



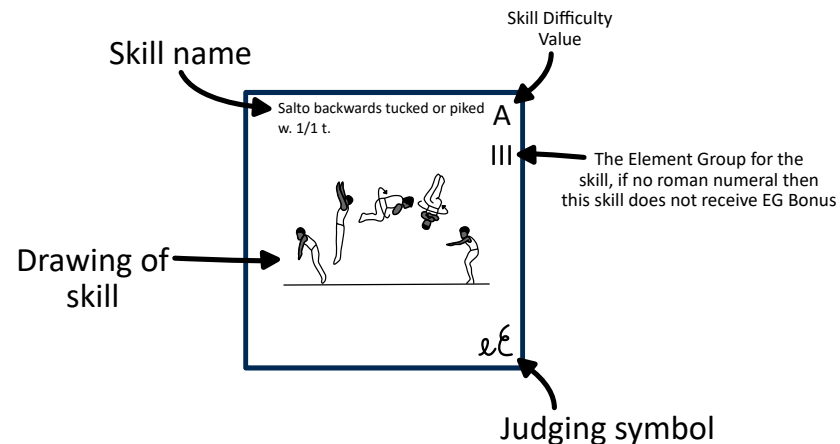
NAIGC Code of Points - MAG

This document details skills that are not found in the FIG Code of Points but are allowed for credit in some or all of the NAIGC levels. All skills are "clickable", and link to a video of the skill.

NAIGC MAG (Men's Artistic Gymnastics) offers three different levels:

- NAIGC Advanced (GymACT):** GymACT Rules + NAIGC Allowable Skills
- NAIGC Intermediate:** FIG + NAIGC MAG Rules
- NAIGC Developmental:** FIG + NAIGC MAG Rules

Please see the full rules document and other helpful resources at naigc.org/mens-rules



NAIGC Homepage



NAIGC MAG Site



MAG Rules Policy



Judges Cheat Sheets



MAG Rules
Breakdown



Beginner Routines

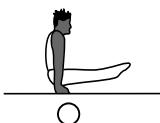
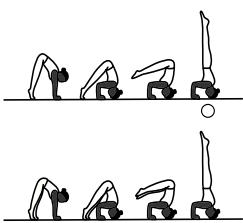
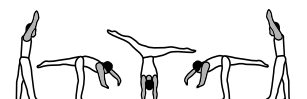
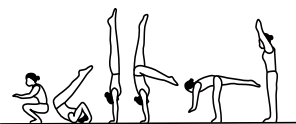
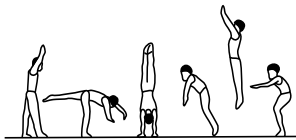
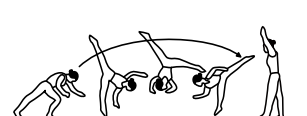
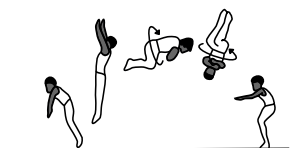
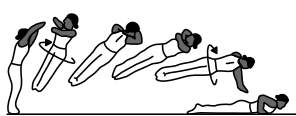




Floor Exercise (FX)



EG I: Non-acrobatic elements | EG II: Acrobatic elements forward (saltos and handsprings) and fwd. rollout elements (no salto) | EG III: Acrobatic elements backward (saltos and handsprings), and Arabian elements | EG IV: Single salto forward and backward with 1 or more turns

