



OFFICIAL RULES & REGULATIONS 2026-2027

Updated August 2026



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LINKS

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[Background Screening and APS Safety Training](#)
[Certificate of Liability Insurance Request Form](#)
[Concussion Protocol Course](#)

COMPETITION

[Equipment Signage Packet](#)
[Competition Calendar \(Sanctioned Events\)](#)
[Financial Report Form \(Event\) \(Auto-Download\)](#)
[Injury Report Form](#)
[Judge Expense Voucher \(Men's\) \(Auto-Download\)](#)
[Judge Expense Voucher \(Women's\) \(Auto-Download\)](#)
[Judges Request Form \(Women's\) \(Auto-Download\)](#)
[Judges Request \(Men's\)](#)
[Petition Form \(Men's\) \(Auto-Download\)](#)
[Petition Form \(Women's\) \(Auto-Download\)](#)
[Register Competitions](#)
[Score Inquiry Form \(Men's\) \(Auto-Download\)](#)
[Score Inquiry Form \(Women's\) \(Auto-Download\)](#)
[Scorecard-Men's 4x4 \(Auto-Download\)](#)
[State Championships Info \(Auto-Download\)](#)
[State Championships Bid Form \(Auto-Download\)](#)
[Timed Warm-Up \(Women's\) \(Auto-Download\)](#)
[Timed Warm-Up \(Men's\)](#)
[Verify NGA Member ID](#)

BRANDING

[Logo-Men's 4x4 Program](#)
[Logo-NGA Logo \(Transparent\)](#)
[Logo-NGA Logo \(White Background\)](#)

PROGRAM

[Camps — All](#)
[NGA Education & Benefits](#)
[Program Updates-2026-2027 \(Women's\) \(Auto-Download\)](#)
[Regional Map \(Auto-Download\)](#)
[Senior Recognition Form \(Men's\) \(Auto-Download\)](#)
[Senior Recognition Form \(Women's\) \(Auto-Download\)](#)
[Skill Evaluation Form \(Auto-Download\)](#)

MANUALS & HANDBOOKS

[Men's 4x4 Program Information \(Auto-Download\)](#)
[NGA Rules & Regulations Handbook PDF \(Auto-Download\)](#)
[NGA Rules & Regulations Handbook \(Apple\)](#)
[NGA Rules & Regulations Handbook \(Google\)](#)
[NGA Technical Handbook \(Men's\) \(Apple\)](#)
[NGA Technical Handbook \(Men's\) \(Google\)](#)
[NGA Technical Handbook PDF \(Women's\) \(Auto-Download\)](#)
[NGA Technical Handbook \(Women's\) \(Apple\)](#)
[NGA Technical Handbook \(Women's\) \(Google\)](#)

TABLE OF CONTENTS

PART A—NGA PROGRAM

CHAPTER 1—NGA COMMUNICATIONS

Section 1 Men & Women State Communications

Section 2 NGA Communications Pathway

CHAPTER 2—MISSION AND PURPOSE

Section 3 Mission, Vision, Purpose

CHAPTER 3—CODE OF ETHICAL CONDUCT

Section 4 Ethics Code/Screening

Section 5 NGA National Coaches Character

Section 6 Best Safe Practices

Section 7 Compliance & Enforcement

CHAPTER 4—CLUB MEMBERSHIP

Section 8 Club Membership

Section 9 Club Responsibilities

CHAPTER 5—COACH MEMBERSHIP

Section 10 Coach Membership

Section 11 Rookie Coach Membership

Section 12 Coaches' Responsibilities

CHAPTER 6—ATHLETE MEMBERSHIP

Section 13 Athlete Membership

Section 14 Athlete Rights & Obligations

Section 15 Athlete Residency/Club Residency

CHAPTER 7—JUDGES MEMBERSHIP

Section 16 Judges' Membership

Section 17 Judges' Responsibilities

CHAPTER 8—MEDICAL STAFF/OTHER MEMBERSHIP

Section 18 Medical Staff/Other Membership/Responsibilities

PART B—JUDGES

CHAPTER 1—COMPETITION JUDGES

Section 1 Contracting Judges

Section 2 Affiliation of Judges

Section 3 General Duties of Judges

Section 4 Specific Duties of Judges

CHAPTER 2—JUDGES' COMPENSATION

Section 5 Non-Judging Criteria—Women

Section 6 Non-Judging Expenses—Women

Section 7 Judges' Compensation—Women

Section 8 Compensation Charts—Women

Section 9 Judges' Compensation—Men

Section 10 Compensation Charts-Men

PART C—COMPETITIONS

CHAPTER 1—SANCTIONS

Section 1 Domestic Sanctions

Section 2 Sanction Requests

Section 3 Sanction Violation & Penalties

Section 4 Sanction Reports

CHAPTER 2—COMPETITION GUIDELINES

Section 5 Competition Guidelines

CHAPTER 3—TYPES OF COMPETITIONS

Section 6 Invitationals

Section 7 NGA Championships

Section 7 2026-2027 Men/Women Qualifying Scores

CHAPTER 4—SELECTION OF COMPETITION HOSTS

Section 8 NGA Competition Host

CHAPTER 5—COMPETITION FORMATS

Section 9 Formats

Section 10 Draw

Section 11 Men's Warm-ups

Section 12 Women's Warm-ups

Section 13 Scoring

Section 14 Inquiries

Section 15 Spectators

Section 16 Awards

Section 17 Tie-Breaker

GLOSSARY & COMMON ABBEVIATIONS

APPENDIX

Appendix A Men's Equipment Specs

Appendix B Women's Equipment Specs

Appendix C Mat Specs

PART A

NGA GYMNASTICS PROGRAM



CHAPTER 1—COMMUNICATIONS

CHAPTER 2—MISSION & PURPOSE

CHAPTER 3—CODE OF ETHICAL CONDUCT

CHAPTER 4—CLUB MEMBERSHIP

CHAPTER 5—ATHLETE MEMBERSHIP

CHAPTER 6—COACH MEMBERSHIP

CHAPTER 7—JUDGE/MEDICAL STAFF MEMBERSHIP

Click:

- White Logo = Table of Contents
- Black Logo = NGA Main website
- Pictures = Relevant website page
- Table of Contents Chapter or Section = Direct link to topic

CHAPTER 1

NGA COMMUNICATIONS

Men & Women State Communications

NGA Communications Pathway

MEN & WOMEN STATE REPS

ZONE	STATE REPRESENTATIVES							
M-1	<u>AZ</u> Mike Naddour	<u>CA-N</u> Michelle Huffman	<u>CA-S</u> Dean Archie	HI	NV	<u>UT</u> Eric Kartchner		
W-1	<u>AZ</u> Courtney Hatheway	<u>CA-N</u> Haylee Brown	<u>CA-S</u> Bambi Olesiuk Tina Buscemi Angie Bryner	HI	NV	<u>UT</u> Jess Anderson	<i>Click state for email</i> <i>Click name for phone</i>	
M-2	AK	<u>ID</u>	MT	OR	<u>WA</u> Josh Blaser	WY		
W-2	AK	ID	MT	OR	<u>WA</u> Claudia Cecil	<u>WY</u> Carrie Raymond		
M-3	AR	CO	KS	NM	OK	TX		
W-3	AR	CO	KS	NM	OK	TX		
M-4	IA	MN	MO	NE	ND	SD	WI	
W-4	IA	<u>MN</u> Krystal Wallerich	MO	NE	<u>ND</u> Sheila Anderson	SD	<u>WI</u> Abby Wefel	<u>CAN</u> Kim O'Brien
M-5	IL	<u>IN</u> Thomas Britton	KY	MI	OH			
W-5	IL	<u>IN</u> Tracy Dunn	<u>KY</u> Laura Sanchez	MI	OH			
M-6	CT	<u>ME</u> Jonas Contakos	MA	NH	NY	RI	VT	
W-6	CT	<u>ME</u> Doug Springer	MA	<u>NH</u> Cori Cunningham	<u>NY</u> Bill Borges	<u>RI</u> Sue Paul	VT	
M-7	DE	MD	NJ	PA	VA	WV	DC	<u>PR</u> Maria M Cartagena
W-7	DE	MD	<u>NJ</u> Chris Deskovic	<u>PA</u> Kathy Kelly <u>PA</u> Rob Axelrod	<u>VA</u> Margie Barnes	WV	DC	<u>PR</u> Maria M Cartagena
M-8	AL	<u>FL</u> Blain Fowler	<u>GA</u> James Jones	<u>LA</u> Kevin Anderson	MS	<u>NC</u> Shawn Bryant	SC	TN
W-8	AL	<u>FL</u> Teresa Proctor <u>FL</u> Gillian Kieft	<u>GA</u> Mandi Hadley	<u>LA</u> Jessica Smith	MS	<u>NC</u> Melissa Ruffino	<u>SC</u> Millie Godines	TN

NGA COMMUNICATION PATHWAY

COMMUNICATION			
WHO ASKS >>>>>>	>>>>>>>> WHAT IS >>>>>>>>	>>>>>>> WHO ANSWERS	
• General Public • NGA Membership	• Programming • Rules & Regulations clarification • Abuse non-emergency • All Membership questions	• State Reps • NGA Membership Department	
• General Public • NGA Membership • Judges' Community	• Judging requirements • Judging rules clarification	• State Reps • National Judging Administrator • National Technical Administrator	
• Individual State Reps	• Technical questions • Code of Point questions • Athlete Petitions • Recommendations for Changes • Athlete Qualification/Registration • Competition Bids • Competition Reports • Rules & Regulations questions	• Men's Program Administrator • Women's Program Administrator	
• Media inquiries	• General information	• NGA Director of Communications	

NGA Board Chairperson
Kaye Pinkowski

<u>Men's Program Administrator</u> Mike Naddour	<u>Women's Program Administrator</u> Bryan Neal	<u>Membership</u> Matt Lowery	<u>President/CEO</u> Linda Barclay
<u>Men's Ass't. Program Administrator</u> Thomas Britton	<u>Women's Technical Administrator</u> Donagene Jones	<u>Merchandise & Apparel</u> Noele Figueroa	<u>Communications Administrator/VP</u> Robert Neat
<u>Men's Judging Administrator</u> Thomas Britton	<u>Women's Judging Administrator</u> Pat Ergle	<u>GotScored Virtual Director</u> Kim Keller	<u>Sanctions</u> Mandy Tilden
		<u>International Program Administrator</u> Chere Hoffman	<u>Digital</u> Chere Hoffman
<i>Click title for email</i> <i>Click name for phone</i>			

CHAPTER 2

MISSION AND PURPOSE

Mission Statement & Introduction

Purpose

History

Wellness Vision Statement

One Set of Rules

One Set of Deductions

One Goal

MISSION, VISION AND PURPOSE

NATIONAL GYMNASTICS ASSOCIATION

PURPOSE	HISTORY	WELLNESS VISION STATEMENT
Promote a positive, healthy, and inclusive competitive and wellness program in the sport of gymnastics that supports participants of all levels in reaching their individual goals	- NGA was granted 501(c)3 status, effective June 2020 - The first National Championships were achieved in 2021 and are anticipated as a culmination for all future seasons - NGA has a focused goal to bring NGA to all fifty (50) states	<i>The National Gymnastics Association is committed to delivering a positive and competitive wellness program for the sport of gymnastics by fostering a transparent, safe, and supportive environment. Our programs engage athletes and their families in promoting physical, social, and emotional well-being while encouraging excellence at all levels.</i>

ALL ONE TOGETHER

ONE SET OF RULES	ONE SET OF DEDUCTIONS	ONE GOAL
- As a completely optional program, there are ten (10) skill levels for men and fourteen (14) for women - Designed to combine all levels of competitive gymnastics into one program—Level 1N (beginner) through Level 10N (college-bound)	Utilizing one program for each level of competition allows for one set of deductions over the skill levels offered and streamlines the judging process	To provide a fun, safe environment for each member that will also keep the business of gymnastics strong



CHAPTER 3

CODE OF ETHICAL CONDUCT

Ethics Code/Screening

NGA Coaches Ethics Code (NCEC)
Abuse Prevention Screening

National Coaches Charter

Best Safe Practices

Practice / Training Sessions
One-On-One
Locker Room
Medication / Drugs / Alcohol
Hands on Adjustments, Massages
Stretching, Taping, Icing, Corrections,
Physical Contact
Photos / Videography
Reporting
Email / Text / Social Media
Transportation
Gifting

Code Compliance & Enforcement

Voluntary Compliance
Refer
Athletes Best Interest
Compliant Process
Member Conduct
Policy Violations—Sanctioned Competition
First Offense
Second Offense
Third Offense

ETHICS CODE/SCREENING

NGA COACH ETHICS CODE (NCEC)

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • NGA Club, Coach, Independent Coach, and Judge Members have the obligation to and responsibility for providing a positive and safe environment for all NGA athletes, with safety being a primary focus | <ul style="list-style-type: none"> • Accurate and positive communication with athletes is essential | <ul style="list-style-type: none"> • Each Member is responsible for contributing to a culture that includes inclusivity, positivity, and organization while delivering a gymnastics program focusing on the athlete |
|---|--|--|

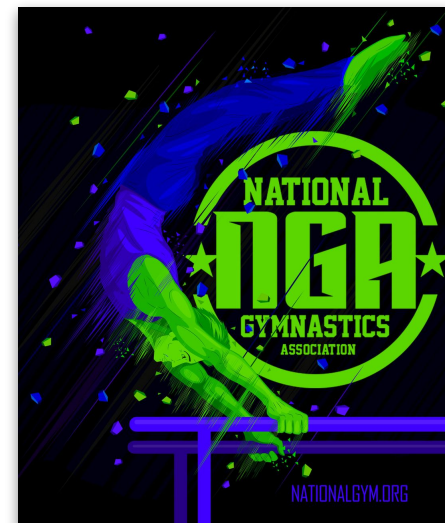
ABUSE PREVENTION SCREENING

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Should a situation surface that cannot be handled by the local club member promptly and in a satisfactory manner, the member should refer the matter to NGA via email: info@nationalgym.org • Any professional member who facilitates or fails to report an individual who is ineligible or refuses to screen, will be terminated as a member | <ul style="list-style-type: none"> • All adult members (age 18 and over), as a condition of their membership with NGA, must submit to and complete a satisfactory background screening through the NCSI link: NGA/Background • Background screening is required every two (2) years and expires June 30th of the 2nd year • All NGA members are required to read and fully comply with the NGA Code of Conduct | <ul style="list-style-type: none"> • Any person identified on any published banned list will be precluded from obtaining NGA membership • NGA will comply with sport-specific safeguarding arrangements for athlete protection |
| <ul style="list-style-type: none"> • Membership shall be granted without discrimination or harassment on the basis of age, gender identity, race, ethnicity, national origin, religion, sexual orientation, gender expression, genetic information, disability, language, socioeconomic status, veteran status or marital status or any other status protected by federal, state or local law, where applicable | | |



NATIONAL COACH CHARTER

NGA NATIONAL COACH CHARTER (NCC)

- Coaches should be the most ethical people in an organization - The public and all of its people are constantly observing and scrutinizing sport organizations - Sport organizations are in the public eye, and the public should demand nothing less than professionalism from its coaches - Everyone understands coaches are role models and any prospective coach should be aware of and strive to produce positive images and public relations for the sake of the sport organization and the community - Whether or not a coach, or other professional, has violated the NCC Code does not by itself determine if they are legally liable in a court action, if a contract is enforceable, or if other legal consequences occur—these results are based on legal rather than ethical rules	- However, compliance with or violation of NGA NCC Codes may be admissible as evidence in some legal proceedings, depending on the circumstances - This Code and its parts also provide a common set of values upon which coaches and professionals build their professional work - It is the individual responsibility of each person to aspire to the highest possible standards of conduct - Coaches and industry professionals respect and protect human and civil rights and do not knowingly participate in or condone unfair discriminatory practices	- The NATIONAL COACHING CHARTER (NCC) Code is intended to provide standards of professional conduct that are applied to members of the National Gymnastics Association (NGA) - The NCC Charter provides both the general principles and the decision rules to cover most situations encountered by coaches and industry professionals - Its primary goal is the welfare and protection of the individuals and groups with whom coaches work - The NCC Charter was inspired by the Ethical Principles of Psychologists and Code of Conduct (American Psychological Association, Vol. 47, No.12 1597-1611) - Other ideas for ethical standards were drawn from the Coaching Association of Canada and the British Institute of Sport Coaches	
			<i>The NCC Code has been provided by the US Gymnastics Coaches Association and partnered with the US Elite Coaches Association as a document to use in its entirety by NGA and its membership</i> <i>This charter is not intended to supersede USOPC SafeSport codes</i>

BEST SAFE PRACTICES

BEST SAFE PRACTICE GUIDELINES

Adults with access to athletes should be mindful to avoid even the appearance of behaviors that could lead to or encourage grooming behavior. Below are suggested policies to avoid actions and appearances of inappropriate behavior. Healthy, happy athletes should be our common goal, and consistent behavior as outlined below should assist in attaining individual best results.

