



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 (except PH)	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5	A+ = +.1	None	None	Yes
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B+ = .5 A = .3	C+ = +.2 B = +.1	FIG Connection Only	None	Yes
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.2 B = +.1	FIG Connection Only	Double Flipping Skill (FX)	No

Event Specific Rules:

- FX Routine is timed at all levels: no minimum time, maximum 70 seconds (≤ 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, receives a -0.3 neutral deduction if not performed
- Dismount must be an acrobatic element (EG II or III) that lands with feet together (front and back handspring count)
- 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 (Level 9 and Developmental only):

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



Pommel Horse (PH)

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.	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5	None	None	Yes
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B = .5 A = .3	FIG Connection Only	None	Yes
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C = .5 A, B = .3	FIG Connection Only	None	No

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.
- There is no stick bonus on pommel horse.
- For Developmental and Level 9, gymnasts do *not* need to connect any EG II or EG III skill to a listed Code of Points skill in order to receive credit (this rule stands for Modified NCAA)

NAIGC Skill Exceptions

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

- False Scissor
- Single Leg Stockli
- Single Leg Travel (Old Level 6 travel)
- ½ Circle Dismount (Receives EG IV credit in Developmental only)

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) = E value EG II
- Double Scissor forward with travel sideways and 1/2 turn = D value EG I



Still Rings (SR)

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 (except PH)	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5	A+ = +.1	None	None	Yes
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B+ = .5 A = .3	C+ = +.2 B = +.1	FIG Connection Only	Swing Handstand (SR)	Yes
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.2 B = +.1	FIG Connection Only	Swing Handstand (SR)	No

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 only):

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

Additional Skills (Level 9 and Developmental only):

- Tuck Salto, front or back (EG IV)
- 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)

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

Common Vaults and Values

EG 1 (Handsprings)	EG 2 (1/4 or 1/2 in first flight)	EG 3 (Yurchenkos)
101: Handspring = 1.6	220: Handspring sideways 1/4 tw. = 1.6	335: Round off back handspring = 1.6
102: Handspring 1/2 = 1.8	221: Handspring sideways 3/4 tw. = 1.8	338: Yurchenko tucked = 2.2
103: Handspring 1/1 = 2.0	225: Tsukahara tucked = 2.2	343: Yurchenko piked = 2.4
107: Handspring salto tucked = 2.4	225: Tsukahara piked = 2.4	370: Yurchenko stretched = 3.2
112: Handspring salto piked = 2.8	225: Tsukahara stretched = 3.2	372: Yurchenko str. 1/1 = 4.0
113: Handspring pike 1/2 = 3.2	272: Tsuk str. 1/1 or Kasamatsu str. = 4.0	

Event Specific Rules:

- Stick Bonus: +0.1
- 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)

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 (except PH)	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5	A+ = +.1	None	None	Yes
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B+ = .5 A = .3	C+ = +.2 B = +.1	FIG Connection Only	None	Yes
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.2 B = +.1	FIG Connection Only	None	No

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 only)

- **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 (Receives EG IV credit in Developmental only)

- Stutz dismount (Receives EG IV credit in Developmental only)
- **Peach to upper arm**
- Underswing to long hang bwd uprise to support

Additional Skills (Level 9 and Developmental only):

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



High Bar (HB)

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 (except PH)	Other bonus	Special Requirements (-0.3 each)	Non FIG A credit?
NAIGC - Developmental	6	6	-1.0 each	3	A+ = .5	A+ = +.1	None	None	Yes
NAIGC - Modified L9	7 + dismount	6	-1.0 each	4	B+ = .5 A = .3	C+ = +.2 B = +.1	FIG Connection Only	None	Yes
NAIGC - Modified NCAA	9 + dismount	7	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.2 B = +.1	FIG Connection Only	None	No

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, 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.
- 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 only):

- 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**
- Pull over
- ¾ **Front giant (to hop out)**
- **Cast to horizontal**
- Straddle Cut

Additional Skills (Level 9 and Developmental only):

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