1. Pancake (stop required) A  A	2. L-sit (2 s.) A  L	3. Press to headstand (2 s.), piked or straddled A  >h	4. Cartwheel A  X	5. No-handed back extension roll with flight to prone A  x↑^	6. Pike up through handstand A  ↑
7. Straight arm backward roll to prone A  x^	8. Backward roll through handstand A  x↑	9. Round-off (stuck, rebound, or connected to other acro) A  λ	10. Any side aerial A II  xZ.	11. Salto backwards tucked or piked w. 1/1 t. A IV  xε	12. Jump fwd. with 2/1 twist to front support. C I <i>Note: may not be directly connected to an EG II or EG III skill</i>  (Batta) ↑ε
13. Endo roll to Japanese Handstand (2 s.) C I  x>+	14.	15. *All single salto skills with different amounts of twist are considered different skills in separate boxes. This affects the following FIG skills: EG II: 13, 14 EG III: 8 EG IV: 2, 3, 9	16. *NAIGC CoP skills with an A valuation do not count as strength or circling skills (unless otherwise noted in the CoP), and as such don't count towards the FIG limits on strength and circling skills (1 of each per routine).	17.	18.
19.	20.	21.	22.	23.	24.

-All listed elements will receive credit in all levels
-EG Bonus is only given if a roman numeral is shown in the box
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Last updated 2026-05-27



EG I: Single leg swings and scissors | EG II: Circle and flairs, with and/or without spindles and handstands, Kehrschwings, Russian wendeswings, flops and combined elements | EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles | EG IV: Dismounts

1. Stride Swing Forwards or Backwards with Travel Sideways A	2. False scissor A	3. Single leg Stockli A	4. Single leg travel Note: Any travel of this type is acceptable, it does not have to be the exact leg/hand movement sequence shown A	5. ½ Circle Dismount Note: May also be performed on the leather or one hand leather one hand pommel A	6.
7. Flaired front loop, rear loop, or in cross support on pommels or pommel+leather (not shown) A	8. From cross support frontways on end, tucked salto backwards/sideways to dismount B	9.	10.	11.	12.
13. Any combination of two flops on one pommel Choose any two, same or different C	14. Russian + Flop combo Choose one of each group, in any order C	15. Reverse stockli with 270° turn from one pommel C	16. From support on end, Russian wendeswing fwd. to cross support on far pommel + leather C	17.	18.
19. Double Scissor fwd with travel swd. and ½ turn D	20. Reverse Stöckli with 360° t. on the leather between the pommels D	21. Kehre bwd, kehre fwd, kehre bwd, kehre fwd E	22.	23.	24.

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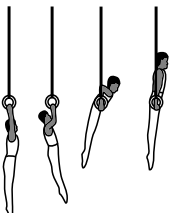
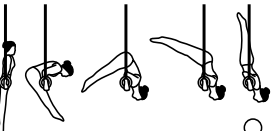
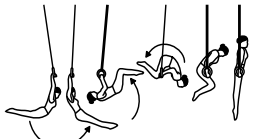
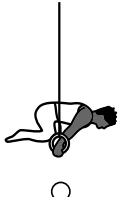
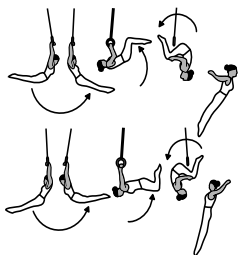
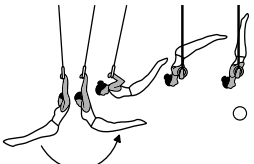
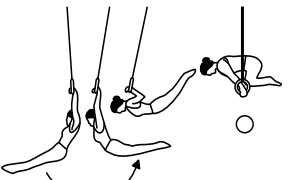
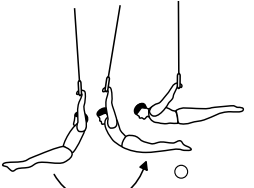
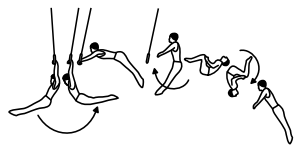
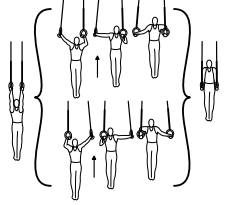
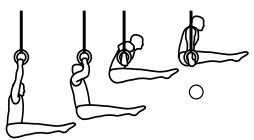
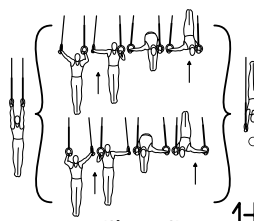
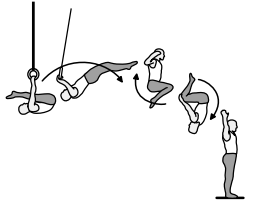




