

NAIGC Masters Rules Policy

Version 2.01

Last updated 2025-12-04 , Changes new in 2025/26 in Red

I. Overview

- A. This document covers rules for competitions sanctioned by the NAIGC for Masters Gymnastics events.
- B. To have an original skill or a variation of a skill considered for evaluation by the NAIGC, please send a video and description of the skill to rules@naigc.org. Skills must be submitted to the Rules Spokesperson at least 2 weeks prior to competition during regular season and at least 1 month prior to nationals. Once a skill has a preliminary valuation, the first person to submit a video of themselves competing the skill with no large deductions will have it named after them if it has a difficulty value of B or higher. NOTE: Only new skills will be considered, modified valuation of skills currently in the FIG CoP will not be considered.
- C. 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. Age

- 1. Anyone age 30 or older is eligible to compete in NAIGC Masters events. Age is calculated as **the current year minus the year of birth**.
- 2. The rules are adjusted for each decade of participant in order to help level the playing field across all ages. The decades are split up as follows:
 - a) 30-39
 - b) 40-49
 - c) 50-59
 - d) 60-69
 - e) 70+

B. Gender

- 1. Participation in any given discipline is not restricted, so anyone may compete in combination of MAG and WAG apparatuses regardless of gender. We do not anticipate sufficient numbers of cross-discipline competitors at this time to warrant separate placement categories based on gender but may amend this over time as participation grows. As of now, all competitors in a given discipline (MAG/WAG) will be competing in a single placement category, regardless of age or gender.

C. Disciplines

1. These rules currently only relate to masters competitions for MAG and WAG but may be extended to cover additional disciplines in the future
2. See below for details regarding scoring for each discipline.

III. General Rules

A. Miscellaneous

1. There are no uniform deductions in NAIGC Masters competitions. 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.
2. With the exception of beam (only minor height adjustments of <10cm relative to FIG regulation height), all apparatus may be set to any safe equipment setting, regardless of the age of the gymnast. With the exception of beam (only one 20cm mat or less is allowed), excess mats may be placed under the apparatus 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.
 - a) This is extended to floor, where any amount of mats (as available) are allowed on the floor, but the mat(s) can't be moved during the routine, must be marked if they overlap the floor boundary, and skills can't be initiated off of 8" mats.
3. As per FIG regulations, all skills within a single box of the FIG Code of Points are considered as a single element and may not be repeated for value even if they are visually distinct.

B. MAG Competition

1. Allowable Skills

- a) There are generally three categories of allowable skills:
 - (1) Miscellaneous Gymnastics Skills: Any skill deemed by the judge to be a gymnastics skill but that is not in either the FIG or NAIGC Code of Points will be classified as a Miscellaneous Gymnastics Skill (even a simple swing backward or forward). If you are unsure if a skill in your routine qualifies, please reach out to nate.sharpe@naigc.org for clarification. Gymnasts age 50+ can receive Element Group bonus for these skills, as such the judge should assign each Misc. Skill whatever they deem the most appropriate EG.
 - (2) Masters Elements (MEs): These are skills at a level just below FIG A skills, but more difficult than Miscellaneous Gymnastics skills described above. See the supplemental [NAIGC Masters MAG Code of Points](#), where all such skills are labeled with an "ME" in the upper right corner of the skill box. All skills are labeled with roman numerals indicating the Element Group they

are associated with, and all gymnasts receive EG Bonus for these skills.

- (3) **FIG skills and non-ME NAIGC Masters skills:** The [FIG MAG Code of Points](#) has a list of allowable FIG skills, all of which are allowed in our competitions. The supplemental [NAIGC Masters MAG Code of Points](#) contains additional elements, both Masters Elements described above and some more difficult elements. Elements with a difficulty value A through I in the upper right corner of the skill box are valued as such.

2. **Difficulty Values and Routine Requirements:** NAIGC MAG masters competitions will follow the base [FIG Rules](#) as modified per the following table and details below.

