



2014-2016

NAIGC Men's Rules and Interpretations

With Update 1&2

I. Overview

For all sanctioned meets, The NAIGC will adopt the FIG code of points (2013-2016 v.2) and accompanying USAG Interpretations (2013-2016 v.5) except as modified by this document. In the case of differences between the FIG code of points or USAG Interpretations and the NAIGC Rules and Interpretations, the latter will take precedence.

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 and "JO A with no element group" type skills such as a false scissor on pommel horse or a shoulderstand on rings will be recognized in the NAIGC skill exceptions listed below. To have an original skill, variation of a skill, or "A with no element group" type 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. Please refer to the Skill Submission Policy for clarification.

Safety Note: As per FIG and the NAIGC safety and equipment standards: The gymnast is expected to include in his exercise only elements which he 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

- There are no uniform deductions in NAIGC. 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.
- Consistent with the rule against repeating elements for difficulty credit, a gymnast cannot repeat the "base skill" for any NAIGC skill exceptions.
 - 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.
- 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

- As per FIG, a gymnast must perform seven credited skills per routine. For each skill short of seven, 1.0 will be deducted from the gymnast's execution score.

IV. Dismount Requirements

- The NAIGC will adopt the following dismount requirements on all events.

Dismount Value	Element Group Value
C or higher	0.5
A or B	0.3

V. Stick Bonus

- To be awarded stick bonus, a gymnast must land without moving their feet. It is possible to be awarded stick bonus and have other landing errors such as piking down, separation of feet, or excessive balance checks.
- The stick bonus will be added to the D score of the gymnast and included in the flashed start value.
- Pommel Horse is not eligible for a stick bonus.
- All vaults will be eligible for a .1 stick bonus.
- For dismounts other than Pommel Horse and Vault, the following rules apply:

Dismount Value	Available Stick Bonus
C or higher	+0.2
B	+0.1
A	+0.0

VI. Inquiry Procedure

- 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.
- Inquiries may only be made for the difficulty score. Execution scores stand as final.
- 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 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.
- 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.

Skill Interpretations:

- The following skills will receive an A value with no element group
 - Cartwheel
 - Round Off

VIII. Pommel Horse

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
 - False Scissor
 - Single Leg Stockli
 - Single Leg Travel

IX. Still Rings

- 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.
- 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.

Skill Interpretations:

- Any front or back salto tucked or piked will receive an A value and partial EG V
- The following skills will receive an A value with no element group
 - Muscle Up
 - Shoulderstand
 - Back uprise to shoulderstand
 - Felge to shoulderstand

X. Vault

XI. Parallel Bars

- 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.

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

- A Peach Basket to support will receive a B value and element group IV
- 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
 - Moy to upper arm
 - Back uprise to support
 - Forward roll to upper arm
 - Salto forward to upper arm
 - Shoulderstand
 - Wende dismount
 - Stutz dismount

XII. High Bar

- 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.
- 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.

Skill Interpretations:

- A jam (Adler) to El 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.

Angle of Jam	Difficulty Value
0-45°	C
45-90°	B
Below 90°	A

- From undergrip, hop to double el-grip will receive a B value and EG I.
- From El Grip, hop to undergrip and continue over the bar will receive an A value and element group IV. Direction must continue forward to receive element group credit.
- 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
 - 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
 - From front swing stoop in, shoot to dorsal hang