

2024 - 2026 NAIGC MAG Rules Policy

Last updated 2025-11-26

(Note: Changes this competition year highlighted in red)

I. Overview

- A. All NAIGC Levels use the FIG Rules as a basis, with modifications per level as outlined in the Rules Breakdown. All major FIG modifications are detailed in this breakdown and this text document is used for additional auxiliary details and clarifications.
- B. The NAIGC supports 3 levels:
 - 1. **NAIGC Advanced:** The highest level offered will adopt the latest version of the GymACT Rules, which is based off of the FIG Code of Points. This level uses the same rule set as GymACT, with the addition of allowing NAIGC CoP skills and other minor meet modifications per this document. The base rules are the same as GymACT. This level is tailored to gymnasts with prior competitive experience.
 - 2. **NAIGC Intermediate:** The middle level offered will adopt the FIG Code of Points with modifications listed in this document tailored to support gymnasts with some prior experience.
 - 3. **NAIGC Developmental:** The entry level will adopt the FIG Code of Points with modifications tailored to new gymnasts so they can showcase their abilities while giving structure and guidance to their training with a focus on safety and basic skill development.
- C. To have an original skill or a variation of a skill considered for evaluation by the NAIGC, please fill out this form (<https://bit.ly/NAIGCskillssubmission>). Skills must be submitted at least 2 weeks prior to competition during the regular season and at least 6 weeks prior to nationals for skill valuation. If you have any issues submitting the form, please email rules@naigc.org. If the skill has been awarded a valuation of B or higher, the submitter will have the opportunity to have the skill named after them. The submitter will have until the end of that season to submit a video of themselves competing the skill with no large deductions to have it named after them. After that season, if no video proof was submitted and accepted by the MAG rules committee, then any gymnast may submit video evidence for naming rights. NOTE: Only new skills will be considered, modified valuation of skills currently in the FIG CoP will not be considered.
- D. Safety Note: As per FIG and the NAIGC Safety and Equipment Standards policy: Gymnasts are expected to include in their exercise(s) only elements which they can perform with complete safety. If a judge or meet official deems an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge or meet official has the ability to scratch the athlete from the event prior to their competition routine.

II. General

- A. There are no uniform deductions in the men's competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. excessively baggy clothing, jewelry) In the case of disagreements, the meet referee's decision stands as final.
- B. Any apparatus that is easily adjustable (PB, PH, VT) may be lowered by any amount from standard competition height. Excess mats may be placed under the rings or high bar to effectively lower the height of the apparatus (as allowable by the available mats at the competition location). The gymnast accepts all responsibility for any deductions incurred for touching the mats during their routine as a result of the modified equipment height, and the judge may request that the height or mats be modified if there is a safety concern.
- C. Consistent with the rule against repeating elements for difficulty credit, a gymnast cannot repeat the "base skill" for any NAIGC skill exceptions.
 - 1. Example: A gymnast performs a C-value Stutz to handstand and a B-value Stutz to 45°. Only the C-value Stutz counts (because of its higher value), and no credit for the B Stutz.
- D. All NAIGC members are bound by the NAIGC Code of Conduct. Any unsportsmanlike behavior will be subject to the appropriate score deductions and may result in disciplinary procedures by the NAIGC.
- E. Any routine that is especially difficult to judge due to departure from normal routine construction (e.g. little to no actual skills, dance or other non-standard elements, etc.) should be given a score between 2.0 and 3.0 according to the judge's discretion.

III. General Rules

- A. All NAIGC Levels use the FIG Rules as a basis, with modifications per level as outlined in the [NAIGC MAG Rules](#). All major FIG modifications are detailed in this breakdown and this document is used for additional auxiliary details and clarifications.
- B. Additional Allowable Skills
 - 1. In addition to the skills listed in the latest FIG Code of Points, the NAIGC allows certain other skills to be competed for credit, as defined in the [NAIGC Code of Points](#).
- C. Stick Bonus
 - 1. General
 - a) To be awarded stick bonus, a gymnast must land without moving their feet. It is possible to be awarded stick bonus and have other landing errors such as piking down, separation of feet, or excessive balance checks.
 - b) The stick bonus will be added to the D score of the gymnast and included in the flashed Start Value.
 - c) Pommel Horse is not eligible for a stick bonus.

IV. Event Specific Rules

- A. Floor Exercise
 - 1. All levels
 - a) The floor exercise will be timed as per FIG rules and have 70 seconds to complete their routine. The timer is not required to be a certified judge.

- b) A gymnast may use one landing mat of up to 10 cm (4") for landing any value skill. The mat can be pulled at any point during the routine *without* deduction. The gymnast may not, however, use the mat to rebound or punch from. Rebounding from the mat results in a 0.5 apparatus deduction.
- c) 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.

B. Pommel Horse

1. All levels

- a) The Pommel Horse height may be set to any level at or below FIG regulation height (as deemed safe by the event judge).

C. Still Rings

1. All levels

- a) The rings may be raised if a gymnast's feet touch the base mat when in a long hang. Any request to raise the rings must be submitted before the beginning of the session or it may be denied.
- b) A skill cushion of up to 20 cm (8") may be used for dismounts. The mat must be in place at the beginning of the routine and cannot be moved during the routine.

D. Vault

1. All levels

- a) The vault height may be set to any level at or below FIG regulation height (as deemed safe by the event judge).
- b) Unique vaults not existing in the FIG CoP or NAIGC CoP will not receive credit. New vaults should be submitted via email to the rules committee and decided upon prior to it being competed.

E. Parallel Bars

1. All levels

- a) The P-Bars may be raised if a gymnast's knees touch the base mat while in a long hang swing or if a gymnast's feet touch while in an upper arm support. Any request to raise the P-Bars must be approved by the event judge. The bars may only be raised to the minimum height required for the gymnast not to touch. After the gymnast's routine, the bars must be returned to a maximum of regulation height for all other gymnasts.
- b) The P-Bars may be lowered to any height below FIG regulation (as deemed safe by the event judge).

F. Horizontal Bar

1. All levels

- a) The Horizontal Bar may be raised if a gymnast's feet touch the base mat while in a long hang. Any request to raise the horizontal bar must be submitted before the beginning of the session or it may be denied.

- b) A skill cushion of up to 20 cm (8") may be used for releases and dismounts.

VI. Amendments

- A. This document may be amended by the NAIGC Men's Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of MAG members need to know about it, the changes must be approved by the NAIGC Board.
- B. The most up-to-date and authoritative version of this document is on the NAIGC website.

VII. Document Revision History

Version / Date	Editor	Change/Reason
Version 2.0 / 12/12/2023	Lucas Reed	- Added document revision history. - Added rule allowing Pommel Horse, Vault, and Parallel Bars to be set to any height up to regulation.
Version 3.0 / 09/15/2024	Lucas Reed	- Updated level names to Developmental, Intermediate, and Advanced. - Updated Advanced to match the GymAct rules. - Developmental updated to allow empty swings, more mushroom valuation, and other small changes. - Intermediate Rings no longer requires swing to handstand. - Developmental and Intermediate SV caps include any and all bonuses. - Other misc changes per the new FIG quad. - Updated VI.A slightly.
Version 3.1 / 10/07/2024	Lucas Reed	- Removed inquiry process text (moved to mag nationals format document).
Version 3.2 / 09/30/2025	Lucas Reed	- Changed red text to black text to signify that the text in question isn't new this



		year. Removed hyperlinks to outside organization documents. - Floor mat is now allowed to be removed during the routine.
Version 3.3 / 11/26/2025		- Updated skill submission policy to reserve naming rights for the submitter for the duration of the season.