

NAIGC Women's Rules

Version 4.0 / Last Amended: 9/12/2019

I. Purpose

- A. The purpose of this document is to prescribe the rules to be used in Women's Artistic Gymnastics competitions at NAIGC Sanctioned events.
- B. Women's competitions in sanctioned events may use any combination of the rules specified below.

II. Levels & Rules

- A. NAIGC Women's Level 9 will use the USAG JO (Junior Olympic) skill values (from the 2018-2022 FIG JO Code of Points) and Level 9 requirements. There will be no difficulty restrictions, including no limit to the number of Ds or Es.
 1. Judges should use both Level 9 and Level 10 bonus to the advantage of the gymnast. D's and E's will be given additive value of 0.1 and 0.2 respectively and recognized in connection value.
 2. The new level 10 rule should be applied for NAIGC level 9: If gymnast has +0.4 in bonus (must have both connective value and difficulty value), completes the E release on bars, flight on beam, or acro on floor, and a 10.0 start value, the additional +0.1 will be earned, not reflected in start value.
 3. On Bars, Level 9 connection bonus will be used as this is to the advantage of the gymnast.
 4. On vault, all USAG Level 10 10.1 eligible vaults will apply.
- B. NAIGC Women's Level 8 will use the USAG JO (Junior Olympic) skill values (from the 2018-2022 JO Code of Points), Level 8 requirements, and Level 8 difficulty restrictions.
- C. NAIGC Women's Level 7 will use the USAG JO (Junior Olympic) skill values (from the 2018-2022 JO Code of Points), Level 7 requirements, and Level 7 difficulty restrictions.
 1. The one exception will be that level 7 vault will not use a mat stack, but rather land on normal matting surface.
- D. NAIGC Women's Developmental will use the following rules
General
 - Use USAG optional execution deductions.
 - There will be no composition deductions.
 - Any skills from Xcel or USAG code of points will be recognized as skill values in the code.
 - Any skills from USAG compulsory levels 2-4 that are not in the Xcel or USAG code of points will be recognized as A value.
 - Other skills may be submitted for evaluation.
 - 6 skills are required. Each missing skill will result in 0.5 deduction. All A and B skills are allowed.
 - No C's, D's, or E's allowed (any C, D or E skill will result in 2.0 deduction each)
 - A skill will not be given value credit the second time it is performed if the skill uses the same entry and exit
 - Special Requirements will be worth 0.5 each.

- A skill will not be given value credit the third time it is performed

Vault

Choose from the following vaults (SV). Any vault not listed will be void.

- Squat on (8.0)
- Straddle over (8.5)
- Squat through (9.8)
- ½ on (10.0)
- Handspring (10.0)

Bars

- Perform 6 skills
- Special Requirements: Mount, Circling Skill, Cast to 45° below horizontal, Dismount

Beam

- Special Requirements: Half Turn, leap or jump with 90° degree split, acro skill, dismount
- Routines should be between 0:30 and 1:15 min. Undertime and overtime is 0.1 deduction.

Floor

- Special Requirements: 360 degree turn, leap pass with 2 leaps or jumps one of which must have a 90 degree split- direct or indirect connection, tumbling pass with at least two skills, second different tumbling pass with at least two skills or one flight
- Routines should be between 0:30 and 1:15 min. Undertime and overtime is 0.1 deduction.

- III. Safety Note: 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 a gymnast's safety.
- IV. Uniform
- A. Women are allowed to wear form fitting shorts that are above knee length. They must be black or match the primary color of the leotard.
- V. Inquiry Procedure
- A. Each NAIGC sanctioned meet shall have an appointed meet referee selected from the judges attending. The meet referee will oversee the enforcement of the NAIGC rules and interpretations and handle any inquiries.
- B. The inquiring party must completely fill out a USAG Score Inquiry Form (provided by the Meet Director). All inquiries must be submitted prior to 5 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.
1. <https://usagym.org/PDFs/Forms/Women/inquiry.pdf>
- VI. Amendments
- A. This document may be amended by the NAIGC Women'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.