

QUESTION	ANSWER - 2026 Updates are in BLUE Updated 03/10/2025
Where can I find the most current updated rules, requirements, and regulations?	The current PDF is available on the NGA website (https://nationalgym.org/) and dated September, 2025.
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 that contacts the vault board for a vault or a mount with staggered feet. YES - .20. Please note additional jumps on board/tramp are .30 each time.
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 that achieves hand support, lands/falls on top of table/mat stack (does not return to board).
Can a VOID vault receive a 5.0 courtesy score?	Yes, If the athlete performs a vault considered VOID for any given level, the athlete may be awarded a 5.0 courtesy score.
Is there an angle of repulsion deduction for 8N-10N vault?	Yes, but this only applies to non-Salto vaults. NO. This deduction has been eliminated.
Is a pit pillow allowed as an additional landing surface for level 6N and 7N vault?	Yes – for 6N/7N, the pit pillow does not count towards the required mat stack height. It is provided as additional matting, if available.

Definition of 'Failure to Land on Bottom of Feet first deduction'.	Fail to land on bottom of feet first examples include: landing on hands and knees simultaneously, landing on buttocks (without feet first for both scenarios). Not applicable to 5N, 6N, or 7N vaults performed with sloop through and miss feet to land on back technique.
4N VAULT – May the athlete use the alternate tramp board?	No
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) tap swing, apply 0.3 deduction (MAX .50 per occurrence).</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—More than (1) tap swing, apply 0.3 deduction (MAX .50 per occurrence).</p> <p>6N/7N-10N—Tap Swings are not allowable in any case and receive a 0.3 deduction each time (MAX .50 per occurrence).</p> <p>6N Example – Long hang kip, cast, back hip circle, underswing, counterswing, flyaway dismount is a .30 extra swing deduction.</p>
Is a release drop down in the back of a tap swing considered a dismount? Is a .50 deduction taken for a fall? YES	No—Not considered an 'A' dismount—Is not an X-skill. Deduct -0.50 for missing SR and deduct -0.30 for no dismount. However, if the athlete remounts and performs a level-recognized dismount, only deduct -0.50 for the 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.
The 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.

<p>GN athlete attempts SR 1 (squat/straddle/stoop on jump to HB) and falls backward. She remounts the LB and squats on (or puts one foot on at a time and jumps to HB). Does she receive the SR?</p>	<p>YES. The athlete will NOT receive the SR if the coach places her directly on the HB. They have not performed the JUMP to HB.</p>
<p>Can a Pike / Tuck Sole circle around the bar fulfill the UB Special Requirement (SR): "360° In Bar Circle"?</p>	<p>No / Yes—No: A feet-to-feet In-bar (360°) circle does not meet the requirement for the "360 In-Bar Circle" that must finish in clear support at any angle (unless otherwise stated). Yes: Does not require a clear support finish, therefore may use the feet-to-feet In-bar (360°) circle to fulfill the SR. Clarification of answer: YES- If the level requirements do NOT require a clear support finish NO- If the level requirements include a clear support finish (at any angle).</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>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 to be removed?</p>	<p>The board or mounting apparatus must be removed immediately upon feet leaving this surface for levels 5N and above; the Athlete may NOT return to contact the board again. Failure to remove the board = CJ -0.30 is applied if the gymnast returns and contacts the board (because it was not removed). Athletes in levels 1N-GN may return to the surface they mounted from following a glide swing and perform a</p>

	pullover from the mounting block/board. The mounting apparatus must then be removed IMMEDIATELY following the pullover.
What is the deduction for an athlete “double jumping” on the mounting apparatus prior to mounting element on bars or beam ?	Each judge deducts for Rhythm -0.10. Do not deduct .30 for double jumping (as in Vault) or 0.50 for a fall.
How many skills are performed for the following 2N routine: Pullover—Cast—BWD Hip Circle—Underswing dismount?	Sequence: Pullover—Cast—BWD Hip Circle—Underswing dismount = Four (4) elements / VP / skills. 2N athlete = 9.90 SV (missing one (1) ‘A’/X-skill). By adding a cast after BWD Hip circle and before dismount = 10 SV.
How many skills for a 3N if athlete performs: Pullover—Cast—BWD Hip Circle—Squat on—Jump off dismount?	Sequence: Glide Swing, Pullover—Cast—BWD Hip Circle—Squat on—Jump off dismount = Six (6) elements / VP / skills = 10 SV.
Does a tap swing 1/2 turn dismount ALSO fulfill 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.
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. 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.
4N SR #3 - Tap Swing -Counterswing Requirement Clarification	Please NOTE that the following example does NOT fulfill the 4N special requirement #3: (HB) cast, Back Hip Circle, underswing, counterswing, flyaway dismount.

