

UAG National Championships Format

Version 3.3 / Last Amended 10/27/2023

Changes from previous version in Red

I. Overview

In order to encourage gender equality in the sport of gymnastics, we **have expanded** our Gymnastics Decathlon offering to include any combination of MAG and WAG events. We call this opportunity Unified Artistic Gymnastics (UAG). Where Gymnastics Decathlon is a combination of MAG All-Around and WAG All-Around performed over 2 sessions, UAG can be any combination of MAG and WAG events also performed over 2 sessions.

II. Levels

- A. The NAIGC Decathlon will offer all possible levels of competition, with awards numbers based on the number of registrants in a given level combination.
- B. Unified Artistic Gymnastics offers all MAG and WAG levels offered by the NAIGC at Nationals 2023.

III. Judging

- A. All routines will be judged based on the rules outlined in [NAIGC MAG Rules](#) and [NAIGC WAG Rules](#).

IV. Schedule

- A. Decathlon scores will only be based on performances during preliminary sessions; no Finals sessions will be offered for Decathlon.
- B. Athletes will compete in separate sessions for MAG and WAG Disciplines.
- C. Top Decathlon performers will be recognized at the NAIGC Awards Ceremony on **Saturday at the awards banquet**.

V. Format

- A. Competition will follow the format outlined for each individual discipline, outlined in [2023 MAG National Championship Format](#) and [2023 WAG National Championship Format](#).
- B. Individuals can participate in the team competition and qualify for team Finals in both disciplines in which they compete.
- C. As outlined in the [Competition and Eligibility Policy](#), gymnasts may qualify to finals in both MAG and WAG disciplines with the restrictions outlined in the document.
- D. Decathlon scores will be calculated based on a formula where each event is weighted such that a female gymnast at a given level in WAG gymnastics should score similarly in Decathlon to a male gymnast of a similar level in MAG gymnastics. That formula is: $5*WAA + MAA$. The scores used will be from the preliminary sessions.

VI. Decathlon Competitions

- A. Scope – Each of the numbers in blue is a placeholder that may be changed at any time up to the date of the National Championships to accommodate variance in registration or the

distribution of individuals among Divisions and Levels. All changes will be announced before competition begins and posted on the NAIGC website.

B. All-Around Competition

1. Within each level with at least **six** registrants, All-Around awards will be given to the top **three** combined point total scores from all the competitors registered for the Decathlon.
2. Within each level with at least **one** registrant, All-Around awards will be given to the top **one** combined point total scores from all the competitors registered for the Decathlon.

C. Individual Event Competition

1. There will be no individual event competition in the Decathlon.

D. Team Competition

1. Within each level, a team award will be given to the top **one** team if at least three teams are entered in the competition. **Any club with at least three Decathlon in a given level constitutes a team**, with the top 3 All-Around scores counting towards the team score.

VII. Amendments

- A. This document may be amended by the NAIGC Board of Directors at any time.
- B. Within Section VI, any of the numbers in blue may be amended by the NAIGC President or Men’s or Women’s Rules Spokesperson.
- C. This document may be amended at any time up to two weeks preceding the Nationals event in the case of significant changes impacting the event, including but not limited to national emergencies, pandemics, and natural disasters.

Document Revision History

Version / Date	Author	Change/Reason
1.0 / 12/08/2016	Julia Sharpe	Policy created
1.1 / 08/30/2017	Karen Heilman / Julia Sharpe	<ul style="list-style-type: none"> ● Minor wording clarifications ● Changed recognition from “Banquet on Saturday” to “Awards Ceremony” to allow more flexibility. ● Changed formula from $[WVT*0.5 + WUB*4.0 + WBB*4.0 + WFX*0.5] + [MFX*2.0 + MPH*0.6 + MSR*0.6 + MVT*2.0 + MPB*0.6 + MHB*0.6]$ to $5*WAA + MAA$ We think this will balance between the two disciplines while making the scoring more simplistic. Specified that this formula uses scores from the preliminary session.
1.2 / 11/24/2018	Julia Sharpe	<ul style="list-style-type: none"> ● Update name of document ● Added lower level of competition ● Clarified that awards will be at Friday ceremony

		<ul style="list-style-type: none"> ● Removed language referencing divisions ● Added names of referenced policies
2.0 / 12/26/2019	Nate and Julia Sharpe	<ul style="list-style-type: none"> ● Updated name of document ● Added details relating to Unified Artistic Gymnastics
2.1 / 10/25/2020	Julia Shape	<ul style="list-style-type: none"> ● Added clause to allow for changes due to unexpected emergencies or disasters (ie COVID)
3.0 01/15/2022	Julia Sharpe	<ul style="list-style-type: none"> ● Updated based on the updates Competition and Eligibility Policy, which places fewer restrictions on UAG ● Added team competition
3.1 03/28/2022	Julia Sharpe	<ul style="list-style-type: none"> ● Added intermediate level based on registration
3.2 10/05/2022	Julia Sharpe	<ul style="list-style-type: none"> ● Updated to allow for all possible decathlon level combinations
3.3 10/27/2023	Julia Sharpe	<ul style="list-style-type: none"> ● Updated some language ● Updated links