

QUESTION	ANSWER UPDATED 12/12/2023
How can I be assured I have the most current updated rules, requirements, and regulations?	UPDATE YOUR DIGITAL COPY FREQUENTLY. We are diligently working on keeping our NGA members current with updates. Please note each manual has a current date on its front cover underneath the quadrennium it references. Thank you!
VAULT	
Are the two (2) individual VT scores combined to give the final VT score?	No—All levels, all athletes are allowed to perform two (2) vaults. Each vault is scored independently from the other. The better scored vault is the one that is the official score for that athlete on VT.
Is there a deduction for contacting the vault board with staggered feet?	No—There is no deduction for an athlete who contacts the vault board for a vault or a mount with staggered feet.
How is the mat stack measured?	Mat stack height is measured from the bare floor (including base mat) to the top of the mat being measured.
Are 10N athletes allowed one (1) vault, like NCAA rules, or two (2) vault attempts?	10N athletes are awarded two (2) attempts on vault.
What if my 3N, 4N, 6N, or 7N athlete attempts a vault and lands back on the table or the mat/stack?	Athlete would receive a Courtesy Score of 5.0 = 3N, 4N, 6N, 7N vault attains hand support, lands/falls on top of table/mat stack (does not return to board).
Can a VOID vault receive the 5.0 courtesy score?	Yes, If the athlete performs a vault considered VOID for any given level, the athlete may be awarded the 5.0 courtesy score.
Is there an angle of repulsion deduction for 8N-10N vault?	Yes, but this only applies to non Salto vaults.
Is a pit pillow allowed as an additional landing surface for level 6N and 7N vault?	Yes

UNEVEN BARS	
Are there deductions for extra Tap Swings?	<p>1N-GN—Any number of Tap Swings are allowed, X-skill X—203—May receive VP twice—No penalty for more than 2 other than basic execution deductions.</p> <p>5N—May perform (1) Tap Swing w/o penalty—Will not receive ‘A’ VP—More than (1), apply flat 0.3 deduction.</p> <p>6N—May perform a Tap Swing w/o penalty only if it follows a Long Hang Pullover—May only do (1)—does not receive ‘A’ VP—Additional tap swings receive flat 0.3 deduction each time.</p> <p>PN—May perform (1) Tap Swing w/o penalty—Will not receive ‘A’ VP—Additional tap swings receive flat 0.3 deduction each time.</p> <p>7N-10N—Tap Swings are not allowable in any case and receive a flat 0.3 deduction each time.</p>
Is a release drop down in the back of a tap swing considered a dismount?	No—Not considered an ‘A’ dismount—Is not an X-skill. Deduct -0.50 for missing SR, deduct -0.30 for no dismount. However, if athlete remounts and performs a level-recognized dismount, only deduct -0.50 for fall.
What counts as a ‘circling skill’ on bars?	UB—Circle skill—Any X-skill or Table of Element skill where hands travel around the bar 360°—If SR specifies a specific type of circling skill (In-bar or ‘B’ value), must use a skill that fits the requirement—If not specified, any circle skill fitting within the requirements for that level is acceptable.
Athlete performs squat on bar dismount and jumps down on the wrong side. What is the deduction?	Considered a fall, however since at least 1/2 of the skill was completed, would receive SR dismount credit.
Can a Pike / Tuck Sole circle around the bar fulfill the UB Special Requirement (SR): “360° In Bar Circle”?	No / Yes—No: The requirement for the “360° In Bar Circle” must finish in a clear support at some angle (unless otherwise stated). A feet-to-feet In-bar (360°) circle does not meet the requirements. Yes: 5N/6N (SR3 - 2nd Circle VP, option 1) does not require a clear support finish, therefore may use the “360° In-Bar Circle” to fulfill their SR.

