

2026 Masters Gymnastics Individual World Cup Format

Last updated 2025-12-02

I. Overview

- A. To help bridge the two year gap between Masters Team World Cups, we will be hosting an Individual World Cup for all interested gymnasts.

II. Registration

- A. Registration will be done via the [ScoreFlippers online registration system](#). For information and help regarding registration, please see [this page](#).
- B. The fee for registration will be \$67 per registrant, paid during the registration process. Gymnasts from the US will also need to purchase an NAIGC membership during registration. International gymnasts will have that membership fee waived. There are no team fees, as there will be no team competition at this event.
- C. Registration will close on March 27, 2026, at 11:59pm UTC-5 in order to allow sufficient time to purchase the correct number of medals.
- D. Registration covers participation in the meet and receipt of any awards given to the registrant.

III. Rules

- A. For detailed competition rules see the [NAIGC Masters Rules Policy](#).
- B. Uniforms: There are no restrictions on attire beyond those detailed in the [NAIGC Masters Rules Policy](#).
- C. Floor Music
 - 1. The facility has AV equipment that can play music from any device with an audio auxiliary cable input or a bluetooth connection. We will have someone at the AV setup to help with connections and playing music, but it will be the responsibility of the team or individual to ensure that the correct music is provided.
 - 2. For more details on rules related to floor music, please refer to the [NAIGC Masters Rules Policy](#).

IV. Placement Categories & Awards

- A. We will not be separating placement categories by student status, age, or gender, only by discipline. So there will be awards for MAG and for WAG, and anyone may compete any apparatus regardless of gender.
- B. **Team Awards**
 - 1. There will be no team competition at this event.
- C. **Individual Awards**
 - 1. **All Around Awards**
 - a. Awards will be given to the **top three individuals** based on their cumulative apparatus scores. Ties will be broken by the older gymnast taking the top spot.
 - 2. **Apparatus Awards**

- a. Awards will be given to the **top three individuals** based on their scores on that apparatus. Ties will be broken by the older gymnast taking the top spot.

V. Judging

- A. All routines will be judged by a single judge.

VI. Schedule

- A. The meet will consist of two overlapping sessions, one for MAG participants and one for WAG participants. The preliminary timetable is shown below, and the final schedule will be communicated to registered participants after registration closes.

- 1. Sunday, May 3, 2026

- a. Session 1 (MAG)

- a. 11:15am Open Stretch (gymnasts may start occupying the floor/mats to stretch)
- b. 11:45am Warm-up (gymnasts may start warming up their first event/apparatus)
- c. 12:00pm Competition Begins

- b. Session 2 (WAG)

- a. 1:30pm Open Stretch (gymnasts may start occupying the floor/mats to stretch)
- b. 2:00pm Warm-up (gymnasts may start warming up their first event/apparatus)
- c. 2:15pm Competition Begins

- c. Awards

- a. 6:30pm in the same venue.

VII. Format

- A. All competitive sessions will be conducted using “warm-up, compete, repeat” format. Timed warm-ups immediately precede competition on each event. Each group of athletes on a rotation will be given 12 minutes to warm up each event. Gymnasts are allowed extra warm-up turns between competitors (bump-touch) but must immediately dismount when the judges are ready.

VIII. Competitions

- A. Team Competition**

- 1. There will be no team competition

- B. Individual All-Around Competition**

- 1. Any gymnast with a score on all the apparatuses in a given discipline will be eligible for an individual all-around award, as described in IV.C.1.

- C. Individual Apparatus Competitions**

- 1. Any gymnast with a score on an apparatus will be eligible for an individual apparatus award, as described in IV.C.2.

IX. Insurance

- A. As a sanctioned meet within the NAIGC, the competition will have event insurance. Individuals are responsible for insuring themselves against injury. Please reach out to us at info@naigc.org if you'd like to see the Certificate of Insurance for the meet.

X. Amendments

- A. This document may be amended by the NAIGC Board of Directors or the Director of the Events Department.
- B. This document may be amended at any time up to two weeks preceding the event in the case of significant changes impacting the event, including but not limited to national emergencies, pandemics, and natural disasters.