

# Introduction to Men's Gymnastics Rules



**NAIGC**  
NATIONAL ASSOCIATION OF INTERCOLLEGIATE GYMNASICS CLUBS

## NAIGC

All the rules are laid out in a document released by the International Gymnastics Federation (FIG) called the Code of Points (latest version available [here](#)), with addendums and modifications in the NAIGC rules document (this document will refer to the NAIGC Developmental Rules, assuming that gymnasts interested in competing under the NAIGC Level 9 or Modified NCAA Rules already have an understanding of these rules. Rules details can be found [here](#)). This document attempts to condense the code of points and the NAIGC rules into a quickly reviewable form.

- There are six different events: Floor Exercise (FX), Pommel Horse (PH), Still Rings (SR), Vault (VT), Parallel Bars (PB), and High Bar (HB). You can compete any number of these events, if you compete all of them you are said to be competing "All Around".
- On each event, your score is the sum of two separate scores
  - "E" Score (Execution)
    - Starts at 10 points, you get deductions for aesthetic, execution, technical, and compositional errors (eg. bent legs when they should be straight, steps on landing, etc.)
  - "D" Score (Difficulty)
    - You can have up to 10/8/6 skills in your routine that count (Modified NCAA/Level 9/Developmental), including the dismount, with a maximum of 5 skills in any one element group.
      - You must have at least 6 skills for Developmental and Level 9, and at least 7 skills for Modified NCAA. For every skill less than that, you will receive -1.0 to your D Score.
    - For every event but vault, the D-Score is composed of
      - The total difficulty value of the skills in your routine
        - A = +0.1, B = +0.2, C = +0.3, D = +0.4, etc.
      - Each event has three Element Groups designated as I, II, III, and, except for Floor Exercise, a Dismount Group designated as IV.
        - +0.5 for each Element Group in which you have at least 1 skill (but max of +1.5 in Developmental)
        - Dismounts of different values may get partial element group credit:
          - Developmental: Any dismount including NAIGC A's gets full credit (0.5)
          - Level 9: A value dismounts get partial credit (0.3), B or higher get full credit (0.5)
          - Modified NCAA: A or B value dismounts get partial credit (0.3), C or higher get full credit (0.5)
        - Dismounts must land on feet (no rollouts)

- Stick Bonus (for sticking dismounts)
          - NAIGC Developmental
            - On FX, SR, PB, HB any A valued or higher dismount is eligible for 0.1 stick bonus
          - Level 9
            - On FX, SR, PB, HB sticking a C or above dismount = +0.2, B dismount gets +0.1, A dismount gets no stick bonus
          - Modified NCAA
            - On FX, SR, PB, HB sticking a C or above dismount = +0.2, B dismount gets +0.1, A dismount gets no stick bonus
          - Sticking any vault = +0.1
          - No stick bonus on PH
        - For vault, you just perform a single vault (no routine), so your D-Score is just the value of the vault that you perform (plus stick bonus)
- Event specific rules/notes
  - FX
    - The Element Groups are:
      - I. Non-acrobatic elements.
      - II. Acrobatic elements forward (saltos and handsprings) & fwd. rollout elements (no salto)
      - III. Acrobatic elements backward (saltos and handsprings), & Arabian elements
    - NAIGC Skill Interpretations:
      - The following skills will receive an A value with no element group in the NAIGC Development Division (but not the Modified NCAA Division):
        - Cartwheel
        - Round-Off
        - Pike up through handstand
        - Backward roll through handstand
    - Lines are considered to be a part of the floor area. The gymnast may step onto the line, but not over the line or on the outside color. One foot or hand outside area -> -0.1, two or more -> -0.3.
    - The whole floor area must be used (all four corners), otherwise -0.3.
    - Dismount cannot be from Element Group I.
    - A gymnast must not use simple steps to arrive in the corner. Simple steps occur when a gymnast repositions themselves on the floor area without any choreography (turning  $\geq 180$  degree, jumping, lifting leg above horizontal during step, etc.).
    - Saltos with rollout and jumps to prone position are not permitted for value.
    - A maximum of 2 strength elements (including strength handstands) may be performed in an exercise for content value. Elements I.1 to I.48 are considered to be strength elements, except:
      - Element I.19 - Handstand (2 sec).
      - Element I.31 - 1/2 or 1/1 turn in handstand or to handstand.
  - PH

