Men's Technical Handbook 2022-2026

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TABLE OF CONTENTS

Click white icon – Table of Contents Click black icon – NGA main web page Click Section for direct link to topic



PART A-NGA MEN'S PROGRAM

CHAPTER 1-MEN'S COMPETITIVE PROGRAM <u>SECTION 1-COMPETITION GUIDELINES</u> <u>SECTION 2-COMPETITION CONCEPTS</u> <u>SECTION 3-COMPETITION REQUIREMENTS</u> <u>SECTION 4-COMPETITION STANDARDS</u>

SECTION 5-COMPETITIVE REQUIREMENTS BY LEVELS

CHAPTER 2-MEN'S EVENT SKILLS CHARTS

SECTION 1-FX-SUPER SKILLS CHART

SECTION 2-PH-NO POMMEL SKILLS CHART

SECTION 4-PH-SUPER SKILLS CHART

SECTION 5-SR-SUPER SKILLS CHART

SECTION 6-VT-REQUIREMENTS CHART-1N-6N

SECTION 7-VT-REQUIREMENTS CHART-7N-10N

SECTION 8-PB-SUPER SKILLS CHART

SECTION 9-HB-SUPER SKILLS CHART

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CHAPTER 3-EVENT REQUIREMENTS SUMMARY CHARTS

SECTION 1-FLOOR EXERCISE SECTION 2-MUSHROOM / POMMEL HORSE SECTION 3-STILL RINGS SECTION 4-VAULT SECTION 5-PARALLEL BARS SECTION 6-HIGH BAR

PART B-NGA MEN'S PROGRAM CHAPTER 1- XTREME TEAM 4X4 SECTION 1-4-EVENT COMPETITION FORMAT 1N-5N SECTION 2-LEVEL REQUIREMENTS SECTION 3-FX SUPER SKILLS SECTION \$-VT SUPER SKILLS SECTION 4-HB SUPER SKILLS

PART C-EXTRAS <u>SECTION 1-EQUIPMENT REGULATIONS</u> <u>SECTION 2-CHANGES - ADDS - DELETES</u>

Link to Junior FIG here

PART A NGA MEN'S PROGRAM

CHAPTER 1-MEN'S COMPETITIVE PROGRAM

CHAPTER 2-MEN'S EVENTS SKILL CHART

CHAPTER 3—MEN'S EVENT SUMMARY



Chapter 1

MEN'S COMPETITIVE PROGRAM



- SECTION 1—COMPETITION GUIDELINES
- SECTION 2—COMPETITION CONCEPTS
- SECTION 3—COMPETITION REQUIREMENTS
- SECTION 4—COMPETITION STANDARDS
- SECTION 5—COMPETITION SPECIAL REQUIREMENTS BY LEVEL

COMPETITION GUIDELINES—ALL LEVELS



		COMPETITION STANDARDS		
Goal Inclusive • To maintain same "Team First" concepts thru each level of competition • All athletes eligible to compete all events— everyone can contribute Announcer • Need to have a great announcer to keep the meet exciting! • Meet Format Awards • Team Awards—Every athlete receives medal • Recommended to use Modified Capital Cup format • Individual Awards—Set by Meet Director • Individual Awards—Set by Meet • Spotter required—all levels—be in position to safely spo • Spotter allowed—all levels:PB—Additional spotter perm • L1N-3N: Speaking to gymnast during routine allowed w/		 Team Division Team Score = Top three (3) per Event Level 8N/9N/10N = Designate 5/3 count Level 6N/7N = Designate 5/3 count Level 4N/5N = Designate 5/3 count Level 1N/2N/3N = Designate 5/3 count May combine levels as shown above Team Score Emphasis should be on Team Score Using the Score Board, keep a running score of teams thru the 5th rotation Use a separate screen, if possible t on SR-V-HB itted: SR-VT-PB-HB only loss of skill VP 	 Sessions and Events Determining # of events at a time and/or # of meet sessions—Maximum 10 gymnasts per squad Level 1N-5N meets to be short and sweet—pre competition routines should be limited or discouraged Event Warm-up Level 1N-5N—30 min. (open warm-up) Level 1N-5N—One Touch Level 6N-7N—Two touch Level 8N-10N—Three touch Modified Capital Cup suggested for Levels 6N-10N PROFESSIONAL ATTIRE Closed toe shoes, shorts, slacks, or warm-up pants and collared team shirt 	
	, ,	buse Prevention Training Certification, &		
		QUALIFICATION STANDARDS		
Qualifying Scores To State: 40.00AA / 4X4 30.00AA To Regionals: 42.00AA To Nationals: 45.00AA / 4X4 30.00 	DAA	 L1-L5 — Athlete Age Mobility May only move up one (1) age level per competition season Athlete may move up one (1) competition level by scoring a 50.00 AA in any sanctioned NGA competition, 30.00 AA in the 4X4 program <i>Example: 5-year-old L1 scores a 50.00 AA may move up to L2</i> 	 Level Qualification L1N-3N Team—Competes at State Team Championships only L4N-5N Team—Qualifies to Zone Team Championships L6N-7N Team & L8N/9N/10N Team—Qualify to Nat'l Team Champs. 	

COMPETITION CONCEPTS—LEVELS 1N-3N



	STATE GYM	NASTICS TEAM LEAGUE	
 Level 1N-3N – Purpose To develop Team competition that adds to growth of men's gymnastics in each state To encourage participation in competitive gymnastics within each club program To develop judges' assistants who may grow to be Nationally Certified 	 League Competitions/GYMAct Competition Directors hosting local events use the local GYMAct team, if available, to work the meet and assist the judges. Host will donate to local GYMAct program based on number of workers needed to run the competition. Donations used for competition and scholarship opportunities for athletes competing in local GYMAct collage programs 	 Determine number of events at a time and/ or number of meet sessions—Maximum 10 gymnasts per squad Event Warm-up Level 1N-3N—30 min. (open warm-up) 	 League Overview NGA State Men's Gymnastics League is comprised of many Clubs and Judges from across each State Competitions are usually dual in house meets not large invitationals Provides access to competition and learning opportunities to all its members at greatly reduced cost. Encourages participation and increase level of competition Developing judges within the organization ensures quality of judging remains high, and cost to Competition Directors stays affordable

7

COMPETITION REQUIREMENTS



			MEN	'S ALL LEVEL REQUIREMEN	TS					
		FIG Junior Code of Poil	nts Rules (l	Including FIG Newsletters) will be a	followed with these excep	otions:				
Start \	Value (SV)	(SV) Age on 1st day of Competition NGA Super Skills fulfills Element Group if Super Skills allowed <i>Ø</i> max age restrictions <i>at any level</i> L1N-5N: Missing Element Group = +0.50					X = Skills NOT allowed L4N-10N PH all difficulty allowed			
		Min Age	Level	Required # of Element Groups	# Super Skills Allowed	Α	В	С	D+	
SV = 10.0 +		5	1N	1	8		Х	Х	Х	
SV = 10.0 +		6	2N	2	8		Х	Х	Х	
SV = 10.0 +		7	3N	3	8		Х	Х	Х	
SV = 10.0 +		8	4N	4	6			Х	Х	
SV = 10.0 +		9	5N	4	5				Х	
Jr FIG includ	•		6N	4	4				Х	
Jr FIG includ			7N	4	3				Х	
Jr FIG includ	•		8N	4 + FIG 'A' Dismount	2					
Jr FIG includ			9N	4 + FIG 'B' Dismount	1					
Jr FIG includ	de Super Sk	ills 14	10N	4 + FIG 'C' Dismount	0					
				EVENT EXCEPTIONS						
1N-9N	FX	 No double salto skill require 	ed							
1N-9N	FX	Any 1/2 (180°) twist added to	o a skill: Co	nsidered separate skill in a separate	skill box and counted for va	alue				
6N	PH	• "No Pommels" skills list ap	plies-Not	required to touch three (3) parts of Po	ommel Horse					
7N		"No Pommels" skills list ap	plies-Yes	required to touch three (3) parts of Po	ommel Horse /					
8N-9N	PH	Feint allowed w / Ø deduct	ion							
1N-9N	PH	 Circle—flair—HS (only upgr No more than -0.5 (taken in 	rade to 'C') normal inc	rements) plus -0.3 for touching horse	e w any part of body					
1N- <mark>5N</mark>	VT	Tramp board allowed								
1N-9N	SR	No swing to HS required								
1N-10N	PB	• 1/2 swing allowed before E	G III (under	bar elements) skills						
1N-10N	PB	Hand-on-hand spot allowed	•	,						
4N-10N	PB	• Stutz, Salto BWD, Giant to								
1N-9N	HB	Change of directions allowed								
4N-10N	HB	Any Jam/Adler at 45° 'B' VI								
1N-5N	HB			quired horizontal finish position for el	ement group credit and no	deductio	on			
1N-10N	HB			d after EG II skill w/o deduction						
1N-10N	HB	0	•	no deduction, to start routine						
-		• • • •		Pommel Horse (See VT for some exce	entions)					
5.50 00103.										

COMPETITION STANDARDS



	ERRORS AND DEDUCTIONS		START VALUES
Deduction	Description	Start Value	Level & Events
-0.10	Small Error	10.0	L1N- <mark>L5N</mark> — FX - MU - SR - VT - PB - HB
-0.30	Medium Error	By Difficulty	L6N-L10N — FX - PH - SR - VT - PB - HB
-0.50	Large Error		SUPER SKILLS
-0.50	Fall	Our en alcilla	
-0.50	Skill performed out of skill difficulty range	Super skills	nave no difficulty value but do count as a skill and for element group requirements
-0.50 each	Missing EG (Levels 1N-5N)		FIG SKILLS
-0.50 each	Missing FIG 'A' skill	Any FIG Skill	counts for difficulty value at any level, if allowed
Ø VP	Repeat skills (no repetition deduction) L1-L10		
One skill ca	nnot fulfill more than 1-element group		
All other en	ror deductions as per FIG Jr COP		

EQUIPMENT	UNIFORMS	SHORT ROUTINES — PER JR FIG
 Tramp board allowed 1N-5N VT 	Levels 1N-5N	No 'short routine' deduction taken if min. six (6) FIG or Super Skills are
 FIG Jr Code requirements except PB & PH—Height 	Athletic shorts and team	performed, regardless of whether skills are accounted for value
may be lowered if needed to adapt to athlete	T-shirt or jersey top	 NGA levels having FIG "A" skill requirement and is replaced with a Super Skill, NO 'Short Routine' deduction, only -0.50 for any missing FIG "A"
As per FIG Jr Code of Points		required skill
 Additional matting may be used on SR-VT-PB-HB-all levels for athlete safety 		 L8-10 FIG dismount difficulty requirements not met, a partial credit of +0.30 is awarded
Panel mats may be used to mount PH & PB	Levels 6N-10N	
 (1) 4" mat/sting mat may be used on FX for 'C' + VP (landing only)—must remain in place for entire routine 	 Gymnastics shorts: FX-VT 	
4" = 10 cm	 Form pants & socks w 	
8" = 20 cm	jersey top:	Link to Junior FIG <u>here</u>
16" = 40 cm	PH-SR-PB- HB	

LEVEL REQUIREMENTS—1N, 2N



ALL LEVEL REQUIREMENTS

Missing EG Skills - L1N-L5N Each Missing EG = -0.5

EG Skills - L6N-L10N

Each EG is worth = +0.5

Number of Skills

- (6) min. skills / (8) max.
- NGA Super Skills vs FIG Skills
- NGA SS fulfills EG if SS allowed

Fulfilling Element Group (EG)

One (1) skill cannot fulfill more than (1) element group

Changes/Clarifications

Noted in highlighted blue

LEVEL 1N SV = 10.0

5 years & up

FLOOR EXERCISE

- 1. Minimum (1) Element Group
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

MUSHROOM — FX height SV = 10.0 / Standard height SV =

- 1. 1/4 Circle through support
- 2. 3/4 Circle through support
- Evaluate hip roll (Counter to Circle), lean & extension
- May pass thru 1/4 & 3/4 positions if performed well
- Landing not evaluated

STILL RINGS

- 1. Minimum (1) Element Group
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

VAULT — Stack mats — 16" + SV = 10.0 - Yes Tramp Board

1. Stretch Jump-under arm reach-Kick Handstand-flat back onto Mat Stack

PARALLEL BARS

- 1. Minimum (1) Element Group
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

HIGH BAR

- 1. Minimum (1) Element Group
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

LEVEL 2N SV = 10.0

6 years & up

FLOOR EXERCISE

- 1. Minimum (2) Element Groups
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0

- 1. 1-1/2 or more Circles finish thru rear support
- Evaluate hip roll (Counter to Circle), lean & extension
- Finish in/thru fully extended rear support
- Landing not evaluated

STILL RINGS

- 1. Minimum (2) Element Groups
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

VAULT – Resi/Stack Mats – 10' x 5' x 32" SV = 10.0 - Yes Tramp

1. Handspring-flat back onto Resi

PARALLEL BARS

- 1. Minimum (2) Element Groups
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

HIGH BAR

- 1. Minimum (2) Element Groups
- 2. May count up to (8) NGA Super Skills
- 3. May use FIG 'A' value skills
- Stick Bonus +0.10

