

UAG National Championships Format

Version 3.6 / Last Amended 01/02/2026

Changes from previous version in Red

I. Overview

In order to encourage gender equality in the sport of gymnastics, we have expanded our Gymnastics Decathlon offering to include any combination of MAG and WAG events. We call this opportunity Unified Artistic Gymnastics (UAG). Where Gymnastics Decathlon is a combination of MAG All-Around and WAG All-Around performed over 2 sessions, UAG can be any combination of MAG and WAG events also performed over 2 sessions.

II. Levels

- A. The NAIGC Decathlon will offer all possible levels of competition, with awards numbers based on the number of registrants in a given level combination.
- B. Unified Artistic Gymnastics offers all MAG and WAG levels offered by the NAIGC at Nationals 2026.

III. Judging

- A. All routines will be judged based on the rules outlined in [NAIGC MAG Rules](#) and [NAIGC WAG Rules](#).

IV. Schedule

- A. Decathlon scores will only be based on performances during preliminary sessions; no Finals sessions will be offered for Decathlon.
- B. Athletes will compete in separate sessions for MAG and WAG Disciplines.
- C. Top Decathlon performers will be recognized at the NAIGC Awards Ceremony on Saturday at the awards banquet.

V. Format

- A. Competition will follow the format outlined for each individual discipline, outlined in the [MAG National Championship Format](#) and the [WAG National Championship Format](#).
- B. Individuals can participate in the team competition and qualify for team Finals in both disciplines in which they compete.
- C. As outlined in the [Competition and Eligibility Policy](#), gymnasts may qualify to finals in both MAG and WAG disciplines.
- D. Decathlon scores will be calculated based on a formula where each event is weighted such that a female gymnast at a given level in WAG gymnastics should score similarly in Decathlon to a male gymnast of a similar level in MAG gymnastics. That formula is: $2*WAA + MAA$. The scores used will be from the preliminary sessions.

VI. Decathlon Competitions

- A. Scope – Each of the numbers in blue is a placeholder that may be changed at any time up to the date of the National Championships to accommodate variance in registration or the

distribution of individuals among Divisions and Levels. All changes will be announced before competition begins and posted on the NAIGC website.

B. All-Around Competition

1. Within each level, All-Around awards will be given to the top **three** combined point total scores from all the competitors registered for the Decathlon.

C. Individual Event Competition

1. There will be no individual event competition in the Decathlon.

D. Team Competition

1. **There will be no team competition in the Decathlon.**

VII. Amendments

- A. This document may be amended by the NAIGC UAG Rules Team 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. Within Section VI, any of the numbers in blue may be amended by the NAIGC President, the Director of the Events Department, or the UAG Rules Team Lead.
- C. This document may be amended at any time up to two weeks preceding the Nationals event in the case of significant changes impacting the event, including but not limited to national emergencies, pandemics, and natural disasters.