BEING MINDFUL FOR ATHLETE SAFETY

PRACTICE SESSIONS	ONE ON ONE	LOCKER ROOM	SMART GLASSES & RECORDING DEVICES
Whenever minors are training on site, parents and/or legal guardians MUST have access to observe	- Athletes and coaches should always remain in an open area (no closed door), visible to others or if a private conversation is necessary and/or appropriate, another adult must be present in the room - A coach should never be alone with any number of gymnasts at any time	- No unrelated adult is permitted to be alone with an athlete in a changing area, dressing room, or locker room - Only a parent and/or legal guardian may be with their own child	To protect the privacy, safety, and security of our athletes, families, coaches, and staff, all smart glasses and wearable devices capable of recording, transmitting, livestreaming, or processing audio, video, or images are strictly prohibited inside the training facility and on the competition floor, whether or not they are actively recording. This includes Meta/Ray-Ban smart glasses, camera-equipped eyewear, wearable or concealed cameras, and similar recording or livestreaming devices. Parents & Spectators: Remove prohibited devices and store them securely before entering viewing or training areas. Traditional prescription and non-camera eyewear are permitted. Athletes & Coaches: Do not wear or possess prohibited devices during practices, training, warm-ups, competitions, meetings, or in locker/changing areas. Approved photography/video must comply with facility policies. No photography, video, audio recording, or livestreaming is permitted in restrooms, changing areas, or other private areas under any circumstances. Violations may result in removal from the facility and/or disciplinary action consistent with NGA policy and applicable law.
MEDICATION/DRUGS/ALCOHOL			
An impaired coach, instructor, adult should have NO contact with an athlete at any time			
HANDS ON ADJUSTMENTS, MESSAGES	STRETCHING, TAPING, ICING, CORRECTION, PHYSICAL CONTACT		
Rubdowns, massages, tapings or adjustments of any sort are not to be done without written consent from the parent and/or legal guardian and in an open area on the competition or gym floor in view of others	- Physical interaction with an athlete should be for correction and coaching and should not include any compromising positions - Physical interaction (coaching), icing, and taping should occur in an open area on the competition or gym floor in view of others		
REPORTING	EMAIL / TEXT / SOCIAL MEDIA	TRANSPORTATION	
All coaches and staff of a club member are mandatory reporters of any child abuse	Any and all adult generated social media to a minor must also include the parent and/or legal guardian	Minor athletes (under the age of 18) should never ride alone with an unrelated adult	
- If receiving a possible child abuse call, you are to contact the child protection services and local police in your area - Suspected child abuse should be reported to www.childwelfare.gov	PHOTOS / VIDEOGRAPHY	GIFTING	
	Athlete photographs or videos may only be taken in public view with parent and/or legal guardian approval and must be appropriate for any public publication	- Gifts are unnecessary and inappropriate unless all athletes are included for a specific purpose - No individual gifts allowed; must be with parent and/or legal guardian consent	
ALL ONE-ON-ONE ADULT TO MINOR INTERACTIONS MUST ALWAYS BE OBSERVABLE AND INTERRUPTIBLE			

ALL ONE-ON-ONE ADULT TO MINOR INTERACTIONS MUST ALWAYS BE OBSERVABLE AND INTERRUPTIBLE

CODE COMPLIANCE & ENFORCEMENT

CODE COMPLIANCE

VOLUNTARY COMPLIANCE	REFER	ATHLETES BEST INTEREST	COMPLIANT PROCESS
• Compliance with the Rules & Regulations depends • First, on understanding and voluntary compliance • Second, on reinforcement by peers • Third, when necessary, on enforcement through disciplinary action	• Should a situation arise that cannot be handled by the local club member promptly and in a satisfactory manner, member should refer the matter to NGA via email: info@nationalgym.org	• The best interest of each athlete must be paramount irrespective of the level of the athlete's competition	• All persons (Mandatory Reporters) who suspect or has knowledge of sexual or physical abuse MUST report to local authorities immediately • Any complaint of sexual or physical abuse to NGA will immediately be forwarded to the local authorities • NGA is not an investigating organization
MEMBER CONDUCT POLICY			
DOCUMENTATION	ROLE MODEL	COMPLAINT REVIEW	
• Each Member is responsible for accurate official documentation of personal information as well as any documentation submitted on behalf of athletes (i.e. dates of birth, residence, scores submitted for qualification/advancing)	• Each Member is responsible for conducting themselves not only to be a role model for athletes under their care, but to utilize styles of teaching/learning that will preclude any athlete abuse • Such abuse to be avoided may include: verbal, emotional, sexual, physical, alcohol or drugs, or other inappropriate actions/behavior	• Upon review of the complaint and, where appropriate, additional discussions with the Complainant and/or the Member who is the subject of the complaint, the President or Chairman of the Board may: • Determine the level of the complaint • As appropriate, may refer to the State Reps or other involved persons	• Fully documented complaints for mental or emotional abuse may be emailed to info@nationalgym.org. • Written notice to both parties and an opportunity for response, and, where appropriate, additional discussions with the parties, President or Chairman of the Board, or an appointed designee may • Recommend counseling or mediation for both parties or the member who is the subject of the complaint • Impose an appropriate sanction or appropriate relief of membership • Recommend athlete(s) move to another club
POLICY VIOLATIONS AT SANCTIONED COMPETITIONS			
FIRST OFFENSE	SECOND OFFENSE	THIRD OFFENSE	
• Verbal warning issued by the Competition Director/Competition Referee and/or designated representative of NGA • Warning to be documented and recorded by the Competition Referee on the sanction report form	• Written warning from the National NGA Office	• Loss of NGA membership for the remainder of the season • The severity of the violation may result in membership being permanently revoked	

CHAPTER 4

CLUB MEMBERSHIP OVERVIEW

Club Membership

NGA Club Membership
Club Participation
Good Standing
Club Number
Membership Protection
Member Log In

Club Member Rights & Obligations

Club Member Rights

Participation
Competition Facilities
Awards
Courteous Treatment

Club Member Obligations

NGA Membership
Compliance
Floor NGA Policies
Abide by Competition Rules
Abuse Prevention Policy
Associations
Insurance

CLUB MEMBERSHIP DETAILS

CLUB MEMBERSHIP RULES

ANY GYMNASTICS CLUB IS ELIGIBLE FOR CLUB MEMBERSHIP PROVIDED THE OWNER IS NOT ON a BANNED OR SUSPENDED LIST OF ANY KIND

CLUB PARTICIPATION	GOOD STANDING	CLUB NUMBER
- The club registration link is available on the NGA Club Membership page - Club Membership provides ALL Coach and Rookie Coach memberships to be FREE - Athletes wishing to participate in NGA-sanctioned events MUST be affiliated with a current NGA Club Member	- Club Members in good standing ONLY may apply for Athlete Membership with NGA - Club owners must NOT be on any banned or suspended list to be in good standing	The club number assigned will remain the same throughout the length of membership with NGA



CLUB MEMBERSHIP REQUIREMENTS

NGA CLUB MEMBERSHIP	CLUB MEMBER NUMBER ASSIGNED	MEMBERSHIP PROTECTION
- Club Membership is available for an annual fee of \$225 USD - Club Membership includes all coaches' memberships at no additional cost - Coaches are responsible for creating their own profiles for membership - Club Administrator to send onboarding link to all coaches in Club Membership Program	- Club Member Numbers are renewed and/or assigned only after: - Payment of the applicable fee in full is received - Club Membership Application form is received fully completed with all required information and signatures	Club Memberships are non-refundable, non-transferable and not prorated
	INTERNATIONAL CLUB MEMBERSHIP	MEMBERSHIP LOGIN
	- NGA is open to international club membership following the same requirements as the US teams - NGA is not able to provide liability or participant medical insurance outside of the US - Liability coverage will be in place for International teams competing inside the USA at an NGA-sanctioned competition - Medical is only covered if the athlete holds a visa - NGA encourages all international members to obtain travel insurance, including medical, when competing in the US	Club Membership is valid for one year, July 1 through June 30

CLUB MEMBER RIGHTS & OBLIGATIONS

CLUB MEMBER RIGHTS

PARTICIPATION

- Enter and compete athletes in a sanctioned NGA competition, provided all requirements for eligibility (*Membership, level, age, discipline*) are met

COMPETITION PROGRAM

- Have access to all NGA programs and information to use the NGA programs on the NGA website

COURTEOUS TREATMENT

- Expect respectful treatment from all NGA Staff, contractors, and volunteers

ALL CLUB MEMBERS ARE OBLIGATED TO:

COMPLIANCE

- NGA has the right to audit Club Member to determine whether club is compliant with this Club Membership Agreement or any governing policy
- Clubs are required to promptly provide all necessary information requested by NGA as part of any such audit
- Club does not adhere to Club Member Agreement and all governing policies, it will lose membership

FOLLOW NGA POLICIES

- Enforce all NGA policies, including Abuse Prevention, Rules & Regulations and Code of Conduct

ASSOCIATIONS

- Will not hire/be associated in any way with persons permanently ineligible for NGA membership unless association to ineligible person is through their child being in the club's program.
- Will not be associated/hire any person listed on a federal or state sex-offender registry (Search conducted: nsopw.gov)

ABIDE BY COMPETITION RULES

- Follow all rules and schedules of an NGA sanctioned competition

NGA MEMBERSHIP

- Obtain a Member Club Number from NGA Membership
- Have Club coaches complete Coach membership requirements
- Maintain all completed Athlete Registration forms for up to (7) years

ABUSE PREVENTION POLICY

- All Club members must have an Abuse Prevention policy that affirms commitment to the welfare of gymnastics participants in their club
- Club Member policy must minimally include:
 - Description of conduct that will not be tolerated
 - Standards of behavior for staff/ volunteers promoting athlete safety
 - Prevention policies to eliminate the opportunity for grooming behaviors
 - Process for receiving and handling complaints regarding conduct that violates Club Member requirements
 - As Mandatory Reporters, club personnel must report any suspected abuse to local authorities

INSURANCE

- Maintain comprehensive general liability insurance, limits of at least \$1,000,000 per occurrence, \$2,000,000 annual aggregate for the entire duration of NGA club membership
- Upon request of NGA, provide insurance policy certificate demonstrating the insurance required by this Agreement
- Clubs must notify NGA at least 30 days before any cancellation of, or material change to, the required insurance
- Failure to maintain required insurance is grounds to terminate NGA membership
- Maintain Sexual Abuse Insurance — Check with [Snyder Insurance](#)

CHAPTER 5

COACH MEMBERSHIP OVERVIEW

Coach Membership

Age Requirement
NGA Sanctioned Events
Abuse Prevention
NCSI Background Screening
Concussion Protocol
Unaffiliated Coach

Rookie Coach Membership

Accompanied
Age Requirement
NGA Sanction Events
Abuse Prevention
NCSI Background Screening
Concussion Protocol
Unaffiliated Coach

All Coaches Responsibilities

Credentials
Ethics
Competition Arena
Injuries

COACH MEMBERSHIP

COACH MEMBERSHIP

ANY COACH WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR COACH MEMBERSHIP

AGE REQUIREMENT	NGA SANCTIONED EVENTS
• 18 years and older	• Coach Members must hold a valid Membership prior to participating in any NGA Sanctioned event • Only actively coaching individuals with a current Coach Membership are permitted on the competition floor during a sanctioned event. Spouses, children, infants, husbands, or club owners are not allowed unless they are actively coaching and hold a valid Coach Membership



COACH MEMBERSHIP REQUIREMENTS

COACH MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
• NGA Annual Coach Membership is available for all coaches (18+) assigned to a registered NGA Club Member = FREE	• Successfully complete Abuse Prevention Course—Every two (2) years = FREE • Only the NGA Abuse Prevention Course will be accepted—SafeSport will not be accepted	• Successfully complete an NCSI Criminal Background Check every two (2) years = \$30 USD • Only NGA NCSI background screening will be accepted. No other background check will be approved
INDEPENDENT COACHES	CONCUSSION PROTOCOL	
• All coaches must be affiliated with a registered NGA club to participate in NGA events	• Successfully complete Concussion Protocol every two (2) years = FREE • Be familiar with the state's protocol for "return to play" following a concussion • Heads-Up Concussion course located at Membership: Concussions	
• All certifications and screenings are good for <u>2 years</u>, expiring June 30th of the 2nd year • Coaches must complete the online Coaches Agreement <u>every year</u> to be active and allowed on the competition floor.		

ROOKIE COACH MEMBERSHIP

ROOKIE COACH MEMBERSHIP

ROOKIE COACH MEMBERSHIP IS ONLY FOR COACHES (16-17 Yrs) COACHING AT NGA SANCTIONED EVENTS

AGE REQUIREMENT	NGA SANCTIONED EVENTS	ACCOMPANIED
16-17 years old	Rookie Coach Member must hold a valid Membership prior to participating in any NGA Sanctioned event	Rookie Coach must be accompanied by an active Coach Member (18+) to be eligible to be in the competition area as a coach

ROOKIE COACH MEMBERSHIP REQUIREMENTS

ROOKIE COACH MEMBERSHIP	ABUSE PREVENTION	CONCUSSION PROTOCOL
NGA Annual Rookie Coach Membership is available for all coaches (16-17 yrs) assigned to a registered NGA Club Member = FREE	- Successfully complete NGA Abuse Prevention Course—Every two (2) years Requirement = FREE - Only NGA Abuse Prevention Course will be accepted—SafeSport will no longer be accepted	- Successfully complete Concussion Protocol every two (2) years = FREE - Be familiar with the state's protocol for "return to play" following a concussion - Heads-Up Concussion every two (2) years course located at Membership—Concussions

ROOKIE COACH MEMBERSHIP TURNING 18 YEARS OF AGE

18th BIRTHDAY	EXPIRATION DATE
Rookie Coach Members, upon their 18th birthday, may continue as a Rookie for the current season	- Upon Rookie Coach membership expiration, they will be required to renew as a Coach Member with: - Completed NCSI Background check, NGA Abuse Prevention and Concussion Course - Anyone who has been banned from any organization will be prohibited from obtaining an NGA membership



COACH RESPONSIBILITIES

COACH MEMBER RESPONSIBILITIES

CREDENTIALS	ETHICS	COMPETITION ARENA	INJURIES
• Maintain a current and valid National Gymnastics Association Coach or Rookie Coach membership—See Membership • At NGA Sanctioned Events, all Coach members must: • Sign in and produce a current and valid Membership record showing: • Membership Expiration Date • Current and valid Concussion Course Certification • Current and valid Criminal Background Check Certification (18+) • Current and valid Abuse Prevention Course Certification	• Proof of compliance may be pre-determined upon registration for a Sanctioned event • Adhere to the NGA Code of Conduct • Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct • Display good sportsmanship at all times • Dress in attire reflecting the best image of gymnastics • Rubberized sole athletic shoes with covered toes • Warm-up pants, athletic pants—no jeans or holes/tears in pants/shirt • Shorts with a reasonable inseam length • Avoid spaghetti straps, low-cut or stomach-revealing tops • Wireless communication devices are prohibited within the competition area, exceptions: • Recording athletes' performance • Floor routine music • Avoid texting and talking within the competition area • No e-cigarettes, vaping, or other tobacco products allowed at any NGA Sanctioned Event	• Be familiar with the competition arena— and ready to attend all coaches' meetings • Must be present during warm-up and competition sessions • Provide floor routine music in digital format (MP3, computer, tablet, smartphone, etc.) • All digital devices must be kept on airplane mode and full volume • All digital devices, if possible, to have a display of the athlete's name • Follow all published competition guidelines as stated in NGA Rules & Regulations • Only coach of personal athletes— Exception; if another coach seeks assistance or athletes have no coach available • Direct all inquiries through Competition Director and/or Competition Referee • Coaches may approach an unoccupied judge during the competition with permission from Competition Referee • Inform the athletes and athletes' parents of their competitive rights and obligations	• If needed, obtain a completed and signed Incident Report Form from the Competition Director and/or Medical Staff regarding any injury to an athlete • Incident Report forms included in Sanction packet must be given to the Competition Director to be returned with Post Event Report • Follow all directions on Incident Report Form for timely submission to Insurance Company • Coach or parent of injured athlete must secure a copy of the Incident Report form, completed by medical personnel and signed by Competition Director before departing the competition • Click here for form

CHAPTER 6

ATHLETE MEMBERSHIP OVERVIEW

Athlete Membership

Memberships

Approval

Upper Age Limit

Athlete Membership Requirements

Completed Form

Membership Fee

Age Requirements

Affiliation

Parent Permission

Athlete Rights and Obligations

Athletes Right

Athletes Obligations

Athlete Residency

Club Residency

ATHLETE MEMBERSHIP DETAILS

ATHLETE MEMBERSHIP

TO BE ELIGIBLE FOR PARTICIPATION IN A NGA SANCTIONED EVENT, ATHLETE MUST:

MEMBERSHIPS	APPROVAL	UPPER AGE LIMIT
- Athlete membership is all-inclusive and open to all athletes, ages 4 and up - Memberships are non-refundable and non-transferable - Memberships must be renewed annually to be in good standing.	- Once approved on gotscoredhq.com, the Athlete will be assigned a member number and will retain this number for the duration of their membership with NGA - Number and registration information will be available to the Club representative/Administrator in the Club membership account	Athletes turning 18 within season—Athletes turning 18 during the competitive season are not required to complete the Background Check, Abuse Prevention Training, or Concussion Protocol course in order to finish the current season, which concludes on June 30th. However, if they choose to continue competing beyond that date, they must complete all required adult (18+) screenings and certifications prior to registering as a competitive athlete for the following season Athletes over 18 years—Must be affiliated with a Memberf Club in good standing Adult athletes—Will compete in their own “adult” age division. Adult athletes must complete a Background Check, Abuse Prevention and



ATHLETE MEMBERSHIP REQUIREMENTS

CONSIDERED REGISTERED	MEMBERSHIP FEE	YOUNGEST AGE	PARENT PERMISSION
- Club Member receives completed Athlete Membership Application form, athlete registration fees, and makes payment - Club must be responsible for registering the entire team - Club will maintain Athlete Forms for future audit and/or request from National Office	Athlete registration fee determined annually Annual 2026-2027 season: July 1, 2026-June 30, 2027 \$50 USD	- Four (4) years old on the day of the NGA-sanctioned event - No set age determination date. Gymnasts compete at the age they are at the competition	Athlete Forms must be completed by the parent/guardian and returned to the Club Member Administrator prior to online registration—Forms must be kept on file with the Club and may be requested at any time by NGA National Office
		TRANSGENDER ATHLETES	AFFILIATED
		- Athlete membership is welcome - Athletes will compete in their own age group in the chosen level	All athletes must be a registered member with a NGA Member Club prior to competing
		MALES REGISTERED IN FEMALE EVENTS	
		- Athlete membership is welcome - Athletes will compete in their own age group in the chosen level	

ATHLETE RIGHTS & OBLIGATIONS

ATHLETE RIGHTS

PARTICIPATION	COMPETITION FACILITIES	AWARDS	COURTEOUS TREATMENT
Enter and compete in a sanctioned NGA competition, provided all requirements for eligibility (<i>level, age, discipline</i>) and membership are met	- Be provided with a safe competition facility - Use the services of any person officially provided for the competition (physician, trainer, etc.)	- Receive awards based on scores and ranking in designated age group as outlined in the competition directives - If ties occur, awards are mailed to the club, free of charge, not later than 30-days after completion of the competition if awards are not available at competition	Respectful treatment is expected from all participants and competition personnel

ALL ATHLETES ARE OBLIGATED TO:

NGA MEMBERSHIP	SAFE PROGRESSIONS - MOBILITY	FOLLOW RULES / SCHEDULE	MODEL BEHAVIOR	CELL PHONE
- Obtain an Athlete Member number from NGA Membership - Be affiliated with an NGA Club Member	- Be competent at lower levels prior to participating in higher levels - Achieve a mobility score to move up to possibly two (2) levels 31AA Women / 40AA Men 8.0 IES Women / 7.0 IES Men	- At NGA-sanctioned competitions - Remain in the designated competition area until the session is complete and all athletes have competed	Be courteous, polite, respectful to all judges, coaches, volunteers, competitors and other competition personnel	Cell phone use (talk, text) or any wireless communication device is prohibited while in competition area
COMPETITION ARENA	COMPETITION APPAREL - MEN	COMPETITION APPAREL - WOMEN		CHANGING AREA
- Remain in the area of competition designated for athletes while in your competitive session - Food and drink—Eat or drink outside the competition area (except water bottles)—Pick up all trash generated by snacks	- Level 1N-5N and 4X4 - Only required to wear athletic shorts and a team t-shirt or jersey top - Level 6N-10N - required to wear gymnastics shorts on FX & VT, form pants and socks with jersey on PH, SR, PB, and HB	- Long-sleeve or tank leotard or unitard may be worn - Leggings or unitards with feet out may be worn - Lycra shorts manufactured by a leotard company may be worn over/under the competition leotard—Should be one color that complements the competition leotard		Athletes must change clothes ONLY in designated changing area or restroom—never in public view on the competition floor

VIOLATION

- Be aware that a violation of obligations could lead to deduction and/or expulsion by joint decision of the Competition Director and/or Competition Referee
- Athletes may NOT compete wearing any restricted medical device; i.e., a cast or boot