Still Rings (SR)



EG I: Kip and swing elements & swings through or to handstand | EG II: Strength elements and hold elements | EG III: Swing to Strength hold elements | EG IV: Dismounts

1. German hang (2 s.) A  9	2. Muscle up A  1	3. Pike press to shoulderstand (2 s.) A  Lh	4. Felge tucked to support A  f.	5. Tuck planche (2 s.) A <i>Note: Hips must be level, arms straight and off straps, and knees must be behind straps</i>  ▽	6. Tuck salto, front or back A  8l
7. Back uprise to shoulderstand (2 s.) A I  +h	8. Felge to shoulderstand (2 s.) A I  fh	9. Uprise bwd. to tuck planche (2 s.) A III  +▽	10. Swing bwd. and inlocate to back lever (2 s.) A III  +→	11. Uprise bwd. and salto bwd tucked A IV  +l	12.
13. From still hang, vertical pullup to support with one arm straight and the other bent B II  (Sharpe 1) †	14. From or through hanging L, vertical pull up with bent arms and legs horizontal to L-sit (2 s.) B II  (Li) 1	15. Uprise bwd. or swing down from handstand and salto bwd piked or stretched B IV  +↙	16. From still hang, vertical pullup to handstand (2 s.) with one arm straight and the other bent C II  (Sharpe 2) 1†h	17. Kip and salto fwd. tucked (no support) C IV  ↗	18.
19.	20.	21.	22.	23.	24.

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Vault (VT)



Group I: Single salto vaults with complex twists | Group II: Handspring vaults w/ or w/o twists and all double salto fwd | Group III: Tsukahara vaults | Group IV: Yurchenko vaults