LEVEL REQUIREMENTS-3N, 4N



	LEVEL 4N SV = 10.0 8 years & up
LEVEL 3N SV = 10.0 7 years & up FLOOR EXERCISE	LEVEL 4N SV = 10.0 8 years & up FLOOR EXERCISE
 Minimum (3) Element Groups May count up to (8) NGA Super Skills May use FIG 'A' value skills 	 Minimum (4) Element Groups May count up to (6) NGA Super Skills May use FIG 'A' & 'B' value skills Minimum (1) FIG 'A' value skill
Stick Bonus +0.10	 Stick Bonus +0.10
MUSHROOM – FX height SV = 10.0 / Standard height SV = 9.0	MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0
 3-1/2 or more Circles finish thru rear support Evaluate hip roll (Counter to Circle), lean & extension Finish in/thru fully extended rear support Landing not evaluated 	 Circles & Flairs plus (1) different FIG skill finish thru Rear Support Four (4) element groups required Circles & Flairs may be repeated for 'A' VP Skill and finish must be preceded by circle or flair
STILL RINGS	 Landing not evaluated #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount
 Minimum (3) Element Groups May count up to (8) NGA Super Skills May use FIG 'A' value skills 	 *EG1-Frail, *EG2-Circles, *EG3-760 7077, *EG4-Dismourn STILL RINGS 1. Minimum (4) Element Groups 2. May count up to (6) NGA Super Skills
 Stick Bonus +0.10 	3. May use FIG 'A', 'B' value skills
VAULT – Resi/Stacked Mats – 5' x 32" SV = 10.0 - Yes Tramp Board	4. Minimum (1) FIG 'A' value skill
 Front Handspring over resi to landing mat Landing evaluated 	 Stick Bonus +0.10 VAULT – Resi/Stacked Mats – 5' x 32" SV = 10.0 - Yes Tramp Board
Stick Bonus +0.10	 Handspring SW w 1/4 (90°) over Resi to landing mat Front Handspring over Resi to landing mat
PARALLEL BARS	 Indication of the state of the
1. Minimum (3) Element Groups	 2 different Vaults required-averaged
2. May count up to (8) NGA Super Skills	• Stick Bonus +0.10
3. May use FIG 'A' value skills	PARALLEL BARS
• Stick Bonus +0.10	1. Minimum (4) Element Groups
HIGH BAR	 May count up to (6) NGA Super Skills May use FIG 'A' & 'B' value skills
 Minimum of (3) Element Groups May count up to (8) NGA Super Skills May use FIG 'A' value skills 	 a. May use FIG A & B value skills 4. Minimum (1) FIG "A" value skill Stick Bonus +0.10 HIGH BAR
Stick Bonus +0.10	1. Minimum (4) Element Groups
	 May count up to (6) NGA Super Skills May use FIG 'A' & 'B' value skills Minimum (1) FIG 'A' value skill Stick Bonus +0.10

LEVEL REQUIREMENTS-5N, 6N



LEVEL 5N SV = 10.0 9 years & up	LEVEL 6N 10 years & up
FLOOR EXERCISE	LEVEL 6N 10 years & up FLOOR EXERCISE
1. Minimum (4) Element Groups	1. Minimum (4) Element Groups
 Minimum (4) Element Groups May count up to (5) NGA Super Skills 	 Minimum (4) Element Groups May count up to (4) NGA Super Skills
3. May use FIG 'A', 'B' & 'C' value skills	
	3. May use FIG 'A', 'B' & 'C' value skills
 4. Minimum (2) FIG 'A' value skills Stick Bonus +0.10 	 4. Minimum (3) FIG 'A' value skills Stick Bonus +0.10
MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0	POMMEL HORSE—No Pommels
1. Circles, plus (3) different FIG skill finish thru Rear Support	1. Minimum four (4) Element Groups
 2. Four (4) element groups required 	 May count up to (4) NGA Super Skills
 Skill and finish must be preceded by circle or flair Landing not evaluated 	 May use all FIG value skills Minimum (3) FIG 'A' value skills
Landing not evaluated HEC1 Flair #EC2 180% Turn #EC4 Diamount	
#EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount	 Not required to touch (3) parts of Pommel Horse #EG1-Flair
STILL RINGS 1. Minimum (4) Element Groups	STILL RINGS
2. May count up to (5) NGA Super Skills	1. Minimum (4) Element Groups
3. May use FIG 'A', 'B' & 'C' value skills	 May count up to (4) NGA Super Skills
4. Minimum (2) FIG 'A' value skills	3. May use FIG 'A', 'B' & 'C' value skills
Stick Bonus +0.10	
	 4. Minimum (3) FIG 'A' value skills Stick Bonus +0.10
VAULT – Resi – 10' x 5' x 32" SV = 10.0 - Yes Tramp Board	VAULT – Table + Resi – 10' x 5' x 32" SV = 10.0
 Round off, Back Handspring to stand on Resi Front Handspring to stand on Resi 	1. Roundoff BHS over Table to stand on Resi
3. Handspring SW with 1/4 (90°) to stand on Resi	
 and spring SW with 174 (90) to stand on nesh 2 different Vaults required-averaged 	 Front Handspring over Table to stand on Resi Handspring SW w 1/4 (90°) over Table to stand on Resi
PARALLEL BARS	 Landing not evaluated, must land feet 1st
1. Minimum (4) Element Groups	 2 different Vaults required-averaged
 May count up to (5) NGA Super Skills 	PARALLEL BARS
3. May use FIG 'A', 'B' & 'C' value skills	1. Minimum (4) Element Groups
4. Minimum of (2) FIG 'A' value skills	 May count up to (4) NGA Super Skills
Stick Bonus +0.10	3. May use FIG 'A', 'B' & 'C' value skills
HIGH BAR	4. Minimum (3) FIG 'A' value skills
1. Minimum (4) Element Groups	Stick Bonus +0.10
 May count up to (5) NGA Super Skills 	HIGH BAR
3. May use FIG 'A', 'B' & 'C' value skills	1. Minimum (4) Element Groups
4. Minimum (2) FIG 'A' value skills required	 May count up to (4) NGA Super Skills
Stick Bonus +0.10	3. May use FIG 'A', 'B' & 'C' value skills
	4. Minimum (3) FIG 'A' value skills
	Stick Bonus +0.10
	• SUCK DUIUS +0.10

LEVEL REQUIREMENTS—7N, 8N



LEVEL 7N	11 years & up	LEVEL 8N	12 years & up
FLOOR EXERCISE		FLOOR EXERCISE	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
2. May count up to (3) NGA Super Skills		2. May count up to (2) NGA Super Skills	
May use FIG 'A' & 'B' & 'C' value skills		3. May use all FIG value skills	
 Minimum (4) FIG 'A' value skills 		4. Minimum (5) FIG 'A' value skills	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	
POMMEL HORSE—No Pommels		POMMEL HORSE	
1. Minimum four (4) Element Groups		1. Minimum (4) Element Groups	
2. May count up to (3) NGA Super Skills		2. May count up to (2) NGA Super Skills	
May use all FIG value skills		3. May use all FIG value skills	
 Minimum (4) FIG 'A' value skills 		4. Minimum (5) FIG 'A' value skills	
 Yes required to touch (3) parts of Pommel Horse 		STILL RINGS	
● #EG1-Flair		1. Minimum (4) Element Groups	
STILL RINGS		2. May count up to (2) NGA Super Skills	
1. Minimum (4) Element Groups		3. May use all FIG value skills	
2. May count up to (3) NGA Super Skills		4. Minimum (5) FIG 'A' value skills	
May use FIG 'A' & 'B' & 'C' value skills		 Stick Bonus +0.10 	
 Minimum (4) FIG 'A' value skills 		VAULT – Table SV = 11.6-13.2	
Stick Bonus +0.10		1. Any Vault from 11.6 SV - 13.2 SV	
VAULT – Table SV = 11.6-12.2		 2 different EG Vaults required-averaged 	
1. Any Vault from 11.6 SV to 12.2 SV		Stick Bonus +0.10	
 2 different EG Vaults required-averaged 		PARALLEL BARS	
 Stick Bonus +0.10 		1. Minimum (4) Element Groups	
PARALLEL BARS		2. May count up to (2) NGA Super Skills	
1. Minimum (4) Element Groups		3. May use all FIG value skills	
2. May count up to (3) NGA Super Skills		4. Minimum (5) FIG 'A' value skills	
May use FIG 'A' & 'B' & 'C' value skills		Stick Bonus +0.10	
 Minimum (4) FIG 'A' value skills 		HIGH BAR	
 Stick Bonus +0.10 		1. Minimum (4) Element Groups	
HIGH BAR		2. May count up to (2) NGA Super Skills	
1. Minimum (4) Element Groups		3. May use all FIG value skills	
2. May count up to (3) NGA Super Skills		4. Minimum (5) FIG 'A' value skills	
May use FIG 'A' & 'B' & 'C' value skills		 Stick Bonus +0.10 	
4. Minimum (4) FIG 'A' value skills			

LEVEL REQUIREMENTS—9N, 10N



LEVEL 9N	13 years & up	LEVEL 10N	14 years & up
FLOOR EXERCISE		FLOOR EXERCISE	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
2. May count up to (1) NGA Super Skills		2. (Ø) NGA Super Skills allowed	
May use all FIG value skills		May use all FIG value skills	
4. Minimum (6) FIG 'A' value skills		4. Minimum (6) FIG 'A' value skills	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	
POMMEL HORSE		POMMEL HORSE	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
2. May count up to (1) NGA Super Skills		2. (Ø) NGA Super Skills allowed	
3. May use all FIG value skills		3. May use all FIG value skills	
4. Minimum (6) FIG 'A' value skills		4. Minimum (6) FIG 'A' value skills	
STILL RINGS		STILL RINGS	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
May count up to (1) NGA Super Skills		2. (Ø) NGA Super Skills allowed	
May use all FIG value skills		3. May use all FIG value skills	
4. Minimum (6) FIG 'A' value skills		4. Minimum (6) FIG 'A' value skills	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	
VAULT – Table SV = 11.6-14.4		VAULT – Table SV = 11.6-16.0	
1. Any Vault from 11.6 SV to a 14.4 SV		1. Any Vault from 11.6 SV to a 16.0 SV	
 2 different EG Vaults required-averaged 		 2 different EG Vaults required-averaged 	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	
PARALLEL BARS		PARALLEL BARS	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
May count up to (1) NGA Super Skills		2. (Ø) NGA Super Skills allowed	
3. May use all FIG value skills		3. May use all FIG value skills	
4. Minimum (6) FIG 'A' value skills		4. Minimum (6) FIG 'A' value skills	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	
HIGH BAR		HIGH BAR	
1. Minimum (4) Element Groups		1. Minimum (4) Element Groups	
2. May count up to (1) NGA Super Skills		2. (Ø) NGA Super Skills allowed	
3. May use all FIG value skills		3. May use all FIG value skills	
4. Minimum (6) FIG 'A' value skills		4. Minimum (6) FIG 'A' value skills	
 Stick Bonus +0.10 		 Stick Bonus +0.10 	

Chapter 2

MEN'S EVENT SUPER SKILLS CHARTS



SECTION 1—FX—SUPER SKILLS CHART

SECTION 5-VT-REQUIREMENTS CHART

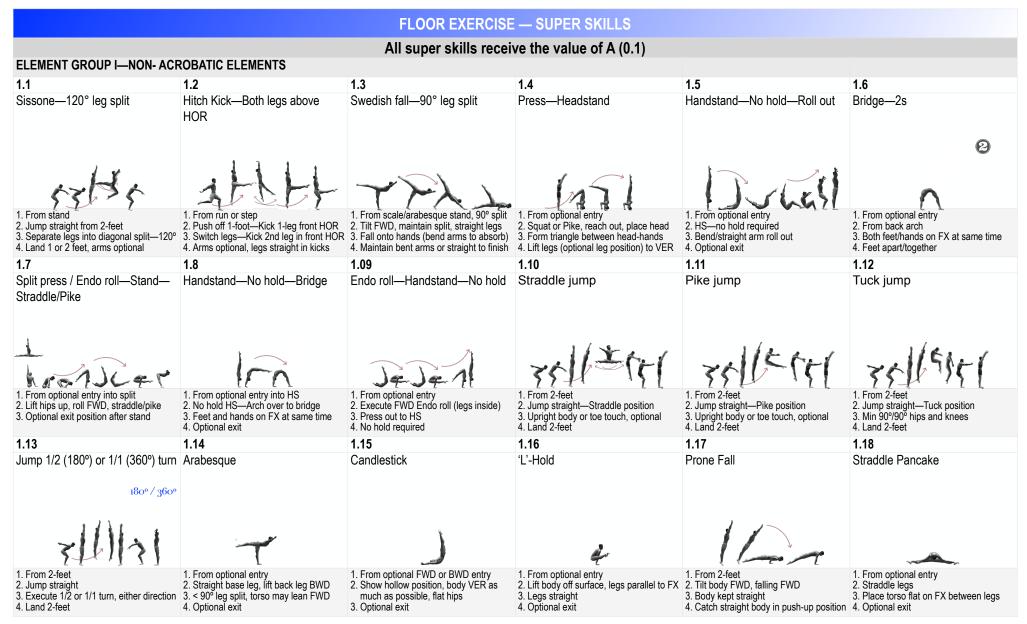
- SECTION 2—PH—NO POMMELS SKILLS CHART
- SECTION 3—PH—SUPER SKILLS CHART
- SECTION 4-SR-SUPER SKILLS CHART

