

NAIGC Men's Developmental Rules and Interpretations

Version 1.0 / Last Amended: 9.1.2016

I. Overview

- A. Beginning in the 2016-2017 season, the NAIGC will implement a new level called "NAIGC Developmental" within our men's program. The purpose of this level is to provide an opportunity for new and lower-level gymnasts to showcase their abilities while giving structure and guidance to their training with a focus on safety and basic skill development. The requirements will be minimal and are detailed below.
- B. For all sanctioned meets, The NAIGC will adopt the FIG code of points (2017-2020 v.1) and accompanying USAG interpretations. In addition the NAIGC Developmental Level will follow all NAIGC Collegiate rules except as modified by this document. In the case of differences between the FIG code of points, USAG interpretations, the NAIGC Collegiate Rules and Interpretations, and the NAIGC Developmental Rules and Interpretations, the latter will take precedence.
- C. The NAIGC allows a variety of skill exceptions listed explicitly below. Generally, the USAG JO skill exceptions such as a Stutz to 45° degrees on P bars or a Jam to 45° on high bar will be recognized in the NAIGC skill exceptions listed below as well as original skills submitted by the NAIGC membership. "JO A with no element group" type skills such as a false scissor on pommel horse or a shoulder stand on rings will also be recognized and are listed explicitly below each event specific rule set.
- D. 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 info@naigc.net. Skills must be submitted to the rules spokesperson before the competition in which they will be performed. JO A with no element group type skills may also be submitted for consideration in the NAIGC Developmental level. Please refer to the Skill Submission Policy for clarification.
- E. Safety Note: As per FIG and the NAIGC safety and equipment standards: Gymnasts are expected to include in their exercise(s) only elements which they can perform with complete safety. Judges and other officials should permit greater safety measures to be taken than those listed here if doing so is necessary for a gymnast's safety.

II. General

- A. There are no uniform deductions in the men's competition. The judge however should not allow the gymnast to begin his routine if his attire is unsafe. (e.g. excessively baggy clothing, jewelry) In the case of disagreements, the meet referee's decision stands as final.
- B. Consistent with the rule against repeating elements for difficulty credit, a gymnast cannot repeat the "base skill" for any NAIGC skill exceptions.
 1. Example: A gymnast performs a C-value Stutz to handstand and a B-value Stutz to 45°. Only the C-value Stutz counts (because of its higher value), and no credit for the B Stutz.

- C. All NAIGC members are bound by the NAIGC Code of Conduct. Any unsportsmanlike behavior will be subject to the appropriate score deductions and may result in disciplinary procedures by the NAIGC.
- III. Short Routine
 - A. The gymnast must perform six credited skills (five skills plus dismount) For each skill short of six, 1.0 will be deducted from the gymnast's execution score.
- IV. Element Group Requirements
 - A. Each fulfilled element group will receive 0.5 in the difficulty score
 - B. Any A valued skill will fulfill the element group requirement.
- V. Stick Bonus
 - A. Any A valued dismount is eligible for 0.2 stick bonus on floor, rings, parallel bars and high bar. Any vault is eligible for 0.1 stick bonus.
- VI. Inquiry Procedure
 - A. Each NAIGC sanctioned meet shall have an appointed meet referee selected from the judges attending. At NAIGC National Championships the meet referee will be an additional judge. The meet referee will oversee the enforcement of the NAIGC rules and interpretations and handle any inquiries.
 - B. Inquiries may only be made for the difficulty score. Execution scores stand as final.
 - C. The inquiring party must completely fill out an inquiry form. All Inquiries must be submitted prior to 10 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. A last call for inquiries will be announced prior to the meet referee dismissing the judges.
- VII. Floor Exercise
 - A. A gymnast may use one landing mat of up to 10 cm (4") for landing any value skill. The gymnast may not, however, use the mat to rebound or punch from, and the mat must remain in place throughout the routine. Rebounding from the mat and moving the mat during the routine are separate 0.5 apparatus deductions.
 - B. The floor exercise will be timed as per FIG rules and limited to 70 seconds. The timer is not required to be a certified judge.
 - C. No double salto element is required.
 - D. The following skills will receive an A value with no element group
 - 1. Cartwheel
 - 2. Round Off
- VIII. Pommel Horse
 - A. The following skills will receive an A value with no element group
 - 1. False Scissor
 - 2. Single Leg Stockli
 - 3. Single Leg Travel
- IX. Still Rings
 - A. The rings may be raised if a gymnast's feet touch the base mat when in a long hang. Any request to raise the rings must be submitted before the beginning of the session or it may be denied.

- B. A skill cushion of up to 20 cm (8") may be used for dismounts. The mat must be in place at the beginning of the routine and cannot be moved during the routine.
 - C. The swing to handstand requirement will not be required
 - D. Any front or back salto tucked or piked will receive an A value and Full EG IV
 - E. The following skills will receive an A value with no element group
 - 1. Muscle Up
 - 2. Shoulderstand
 - 3. Back uprise to shoulderstand
 - 4. Felge to shoulderstand
- X. Vault
- A. Nothing at this time
- XI. Parallel Bars
- A. The P bars may be raised if the gymnast touches his knees on the base mat while in a long hang swing or touches his feet while in an upper arm support. Any request to raise the p-bars must be approved by the head judge. The bars may only be raised to the minimum height required for the gymnast not to touch. After the gymnast's routine, the bars must be returned to regulation height for all other gymnasts.
 - B. Any front or back salto tucked or piked will receive an A value and full EG IV credit
 - C. The following skills will receive an A value with no element group
 - 1. Moy to upper arm
 - 2. Back uprise to support
 - 3. Forward roll to upper arm
 - 4. Salto forward to upper arm
 - 5. Shoulderstand
 - 6. Wende dismount
 - 7. Stutz dismount
- XII. High Bar
- A. The high bar may be raised if a gymnast's feet touch the base mat when in a long hang. Any request to raise the high bar must be submitted before the beginning of the session or it may be denied.
 - B. A skill cushion of up to 20 cm (8") may be used for releases and dismounts. The cushion must remain in place for the entire routine.
 - C. Any front or back salto tucked or piked will receive an A value and full EG IV credit
 - D. The following skills will receive an A value with no element group
 - 1. Back uprise to support
 - 2. Kip to support
 - 3. Back hip circle
 - 4. Free hip circle to horizontal
 - 5. Front hip circle
 - 6. $\frac{3}{4}$ Back giant to support
 - 7. Swing $\frac{1}{2}$ turn
 - 8. From front swing stoop in, shoot to dorsal hang

XIII. Amendments

- A. This document may be amended by the NAIGC Men's Rules Spokesperson, or by the NAIGC Board of Directors.
- B. The most up-to-date and authoritative version of this document is on the NAIGC website.