



NAIGC Code of Points - MAG

This document details skills that are not found in the FIG Code of Points but are allowed for credit in some or all of the NAIGC levels. Please note: all skills are "clickable", and will take you to a video of the skill.

NAIGC MAG (Men's Artistic Gymnastics) allows competition in three different levels:

- NAIGC Modified NCAA:** FIG MAG Code of Points + USAG interpretations + NAIGC MAG Rules
- NAIGC Modified Level 9:** USAG Level 9 Rules + NAIGC MAG Rules
- NAIGC Modified Developmental:** USAG JD1 + NAIGC MAG Rules

Please see the full rules document and other helpful resources at naigc.org/mens-rules



NAIGC Homepage



NAIGC MAG Site



MAG Rules Policy



Judges Cheat Sheets



MAG Quick Guide



Beginner Routines


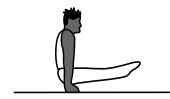
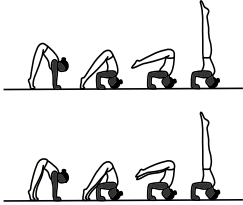
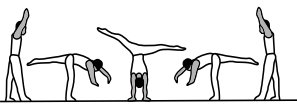
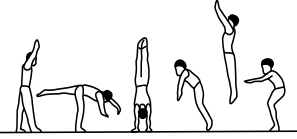
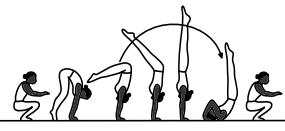


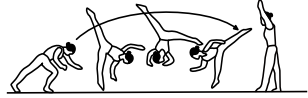




Floor Exercise (FX)



EG I: Non-acrobatic elements | EG II: Acrobatic elements forward (saltos and handsprings) and fwd. rollout elements (no salto) | EG III: Acrobatic elements backward (saltos and handsprings), and Arabian elements | EG IV: Any EGII or EGIII skill landing with both feet together

<p>1. Pancake (stop required) A</p>  <p>←</p>	<p>2. L-sit (2 s.) A</p>  <p>L</p>	<p>3. Press to headstand (2 s.), piked or straddled A</p>  <p>>h</p>	<p>4. Cartwheel A</p>  <p>X</p>	<p>5. Round-off A</p>  <p>λ</p>	<p>6. Pike up through handstand A</p>  <p>↑</p>
<p>7. Straight arm backward roll to prone A</p>  <p>↘</p>	<p>8. Backward roll through handstand A</p>  <p>↘</p>	<p>9. Any side aerial A</p>  <p>II ↘</p>	<p>10.</p>	<p>11.</p>	<p>12.</p>
<p>13.</p>	<p>14.</p>	<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>
<p>19.</p>	<p>20.</p>	<p>21.</p>	<p>22.</p>	<p>23.</p>	<p>24.</p>

Will receive credit in the Modified NCAA level (as well as all other levels)
 -All listed elements will receive credit in Developmental and Level 9
 -All skills in the pdf are clickable links to a video of the skill

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Last updated 2022-03-01



EG I: Single leg swings and scissors | EG II: Circle and flairs, with and/or without spindles and handstands, Kehrs, Russian wendeswings, flops and combined elements | EG III: Travel type elements, including Krolls, Tong Fei, Wu Guonian, Roth and Traveling Spindles | EG IV: Dismounts

<p>1. False scissor</p> <p>A</p> <p>Y</p>	<p>2. Single leg Stockli</p> <p>A</p> <p>S₂</p>	<p>3. Single leg travel</p> <p>A</p> <p>A</p>	<p>4. ½ Circle Dismount</p> <p>A</p> <p>IV Developmental Only</p> <p>Ø</p>	<p>5. Flaired front loop, rear loop, or in cross support on pommels or pommel+leather (not shown)</p> <p>A</p> <p>I</p> <p>f</p>	<p>6.</p>
<p>7. Any combination of two flops on one pommel</p> <p>C</p> <p>II</p> <p>Choose any two, same or different</p> <p>NCAA</p>	<p>8. Russian + Flop combo</p> <p>C</p> <p>II</p> <p>Choose one of each group, in any order</p> <p>(Circle in side support)</p> <p>(Circle in cross support)</p> <p>(DSB)</p> <p>(DSA)</p> <p>(Russian 180° or 270°)</p> <p>NCAA</p>	<p>9. Reverse stockli with 270° turn from one pommel</p> <p>C</p> <p>II</p> <p>(Rendon)</p> <p>R</p> <p>Ø</p>	<p>10.</p>	<p>11.</p>	<p>12.</p>
<p>13. Double Scissor fwd with travel swd. and ½ turn</p> <p>D</p> <p>I</p> <p>X</p> <p>€</p> <p>NCAA</p>	<p>14.</p>	<p>15.</p>	<p>16.</p>	<p>17.</p>	<p>18.</p>
<p>19. ¼ Kehr to one pommel (¼ Sohn) to immediate ¼ Reverse Stockli</p> <p>E</p> <p>II</p> <p>KR</p> <p>Ø</p> <p>NCAA</p>	<p>20. Kehre bwd, kehre fwd, kehre bwd, kehre fwd</p> <p>E</p> <p>III</p> <p>(Ganser)</p> <p>Ga</p> <p>NCAA</p>	<p>21.</p>	<p>22.</p>	<p>23.</p>	<p>24.</p>

