

## **2026 WAG National Championship Format**

*Version 5.52 / Last Amended: 3/20/2026*

*(Note: Changes this competition year highlighted in red)*

### **I. Purpose and Rationale**

- A. In order to provide a broad, inclusive competition for gymnasts of all skill levels, the 2026 NAIGC WAG Championships will offer a competition in five levels: NAIGC Xcel Silver, Xcel Platinum, Xcel Diamond, USAG Level 9, and the NAIGC Open Scoring Level following the [NAIGC Women's Rules](#).
- B. In order to offer collegiate teams an opportunity to compete against each other, while also offering a competition that provides open competition regardless of educational qualifications, finals qualification and awards will be given in placement categories. Placement categories will be determined automatically based on the collegiate status and gender of team members. Teams will be assigned to collegiate or community competition based on the status of its members. Athletes within a level may be split between gyms, but all athletes in the same level and placement category will compete in the same gym and with the same judges. The number of athletes and teams that qualify to finals will be proportional to registration numbers. A maximum of three individuals per category will receive awards and a maximum of 3 teams per category will receive awards.

**Note: Any number in blue throughout this document is a placeholder that may be changed up to midnight the Sunday before the NAIGC National Championships begins. This allows us to accommodate due variance in registration or the distribution of athletes among levels.**

### **II. Structure and Eligibility**

- A. The 2026 WAG National Championship will have Four placement categories: Collegiate Women+, Community Women+ , Collegiate Men+ and Community Men+ as per the Competition Structures and Eligibility Policy.
- B. Teams are composed of all the athletes in a club that are competing in the same placement category. To be eligible for team awards, the team must have at least 3 counting scores for each event.
- C. For details about eligibility criteria and other properties of these categories, see the [Competition Structures and Eligibility Policy](#).

### **III. Levels**

- A. The 2026 NAIGC WAG Championships will offer a competition in five levels for prelims: NAIGC Xcel Silver, Xcel Platinum, Xcel Diamond, USAG level 9 and the NAIGC Open Scoring Level, following the [NAIGC Women's Rules](#).
- B. Finals Offerings
  - 1. Xcel Platinum and Xcel Diamond will offer finals.
  - 2. If the NAIGC Open Scoring level has at least 60% of the combined registration between Level 9 and the NAIGC Open Scoring level, then the Open Scoring level will have finals. If that threshold is not met, Level 9 will have finals.

- a) An announcement of which level will have finals will be made within 3 days of the close of regular registration. After this, athletes and teams will have until the close of late registration to change levels if desired.
3. Xcel Silver will NOT have finals.

IV. **Rules** - For detailed competition rules and eligibility requirements specific to each level, see the [NAIGC Women's Rules Policy](#).

V. **Qualification to Finals and Awards Summary**

<i>Level</i>	<i>Finals Offered</i>	<i>Teams</i>	<i>All-Around</i>	<i>Events</i> (numbers below are per event)
NAIGC Open Scoring	No	<b>Qualify to Finals:</b> Zero teams  <b>Awards:</b> Collegiate Womens+: Zero Collegiate Mens+: Zero Community Womens+: Three Community Mens+: Two	<b>Qualify to Finals:</b> Zero athletes  <b>Awards:</b> Collegiate Womens+: Zero Collegiate Mens+: Zero Community Womens+: Three Community Mens+: Three	<b>Qualify to Finals:</b> Zero athletes  <b>Awards:</b> Collegiate Womens+: Zero Collegiate Mens+: Zero Community Womens+: Three Community Mens+: Three
USAG Level 9	Yes	<b>Qualify to Finals:</b> Collegiate Womens+: Seven Collegiate Mens+: Zero Community Womens+: Two Community Mens+: Zero  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Zero Community Womens+: Two Community Mens+: Zero	<b>Qualify to Finals:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two	<b>Qualify to Final:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two
Xcel Diamond	Yes	<b>Qualify to Finals:</b> Collegiate Womens+: Seven Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two	<b>Qualify to Finals:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two	<b>Qualify to Final:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two
Xcel Platinum	Yes	<b>Qualify to Finals:</b> Collegiate Womens+: Seven Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Two Community Mens+: Two	<b>Qualify to Finals:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two	<b>Qualify to Final:</b> Collegiate Womens+: Twenty Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two  <b>Awards:</b> Collegiate Womens+: Three Collegiate Mens+: Two Community Womens+: Three Community Mens+: Two

