

NAIGC UAG Rules Policy

Last updated 2025-11-13

Changes highlighted in red

- I. Overview
 - A. Unified Artistic Gymnastics (UAG) is the structure governing competitions where a single competitor competes at least one event in both Men's Artistic Gymnastics (MAG) and Women's Artistic Gymnastics (WAG).
- II. General
 - A. Competition rules follow the rules outlined in the [NAIGC MAG Rules Policy](#) and [NAIGC WAG Rules Policy](#).
 - B. Policies regarding gender and placement category eligibility are outlined in the [NAIGC Competition Structures and Eligibility Policy](#).
 - C. Policies regarding Decathlon (competing all 10 events in a single competition) are outlined in section III.
- III. General Rules
 - A. Gymnasts can compete in any combination of events between disciplines but may only compete in a single level for each discipline.
 - B. Decathlon
 - 1. Decathlon competitions consist of gymnasts competing in all 10 artistic events in a single competition (could be across multiple sessions).
 - 2. Decathlon score is calculated as 2*WAG AA + MAG AA.
 - 3. Levels
 - a) A Decathlon level consists of a combination of a single MAG level and a single WAG level.
 - b) Decathlon levels recognized at a given meet are determined by the meet host based on registration.
 - (1) For NAIGC Nationals, all level combinations will be offered.
 - c) NAIGC recommends offering 3 awards for any level combination with 6 or more competitors and 1 award for all other combinations competed.
- XIII. Amendments
 - A. This document may be amended by the NAIGC UAG Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of UAG 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.

Document Revision History

Version / Date	Author	Change/Reason
1.0 / 10/06/2022	Julia Sharpe	Policy created
1.1 / 09/11/2023	Julia Sharpe	Changed “awards category” to “placement category” to align with Competition Structures and Eligibility Language.
1.2 / 11/13/2025	Julia Sharpe	Updated decathlon score formula