NCAA Will receive credit in the Modified NCAA level (as well as all other levels)
 -All listed elements will receive credit in Developmental and Level 3
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Still Rings (SR)



EG I: Kip and swing elements & swings through or to handstand | EG II: Strength elements and hold elements | EG III: Swing to Strength hold elements | EG IV: Dismounts

1. German hang (2 s.)

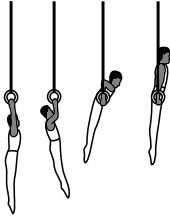
A



9

2. Muscle up

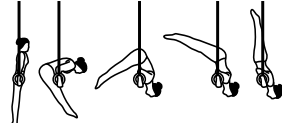
A



1

3. Pike press to shoulderstand (2 s.)

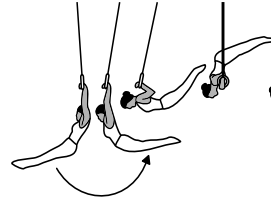
A



Lh

4. Back uprise to shoulderstand (2 s.)

A



+h

5. Felge to shoulderstand (2 s.)

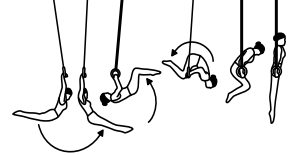
A



fh

6. Felge tucked to support

A



f.

7. Tuck planche (2 s.)

A

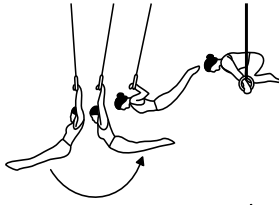


▽

8. Uprise bwd. to tuck planche (2 s.)

A

III

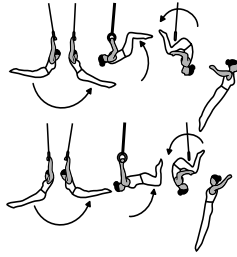


+▽

9. Tuck salto, front or back

A

IV

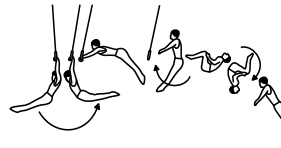


8l

10. Uprise bwd. and salto bwd tucked

A

IV

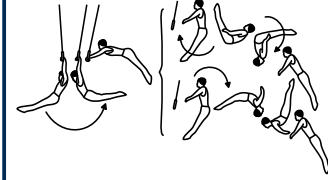


+e

11. Uprise bwd. and salto bwd piked or stretched

B

IV



+e

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

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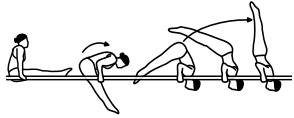
Parallel Bars (PB)



EG I: Elements in support or through support on 2 bars | EG II: Elements starting in upper arm position | EG III: Long swings in hang on 1 or 2 bars and underswings | EG IV: Dismounts

1. Press to shoulderstand (2 s.)

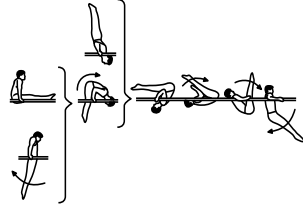
A



Lh

2. Forward roll to upper arm

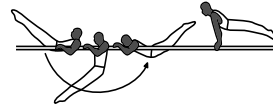
A



⌒

3. Back uprise to support from upper arm

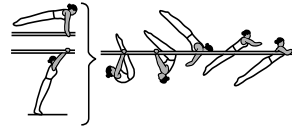
A



+

4. Peach to upper arm

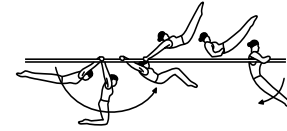
A



f

5. Moy to upper arm

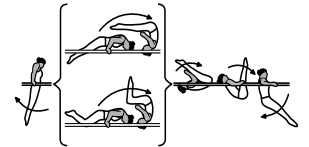
A



M

6. Salto forward to upper arm

A



⌘

7. Back uprise straddle cut to upper arm

A

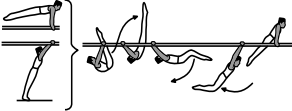
(same box as straddle cut to bent arm support)