NAIGC Xcel Silver	No	<b>Qualify to Finals:</b> <i>Zero</i> teams  <b>Awards:</b> Collegiate Womens+: <i>Three</i> Collegiate Mens+: <i>Zero</i> Community Womens+: <i>Three</i> Community Mens+: <i>Zero</i>	<b>Qualify to Finals:</b> <i>Zero</i> athletes  <b>Awards:</b> Collegiate Womens+: <i>Three</i> Collegiate Mens+: <i>Three</i> Community Womens+: <i>Three</i> Community Mens+: <i>Two</i>	<b>Qualify to Finals:</b> <i>Zero</i> athletes  <b>Awards:</b> Collegiate Womens+: <i>Three</i> Collegiate Mens+: <i>Three</i> Community Womens+: <i>Three</i> Community Mens+: <i>Three</i>
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- A. Finals qualification numbers are based on the total number of allowed qualifiers, distributed proportionally (based on registration) between awards categories.
  - a. For finals qualification, any category that has at least 2 participants registered for and competing in prelims (i.e. 2 individuals for individual event/AA or teams for team qualification), a minimum of 2 athletes/teams will qualify to finals. For any category with only 1 participant registered for or competing in prelims, that athlete/team will automatically qualify for finals as the only qualifier.
- B. *All awards categories will go out to 3 award places unless there are fewer than 3 participants in the category. If there are fewer than 3 participants in a category, each participant will receive an award.* Categories are as defined in Section II of this document and match the qualifications and awards categories as shown in the table above.

**VI. Judging**

- A. The women's competitions will be judged based on [NAIGC Women's Rules](#).
- B. All routines will be judged using 2-judge panels.
- C. Judges will remain on the same event and in the same in each gym throughout both days of preliminary competition.
- D. Judges may be reassigned to different gyms/events for finals on Saturday.

**VII. Schedule**

- A. There will be Preliminary sessions on Thursday and Friday for all levels.
- B. There will be a separate Finals session for Xcel Platinum, Xcel Diamond, and either Level 9 or NAIGC Open Scoring on Saturday.
- C. There will not be a Finals session for the Xcel Silver level and either Level 9 or NAIGC Open Scoring. Awards for these levels will be determined from combined preliminary sessions only.
- D. All levels will receive awards at the banquet on Saturday night.

**VIII. Format**

- A. For all levels, preliminary and finals (if applicable) competitive sessions will be conducted using Modified Capital Cup (Modified Non-Traditional) format. There will be two sets of equipment in each competition gym. For Vault, Bars and Beam, Flight A squads warm-up and compete on one set; Flight B on the other set. Timed warm-ups immediately precede competition on each event. On floor, gymnasts will warm up in between competition routines (i.e. bump touch) *except for the Flight A of the first rotation. The flight A gymnasts on floor in the first rotation will be given 10 minutes to*

warm up before beginning competition routines and bump touching. For beam rotations larger than 8 athletes bump touches may be used.

1. Warm up times are as follows

Xcel Silver & Xcel Platinum	Xcel Diamond, Level 9 & Open
1 minute and 30 seconds per event	2 minutes per event

2. All athletes (all levels) will be permitted at least 2 warm up vaults. If an athlete is competing a flipping vault, a third warm up vault will be allowed.
- B. Each Preliminary session may accommodate multiple levels, depending on registration.
1. Teams from the same club competing in the same gym will be grouped together to compete in the same session (eg. Xcel Silver and Level 9 together). If other accommodations are requested, the NAIGC will make its best effort to satisfy requests.
- C. Each Finals session offered will include Team Finals and All-Around Finals, as well as Event Finals for each individual competitive event (VT, UB, BB, FX)
1. All finals sessions will compete in their own gym using the Modified Capital Cup format.
- D. Athletes who qualify for multiple Finals involving the same competitive event will perform a single routine on that event. The score for that routine will count towards each relevant Finals competition. (e.g. if someone qualifies for both BB finals and AA finals, they will only perform one beam routine)

## IX. Qualification and Awards

- A. **Note: Any number in blue throughout this document is a placeholder that may be changed up to midnight the Sunday before the NAIGC National Championships begins. This allows us to accommodate due variance in registration or the distribution of athletes among levels.** Additional qualifiers from a particular level may qualify to Finals as specified in NAIGC Competition Structures and Eligibility Policy. All changes will be announced before the competition begins and posted on the NAIGC website.
- B. **Competition Structure**
1. If multiple preliminary competitors (Team, All-Around, or Event) from a single level and group have the same score in the preliminary competition, the tie will not be broken. All qualifiers from that group with the same qualifying score will qualify to Finals. See [NAIGC Competition Structures and Eligibility Policy](#) for full detail regarding eligibility.
  2. **Team Competition (all levels)**
    - a) In preliminary sessions, each team may have any number of athletes compete on each event with the top three scores counting towards the team score.
    - b) Team Finals (applicable to all levels offering finals)