APPEARANCE

- Be well groomed:
 - Clean attire
 - Hair secured away from face to not obscure vision
 - Stud earrings only - Ears only. No other jewelry permitted
 - Tattoos do not have to be covered
 - Nail polish is allowed
 - No gum chewing
- Contact National Office for any special concerns regarding apparel or appearance

ATHLETE RESIDENCY/CLUB RESIDENCY

ATHLETE RESIDENCY

DETERMINED BY PHYSICAL LOCATION OF ATHLETES / TEAM TRAINING FACILITY

ADDRESS

- Athlete's training club physical address

STATE CHAMPIONSHIPS

- An athlete may compete in **one** State Championship, based on the state where their affiliated club is located
- Exception: if State Championships are not held in that state

CLUB RESIDENCY

DETERMINED BY PHYSICAL LOCATION OF FACILITY

STATE CHAMPIONSHIPS

- Club competes in State Championships of the state where training facility is physically located
- Exception: If State Championships not held in that state

MULTIPLE CLUB LOCATIONS

- Multiple locations, with same owner, must compete in the state of the club's address as distinct and separate individual clubs

MULTIPLE CLUBS / SAME COACH

- Same coach represents two clubs, clubs are considered separate individual clubs



CHAPTER 7

JUDGE MEMBERSHIP OVERVIEW

Judge Membership

Age Requirements

NGA Sanctioned Events

Abuse Prevention

NCSI Background Screening

Concussion Protocol

Membership Fee

Judge Responsibilities

Credentials

Ethics

Contracts

Competition Arena

JUDGE MEMBERSHIP - MEN/WOMEN

JUDGE MEMBERSHIP

ANY JUDGE WHO SATISFACTORILY COMPLETES THE FOLLOWING IS ELIGIBLE FOR JUDGE MEMBERSHIP

AGE REQUIREMENTS	NGA SANCTIONED EVENTS	CONCUSSION PROTOCOL
• 18 years and older • 16- 17-year-olds may judge local Levels 1N-5N only (no overnight stays)	• Men's Judge Member must hold a valid NGA membership and applicable Judges' Association (NGJA) membership prior to participating in any NGA-sanctioned event	• Judges are NOT required to have a concussion protocol for membership

JUDGE MEMBERSHIP REQUIREMENTS

JUDGES ARE REGISTERED AS INDIVIDUALS FOR THEIR MEMBERSHIP

NGA JUDGES' MEMBERSHIP	ABUSE PREVENTION	NCSI BACKGROUND SCREENING
• NGA Annual Judge Membership is required for all judges assigned to a registered NGA-sanctioned event = \$35 USD	• Successfully complete Abuse Prevention Course—Every two (2) years = FREE	• Successfully complete the NCSI Criminal Background Check every two (2) years = \$30 USD • NGA does not accept NCSI screening from another organization • A judge screened by another sports organization or NGB using NCSI may email proof of screening—no additional screening is necessary until after the current screening expires • Send to: sanctions@nationalgym.org
	• <i>Any person or club that has been banned from any organization and/or has been denied a SafeSport™ certification will be prohibited from obtaining an NGA membership</i>	



JUDGE RESPONSIBILITIES

JUDGE MEMBER RESPONSIBILITIES

CREDENTIALS	ETHICS	CONTRACTS	COMPETITION ARENA
• Maintain a current and valid NGJA membership • At NGA-sanctioned events, judges must: • Sign in and produce, electronically or physically, a current and valid NGA membership record showing: • Membership Expiration Date • Current and valid Criminal Background Check Certification • Current and valid Abuse Prevention Course Certification	• Proof of compliance may be pre-determined upon assignment to a Sanctioned event • Adhere to the NGA Code of Conduct • Come prepared and with full knowledge of the NGA Rules • Be the consummate professional— Set a good example by displaying a positive attitude and exemplary conduct • Display good sportsmanship at all times • Dress appropriately— See <u>Judges Uniform</u> • Be considerate of competition's equipment— refraining from wearing footwear that could damage the equipment • Show proper respect and welcoming to all competitors, coaches, meet personnel, and volunteers • All competitors, regardless of the level, should be treated the same • During the competition, you may have conversations with other judges, coaches, or athletes during downtime — never be involved with the athlete during warm-up or training • No e-cigarettes, vaping, or other tobacco products allowed at any NGA Sanctioned Event • Judges not following the NGA Rules or abusing power may face disciplinary review from the National Judging Administrator and Technical Advisory Panel • Must evaluate routines using NGA deductions without personal beliefs to arrive at the score	• Complete and honor all contracted assignments • If a cancellation must occur, notify the appropriate Competition Director and Assigner at the earliest possible moment • Under extreme circumstances, should a judge not be able to honor the contract, they must contact the Competition Referee to work together to find a replacement • To maintain professionalism, please refrain from soliciting invitations to judge specific competitions or approaching other gymnastics professionals to further your personal business interests	• Be familiar with the competition arena— and ready to attend all judges' meetings • Maintain NGA Judges Accreditation ratings— For the appropriate level of competition, be current with all NGA Rules & Regulations • During a conference— Be expedient, cooperative, efficient in resolving differences • Remain at the event station— Until the competition has concluded (If time is running short during a meal break, judges may leave their event before competition is complete on all events) • Be familiar with competition setup and organization— Only if it is a violation of the Rules & Regulations, a judge may seek to change the competition setup • Use of cell phones or electronic devices — For talking or texting, is prohibited • May use electronic tablets for judging purposes only within the competition arena

CHAPTER 8

MEDICAL / OTHER STAFF MEMBERSHIP OVERVIEW

Medical Staff Membership & Responsibilities

Credentials

Ethics

Competition Arena

Acceptance of Medical Position

Other Membership & Responsibilities

Credentials

Ethics

Competition Arena

Acceptance of Position

MEDICAL STAFF / OTHER PROFESSIONALS RESPONSIBILITIES

MEDICAL STAFF MEMBERSHIP & RESPONSIBILITIES

CREDENTIALS	ETHICS	COMPETITION ARENA	ACCEPTANCE OF MEDICAL POSITION
• Maintain a current and valid National Gymnastics Association Medical membership (See Membership) • At NGA Sanctioned Events, all Medical Staff members must: • Sign-in • Have a current Criminal Background Check • NGA Medical Membership is FREE • In case of an injury, onsite Medical Staff personnel ONLY will give final clearance for an athlete to compete.	• Use the NGA Code of Conduct and all Abuse Prevention Policies as guidelines • Serve only one job function at a competition—may not serve in a dual capacity (i.e., Medical Staff/Judge, Coach/Medical Staff, etc.) • Be the consummate professional— Set a good example for the athletes by displaying a positive attitude and exemplary conduct • Dress appropriately • Be considerate of the competition's equipment—refraining from wearing footwear that could damage the equipment • Show proper respect for all competitors, coaches, meet personnel, and volunteers. • All competitors, regardless of the level, should be treated the same • During the competition, refrain from unnecessary conversation with judges and coaches unless necessary to evaluate an injury—Never be involved with an athlete during warm-up or training unless requested by the coach or athlete • No e-cigarettes, vaping, or other tobacco products allowed at any NGA Sanctioned Event	• Be familiar with the competition arena—and ready to attend any pre-competition meetings • Be familiar with competition setup and organization • If it is a violation of Rules & Regulations or an unsafe situation, seek to change the environment to protect all within the competition by working with the Competition Director to correct • Use of cell phones—For talking, texting, is prohibited • May use electronic tablets for medical purposes only within the competition area • Must complete official NGA Injury Report form—Signed original to NGA National, copy to coach or parent	• Complete and honor all contracted assignments • If a cancellation must occur, notify the appropriate Competition Director(s) at the earliest possible moment and provide a replacement if possible • Be confidential about medical matters occurring during the competition • Avoid a competition in which any personal bias (positive or negative) towards any competing team and/or individual athlete would affect the ability to objectively provide medical services

OTHER PROFESSIONALS & RESPONSIBILITIES

CREDENTIALS	ETHICS	COMPETITION ARENA	PROFESSIONAL POSITION
• All other persons allowed within the competition area must be credentialed	• See above	• See above • If seeking credentials, you must complete the requested paperwork	• As a professional credentialed to enter the competition arena, all NGA rules and requirements are to be followed

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PART B

JUDGE OVERVIEW

CHAPTER 1—COMPETITION JUDGE

CHAPTER 2—JUDGE COMPENSATION



CHAPTER 1

COMPETITION JUDGE

Contracting Judges

Judge Contractor
State / Regional / National
Women Judge Requests
Timeline
Judge Compensation
Women Judges Assigned

Judge Affiliation

NGA Judge Panels
Affiliated / Not Affiliated
Example of Affiliation
Affiliated Judge(s) on Minimal Panel

General Duties

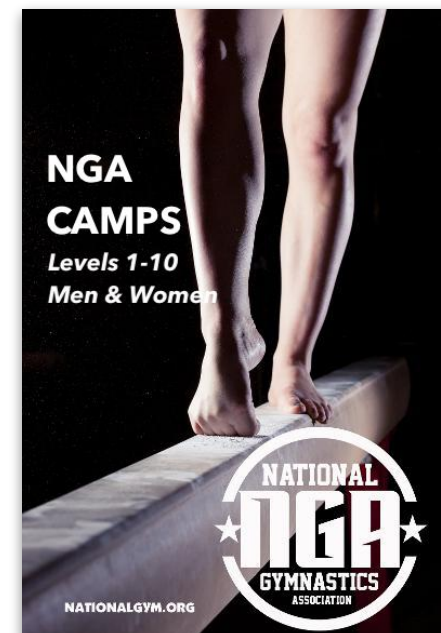
Contract
Financial Responsibility
Professionalism
Uniform / Championship Uniform
Competition Referee
NGA Competitions
Payment Sheet
Authority
After Competition
During Competition

Specific Duties

Head Judge
Panel Judge
Panel Assistant

CONTRACTING JUDGES

CONTRACTING JUDGES	
JUDGE CONTRACTOR	STATES / REGIONALS / NATIONALS
Current state designated (men's/women's) assigner and/or gymjas.com for women will be used for contracting NGA judges	Judge(s) selected by the State Advisory Panel, National Judges Administrator and Program Administrators
JUDGE COMPENSATION	INVITATIONALS—WOMENS JUDGE ASSIGNED
- NGA Judge Compensation Package is used for all sanctioned competitions for both Men and Women - Non-sanctioned events may be negotiated directly with the host club	- One (1)-Judge panel: L1N - L5N - Two (2)-Judge panel: L6N - L10N 1-Judge panel may be used if judges are not available within a 150-mile radius - Judge for one (1) judge panel must have an L10N rating (NGA Regional) or higher to judge L6N-L10N
ALL COMPETITIONS—MENS JUDGE ASSIGNED	STATE & ABOVE—WOMENS JUDGE ASSIGNED
One (1)-Judge panel: L1N - L10N may be used for all competitions through Regionals and Nationals - (2)-Judge Panels if the participant number over 250	Two (2)-Judge panel: L1N - L10N



AFFILIATION OF JUDGES

AFFILIATION OF WOMEN JUDGES

WHO IS AFFILIATED	EXAMPLE OF AFFILIATION	NGA COMPETITION JUDGE PANELS
• Person employed by a club that is competing • Coach for a club that is competing • Club owner/administrator of a club that is competing • Athlete member of a club that is competing • Athlete enrolled in a recreational class of a competing club • Sports science/technical professional of a club that is competing • Immediate family member of: • Competing athlete • Coach of a competing club	• <i>Employee or volunteer for a club that is competing is affiliated</i> • <i>Paid or unpaid coach for a club that is competing is affiliated</i> • <i>Owner or front office staff of a club is affiliated</i> • <i>Any level athlete member of the club, but not competing in the competition, is affiliated</i> • <i>Athletic trainer, physical therapist, sports psychologist, choreographer who receives a paycheck as a full- or part-time employee of the club is affiliated</i> • <i>A judge with any family member coaching at a competing club is affiliated</i>	• Two (2) judges or more on a panel • Affiliated judge may be Competition Referee, Chief Judge, or Panel Judge • Two (2) affiliated judges from the same club may not serve on a two (2)-judge panel • One (1) judge panel with club affiliation • May be assigned only if an unaffiliated judge is not available within a 150-mile radius
WHO IS NOT AFFILIATED	• <i>Athletes' parent is judging a competition in which their athlete's club is actively competing is affiliated</i>	
• Competing club's athlete member participating in another NGA discipline is not affiliated		

GENERAL DUTIES OF JUDGES

GENERAL DUTIES OF COMPETITION JUDGES

DUTIES	CONTRACT	FINANCIAL RESPONSIBILITY	PROFESSIONALISM
- The judge performs their duties as a competition judge according to NGA Rules & Regulations, NGA membership policies and the Code of Conduct - Judge capacity at an assigned competition is limited to judging, evaluating, and scoring the assigned competition - Judge is not allowed to function in a dual capacity - Judge may interact on the floor of the competition with coaches—both parties interacting in a professional and respectful manner	- Each judge to sign/return contract to Contracting Organization / Comp Director - Judge to honor and be bound by agreed upon terms of each individual contract	Judges' personal responsibility includes all financial reporting regarding payments and reimbursements to their appropriate reporting agencies	- Always act in a professional manner - Remain at the judging station during the competition until completed or unless on break - If out of range, be willing to compromise if necessary Always give the benefit to the athlete, if it is determined an incorrect rule was applied, give back to the athlete - Leave all personal views and beliefs at home. Judge what is presented without bias
	UNIFORM	YR-END CHAMPIONSHIPS UNIFORM	
	- Women judges are permitted to wear any official NAWGJ licensed apparel; in addition, they may wear navy blue pants. All blouses or shirts must be white; cardigans/vests worn over shirts may be white, navy blue, or red - Men judges to wear NGJA required apparel - With direction of Competition Director, judges may wear themed attire or NGA apparel	- Women judges MUST wear a navy blazer and follow uniform guidelines, unless specified by the Competition Referee - Men judges must wear NGJA-required apparel - Year-end Events include: State, Regionals, and Nationals	

GENERAL DUTIES OF COMPETITION REFEREE

NGA COMPETITIONS	PAYMENT SHEET	AUTHORITY	COMPETITION REFEREE DUTIES
Competition Referee will be designated at all NGA sanctioned competitions	Responsible for final expense sheet and receipts for judges to Competition Director	- Is final authority in all technical matters involving judges, timers, line judges, flashers, tabulators - At request of Head Judge during conferences, may offer opinion and may recommend, but never force a score change - Responsible to handle all video review requests - Allow coach to approach judges with quick questions if judges are unoccupied and available to discuss	- Acts as an overall liaison between coach and judge - If requested, assists in conducting draw for the competition - Attends coaches' meetings for all sessions - Conducts pre-meet judges' meeting - Clarifications - Scoring system - Information from Competition Director - Oversee base score prior to State and above prior to competition - Signs official sanction sheets
AFTER COMPETITION	DURING COMPETITION		
- Be available to handle any technical issues, inquiries or questions - Sign Sanction Report, including any infractions or violations	- Accepts inquiries, within ten (10) minutes of event completion, following through to completion of competition - Monitors event panels		

JUDGE SPECIFIC DUTIES

GENERAL DUTIES OF HEAD JUDGE

DUTIES	RESPONSIBILITIES OF PERFORMANCE	NEUTRAL DEDUCTIONS	REPORTS TO COMPETITION REFEREE
- Evaluate routine quickly and accurately, without bias - Record SV, Athlete name or number, and score - Be available for all inquiries - Responsible for calling a conference if scores are out of range, i.e., impossible SV	- Confirms when an athlete may repeat a routine due to technical failure such as: - Broken grip = May repeat routine as last competitor in squad - If not enough recovery time, allotted time increased until athlete is safe (not over 5m)—Common sense must prevail - Terminates a routine if after a fall, the athlete is unable to resume	- Responsible for applying neutral deductions from the average score - Indicate to the coach verbally or by visual means at the conclusion of the routine	- Incorrect attire infractions - Unsportsmanlike conduct of coach or athlete (<i>after warning</i>) - Failure to observe team warm-up time

GENERAL DUTIES OF PANEL JUDGE

DUTIES	SCORE CHANGE		
- Must include for each athlete - Judges' initials, assigned number - Athlete name, number, SV, Score	Score change—Cross out the first score, initial the change, and note the new score. Do not erase		

GENERAL DUTIES OF AUXILIARY JUDGE/VOLUNTEER

LINE JUDGE—FX	ROUTINE TIMER	FALL TIMER	WARM UP TIMER
- Must be a rated judge - Signal a border error with a raised hand or flag - Inform the Head Judge of the violation	- Responsible for correct timing of routine—See Head Judge for details - Inform Head Judge of time violation—indicate actual time	- See Head Judge for details - Give incremental verbal warnings of remaining time	- Do not begin timing until the athlete is ready (within a reasonable time) - Athlete may finish skill if time is called - Warn athlete after “time” is called by announcing “time exceeded” - Athlete continues; report the infraction to the Competition Referee

CHAPTER 2

JUDGE COMPETITION PACKAGE

Non-Judging Criteria

Women

Report Times
Cancellations
Contract Modifications
Contract Failure

Non-Judging Expenses

Women

General Expenses
Per Diem
Lodging
Mileage

Compensation Rules

Women

Hourly Fee
Break Time
Calculating Fees
Referee / Head Judge
Number Judges per Panel
Championship Fees

Compensation Charts

Women

Hourly Compensation Chart
Non-Judging Compensation Chart

Compensation Rules

Men

Per Judgment Fee
Modified Capital Cup / Capital Cup
Mileage
Downtime
Per Diem

Compensation Charts

Men

Compensation Chart
Non-Judging Compensation Chart

WOMEN—NON-JUDGING CRITERIA

WOMEN—NON-JUDGING CRITERIA

JUDGE REPORT TIMES AND FINES	CANCELLATIONS	FAILURE OF CONTRACT: JUDGE	FAILURE OF CONTRACT: COMPETITION DIRECTOR
- Judge reports 30 minutes prior to march-in for all invitational competitions, unless otherwise specified by the Competition Referee - Possible \$10.00 USD penalty for late arrival may be applied at the discretion of the Competition Director—Late arrival time to be communicated on sanction report - Report time for competitions requiring video analysis may be up to 1-hour prior to march-in - Competition Referee to specify report time	- Contract obligations not fulfilled by either party due to extenuating reasons; no mandatory penalties are applied to either party <u>Example:</u> Inclement weather (prohibiting travel) or grave illness - If inclement weather exists (weather which delays/prohibits safe travel for a judge), the Competition Director is responsible for judge lodging and meals	- Judge unable to fulfill contract due to personal reasons—obligated to contact assigner to determine if a replacement is available - If a judge cancels the contract less than fourteen (14) days prior to the competition date, any non-refundable expenses incurred by the Competition Director must be repaid by the judge if expenses cannot be reused for a replacement judge	- Minimum seven (7)-day notice required for amendments/cancellation of judges - Cancellation occurs less than 7 days prior to the competition, and judges are not reassigned to another competition. The Competition Director is responsible for two (2) hours' payment per judge and any non-refundable expenses incurred
	MODIFICATIONS - Conditions on contract are modified - Competition Director should immediately contact the assigner and all contracted judges		

