

UPDATES to Special Requirements for 2023-2024 NGA Season

2N/BN

Bars-SR #4: Dismount - Any A value or X skill LB dismount.

SN

Vault-Two allowable vaults

1. Over the resi 10.0 SV or 2. HS flat back 9.5 SV

Bars-SR #2: Cast to a minimum of 45 degrees below horizontal.

3N

Bars-SR #1: Mount may be any glide or glide variation.

Bars-SR #2: Cast to a minimum of 45 degrees below horizontal.

4N

Bars-SR #2: Cast to a minimum of 20 degrees below horizontal.

Beam-SR #1: Minimum 1/2 turn on one foot.

GN

Bars-SR #1: Squat/Straddle/Stoop on or sole circle variation, jump to HB.

5N

Bars-SR #1: 360 In Bar Circle VP must finish in CLEAR support.

Bars-SR #3: 2nd 360 Circle VP or 2nd cast to minimum horizontal.

PN

Bars-SR #1: Glide Kip on LB or HB (or kip variation, excluding run-out glide).

Bars-SR #3: Min B 360 Circle VP.

7N

Bars-SR #3 - 2nd Circle VP - Minimum B VP.

DN

Bars-SR #1: Min B 360 Circle VP.

Bars-SR #2: Cast or Circle VP to finish min 45 from vertical.

9N

Bars-SR #2: Min B flight.

10N

Note: May use one (1) skill to fulfill more than one (1) special requirement, unless specified.



General UPDATES for the 2023-2024 NGA Season

1. The Bar Cast, Swing, and Circle Chart is updated (p. 27, Technical Handbook). Note the addition of the A VP cast for any cast that does NOT receive B VP at 5N-10N.
2. 1N & 2N/BN may now compete at four (4) years old.
3. SN FX allows "B" dance skills.
4. SN, 3N, and 4N Vault Matting update: 24" - 56".
5. 3N FX Routine time is a maximum of 1:00. Please note there is no minimum time for any level and all FX times referred to in the Technical Handbook are maximum times. For example, 6N FX is a maximum of 1:15.
6. 1N-4N may mount with a glide swing and return to the mounting surface to perform a pullover. The mounting mat does not need to be removed immediately at these levels.
7. 5N vault allows the athlete to miss their feet and go to their back.
8. Level 6N can no longer use a tap swing without penalty. This includes following a long hang pullover.
9. The 6N/7N vault allows a pit pillow (4'x6'x8") as the top mat. The Mat Stack may not exceed 64", including the pit pillow.
10. For levels PN-10N, the additional dance skill (SR #3) MAY NOT be part of the Dance Combo (SR #1) even if it is a third skill.
11. Updated Landing deductions (p. 28, Technical Handbook).
12. Updated Split Jump/Leap Element deductions (p. 28, Technical Handbook).
13. Note: Adding a 1/4 turn to a VP does not make it different from the root skill unless they have different numbers in the Technical Handbook.
14. 8N-10N: A .30 deduction (from the Chief Judge) if the Coach is on the FX to aid an athlete.
15. A Vault that is performed and does not return to the board (for example, lands on top of table, mat stack, or does not result in feet first landings) is VOID and receives a courtesy score of 5.0 at ALL levels.
16. Start Values on the Vault Chart have been updated, p. 50, Technical Handbook.
17. Too Long in Support (up to .30) and Angle of repulsion (up to .50) deductions are applied to any non-salto vaults for levels 8N-10N.
18. Extra Casts and Swing deductions are applied to levels 5N - 10N.