- (1) To be eligible as a team member in Team Finals, an individual must have been registered for that team in the preliminary competition.
  - (2) In Team Finals, a team may select up to four athletes on each event, with the top three scores counting towards the team score. Team finals lineups must be submitted electronically. All teams are recommended to submit a team final lineup regardless of whether they believe they will qualify to finals or not. Lineup changes and/or substitution(s) may be made up until an event begins (i.e., flag raised for team's first competitor on that event) by notifying the head table and chief judge at that event. The substitute competitor may be placed in any lineup position. Once the first competitor signals the Head Judge to begin their routine on any event, no substitutions for another competitor can be made on that event regardless of what occurs following the signal, including for reason of injury.
  - (3) Rotation assignments for finals will be automatically determined based on prelim placements.
- c) For levels not offering finals, to be eligible for Team awards, a team must have at least 3 athletes in the same placement category competing on each event in preliminary competition.
  - d) Please refer to the table in Section V for finals qualification and awards numbers listed by level and awards category.

### **3. All-Around Competition**

- a) To be eligible for an All-Around award, a competitor must have qualified for All-Around Finals during the preliminary competition. Competitors participating in the Team Finals and competing on all events who did not qualify for All-Around Finals in the preliminary competition are not eligible for an award in the All-Around competition.
- b) Please refer to the table in Section V for finals qualification and awards numbers listed by level and awards category.

### **4. Individual Event Finals Competition**

- a) To be eligible for an event award, a competitor must have qualified for individual Event Finals on that event. Team Finals competitors and All-Around Finals competitors who did not qualify for Event Finals during the preliminary competition on a given event are not eligible for an award on that event.
- b) Please refer to the table in Section V for finals qualification and awards numbers listed by level and awards category.

## **VII. Amendments**

- A. This document may be amended by the NAIGC WAG Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of WAG members need to know about it, the changes must be approved by the NAIGC Board.

- B. Any numbers in blue may be amended by the NAIGC President, WAG Rules Team Lead(s), or the Director of the Events Department.
- 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

Date	Author	Change/Reason
November 2017	Molly Stuckey	<ul style="list-style-type: none"> <li>-Updated dates</li> <li>-Revised structure of document and added split qualification to finals for level 8 and 9</li> <li>- Added level 6 competition format (changed from modified capital cup to modified traditional format)</li> <li>-Added deadline to change qualification/placing numbers in blue</li> <li>-Removed ability to have more than 1 mercy rule athlete per team per discipline</li> <li>-Added deadline for mercy rule entries</li> <li>-Removed shadow awards from mercy rule athletes. Mercy rule athletes will no longer be able to place in any capacity.</li> </ul>
January 2019	Women’s Rules	<ul style="list-style-type: none"> <li>-Updated level offerings</li> <li>-Removed reference to divisions to align with new NAIGC Competition Structures &amp; Eligibility policy</li> <li>-Updated format to include new levels and make group structure more clear</li> <li>-Removed Mercy Rule section as it can be found in the NAIGC Competition Structures &amp; Eligibility policy</li> <li>-Updated VIII.B. to include the Women’s Rules Spokesperson as allowed amender of the numbers in blue</li> <li>-Removed outdated graphic</li> </ul>
March 2019	Women’s Rules	<ul style="list-style-type: none"> <li>- Added “Lineups must be handed in to the head table at least 1½ hours before the start of the competition. For NAIGC National Championships the start of competition is defined by the start of the march-in ceremony. Lineup changes and/or substitution(s) may be made up until an event begins (i.e., flag raised for team’s first competitor on that event) by notifying the head table and chief judge at that event. The substitute competitor may be placed in any lineup position. Once the first competitor signals the Head Judge to begin their routine on any event, no substitutions for another competitor can be made on that event regardless of what occurs following the signal, including for reason of injury.”</li> </ul>
December 5, 2019	Women’s Rules	<ul style="list-style-type: none"> <li>● Updated year to 2020</li> <li>● Updating links to other related policies (needs to be done!)</li> <li>● Added criteria for seeding procedure</li> </ul>

