

NAIGC Women's Rules

Version 5.62 / Last Amended: 2/9/2026

(Note: Changes this competition year highlighted in red)

I. Purpose

- A. The purpose of this document is to prescribe the rules to be used in Women's Artistic Gymnastics competitions at NAIGC Sanctioned events.
- B. Women's competitions in sanctioned events may use any combination of the rules specified below.

II. Levels & Rules

- A. NAIGC Open Scoring Level (Available at **specific competitions** only)
 - 1. The full rules documentation for this level can be found [here](#).
- B. NAIGC Women's Level 9 will use the USAG Development Program skill values (from the 2022-2026 Development Program Code of Points) and Level 9 requirements. There will be no difficulty restrictions, including no limit to the number of Ds or Es. NAIGC Level 9 will NOT use the up-to-level composition deductions, but WILL use the composition execution deductions.
 - 1. Judges should use both Level 9 and Level 10 bonus to the advantage of the gymnast. D's and E's will be given additive value of 0.1 and 0.2 respectively and recognized in connection value.
 - 2. The level 10 10.1 start value rule should be applied for NAIGC Level 9: If gymnast has +0.4 in bonus (must have both connection value and difficulty value), successfully completes an E element on bars, acro on beam, or acro on floor, and a 10.0 start value, the additional +0.1 will be earned, not reflected in start value.
 - 3. **On vault, any vault that is not in the USAG Level 9 vault table, but is in the USAG level 10 vault table will be eligible in NAIGC Level 9 with a 10.0 start value. Any Level 10 10.1 eligible vaults will maintain their 10.1 start value.**
 - 4. On Bars, Level 9 connection bonus will be used as this is to the advantage of the gymnast.
 - 5. Level 9 Bars will be given 2 minutes of warm up time. Time will be stopped to allow for bar setting changes. Beam and Floor warm up time remain unchanged from USAG.
 - 6. Athletes will be permitted at least 3 warm up vaults over the vault table and a salto or jump from the vault table to the landing mats.
- C. NAIGC Xcel Diamond will use the USAG Xcel skill values (from the 2022-202**8** Xcel Code of Points), Xcel Diamond requirements, and Xcel Diamond difficulty restrictions.
 - 1. Athletes will be permitted at least 3 warm up vaults over the vault table and a salto or jump from the vault table to the landing mats.
- D. NAIGC Xcel Platinum will use the USAG Xcel skill values (from the 2022-202**8** Xcel Code of Points), Xcel Platinum requirements, and Xcel Platinum difficulty restrictions.
 - 1. Athletes will be permitted at least 2 warm up vaults over the vault table.

- E. NAIGC Xcel Silver will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points), Xcel Silver requirements, and Xcel Silver difficulty restrictions with some specific exceptions noted below.
1. On vault, an alternative springboard apparatus (mini-trampoline) may be used if it is available. However, the NAIGC or NAIGC sanction meet hosts are not required to offer this springboard alternative.
 2. On uneven bars, “A” salto dismounts are allowed.
 3. On floor exercise, athletes may compete Roundoff-Rebound or Roundoff-Rebound with Half Turn as part of an acro pass. (ex. Roundoff - Half Turn Stepout - Roundoff)
 4. On balance beam and floor exercise, NAIGC Xcel Silver routines will have a maximum routine time of 1 minute and 15 seconds. On beam, a warning will be given at 1 minute and 5 seconds.
 5. A warm up time of 1 minute and 30 seconds will be given on all events.
 6. Athletes will be permitted at least 2 warm up vaults over the mat stack.
- F. Communication with athletes during competition routines
1. Athletes and coaches may speak to a competing athlete during their competition routine at any point with no deduction.
- III. Safety Note: As per 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.
- IV. Uniform
- A. There are no uniform deductions in the women’s competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. baggy clothing, dangerous jewelry, etc.) In case of disagreement, the meet referee's decision will be final.
- V. Inquiry Procedure
- A. Each NAIGC sanctioned meet shall have an appointed meet referee selected from the judges attending. The meet referee will oversee the enforcement of the NAIGC rules and interpretations and handle any inquiries.
 - B. The inquiring party must completely fill out an NAIGC Score Inquiry Form (provided by the Meet Director). All Inquiries must be submitted prior to 5 minutes following the last routine of the session. The recommended time frame is before the end of the rotation following the one to which the inquiry applies.
 1. <https://naigc.org/wp-content/uploads/NAIGC-Score-Inquiry-Form.pdf>
- VI. Skill Submissions
- A. 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/NAIGCSkillsubmission>). 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. 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 you have any issues submitting the form, please email rules@naigc.org

NOTE: Only new skills will be considered. Modified valuation of skills currently in the USAG or Xcel Code of Points will not be considered.

- B. All current accepted skills can be found in the [NAIGC WAG Code of Points Additions](#). They are also linked on the NAIGC WAG Rules webpage.

VII. Amendments

- A. This document may be amended by the NAIGC Women's Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of WAG 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.