1. Tuck vault 0.2  	2. Straddle vault 0.2  	3. Forward handspring piked (Yamashita) 1.6  	4.	5.	6.																																																
7.	8.	9.	10.	In NAIGC competitions, some Front Handspring entry flipping vaults have an upgraded Difficulty compared to the standard FIG value. <table><thead><tr><th>Vault</th><th>FIG SV</th><th>NAIGC SV</th></tr></thead><tbody><tr><td>Piked</td><td>2.4</td><td>2.8</td></tr><tr><td>Piked ½</td><td>2.8</td><td>3.6</td></tr><tr><td>Piked ¼</td><td>3.2</td><td>4.4</td></tr><tr><td>Stretched</td><td>3.4</td><td>3.8</td></tr><tr><td>Piked ¾</td><td>3.6</td><td>4.8</td></tr><tr><td>Stretched ½</td><td>3.6</td><td>4.0</td></tr><tr><td>Stretched ¼</td><td>4.0</td><td>4.4</td></tr><tr><td>Stretched ¾</td><td>4.4</td><td>4.8</td></tr><tr><td>Stretched ⅔</td><td>4.8</td><td>5.2</td></tr><tr><td>Double Front Tucked</td><td>4.8</td><td>5.2</td></tr><tr><td>Stretched ⅝</td><td>5.2</td><td>5.6</td></tr><tr><td>Double Front Tucked ½</td><td>5.2</td><td>5.6</td></tr><tr><td>Double Front Piked</td><td>5.2</td><td>5.6</td></tr><tr><td>Double Front Piked ½</td><td>5.6</td><td>6.0</td></tr><tr><td>Stretched ⅓</td><td>5.6</td><td>6.0</td></tr></tbody></table>		Vault	FIG SV	NAIGC SV	Piked	2.4	2.8	Piked ½	2.8	3.6	Piked ¼	3.2	4.4	Stretched	3.4	3.8	Piked ¾	3.6	4.8	Stretched ½	3.6	4.0	Stretched ¼	4.0	4.4	Stretched ¾	4.4	4.8	Stretched ⅔	4.8	5.2	Double Front Tucked	4.8	5.2	Stretched ⅝	5.2	5.6	Double Front Tucked ½	5.2	5.6	Double Front Piked	5.2	5.6	Double Front Piked ½	5.6	6.0	Stretched ⅓	5.6	6.0
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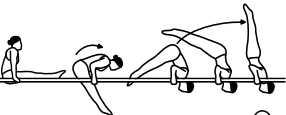
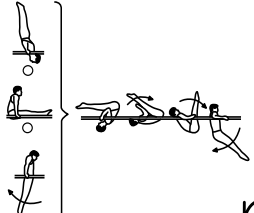
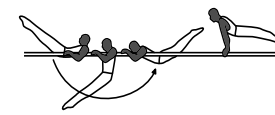
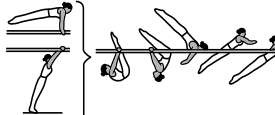
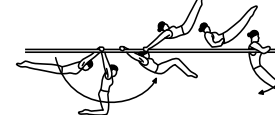
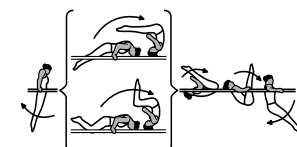
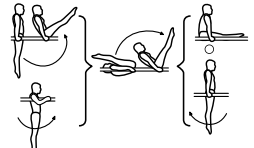
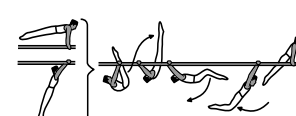
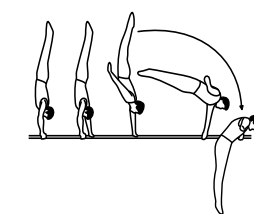
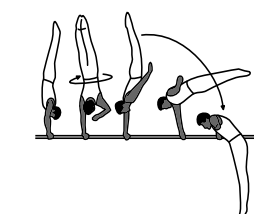
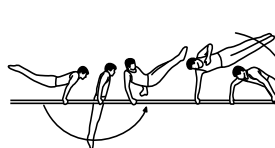
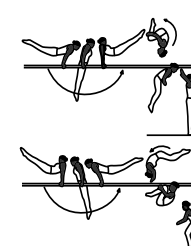
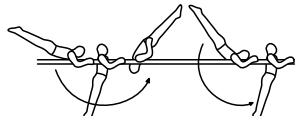
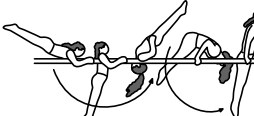
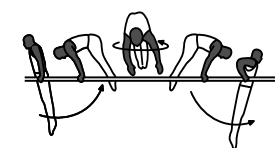
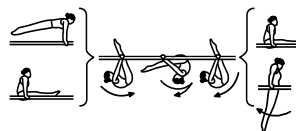
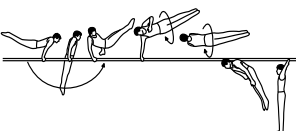
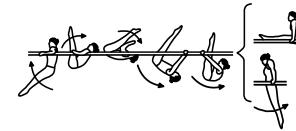
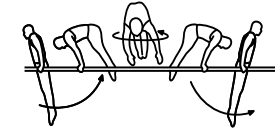
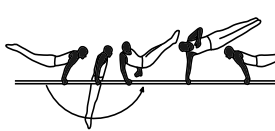




Parallel Bars (PB)



EG I: Elements starting in upper arm position | EG II: Elements in support or through support on 2 bars | EG III: Long swings in hang on 1 or 2 bars and underswings | EG IV: Dismounts