WOMEN—NON-JUDGING EXPENSES

WOMEN—EXPENSES

PER DIEM—GENERAL	GENERAL EXPENSES	MILEAGE VS AIRFARE	MILEAGE TO AIRPORT; PARKING FEES
- Competition Directors provide meals or pay per diem, according to competition type - Provided meals should be nutritional, and concession-type food should be avoided - Special dietary needs may be communicated to the Host; however, the Host is not obligated to provide special requests - Judges are recommended to bring personal food to ensure dietary needs are met, if necessary - Judges are not to provide family with meals from hospitality area - Judges will be notified in advance if meals will not be provided and per diem given - Per Diem pay to judges at a rate of: \$20.00 per diem—On-site min. 3 hours but less than 8 hours - Begins with report time, includes meetings, competition \$40.00 per diem—On-site 8 hours or more. \$20.00 per meal (max. \$40.00 per day) assessed for meals not provided by Competition Director - Breakfast per diem paid only for overnight stay	- If requested by the Competition Director, expenses must be listed on contract and approved to be paid - Only standard/customary expenses with accompanying receipts are reimbursed in actual amounts (flight, hotel, etc.) - Expenses (such as babysitters, car repairs, reimbursement for lost salary, or other normal work-related expenses) will not be paid	- Plane/train/bus/rental car approved travel expenses per contract are paid in full by the Competition Director - Total mileage cost or car rental and gas not to exceed cost of airline ticket, or rental car, to same location set at \$300 - Judge requests to drive, instead of fly, Competition Director determines cost of airline ticket and informs judge of maximum payment	Mileage to/from airport, tolls, airport parking, fees for one bag (not overweight bag charges), taxi/limo service as stated in the contract is paid by the Competition Director
	LODGING	MILEAGE	MILEAGE—NO OVERNIGHT STAY REQ'D
	- Judge may stay overnight prior to/ during/following competition: - If requested and/or needed, lodging must be provided/paid for by Competition Director - Lodging will be a hotel of the Competition Directors' choice - Based on double occupancy—must provide two beds, not include a sleeper sofa - If judge needs to depart before 6 am for early report time and/or late finish, Competition Director may provide hotel options - Distance, traffic, road and/or weather conditions should be considered for overnight accommodations	- If a carpool is arranged, carpool mileage is paid from home to meeting point—Carpooling is not mandatory - Only judge driving from meeting point to competition site is compensated for mileage	- RT mileage paid for each day - Mileage not to exceed the cost of the hotel room is for more than a one-day competition
		MILEAGE RATE	MILEAGE FOR REQUIRED OVERNIGHT
		- Standard IRS rate is paid to driver(s) - IRS mileage fee increases are applied when the increase is a full cent - IRS mileage rate changes announced in December, effective January - Judges will be asked to provide actual mileage electronically to the Competition Referee for mileage reimbursement	- Lodging provided by the Competition Director - Judge chooses to return home; RT mileage paid once, unless pre-arranged with the contracting judge and Competition Director - Mileage calculation requiring overnight stay. Total miles from home to hotel, to and from competition venue, return to home

WOMEN—JUDGE COMPENSATION

WOMEN—JUDGE COMPENSATION CALCULATIONS

HOURLY COMPETITION FEE	SAMPLE: (3) SESSION COMPETITION	SAMPLE: (4) SESSION COMPETITION	CHAMPIONSHIP FEES
- Judges paid hourly fee, according to their rating, with minimum payment of three (3) hours <u>per day</u> - Competitions with multiple sessions <u>per day</u>, judge provided min of two (2) 30 minute break times between sessions - Daily number of paid hours calculated: - Subtract required break time from total time at competition (from start of report time/judges meeting to completion of competition)	- Report time—Judges meeting 8 am - Break between sessions 1/2 = 30 min - Break between sessions 2/3 = 30 min - Competition ends 8 pm - Total time = 12-hours - Deduct required one (1)-hour break (2 x 30-minute breaks) - Judges pay = 11 hours	- Report time—Judges meeting 8:00 am - Break between sessions 1/2 = 30 min - Break between sessions 2/3 = 45 min - Break between sessions 3/4 = 40 min - Competition ends 9:20 pm - Total time = 13 hours, 20 minutes - Round up to 13.5 hours, subtract 1.0 hour for required break time (3 X 30-minute breaks) - Judges pay = 12.5 hours	Judges to receive same compensation based on hourly fee and break times unless otherwise specified in advance by the NGA National Judges Administrator
BREAK TIME	CALCULATING PAY	REFEREE / HEAD JUDGE	NUMBER OF JUDGES PER PANEL
- Required break times provided, payment for day calculated from contracted report time to end of competition for that day - State/Regionals/Nationals competitions requiring video analysis plus judges' meeting, paid time starts with scheduled meeting time, up to one hour prior to scheduled march-in time - Judges' Compensation Package is in effect for all NGA competitions, as specified - If sufficient break time is not provided, pay is based on report time to end of competition	- Calculate total time of competition, round off to nearest half-hour—<u>Do not</u> round up for each session - Subtract required break time from total (or adjusted) time to determine number of hours (paid hourly) - Rate based on rating - Fee scale indicated in this document will be applicable for all NGA Sanctioned Events unless otherwise specified in advance by the NGA National Judges Administrator - Judges covering one single session of multiple session competitions to be paid a minimum of three (3) hours	- Receives additional \$10.00 per day at these NGA competitions: - State competitions if 2-4 judge panel - NGA Regionals, regardless of number of judges per panel - Atlantic/Pacific Championships, National Championships - Dual compensation acceptable if Competition Referee also serves as Head Judge - Competition Referee (CR) fees paid at ALL competitions - Head Judge (HJ) fees NOT paid at invitationals	- One (1) Judge Panel allowed for Levels 1N-5N - Two (2) Judge Panel are used for Levels 6N-10N - One (1)-judge panel may be used for all Levels if not enough judges are available within a 150-mile radius - Requests for 6N-10N one (1) judge panel must be NGA approved (request 3-weeks prior to start of competition) (NGA National Technical Director) - Two (2) Judge Panel are required for all levels for State Championships and above (year-end competitions)

WOMEN—JUDGE COMPENSATION CHART

WOMEN—HOURLY JUDGE COMPENSATION CHART

Ratings and Pay Rate Effective August 1, 2025

RATE	\$37.00	\$34.00	\$31.00	\$27.00	\$23.00
NEW Ratings	Elite	National	Regional	State	Local
Levels to Judge	1N-10N	1N-10N	1N-10N	1N-10N	1N-5N
Current	International	National	Level 10	Level 6-9	Level 4-5
HRS	TOTAL PAY				
3.00	\$111.00	\$102.00	\$93.00	\$81.00	\$69.00
3.50	\$129.50	\$119.00	\$108.50	\$94.50	\$80.50
4.00	\$148.00	\$136.00	\$124.00	\$108.00	\$92.00
4.50	\$166.50	\$153.00	\$139.50	\$121.50	\$103.50
5.00	\$185.00	\$170.00	\$155.00	\$135.00	\$115.00
5.50	\$203.50	\$187.00	\$170.50	\$148.50	\$126.50
6.00	\$222.00	\$204.00	\$186.00	\$162.00	\$138.00
6.50	\$240.50	\$221.00	\$201.50	\$175.50	\$149.50
7.00	\$259.00	\$238.00	\$217.00	\$189.00	\$161.00
7.50	\$277.50	\$255.00	\$232.50	\$202.50	\$172.50
8.00	\$296.00	\$272.00	\$248.00	\$216.00	\$184.00
8.50	\$314.50	\$289.00	\$263.50	\$229.50	\$195.50
9.00	\$333.00	\$306.00	\$279.00	\$243.00	\$207.00
9.50	\$351.50	\$323.00	\$294.50	\$256.50	\$218.50
10.00	\$370.00	\$340.00	\$310.00	\$270.00	\$230.00

WOMEN—NON JUDGING EXPENSE CHART

PER DIEM & MILEAGE

ALL RATINGS PER DIEM

PER DIEM RATES	DAY COMPETITION	OVERNIGHT
\$20.00 each Lunch & Dinner \$40 per day maximum	2 sessions - Lunch 3-4 sessions - Lunch & Dinner	\$20.00 per meal not provided up to a \$60 per day maximum
	1 session less than 3.00 hrs BUT 100 miles or more Round Trip - Lunch	
No Breakfast	Day Competition Travel to/from in 1-Day	

ALL RATINGS MILEAGE

MILEAGE	SINGLE DRIVER	CARPPOOL
Current IRS Rate found at IRS.gov	All mileage paid RT	Mileage paid RT to meet carpool

COMPETITION REFEREE / CHIEF JUDGE FEES

Championships	Using 2+ or 4+ judging panel	\$10.00 per day
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MISCELLANEOUS

- Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director
- Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost

MEN—JUDGE COMPENSATION CHART

MEN—JUDGE COMPENSATION

PER JUDGMENT JUDGE FEE	MODIFIED CAPITAL CUP	LODGING	MEALS / PER DIEM
<u>Sessions = less than 50 judgments</u> - Payment = # athletes entered x # of events judged (min 50) judgments per session required <u>Example #1:</u> 35 judgments X 2 events judged = 70 X cost per judgment = Judges Fee <u>Example #2:</u> 35 judgments X 1 event judged = 50 (min) X cost per judgment = Judges Fee - Payment fees are based on current rating of judge	Warm up, compete, warm up, compete —format where competition is interrupted for primary warm up time per event once competition has begun) Negotiable increase of max of 30% per judgment fee per session is paid extra	Lodging must be provided if a judge must stay over-night prior to, during, or after a competition	- If nutritious meals are not provided by host club, the following rates apply: - Breakfast: \$12 - Lunch: \$15 - Dinner: \$18
	CAPITAL CUP	MILEAGE	DOWNTIME
<u>Mixed sessions</u> Payment = # of L1-5N judgments X L1-5N fee and # of L6-10N judgments X L6-10N fee	- Competition with judging not interrupted) do NOT incur this fee - One Touch warm up—Each athlete gets one brief turn, do not incur this fee	- Each judge may only receive driver <u>or</u> rider fee - Driver—Receives current IRS rate found at IRS.gov - Rider—Receives up to 30% of current IRS mileage rate <i>Total mileage cost should not exceed cost of round trip airplane ticket to same location</i> - Tolls & Parking—Amount paid per vehicle to the driver	- Downtime: \$10 per 1/2 hour - Calculated after initial 2 hours from session end time
			SIMPLIFY REPORTING AND PAYMENT
			Number of judgments determined at beginning of each session—deemed the same for each judge per session (flight for Capital Cup)—base payment on number of competing athletes

MEN—JUDGE COMPENSATION CHART

MEN—JUDGE COMPENSATION CHART		
2026-2027		
	LEVEL 1N-5N	LEVEL 6N-10N
	<i>Cost per judgement</i>	
RATING	Minimum 50 Judgments	Minimum 50 Judgments
Brevet	\$1.80	\$2.20
National	\$1.65	\$1.95
JO	\$1.40	N/A
ALL RATINGS	Modified Capital Cup add 30%	Modified Capital Cup add 30%

All judges required to complete
NGJA Expense Form found [here](#)

MEN—NON JUDGING EXPENSE CHART		
PER DIEM & MILEAGE		
ALL RATINGS PER DIEM		
PER DIEM RATES	DAY COMPETITION	OVERNIGHT
Breakfast \$12 Lunch \$15 Dinner \$18 \$45 per day maximum	Day Competition Travel to/from in 1-Day	\$45.00 per day maximum
	1 session less than 3.00 hrs BUT 100 miles or more RT- 1 meal	
	2 sessions - 1-2 meals 3-4 sessions - 2-3 meals	
ALL RATINGS MILEAGE		
MILEAGE	SINGLE DRIVER	CARPOOL
Current IRS Rate found at IRS.gov	All mileage paid RT	Mileage paid RT to meet carpool Tolls, parking paid per vehicle to driver
COMPETITION REFEREE / HEAD JUDGE FEES		
Championships	N/A	N/A
MISCELLANEOUS		
• Mileage to Airport, Taxi, Tolls, Parking, 1st Bag Fees paid with receipts (no overweight charges) and in contract with Competition Director		
• Judge driven to airport, mileage reimbursed for each RT—not to exceed parking cost		

Run your competition end to end.

Registration, eligibility, ticketing, and payouts stay in one system — from the day you open entries to the day the scores are final.

Scoring day hands off clean

Rosters move straight into ProScore. No exports, no re-keying at the scoring table.

Ticket sales and door scanning

Sell spectator admission in the same place you run entries, then scan tickets at the door.

Reservations with deposits

Clubs hold their spots against a real deposit, so session counts firm up long before entries close.



Create your first competition free

Scan the code, or go to gotscoredhd.com

No subscriptions, no setup fees

Trusted platform for NGA
membership management

PART C

COMPETITIONS

CHAPTER 1—SANCTIONS

CHAPTER 2—COMPETITION RESPONSIBILITIES

CHAPTER 3—TYPES OF COMPETITIONS

CHAPTER 4—SELECTION OF COMPETITION HOSTS

CHAPTER 5—COMPETITION FORMATS



CHAPTER 1

SANCTIONS OVERVIEW

NGA Domestic Sanction Event

NGA Independence
Competition Sanctions
Educational Sanctions
Sanction Holder
Sanction Restrictions
Athlete Affiliation
Competition Director

Sanction Request

Sanction Location
Sanction Fees
Sanction Restrictions
Granted Sanction
Competition Director
Certificate of Insurance

Sanction Violations and Penalties

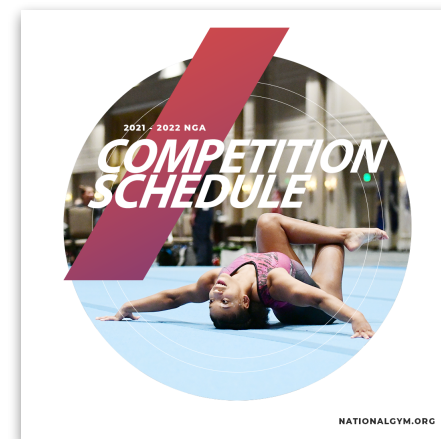
Sanction Violations VIOLATIONS
Violations by Competitor
Violations by Coach / Judge
Violations by Competition Director
Sanction Penalties
Competition Director Violations
Member Violations
Violations Fines Rules

Sanction Reports

DOMESTIC SANCTIONS

DOMESTIC EVENT SANCTIONING

NGA INDEPENDENCE	EDUCATIONAL SANCTIONS	SANCTION HOLDER
• NGA, as an independent body for the sport, is responsible for granting of NGA sanctions	• Sanctions may also be obtained for clinics, workshops, educational events, tours exhibitions	• Only current NGA Clubs may register athletes for sanctioned events • To host an NGA-sanctioned competition, all Competition Directors MUST be current NGA Member with: • NCSI background check • Abuse Prevention Training Course • Concussion Protocol Training Course • Competition Director Certification (when available)
SANCTION RESTRICTIONS	ATHLETE AFFILIATION	
• NGA sanctioned event CANNOT be run concurrently in same session with non-NGA sanctioned event	• Unaffiliated, non-member athletes will not be permitted to participate in the event unless special arrangements can be made for temporary membership over dates of event for non-member athletes	
COMPETITION SANCTION	COMPETITION DIRECTOR	
• Sanctions required for all NGA competitions with NGA registered participants	• Competition Director must hold an NGA coach membership complete with background check, NGA Abuse Prevention Course, and Concussion Protocol	



SANCTION REQUEST

DOMESTIC EVENT SANCTION REQUEST

SANCTION REQUEST	SANCTION LOCATION	SANCTION FEES
- Domestic sanctioned events may be applied for online via the NGA Club Login Page - Complete the sanction request form at: NGA/Sanction	- Events conducted in more than one location—each location must have separate sanction - If men and women's event is in same venue with same dates, one combined sanction may be requested	- Domestic Sanction Fee: - Fee is \$125 for the 2026-2027 Season for ALL domestic sanctioned events - Sanction fees (plus any late fees) are non-refundable or transferable - Rush Fees - Sanction request for in-house processing 7 days or less before the start date of the event: a \$50 rush fee is charged for 2026-2027 Season
SANCTION RESTRICTIONS	GRANTED SANCTION	
Request for sanction must include equipment/venue set-up/take down and training days, as well as competition days	- Once sanction is granted, NGA Rules and Regulations must be followed. - See specific Competition Director responsibilities	
COMPETITION DIRECTOR	CERTIFICATE OF INSURANCE	
Only one discipline per sanction	- To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event - Forms may be found under Sanctions; Sanction Forms	



SANCTION VIOLATIONS & PENALTIES

SANCTION VIOLATIONS

VIOLATIONS MAY RESULT IN a FINE, a VOIDED SANCTION, a VOIDED COMPETITION AND RESULTS OR PENALTY OF SANCTION PRIVILEGES

SANCTION VIOLATIONS	COMPETITOR VIOLATIONS	COACH / JUDGE VIOLATIONS	COMP DIRECTOR VIOLATIONS
• Competition Director fails to follow NGA Rules & Regulations may receive actions/penalties by NGA National Office	• Individual athlete violates regulations, they and their team are disqualified, all awards returned	• Individuals without appropriate/current NGA Membership, falsifies a membership, attempts to participate in NGA sanctioned competition	• Allow coach, judge, athlete on competition floor without current, valid membership • Any regulation violation within Rules & Regulations • Improper timing of competition:

SANCTION PENALTIES

COMP DIRECTOR VIOLATION PENALTIES	MEMBER VIOLATIONS PENALTIES	
• Competition Director may receive penalties for violations—penalties could include: • 1st time violation—Warning • 2nd time violation—Fine of \$100 for one violation plus \$100 for each additional violation associated with same sanction • 3rd time violation—fine of \$500 for one violation plus \$500 for each additional violation associated with same sanction, plus possible one (1) year suspension of sanctioning privileges	• Hosting groups may also be denied sanctioning privileges if violations are repeated with multiple Competition Directors • Violation due to lack of mandatory forms being returned will incur loss of ability to sanction an event until all mandatory forms are returned • Fine assessed but not satisfied by deadline indicated, Competition Director's membership may be placed in a pending status • Escalating penalties accrue during current competitive season: July 1st to June 30th • Competition Director incurs three (3) sanction violations in one (1) competitive season, will be placed in pending status with loss of Competition Director privileges	• Athletes in gym more than five (5) hours • Starting warm ups before 8 am • Finishing after 10 pm due to poor scheduling • Fail to return required sanction forms by designated deadline • Altering NGA language on sanction report form • Fail to obtain signatures/initials of judges/coaches on sanction sign-in form
	VIOLATION FINES RULES • Fines apply only to individual Competition Director • State Rep/NGA National Office notified of any violations via e-mail • Fine assessed but not paid by assigned deadline, NGA Membership goes into pending status until all balances paid • Escalating penalties accrue during current competitive season	