Age Decade		30-39	40-49	50-59	60-69	70+
Number of elements		6	6	6	6	6
EG Bonus Skill Level Requirement		≥ Masters Elements+	≥ Masters Elements	≥ Misc.	≥ Misc.	≥ Misc.
Routine Length Skill Level Requirement		≥ Masters Elements	≥ Masters Elements	≥ Misc.	≥ Misc.	≥ Misc.
Vault Age Bonus		0.8	1.6	2.4	2.8	3.2
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NCAA A	0.2	0.3	0.4	0.5	0.6
	FIG/NCAA B	0.4	0.5	0.6	0.7	0.8
	FIG/NCAA C	0.6	0.7	0.8	0.9	1.0
	FIG/NCAA D+	0.8	0.9	1.0	1.1	1.2

- a) Short Routines: for each element less than the minimum, 1.0 point will be deducted (eg. a routine with 4 skills, **including** a counting dismount, will receive -2.0).
- b) Element Groups (EG) and associated bonuses are as defined in the FIG Code of Points, **except that instead of requiring a D or higher element to receive EG bonus, gymnasts must only perform an element of value ME or Misc depending on their age as described in the table above. Dismount EG bonus is as per FIG equal to the difficulty value of the dismount skill performed (eg. a 50s gymnast performing a FIG A dismount will receive +0.4 bonus).**

- c) All other deductions, restrictions, etc. are as per FIG, except where modified in this document.

3. Additional Information

a) General

- (1) On rings, parallel bars and horizontal bar backswings that are not followed by any element but only reverse direction **and** lead to a lower position DO NOT cause a deduction of 0.3 points. However, the execution of the backswing is evaluated. For gymnasts in their 30s **and 40s**, all other extra swings and backswings (including those on pommel horse) lead to a deduction of 0.3 points per the usual FIG deductions. All gymnasts **50+** are allowed to perform Misc. Skills (of which a simple swing is one) and thus will not receive deductions for extra swings. Examples of deduction-free swings for all ages include but are not limited to:

- (a) HB: Cast to handstand or horizontal, swing down into free hip, giant, etc.
- (b) SR: Swing backwards in support to swing forwards in hang
- (c) PB: Swing backwards in support to swing forwards in upper arm or long hang or basket

- (2) Standard FIG specified equipment will be used for all apparatus.

b) Floor Exercise

- (1) No deduction for lacking a double flipping skill.
- (2) **No special repetition limits as described in the FIG CoP 10.2.2.7 (therefore no limits on the number of strength or circling skills in a routine).**
- (3) No time limit for the routine.
- (4) The dismount per FIG rules must be an acrobatic skill landing with both feet together. As such, a round-off (with or without rebound) may be used as the dismount.
- (5) The twisting skills that were combined into a single box (eg. front 1/1 and front 3/2) may each be performed for credit in the same routine (ie. they are considered separate skills).
- (6) Any number of 10cm or thinner mats may be used on the floor during the exercise (depending on the availability of mats at the competition facility). The gymnast may not, however, use **8" or taller mats** to rebound or punch from, and the mat must remain in place throughout the routine. Rebounding from **8" or taller mats** and moving the mat during the routine are separate 0.5 apparatus deductions.

c) Pommel Horse

- (1) Rule Exemption

- (a) The rule stating a listed CoP element must be performed after any skill EG II or III skill to receive credit (see 11.2.2.2.a.4 in the [FIG CoP](#)) does **not** apply. Gymnasts may leg cut after any skill without deduction or loss of credit.

d) Rings

- (1) No deduction for lacking a swing to handstand skill.
- (2) No special repetition limits as described in the FIG CoP 12.2.2.3/4 (therefore no limits on the number of strength or swing to strength skills in a row, nor on the number of strength or swing to strength skills ending in a certain position).
- (3) Gymnasts shall not receive deductions for bent arms during transitions between elements. All other form deductions will be taken as per FIG rules.
- (4) For those age 60 or higher, the gymnast may be lifted into support above the rings to start the exercise without deduction.