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. If an athlete performs a HS to fulfill the Acro Special Requirement (SR), the HS MUST mark vertical with legs together (no hold requirement).
When is a handstand an 'A' VP?	BM—Handstand—To receive 'A' VP, handstand must be held 2 seconds (unless 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 use X skills to receive 'A' VP for achieving vertical (no hold required). —Leg position is optional unless specified on skill charts.
Please clarify PN beam: Acro SR— Two (2) Acro Non-Flight skills, one (1) must pass thru VER – isolated or in a series OR one (1) 'B' Acro VP	NOTE: If athlete chooses an Acro Series by connecting (2) same skills, skills must be given connection credit to get VP for both skills—If athlete misses the connection, but 1st or 2nd skill is connected to another element, they 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.
Can a Headstand be used as an ACRO skill on beam?	Yes. It is listed under MOUNTS, along with the CHEST STAND.
Please define a "Series" on BM.	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.
What is the deduction for an athlete “double jumping” on the mounting apparatus prior to mounting element for bars and beam?	Each judge deducts for Rhythm -0.10. Do not deduct .30 for double jumping (as in Vault) or 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. 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, X skills are now allowable through the Gold level for the 2025 season. X skills may fulfill SRs, unless specified otherwise.
Can a 5N athlete perform a round off or back handspring on the beam?	YES
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.

Can two (2) of the same skill fulfill the dance passage requirement?	<p>Yes—Athlete may perform two (2) of the same jump or leaps to fulfill the dance passage, if directly connected. However, if 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 if they are in a different connection.</p> <p>Example—Athlete performs two (2) split jumps: BHS-Split jump, Chassé, Assemblé to two feet, Split jump.</p> <p>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>
If SR is 1/2 (180°) turn on 1-foot, can a 1/1 (360°) turn fulfill the SR and get credit?	Yes—Only if requirement includes, MINIMUM (MIN) 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.
3N Acro skill contains/passes thru bridge position, can athlete lay down, push up to a bridge and lay back down?	No—If an athlete pushes to a bridge, they must kick over to complete the ‘A’ VP X-skill, X-501.
Is a stretch jump an ‘A’ VP on floor?	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’
Does an Acro skill between two (2) dance elements break an indirect connection?	Yes—Indirect connections are continuous movement from one dance skill to the next, includes running, Chassé, or other dance type movement on feet that is continuous, stopping only to perform the 2nd skill.
Can RO rebound, BWD/FWD roll count as 1N-3N Acro requirement?	Yes—RO rebound connected to any “roll” (excluding candlestick) fulfills this requirement.

SR notes Acro 'Pass' or 'Series' - does that mean the skills must be directly connected?	Yes— 'Pass' and 'Series' imply 'Direct' connection—Assume 'Direct' unless specifically stated an 'Indirect' connection is acceptable.
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 then 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 then 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.
Is a DIVE CARTWHEEL 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.

<p>Can an Element/VP/Skill receive credit more than once?</p>	<p>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.</p>
<p>Can skills receive VP twice if isolated?</p>	<p>NO—One skill may be isolated, and the other attempt of the same skill must have a different entry or exit. For example, on 7N FX an athlete performs a dance combo: switch leap, chasse, straddle jump. Later she attempts to fulfill SR 3 (additional MIN B dance) and performs a straddle jump. The SR is NOT fulfilled. The 2nd straddle jump receives 0 value due to repeating an element w/o a different exit of entry.</p>
<p>Can GN use X-skills to fulfill requirements?</p>	<p>YES, unless specified otherwise.</p>
<p>When does a splitting jump/leap receive SR and VP credit?</p>	<p>Splitting jumps/leaps will receive credit if they are within 45 degrees of the listed requirement. An up to 0.20 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, the athlete can 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</p>
<p>When will a judge not award credit for an athlete completing more than 1/2 a VP without a spot?</p>	<p>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. Please use your COMMON SENSE and ALWAYS give the benefit of the doubt to the athlete!</p>

<p>What if an athlete performs a skill in a way that gives it a higher value than is allowed at a particular level? For example, what if a 4N/GN/5N athlete performs a cast to handstand?</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/GN/5N 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 levels allowable: 9N and 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 0.20 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>
<p>Definition of "failure to land on bottom of feet"</p>	<p>Fail to land on bottom of feet first examples include: landing on hands and knees simultaneously, landing on buttocks without feet first.</p>