SANCTION REPORTS

SANCTION REPORT FORMS

SANCTION REPORT FORM	SANCTION REPORT STATE COPY	SANCTION REPORT NGA COPY
Official NGA Sanction Report Form will be emailed to Competition Director prior to the competition date	Sanction Report copy sent to State Reps within 72 hours	- Keep copy of report form, e-mail, fax or mail marked pages of Sanction Report form plus all sign-in sheet(s) to NGA Membership within 72 hours - Email: sanctions@nationalgym.org
SANCTION RESTRICTIONS	GRANTED SANCTIONS	
Applicable competition fees sent to State Rep of host state (based on physical location of Competition)	- Event is cancelled, written notification submitted to NGA Membership prior to event start date - Email: sanctions@nationalgym.org	
POST EVENT REPORT		
Sanction includes a post event report that must be returned with completed sanction within 72 hours		



CHAPTER 2

COMPETITION GUIDELINES OVERVIEW

Pre-Event Duties

Advertising

Sanction Request

Judges

Comp Set-Up

Decor

Event Apparel

Hospitality

Gifts

Check-in

Announcer

Awards / Gifts

Volunteers

Score Table

Sanction

Requirements

Outside Venue

Last Steps

During Event

Injuries / Medical

End Reporting

COMPETITION GUIDELINES—PART I

COMPETITION GUIDELINES

COMPETITION DIRECTOR

PRE DUTIES

- ☐ Determine dates
- ☐ Decide levels/divisions
- ☐ Determine competition format—Formats are found in NGA Rules & Regulations/Competition Formats
 - ▶ If possible, keep sessions between 2.5 - 3.0 hours, and include all same levels/divisions
 - ▶ If not possible, include levels or divisions similar in requirements
 - ▶ Follow all NGA regulations
- ☐ Contact—Community Sports Commission—Support, advice, assist in venue contact negotiation
- ☐ Secure venue—Contract signed by Comp Director/Host Club Contact
- ☐ Secure equipment provider—Contract
- ☐ Determine budget
- ☐ Create sponsorship packet—Send to potential event sponsors
- ☐ Determine theme (if desired)
- ☐ Procure scoring system
- ☐ Prepare media advertising materials
- ☐ Establish Coordinators with job responsibilities

COMPETITION TIMETABLE

- ☐ In calculating the number of sessions and start and end times, NGA suggests the following timetable:

TIME CALCULATION	WOMEN		MEN	
Open Stretch Amount at discretion of Comp Director	Min 15 minutes Max 30 minutes		Min 15 minutes Max 30 minutes	
Total Time Calculation Per gymnast per event for Capital Cup format INCLUDING Warm up INCLUDING Competition	1N / 2BN	1:25 m	4X4	1:25 m
	SN / 3N	1:50 m	1N — 5N	1:50 m
	4N / GN / 5N	1:75 m		
	6N / 7N	2:00 m		
	PN / 8N	2:25 m		
	DN / 9N / 10N	2:50 m	6N — 10N	2:50 m

LEVEL TITLES

- ☐ Level titles for results for both Men and Women should be consistent throughout the NGA program
- ☐ Allows for meetscoresonline.com to catalog and maintain consistent NGA results used for State, Regional, and National qualifiers—All results must be posted on meetscoresonline.com
 - ▶ **Men** = Level 1N, Level 2N, Level 3N, Level 4N, Level 5N, Level 6N, Level 7N, Level 8N, Level 9N, Level 10N
 - ▶ **Women** = Level 1N, Level 2N/BN, Level SN, Level 3N, Level 4N, Level GN, Level 5N, Level 6N, Level PN, Level 7N, Level 8N, Level DN, Level 9N, Level 10N

COMPETITION GUIDELINES—PART II

COMPETITION GUIDELINES

COMPETITION DIRECTOR

ADVERTISING

- ☐ Create website and Competition Packet—Send to potential clubs—containing:
 - Event location—Address via Google Maps
 - Entry fee information – Include levels/divisions, cost per athlete, per team, etc.
 - Entry procedures—Online
 - Publish address—Fees, entry deadline date
 - Determine late fee—Entries, if applicable
 - Determine refund policy—Athletes unable to attend
 - Admission fee—Spectators
 - Secure Hotels—Participants and families, availability dates, cost, locations
 - Communicate—Airport location
 - Directions—To/from hotel(s) to competition site via Google Maps
 - Media/Ad book—Sales information (if desired)
 - Competition Apparel—Order information

SANCTION REQUEST

- ☐ Apply, pay for NGA sanction
 - Request sanction online—Min 30-days prior to event date: nationalgym.org
 - Comp Directors must have NGA Individual Membership in good standing to host sanctioned NGA competition
- ☐ Separate sanction—Necessary for each discipline unless held in same venue over same dates
- ☐ After sanction issued—Event posted to NGA National Calendar
- ☐ Sanctioned event canceled—Submit notice via email to NGA National office—Prior to start date

SANCTION VIOLATIONS & PENALTIES

- ☐ Verify athletes/coaches/judges—Valid Athlete/Coach Membership number on entry form
- ☐ Coaches' responsibility—Indicate correct level, age division

SECURE / PAYMENT JUDGES

- ☐ Comp Director—Bound by individual contract terms agreed upon for each competition unless in a volunteer position
- ☐ State Rep—NGA Comp Director MUST utilize contracting body for judges for NGA Sanctioned Competitions
- ☐ Request Judges—Complete request at GymJas.com for women or state NAWGJ/NGJA assigner
 - \$5.00 assigning fee—Per Judge requested due to state NAWGJ Rep
- ☐ NGA Judges Compensation Package—Comp Director to not exceed payment of judges at any sanctioned competition
 - Compensation—Paid directly to each judge
 - Judges' pay scale—Follows rating of judge per current industry standard rates contracted through NAWGJ/NGJA
 - Judges' payment—Following competition is responsibility of Comp Director/Comp Host
- ☐ Min break time—Break time is not mandatory—See *Men's and Women's Judges Requirements*
- ☐ Terms of Sanction—Comp Director fails to comply with terms of sanction or NGA Rules & Regulations, judges may refuse to perform contract obligations
 - Make every attempt/effort to resolve any disputes, in keeping with best interests of athletes involved
 - No action to be taken that would jeopardize/compromise safety or well-being of any athlete

COMPETITION GUIDELINES—PART III

COMPETITION GUIDELINES

COMPETITION SET-UP COORDINATOR	DECORATION COORDINATOR	EVENT APPAREL COORDINATOR
COMPETITION SET-UP / TEAR-DOWN ☐ Establish venue floor plan for equipment—Allow space as venue permits ➤ Judges Tables—Seated comfortably, no obstruction from table to equipment ➤ Proper seating for judges, auxiliary officials, volunteers ➤ Designate chairs for athlete seating (each event)—Away from equipment to not disturb/distract gymnast competing ➤ In mapping out area—Consider all reasonable safety measures ➤ Each area to not overlap with another competitive area ➤ No obstructions on floor area ➤ Must be sufficient room for entering/exiting competition area ➤ Must be sufficient room for medical attention to be given, if needed ☐ Obtain name/cell numbers—Facility manager, Equipment truck driver ☐ Arrive at venue—1-hour before set-up/teardown scheduled time ➤ Organize volunteers—Set-up ➤ Check—Equipment company arrives at arranged delivery time ➤ Verify—All equipment specifications are correct and properly installed	DECORATIONS / THEME ☐ With Comp Director—Determine theme for decorations, including competition logo for use on banners, entry information, programs, gifts, etc. ☐ Arrange: ➤ Purchase/donation/creation of decorations ➤ With hospitality room volunteers, tables/chairs on competition floor, lobby areas, awards area, etc. ☐ With Volunteer Coordinator ➤ Arrange help for putting up decorations ➤ Arrange for display of American Flag ➤ Maintain/refill any supplies—Decorations. (judges' tables, banners, etc) ➤ Tear down decorations to storage for future competitions	EVENT APPAREL GIFT ☐ With Comp Director ➤ Design event apparel ➤ Apparel selections, pricing, ordering procedures ➤ Collate athletes' sizing from entry information ➤ Place apparel order ➤ Arrival of event apparel/gifts—Organize by club for distribution during competition PRO SHOP AT COMPETITION ☐ With Comp Director ➤ Verify location, delivery dates of apparel ➤ Secure pro-shop location at competition site ☐ With Volunteer Coordinator ➤ Secure volunteers for pro-shop set-up ➤ Work pro-shop, clean up after

COMPETITION GUIDELINES—PART IV

COMPETITION DIRECTOR GUIDELINES

HOSPITALITY COORDINATOR

HOSPITALITY

- ☐ With Decoration Committee—Competition theme in hospitality room
 - ▶ Judges'/coaches' hospitality rooms—Separate, combined if limited space
- ☐ Solicit donations—For hospitality food/beverages from local organizations or club parents
- ☐ With Comp Director—Procure participant list—Includes number of coaches/judges per session
- ☐ With Comp Director—Arrange meals—Volunteers/delivered/catered for each day
- ☐ Meals required:
 - ▶ Breakfast each day (coffee only)
 - ▶ Lunch each day
 - ▶ Dinner each day—Judges immediately leave meet site after final session; Comp Host can either pay for meal or provide “to go” meal
- ☐ During event—Arrange hospitality room volunteers
 - ▶ Volunteers—Periodically check with event judges—Provide beverages
 - ▶ After event—Teardown/clean up hospitality room

GIFTS COORDINATOR

GIFTS

- ☐ Work with Comp Director
 - ▶ Gifts—Coaches, judges, athletes w theme of event
 - ▶ Gift budget
 - ▶ Gift list—Number of attending coaches, judges, athletes
 - ▶ Place gift order—Work w Event Apparel Coordinator if event gift is apparel
 - ▶ Date/location—Gift delivery
 - ☐ With Volunteer Coordinator—Volunteers to distribute gifts per session
- #### JUDGES' GIFTS
- ☐ Comp Directors/Comp Host—May provide gifts to judges; however, not required

COMPETITION GUIDELINES—PART V

COMPETITION DIRECTOR GUIDELINES

CHECK-IN COORDINATOR

CHECK-IN

- ☐ With Comp Director—Coach/athlete check-in location
- ☐ Obtain roster/rotation list—Competing gymnasts per session—must have names of gymnasts on sheet—MUST not include birthdates
 - Mark athletes on roster/rotation list as they arrive
 - Athletes—Provide information for open stretch
- ☐ Obtain coaches list—Attending coaches (sorted by club)
- ☐ Obtain competition schedule—Referencing session and warm-up times
- ☐ At competition—Provide tables for volunteers responsible for checking coaches in, handing out credentials, any competition packets, or other related materials
 - Each coach must personally check in to receive their credential
 - Coach may not pick up a credential for another coach from their club—Coach must sign their name to receive their credential

ANNOUNCER / MUSIC COORDINATOR

ANNOUNCER

- ☐ With Comp Director
 - Secure MP3 sound system—Announcements, routine music
 - Recommend charger—Used while playing routine music; remind coaches all devices are fully charged, in airplane mode, volume turned up before starting routine
- ☐ With Comp Director—For upbeat music to play in down times
- ☐ With Comp Director—Arrange, announce National Anthem (live/recorded)
- ☐ With Awards Coordinator—Awards list for announcing awards ceremony
- ☐ Prepare script—Approval of Competition Director
- ☐ Obtain club list and judges—Announce during introductions—correct pronunciation of names
- ☐ Obtain sponsor list—Recognition announcements
- ☐ With Comp Director—Announce rules (i.e., “no flash photography”)
- ☐ During event—Arrive at least 30 minutes prior—Ensure sound equipment in working order, including microphone and music
- ☐ Available at designated announcer area—To make announcements for Comp Director
- ☐ Prior to awards—Be familiar with NGA Rules & Regulations award procedures

COMPETITION GUIDELINES—PART VI

COMPETITION GUIDELINES

AWARDS / RESULTS COORDINATOR

AWARDS COORDINATOR

- ☐ With Comp Director—Delivery date, location of awards
- ☐ Perform medal inventory—Report issues to Comp Director
- ☐ With Comp Director—Secure location for awards ceremonies
- ☐ With Decoration Volunteer—Tie in with theme
- ☐ With volunteers—Assist in set-up/take-down of Awards area
- ☐ With Comp Director—Obtain list of awards presented—Per session
- ☐ With Comp Director—Understand NGA Rules & Regulations regarding ties
- ☐ Arrange for presenters—Each competition session
- ☐ With Announcer—Awards ceremony

RESULTS

- ☐ Competition results to be posted online at meetscoresonline.com. Print or emailed copies of results may be requested
- ☐ ALL competition results MUST be posted live or after competition on meetscoresonline.com
- ☐ Comp Director MUST email competition results w/in 72 hrs:
 - ▶ Invitational Competitions:
 - State Rep or designated Rep
 - ▶ State, Regional, Atlantic/Pacific National Championship competitions:
 - NGA National Office

NOTE: Results should NOT include athletes' date of birth

VOLUNTEER COORDINATOR

VOLUNTEERS

- ☐ With Competition Director
 - ▶ Schedule of competition—Determine volunteer staffing per session
 - ▶ Create copy—Volunteer assignments with scheduled report times
 - ▶ Develop job descriptions—Each volunteer position
 - ▶ Develop—Volunteer apparel requirements
- ☐ Conduct training sessions—New volunteers to provide understanding of job prior to reporting
- ☐ Scoring system—Each session may need adult judge assistant volunteers:
 - ▶ One routine timer
 - ▶ Create written record of all judges' scores and average score
- ☐ Each session requires
 - ▶ Volunteers—Admissions at gate—supplied cash box with start money
 - ▶ Volunteers —Concession stand (some venues, concessions are run by venue).
Check with Comp Director regarding venue rules
- ☐ During event—Arrive 30 min before scheduled Open Stretch to coordinate jobs
- ☐ Coordinate all volunteers—In place for all jobs required

COMPETITION GUIDELINES—PART VII

COMPETITION GUIDELINES

SCORE TABLE COORDINATOR

SCORE TABLE

- ☐ With Comp Director
 - Determine scoring system used (ProScore recommended)
 - Entry of competitors' information
 - Set up scoring system at venue
 - Placement of score display units—Placed to avoid being blocked
 - Score table supplies—Staplers, tape, paper clips, scissors, stopwatch, extra batteries, pens, pencils, paper
 - Set up Score Table volunteers/assistants—Recommend computer scoring system operators be well versed in program prior to competition
- ☐ Each Session—Arrive 45-min prior to Open Stretch to check all equipment
- ☐ With Comp Director—Train judges/volunteers on Score system with keypad entry
- ☐ Monitor—All entries into score system
- ☐ Be available—All scoring system issues
- ☐ Award rankings report per session—Create 2 reports to Announcer/Awards Coordinator
- ☐ Post final results—Each age division in warm up area and one accessible to spectators
- ☐ After entry deadline—Develop competition structure—Verify all athlete, coach, and judge memberships

COMPETITION DIRECTOR

SANCTION REQUIREMENTS

- ☐ Print several copies of the Sanction Report form and coach/judge sign-in sheets from the NGA website
- ☐ Read and follow instructions on each section of the sanction
- ☐ REQUIRED—Post Certificate of Sanction at event
- ☐ Verify—All athlete, coach, and judge NGA memberships online at admin.nationalgym.org/ngatools.verifynganumbers
 - Coach/judge w/o current NGA membership is NOT allowed on competition floor during event, no exceptions
 - Coach members must show proof of membership at any time during event

OUTSIDE VENUE

- ☐ If requested by venue, submit Certificate of Insurance request—Form & procedures found in sanction packet
 - To provide outside venue Certificate of Insurance, Competition Director must be signer on all contracts required for venue use—be listed on Sanction Form
- ☐ To request a Certificate of Insurance - Complete Request for Certificate of Insurance form and submit to contact listed on form AT LEAST 30 days in advance of event

COMPETITION GUIDELINES—PART VIII

COMPETITION GUIDELINES

COMPETITION DIRECTOR

LAST STEPS

- ☐ Determine and publish final schedule
- ☐ Order awards
- ☐ Order athlete/judges/coaches' gifts
- ☐ Finalize set-up, take-down schedule
- ☐ Organize volunteer schedule
- ☐ Prepare hospitality volunteer schedule plus meal plans for event
- ☐ Finalize competitor program, determine cost, send for printing
- ☐ Finalize all scripts, information for Announcer
- ☐ Communicate travel arrangements made for judges, equipment reps, other competition judges
- ☐ Notify judges if per diem will be given and no food provided
- ☐ Organize rotation sheets, athlete score cards, competition packets for coaches, etc.
- ☐ Communicate specific information to all participating clubs through website or email (parking instructions, etc.)