e) Vault

- (1) Two attempts are allowed on vault, with the highest score of the two (if both attempts are used) counting.
- (2) The vault score will receive an age bonus as specified in the table above.
- (3) In addition to the base landing mats, a 10cm or 20cm landing mat may be used in the landing area, and the springboard and vaulting table may be set to any safe setting or number of springs.
- (4) All vaults not listed in the FIG Code of Points or the [NAIGC Code of Points](#) receive a base value of 0.0 points and the corresponding bonus of the respective age group. Examples:
 - (a) Squatting on the table followed by e.g. stretching jump from the table
 - (b) Jumping off the springboard followed by rolling on the table into a standing position

f) Parallel Bars

- (1) Sitting on the parallel bars is permitted in elements that require this due to their structure (Miscellaneous Skills such as [straddle sit followed by diver roll](#)).

g) High Bar

- (1) While evaluation begins the moment the gymnast leaves the floor, no change in direction deductions may be taken until after the gymnast has completed 5 changes in direction (two and a half empty swings) or has performed (or attempted to perform) a recognized skill.

- (2) Any Miscellaneous skill performed for credit where the gymnast is not in contact with the apparatus for any amount of time will be given EG II (flight elements) credit.
- (3) Elements that require touching the bar with feet are permitted as long as it is required for proper execution of the skill (eg. toe-on toe-off to horizontal).

C. WAG Competition

1. Allowable Skills

a) There are generally three categories of allowable skills:

- (1) Miscellaneous Gymnastics Skills: Any skill deemed by the judge to be a gymnastics skill but that is not in either the [FIG](#) or [NAIGC WAG Masters Code of Points](#) will be classified as a Miscellaneous Gymnastics Skill. If you are unsure if a skill in your routine qualifies, please reach out to nate.sharpe@naigc.org for clarification.
- (2) Masters Elements (MEs): The NAIGC has a supplemental [WAG Masters Code of Points](#) with extra allowable masters skills all labeled with an “ME” in the upper right of each code box.
- (3) FIG skills and non-ME NAIGC skills: The [FIG WAG Code of Points](#) has a list of allowable FIG skills, all of which are allowed in our competitions. The NAIGC has a [supplemental NAIGC WAG Masters Code of Points with extra allowable skills](#). Some of these are skills of comparable difficulty to those found in the FIG Code of Points and such skills are labelled with their difficulty value.

2. **Difficulty Values and Routine Requirements:** The Masters WAG rules will use the FIG open-ended scoring system with separated D and E scores as detailed in the [FIG WAG Code of Points](#), modified per the following table and details below:

Age Decade		30-39	40-49	50-59	60-69	70+
Number of counting elements		6	6	6	6	6
EG Bonus Skill Level Requirement		≥ Masters Elements	≥ Masters Elements	≥ Misc. +	≥ Misc. +	≥ Misc. +
Routine Length Skill Level Requirement		≥ Masters Elements	≥ Masters Elements	≥ Misc. +	≥ Misc. +	≥ Misc. +
Vault Age Bonus		1.8	2.6	3.4	4.2	5.0
Diff. Value	Misc. Skills	N/A	N/A	0.1	0.2	0.3
	Masters Elements	0.0	0.1	0.2	0.3	0.4
	FIG/NAIGC A	0.2	0.3	0.4	0.5	0.6
	FIG/NAIGC B	0.4	0.5	0.6	0.7	0.8
	FIG/NAIGC C	0.6	0.7	0.8	0.9	1.0
	FIG/NAIGC D+	0.8	0.9	1.0	1.1	1.2

- a) Short Routines: for each element less than the minimum, 1.0 points will be deducted (eg. a routine with 5 counting skills will receive -1.0).
- b) Element Group Bonus: In order to simplify the composition rules for gymnasts and judges, competitions will use condensed element groups to reward some amount of skill variety within a routine instead of the classic Composition Requirements. Each apparatus has four Condensed Element Groups that each receive a +0.5 bonus added to the D score if satisfied by a skill of appropriate level (as defined in the table above per age decade). The EGs are detailed below for each apparatus.
 - (1) In order to simplify routine construction and judging, skills DO NOT have to be within the 6 counting elements to count towards Element Group bonus. For example, if a gymnast on floor is counting 6 B or higher elements towards their total Difficulty, they still may use a back handspring in their routine to count towards their “Hand Support Elements” element group bonus.
- c) All other deductions, restrictions, etc. are as per FIG, except where modified in this document.