<p>"May perform one (1) tap swing w/o penalty provided it follows a long hang pullover to undershoot". Can the athlete place a BWD Hip Circle before U-swing?</p>	<p>Yes—MINIMUM requirement is after a long hang pullover, there needs to be an Underswing. Adding a BWD hip circle in-between is acceptable and will receive no direct deduction.</p>
<p>Can DN athletes use UB 'B' dismount to fulfill SR #3 "Additional 'B' VP"?</p>	<p>No—SR #3 and SR #4 cannot be fulfilled by the same 'B' Element/VP/Skill. The 'B' Element/VP/Skill may be within the routine or may be a mount but may not be the dismount.</p>
<p>Is an extra swing penalty applied for performing FWD swing ½ turn, FWD swing (towards LB), BWD swing to FWD flyaway?</p>	<p>No—NGA allows a swing ½ turn plus an additional swing prior to FWD flyaway dismount to be performed w/o penalty at all levels except 8N, 9N, 10N. Swing will not receive VP, and is subject to execution deductions.</p>
<p>What deduction is given for an extra swing/cast performed at levels 5N through 10N?</p>	<p>Clarification: 5N, 6N, PN there will be a \uparrow0.10 Poor rhythm in elements/connections. Do NOT deduct .30 for an extra swing, but deduct a full 0.10 for poor rhythm between the elements. Example: Cast—BWD Hip circle to front support—Recast—Squat on bar. Recast = 0.10 Rhythm deduction. Extra swings and additional casts are .30 each. Max .50 per occurrence each time. An extra swing/cast is .30 deduction each time. Max .50 per occurrence for these levels.</p>
<p>X skill #103 glide swing (or run out glide) pullover-When does board or mounting apparatus need be removed?</p>	<p>Board or mounting apparatus must be removed immediately upon feet leaving this surface for levels GN and above; Athlete may NOT return to contact the board again. Failure to remove board = CJ -0.30 is applied if gymnast returns and contacts the board (because it was not removed). Athletes in levels 1N-4N may return to the surface they mounted from following a glide swing and perform a pullover from the mounting block/board. The mounting apparatus must then be removed IMMEDIATELY following the pullover.</p>

X-skill #101—Jump to Front Support or #102—Pullover-When does board or mounting apparatus need be removed?	Board or mounting apparatus must be removed IMMEDIATELY after the athlete has mounted. Failure to remove board = CJ -0.30 is applied if gymnast returns and contacts the board.
What is the deduction for an athlete “double jumping” on the mounting apparatus before the mount?	Each judge to deduct for Rhythm -0.10. Do not deduct -0.50 for a fall.
How many skills for a 2N if athlete performs: Pullover—Cast—BWD Hip Circle—Underswing dismount?	Sequence: Pullover—Cast—BWD Hip Circle—Underswing dismount = Four (4) elements / VP / skills. 2N athlete = 9.9 SV (missing one (1) ‘A’/X-skill). By adding a cast after BWD Hip circle and before dismount = 10.0 SV.
How many skills for a 3N if athlete performs: Pullover—Cast—BWD Hip Circle—Squat on—Jump off dismount?	Sequence: Pullover—Cast—BWD Hip Circle—Squat on—Jump off dismount = Five (5) elements / VP / skills = 10.0 SV.
Does a tap swing 1/2 turn dismount ALSO fulfil the SR #3 4N?	Performing a tap swing, 1/2 turn dismount DOES NOT fulfill SR #3: Tap Swing. One skill may not fulfill more than one SR. An additional tap swing must be performed to fulfill SR #3. any swing into a dismount is considered part of the dismount. 4N must show tap swing isolated
What is a glide variation?	A glide variation is any VP listed in the technical handbook that begins with a swing under the bar before finishing the skill with shoulders over the bar in some way. For example, run out glide or glide single leg shoot through. Please note that PN may NOT use the run out glide version to fulfill SR 1.
BALANCE BEAM	
3N—3/4 handstand receives ‘A’ VP, therefore does it fulfill the Acro Special Requirement (SR)?	No—Partial HS does not fulfill the SR even if it is eligible to receive VP. If a Special Requirement (SR) is stated without the words ‘Minimum’ (Min) or ‘Maximum’ (Max), then requirement needs to be fulfilled EXACTLY as written.

	<p>If an athlete performs a HS to fulfill the Acro Special Requirement (SR), the HS MUST mark vertical with legs together (no hold requirement).</p>
<p>When is a handstand an 'A' VP?</p>	<p>BM—Handstand—To receive 'A' VP, handstand must be held two seconds (unless a specific exception is listed on X-skill chart)—1N-3N receive 'A' VP for an X-skill handstand—3N is specific: Legs must be joined at vertical. 4N/GN may receive 'A' VP for achieving vertical (no hold required). —Leg position is optional unless specified on skill charts.</p>
<p>Please clarify PN beam: Acro SR— Two (2) Acro Non-Flight skills, one (1) must pass thru VER OR one (1) 'B' Acro VP.</p>	<p>NOTE: If the athlete chooses an Acro Series by connecting (2) same skills, skills must be given connection credit to get VP for both skills—If the athlete misses the connection, but 1st or 2nd skill is connected to another element, WILL receive credit for both skills. Example: Athlete executes BWO—STOPS—BWO, 2nd BWO receives no credit—If athlete connects 2nd BWO to Stretch jump, credit for both BWOs are awarded VP. NOTE: In a routine where two (2) BWO have already received credit, a 3rd attempted BWO would not receive VP.</p>
<p>If the description of a VP states, "Optional entry or Optional exit, what does that mean?</p>	<p>"Optional entry/exit" means the athlete can do anything into and/or out of (body shape, arm, or leg position) that skill. There is no requirement other than how the element itself is expected to be performed.</p>
<p>Please define a "Series" on BM.</p>	<p>Series = Direct connection of two (2) + Elements/VP/Skills. 1)—ENDING of one skill must be the START of the next skill. Reasons for NOT crediting a "Series": Stop in-between, including fall or loss of balance between any skills; Legs land in plie (w/o moving feet from original footprint), then straighten, then re-plie to take off; Step, pivoting of foot in-between; Acro skill w/lead leg swing in-between higher than 45°.</p>

