



NAIGC Code of Points – WAG

The NAIGC primarily uses the USAG Developmental Program Code of Points and the USAG Xcel Code of Points for skill values.

This document details skills that are not found in either of those codes and are acceptable in NAIGC competition.

There are QR codes to a video of each submitted skill being performed, and each skill box is a clickable link that goes to the video.

NAIGC WAG Code

Last Updated 3/2026

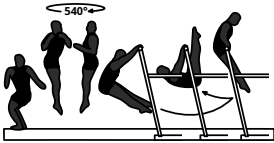
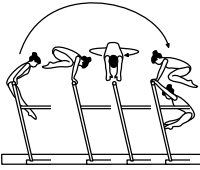
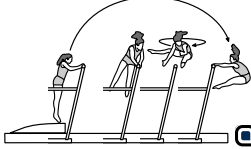
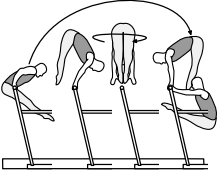
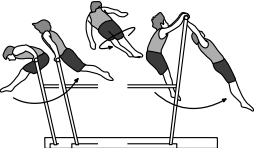
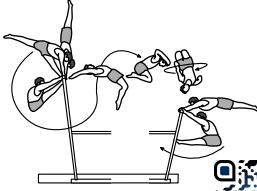
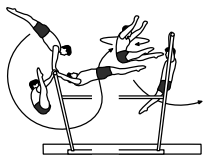
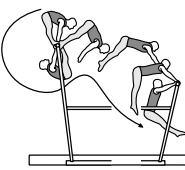
www.naigc.org/womens-rules



Uneven Bars



All elements will be allowed at all appropriate levels as designated by the skill VP.
Each skill's Element Group is listed in the skill box below its VP.

1. $\frac{3}{4}$ salto fwd piked to basket swing on LB B 1   (Victor)	2. Jump with $\frac{3}{2}$ (540°) turn, kip to support on LB C 1   (Denk-Lobnig)	3. Front support - free squat forward over bar with $\frac{1}{2}$ turn to hang B 2   (Denk-Lobnig 2)	4. Straddle vault mount with hand repulsion with $\frac{1}{2}$ (180°) turn to clear support or hang on LB B 2  
5. Front support - stoop forward over bar with $\frac{1}{2}$ turn to clear support or hang B 2  	6. Cast from LB with $\frac{1}{2}$ turn to hang on HB B 2  	7. Toe on to salto fwd tucked with $\frac{1}{2}$ turn (180°) to hang on LB E 3  	8. Stalder hecht from LB to HB with $\frac{1}{2}$ turn (180°) C 6   (Penn)
9. Sole circle (pike or straddle) on HB to flight to clear support or hang on LB B 7  			



Balance Beam



All elements will be allowed at all appropriate levels as designated by the skill VP.
Each skill's Element Group is listed in the skill box below its VP.

1. Jump to glide kip mount

A

1



(Denk-Lobnig)



2. Jump backward with ½ turn to tuck/pike/straddle chest stand (2 s.)

B

1



(Svetanoff)



3. Two scissors mount

B

1



4. Three scissors mount

C

1



(Michaels)



5. Mount with 2 circles and a 360° russian in any order

D

1



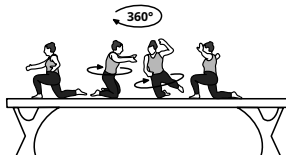
(Wronkiewicz)



6. Full turn (360°) on knee

A

3



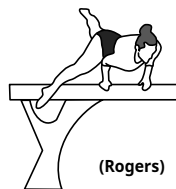
(Kanet)



7. Crocodile hold (2 sec.)

A

5



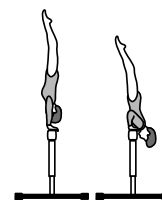
(Rogers)



8. Handstand drop to shoulderstand (no hold)

A

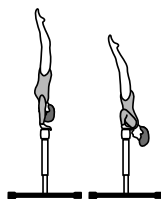
5



9. Handstand drop to shoulderstand (2 sec.)

B

5



(McCarthy)



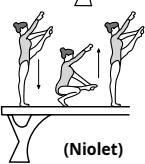
10. Pistol squat in relevé or Y-Scale

B

5



(Lim)



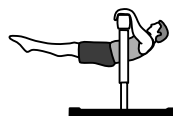
(Niolet)



11. Front Lever (2 sec.)

B

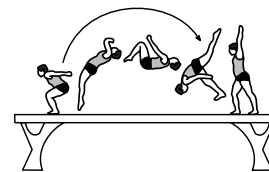
5



12. Salto backward tucked with step-out to stand

C

8



(Sharpe)



13. Full twisting butterfly

B

9



(Churko)



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Floor Exercise



All elements will be allowed at all appropriate levels as designated by the skill VP.
Each skill's Element Group is listed in the skill box below its VP.

1. Stag or double-stag jump
with $\frac{1}{2}$ (180°) turn
(ineligible for naming)

A
1



2. $1\frac{1}{2}$ (540°) wolf turn to L-
turn

C
2



(Lim 1)



3. 2/1 (720°) wolf turn to L-
turn

D
2



(Lim 2)



4. 3/1 (1080°) turn with leg
in back attitude

E
2



(Penn 2)



5. 3/1 (1080°) L-turn

E
2



(Penn 1)



6. Round off with takeoff
from both feet together

B
5





Vault



Submitted Vaults will have their allowed levels and subsequent Start Value listed below along with the group number.

No vaults have been submitted