3. Additional Information

a) General

- (1) Standard FIG specified equipment will be used for all apparatus.

b) Vault

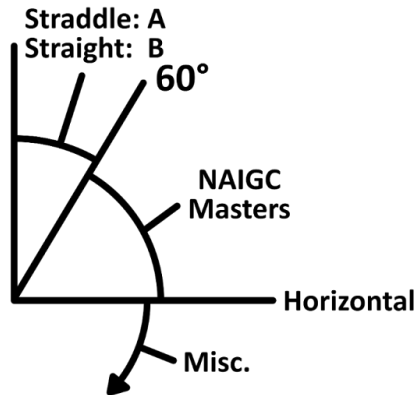
- (1) Two attempts are allowed on vault, with the highest score of the two (if both attempts are used) counting.
- (2) In addition to the base landing mats, a 10cm or 20cm landing mat may be used in the landing area, and the springboard and vaulting table may be set to any safe setting or number of springs.
- (3) The vault score will receive an age bonus as specified in the table above.
- (4) All vaults not listed in the FIG Code of Points receive a base value of 0.0 points and the corresponding bonus of the respective age group. Examples:
 - (a) Squatting on the table followed by e.g. stretching jump from the table
 - (b) Jumping off the springboard followed by rolling on the table into a standing position

c) Uneven Bars

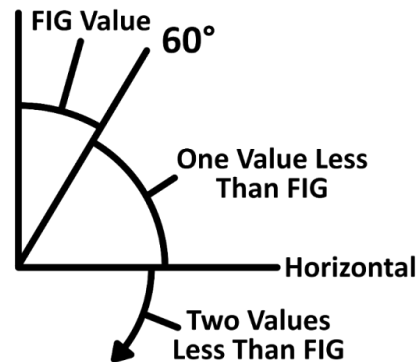
- (1) The uneven bars may be set to any setting allowed by the equipment and deemed safe by the judge.
- (2) Condensed Element Groups:
 - (a) EG I: FIG Group 1 (Mounts)
 - (b) EG II: FIG Groups 2 (Casts and Clear Hip Circles), 4 (Stalder Circles), and 5 (Pike Circles)
 - (c) EG III: FIG Group 3 (Giant Circles)
 - (d) EG IV: FIG Group 6 (Dismounts)
- (3) There are no deductions for:
 - (a) A single idle swing (any change in direction without a skill)
 - (b) Jump from the low bar to the high bar
- (4) For any:
 - (a) Cast
 - (b) Forward or backward circling skill without pirouette
 - (c) HB → LB transition

No angle deductions will be taken. Refer to the diagram below.

Cast to Handstand



Circle elements to handstand without turn & flight elements from HB to handstand on LB



d) Balance Beam

(1) Condensed Element Groups:

- (a) EG I: FIG Group 2 (Leaps, Jumps, and Hops)
- (b) EG II: FIG Group 3 (Turns)
- (c) EG III: FIG Groups 4 (Holds and Acrobatic Non-Flight) and 5 (Acrobatic Flight)
- (d) EG IV: FIG Groups 1 (Mounts) and 6 (Dismounts)

e) Floor Exercise

(1) Condensed Element Groups:

- (a) EG I: FIG Group 1 (Leaps, Jumps, and Hops)
- (b) EG II: FIG Group 2 (Turns)
- (c) EG III: FIG Group 3 (Hand Support Elements)
- (d) EG IV: FIG Groups 4 (Saltos Forward & Sideward) and 5 (Saltos Backward)

(2) Time requirement: Max. 90 seconds

(3) Floor music must be provided by the gymnast, specific audio connection/music submission requirements should be coordinated with the meet host.

- (a) Floor music may contain lyrics without deduction. No songs with Explicit ratings or explicit lyrics will be allowed. Gymnasts using such music will receive a 0.0 score.

XIII. Amendments

- A. This document may be amended by the NAIGC Director of the Events Department, or by the NAIGC Board of Directors.
- B. The most up-to-date and authoritative version of this document is on the NAIGC website.