SECTION 6—PB—SUPER SKILLS CHART

SECTION 7—HB—SUPER SKILLS CHART



FX—SUPER SKILLS CHART—GRP I





FX—SUPER SKILLS CHART—GRP II

		FLOOR EXERCIS	E — SUPER SKILLS		
			ive the value of A (0.1)		
			DBATIC ELEMENTS FORWARD		
2.1	2.2	2.3	2.4	2.5	2.6
Headspring	Cartwheel step FWD ^{QR} bring feet together FWD	Cartwheel—FWD/SWD	Bent arm—Tuck FWD roll	Pike—FWD Roll	Straddle—FWD Roll
MAI	AXAMA	AXAAX	(s)stubal	ITTURFI	1732251
 From optional entry Legs straight/tuck to touch head to FX Pike-Open (korbut) action in hips Optional together or step out 	 3. 1/4 turn FWD 4. Optional step or feet together exit 	 From optional FWD or SWD entry Cartwheel Optional FWD or SWD exit 	 From optional entry Squat to hands/bent arms on FX FWD Tuck roll Optional exit 	 From optional entry Pike to hands/bent/straight arms on FX FWD Pike roll Optional exit 	 From optional entry Pike to hands/bent/straight arms on FX FWD Straddle roll Optional exit
2.7	2.8				
Candlestick—FWD roll	Front Handspring				
2. FWD roll—Tuck/Pike/Straddle 3. Optional exit	 From optional entry Quick reach to FX—both hands Heel drive legs, repulse off hands Feet together on landing 				

FX—SUPER SKILLS CHART—GRP III, IV

		FLOOR EXERCISE	— SUPER SKILLS		
			ve the value of A (0.1)		
			BATIC ELEMENTS BWD / FWD		
3.1	3.2	3.3	3.4	3.5	
Cartwheel step—BWD ^{QB} Bring feet together—BWD	Roundoff	Bent arm BWD Roll—Tuck/Pike/ Straddle	Straight arm BWD Roll—Pike stand ^{QR} Prone	BWD Walkover	
TAXAT	hhrend Inll	11 R 1 5 6 6 1	FAULTNY	TrhATARA	
 From optional entry Cartwheel 1/4 (90°) turn at end Finish feet together or lunge FWD 	1. From optional entry 2. Perform RO 3. With/Without rebound 4. Feet together on landing	1. From optional entry 2. Perform bent arm BWD roll—Tuck/ Pike/Straddle 3. Optional exit	1. From optional entry	 From stand on 1-leg Lift leg up and over head while arching upper torso BWD to BWO Optional exit 	
		ELEMENT GROU	P IV—DISMOUNTS		
4.1	4.2	4.3			
Roundoff—Rebound	Back Handspring—Rebound	Front Handspring—Rebound			
 From optional entry Perform RO With Rebound Feet together on landing 	 From optional entry Jump BWD to hands, jump off hands to feet, rebound Feet together on landing 	 From optional entry Quick reach to FX—both hands Heel drive legs, repulse off hands Feet together on landing, rebound 			

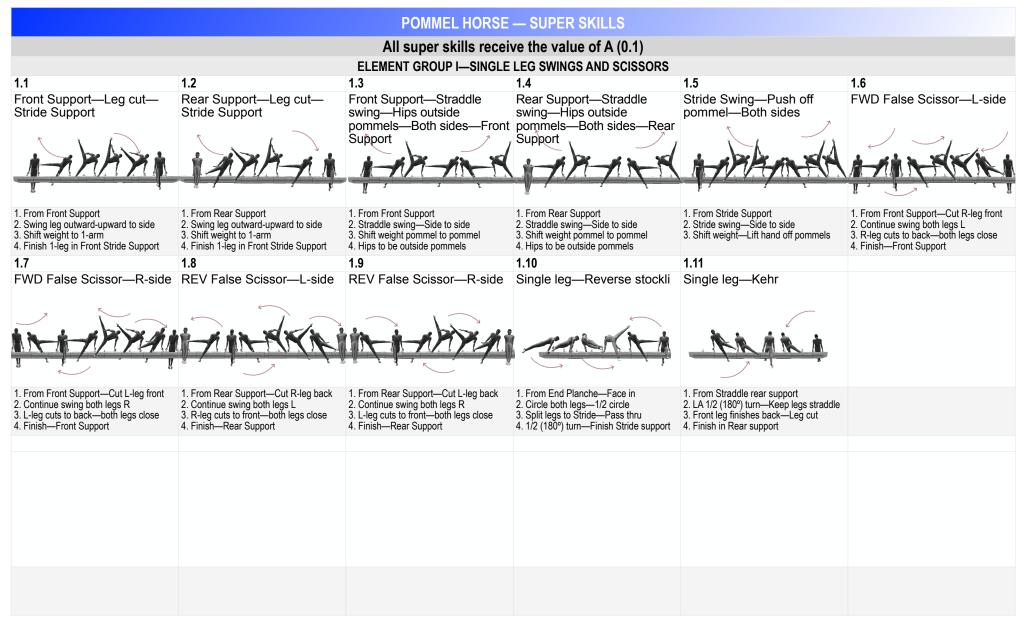
n (n)

PH—NO POMMELS SKILLS CHART—ALL GRP

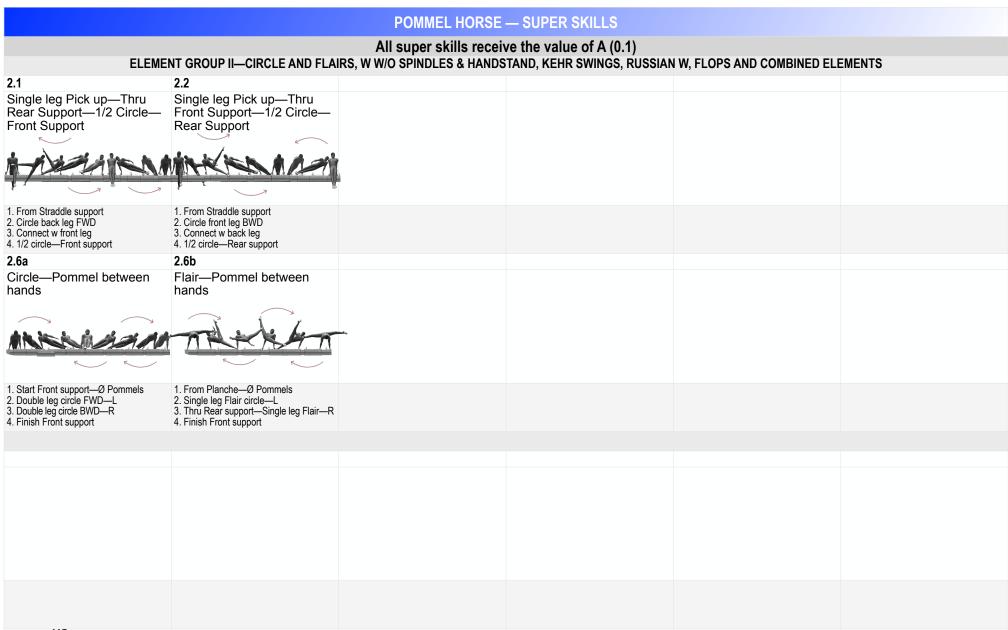
Tape Tape

			POMMEL HORSE SKILLS — NO POMMELS	Pon	nmel H	lorse Part Numbers 1 2 3 4 5	
ELEMENT GROUP I-SINGLE-LEG SWINGS AND SCI	ISSOR	S					
No element skills							
ELEMENT GROUP II: CIRCLES AND FLAIRS, W/ SPIN	DLES	& HS	, KEHRSWINGS, RUSSIAN W, FLOPS, COMBINED ELEMENTS				
1 Circle in Side Support	А	26	Circle with 1/2 spindle (in one circle)	В	80	Reverse Stockli	В
1 *Flair in Side Support	А	28	1/1 spindle in side support within 2 circles	D	86	Swiss hop	В
13 Circle in cross support frontways on end	А	29	Any 1/1 spindle w/in 2 circles (From 1-3 E to 3-5 to 1-3) [Eichorn]	Е	91	Schwabenflank	А
13 *Flair in cross support frontways on end	А	34	1/1 spindle in cross support within 2 circles	D	92	Czechkehr	В
19 Circle in cross support rearways on end	А	39	Flair or Circle to HS, lower to Flair or C Circle [Tippelt]	С	10	180° Russian	А
19 *Flair in cross support rearways on end	А	50	Direct Stockli-A	В	10	360° Russian	В
20 Circle in cross support between tape (3-3)	В	61	Double Rear [Kehr]	А	10	720° Russian	С
25 Circle with 1/4 spindle	А	79	Front out or in	А	10	1080° Russian	D
ELEMENT GROUP III—TRAVEL TYPE ELEMENTS, IN	CLUDI	NG K	ROLLS, TONG FEI, WU GUONIAN, ROTH AND TRAVELING SPI	NDLES	5		
1 1/2 FWD side travel	А	33	1/2 Side travel with 1/2 spindle	В	70	Kehr - Reverse Stockli – Kehr [Moguilny]	D
2 3/3 FWD side travel	В	35	3/3 Cross travel with 1/2 spindle (in one circle) [Nin Reyes]	E	71	Reverse Stockli – Kehr – Reverse Stockli [Belenki]	D
13 1/2 BWD side travel	А	44	1/2 FWD cross support travel	В	82	3/3 Travel with 180° Russian [Tong Fei]	D
14 3/3 BWD side travel	В	46	3/3 FWD cross support travel [Magyar]	D	88	3/3 Travel with 360° Russian [Roth]	D
27 1/2 travel with 1/2 spindle (side or cross support)	С	56	1/2 BWD cross support travel	В	89	3/3 Travel with 720° Russian [Wu]	Е
29 3/3 Side travel with 1/1 spindle	Е	58	3/3 BWD cross support travel [Sivado]	D			
ELEMENT GROUP IV—DISMOUNTS							
1 Wende	А	8	360° Russian to wende	В	10	1080° Russian to wende	D
4 Circle or flair to HS with 3/3 travel and 450 deg turn	D	9	720° Russian to wende	С	20	*Circle or flair to HS	С
						(Special VAL for HS with no turn or travel)	
**1-3, 3-3, 4-5, etc refer to placement of gymnast's ha	nds (s	ee fig	ure above)			*See FIG Jr COP for HS turn/travel principles	
Same skill box number counted as separate skill							

PH—SUPER SKILLS CHART—GRP I



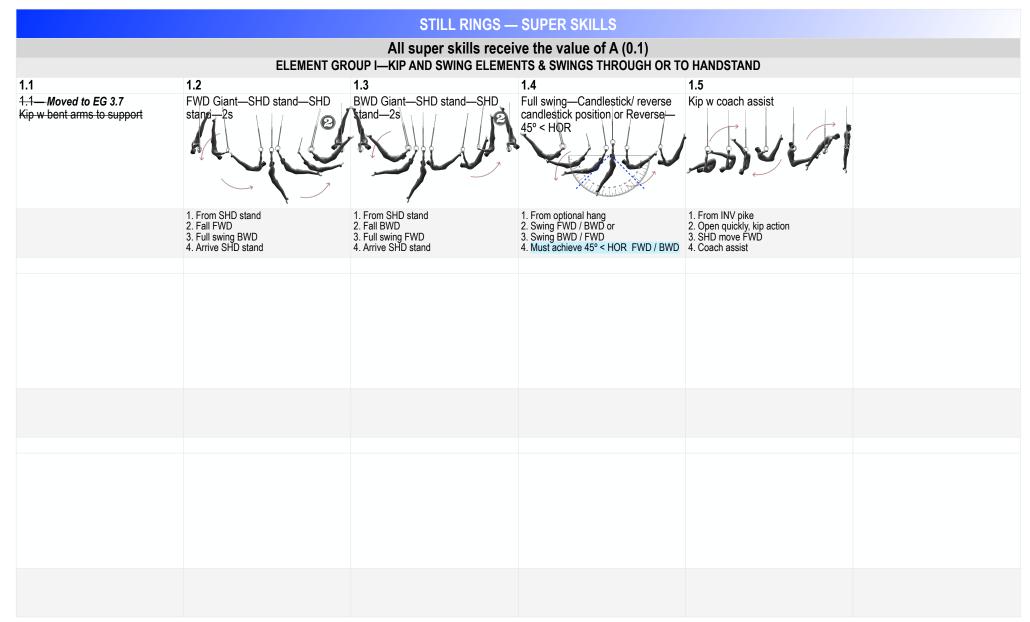
PH—SUPER SKILLS CHART—GRP II



PH—SUPER SKILLS CHART—GRP III, IV

		POMMEL HORSE	- SUPER SKILLS		
		All super skills receive	ve the value of A (0.1)		
	ELEMENT GROUP III—TRAVE	EL TYPE ELEMENTS, INCL KROL	LS, TONG FEI, WU GUONIAN, R	OTH & TRAVELING SPINDLES	
3.1—Added					
Single leg travel					
\sim \sim					
THE IS					
1. From Front position—End 2. Side swing R—Cut R-leg to Front 3. Continue swing—R-leg L to pommel 4. Continue to Front position—2 pommels	3				
		ELEMENT GROUP	PIV-DISMOUNTS		
4.1	4.2	4.3			
Leg cut FWD—1/4 (90°) turn —Finish SWD to Horse 90°	Half—Circle—1/4 (90°) turn 90°	180° Russian to Wende			
TIN	ANISH	Annober			
1. From Straddle support 2. Swing back leg FWD 3. Connect w/ Front leg—1/4 (90°) turn 4. Finish SWD stand	1. From Front support 2. Circle legs FWD 3. 1/4 (90°) turn 4. Finish SWD stand	1. From Cross support 2. 180° turn—feet together 3. Turn w/ two (2) hand placements 4. Finish SWD stand			
22					

