

NGA Adult Gymnastics Program

Coach & Athlete Guide

GENERAL INFORMATION

NGA Adult Gymnastics Nationals: June 6, 2026 in Orlando, Florida. Register by May 11, 2026.

The NGA Adult Gymnastics Program is open to adult athletes ages 18 and older.

Age divisions:

- 18–29
- 30–39
- 40–49
- 50–59
- 60+

Age division placement is based on the athlete's age on the day of competition.

Co-Ed Program Structure:

- The NGA Adult Program is co-ed.
- Men and women may compete on any event.

Event & All-Around Participation:

- Athletes may compete in a minimum of two individual events or six events to acquire an All-Around.
- Minimum of two (2) events required.
- Maximum of six (6) events permitted.
- Athletes may compete at different levels on different events.

Membership Requirements:

- All athletes must hold a current NGA Athlete Membership.

- Athletes without membership are not eligible to compete.

Coaching & Club Requirements:

- Athletes must have a NGA-certified, non-competing coach.
- Coaches must be affiliated with a NGA-registered club.
- Coaches are responsible for safety and rule compliance.

Attire Standards:

- Leotard or traditional MAG uniform required.
- Tights, leggings, or gymnastics shorts permitted.
- T-shirts and baggy apparel are not permitted.

Event rules and requirements:

VAULT

Vault Attempts & Scoring

- One or two vaults permitted.
- Highest scoring vault counts.

Silver Vault – 10.0 SV Requirements:

- Front Handspring over resi/mat stack
- OR $\frac{1}{4}$ – $\frac{1}{2}$ on, repulsion off over resi/mat stack
- Resi/Mat stack height: 24"–56"
- Alternate trampoline board permitted

Gold Vault – 10.0 SV Requirements:

- Front Handspring

- OR $\frac{1}{4}$ – $\frac{1}{2}$ on over table
- Manufacturer table settings
- Alternate trampoline board permitted
- Yurchenko-style entries not permitted

Platinum Vault – 10.0 SV Special Requirements:

- Minimum 180° twist
- No salto vaults
- Over table
- Alternate board permitted

Diamond Vault – 10.0 SV Requirements:

- Any salto vault without twists
- Over table
- Alternate trampoline board permitted

Pro-Ace Vault Requirements:

- Start Values per NGA Level 10 Chart
- No alternate board permitted

UNEVEN BARS

Silver Uneven Bars Value Parts: 5 A's

Special Requirements:

1. Mount
2. Cast 45° below horizontal
3. 360° circle
4. Dismount (no salto)

Additional rules: No high bar skills allowed.

Gold Uneven Bars Value Parts: 6 A's

Special Requirements:

1. Jump to high bar
2. Cast to horizontal
3. 360° circle
4. High bar dismount

Additional rules: Salto dismount optional but not required

Platinum Uneven Bars Value Parts: 6 A + 1 B

Special Requirements:

1. Kip variation
2. Cast above horizontal or clear support
3. B 360° circle
4. A high bar dismount

Additional rules:

Tap swings permitted.

Salto dismount optional but not required

Diamond Uneven Bars Value Parts: 5 A + 2 B

Special Requirements:

1. B 360° circle
2. Cast or circle within 45° of vertical
3. Additional B value part
4. A high bar dismount

Additional rules: C's allowed, will count as B's

Pro-Ace Uneven Bars Value Parts: 3 A + 4 B + 1 C

Special Requirements:

1. Two bar changes
2. B flight element
3. B long-axis turn
4. C dismount

BALANCE BEAM

Silver Beam Value Parts: 5 A

Special Requirements:

1. $\frac{1}{2}$ turn on one foot OR pivot turn
2. Leap or jump (no split required)
3. Acro Value Part (does not need to achieve vertical. Ex: "L" handstand counts if lead leg reaches 45° from vertical)
4. Balance hold on one foot, 2 seconds
5. Dismount (no saltos permitted)

Gold Beam Value Parts: 6 A

Special Requirements:

1. Minimum $\frac{1}{2}$ turn on one foot
2. Leap or jump with minimum 90° split
3. Acro Value Part through vertical
4. A dismount (saltos permitted but not required)

Platinum Beam Value Parts: 6 A + 1 B

Special Requirements:

1. Full turn

2. Leap or jump with minimum 120° split
3. Two acro (flight OR non-flight) or one B acro
4. A dismount

Diamond Beam Value Parts: 5 A + 2 B

Special Requirements:

1. Full turn
2. Leap/jump series minimum 150° split
3. Acro series or Mixed series with min B flight
4. A dismount

Pro-Ace Beam Value Parts: 3 A + 3 B + 2 C

Special Requirements:

1. Full turn
2. Dance series or mixed series (180° split)
3. Two acro flight elements
4. C acro element isolated or in a series (CAN be in SR 2 or 3)
5. B dismount

ARTISTIC FLOOR (traditional WAG floor)

Silver Floor Value Parts: 5 A

Special Requirements:

1. Dance series minimum two elements directly or indirectly connected
2. Acro pass of minimum 2 value parts directly connected
3. Full turn on 1 foot
4. Second Acro pass of either 2 value parts (must be different series than SR2) OR 1 flight element.

Additional rules: No C elements permitted. B dance permitted; will count as A.

Gold Floor Value Parts: 6 A

Special Requirements:

1. Dance series minimum two elements directly or indirectly connected, one with a minimum of 120° split
2. Acro pass (2 flight)
3. Full turn
4. Second acro pass, minimum 1 flight or salto

Platinum Floor Value Parts: 6 A + 1 B

Special Requirements:

1. Dance series minimum two elements directly or indirectly connected, one with a minimum of 150° split
2. Acro pass (2 flight)
3. Additional B dance
4. Acro pass with minimum A salto

Diamond Floor Value Parts: 5 A + 2 B

Special Requirements:

1. Dance series minimum two elements directly or indirectly connected, one with a minimum of 180° split
2. Acro pass with minimum A salto
3. Additional B dance (separate from SR 1)
4. B salto, isolated or in a series (separate from SR 2)

Pro-Ace Floor Value Parts: 2 A + 3 B + 3 C

Special Requirements:

1. Dance series minimum two elements directly or indirectly connected, one with a minimum of 180° split
2. Two C saltos within the routine

3. Mixed series
4. C dance element isolated or in a series (CAN be from SR 1 or 3)

PARALLEL BARS

Silver Parallel Bars Value Parts: 5 A / Superskills (6 total)

Special Requirements:

1. Upper arm hold
2. Support swing (to horizontal or push-up position)
3. Long hang swing with hand change
4. A dismount (flank or stutz)

Additional rules: No handstands

Gold Parallel Bars Value Parts: 6 A, including 2 FIG A

Special Requirements:

1. Upper arm hold
2. Support swing to 45°
3. Long hang swing
4. A dismount (no salto; handstand dismount permitted)

Platinum Parallel Bars Value Parts: 6 A + 1 B

Special Requirements:

1. Front or back uprise
2. Support swing
3. Swing to 45°–vertical handstand
4. Minimum FIG A dismount

Diamond Parallel Bars Value Parts: 5 A + 2 B

Special Requirements:

1. Any Moy skill

2. Support swing
3. Swing or press to vertical handstand
4. Minimum FIG A dismount

Pro-Ace Parallel Bars Value Parts: 8 FIG Value Parts

Special Requirements:

1. Upper arm element
2. Support element (minimum C)
3. Long swing or underswing (minimum C)
4. Dismount (minimum C)

HIGH BAR

Silver High Bar Value Parts: 5 A / Superskills

Special Requirements:

1. Circling or in-bar element (back hip circle)
2. Long hang change of direction
3. Flight element (hand hop)
4. A or Superskill dismount (no salto)

Gold High Bar Value Parts: 6 A

Special Requirements:

1. Kip
2. Circling or in-bar clear hip
3. ½ turn change of direction
4. Salto dismount permitted

Platinum High Bar Value Parts: 6 A + 1 B

Special Requirements:

1. Cast 45°-handstand
2. Circling or in-bar element to 45°
3. ½ turn to 45°
4. Minimum FIG A dismount

Diamond High Bar Value Parts: 5 A + 2 B

Special Requirements:

1. Giant or turn through handstand
2. FIG A flight element
3. Circling or in-bar element to handstand
4. Minimum FIG A dismount

Pro-Ace High Bar Value Parts: 8

Special Requirements:

1. Long hang swings and turns
2. Flight element (minimum C)
3. In-bar Adler (minimum C)
4. Dismount (minimum C)

RINGS

Silver Rings Value Parts: 5 A / Superskills

Special Requirements:

1. Swing
2. Hanging strength hold
3. Swing to straight-body inverted hang
4. A or Superskill “let-go” dismount

Gold Rings Value Parts: 6 A

Special Requirements:

1. Swing
2. Hanging strength hold
3. Swing to inverted hold
4. Salto dismount

Platinum Rings Value Parts: 6 A + 1 B

Special Requirements:

1. Front or back uprise
2. FIG strength element in support
3. Shoulder stand
4. Minimum FIG A salto dismount

Diamond Rings Value Parts: 5 A + 2 B

Special Requirements:

1. Dislocate or inlocate
2. FIG B strength hold
3. Handstand (2-second hold)
4. Minimum FIG A salto dismount

Pro-Ace Rings Value Parts: 8

Special Requirements:

1. Kip and swing to or through handstand
2. Strength or hold (minimum C)
3. Swing to strength (minimum C)
4. Dismount (minimum C)

POMMEL HORSE

All levels may be with or without the pommels

Silver Pommel Horse Value Parts: 6 total skills

Special Requirements:

1. Traveling (minimum ½ horse)
2. Pendular swings (forward and backward)
3. Single leg cut
4. Dismount

Gold Pommel Horse Value Parts: 6 total skills

Special Requirements:

1. Traveling
2. Loop or circle
3. Single leg cut
4. Dismount

Platinum Pommel Horse Value Parts: 6 A + 1 B

Special Requirements:

1. Circle or flair
2. Any longitudinal travel
3. Scissor
4. Flank dismount

Diamond Pommel Horse Value Parts: 5 A + 2 B Special Requirements:

1. B scissor
2. Any longitudinal travel

3. Element Group 2 skill
4. Minimum FIG B dismount

Pro-Ace Pommel Horse Value Parts: 8

Special Requirements:

1. Scissor
2. Longitudinal travel (minimum C)
3. Element Group 2 skill (minimum C)
4. Minimum FIG C dismount

MAG-STYLE FLOOR

Silver MAG Floor Value Parts: 6 A / Superskills

Special Requirements:

1. Hold or balance (minimum 2 seconds)
2. Forward and backward tumbling
3. Two connected tumbling skills
4. Handstand (no hold required)

Additional rules: No handsprings or saltos

Gold MAG Floor Value Parts: 6 total skills

Special Requirements:

1. A non-acrobatic element
2. Forward and backward tumbling (minimum one flight, acro, or salto)
3. Two connected tumbling skills
4. Handstand with $\frac{1}{2}$ pirouette

Platinum MAG Floor Value Parts: 6 A + 1 B

Special Requirements:

1. A non-acrobatic element
2. Minimum B forward or backward salto
3. Two connected tumbling skills
4. Press to handstand

Diamond MAG Floor Value Parts: 5 A + 2 B

Special Requirements:

1. A non-acrobatic element
2. 360° twisting salto or double salto
3. Two connected tumbling skills
4. B press to handstand

Pro-Ace MAG Floor Value Parts: 8

Special Requirements:

1. FIG non-acrobatic element
2. Minimum C forward acrobatic element
3. Minimum C backward acrobatic element
4. Single salto with 360° turn