DURING EVENT

- ☐ Arrival—Supervise event set-up
 - ▶ Ensure spectators' line of sight is unobstructed
 - ▶ Head score tables placed so as not to interfere with competition
 - ▶ Provide Comp Referee station—Easily accessible by coaches for an inquiry form/score verification
- ☐ Before start—Post important notices/papers
 - ▶ NGA Certificate of Sanction at head score table clearly visible to participants
 - ▶ Judges' Sign-in form in judges' hospitality room—*All judges sign or initial sign-in form next to member information.* Competition Referee required to sign, date, return to Competition Director at end for submission to NGA
- ☐ Conduct coaches' meeting prior to each session
 - ▶ Welcome coaches and athletes
 - ▶ Remind coaches—REQUIRED to sign in w/proper NGA membership info on designated sign-in sheet—Discuss competition format and how it will run
 - ▶ Call for scratches—make adjustments to rotation sheet
 - ▶ Introduce Comp Referee
 - ▶ Communicate Inquiry Form—Location and procedures
 - ▶ Explain FX music procedures—Volunteer used or coaches need to play their own music
 - ▶ Introduce medical personnel
 - ▶ Discuss determination of age divisions, award distribution
 - ▶ Communicate hospitality logistics—Room for coaches

COMPETITION GUIDELINES—PART IX

COMPETITION GUIDELINES

COMPETITION DIRECTOR

INJURIES

- ☐ Consult medical staff on site
- ☐ Provided Injury Report Forms—Completed by medical staff or Comp Director for any injury
 - ▶ Injury Report Forms—See Sanctions; Sanction Forms or nationalgym.org/sanctions
 - ▶ Copy of completed form—Give to coach/parent/legal guardian at competition
 - ▶ Completed form—Submitted to Insurance contact listed on form
 - ▶ Copy of completed form—Submitted to NGA National office

MEDICAL STAFF—INVATIONALS

- ☐ Comp Director—MUST provide first aid kit, ice, organized plan for medical emergencies
- ☐ Medical staff—Recommended for all levels
- ☐ Competition out-of-gym—Required medical for L6N-10N

MEDICAL STAFF—NGA COMPS

- ☐ State, Regional, Atlantic/Pacific, National competitions—Required qualified medical personnel (physician, trainer, physical therapist, nurse, etc.) be available at all times during warm-ups and competition

SESSION END

- ☐ Conclusion of each session—Announce award winners, thank athletes, coaches, spectators for attending, supporting event
- ☐ Post each session results—Website and scoring application
- ☐ All final results—Posted on meetscoresonline.com

EVENT END

- ☐ Assign volunteer—Write, distribute checks to judges
- ☐ Assign volunteer—Transport judges to airport
- ☐ Supervise take-down
 - ▶ Ensure mats are packed properly
 - ▶ Competition area/hospitality rooms are cleaned
 - ▶ Pack all score table supplies
- ☐ Venue payment—Contact, arrange for payment of facility rental

FORMS COMPLETED & RETURNED

- ☐ NGA Sanction Report Form to include
 - ▶ Judge/Coach Sign-In forms
 - ▶ Completed Sanction Report Form including Post Event Report
 - ▶ Copies of all Incident/Injury Report Forms
- ☐ Copy Sanction Report Form—Forward to State Reps and National Office
- ☐ Check with State Reps—Information on official results reporting

FINANCIAL REPORTS

- ☐ Comp Director for State and above competition—Must send completed Financial Report form within 60-days to NGA State Rep and NGA National Office
 - ▶ Report forms—NGA website or from State Reps

COMPETITION GUIDELINES—PART X

COMPETITION CHECK LIST

COMPETITION DIRECTOR

GENERAL CONSIDERATION

- ☐ Athlete safety guidelines should always be considered
- ☐ Recommended that there be a clearance of 5' to 6' from one floor to any other
 - Includes corresponding mat area or any other obstruction, i.e., other apparatus, walls, pillars, etc.
- ☐ Recommended there be a minimum of a 20-foot ceiling height for all NGA-sanctioned competitions
- ☐ Equipment provider must be published in the pre-Comp information
- ☐ All flooring used at NGA-sanctioned competitions must be manufactured by a recognized equipment supply company

COMPETITION DIRECTOR

SAFETY CONSIDERATIONS

- ☐ Ensure all reasonable safety measures are considered
 - Each competitive area must have its own physical space and may not overlap with another competitive area
 - There cannot be any obstructions on the Floor Exercise Area
 - Procedures for the removal of blood and disinfection of the flooring: A solution of 1 part bleach and 10 parts water (or an Anti-viral spray disinfectant) should be available for the removal/disinfection of blood from the matting

COMPETITION CHECK LIST FORMS

COMPETITION FORMS

NGA COMPETITION FORMS

- ☐ Certificate of Insurance ([pdf](#))
- ☐ Incident Report Form ([pdf](#))
- ☐ Inquiry Form ([pdf](#))
- ☐ NGA Sanction Form ([pdf](#)) - Only if not able to register online
- ☐ NGA Timer Sheet ([pdf](#))

COMPETITION SIGNAGE

NGA PROVIDED COMPETITION SIGNAGE — Available for download

- ☐ Athletes Only ([pdf](#))
- ☐ NGA Admission Check-In ([pdf](#))
- ☐ NGA Awards ([pdf](#))
- ☐ NGA Concessions ([pdf](#))
- ☐ NGA Flash Off ([pdf](#))
- ☐ NGA Hospitality ([pdf](#))
- ☐ NGA Restrooms ([pdf](#))



CLICK vendor's logo for website contact

CHAPTER 3

TYPES OF COMPETITIONS

Invitationals

General Regulations

Invitational Hosting

Invitational Judges

Results and Reporting

National Championships

State Championships Regulations

Competition Format

Championship Dates

Entry Fees

2027 – Qualifying Requirements

2027 State

2027 Regional

2027 Atlantic/Pacific

2027 Nationals

INVITATIONAL COMPETITIONS

GENERAL REGULATIONS

INVITATIONAL HOSTING

- To host an invitational with NGA sessions, the host Club must be an NGA Club Member
- Competition Director must have a Coaches Membership
- Online Sanction Request must be completed to be added to the National Calendar
- Competition Directors may set dates, days, registration fees, admission fee, set own competition schedule
- Judges requested through the services of each State's Judging Rep and/or assigner or through Gymjas.com

INVITATIONAL COMPETITIONS JUDGES

- Judged by a minimum number of qualified judges to meet the requirements of a State Championships qualifier:
 - Levels 1N-5N may use a one (1) judge panel
 - Levels 6N-10N must use a two (2) judge panel
 - One (1)-judge panel may be used for all Levels if not enough judges are available within a 150-mile radius
 - Requests for 6N-10N one (1) judge panel must be NGA approved (request 3-weeks prior to start of competition) [NGA National Technical Director](#)
 - Any invitational competition directly qualifies a team to State Championships MUST be judged by NGA-rated judges
 - Contracts will be used for procuring rated judges for all competitions



RESULTS AND REPORTING

- Official results distributed to each participating club by printed copy in hand, email or online posted
- Final Results MUST be posted on meetscoresonline.com for score storage to verify qualifying scores to yearend Championships
- State Reps notified of final results at location of competition
- All State Reps responsible for distributing results to other State Reps of clubs who entered and competed in the competition

NGA CHAMPIONSHIPS COMPETITIONS

GENERAL REGULATIONS

STATE CHAMPIONSHIPS	COMPETITION FORMAT	CHAMPIONSHIP DATES	ENTRY FEES
- State Championships are under the jurisdiction of the State Rep - Dates determined by State Rep - 1st or 2nd weekend in April— Check NGA National Calendar <u>Number of Judges</u> - All Women's Levels must use a two (2) judge panel per event - All Men's Levels may use a one (1) judge panel per event - State Rep and/or NGA National Office selects judges and Competition Referee— may also determine event assignments - State Rep to act as Competition Director	- Format choice, including number of athletes standardized by NGA - Any deviation must be approved by NGA National Office - All State competitions should be Men and Women combined - All competition entries go through NGA Club Portal - All competition results available at: www.meetscoresonline.com - Entry deadlines = minimum of three (3) weeks prior to competition	<u>2026-2027 State Championships</u> <u>In-person</u>—April 2-4, 2027/April 9-11, 2027 - All other dates-Approval by NGA National Office - States may combine for multiple State Championships <u>2026-2027 Regional Championships:</u> - Southern/Eastern—April 30-May 2, 2027 - Midwest/Western—May 7-9, 2027 - Deadline for Regional entry = Monday following State Championships <u>2026-2027 NGA National Championships: Sevierville, TN</u> - In person—June 9-14, 2027 - Virtual—June 19-20, 2027 - Deadline for National entry = Monday following Regional Championships	<u>State Championships</u> - Individual: \$135 all levels (maximum) - Team: \$60 per level for three (3) or more gymnasts - Team competition optional—discretion of State Rep <u>Regional Championships</u> - Individual: \$145 all levels - No team fees 1st-3rd place team awarded per level <u>National Championships</u> - Individual: \$155 all levels - No Team fees 1st place Team Awards per level - Cash prize = \$1,000 Super Teams - Super Teams 1N-5N = Top 6/ea. event/min 3 levels - Super Teams 6N-10N = Top 6/ea. event/min 3 levels

2026-2027 — QUALIFYING REQUIREMENTS

2026-2027 STATE CHAMPIONSHIPS	2026-2027 REGIONAL CHAMPIONSHIPS	2026-2027 NATIONAL CHAMPIONSHIPS
- Entry into State Championships - Men 1N-10N—40.0 AA / 7.00 IES - Men 4X4—30.0 AA / 6.50 IES - Women 1N-10N—32.0 AA / 8.50 IES - From State to Regional Championships - Men 1N-10N—42.0 AA / 7.20 IES - Men 4X4—30.0 AA / 7.50 IES - Women 1N-10N—33.00 AA / 8.75 IES - Virtual Championships - For petitions only - Hosted by State Rep or bid process	- Regional Championships are combined: - Region 1 & 2 Western - Region 4 & 5 MidWest - Region 6 & 7 Eastern - Region 3 & 8 Southern - Regional Championships offered as in-person competition - Regionals hosted by NGA National Office - Athletes may compete in both in-person and virtual Nationals	- From Regionals to National Championships - Men 1N-10N—45.0 AA and 7.50 IES - Men 4X4—30.0 AA / 7.50 IES - Women 1N-10N—33.5 AA / 9.00 IES - Nationals hosted by NGA National Office

GRADUATING SENIORS

Graduating Seniors (Male and Female) do not need a qualifying score to compete at year-end competitions—State, Regionals, Nationals. Seniors are automatically qualified to attend all three (3) yearend competitions.

CHAPTER 4

NGA COMPETITIONS

NGA Competition Hosts

Competition Host Bids

Invitationals

State Championships

Regional Championships

Atlantic/Pacific Championships

National Championships

Selection Criteria – State Host

Host Organization / Competition
Director

Location

Competition Schedule

Host Organization

Financial – State & Below

Financial – State

After Event Report

NGA COMPETITION HOSTS

COMPETITION HOST BIDS

INVITATIONALS	STATE CHAMPIONSHIPS	REGIONAL CHAMPIONSHIPS
- Invitational competitions (considered State Qualifiers): Use the online Sanction Request form to sanction the competition and add it to the National Calendar - No limit to the number of competitions in one weekend as long as judges are available - All results MUST be posted on meetscoresonline.com	Send completed bid form to State Rep	Regional Championships hosted by NGA National Office
		NATIONAL CHAMPIONSHIPS National Championships hosted by NGA National Office



SELECTION CRITERIA—STATE CHAMPIONSHIPS HOST

State Reps Are Responsible for Hosting Their Respective State Championships or They May Put It out for Bid

HOST ORGANIZATION / COMPETITION DIRECTOR	LOCATION	COMPETITION SCHEDULE	HOST ORGANIZATION
- Host Organization/Competition Director must have successful event organizational experience - Have a background of operating according to high ethical standards	- The competition's geographic location should be rotated year to year - Venue must have sufficient space to accommodate competition for both men and women, if possible	- State schedule posted and sent to participants no later than two (2) weeks prior to competition - Deadline for State Championships should be no later than three (3) weeks prior to the competition date	Host organization and Competition Director guarantee best practices set-up for a quality event, according to NGA Rules and Regulations
COMPETITION DIRECTOR	FINANCIAL—STATE & BELOW	FINANCIAL—STATE	AFTER EVENT REPORT
- Competition Director must be: - NGA Member in good standing - Certified Competition Director	- Host Organization/Competition Director is responsible for any financial loss it may incur - State Rep to be compensated as Competition Director if State is put out for bid.	Host Organization/Competition Director must submit financial report within four (4) weeks following competition to NGA National Office: info@nationalgym.org	- Host Organization/Competition Director must complete the Post-Event Sanction Report to close out the competition. - Follow directions on the Sanction Form

CHAPTER 5

COMPETITION FORMATS OVERVIEW

Competition Formats

Competition Draw

Competition Warm Ups—Men

Competition Warm Ups—Women

Scoring

Inquiries

Audience

Individual & Team Awards

Tie-Breaking

COMPETITION FORMATS DETAILS

TYPES OF COMPETITION FORMATS

	Warm Up/Compete Format — One Set of Equipment	Capital Cup Format Two Sets of Equipment
Open Stretch	• Open stretch and timed warm-ups conducted in competitive gym	• Open stretch, timed warm ups conducted in competition gym
Event Warm up	• Warm up event, compete event • Rotate to next event	• Warm up event, compete event • Rotate to next event
Equipment	• One (1) set of equipment used	• Two (2) flights of competition • Two (2) sets of identical equipment (VT/UB/BB) - One (1) floor • Equipment identical for both sets • Spring tumbling strip use at discretion of Competition Director - Not required
One Touch Warm Up	• No touch Warm up unless more than 20 min passes following Warm up	• No touch warm-up unless more than 20 min passes following warm-up
Number of Participants Allowed Per Session	- Level 1N-5N 72 gymnasts/18 per squad - Level 6N-7N 64 gymnasts/16 per squad - Level 8N-10N 56 gymnasts/14 per squad	- Level 1N-5N 96 gymnasts/12 per squad - Level 6N-7N 80 gymnasts/10 per squad - Level 8N-10N 64 gymnasts/8 per squad

DETERMINING COMPETITION FORMAT AND SCHEDULE

INVITATIONAL	FORMAT TYPE	SESSIONS BY LEVEL	START / END
- Exceeding allowable # of gymnasts per session will not be allowed - Competition Director must place clubs on wait list or change format to allow for all entries if venue space allows	- Format based on # of Athletes, # of age divisions, # of clubs, and amount of apparatus available - If competition is a state qualifying event, additional sessions and/or days must be added to accommodate all qualifiers	- Athletes grouped in sessions, first by level and then by age, if more than one (1) session is required - State and above—Competition order must be by random draw	15-30 minute general warm up/stretch may not begin before 8 am - Competition must be scheduled to end by 10 pm
AWARDS	# JUDGMENTS	LENGTH OF SESSION	ATHLETE SESSIONS
- Recommend a separate awards area be used between sessions - Allow adequate time for awards ceremonies if not using a separate area between sessions when calculating total time for competition	- No specific max. number of judgments PER DAY per panel of judges - Total number of athletes per day determined by the number of athletes allowed per session based on the format type used	Athletes should not be in the gym (<i>includes warm ups & competition</i>) longer than four (4) hours	Athletes may compete in two (2) different sessions in one (1) day if provided adequate rest time between sessions
			OVERTIME
			- Competition continues past 10 pm due to extenuating circumstances; the Competition Director must submit a written explanation to the NGA National Office - Ten (10) minutes' leeway is given with no penalties

• Recommended Session Times To Be No Longer Than 3 1/2 Hours, Including Warm Up

• New Format Ideas Submitted to NGA National Office for Consideration and/or Approval and Possible Inclusion in Future Rules & Regulations

COMPETITION DRAW - STATE AND ABOVE

PROCEDURES ORDER - STATE CHAMPIONSHIPS AND ABOVE

DRAW FOR STATE CHAMPIONSHIPS & ABOVE	ASSIGN COMPETITIVE NUMBERS	ROTATION ORDER
- Determined by level and age divisions - State Rep determines specific guidelines for determining competition order for levels and age divisions for State competitions <u>Example</u>—Random draw, youngest to oldest, or oldest to youngest - Age groups by level must be kept together if levels need to be put into multiple sessions	Assignment of competitive numbers for each athlete may be determined by random draw or computer-generated	Competition order distributed to all coaches and judges and posted at competition site
CONDUCTING THE DRAW	COMPETITION FORMAT	DRAW FOR COMPETITIVE ORDER
- If not able to generate by computer, the draw should be conducted by the designated State Rep, Competition Director (if other than the State Rep), and 3rd non-affiliated person - The draw is to determine the order of competition by level and age group	All competition formats for State Championships and above should be Capitol Cup for Women and Warm up/Compete for Men	First Draw—Number all of athletes assigned to the session and draw randomly for squad and flight order first Second draw—For competition order in each squad More than one (1) Level in Session—If more than one level is drawn in one session, all athletes of the same level must compete together - Additional coaches may be needed Athlete Order Change by Event—Athletes dropped uniformly by 1-2 gymnasts per rotation based on number per squad Scratches—Squad numbers may be reduced due to athletes scratching <u>prior to start of competition</u>; re-define start order on each event for that squad only if original number of dropped places affects the event order drop
FORMAT AND NUMBER OF ATHLETES	DRAW FOR ATHLETE PLACEMENT INTO SESSIONS	
- State Championships format does not need approval by the NGA National Office - The maximum number of athletes per session may be exceeded by a small percentage for special circumstances with approval of the NGA National Office for State Championships	- All athletes of the same age division from the same club are drawn for competitive order in the same session Priority—Levels and/or age divisions in same session Multi age/levels—Several age divisions from the same level should be assigned within the same session. One level per session if possible - Competition Director should always consider safety of athlete first to determine best format for competition	
AWARDS		
- Awards given for all levels and/or age divisions competing in each session - Events - 50% of age group up to ten (10) places and 100% AA awarded. - Team competition up to top three (3) teams per level - State team competition at the discretion of State Rep		

COMPETITION WARM UPS - MEN

COMPETITION WARM UP

GENERAL WARM UPS

- The general warm-up mat is designated for all athletes in that session
- Advise that only stretching activities be performed, with no tumbling, etc.

TIMED WARM UPS

- Timed warm-up on each event determined by the athlete's level
- Block time or individual time is a choice and allowed on each event

TOUCH WARM UPS

- Touch warm-up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order
- 30-secs warm up
- Touch warm-up is only used for extreme circumstances, with competition stopped for more than 20 minutes

EXCEEDING WARM UP

- The team ignores time, exceeds the assigned warm-up time, and is reported to the Competition Director or Competition Referee. The report is considered "the warning" — any additional time infractions would result in **•0.20** team penalty

EXTENUATING CIRCUMSTANCES

- If a team arrives late to competition due to circumstances beyond their control (traffic delays, weather-related issues), every effort should be made to allow the team to compete — they should be afforded an effective yet safe warm-up without disrupting competition flow. If team arrived for designated session/age division, scores considered valid for all

SPECIFIC COMPETITION PROCEDURES

Time between end of warm up and start of competition

- No more than 20 minutes

Who is allowed onto competition and warm up area

- ONLY judges, competing athletes, and their coach(es) are allowed onto competition and warm-up areas
- ONLY during the session in which they are competing
- Exceptions:
 - Those involved with the competition, such as: runners, judge assistants, equipment reps, and trainers are allowed into competition or warm-up areas

COMPETITION WARM UP

WARM UP CHOICES

- Per gymnast
- Per team
- Per squad

TIMED WARM UPS

- One (1) min warning given prior to the end of the time
- Squad with more than one (1) skill level competing, timed warm-up combined by total minutes for each skill level

SKILL LEVELS

# Athletes	1N / 2N	3N / 4N / 5N / 6N	7N / 8N / 9N / 10N
1	0:30	1:00	1:30
2	1:00	2:00	3:00
3	1:30	3:00	4:30
4	2:00	4:00	6:00
5	2:30	5:00	7:30
6	3:00	6:00	9:00
7	3:30	7:00	10:30
8	4:00	8:00	12:00
9	4:30	9:00	13:30
10	5:00	10:00	15:00
11	5:30	11:00	16:30
12	6:00	12:00	18:00

NOTE: Men's 4 X 4 warm up—Skill Levels 1N/2N = :30s, 3N = :45s

COMPETITION WARM UPS - WOMEN

COMPETITION WARM UP

GENERAL WARM UPS	TIMED WARM UPS	TOUCH WARM UPS
- The general warm-up mat is designated for all athletes in that session - Advise that only stretching activities be performed, with no tumbling, etc.	- Timed warm-up on each event determined by athlete's level - Block time must be used for Vault, Bars, and Beam - Floor warm-up determined by Competition Director - Recommended to provide a Floor Manager when using a bump warm up/compete format for Floor	- Touch warm-up is only used in extreme circumstances when competition has been stopped for more than 20 minutes - Touch warm-up on each event (competition equipment) is designated for only one athlete at a time, usually in competitive order 30-sec touch warm-up

EXCEEDING WARM UP TIME

- Team ignores timer and exceeds assigned warm up, timer must report infraction to Competition Director or Competition Referee—Report considered “warning”—any additional time infractions receive •0.20 penalty

EXTENUATING CIRCUMSTANCES

- Team arrives late to competition due to circumstances beyond their control (traffic delay, weather-related), every effort to be made to allow team to compete—afforded an effective yet safe warm-up without upsetting competition flow. If the team arrived for their designated session/age division, scores are considered valid for all athlete rankings

