



2025-2026 NGA HIGH SCHOOL RULES

Women (Grades/Levels)	Men (Grades/Levels)
Grades 7-12 Levels: SN/GN/PN/DN Respective Levels: L1N-4N = SN L5N-6N = GN L7N-8N = PN L9N-10N = DN	Grades 7-12 Levels: 3N/6N/9N

Registration Information

- *Must be affiliated with a NGA Club Member or be a NGA Club Member – Club Membership is free for the 2025-26 season
- *Must be a NGA Athlete Member – Athlete Membership is free for the 2025-26 season
- *Nationals 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 National 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 7 and/or 8, 2026
- *Orange County Convention Center – Halls C-D
9800 International Dr, Orlando, FL 32819
- *Held in conjunction with NGA National Championships – June 5-8, 2026
- *Training will be offered at Nationals (Times tbd)
- *Equipment will be Spieth America and NGA specified per the Rules & Regulations Handbook

Awards

- *Medals will be awarded for individual events and All-Around 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% All-Around
- *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 AA, an All-State Patch will be awarded

Resources

- *NGA Technical Handbook and Rules & Regulations link here:

Women's Handbook - <https://nationalgym.org/wp-content/uploads/2025/11/September-2025-NGA-Technical-Handbook.pdf>

Men's Handbook - <https://nationalgym.org/wp-content/uploads/2025/08/NGA-Mens-Gymnastics-Technical-Handbook.pdf>

Rules & Regulations - https://nationalgym.org/wp-content/uploads/2025/09/NGA-RR-25_26.pdf