What is the deduction for an athlete “double jumping” on the mounting apparatus before the mount?	Each judge is to deduct for Rhythm -0.10. Do not deduct -0.50 for a fall.
Clarification on BM Series SR.	Beam series is awarded regardless of the number of attempts. SR credit if foot touches the BM on 2nd skill EVEN with a fall. Secondly, if either of the two (2) skills is a Ø VP, SR can still be awarded.
Is a shoulder roll (extending the hips at VERTICAL) on beam considered a skill that goes through vertical?	A shoulder roll can potentially go through vertical if there is a vertical line from shoulders to hips as the hips go over the head. In the event, a level specifies the vertical skill must have hand support, a shoulder roll would not fulfill that requirement.
Do 4N and GN receive ‘A’ VP and SR for a handstand that achieves vertical but does not hold?	Yes, this is an exception for these two levels.
FLOOR EXERCISE	
Can a back or front handspring fulfill the bridging requirement?	No—Handspring, front or back, performed technically correctly does not show a bridging position, showing at least one (1) hand and one (1) foot on the ground simultaneously. A bridging element is considered a non-flight. Furthermore, a bridging element must be an X-skill or ‘A’ VP.

<p>Can two (2) of the same skill fulfill the dance passage requirement?</p>	<p>Yes—The athlete may perform two (2) of the same jump or leaps to fulfill the dance passage, if directly connected. However, if the athlete attempts to connect indirectly, at least one of the two (2) skills must be directly connected to another element performed before the 1st skill or after the 2nd skill. (Acro skill between two (2) dance skills breaks a direct OR indirect connection). This follows the “Same Skill rule—To receive VP two (2) times, as long as they are in a different connection. Example—Athlete performs two (2) split jumps: BHS-Split jump, Chassé, Assemblé to two feet, Split jump. Rule—Connecting 1st Split jump to a BHS makes it different from the isolated 2nd Split jump after the Chassé. Therefore, both Split jumps would receive VP.</p>
<p>If SR is 1/2 (180°) turn on 1-foot, can a 1/1 (360°) turn fulfill the SR and get credit?</p>	<p>Yes—Only if requirement includes MINIMUM is the athlete allowed to go beyond the requirement. If requirement states “1/2 (180°) turn” then only a 1/2 turn can fulfill the requirement.</p>
<p>3N Acro skill contains/passes through bridge position, can athlete lay down, push up to a bridge, and lay back down?</p>	<p>No—If an athlete pushes to a bridge, they must kick over to complete the ‘A’ VP X-skill, X-501.</p>
<p>Is a stretch jump an ‘A’ VP on floor?</p>	<p>No—Stretch jump is not an X-skill or a Table of Elements ‘A’ jump on FX. It IS, however, an ‘A’ VP on BM, Table of Elements ‘A—205c’</p>
<p>Does an Acro skill between two (2) dance elements break an indirect connection?</p>	<p>Yes—Indirect connections are continuous movement from one dance skill to the next, including running, Chassé, or other dance type movement on feet that are continuous, stopping only to perform the 2nd skill.</p>
<p>Can RO rebound, BWD/FWD roll count as 1N-3N Acro requirement?</p>	<p>Yes—RO rebound connected to any “roll” (excluding candlestick) fulfills this requirement.</p>
<p>SR notes Acro ‘Pass’ or ‘Series’ - does that mean the skills must be directly connected?</p>	<p>Yes— ‘Pass’ and ‘Series’ implies ‘Direct’ connection—Assume ‘Direct’ unless specifically stated an ‘Indirect’ connection is acceptable.</p>