1. Press to shoulderstand (2 s.) <i>Note: shoulders may be on or off bars, either is acceptable</i>  L 4	2. Forward roll to upper arm from shoulderstand, L, or support swing bwd  D	3. Back uprise to support from upper arm  +	4. Peach to upper arm  f	5. Moy to upper arm  M	6. ¼ salto forward to upper arm  γ
7. Kip from upper arm to support or L  U	8. Underswing to long hang bwd uprise to support  J+	9. Flank dismount from at least 45° above horizontal  f	10. Wende dismount (also w/ 1/2 turn)  W	11. Stutz dismount (also reverse Stutz dismount)  S	12. Tuck salto, front or back  γ λ
13. Back uprise straddle cut to upper arm <i>(same box as straddle cut to bent arm support)</i>  + 2	14. Bwd. roll from upper arm to upper arm stretched  + D	15. Bwd. roll from upper arm to support  + D	16. Any number of circles or flairs from support swing fwd or bwd.  l f	17. Piked vault with hop 1/2 to support bent arm  V 1	18. Straddle L (2 s.) <i>(same box as L-sit)</i>  <
19. Drop kip  U	20. Stutz dismount with full turn  S 6	21. Reverse cast from upper arm <i>(Sharpe 2)</i>  U	22. Piked vault with hop 1/2 to support straight arm <i>(Sharpe 1)</i>  V	23. Stutz to support  S!	24. V-sit (2 s.)  λ

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Parallel Bars (PB)

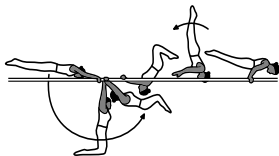


EG I: Elements starting in upper arm position | EG II: Elements in support or through support on 2 bars | EG III: Long swings in hang on 1 or 2 bars and underswings | EG IV: Dismounts

25. Giant swing to support

B

III

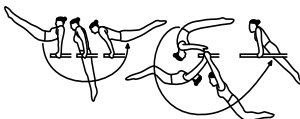


O!

26. Forward giant to support

B

III

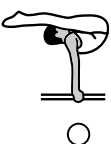


O!