SR—SUPER SKILLS CHART—GPR I

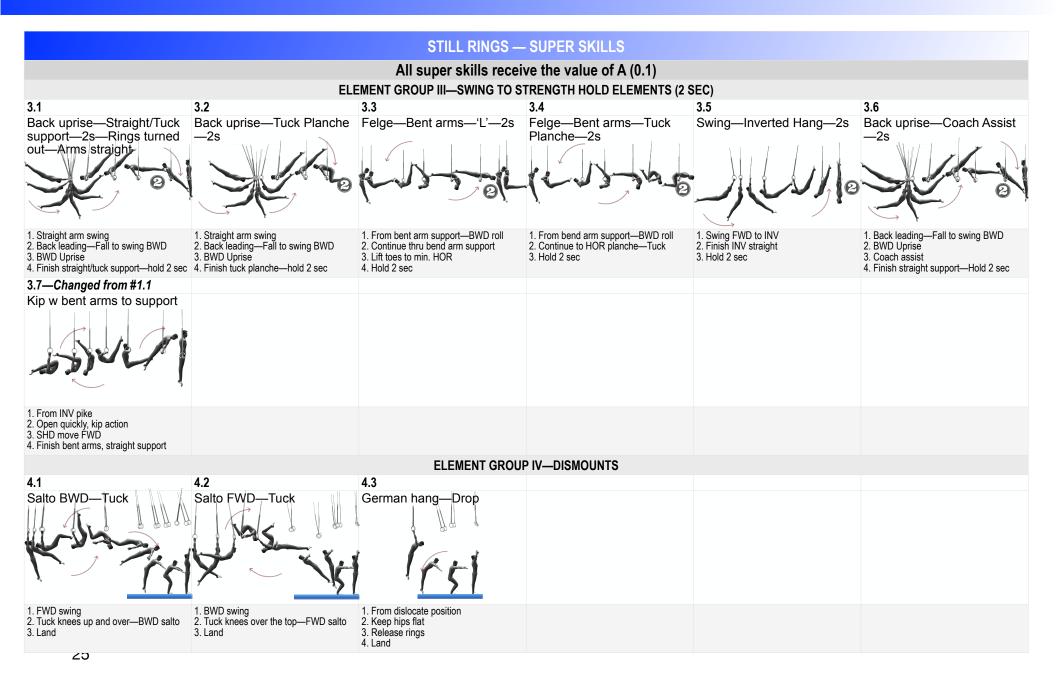


NATIONAL SYMNASTICS

SR—SUPER SKILLS CHART—GRP II

		STILL RINGS —	SUPER SKILLS		
All super skills receive the value of A (0.1) ELEMENT GROUP II—STRENGTH ELEMENTS AND HOLD ELEMENTS (2 SEC)					
2.1	2.2	2.3	2.4	2.5	2.6
Lower to SHD Stand—From HS—2s	Muscle up—No hold	Straight/Tuck Support—2s— Rings turned out—Arms straight	Press—SHD stand—2s	Bent arm—Straddle press HS—Feet on inside of cables—No hold	Handstand—Feet on inside of cables—2s
1. From HS 2. Lower to SHD stand 3. Hold 2 sec	 From straight hang Pull up End Straight support No hold required 	1. Straight support / Tuck Support 2. Rings turned out 3. Hold 2 sec	1. Press, straddle/pike 2. Finish SHD stand 3. Hold 2 sec	1. Press straddle 2. Finish HS 3. Feet may be on inside of cable 4. No hold required	 Handstand Feet may be on inside of cable Hold 2 sec
2.7	2.8	2.9	2.10	2.11	2.12
Hanging 'L'—2s	Pull up—Bent arm hang—2s	Bent arm—'L' hang—2s	Tuck Planche—2s	INV hang—2s	Piked INV hang—2s
1. Straight hang 2. Lift toes to HOR 3. Hold 2 sec	1. From straight hang 2. Pull up 3. Finish bent arm hang 4. Hold 2 sec	1. From bend arm hang 2. Lift toes to HOR 3. Hold 2 sec	1. From straight support 2. Tuck planch ⁻ 3. Hold 2 sec	1. Arms straight 2. INV hang 3. Hold 2 sec	1. Arms straight 2. INV pike hang 3. Hold 2 sec
2.13	2.14	2.15	2.16	2.17	2.18
German hang—2s	Hanging V—2s	Straight Body pull—INV hang	Hanging straight arm—Tuck hold—2s	Bent arm—Tuck hold—2s	Muscle up—Coach assist— 2s
1. Finish flat hips 2. Hold 2 sec	1. From straight hang 2. Lift toes to approach VER 3. Hold 2 sec	1. From straight hang 2. Lift straight body to INV VER 3. No hold required	1. From straight hang 2. Lift knees to min. HOR 3. Knees min. 90° bend 4. Hold 2 sec	1. From bend arm hang 2. Lift knees to min. HOR 3. Knees min. 90° bend 4. Hold 2 sec	1. From straight hang 2. Pull up to straight support 3. Coach assist 4. Hold 2 sec

SR—SUPER SKILLS CHART—GRP III, IV



VT—REQUIREMENTS CHART—1N, 2N, 3N, 4N, 5N, 6N

Ø Stick bonus



Safety Zone required – Hand mat recommended

Ø Stick bonus





VT—REQUIREMENTS CHART—7N, 8N, 9N, 10N

LEVEL 7N Option #1 — Any vault from 11.6 start value to 12.2 start value or any (tucked) non-twisting salto	LEVEL 8N Option #1 — Any vault From 11.6 start value to 13.2 start value or any layout or pike non- twisting salto	LEVEL 9N Option #1 — Any vault from 11.6 start value to 14.4 start value	LEVEL 10N Option #1 — Any vault from 11.6 start value to 16.0 start value
☑Table ☑RO vaults required to use board safety collar	☑ Table ☑ RO vaults required to use board safety collar		☑ Table ☑ RO vaults required to use board safety collar
			 Level 7N, 8N, 9N, 10N athletes are required to perform (2) different EG vaults—score is average of both vaults If gymnast receives '0' vault—May repeat vault with 1.0 deduction from SV



PB—**SUPER SKILLS CHART**—**GRP I**

PARALLEL BARS — SUPER SKILLS						
All super skills receive the value of A (0.1)						
ELEMENT GROUP I-ELEMENTS IN SUPPORT OR THROUGH SUPPORT ON 2 BARS						
1.1	1.2	1.3	1.4	1.5	1.6	
Full support swing—Straight body—Parallel to bar—Both sides	Swing—Handstand—No	Shoulder stand—2s	Handstand—FWD Roll— Upper arts	Front Toss—Upper arm	Straddle 'L'—2s	2
3. Swing FWD / BWD 4. 45° below HOR—Both sides	1. From support 2. Swing BWD—Handstand 3. Straight body 4. Finish HS—No hold	1. Optional entry/exit 2. Shoulder stand—Hold 2 sec 3. Straight body	 From HS FWD roll Finish upper arm support—Straight body 	 Optional entry—Front support Swing BWD—Thru Shoulder stand Finish upper arm support—Straight body 	1. Optional entry 2. Straddle "L" 3. Hold 2 sec	
1.7 Oter della frant surgers at held	1.8 Chaulder stand - EM/D roll	1.9 Tuala hadalo Or	1.10			
Straddle front support hold— Straight legs—2s	Shoulder stand—FWD roll	Tuck hold—2s	Press handstand—No hold			
1. Optional entry 2. Straddle "L"—Straight legs 3. Hold 2 sec	 Optional entry to SHD stand Shoulder stand FWD roll Optional exit 	1. Optional entry 2. Tuck hold—Min. 90°/90° (knees/hips) 3. Hold 2 sec	1. From Straddle "L" or "L" hold 2. Press up to handstand 3. No hold required			

PB—**SUPER SKILLS CHART**—**GRP II**

		PARALLEL BARS	— SUPER SKILLS			
All super skills receive the value of A (0.1)						
24	ELEMENT GROUP II—ELEMENTS STARTING IN UPPER ARM POSITION					
2.1 Full Upper Arm Swing— Straight body 45° < HOR— Both sides	2.2 Back Uprise—Support	2.3 Upper arm Pike—Cast FWD	2.4 Upper arm support—Swing BWD—Shoulder stand—2s	2.5 Upper arm—FWD roll	2.6 Upper arm—BWD roll	
	and the	JU.A.	TIT	Martin	HIR	
 From Upper arm support Straight body swing FWD/BWD 45° < Horizontal 	1. From Upper arm support 2. Swing BWD—Straight body 3. Uprise 4. Finish Front Support	 From Upper arm—Pike Cast FWD Finish Upper arm support—Straight body 	 From Upper arm support Swing BWD—Shoulder stand— Straight Hold 2 sec 	 From Upper arm support Swing BWD—Thru Shoulder stand FWD roll Finish Upper arm support 	1. From Upper arm support 2. Swing FWD—Thru Shoulder stand 3. BWD roll 4. Finish Upper arm support	
2.7	2.8					
Tuck hold—Upper arm—2s	Front uprise—Straddle front support hold—Straight legs on bar					
5						
1. From Upper arm support 2. Tuck hold—Min 90°/90° (knees/hips) 3. Hold 2 sec	1. From Upper arm support 2. Swing FWD 3. Front Uprise 4. Finish Straddle legs support on bar					

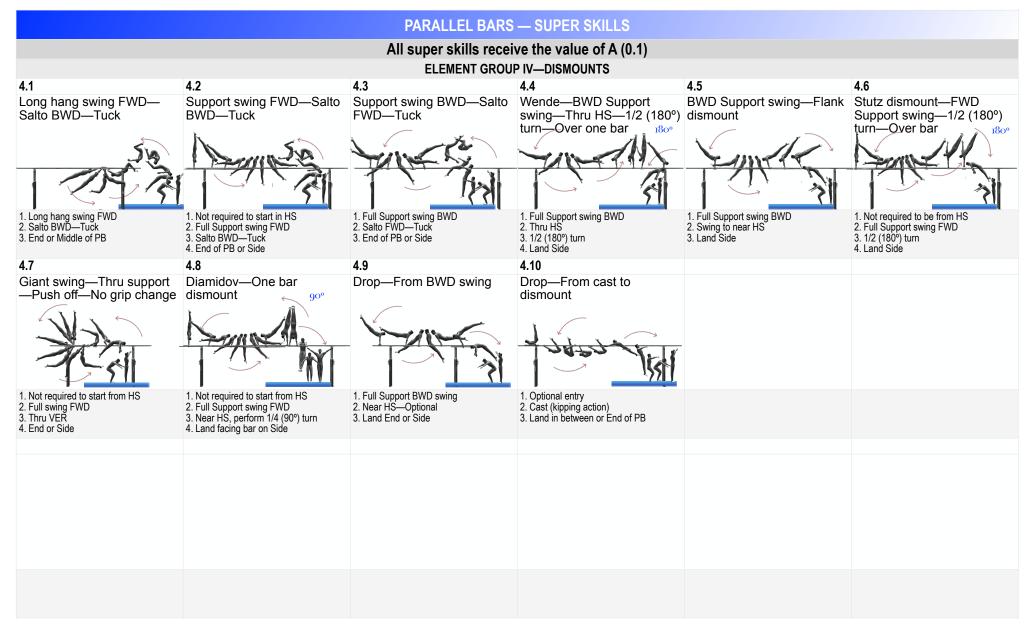
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PB—**SUPER SKILLS CHART**—**GRP III**

