

MAG QUICK GUIDE

NAIGC.ORG



Note: **Highlighted sections** are NAIGC modifications to the "base" rules (USAG/NCAA)

For detailed rules, please see <https://naigc.org/mens-rules/>

	Counting skills	Min skills	Short routine deduction	Max EG	Dismount req.	Stick bonus (not PH)	Other bonus	Start Value Cap	Special Reqs. (-0.3 ea)	Notes	Allowable Skills not found in the FIG Code of Points: (Find illustrations and videos for these skills in the NAIGC Code of Points)		
NAIGC - Modified L7	6	6	-1.0 each	3	A+ = .5 (includes highlighted non-FIG As)	A+ = +.1 Vault = +.1	+ .1 per mushroom circle, max 0.5 (does not count towards SV cap)	12.3	None	Level 7 Only: No deduction is to be taken for a single half or full empty swing. Further empty swings in succession are deducted as usual. There is no limit to the number of such single empty swings allowed in a single routine.	FLOOR A value (No Element Group): Pancake Cartwheel Round-Off Pike up through handstand Backward roll through handstand L-Sit (2 s.) Straight arm backward roll to prone Press to headstand (2 s.), piked or straddled A value: Any side aerial (Group II)	POMMEL HORSE A value (No Element Group): False Scissor Single Leg Stockli Single Leg Travel ½ Circle Dismount* A value: Any A value Flair (Group I) C value: Any combination of two flops on one pommel (Group II)** Any Russian 180/270 + flop on one pommel (Group II)** Reverse stockli with 270° turn from one pommel (Group II)** (Rendon) D value: Double Scissor fwd with travel swd. and ½ turn** E value: ¾ Kehr to one pommel (¾ Sohn) to immediate ¾ Reverse Stockli (Group II)** Kehre bwd, kehre fwd, kehre bwd, kehre fwd (Group III)** (Ganser)	
NAIGC - Modified L9	8	6	-1.0 each	4	B+ = .5 A = .3	B+ = +.1 Vault = +.1	FIG Only	13.2	Swing Hndstnd (SR)	Level 7 & Level 9: -PH: Listed CoP skill NOT required after any EG II or III skill to receive credit	STILL RINGS A value (No Element Group): Muscle Up Pike press to shoulderstand (2 s.) Back uprise to shoulderstand (2 s.) Felge to shoulderstand (2 s.) Felge tucked to support Tuck Planche (2 s.) German hang (2 s.) A value: Tuck salto, front or back (Group IV) Uprise bwd to tuck planche (2 s.) (Group III) Back uprise back tuck dismount (Group IV)** B value: Back uprise back layout dismount (Group IV)**	HIGH BAR A value (No Element Group): Back uprise to support Kip to support Back hip circle Free hip circle to horizontal Front hip circle ¾ Back giant to support Swing ½ turn (also with hop) Pull over ¾ Front giant (to hop out) Cast to horizontal Straddle cut Toe-on, toe-off to horizontal A value: Tuck salto, front or back (Group IV) Jam (Adler) to El grip below 90°(Group III) B value: Jam (Adler) to El grip 45-90°(Group III) C value: Jam (Adler) to El grip 0-45°(Group III) G value: Salto fwd. stretched with 3/2 t. also from el grip (Group II) ** (Meister) General: Any stalder or endo skill may be done as a toe on skill for one value less	
NAIGC - Modified NCAA	10	8	-1.0 each	4	C+ = .5 A, B = .3	C+ = +.1 Vault = +.1	FIG Only	None	Swing Hndstnd (SR) & Double Flipping Skill (FX)	-SR: Non-FIG A elements do not count towards 3 in a row strength skill max -PB: Half empty swing allowed into peach, giant, cast, or Moy skill	PARALLEL BARS A value (No Element Group): Underswing to long hang bwd uprise to support Peach to upper arm Moy to upper arm Back uprise to support from upper arm Forward roll to upper arm Salto forward to upper arm Straddle cut to upper arm Press to shoulderstand (2 s.) Drop Kip Flank dismount* Wende dismount* Stutz dismount* A value: Tuck salto, front or back (Group IV) Straddle L (2 s.) (same box as L-sit) (Group I) B value: Stutz to support (Group I) V-Sit (2 s.) (Group I)** Giant swing to support (Group III) Forward giant to support (Group III) C value: Manna (2 s.) (Group I)**	VAULT - none	

* Dismount Credit for Level 7 Only
** All levels (Including NAIGC Modified NCAA)