- The Element Groups are:
  - I. Single leg swings and scissors
  - II. Circle and airs, with and/or without spindles and hand-stands, Kehrsings, Russian wendesings, ops and combined elements
  - III. Travel type elements, including Krolls, Tong Fei, Wu Guonian, and Roth, & Traveling Spindles
  - IV. Dismounts
- NAIGC Skill Interpretations:
  - Any combination of two flops on one pommel (direct stockli or pommel loop) will be awarded a C value. This sequence counts as a flop sequence and follows FIG rules.
  - A  $\frac{3}{4}$  kehr to one pommel ( $\frac{3}{4}$  Sohn) to immediate  $\frac{3}{4}$  reverse stockli (two total hand placements) will receive a D value and element group IV.
  - The following skills will receive an A value with no element group in the NAIGC Development Division (but not the Modified NCAA Division):
    - False Scissor
    - Single Leg Stockli
    - Single Leg Travel
    - $\frac{1}{2}$  circle dismount
- You must use all parts of the horse (both pommels and both ends), otherwise -0.3
- You must mount directly into a skill, an extra  $\frac{1}{2}$  swing on mount without a leg changing sides will receive -0.3
- Pommel Horse is the only apparatus where a dismount may be repeated (one time only) if the gymnast determines he may not have received credit because of a fall or a large deduction.
- Special repetitions:
  - A maximum of two (3/3) cross support travels (forwards and/ or backwards) are permitted during the exercise.
  - A maximum of two Russian Wende swings are permitted for value in an exercise, dismount included. The D-jury must count the dismount first, then all Russians starting from the highest difficulty value. Excluded from the rule are op/ Russian combinations on one pommel, Kroll (III.81), Roth (III.82), Wu Guonian (III.83), and Tong Fei (III.75, 76, 87, 89) elements.
  - Maximum 2 handstand elements (not including dismount)
- SR
  - Element Groups:
    - I. Kip and swing elements & swings through or to handstand
    - II. Strength elements and hold elements (2 sec.)
    - III. Swing to Strength hold elements (2 sec.)
    - IV. Dismounts
  - NAIGC Skill Interpretations:
    - Any front or back salto tucked or piked will receive an A value and partial EG V
    - A back uprise tuck planche will receive an A value and EG III
    - The following skills will receive an A value with no element group in the NAIGC Development Division (but not the Modified NCAA Division):

- Muscle Up
- Shoulderstand
- Back uprise to shoulderstand
- Felge to shoulderstand
- Tuck Planche
- An exercise cannot include more than three elements from groups II (Strength) and/or III (Swing to Strength) in direct succession without being broken up by a minimum B value Group I skill.
- Back swings in support that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang position are deducted by the E-jury (-0.3). A typical example of such a layaway on rings is: from a kip to support, swing back to layaway to front uprise.
- Composition errors with deductions of -0,30 points. Example: Honma to support then lift to L sit OR Straddle L sit to L sit OR Kip to support then L sit, etc.
- Repeated elements (same Code Identification Number) cannot contribute to the "D" score. On Rings, this rule is extended so that a maximum of 1 final strength position in each EG for recognized difficulty. Thus, for example only two cross type elements (regular, L cross, or V cross) or support scale type elements (regular or straddled) are permitted in an exercise for difficulty value (one in Group II and one in Group III). A third in order will not be recognized, the highest difficulty values prevail.
- An exercise must start in a hang position with arms vertical and straight. The gymnast may NOT bend their arms in moving to the first position unless specifically needed for element completion. Example: Cast up and underswing backward may be started with bent arms.
- During an exercise, a gymnast may only bend their arms during a transition between elements when necessary to properly perform the next element.
- For the hold of a non-listed part for 2 seconds or more, deduct -0.1 each time. Some elements typically featuring this problem (hold of 2 sec. or more) include: inverted hang, inverted pike, and dorsal hang.
- An exercise must include at least one swing to handstand element or receive -0.3 (Level 9 and Modified NCAA only)
- VT
  - Vault Groups:
    - I. Handspring .
    - II. 1/4 or 1/2 twist in 1st flight.
    - III. Round off entry.
    - IV. Round off with 1/2 twist in 1st flight.
    - V. Round off with 1/1 twist in first flight
  - One additional run approach is permitted, with deduction of 1.00 for the empty run (if gymnasts has not touched the springboard or apparatus).
  - The vault is invalid (0.00 point from the D-Jury and the E-Jury)) when:
    - a) The approach is executed and the gymnast steps on to the springboard and/or touches the table without vaulting.
    - b) The vault is so poorly executed that the intended vault cannot be recognized, or the gymnast pushes from the table with his feet.
    - c) The vault is executed without a support phase, i.e., neither hand touches the table.