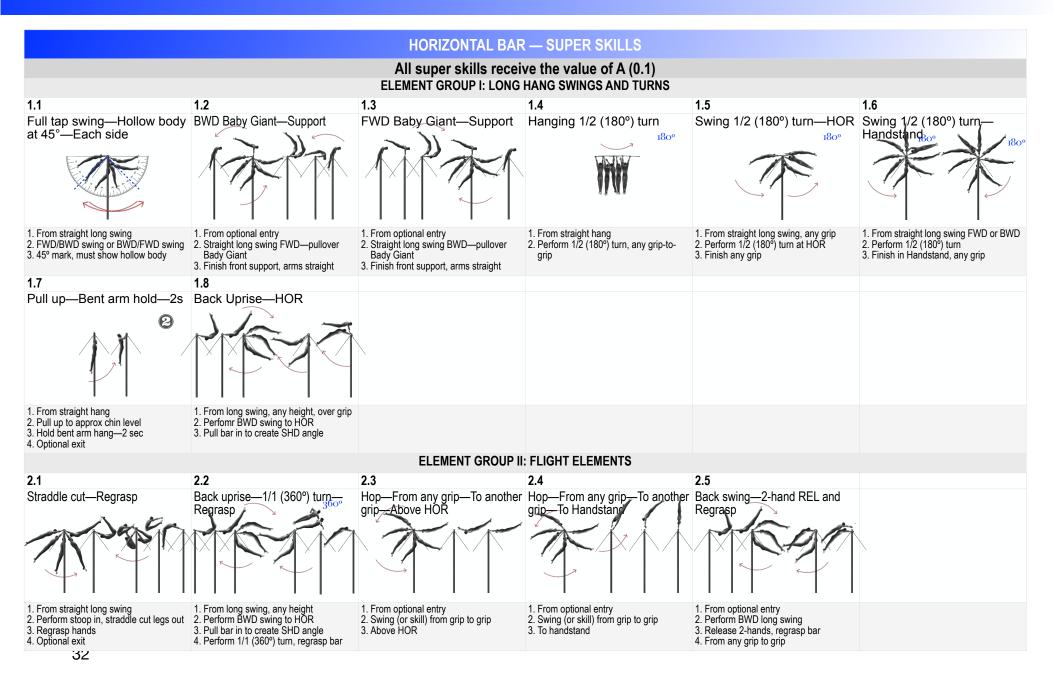
		PARALLEL BARS				
All super skills receive the value of A (0.1)						
ELEMENT GROUP III—LONG SWINGS IN HANG ON 1 OR 2 BARS AND UNDERSWINGS						
3.1	3.2	3.3	3.4	3.5	3.6	
Full long hang swing— Straight body—45° < HOR— Both sides	Full basket swing—Hips - above bars—Both sides	Bent leg Moy—Upper arm	Glide kip—Upper arm	Drop kip—Upper arm	Drop kip—Support	
	T-o-ST	Math	Tarant	1 2 2 2 2 2 2 K	The start	
1. Long hang swing FWD 2. Straight body 3. Min. 45° < HOR—Both sides	 From optional entry Inverted Pike Basket swing Hips above bar—Both sides 	 Handstand start not required Swing FWD—Knees bent at bottom Moy Finish Upper arm support 	 Optioanl entry Glide FWD—Pike Kip Finish Upper arm support 	 From Full Support Lift feet upwards—Drop kip Return Finish Upper arm support 	1. From Full Support 2. Lift feet upwards—Drop kip 3. Return 4. Finish Front support	
3.7	3.8	3.9	3.10	3.11	3.12	
Giant—Upper arm	Basket—Upper arm	Straight leg Moy—Upper arm	Long hang swing FWD— Straight legs—Straddle pull up—Upper arm—Legs straddled on bar	Long hang swing BWD— Straight legs—Uprise pull up —Upper arm	TRACT	
 Not required to start from HS Full swing FWD Thru VER Finish Upper arm support 	 From optional start BWD fal—Basket swing Pullover Finish Upper arm support 	 Not required to start in HS Straight or arched fall FWD Swing FWD Finish Upper arm support 	 Long swing FWD, legs straight Swing to straddled straight legs on bar Pull up—Upper arm support 	 Long swing BWD, legs straight Swing with straight legs Uprise—Upper arm support Finish upper arm hang 	 Optioanl entry Glide FWD—Pike Kip Finish Straddle sit support, legs on rails 	

n (n)

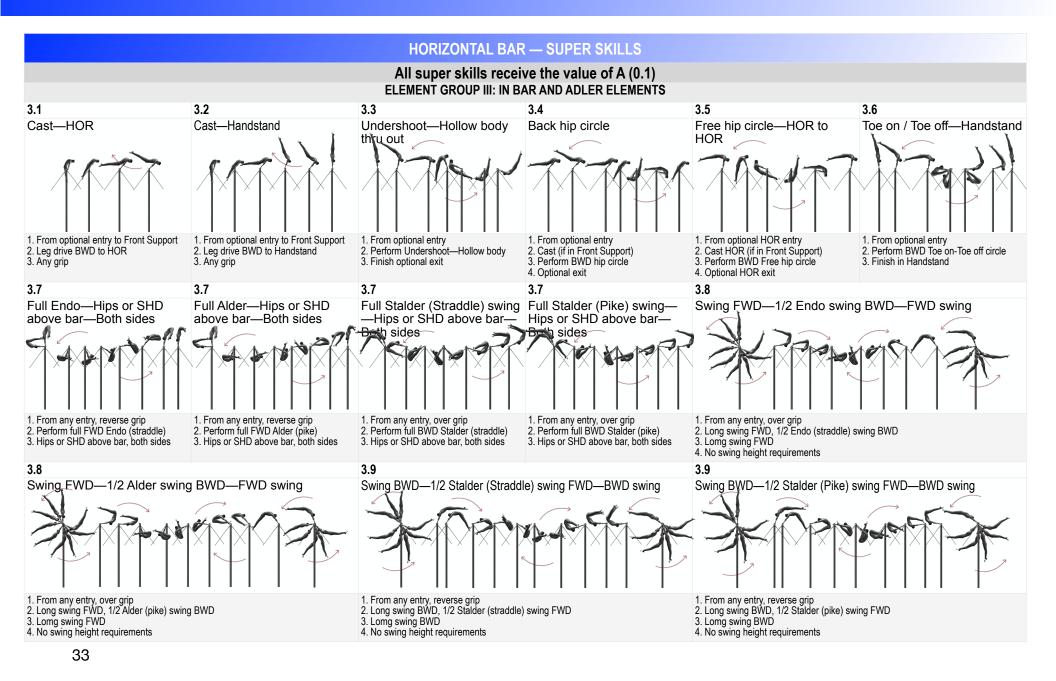
PB—**SUPER SKILLS CHART**—**GRP IV**



HB-SUPER SKILLS CHART-GRP I, II

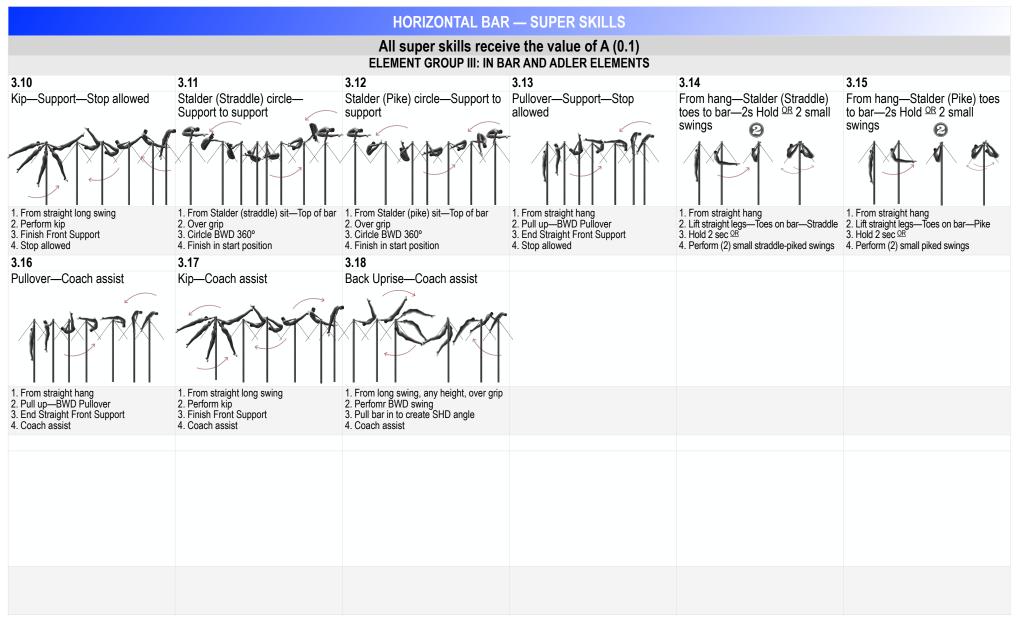


HB—SUPER SKILLS CHART—GRP III

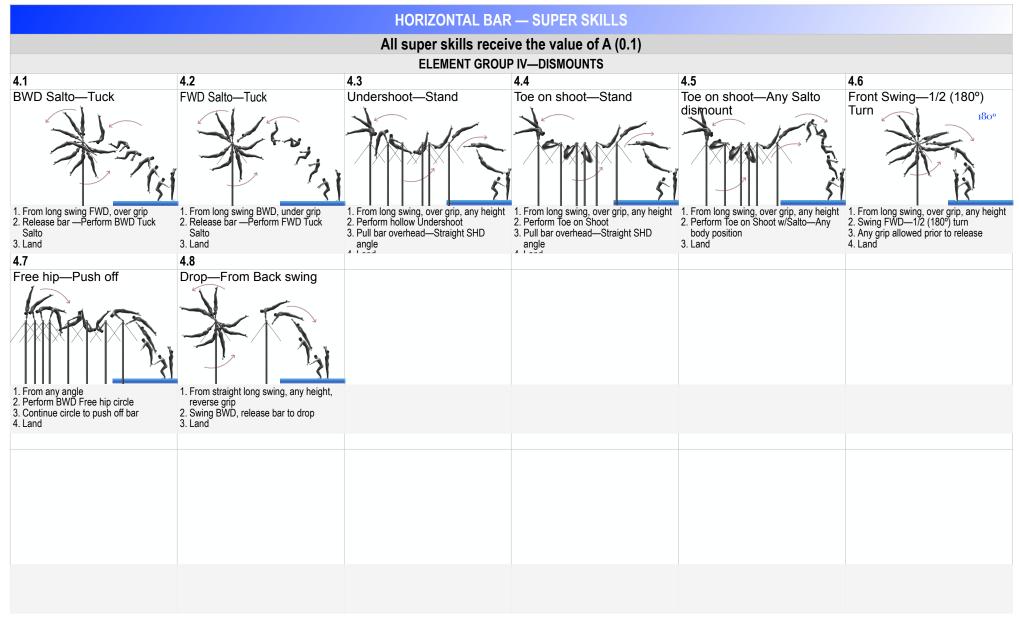


NATIONAL SYMNASTICS ASSOCIATED

HB-SUPER SKILLS CHART-GRP III (CONTINUED)



HB—SUPER SKILLS CHART—GRP IV



Chapter 3

MEN'S EVENT SUMMARY



SECTION 1—FLOOR EXERCISE

- SECTION 2—MUSHROOM / POMMEL HORSE
- SECTION 3-STILL RINGS

SECTION 4-VAULT

SECTION 5—PARALLEL BARS

SECTION 6—HIGH BAR

SUMMARY—FLOOR EXERCISE



LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
1. Element Groups = Min (1)	1. Element Groups = Min (2)	1. Element Groups = Min (3)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (6)	2. NGA Super Skills = Max (5)
3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A', 'B'	3. FIG skills = 'A', 'B', 'C'
			4. FIG 'A' Value skill = Min (1)	4. FIG 'A' Value skill = Min (2)
🗹 5 years & up	🗹 6 years & up	🗹 7 years & up	🗹 8 years & up	🗹 9 years & up
🗹 SV = 10.0	🗹 SV = 10.0	🗹 SV = 10.0	🗹 SV = Jr FIG include SS	🗹 SV = Jr FIG include SS
Routine time = :75s	Routine time = :75s	☑ Routine time = :75s	🗹 Routine time = :75s	🗹 Routine time = :75s
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	🗹 Stick Bonus: +0.1	🗹 Stick Bonus: +0.1
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4) (A Dis.)	1. Element Groups = Min (4) (B Dis.)	1. Element Groups = Min (4) (C Dis.)
2. NGA Super Skills = Max (4)	2. NGA Super Skills = Max (3)	2. NGA Super Skills = Max (2)	2. NGA Super Skills = Max (1)	2. NGA Super Skills = (Ø)
3. FIG skills = 'A', 'B', 'C'	3. FIG skills = 'A', 'B', 'C'	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+
4. FIG 'A' Value skill = Min (3)	4. FIG 'A' Value skill = Min (4)	4. FIG 'A' Value skill = Min (5)	4. FIG 'A' Value skill = Min (6)	4. FIG 'A' Value skill = Min (6)
🗹 10 years & up	🗹 11 years & up	🗹 12 years & up	🗹 13 years & up	🗹 14 years & up
🗹 SV = Jr FIG include SS	SV = Jr FIG include SS	🗹 SV = Jr FIG include SS	🗹 SV = Jr FIG include SS	🗹 SV = Jr FIG
Routine time = :75s	Routine time = :75s	☑ Routine time = :75s	🗹 Routine time = :75s	🗹 Routine time = :75s
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	🗹 Stick Bonus: +0.1	🗹 Stick Bonus: +0.1
No Double salto req'd	No Double salto req'd	No Double salto req'd	No Double salto req'd	

SUMMARY—MUSHROOM / POMMEL HORSE



LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
Mushroom	Mushroom	Mushroom	Mushroom	Mushroom
FX height SV = 10.0	FX height SV = 10.0			
Standard height SV = 9.0	Standard height SV = 9.0			
1. 1/4 Circle thru support	1. 1-1/2 or more Circles finish thru Rear support	 3-1/2 or more Circles finish thru Rear support 	 Circles & Flairs plus (1) different skill finish through Rear support 	1. Circles plus (3) different skill finish through Rear support
2. 3/4 Circle thru support			2. Element Groups = Min 4	2. Element Groups = Min 4
			3. Circles/Flairs may repeat = 'A' VP	
 Evaluate hip roll (Counter to Circle), lean & extension 	 Evaluate hip roll (Counter to Circle), lean & extension 	 Evaluate hip roll (Counter to Circle), lean & extension 		
 May pass thru 1/4 & 3/4 positions if performed well 	 Finish in/thru fully extended rear support 	 Finish in/thru fully extended rear support 	 Skill and finish must be preceded by circle or flair 	Skill and finish must be preceded by circle or flair
Landing not evaluated	Landing not evaluated	 Landing not evaluated 	 Landing not evaluated #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount 	 Landing not evaluated #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount
🗹 5 years & up	6 years & up	🗹 7 years & up	🗹 8 years & up	🗹 9 years & up
Stick Bonus: No	Stick Bonus: No	Stick Bonus: No	Stick Bonus: No	Stick Bonus: No
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
No Pommels	No Pommels	Pommel Horse	Pommel Horse	Pommel Horse
1. Element Groups = Min (4)	1. Element Groups = Min (4)			
2. NGA Super Skills = Max (4)	2. NGA Super Skills = Max (3)	2. NGA Super Skills = Max (2)	2. NGA Super Skills = Max (1)	2. NGA Super Skills = (1)
3. FIG skills = 'A', 'B', 'C'	3. FIG skills = 'A', 'B', 'C'	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+
4. FIG 'A' Value skill = Min (3)	4. FIG 'A' Value skill = Min (4)	4. FIG 'A' Value skill = Min (5)	4. FIG 'A' Value skill = Min (6)	4. FIG 'A' Value skill = Min (6)
"No Pommels" skills apply	"No Pommels" skills apply			
 Not required to touch (3) parts of PH 	● Yes required to touch (3) parts of PH			
	● Feint allowed w/ Ø deduction	● Feint allowed w/ Ø deduction	● Feint allowed w/ Ø deduction	● Feint allowed w/ Ø deduction
		• Dismount requirement = A VP	• Dismount requirement = B VP	• Dismount requirement = C VP
🗹 10 years & up	🗹 11 years & up	12 years & up	🗹 13 years & up	✓ 14 years & up
SV = Jr FIG include SS	🗹 SV = Jr FIG			
Stick Bonus: No	Stick Bonus: No	🗹 Stick Bonus: No	Stick Bonus: No	Stick Bonus: No