SPECIFIC COMPETITION PROCEDURES

Time between end of warm up and start of competition	No more than 20 minutes
Who is allowed onto competition and warm up area	- ONLY competing athletes and their coach(es) are allowed in competition and warm-up areas - ONLY during the session in which they are competing - Exceptions: - Those involved with competition, such as: runners, judge assistants, equipment reps, and trainers are allowed in competition or warm-up areas

COMPETITION WARM UP

WARM UP CHOICES	TIMED WARM UPS
- Per team - Per squad	- One (1) minute warning given prior to end of time - Squad with more than one (1) skill level competing, timed warm-up combined by total minutes for each skill level

Multiple Scratches and Timed Warmup

- In the event of multiple scratches in a squad that reduces the size to 1-3 athletes, an additional 1.5 to 2.0 minutes (based on level warm-up time) will be provided. If additional time is needed may be requested to Head Judge

SKILL LEVELS

# Athletes	1N/2BN	SN/3N	4N/GN/5N	6N/PN/7N	8N/DN/9N/10N
1	0:30	0:45	1:00	1:30	2:00
2	1:00	1:30	2:00	3:00	4:00
3	1:30	2:15	3:00	4:30	6:00
4	2:00	3:00	4:00	6:00	8:00
5	2:30	3:45	5:00	7:30	10:00
6	3:00	4:30	6:00	9:00	12:00
7	3:30	5:15	7:00	10:30	14:00
8	4:00	6:00	8:00	12:00	16:00
9	4:30	6:45	9:00	13:30	18:00
10	5:00	7:30	10:00	15:00	20:00
11	5:30	8:15	11:00	16:30	22:00
12	6:00	9:00	12:00	18:00	24:00

*9N-10N Uneven Bar warm up = 2.5 min/athlete

SCORING

SCORING			
SCORING SYSTEM	OPEN SCORING	SCORE INPUT	JUDGES' USING INCORRECT RULES
- Any scoring system may be used - Proscore is recommended as it is integrated with NGA - Final competition scores must be posted to: meetscoresonline.com	Required—for all Championships, State, Regional, Nationals Allowed—Open Invitationals—discretion of Competition Director	- Each judge independently inputs their score electronically or submits their score in writing on a separate score sheet - For State and above, each judge is to have their own keypad - Only one keypad is used per panel—Head Judge to enter all scores—all scores entered electronically to ensure an accurate average and final score	- Athlete mistakenly judged using incorrect level rules - Routine may be re-evaluated using appropriate rules to determine correct Start Value and specific composition deductions, based on judges' notes - Re-evaluation must occur within 5 minutes of competition end for that session
SCORING REVIEW	OPEN SCORING PROCEDURES	SCORE CHANGE	
- Competition Referee has authority to allow the officiating panel to review a routine to verify that Special Requirements were fulfilled. May be done by video review if available. - Element or connection under review may be subject to additional deductions for incompleteness or rhythm if an inquiry results in a changed SV—An inquiry may result in a score that is raised, stays the same, or is lowered	- Each judge independently determines their score - Each judge records SV (if used) - Each judge records the final score on the judging slip and sends to the Head Judge—only the <u>score</u> is entered if using electronic scoring - Adjusted score from a conferenced score change re-flashed as "Corrected Score"	- Head Judge may change a score after submission to the scoring system only if a neutral deduction was not applied (i.e., overtime, out-of-bounds) - Score change must occur within ten (10) minutes of session end - Coach must be notified of score change and start value change, and if possible, new score to be publicly displayed	- Judging panel must notify Competition Referee and scoring personnel that the re-evaluation is to occur - Coach to be notified immediately of any score or start value change
SCORING INCREMENTS	COURTESY SCORE	FINAL AVERAGE SCORE	
Judges score in 0.05 increments at all NGA sanctioned competitions	A courtesy score of 5.0 is awarded for any routine that would result in a score equal to or lower than 4.975 points	Once the final average score is submitted to the scoring system, changes cannot be made unless a submitted inquiry results in a score change	

INQUIRIES

INQUIRIES			
INQUIRY BASE	INQUIRY PROCEDURES	VIDEO REVIEW—DURING SEASON	VIDEO REVIEW PROCESS
- Inquiries based ONLY on: - Awarding of Start Values (SV), Compositional Deductions, Neutral Deductions, Falls, or Unusual Occurrences. - The Competition Referee may watch a video before the coach submits an inquiry to determine whether to do so.	- Competition Director must provide inquiry forms and announce location at coaches' meeting - Coach must request and complete an inquiry/video review within ten (10) minutes after the end of each event rotation - After Head Judge completes inquiry response, Competition Referee or Competition Director returns inquiry form to coach - Coach may approach Competition Referee regarding inquiry during competition - No fee charged for inquiry submission - Inquiry allows for a second evaluation which may result in: - No change in score - Score being raised, or - Score being lowered	- Coach submits video review request to the Competition Referee; video must be reviewed at regular speed and watched only once. - The video review process is NOT allowed to be used to appeal a judgment of degree assessment (Examples: degree of casts, handstands, incomplete turns, direct connections of elements, or leg separation in leaps or jumps). - CR must inform the judging panel of the video review and the final outcome.	- Video review is allowed at any sanctioned competition by completing the official inquiry form - Coach may request video review by the Competition Referee and event panel—May also include the highest-rated unaffiliated judge if available - Inquiry involves judges missing an element affecting Start Value - Video review should be requested within ten (10) minutes after the end of the event rotation
INQUIRY FORM LOCATION	INQUIRY REQUIREMENTS	VIDEO REVIEW CHAMPIONSHIP MEETS	WHERE VIDEO REVIEW IS USED
- NGA website - State Rep - Head Scoring table during competition		NGA State meets and above - Video review MAY be used to evaluate that which would affect the Start Value. - For example, degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps and jumps. - If a video review results in the awarding of a special requirement or VP, the judging panel may apply deductions to the awarded special requirement or VP.	All NGA sanctioned competitions
Click HERE For Inquiry Form	- Correctly completed inquiry form by coach - Inquiry submitted in a timely manner to the Competition Referee - Reviewed/answered by the judge event panel of the inquiry in question - Inquiry returned to Competition Referee - Competition Referee returns inquiry to coach by pre-defined inquiry return procedure		

AUDIENCE/SPECTATOR REGULATIONS

AUDIENCE/SPECTATOR REGULATIONS

• Invitationals are able to set their own admission prices • Spectators are not allowed to enter competitive or warm-up areas • Spectators must only use designated public areas	• Spectators may not use flash photography during pre-competition warm-ups or competition, as it may endanger the performing athletes	• Spectators may not disturb the competition order, competing athletes or judges • Individuals causing violations may be asked to leave the competition site
• Coaches' and/or judges' babies are NOT allowed in the competition arena, including warm-up areas	• Spectators may not enter spectator's area with food or drinks if restricted	



INDIVIDUAL & TEAM AWARDS

INDIVIDUAL AWARDS

	1N, 2BN SN, 3N, 4N, GN, 5N	6N, PN, 7N, 8N, DN, 9N, 10N
Invitationals	Determined by each Individual host	Recommended awards distribution based on equal age groups per level with not more than 3 years age difference
State Championships	50% events 100% All-Around - Equal Age Groups per Level - No more than 25 per age group	
Regional Championships		TBD by NGA National Office
Atlantic/Pacific Championships		TBD by NGA National Office
National Championships		TBD by NGA National Office
- Competition Director may present more awards, but not fewer than listed - Non-citizens living in the United States may participate in all NGA-sanctioned events and are eligible for awards - International members may participate in all NGA sanctioned events and are eligible for awards - Awards for all age divisions must be presented at each session - State Rep may request deviation from these min. recommendations from NGA National Office based on financial conditions of the State Competition - Athlete competes in wrong age division, their scores are invalid for the competition (may not be used for qualifying or athlete awards). May receive duplicate awards based on placement in correct age group level - All results MUST be posted to meetscoresonline.com if not posting live		



TEAM AWARDS

	Team Awards	# Team Awards per Level
Invitationals	Team Awards determined by Individual host	
State Championships	Team Competition and Awards at discretion of each State Rep	# team Awards determined by State Rep
Regional Championships	Team = 3 or more athletes and top 3 scores on each event	Top 3 teams in each level
National Championships	- W/M—Super Team Competition - Regionals to Nationals: Top 6 Members, 5 scores count	- First place team in each level - W/M—1N-5N - W/M—6N-10N
Regional Teams	6 Athletes, count 5 scores	Top 1 team in each level

AWARD TIE BREAKING

TIE BREAKING PROTOCOLS—EVENT

	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	- Both Athletes announced as 1st - Both athletes receive a 1st place award	- Both Athletes announced as 1st - Highest All-Around winner receives 1st Place Award - Other athlete receives 2nd Place
	No 2nd place awarded	Awarded to tied athlete with lower individual event score
	Announce 3rd place	Announce 3rd place
Final Place Tie	- Announce all final winners - Highest individual event winner receives award - Other athlete receives same award	- Announce all final winners - Highest individual event winner receives award - Duplicate mailed to athlete, within 30-days
- Strongly recommend duplicate awards be presented if financial conditions permit - Whenever a tie occurs, the program computer skips the next place - Athletes tied in AA: duplicate award must be sent to athlete with club closet to event host within 30 days - State/Regional Regionals/Nationals—All tied athletes receive duplicate awards		
TIE BREAKING PROTOCOLS—EVENT		
International (non-USA citizens) athletes are eligible for all awards		

TIE BREAKING PROTOCOLS—ALL AROUND

	DUPLICATE AWARDS AVAILABLE	NO DUPLICATE AWARDS AVAILABLE
	- Both Athletes announced as 1st - Both athletes receive 1st place	- Both Athletes announced as 1st - Highest Individual Event winner receives 1st place - Other athlete receives 2nd place
	No 2nd place awarded	Goes to tied athlete with lower individual event score
	Announce 3rd place	Announce 3rd place
Final Place Tie	- Announce all final winners - Highest individual event winner receives award - Other athlete receives same award	- Announce all final winners - Highest individual event winner receives award - Duplicate mailed to athlete within 30-days
- Athlete tied in the highest event; the next highest event is used. If tied in all events, duplicate awards must be given - State/Regionals/Nationals—All tied athletes receive duplicate awards		

TIE BREAKING PROTOCOLS - TEAM

All Places Awarded	- Team ties broken by highest AA score first - If still tied, highest individual event score second - If still tied, least number of gymnasts counted for team score third - If still tied, duplicate award must be given - Team furthest away receives award—Duplicate award mailed to team closest to hotel club within 30 days
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GLOSSARY



Glossary *(Click the Page Number for Direct Access)*

Common Abbreviations

GLOSSARY

Abuse prevention — NGA athlete-safety requirements designed to prevent inappropriate conduct, grooming behaviors, abuse, and unsafe adult-to-athlete interactions. Adult NGA members are subject to applicable Abuse Prevention training requirements. **Pages 12, 14–15, 18, 20–21, 28**

Adult-to-minor interaction — Interaction between an adult and an athlete under age 18. NGA Best Safe Practices state that all one-on-one adult-to-minor interactions must always be observable and interruptible. **Page 14**

Affiliation — athlete — The athlete's registered association with an NGA Member Club. Athletes must be affiliated with an NGA Member Club before competing. **Pages 24–26**

Affiliation — judge — A relationship between a judge and a competing club, athlete, coach, employee, owner, certain professionals, or immediate family members that identifies the judge as affiliated for panel-assignment purposes. **Page 36**

All-Around (AA) — Combined competitive score used for qualification, mobility, and awards. **Pages 25, 67, 72**

Athlete best interest — Principle requiring the best interest of each athlete to remain paramount regardless of the athlete's competitive level. **Page 15**

Athlete membership — Annual NGA registration required for athletes participating in NGA-sanctioned competition. **Page 24**

Athlete observation — parent/guardian access — Whenever minors are training on

site, parents and/or legal guardians must have access to observe. **Page 14**

Athlete residency — Determined by the physical location/address of the athlete's or team's training facility and used to determine State Championship participation. **Page 26**

Athlete rights and obligations — NGA requirements addressing participation, facilities, awards, conduct, progression, apparel, sportsmanship, and athlete responsibilities. **Page 25**

Background screening/NCSI background check — Required criminal background screening for applicable adult NGA members. Background screening is generally required every two years under the applicable membership requirements. **Pages 12, 20, 28**

Best Safe Practices — NGA guidelines addressing adult behavior around athletes and intended to reduce opportunities for grooming, abuse, inappropriate conduct, or the appearance of inappropriate behavior. Topics include practice sessions, one-on-one interaction, locker rooms, recording devices, physical contact, reporting, communication, transportation, photography, and gifting. **Page 14**

Capital Cup format — Competition format using two sets of identical equipment for Vault, Uneven Bars, and Balance Beam and one Floor Exercise area, allowing two flights of competition. **Page 71**

Cell phones/wireless communication devices — athletes — Athletes may not talk, text, or use wireless communication devices while in the competition area. **Page 25**

Cell phones/electronic devices — judges — Talking or texting on cell phones or electronic

devices is prohibited in the competition arena. Electronic tablets may be used for judging purposes. **Page 29**

Changing area/dressing room/locker room — An unrelated adult may not be alone with an athlete in a changing area, dressing room, or locker room. Only a parent and/or legal guardian may be with their own child. Recording is prohibited in these private areas. **Page 14**

Child abuse reporting — Coaches and staff of an NGA Club Member are mandatory reporters of child abuse. Report suspected abuse to the appropriate authorities as required by NGA policy. **Pages 14–15**

Club Member — Eligible gymnastics club holding current NGA Club Membership and meeting NGA membership requirements. **Pages 17–18**

Club residency — Determined by the physical location of the training facility and used to determine the state in which the club competes in State Championships. **Page 26**

Coach Member — Individual age 18 or older who meets NGA Coach Membership requirements and is affiliated with a registered NGA Club. **Page 20**

Code compliance and enforcement — NGA process emphasizing understanding and voluntary compliance, peer reinforcement, and, when necessary, enforcement through disciplinary action. **Page 15**

Competition arena — Designated competition area with access limited to properly authorized or credentialed individuals. **Pages 22, 25, 29, 31**

Competition Director — NGA member responsible for organizing and administering a sanctioned competition and complying with NGA sanctioning, membership, safety, reporting, and competition requirements. **Pages 49, 53–63**

Competition draw — Procedure used to determine athlete placement, squad/flight assignments, and competitive order, particularly for State Championships and above. **Page 72**

Competition format — Organizational structure used to conduct warm-up and competition, including Warm Up/Compete and Capital Cup formats. **Page 71**

Competition Referee (CR) — Designated official serving as final authority on technical matters involving judges and competition officials. Handles technical issues, inquiries, video reviews, and specified competition matters. **Page 37**

Concussion protocol — Required education for applicable NGA membership categories. Coaches must also be familiar with their state's return-to-play requirements following a concussion. **Pages 20–21**

Courtesy score — Score of 5.0 awarded when a routine would otherwise receive a score of 4.975 or lower. **Page 75**

Domestic sanction — NGA authorization for a domestic NGA competition or other approved event. **Pages 49–50**

Dual capacity — Serving in more than one professional role at the same competition. NGA rules restrict judges and medical personnel from serving simultaneously in multiple roles where prohibited. **Pages 31, 37**

Educational sanction — NGA sanction that may be obtained for clinics, workshops, educational events, tours, and exhibitions. **Page 49**

Email/text / social media — adult to minor — Adult-generated social media communication directed to a minor must also include the athlete's parent and/or legal guardian. **Page 14**

Event rotation — Movement/order of athletes or squads through the competitive events during a competition. **Pages 71–72**

Final average score — Final score submitted to the scoring system. Once submitted, it generally cannot be changed unless a submitted inquiry results in a score change. **Page 75**

Flight — Subdivision of athletes within a competition session used to organize competition and rotation order. **Pages 71–72**

Gifting — adult to athlete — Individual gifts to athletes are not permitted under NGA Best Safe Practices. Gifts should involve all athletes for a specific purpose; parent/legal guardian consent is required for individual circumstances addressed by the policy. **Page 14**

General warm-up — Designated general stretching/warm-up period for athletes in a competition session. **Pages 73–74**

Good standing — Membership status requiring compliance with NGA membership requirements and applicable policies. **Pages 17–18**

Graduating senior — Graduating male or female senior who does not need a qualifying score to compete at year-end State, Regional, or National Championships. **Page 67**

Grooming behavior — Behavior that could lead to or encourage inappropriate adult-to-athlete relationships or abuse. NGA Best Safe Practices are intended to avoid both such conduct and the appearance of inappropriate behavior. **Page 14**

Hands-on adjustments/massage/stretching/taping/icing — Rubdowns, massages, taping, adjustments, and similar physical interaction may not be performed without required parent/legal guardian consent and must occur in an open area in view of others. **Page 14**

Head Judge (HJ) — Judge responsible for evaluating and recording scoring information, addressing score-range issues and conferences, responding to inquiries, and applying applicable neutral deductions. **Page 38**

Impaired coach/instructor/adult — A coach, instructor, or other adult who is impaired should have no contact with an athlete at any time. **Page 14**

Individual Event Specialist (IES) — Athlete qualification category based on an individual-event score rather than an All-Around score. **Pages 25, 67**

Injury report — Official NGA form documenting an athlete injury at a sanctioned event. Required copies are distributed according to NGA competition and insurance procedures. **Pages 22, 31, 62**

Inquiry — Formal request for a second evaluation involving specified scoring matters, including Start Value, compositional deductions, neutral deductions, falls, or unusual occurrences. **Page 76**

Invitational competition — NGA-sanctioned competition hosted by an NGA Club Member under NGA invitational requirements. **Page 66**

Judge membership — Individual NGA membership required for judges assigned to NGA-sanctioned events, subject to applicable membership and screening requirements. **Page 28**

Judge panel — One or more judges assigned to evaluate and score athletes on an event. Panel size varies according to competition level and type. **Pages 35–36, 42**

Judgment — Scored athlete/event performance used in calculating men's judge compensation. **Pages 44–45**

Locker room — See **Changing area/dressing room/locker room**. Unrelated adults may not be alone with athletes in these areas, and recording is prohibited. **Page 14**

Mandatory reporter — Person required to report suspected abuse. NGA states that coaches and staff of Club Members are mandatory reporters of child abuse and that persons who suspect or know of sexual or physical abuse must report to local authorities immediately. **Pages 14–15**

Massage/rubdown — See **Hands-on adjustments/massage/stretching/taping/icing**. Written parent/legal guardian consent and an open, observable location are required under the Best Safe Practices provisions. **Page 14**

Medical clearance — Following an injury at an NGA competition, onsite Medical Staff personnel have authority to give final clearance for an athlete to compete. **Page 31**

Medical Staff Member — Credentialed NGA medical professional responsible for medical services at a competition. Medical Staff must follow NGA conduct and safety requirements and complete applicable Injury Report documentation. **Page 31**

Medication/drugs/alcohol — NGA Best Safe Practices provide that an impaired coach, instructor, or adult should have no contact with an athlete at any time. **Page 14**