- d) The gymnast does not land with his feet first. This means that at least one foot must contact the landing mat before any other part of the body.
    - e) The gymnast lands intentionally in a side stand.
  - PB
    - The Element Groups are:
      - I. Elements in support or through support on 2 bars.
      - II. Elements starting in upper arm position.
      - III. Long swings in hang on 1 or 2 bars and underswings.
      - IV. . Dismounts
    - NAIGC Skill Interpretations:
      - A Stutz to 45° above horizontal will receive a B value and element group I
      - A giant swing to support will receive a B value and element group III
      - Any front or back salto tucked or piked will receive an A value and partial element group V
      - The following skills will receive an A value with no element group in the NAIGC Development Division (but not the Modified NCAA Division):
        - Moy to upper arm
        - Back uprise to support from upper arm
        - Forward roll to upper arm
        - Salto forward to upper arm
        - Shoulderstand
        - Wende dismount
        - Stutz dismount
    - Back swings in support or upper arm hang that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang or support position are deducted, i.e:
      - back swing in upper arm hang, layaway to glide kip;
      - back swing in support, layaway to front uprise;
      - back swing in support, layaway to hang;
      - glide kip to upper arm hang or to momentary support and
      - lay back to upper arm hang;
  - HB
    - The Element Groups are:
      - I. Long hang swings with and without turns.
      - II. Flight elements.
      - III. In bar and Adler elements
      - IV. Dismounts.
    - NAIGC Skill Interpretations:
      - A jam (Adler) to EI grip or inverted giant that does not finish in a handstand will receive the following values. All jams will receive element group IV credit. No angle deductions apply, only general execution deductions.
        - 0-45° : C
        - 45-90° : B
        - Below 90° : A
      - Any front or back salto tucked or piked will receive an A value and partial element group V

- The following skills will receive an A value with no element group in the NAIGC Development Division (but not the Modified NCAA Division):
  - Back uprise to support
  - Kip to support
  - Back hip circle
  - Free hip circle to horizontal
  - Front hip circle
  - $\frac{3}{4}$  Back giant to support
  - Swing  $\frac{1}{2}$  turn
  - Pullover
  - $\frac{3}{4}$  Front giant (to hop out)
  - Cast to horizontal
- Back swings in support (cast swings) that do not lead to at least a value part but simply reverse direction and swing back down in or to a lower hang position are deducted, like composition errors each time with -0.3 points. Specific examples of such layaways are:
  - following a kip - cast and layaway to giant swing;
  - following a kip - cast in overgrip - straddle in to Stalder;
  - following a kip - cast in overgrip to free hip circle;
  - following a backward swing in hang - hop to overgrip - swing forward
- General
  - -1.0 is max deduction for a fall
  - For safety reasons a gymnast may land or dismount with their feet apart (enough to properly join their heels together) upon landing from any salto. The gymnast must complete the landing by bringing his heels together without lifting and moving the front of his feet. This is done by raising the heels off the mat and joining them together without lifting the front of the feet.
    - Landing with feet less than shoulder width apart but not close enough to touch heels -> -0.1
    - Landing with feet more than shoulder width apart -> -0.3