

Routine Construction Guide



NAIGC
NATIONAL ASSOCIATION OF INTERCOLLEGIATE GYMNASICS CLUBS

Men's Artistic Gymnastics, NAIGC

Once you've got an idea of the rules, the next step is to construct routines on each event. Sample beginner routines for the Developmental Level are available in the "Beginner Routines (NAIGC Developmental) Document". This consists not only of selecting which skills you would like to perform, but also how to transition from one skill to the next in a manner that results in minimal deductions. When you're first starting out, the first priority is to **get to at least six/seven skills in each routine (NAIGC Developmental and Level 9/Modified NCAA)**, as each skill less than the minimum will result in a 1.0 deduction. The next priority is getting **at least one skill in each element group** of a given apparatus, as this adds a 0.5 bonus to your D-Score. Another consideration is avoiding any of the numerous **miscellaneous composition deductions** such as empty swings (a change in direction that isn't the result of a skill), lacking a swing to handstand on rings or a double salto on floor, etc.

Keep in mind the average form and landing deductions you personally can expect on any given skill. If you can upgrade a skill for an extra tenth but have a 50% chance of taking a large step out of it instead of sticking it, it's probably better not to upgrade. Any time you are considering adding a skill to your routine, you must consider the net impact on your score allowing for the probability of any deductions you may accrue.

For example, you may be considering adding a back uprise straddle planche to your rings routine. You may know that you can only do it with slightly bent arms and piked hips, which give -0.3 each. If this is the first skill in the swing to strength category, however, then the expected value is $0.3 (C) + 0.5 - 0.6 = 0.2$. If you are already performing another swing to strength, however, the expected value drops to -0.3, and the skill is not worth performing. This also means that adding A value skills after you've filled the skill count and element group requirements should only be done if you, on average, receive less than 0.1 in deductions on that skill.

Another important aspect of routine construction is considering which skills to learn. The Code of Points is filled with more skills than any one gymnast could ever learn, so you must choose a select few based on your abilities and preferences. **It is important to think about which skills lead towards other skills (a progression), and which skills are somewhat of a dead end.**

For example, when considering what non-acrobatic skills to learn on floor, a butterfly twist doesn't really teach you skills that will then help you learn other skills, whereas a press handstand will be immensely useful on many other events and skills.