SUMMARY—STILL RINGS



LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
1. Element Groups = Min (1)	1. Element Groups = Min (2)	1. Element Groups = Min (3)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (6)	2. NGA Super Skills = Max (5)
3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A', 'B'	3. FIG skills = 'A', 'B', 'C'
			4. FIG skills = 'A' = Min (1)	4. FIG skills = 'A' = Min (2)
No swing to HS required	No swing to HS required	No swing to HS required	No swing to HS required	No swing to HS required
🗹 5 years & up	🗹 6 years & up	🗹 7 years & up	🗹 8 years & up	🗹 9 years & up
🗹 SV = 10.0	SV = 10.0	🗹 SV = 10.0	SV = 10.0	🗹 SV = 10.0
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (4)	2. NGA Super Skills = Max (3)	2. NGA Super Skills = Max (2)	2. NGA Super Skills = Max (1)	2. NGA Super Skills = (Ø)
3. FIG skills = 'A', 'B', 'C'	3. FIG skills = 'A', 'B', 'C'	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+
4. FIG 'A' Value skill = Min (3)	4. FIG 'A' Value skill = Min (4)	4. FIG 'A' Value skill = Min (5)	4. FIG 'A' Value skill = Min (6)	4. FIG 'A' Value skill = Min (6)
No swing to HS required	No swing to HS required	No swing to HS required	No swing to HS required	
		• Dismount requirement = A VP	• Dismount requirement = B VP	 Dismount requirement = C VP
🗹 10 years & up	🗹 11 years & up	🗹 12 years & up	🗹 13 years & up	🗹 14 years & up
SV = Jr FIG include SS	SV = Jr FIG include SS	☑ SV = Jr FIG include SS	SV = Jr FIG include SS	🗹 SV = Jr FIG
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1



SUMMARY—VAULT

LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
1. Stretch Jump—under arm reach —Kick HS—flat back to mat stack	1. HS—flat back onto resi	1. FHS over Resi	1. HS SW w 1/4 over Resi to landing mat	1. RO-BHS to stand on Resi
			2. FHS over Resi to landing mat	2. FHS to stand on Resi
				3. HS SW with 1/4 to stand on Resi
				Must land feet 1st
			 (2) Different Vaults required, averaged 	 (2) Different Vaults required, averaged
		Landing evaluated	Landing evaluated	Landing not evaluated
Tramp Board allowed				
🗹 5 years & up	🗹 6 years & up	7 years & up	🗹 8 years & up	9 years & up
🗹 SV = 10.0				
Stick Bonus: No	Stick Bonus: No	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: No
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
1. RO-BHS over table—Stand on Resi	1. Any Vault from 11.6 SV - 12.2 SV	1. Any Vault from 11.6 SV - 12.2 SV	1. Any Vault from 11.6 SV - 14.4 SV	1. Any Vault from 11.6 SV - 16.0 SV
2. FHS over Table—Stand on Resi				
3. HS SW w 1/4 over Table—Stand on Resi				
Must land feet 1st				
 (2) Different Vaults required, averaged 	 (2) Different EG Vaults required, averaged 	 (2) Different EG Vaults required, averaged 	 (2) Different EG Vaults required, averaged 	 (2) Different EG Vaults required, averaged
Landing not evaluated	Landing evaluated	Landing evaluated	Landing evaluated	Landing evaluated
10 years & up	11 years & up	12 years & up	13 years & up	14 years & up
🗹 SV = 11.6	SV = 11.6 to 12.2	🗹 SV = Jr FIG include SS	SV = Jr FIG include SS	🗹 SV = Jr FIG
Stick Bonus: No	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1

SUMMARY—PARALLEL BARS



LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
1. Element Groups = Min (1)	1. Element Groups = Min (2)	1. Element Groups = Min (3)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (6)	2. NGA Super Skills = Max (5)
3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A', 'B'	3. FIG skills = 'A', 'B', 'C'
			4. FIG skills = 'A' = Min (1)	4. FIG skills = 'A' = Min (2)
 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills
 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills
 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG
🗹 5 years & up	🗹 6 years & up	🗹 7 years & up	8 years & up	🗹 9 years & up
🗹 SV = 10.0				
Stick Bonus: +0.1				
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
1. Element Groups = Min (4)				
2. NGA Super Skills = Max (4)	2. NGA Super Skills = Max (3)	2. NGA Super Skills = Max (2)	2. NGA Super Skills = Max (1)	2. NGA Super Skills = (Ø)
3. FIG skills = 'A', 'B', 'C'	3. FIG skills = 'A', 'B', 'C'	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+
4. FIG 'A' Value skill = Min (3)	4. FIG 'A' Value skill = Min (4)	4. FIG 'A' Value skill = Min (5)	4. FIG 'A' Value skill = Min (6)	4. FIG 'A' Value skill = Min (6)
 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	 1/2 swing to HOR allowed before EG III (under bar elements) skills 	
 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	 Hand-on-hand spot allowed before EG III skills 	
 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	 Stutz, Salto BWD, Giant to support at HOR 'B' VP, fulfills EG 	HOR 'B' VP, fulfills EG	
		• Dismount requirement = A VP	• Dismount requirement = B VP	• Dismount requirement = C VP
🗹 10 years & up	🗹 11 years & up	🗹 12 years & up	🗹 13 years & up	🗹 14 years & up
SV = Jr FIG include SS	SV = Jr FIG include SS	SV = Jr FIG include SS	☑ SV = Jr FIG include SS	🗹 SV = Jr FIG
Stick Bonus: +0.1				

SUMMARY—HIGH BAR



LEVEL 1N	LEVEL 2N	LEVEL 3N	LEVEL 4N	LEVEL 5N
1. Element Groups = Min (1)	1. Element Groups = Min (2)	1. Element Groups = Min (3)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (8)	2. NGA Super Skills = Max (6)	2. NGA Super Skills = Max (5)
3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A'	3. FIG skills = 'A', 'B'	3. FIG skills = 'A', 'B', 'C'
			4. Required FIG skills = 'A' = Min (1)	4. Required FIG skills = 'A' = Min (2)
 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	
● Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	● Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	Any Jam/Adler at 45 ^c °B ^o VP, fulfills EG	Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	
 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	
🗹 5 years & up	🗹 6 years & up	7 years & up	🗹 8 years & up	🗹 9 years & up
☑ SV = 10.0	🗹 SV = 10.0	🗹 SV = 10.0	SV = 10.0	☑ SV = 10.0
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1
LEVEL 6N	LEVEL 7N	LEVEL 8N	LEVEL 9N	LEVEL 10N
1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)	1. Element Groups = Min (4)
2. NGA Super Skills = Max (6)	2. NGA Super Skills = Max (3)	2. NGA Super Skills = Max (2)	2. NGA Super Skills = Max (1)	2. NGA Super Skills = (Ø)
3. FIG skills = 'A', 'B', 'C'	3. FIG skills = 'A', 'B', 'C'	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+	3. FIG skills = A' ,'B' ,'C' ,'D'+
4. FIG 'A' Value skill = Min (3)	4. FIG 'A' Value skill = Min (4)	4. FIG 'A' Value skill = Min (5)	4. FIG 'A' Value skill = Min (6)	4. FIG 'A' Value skill = Min (6)
 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	 Change of directions allowed w/o deduction 	
Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	● Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	Any Jam/Adler at 45 ^c °B ² VP, fulfills EG	Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG	Any Jam/Adler at 45 [°] °B [°] VP, fulfills EG
 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction Dismount requirement = A VP 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction Dismount requirement = B VP 	 Change of direction + 1/2 swing allowed after EG II skill w/o deduction Dismount requirement = C VP
10 years & up	11 years & up	🗹 12 years & up	🗹 13 years & up	🗹 14 years & up
SV = Jr FIG include SS	SV = Jr FIG include SS	☑ SV = Jr FIG include SS	SV = Jr FIG include SS	🗹 SV = Jr FIG
Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1	Stick Bonus: +0.1

PART B NGA MEN'S 4X4 PROGRAM

CHAPTER 1-MEN'S 4X4 PROGRAM





4-EVENT COMPETITION FORMAT LEVEL 1-5

COMPETITION GUIDELINES

MISSION

- To introduce Men's Gymnastics using equipment already available to existing women's program with additional purchase of a *Mushroom
- Allowing more boys participation in the Men's NGA program, providing a team environment for better retention
- Special Pricing on Mushroom for NGA Member Clubs

EQUIPMENT

- Uneven Bar (high or low)
- Spring Floor
- Mushroom
- Compulsory Vaulting mat system
 - Aro-board & springboard

WARM UP TIME - MODIFIED CAPITAL CUP

- General Open Stretch = 15-30m
- Event Warm up = 30s Level 1, Level 2
- Event Warm up = 45s Level 3, Level 4, Level 5
- Meet Directors need to be mindful of Warm up times when determining which session the boys are to be assigned
- When Men's 4X4 competition is held with a women's competition, warmup times should be the same so the competition starts and finishes at the same time

SCORING

- As per NGA Men's Technical Handbook
- 1. Start Value 10.0
- 2. Routine is composed of (6) skills minimum (8) skills maximum
- 3. NGA Super Skills fulfill Element Group
- 4. Missing element group Element Group .50
- 5. One skill cannot fulfill more than one Element Group
- 6. Mushroom: SV = 10.00 FX height Mushroom, SV = 9.0 Standard height Mushroom
- 7. Acro (Tramp)-Board allowed on Vault
- 8. A Vault may be repeated if athlete receives a Ø Vault with a -1.0 deduction

STICK BONUS

+.10 on all apparatus, all Levels, except Mushroom (See VT for some exceptions)

COMPETITION GUIDELINES

COMPETITION FORMAT

- · Participants will compete in up to 4 events
- Floor Exercise = 10.0 SV
 - Routine performed in straight line to allow for possible tumbling strip at competitions
- Mushroom = FX height = 10.0 SV / Standard height = 9.0 SV
- Vault = 10.0 SV
- Horizontal Bar = 10.0 SV
 - Performed on one Uneven Bar high or low
- Boys can be inserted into any session of a women's gymnastics competition either in a separate squad of only boys or mixed in within any other squad
- · Boys can compete as an event specialist or in all 4 events

ATTIRE

- Athletic shorts and Team T-shirt or jersey top
- Required to wear socks on Single Bar and Mushroom

AWARDS

- · Boys to be divided into age groups no more than 5 years apart for awards
- Awards will be provided in the (4) events plus All Around and Team following the standard NGA guidelines

JUDGES

- Certified members of (NGJA) or (NAWGJ) are used to officiate at 4 X4 event Xtreme Team NGA gymnastics competition
- A judge must be member of NGA with NCSI background check, Abuse and Prevention Course and take the Men's Level 1-5 NGA online Judges exam

ERRORS & DEDUCTIONS

Small Error -0.10 | Medium Error -0.30 | Large Error -0.50 | Fall -0.50

- 1. Skill performed out of skill difficulty range -0.5
- 2. Missing Element Group (Levels 1N-5N) -0.5
- 3. Repeat skills (Ø repetition deduction Ø Value Part)
- 4. All other error deductions per FIG Jr. COP

SHORT ROUTINE

PER JR FIG • No 'short routine' deduction taken if min. six (6) FIG or Super Skills are performed

LEVEL REQUIREMENTS 1N, 2N, 3N



SKILL LEVEL 1N 5 years & u	p SKILL LEVEL 2N 6 years & up
FLOOR EXERCISE—Performed in straight line tumbling pattern	FLOOR EXERCISE—Performed in straight line tumbling pattern
 Minimum (1) Element Groups May count (8) NGA Super Skills 	 Minimum (2) Element Groups May count (8) NGA Super Skills
3. May use FIG 'A' value skills	3. May use FIG 'A' value skills
MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0	MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0
 Perform ¼ Circle return to start position then Perform 3/4 Circle Evaluate hip roll (Counter to Circle), lean & extension Finish in/thru fully extended side support 	 Perform 1 ½ Circle finish thru rear support Evaluate hip roll (Counter to Circle), lean & extension Finish in/thru fully extended rear support VAULT – Resi/Stacked mats 10' X 5'X 32" SV = 10.0 -Yes Tramp Board
VAULT – Stacked mats 16"+ SV = 10.0 -Yes Tramp Board	1. Under arm reach Handspring to flat back
1. Stretch Jump-under arm reach followed by Under arm reach kick hands flat back onto mat stack	stand to HIGH BAR
HIGH BAR	 Minimum (2) Element Groups May count (8) NGA Super Skills
 Minimum (1) Element Groups May count (8) NGA Super Skills 	3. May use FIG 'A' value skills
3. May use FIG 'A' value skills	
SKILL LEVEL 3N	7 years & up
FLOOR EXERCISE – Performed in st	traight line tumbling pattern
 Minimum (3) Element Groups May count (8) NGA Super Skills 	
3. May use FIG 'A' value skills	
MUSHROOM—FX height SV = 10.0 /	/ Standard height SV = 9.0
 Preform 3-1/2 Circle finish thru rear s Evaluate hip roll (Counter to Circle), Finish in/thru fully extended rear su 	, lean & extension
VAULT – Resi/Stacked mats 10' X 5'	X 32" SV = 10.0 -Yes Tramp Board
1 Under arm reach Handspring over	1/2 Resi to stand onto landing mat

