



2024-2025 NGA HIGH SCHOOL RULES

Women (Grades/Levels)

Grades: 7-12

Levels: SN/GN/PN/DN

Respective Levels:

L1-4N = SN

L5-6N = GN

L7-8N = PN

L9-10N = DN

Men (Grades/Levels)

Grades: 7-12

Levels: 7N/8N/9N

Registration Information

*Registration Fee is \$150 per athlete

*No Team Fee

*No qualifying score is needed to compete at Nationals

*Must wear competitive attire per NGA Rules & Regulations

*Athletes may do both NGA Nationals and NGA High School Nationals (If doing both, athletes will owe registration fees for each)

*May not combine different High Schools to compete as one team

*Individuals may compete

*Coaching staff MUST have an active NGA Membership to be allowed on the competition floor

Nationals Information

*June 4-5, 2025

Virginia Beach Sports Center
Virginia Beach, VA

*Held in conjunction with NGA National Championships-June 2-7, 2025

*Training will be offered at Nationals (Training times TBD)

*Equipment will be NGA specified per the Rules & Regulations Handbook

Awards

*Medals will be awarded for individual/AA awards; Banners will be awarded for Team awards.

*Individual awards will be given by level, not grade level (Age groups will be determined once registration closes).

*50% will be given out for Individual events (Up to 10 places) and 100% for AA

*50% will be given out for Team Banners (per level as well as overall)

*Team scores -Level Team Awards: top 3 scores on each event/per level

-Overall Team Awards: top 3 scores per event from all levels.

*If an athlete competes in their NGA State Championships and receives a First, Second, or Third place in the all-around, an All-State Patch will be awarded.

*If an athlete competes at High School Nationals and receives a First, Second, or Third place finish in the all-around, a High School All-American patch will be awarded.

Resources

NGA Technical Handbook and R&R link here:

<https://www.dropbox.com/scl/fi/341ee24iubx78a6lgthfr/NGA-Women-s-Gymnastics-Technical-Handbook.pdf?rlkey=sfnfv2doxg8r9uoxw7cddkn45&dl=0>