Meta/Ray-Ban smart glasses — Specifically identified by NGA as prohibited recording-capable eyewear. Meta/Ray-Ban smart glasses and other recording, transmitting, livestreaming, or image-processing wearable devices are prohibited inside the training facility and on the competition floor, whether or not actively recording. **Page 14**

Mobility score — Minimum score used to demonstrate readiness for advancement through NGA competitive levels. **Page 25**

Modified Capital Cup — Men's competition format in which competition is interrupted for primary warm-up time on each event after competition has begun. **Page 44**

National Coaches Charter (NCC) — NGA professional conduct framework providing principles and decision rules for coaches and industry professionals, with athlete welfare and protection as its primary goal. **Page 13**

NGA Coach Ethics Code (NCEC) — Ethical standards requiring NGA professional members to provide a positive, safe, inclusive, and athlete-focused environment. **Page 12**

NGA Member Number — Identification number assigned to an NGA member and

used to verify eligibility and membership status. **Pages 17, 24**

NCSI background screening — Criminal background-screening process used by NGA for applicable adult memberships. **Pages 12, 20, 28**

Neutral deduction — Deduction applied separately from the judges' evaluation/average score for specified violations or circumstances. **Pages 38, 75–76**

Observable and interruptible — Safety standard for adult-to-minor interactions. Another person must be able to see or interrupt the interaction. NGA states that all one-on-one adult-to-minor interactions must always be observable and interruptible. **Page 14**

One-on-one — adult and minor athlete — Athletes and coaches should remain in an open area with no closed door and visible to others. If a private conversation is necessary or appropriate, another adult must be present. A coach should never be alone with any number of gymnasts. **Page 14**

Open area — Location visible to other people and not isolated behind a closed door. Private conversations and permitted physical interaction with athletes are subject to NGA's open-area requirements. **Page 14**

Open scoring — Public display/release of scores; required at State, Regional, and National Championships and optional at invitationals at the Competition Director's discretion. **Page 75**

Open stretch — General stretching period conducted before timed/event warm-ups. **Page 71**

Panel Judge — Judge assigned to evaluate and score an athlete as a member of an event judging panel. **Page 38**

Parent / legal guardian observation — Parents and/or legal guardians must have access to observe when minors are training on site. **Page 14**

Per diem — Meal/expense allowance paid to judges under specified NGA judge compensation requirements. **Pages 41, 43–45**

Photography/videography — athletes — Athlete photographs or videos may only be taken in public view with parent and/or legal guardian approval and must be appropriate for public publication. **Page 14**

Physical contact — coaching — Physical interaction with an athlete should be for correction and coaching and may not involve compromising positions. Coaching interaction, icing, and taping should occur in an open area in view of others. **Page 14**

Post-event report — Required portion of the Sanction Report submitted following completion of a sanctioned competition. **Pages 52, 62, 69**

Private conversation — adult and athlete — If a private conversation between a coach/adult and an athlete is necessary or appropriate, another adult must be present, and the interaction must satisfy NGA's observable-and-interruptible standard. **Page 14**

Prohibited recording devices — Smart glasses, camera-equipped eyewear, wearable or concealed cameras, and other devices capable of recording, transmitting, livestreaming, or processing audio, video, or images are prohibited as specified by NGA. **Page 14**

Qualifying score — Minimum All-Around or Individual Event score required for advancement to designated year-end championship competitions. **Page 67**

Recording — private areas — Photography, video, audio recording, and livestreaming are prohibited in restrooms, changing areas, and other private areas under all circumstances. **Page 14**

Recording devices — athletes and coaches — Athletes and coaches may not wear or possess prohibited recording-capable devices during practices, training, warm-ups, competitions, meetings, or in locker/changing areas. **Page 14**

Recording devices — parents and spectators — Parents and spectators must remove prohibited devices and securely store them before entering viewing or training areas. Traditional prescription and non-camera eyewear are permitted. **Page 14**

Regional Championships — NGA year-end championship competition following State Championships and preceding National Championships. **Page 67**

Reporting — abuse — Coaches and Club Member staff are mandatory reporters of child abuse. Suspected sexual or physical abuse must be reported to appropriate local authorities. NGA forwards complaints of sexual or physical abuse to local authorities and states that NGA itself is not an investigating organization. **Pages 14–15**

Restricted medical device — Athletes may not compete wearing restricted medical devices such as a cast or boot. **Page 25**

Rookie Coach Member — Coach age 16–17 who meets NGA Rookie Coach Membership requirements and must be accompanied by an active adult Coach Member in the competition area. **Page 21**

Rotation order — Established order in which athletes or squads move through events during a competition. **Page 72**

Safe progressions/mobility — Requirement that athletes be competent at lower levels before participating at higher levels and meet applicable mobility requirements. **Page 25**

Sanction — Official NGA authorization permitting an event to be conducted under NGA Rules & Regulations. **Pages 49–50**

Sanction fee — Fee required when requesting an NGA domestic event sanction. **Page 50**

Sanction holder — Current NGA member/organization responsible for an NGA-sanctioned event and compliance with sanction requirements. **Page 49**

Sanction report — Official NGA report documenting a sanctioned event, including required sign-in information, violations/infractions, and post-event reporting. **Page 52**

Sanction violation — Failure to comply with NGA sanction requirements or Rules & Regulations that may result in warnings, fines, voided results, suspension, or loss of sanctioning privileges. **Page 51**

Sanctioned competition/event — Competition or event formally authorized by NGA and conducted according to NGA Rules & Regulations. **Pages 49–52**

Score change — Adjustment to a previously submitted score under conditions and time limits established by NGA scoring and inquiry procedures. **Page 75**

Scoring increment — NGA judges score in increments of 0.05 at sanctioned competitions. **Page 75**

Session — Scheduled grouping of athletes competing during a defined portion of a competition. **Pages 71–74**

Smart glasses — See **Meta/Ray-Ban smart glasses** and **Prohibited recording devices**. Recording-capable smart glasses are prohibited inside the training facility and on the competition floor whether or not they are actively recording. **Page 14**

Social media — adult to minor — Adult-generated social media communication directed to a minor must include the minor athlete's parent and/or legal guardian. **Page 14**

Squad — Group of athletes assigned to rotate and compete together during a competition session. **Pages 71–74**

Start Value (SV) — Starting value recorded by judges and one of the scoring components that may be reviewed through an inquiry. **Pages 38, 75–76**

State Championships — NGA year-end state competition conducted under the jurisdiction of the State Representative and NGA championship requirements. **Page 67**

State Representative (State Rep) — NGA representative responsible for designated state-level functions, including communications and specified competition/championship responsibilities. **Pages 7–8, 67, 69**

Taping/icing — See **Hands-on adjustments/massage/stretching/taping/icing**. These interactions should occur in an open area on the competition or gym floor in view of others. **Page 14**

Timed warm-up — Event-specific warm-up period determined by athlete level and the applicable men's or women's warm-up schedule. **Pages 73–74**

Touch warm-up — Brief warm-up on competition equipment for one athlete at a time, used only in specified circumstances, including when competition has been stopped for more than 20 minutes. **Pages 73–74**

Transportation — adult and minor — A minor athlete under age 18 should never ride alone with an unrelated adult. **Page 14**

Unaffiliated judge — Judge who does not meet NGA's listed criteria establishing an affiliation with a competing club, athlete, coach, or related individual. **Page 36**

Video review — Review of competition video under NGA inquiry procedures for specifically permitted scoring issues. **Page 76**

Wearable recording devices — Includes smart glasses, camera-equipped eyewear, wearable or concealed cameras, and similar recording/livestreaming devices. NGA Best Safe Practices prohibit these devices. **Page 14**

Warm Up/Compete format — Competition format using one set of equipment in which athletes warm up an event, compete that event, and then rotate to the next event. **Page 71**

Year-end Championships — NGA championship events held at the conclusion of the competitive season, including State,

Regional, and National Championships. **Pages 37, 67**

COMMON ABBREVIATIONS:

AA — All-Around. **Pages 25, 67**

BB — Balance Beam. **Pages 71, 74**

CR — Competition Referee. **Pages 37, 42**

FX — Floor Exercise. **Pages 25, 38**

HJ — Head Judge. **Pages 38, 42**

IES — Individual Event Specialist/individual-event qualifying designation. **Pages 25, 67**

NCC — National Coaches Charter. **Page 13**

NCEC — NGA Coach Ethics Code. **Page 12**

NCSI — Background-screening provider/process used by NGA. **Pages 12, 20, 28**

NGJA — Judges' association referenced for Men's Judge Membership and judging requirements. **Pages 28–29, 37**

PH — Pommel Horse. **Page 25**

SR — Still Rings. **Page 25**

SV — Start Value. **Pages 38, 75–76**

UB — Uneven Bars. **Pages 71, 74**

VT — Vault. **Pages 25, 71**

APPENDIX



Appendix A—Men's Equipment Specs

Appendix B—Women's Equipment Specs

Appendix C—Mat Specs

MEN'S EQUIPMENT REQUIREMENTS

VAULT REGULATIONS

MATTING AS PER FIG JR CODE OF POINTS

RUNWAY / SAFETY ZONE / HAND MAT

- Runway thickness: 3/4" - 1-3/8"
- Runway width: 3"
- Max runway length: 80'
Measure from front of VT Table or Resi
- Runway length: 25 meters
- Safety Zone:
Mandatory for all RO & HS to board entry vaults
- Hand Mat:
Recommended for RO VT

VT MAT / TABLE HEIGHT

- 1N: Mat stack/Resi—Min 10' x 5' x 32"
- 2N: Mat stack/Resi—Min 10' x 5' x 32"
- 3N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat
- 4N: Mat stack/Resi—Min 10' x 5' x 32" + Landing Mat
- 5N: Mat stack/Resi—Min 10' x 5' x 32"
- 6N: Table height—Min 110 cm to Mat stack/Resi
Min 10' x 5' x 32"
- 7N: Table height— Min 110 cm
- 8N/9N/10N: Table height— Min 110 cm
- *Additional matting may be used at all levels for safety of the athlete*

GENERAL REGULATIONS

GENERAL EQUIPMENT

- Equipment FIG Junior Code requirements except PB and PH Height may be lowered if needed to adapt to athlete

FALL TIME = 30s

- Timing starts when gymnast is on his feet after the fall

MEASUREMENTS

- 4 inch = 10 cm
- 8 inch = 20 cm
- 16 inch = 40 cm

HB GRIP FAILURE

- Athlete given choice to repeat exercise

EVENT REGULATIONS

FX MATTING SPECIFICATIONS

- Max (1) 4" mat or sting mat allowed for "C" VP landings—must remain in place for entire routine

PH MATTING SPECIFICATIONS

- Panel mat may be used to mount

SR MATTING SPECIFICATIONS

- Same as per FIG

VT LANDING MAT DIMENSIONS

- *See VT/Mat Table Height*

PB SPECIFICATIONS

- PB may be set at max 2 notches above FIG to accommodate tall gymnast if while hanging knees touch floor

HB SPECIFICATIONS

- Additional matting may be used at all levels for the safety of the athlete

EVENT MATTING REGULATIONS

MATTING AS PER FIG JR CODE OF POINTS

FX MATTING SPECIFICATIONS

- Max (1) 4" mat or sting mat allowed for "C" VP landings

PH MATTING SPECIFICATIONS

- Panel mat may be used to mount

SR MATTING SPECIFICATIONS

- Same as per FIG
- Additional matting may be used at all levels for the safety of the athlete

VT LANDING MAT DIMENSIONS

- Same as per FIG

PB MATTING SPECIFICATIONS

- Panel mat may be used to mount
- Additional matting may be used at all levels for the safety of the athlete

HB MATTING SPECIFICATIONS

- Additional matting may be used at all levels for the safety of the athlete

WOMEN'S EQUIPMENT REQUIREMENTS

EQUIPMENT REGULATIONS

VAULT RUNWAY

- Runway thickness: 3/4in / 2cm - 1-3/8in / 3.5cm
- Runway width: 3ft / .9m
- Runway length: Max length: 80ft / 24.4m
 - 1N-5N: Min 60ft / 18.3m
 - 6N-10N: Min 79ft / 24m
 (*Measure from front of VT Table*)

HAND PLACEMENT MAT

- May only be used for RO/FHS onto board entry vaults

VT BOARD SPRINGS

- 1N: Min two (2) springs
- 2BN/SN: Min two (2) springs
- 3N: Min two (2) springs
- 1N-3N: Tramp Board allowed

SAFETY ZONE COLLAR

- Safety Zone: Mandatory for RO, FHS onto board vaults
 - May be used for other vaults

VT LANDING MAT DIMENSIONS

- 3N/GN/4N: Behind Resi/Table CLM Min 6'x12'
- 2N/BN/SN/5N/6N/7N: Resi must sit on CLM
- SN/3N/4N: Resi width Max 60"
- 6N/7N: Pit Pillow 4' x 6' x 8"
- PN/8N-10N: Behind VT Table CLM Min 8'x12'

VT MAT or RESI/TABLE HEIGHT

- 1N: Mat Stack w/CLM Min 4in / 10cm—Max 8in / 40cm—Max 24in / 60cm
- 2BN: Mat Stack w/CLM Min 4"—Min 16in / 40cm—Max 48in / 120cm
- SN/3N: Mat Stack w/CLM Min 4"—Min 24in / 60cm—Max 56in / 142cm
- 4N: Mat Stack w/CLM Min 4"—Min 24in / 60cm—Max 56in / 142cm
- 4N: RO Mat Stack w/CLM Min 4"—Max 56in / 142cm
- 5N: Mat Stack w/CLM Min 4"—Min 24in / 60cm—Max 56in / 142cm
- GN/PN/DN: Table height Max 135cm
- 6N/7N: Table height Max 135cm
 - Mat Stack w/CLM Min 4"—Min 32in / 80cm—Max 64in / 162cm
- 8N/9N/10N: Table height Min 110cm—Max 135cm

VT ADDITIONAL MATTING

- 6N/7N may use Pit Pillow for landing, if available

EQUIPMENT REGULATIONS

UB MATTING SPECIFICATIONS

- 1N-SN Recommend: 7'6 x 15' min mat area
- 3N-7N Recommend: 7'6 x 24' min mat area
- 8N-10N Recommend: 7'6 x 36' min mat area
- Max height: 9" additional matting allowed
- Up to (2) 5 x 10 x 8" skill cushions, used end to end
- Dismounts: Additional matting = Max 9"

UB LB ROUTINE MATTING

- UB Mount—Max additional mats = 12" +/- 2" (i.e. 8" mat, 4" mat, sting mat (1" or 2"))
- UB Mount-LB Routine—Mount trainer, spot block, folded panel mat—may be placed on top of additional mats
- UB Dismount-LB Routine—May land on max additional mats = 12" +/- 2"

UB / BM MOUNTING

- Boards/Mount Mats: Max 8" allowed
 - GN-10N—Remove immediately after leaves mount apparatus
- Boards cannot be placed on 8" skill mat
- Mount trainers allowed on 8" skill mat

EQUIPMENT REGULATIONS

BM HEIGHTS

- 100 cm min / 125 cm max / all levels

BM MATTING SPECIFICATIONS

- Dismount matting:
 - Min 7'6" x 15' x 4" on one BM end and
 - Min 7'6" x 12' x 4" on other BM end
- Matting under BM:
 - Two (2) landing mats side by side
 - 15' wide x 15'6" long

FX ADDITIONAL MATTING

- Max two (2) mats (sting mat, 4" or 8").
- One (1) mat per tumbling pass (per direction)—May have both mats on opposite ends of diagonal
- Sting mat placed on top of 4" or 8" mat does not count as one of two (2) allowable mats

LANDING MATS

- 10 cm (4") mats minimum required
- 20 cm mats = allowed

MAT PLACEMENT

- Landing mats should be placed under and/or around Vault, Uneven Bars and Balance Beam covering all landing areas

MATS ON TOP OF LANDING MATS

- 8" Skill Cushion + (1) Sting Mat allowed = 9"
- 4" Throw Mat + (1) Sting Mat allowed = 5"
- Two (2) 4" Throw Mat + (1) Sting Mat allowed = 9"

FOREIGN SUBSTANCE

- Water, chalk, Manufactured solutions and hand Tac/10 style towels are only acceptable solutions

PLYWOOD UNDER BOARDS

- Plywood allowed under board for UB/BM mounts

MATS

VAULT MATS

Inches	Centimeters	Available Mats	Vault Mat Configuration — Example: 1N
.75 inches	2 centimeters	Skill Cushion Mat (SM) — 8 in / 20 cm	1N — Landing surface MUST have CLM Min 4in/10cm under any other matting
1.25 inches	4 centimeters	Skill Cushion Mat (SM) — 10 in / 25 cm	1N — May use optional SM (Skill, Resi, Throw) up to 24in / 60cm
2 inches	5 centimeters	Skill Cushion Mat (SM) — 12 in / 30 cm	
4 inches	10 centimeters	Panel Mat — 1.375 1.625 2.0 in / 3.5 4.0 5.0 cm	
4.5 inches	12 centimeters	Throw Mat (SM) — 4 in / 10 cm	ALLOWED
8 inches	20 centimeters	Competition Landing Mat (CLM) — 4-4.5 in / 10-12 cm	CLM = 8-9in / 20-24cm
10 inches	25 centimeters	Competition Landing Mat (CLM) — 8 in / 20 cm	Optional SM = 8in / 20cm
12 inches	30 centimeters	Resi Mat — 12 in / 30 cm	Optional Throw = 4in / 10cm
16 inches	40 centimeters	Resi Mat — 16 in / 40 cm	TOTAL = 20in / 50cm
18 inches	45 centimeters	Resi Mat — 18 in / 45 cm	ALLOWED
20 inches	50 centimeters	Resi Mat — 24 in / 60 cm	CLM = 8in / 20cm
24 inches	60 centimeters	Resi Mat — 32 in / 80 cm	Optional SM = 8in / 20cm
30 inches	76 centimeters	Air Bag Mat — 30 in / 76 cm	TOTAL = 16in / 40cm
32 inches	80 centimeters	Air Bag Mat — 36 in / 90 cm	ALLOWED
36 inches	90 centimeters		CLM = 8-9in / 20-24cm
Mat	Size (in)		
Skill	4 x 5		Optional SM = 8in / 20cm
	4 x 6		TOTAL = 16in / 40cm
	5 x 7		
Resi	5 x 10		ALLOWED
	5 x 5		CLM = 4-4.5in / 10-12cm
	5 x 10		Optional SM = 8in / 20cm
Landing	6 x 12		TOTAL = 12in / 30cm
	7.6 x 14		ALLOWED
	7.6 x 4		CLM = 4-4.5in / 10-12cm
	7.6 x 5		
	6 x 12		
	7.6 x 12		
Throw	8 x 12		NOT ALLOWED
	6 x 15.6		Missing CLM
	7.6 x 15.6		
	8 x 15.6		
	3 x 6		
Sting	4 x 6		
	4 x 8		
	4 x 10		
	7.6 x 10		
	36 x 54		
	40 x 80		
	5 x 10		
	7.6 x 10		



MASTERS OF SPORT

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