1. Under arm reach Handspring over $\frac{1}{2}$ Resi to stand onto landing mat

HIGH BAR

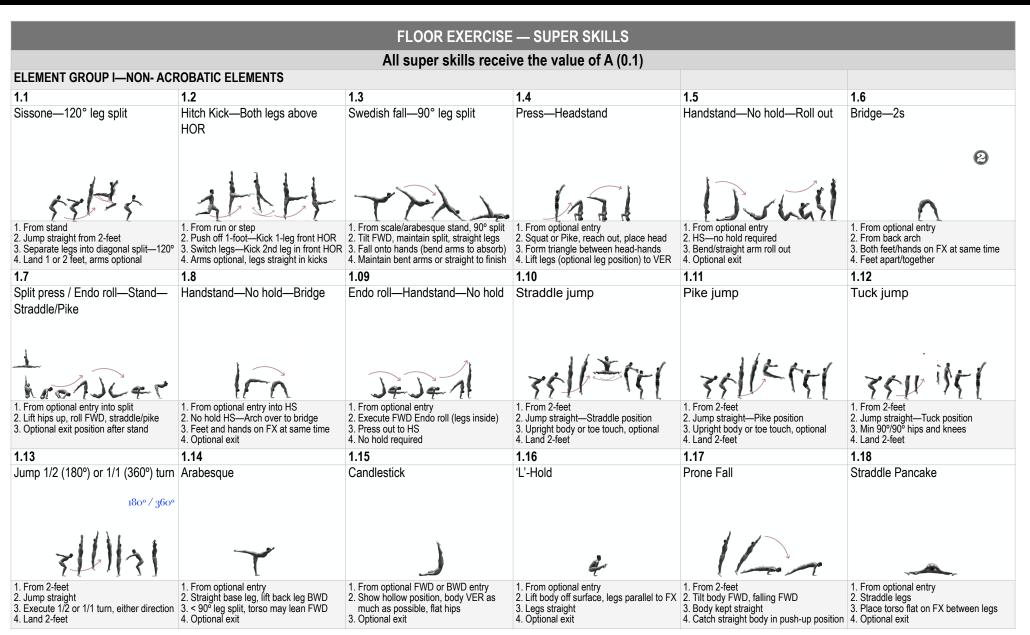
- 1. Minimum (3) Element Groups
- 2. May count (8) NGA Super Skills
- 3. May use FIG 'A' value skills

LEVEL REQUIREMENTS—4N, 5N



LEVEL 4N	8 years & up	LEVEL 5N 9 years & up	
FLOOR EXERCISE		FLOOR EXERCISE	
 Minimum (4) Element Groups May count up to (6) NGA Super Skills May use FIG 'A' & 'B' value skills Minimum of (1) FIG 'A' value skill 		 Minimum (4) Element Groups May count up to (5) NGA Super Skills May use FIG 'A', 'B' & 'C' value skills Minimum (2) FIG 'A' value skills 	
MUSHROOM - FX height SV = 10.0 / Standard height	: SV = 9.0	MUSHROOM—FX height SV = 10.0 / Standard height SV = 9.0	
 Circles & Flairs plus (1) different FIG skill finish thru Rear Support Four (4) element groups required Circles & Flairs may be repeated for 'A' VP Skill and finish must be preceded by circle or flair Landing not evaluated 		 Circles, plus (3) different FIG skill finish thru Rear Support Four (4) element groups required Skill and finish must be preceded by circle or flair Landing not evaluated #EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dismount 	
#EG1-Flair, #EG2-Circles, #EG3-180° Turn, #EG4-Dis VALUET_Bosi/Stacked Mats_5' x 32" SV = 10.0 -Yes		VAULT–Resi–10' x 5' x 32" SV = 10.0 -Yes Tramp Board	
 VAULT – Resi/Stacked Mats – 5' x 32" SV = 10.0 -Yes Tramp Board 1. Handspring SW w 1/4 (90°) over Resi to landing mat 2. Front Handspring over Resi to landing mat <i>Landing evaluated</i> 		 Round off, Back Handspring to stand on Resi Front Handspring to stand on Resi Handspring SW with 1/4 (90°) to stand on Resi 2 different Vaults required-averaged 	
 2 different Vaults required-averaged 		HIGH BAR	
 HIGH BAR Minimum (4) Element Groups May count up to (6) NGA Super Skills May use FIG 'A' & 'B' value skills Minimum (1) FIG 'A' value skill 		 Minimum (4) Element Groups May count up to (5) NGA Super Skills May use FIG 'A', 'B' & 'C' value skills Minimum (2) FIG 'A' value skills required 	

FX—SUPER SKILLS CHART—GRP I





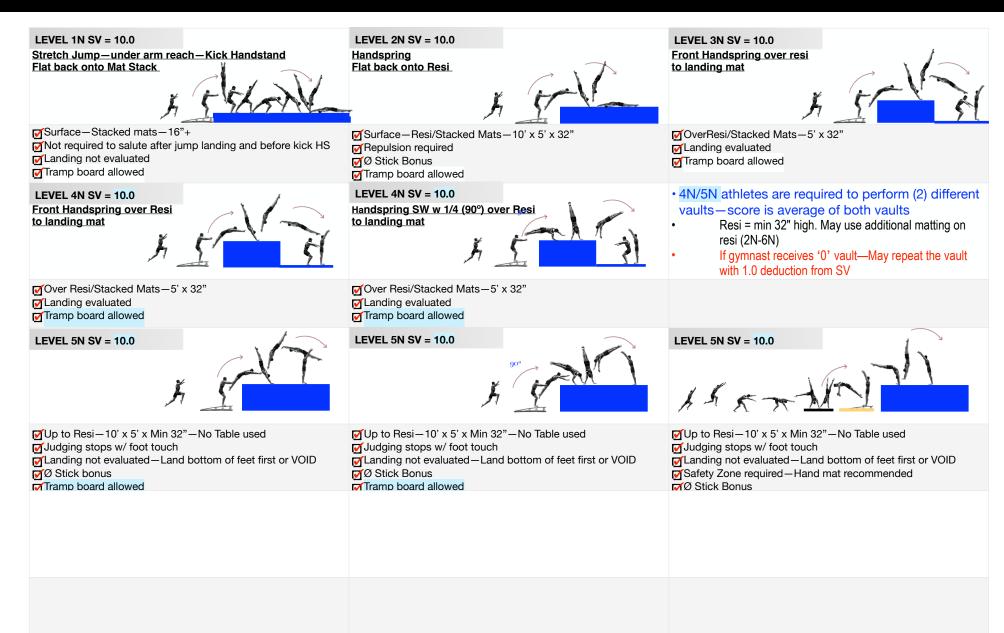
FX—SUPER SKILLS CHART—GRP II

	FLOOR EXERCISE — SUPER SKILLS				
			ive the value of A (0.1)		
			BATIC ELEMENTS FORWARD		
2.1	2.2	2.3	2.4	2.5	2.6
Headspring	Cartwheel step FWD OR bring	Cartwheel	Bent arm—Tuck FWD roll	Pike—FWD Roll	Straddle—FWD Roll
	feet together FWD				
					X
MA	* TXXXXII	* XXXXXX	(Alstrucht)	MANUERTI	17JULF1
1. From optional entry 2. Legs straight/tuck to touch head to FX	1. From optional FWD or SWD entry 2. Cartwheel	1. From optional FWD or SWD entry 2. Cartwheel	1. From optional entry 2. Squat to hands/bent arms on FX	1. From optional entry 2. Pike to hands/hent/straight arms on EX	1. From optional entry 2. Pike to hands/bent/straight arms on FX
3. Pike-Open (korbut) action in hips 4. Optional together or step out	 3. 1/4 turn FWD 4. Optional step or feet together exit 	3. Optional FWD or SWD exit	3. FWD Tuck roll 4. Optional exit	 FWD Pike roll Optional exit 	3. FWD Straddle roll 4. Optional exit
2.7	2.8				
Candlestick—FWD roll	Front Handspring				
	\rightarrow				
	Re Ma				
JUGHA	711111				
1. From optional entry into Candlestick 2. FWD roll—Tuck/Pike/Straddle	1. From optional entry 2. Quick reach to FX—both hands				
3. Optional exit	3. Heel drive legs, repulse off hands 4. Feet together on landing				
	4. reet together on landing				

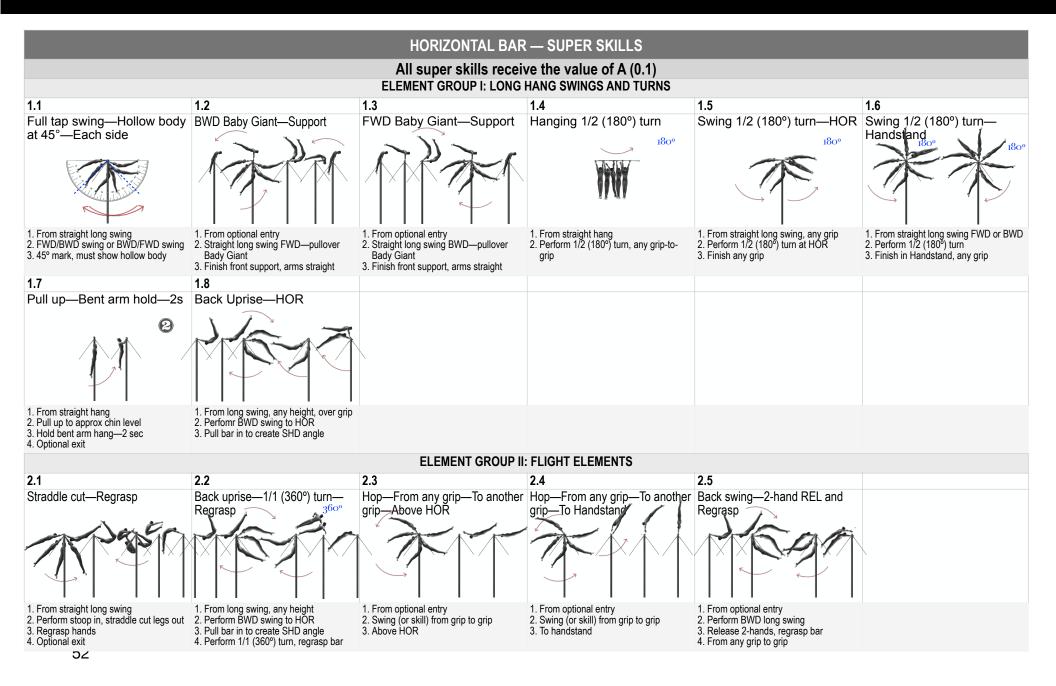
FX—SUPER SKILLS CHART—GRP III, IV

	FLOOR EXERCISE — SUPER SKILLS					
			ve the value of A (0.1)			
		ELEMENT GROUP III—ACRO	BATIC ELEMENTS BWD / FWD			
3.1	3.2	3.3	3.4	3.5		
Cartwheel step—BWD OR Bring feet together—BWD	Roundoff	Bent arm BWD Roll—Tuck/Pike/ Straddle	Straight arm BWD Roll—Pike stand ^{QR} Prone	BWD Walkover		
TRAKER	hharen Inll	FAJZERI	FARLENY	trhAthrh		
 From optional entry Cartwheel 1/4 (90°) turn at end Finish feet together or lunge FWD 	 From optional entry Perform RO With/Without rebound Feet together on landing 	1. From optional entry 2. Perform bent arm BWD roll—Tuck/ Pike/Straddle 3. Optional exit	 From optional entry Perform straight arm BWD roll—Tuck/ Pike Exit to Pike stand or Prone (push-up) 	 From stand on 1-leg Lift leg up and over head while arching upper torso BWD to BWO Optional exit 		
		ELEMENT GROU	P IV—DISMOUNTS			
4.1		4.3				
Roundoff—Rebound	Back Handspring—Rebound	Front Handspring—Rebound				
 From optional entry Perform RO With Rebound Feet together on landing 	 From optional entry Jump BWD to hands, jump off hands to feet, rebound Feet together on landing 	 From optional entry Quick reach to FX—both hands Heel drive legs, repulse off hands Feet together on landing, rebound 				
50						

