

NAIGC MAG Rules Policy

Last updated 2023-10-16

(Note: Changes this competition year highlighted in red)

I. Overview

A. The NAIGC supports 3 levels:

1. **NAIGC Modified NCAA:** The highest level offered will adopt the latest version of [the FIG code of points](#) 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 Level 7:** 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 rules@naigc.org. Skills must be submitted to the Rules Spokesperson at least 2 weeks prior to competition during regular season and at least 1 month prior to nationals. **Once a skill has a preliminary valuation, the first person to submit a video of themselves competing the skill with no large deductions, will have it named after them if it has a difficulty value of B or higher.** NOTE: Only new skills will be considered, modified valuation of skills currently in the FIG CoP will not be considered.

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. If a judge or meet official deems an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge or meet official has the ability to scratch the athlete from the event prior to their competition routine.

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. Any apparatus that is easily adjustable (PB, PH, VT) may be lowered by any amount from standard competition height. Excess mats may be placed under the rings or high bar to effectively lower the height of the apparatus (as allowable by the available mats at the competition location). The gymnast accepts all responsibility for any deductions incurred for touching the mats during their routine as a result of the modified equipment height, and the judge may request that the height or mats be modified if there is a safety concern.**
- C. 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.
- D. 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.
- E. 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.
- F. 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	Max Routine Length	Short Routine	Element Groups	Dismount	Stick Bonus	Other Bonus	Start Value Caps
NAIGC Modified NCAA	10 skills	Each skill short of 8 → 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+ = 0.1	None	None
NAIGC Modified Level 9	8 skills	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	B+ = 0.1	None	13.2
NAIGC Modified Level 7	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	A+ = 0.1	+1 per mushroom circle, max .5, does not count towards SV cap	12.3 (Up to judges discretion to allow flipping vaults)

B. Additional Allowable Skills

1. In addition to the skills listed in the latest FIG Code of Points, the NAIGC allows certain other skills to be competed for credit, as defined in the [NAIGC Code of Points](#).

C. 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.

D. Extra Swings in NAIGC Level 7

- 1. In the NAIGC Level 7 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. 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.

B. Pommel Horse

1. NAIGC Modified Level 7

- a) In any Level 7 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. It is recommended (but not required) that gymnasts finish with a ½ circle or flank. In order to get credit for a circle, clear control must be shown at the final front support. This can be shown by either performing a flank dismount afterwards or performing another circle. As long as the subsequent circle is initiated (ie. the first hand is lifted and the body has traveled at least 1/4 circle), then the previous circle will receive credit. This additional aspect of the routine is only available if the meet facility



has a mushroom available. The mushroom bonus does not apply towards the Start Value cap.

2. NAIGC Modified Level 7 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.

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 Level 7

- 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.

D. Vault

1. NAIGC Modified Level 7

- 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.

2. NAIGC Modified Level 7 and NAIGC Modified Level 9

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

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.

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 a MAG rules team member. 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.

VI. 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.