Does 1N candlestick have to hold 2 sec?	No, it does not need a hold to receive VP and SR at 1N
Can a Dive or Hecht roll be used to fulfill a FX Special Requirement (SR)?	No— Dive / Hecht rolls may only be used for the respective VPs of 'A', 'B' and may NOT be used to fulfill any Special Requirement (SR) that requires flight.
Can 7N - 10N athlete perform a leap/jump dance combo on FX with an additional 'B' and have it count for two SRs, SR 1 and SR 3?	No—If the SR Leap/Jump Dance Passage contains only 2 skills, one of which is a 'B' skill / element / VP, the athlete must perform an additional 'B' skill / element (which may NOT be within the SR 1 Dance Combo) to fulfill the SR "Min 'B' VP". One 'B' may NOT fulfill two (2) SRs. For example, an athlete does a switch leap than a straddle jump for a dance passage. Because the dance passage has to have a minimum of 2 skills, neither of those skills can count as the additional 'B'. However, if the athlete does a switch leap than a straddle jump connected to a 3rd jump, the 3rd skill (as long as it is a value part) can allow the 'B' VP to count as the separate Special Requirement for the additional 'B' dance skill. The additional 'B' may NOT be part of the dance passage. It must be an isolated skill or part of a DIFFERENT connection.
What does SR #3: "Additional 'B' VP"—Not part of SR #1" specifically refer to?	SR #1: Dance Combo requires a minimum of two (2) skills to be considered a Dance Passage. If it contains ONLY two (2) skills and one (1) is a 'B' VP, it cannot be used to fulfill SR #3. The additional 'B' may NOT be part of the dance passage. It must be an isolated skill or part of a DIFFERENT connection.
If the description of a VP states, "Optional entry or Optional exit, what does that mean?	"Optional entry/exit" means the athlete can do anything into and/or out of (body shape, arm or leg position) that particular skill. There is no requirement other than how the element itself is expected to be performed.
Is a DIVE CARTWHEEL considered a flight skill?	YES
Is an AERIAL considered a flight skill?	An aerial can fulfill a flight if it is allowable at that level and does not state otherwise. An aerial may NOT fulfill a Salto requirement unless specifically stated.
ALL	
If a skill / element illustration does not display the skill the athlete did perform, what credit / no credit does she receive?	If an athlete performs a skill, such as a straight jump off the SIDE of the beam, they will receive credit for this dismount as it is a root skill of the one listed, BM: X—902 Straight jump off END of BB. ALWAYS judge and reward to the benefit of the athlete.

Can an Element/VP/Skill receive credit more than once?	Yes—Repeated element must occur in 1) a different connection (one time, isolated, another in connection, 2) will receive credit twice if repeated Element/VP/Skill is performed in two (2) connections and preceded/followed by a different Element/VP/Skill—preceded/followed Element/VP/Skill does not have to receive credit.
Can skills receive VP twice if isolated?	NO—One skill may be isolated, and the other attempt of the same skill must have a different entry or exit.
Can GN use X-skills to fulfill requirements?	NO—Only levels 1N, 2N/BN, 3N (UB, BM, FX) may use X-skills. As the only exception, Level 4N, GN may use UB X-skills.
When does a spitting jump/leap receive SR and VP credit?	Splitting jumps/leaps will receive credit if they are within 45 degrees of the listed requirement. An up to .2 deduction will apply to split jumps within 45 degrees but not achieving or exceeding listed requirement. Please note if the athlete is using a split jump on beam for "B" VP, the expected degree of split is 180. If the split is within 45 degrees of the 180 (135 degrees) the split will receive B VP, if eligible. For any level that requires a B VP but has less than 180 degrees for their split requirement, it is possible for the athlete to achieve their SR without being awarded a B VP if the split is less than 135 degrees. For example, PN split requirement on beam is 150 degrees. An athlete could do a 105 degree split jump and receive their SR. However, this would not meet the requirement for a B VP. Therefore, the athlete would need an alternative B VP to receive the B VP requirement
When will a judge not award credit for an athlete completing more than 1/2 a VP without a spot?	Any skill that has a specified degree of completion requirement (or a specific general rule) is not subject to the general rule stating an athlete can be awarded the skill if more than 1/2 is completed without spot. Since there is a specific rule stating when splitting elements will be rewarded, the specific rule applies to the skill. This also applies to release moves on bars and Acro skills on beam where a specific body part must touch the apparatus to be awarded credit. Please see event clarifications for more information.

<p>What if an athlete performs a skill in a way that gives it a higher value than is allowed at a particular level?</p>	<p>If an athlete goes above the expectation for their specific level on a skill that can have different values based on amplitude, the athlete should not be penalized. For example, if a 4N athlete performs a cast handstand on bars, they should be awarded an "A" VP and not be deducted for doing something unallowable or restricted.</p>
<p>Can one element fulfill more than one (1) Special Requirement, unless specified?</p>	<p>The ONLY level this is allowable is 10N.</p>
<p>Do Acro splitting elements have an insufficient split deduction?</p>	<p>Yes, Acro NON-FLIGHT splitting elements (such as walkovers) have an up to .2 deduction for insufficient split based on the degree of split required for splitting jumps/leaps at their respective levels. For example, a 4N performing a back walkover would need a minimum of 90 degree split to receive no deduction for insufficient split.</p>