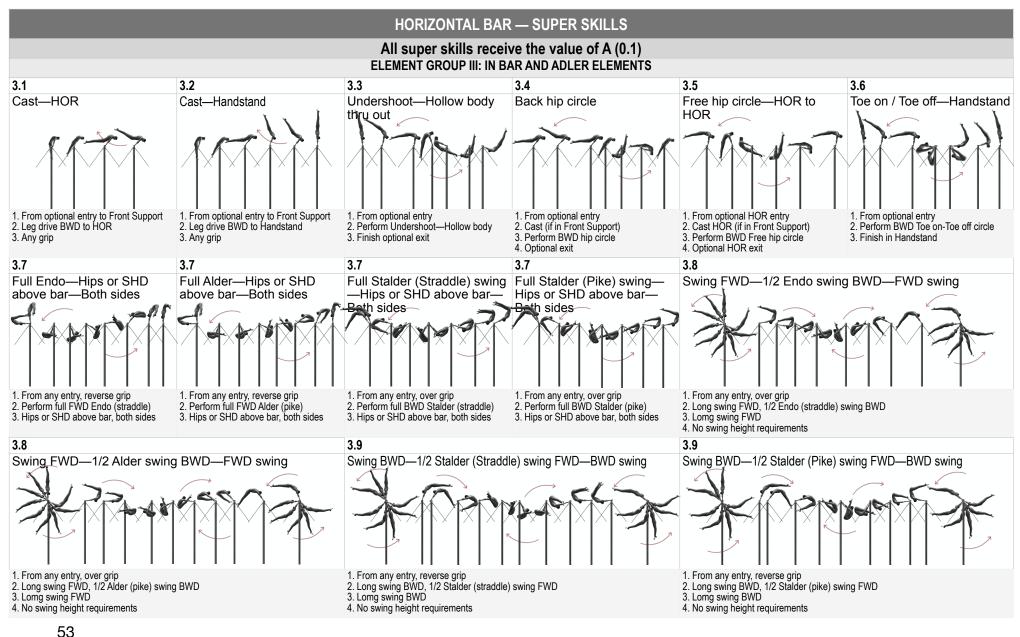
VT—REQUIREMENTS CHART—1N, 2N, 3N, 4N, 5N



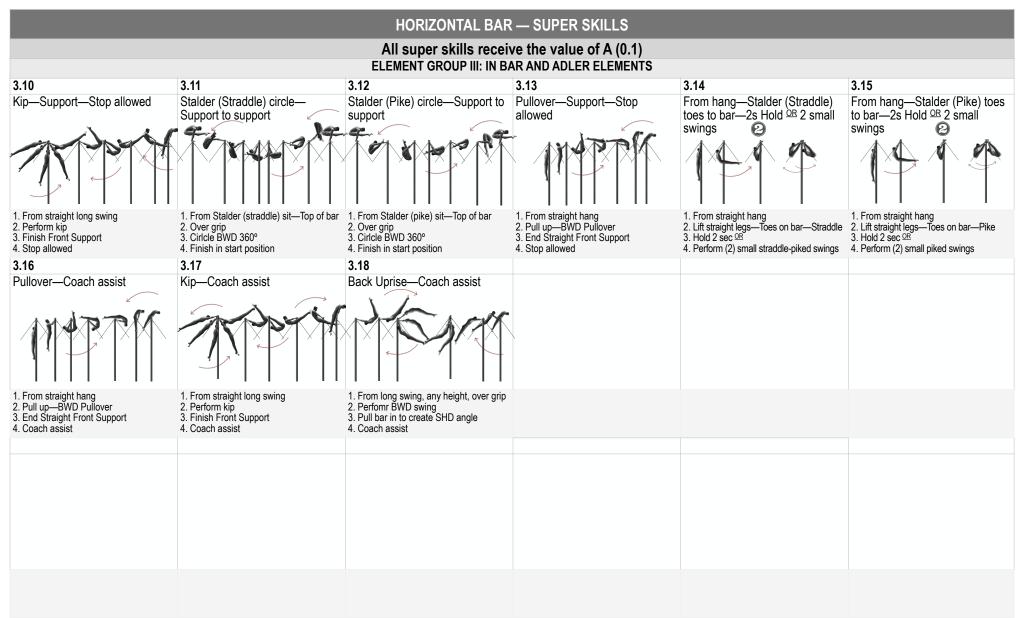
HB—SUPER SKILLS CHART—GRP I, II



HB—SUPER SKILLS CHART—GRP III

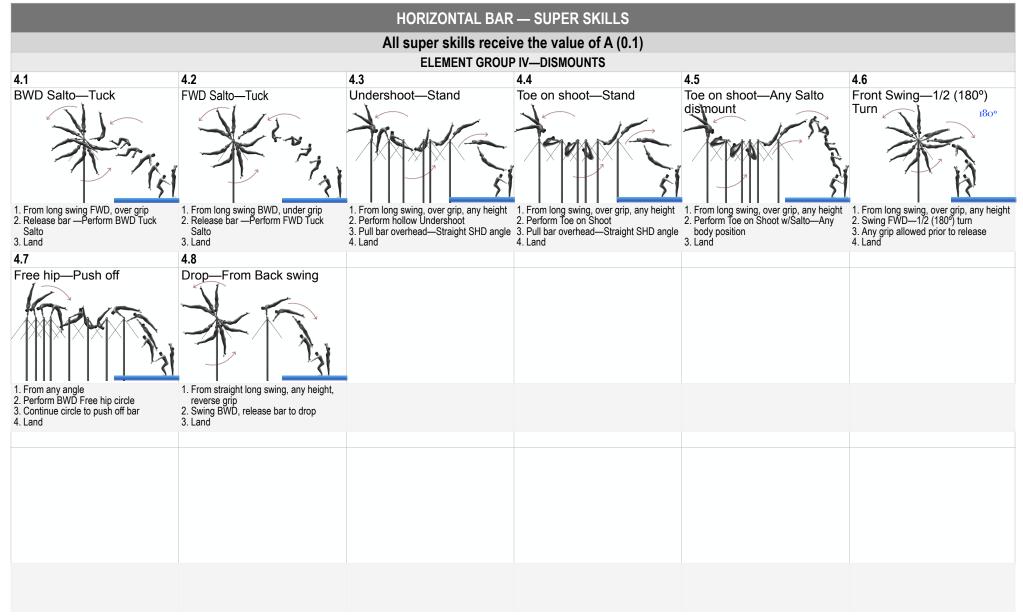


HB-SUPER SKILLS CHART-GRP III (CONTINUED)



GYMNASTICS

HB—SUPER SKILLS CHART—GRP IV



PART C EXTRAS

SECTION 1—EQUIPMENT SPECIFICATIONS

<u>SECTION 2—CHANGES, ADDS, DELETE</u>





MEN'S EQUIPMENT REQUIREMENTS

	EVENT REGULATIONS				
	MATTING AS PER FIG JUNIOR CO	DE OF POINTS			
RUNWAY / SAFETY ZONE / HAND MAT	VT MAT / TABLE HEIGHT	HB MATTING SPECIFICATIONS	PB MATTING SPECIFICATIONS		
 <u>Runway thickness</u>: 3/4" - 1-3/8" 	 <u>1N:</u> Mat stack — Min 16"+ 	 Additional matting may be used 	 Panel mat may be used to mount 		
• <u>Runway width</u> : 3"	• <u>2N:</u> Mat stack or Resi-Min 10' x 5' x 32"	at all levels for the safety of the athlete	Additional matting may be used at		
<u>Max runway length:</u> 80'	• <u>3N:</u> Mat stack or Resi-Min 5' x 32"	atmete	all levels for the safety of the		
Measure from front of VT Table or Resi	• <u>4N:</u> Mat Stack or Resi-Min 5' x 32"		athlete		
 <u>Runway length</u>: 25 meters 	• <u>5N:</u> Mat stack or Resi—Min 10' x 5' x 32"				
<u>Safety Zone:</u>	<u>6N:</u> Table height—Min 110 cm to Mat				
Mandatory for all RO & HS to board entry vaults	stack or Resi-Min 10' x 5' x 32"				
• Hand Mat:	• <u>7N:</u> Table height – Min 110 cm				
Recommended for RO VT	<u>8N/9N/10N</u> : Table height – Min 110 cm				
	 Additional matting may be used at all levels for safety of the athlete 				
GENERAL EQUIPMENT	FALL TIME = 30s	PH MATTING SPECIFICATIONS	FX MATTING SPECIFICATIONS		
 Equipment FIG Junior Code requirements 	Timing starts when gymnast is on his feet	 Panel mat may be used to 	• Max (1) 4" mat or sting mat allowed		
except PB and PH Height may be lowered if	after the fall	mount	for "C" VP landings-must remain		
needed to adapt to athlete			in place for entire routine		
VT LANDING MAT DIMENSIONS	HB GRIP FAILURE	SR MATTING SPECIFICATIONS	MEASUREMENTS		
Same as per FIG	 Athlete given choice to repeat exercise 	 Same as per FIG 	4 inch = 10 cm		
			8 inch = 20 cm		
			16 inch = 40 cm		

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CHANGES / ADDS / DELETES

	CHANGES / ADDS / DELETES	
AUGUST 2023		
Table of Contents, change	Automatically changes with additional information	
p7—Awards	Change: Set by Meet Director	As each competition is different, it is best for the MD to control this aspect
p7—Team Score	Change: Top 3 scores per event, may combine levels	So small gyms can make up a team
p7—Bonus Format	Delete	Bonus removed—Too complicated and rarely used
p7—Competition format	Add: Recommend Capital Cup format	Best format for athletes and time table
p7—Remove Qualifying	Remove: Qualifying Method	May go back to this once peogram grows
p7—Verbiage: Emphasis on Team	Added: Team Score	NGA places emphasis on the Team aspect of gymnastics
Scoreusing the Score Board, keep a	 Emphasis should be on Team Score 	competition as well as the individual—Similar to other
running score of teams thru the 5th	•Using the Score Board, keep a running score of teams thru the 5th	sports, a "Team running total" adds to the fun and
rotation - Use a separate screen	rotation	excitement
	 Use a separate screen, if possible 	
p8—Coaches Attire	Change: Remove "collared shirt" for coaches	Not the team shirt for some gyms
p9—Element Categories	Change: Element categories decrease from 1N-2, 2N-3, 3N-4, 4N-4 to 1N-1, 2N-2, 3N-3, 4N-4	Makes it more progressional
p9—Start Value (SV)	Change: Max SV = 10.0 for 5N and below	This was a request for the lower levels
p9—Titles	Change: Change 1N - 3N to 1N - 5N and 4N - 10N to 6N - 10N	Clerical
p9—PH: 6N/7N: Requirements:	Clarify: 6N/7N stay the same	Both 6N & 7N on pommen horse no pommels
p9—One (1) Pommel	Delete: Remove all "one (1) Pommel" references	No longer use 1 pommel
p9—PH: 7N	Clarify: 7N must still work three (3) separate parts of the horse	To make a difference between 6N and 7N
р9—HB: 1N-9N	Change: Up to 5 movements allowed to start routine with no deduction	Advantage to the athlete
P9—VT: 1N-5N	Add: Tramp board allowed for 1N-5N	With 4N/5N now allowed into the 4 X 4 program, sensible
		to allow the tramp board for these two (2) levels in both areas
p10—VT: 1N-5N	Add: Tramp Board allowed for 1N-5N	With 4N/5N now allowed into the 4 X 4 program, sensible to allow the tramp board for these two (2) levels in both
		areas
p10—VP	Change: Ø VP repeat	Clerical
p10—SV	Change: 10.0 SV Max	
p10—VT in title	Add: Add VT to title: 1N-5N and 6N-10N (after SR) FX - SR - VT - PB - HB	Clerical
p10-—Super Skills	Add: Super skills have no difficulty value but do count as a skill and for element group requirements	Super skills were put in place to give athletes additional VP to perform that are not included in the FIG Code—If performed, they need to count

CHANCES / ADDS / DELETES

p10—FIG Skill	Add: Any FIG Skill counts for difficulty value at any level.	Seprate box under start value
p10—Mushroom SV	Change: 1N - 5N Mushroom Start Value (SV) is 9.0 Floor height	Athletes that attempt the FX height mushroom are
	Mushroom Start Value (SV) is 10.00	challenged more than athletes performing with a higher
		mushroom
p10—SV	Change: Max Start Value (SV) for 1N – 5N is 10.00	Keep lowers consistant
p11—1N Element Groups	Change: 1N Min (2) EG to (1) EG	Better progressions
p11—2N Element Groups	Change: 2N Min (3) EG to (2) EG	Better progressions
p11—3N Element Groups	Change: 3N Min (4) EG to (3) EG	Better progressions
p11—1N - 5N: Mushroom:	Remove: 1N - 5N "Bonus"; add: FX Height = 10.0 SV, Standard Height = 9.0 SV	Judges under stand this better
p14—Pommel Horse	Remove: One (1) Pommel work; Ø Pommels, yes, required to touch (3) parts	No longer have one pommel for 7N
p21—Removesave for later	Removed and saved	Clerical
p26—Element 2.16	Clarify: Show tigher tuck position and not swinging	Clerical
p28—VT: 5N/6N: SV	Change: 10.0 SV	1N - 5N only
p28—VT: 5N/6N:	Change: Tramp Board allowed	1N - 5N only
p32—New Element	Add: 3.11-Swing BWD to upper arm hang	New Super Skill
p47—4 X 4 SV	Add: All events, all levels 10.0 SV	All levels 1N-5N have same start value for 4 x 4 program,
		lending consistency
p47—Section heading	Change: To reflect 1N to 5N (added 4N, 5N)	Clerical
p49—SR pages addition	Change: Add 4N, 5N SR pages	Clerical
DECEMBER 2023		
p30—Parallel Bars	Add: New akill 3.12—Glide kip—Straddle sit—Legs on rails	New skill
p30—Parallel Bars	Remove: Duplicate to FIG skills	Duplicates



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