		<ul style="list-style-type: none"> <li>● Clarified warmup times, stating that NAIGC developmental warmup time will be consistent with USAG level 7</li> <li>● Updated WAG team finals to 4 up, 3 count (previously 5 up, 3 count)</li> <li>● Due to reducing team size (24 less routines), we increased the number of AA and individual event qualifiers (added 24 routines) to finals</li> </ul>
September/October 2020	Women's Rules	<ul style="list-style-type: none"> <li>● Updated year to 2021</li> <li>● Added level 6</li> <li>● Updated warmup times for NAIGC Developmental will follow USAG level 6</li> <li>● Level 6 will have finals pending space and enough competitors (determined to be 120, approx 3x number of presumed finalists)</li> <li>● Level 7 will split a full gym with level 6 for finals if there is enough space and level 6 has enough competitors.</li> <li>● Developmental and level 6 will share a gym in prelims using either Modified Capital Cup or Modified Traditional based on space</li> </ul>
November 2020	Amanda Reynolds	<ul style="list-style-type: none"> <li>● Changed prelims/finals structure due to space limitations for 2021 (only having 2 gyms)</li> <li>● Finals level offerings will be published no later than 1 week after registration closes</li> <li>● Added clause for changes to be made up to 2 weeks prior to nationals given extenuating circumstances</li> </ul>
November 2021	Women's Rules	<p>Note: This policy is intended to be used if Nationals 2022 occurs with &lt;60% of 2019 registration</p> <ul style="list-style-type: none"> <li>● Events will have single judge panels</li> <li>● Gyms will be split as evenly as possible between levels with each level entirely within a gym</li> <li>● Finals offered for L8-9 and L7 if there are at least 100 competitors</li> <li>● Removed Level 6 from having Finals due to space restrictions</li> </ul>
January 15, 2022	Amanda Reynolds	<p>Changes made to incorporate changes made in the Competition Structure &amp; Eligibility Policy</p> <ul style="list-style-type: none"> <li>● Updated wording/organization to match MAG policy <ul style="list-style-type: none"> <li>○ This involved a lot of reorganization and consolidation of repeated information</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>o Added table to summarize finals qualification and awards numbers</li> <li>● Changed deadline for L7 registration to determine finals (mid-Feb to allow tech to write software)</li> <li>● Added language that AT LEAST 2 awards categories will be offered <ul style="list-style-type: none"> <li>o 25+ MAG athletes on an event will allow for its own award category (excluding VT)</li> </ul> </li> <li>● Added language to specify that judges remain the same between prelims days</li> </ul>
October 13, 2022	Amanda Reynolds	<ul style="list-style-type: none"> <li>● Updated level offerings</li> <li>● Each level will be competing within the same gym (i.e. all 8's together, all platinums together etc.)</li> <li>● Minimum number of awards/category is 3</li> <li>● All awards moved to Saturday banquet</li> <li>● Clarified warm up times to match rules format</li> <li>● Blue numbers are finalized Sunday before nationals at Midnight</li> <li>● Lineups must be submitted on the website by march-in</li> <li>● Men in WAG category MAY be added (not guaranteed)</li> <li>● Added best guess blue numbers</li> </ul>
November 13, 2023	Amanda Reynolds	<ul style="list-style-type: none"> <li>● Updated description of awards categories (separated by both gender and student status)</li> <li>● Updated available awards categories</li> <li>● Updated awards numbers to be a max of 3/category</li> <li>● Removed stipulation to include a male in WAG category if 25 or more participants (since we just added the category anyway)</li> <li>● Updated links</li> <li>● Updated blue numbers to ideals (max 3/category for individuals and 50% for teams up to a max of 3)</li> <li>● Removed cap of 8 athletes/event</li> <li>● Changed how teams must submit team lineups for finals</li> </ul>
March 12, 2024	Amanda Reynolds	<ul style="list-style-type: none"> <li>● Updated awards numbers. Now if a placement category has at least 6 participants, we go out 3 awards. 5 or less gets 1 award.</li> <li>● Clarified that athletes from the same level MAY be split between gyms, but a placement category won't be</li> </ul>

March 24, 2024	Nate Sharpe	<ul style="list-style-type: none"> <li>• Added verbiage clarifying that the awards numbers are based on the number of gymnasts competing for the award (ie. the number in finals if there are finals for that level)</li> </ul>
November 11, 2024	Amanda Reynolds	<ul style="list-style-type: none"> <li>• Added Xcel Diamond and NAIGC Open Scoring and removed Level 8</li> <li>• Made it so that Open will only have finals if they have at least 60% of the combined L9/Open registration</li> <li>• We will announce finals levels within 3 days of regular reg closing, and blue numbers shortly after.</li> <li>• Removed wording about qualifying athletes from the same category in multiple gyms.</li> <li>• Added the requirement for this doc to be approved by the NAIGC board if major changes are made</li> <li>• Allowed Events DH to modify blue numbers</li> </ul>
October 28, 2025	Amanda Reynolds	<ul style="list-style-type: none"> <li>• TBD on Level 9 vs Open for Finals</li> <li>• All categories will go out 3 places unless there are fewer than 3 athletes in a category at which point each athlete receives an award.</li> <li>• Clarified that Rotation 1 - Flight A on floor should have a timed warm up before athletes begin bump touching.</li> <li>• Large groups on beam may bump touch</li> <li>• Added warm up time table</li> </ul>
February 24, 2026	Amanda Reynolds	Added 2026 Blue Numbers.