→

8. Underswing to long hang bwd uprise to support

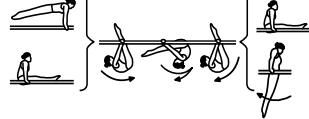
A



J+

9. Drop kip

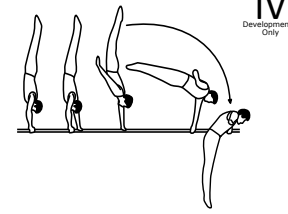
A



∩

10. Flank dismount

A

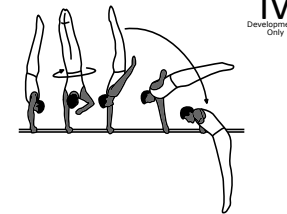


IV
Developmental Only

f

11. Wende dismount

A

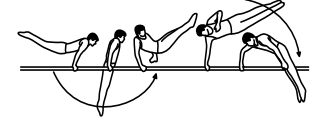


IV
Developmental Only

W

12. Stutz dismount

A



IV
Developmental Only

S

13. Straddle L (2 s.)

A

(same box as L-sit)

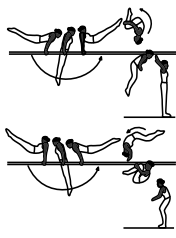


I

<

14. Tuck salto, front or back

A

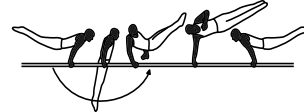


IV

⌘

15. Stutz to support

B



I

S!

16. V-sit (2 s.)

B

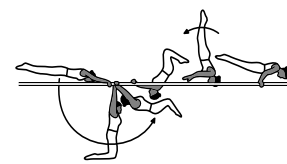


I

N

17. Giant swing to support

B

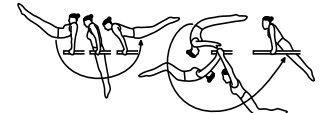


III

O!

18. Forward giant to support

B



III

O!

19. Manna (2 s.)

C

I



T

20.

21.

22.

23.

24.

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Horizontal Bar (HB)



EG I: Long hang swings with and without turns | EG II: Flight elements | EG III: In bar and Adler elements | EG IV: Dismounts

1. Pull Over A

Diagram showing a gymnast starting from a hanging position, pulling over the bar to a horizontal position.

⤴

2. Cast to Horizontal A

Diagram showing a gymnast casting from a hanging position to a horizontal position.

∪!

3. Swing to 1/2 turn (also with hop) A

Diagram showing a gymnast swinging to a 1/2 turn position.

JZ

4. Back uprise to support A

Diagram showing a gymnast performing a back uprise to a support position.

†!

5. Kip to support A

Diagram showing a gymnast performing a kip to a support position.

∩!

6. Forward Hip Circle A

Diagram showing a gymnast performing a forward hip circle.

∩

7. Backward Hip Circle A

Diagram showing a gymnast performing a backward hip circle.

∩

8. Backward Free Hip Circle to Horizontal A

Diagram showing a gymnast performing a backward free hip circle to a horizontal position.

f!

9. 3/4 Giant swing backward to support A

Diagram showing a gymnast performing a 3/4 giant swing backward to a support position.

○!

10. 3/4 Forward Giant hop out A

Diagram showing a gymnast performing a 3/4 forward giant hop out.

○!

11. Straddle Cut A

Diagram showing a gymnast performing a straddle cut.

<

12. Toe-on, toe-off to horizontal A

Diagram showing a gymnast performing a toe-on, toe-off to a horizontal position.

∧

13. Jam (Adler) to El grip >90° A

Diagram showing a gymnast performing a Jam (Adler) to an El grip with an angle greater than 90 degrees.

III
δ_A

14. Salto tucked, bwd or fwd A

Diagram showing a gymnast performing a salto tucked skill.

IV
δ₂

15.

16.

17.

*Any stalder or endo skill may be done as a toe-on skill for one value less.

18.

19. Jam (Adler) to El grip 45°-90° B

Diagram showing a gymnast performing a Jam (Adler) to an El grip with an angle between 45 and 90 degrees.

III
δ_B

20.

21.

22. Jam (Adler) to El grip 0-45° C

Diagram showing a gymnast performing a Jam (Adler) to an El grip with an angle between 0 and 45 degrees.

III
δ_C

23.

24. Salto fwd stretched with 3/2 t. also from el grip G

Diagram showing a gymnast performing a salto forward stretched with 3/2 turns, also from an El grip.

II
δ₂

NCAA (Meister)

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