27. Manna (2 s.)

C

II



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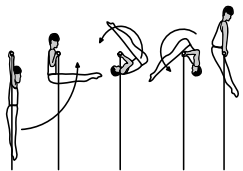
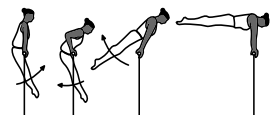
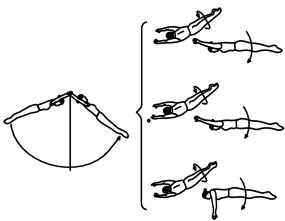
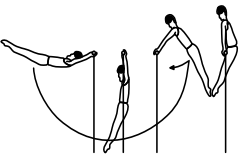
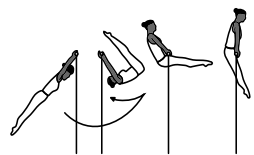
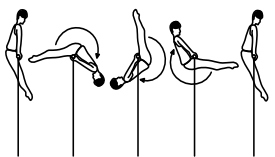
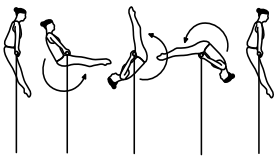
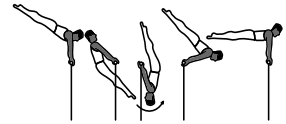
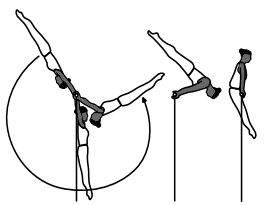
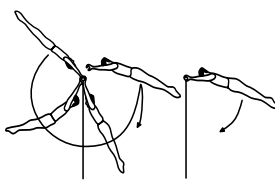
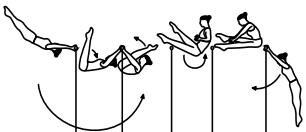
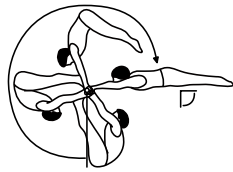
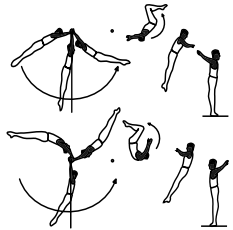
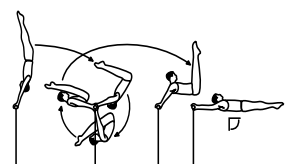
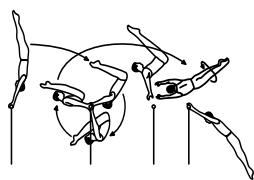
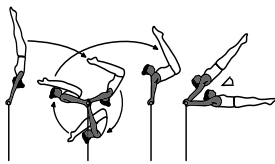
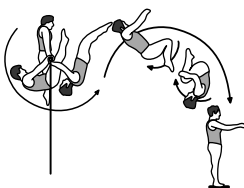
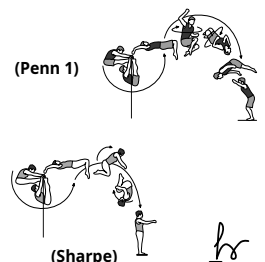
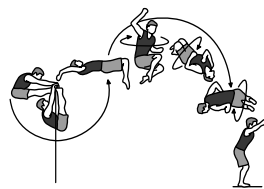
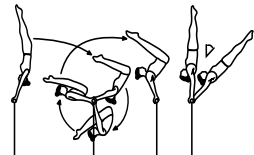
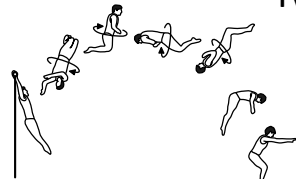
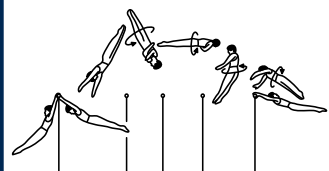




Horizontal Bar (HB)



EG I: Long hang swings with and without turns | EG II: Flight elements | EG III: In bar and Adler elements | EG IV: Dismounts

1. Pull Over  Ⓟ	2. Cast to Horizontal  Ⓤ!	3. Swing to 1/2 turn, also with hop, also to support  Ⓝ	4. Back uprise to support  Ⓢ!	5. Kip to support  Ⓤ!	6. Forward Hip Circle  Ⓢ
7. Backward Hip Circle  Ⓢ	8. Backward Free Hip Circle to Horizontal  Ⓢ!	9. 3/4 Giant swing backward to support  Ⓢ!	10. 3/4 Forward Giant hop out  Ⓢ!	11. Straddle Cut  <	12. Toe-on, toe-off to horizontal  ^
13. Salto tucked, bwd or fwd  Ⓢ	14. Jam (Adler) to El grip >90°  Ⓢ_A	15. Jam to release with half turn to swing fwd in long hang  Ⓢ_Aⓔ	16. Jam (Adler) to El grip 45°-90°  Ⓢ_B	17. Underswing to counter salto fwd tucked  Ⓢ	18. Toe on to counter salto fwd tucked, also with 1/2 twist  Ⓢ_B Ⓢ_B Ⓢ_B
19. Toe on to counter salto fwd tucked with 1/1 twist  Ⓢ_C	20.	21. *Any stalder or endo skill may be done as a toe-on skill for one value less.	22. Jam (Adler) to El grip 0-45°  Ⓢ_C	23. Double salto bwd. tucked with 3/1 turns  Ⓢ_E	24. Salto fwd stretched with 3/2 t. also from el grip  Ⓢ_G

-All listed elements will receive credit in all levels
 -EG Bonus is only given if a roman numeral is shown in the box
 -All skills in the pdf are clickable links to a video of the skill

NAIGC Code MAG

Last updated 2026-05-27

