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.
- In all levels, 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.

## NAIGC Skill Exceptions

A value with no EG skills, no change of direction deduction applied to **relevant skills** (Level 9 and Developmental)

- **Moy to upper arm**
- **Back uprise to support from upper arm**
- Forward roll to upper arm
- Salto forward to upper arm
- **Shoulderstand (2 s.)**

- Wende dismount
- Stutz dismount
- **Peach to upper arm**

Additional Skills (Level 9 and Developmental):

- Tuck salto, front or back = A + EG IV
- Stutz to support = B + EGI
- Giant swing to support = B + EG III

# High Bar (HB)

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## Event Specific Rules:

- In all levels, the High Bar may be raised if a gymnast's feet touch the base mat while in a long hang. Any request to raise the high bar must be submitted before the beginning of the session or it may be denied.
- In all levels, skill cushion of up to 20 cm (8") may be used for releases and dismounts.
- In Developmental, 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.

## NAIGC Skill Exceptions

A value with no EG skills, no change of direction deduction applied to **relevant skills** (Level 9 and Developmental):

- Back uprise to support
- Kip to support
- Back hip circle
- Free hip circle to horizontal
- Front hip circle
- $\frac{3}{4}$  Back giant to support
- **Swing  $\frac{1}{2}$  turn**
- Pull over
- $\frac{3}{4}$  **Front giant (to hop out)**
- **Cast to horizontal**

Additional Skills (Level 9 and Developmental):

- Pike salto, front or back = A + EG IV
- Jam (Adler) to EI grip below 90° (Group III) = A + EG III
- Jam (Adler) to EI grip 45-90° = B + EG III
- Jam (Adler) to EI grip 0-45° = C + EG III