

2025 NGA Updates & Clarifications

General:

1. 9N & 10N may use a skill to fulfill more than one (1) SR.
2. X Skills to be allowed for 1N-GN for ALL events. Note: 4N/GN may not do X skill jumps for SR4 (Beam Dismounts).

Vault:

3. Vault (1N/GN/PN/8N-10N) - Failure to land on the bottom of feet first = 1.0 deduction. Examples include landing on hands and knees simultaneously and landing on buttocks (without feet first in both scenarios). Not applicable to 5N, 6N, or 7N vaults performed with swoop through and miss feet to land on back technique. FHS vaults at these levels must touch feet first. Note: SN may perform a flat back vault with a 9.5 start value therefore this deduction would not apply.
4. SN/3N/4N vault to include 1.5 deductions for hitting the mat stack before the landing mat. Note: SN may perform a flat back vault with a 9.5 start value therefore this deduction would not apply.
5. Vault Deductions – REMOVE Angle of Repulsion deduction for Non-Salto vaults – 8N/DN/9N/10N
6. Please NOTE that the HAND PLACEMENT MAT is only to be used for FHS/RO entry vaults (Groups 2 and 4) or it is a .30 incorrect apparatus deduction.

Uneven Bars:

6. Allow 14" (12" +/- 2") supplemental matting to mount off and dismount onto for LB routines ONLY.
7. Low Bar ONLY routine- All manufactured mount matting may be placed on up to 14" of supplemental matting and include; a board/mount trainer, panel mat, or spotting block.

Balance Beam:

8. X Skills to be allowed for 1N-GN for ALL events. Note: 4N/GN may not do X skill jumps for SR4 (Beam Dismounts).

Floor Exercise:

9. 7N FX SR 2 - ACRO SERIES – MIN two (2) acro flight/salto (one (1) BWD or FWD Layout to two (2) feet).
10. 7N FX SR 4 - ACRO SERIES – MIN two (2) acro flight/salto (one (1) MIN 'A' Salto - must be in a different direction from SR 2 layout)

11. Hand support elements on FX – Acro flight VPs with hand support may be used to receive VP and SR credit regardless of the number of times performed. Please note the acro pass or connection MUST be different.
12. Clerical - SR 1 must be separate from SR 3 & SR 2 must be separate from SR 4 is now noted for all FX levels.
13. Prone landings on FX will make the element different AND receive VP for the root skill.
14. Addition of B dance to 3N.

Element Clarification & Update:

1. B-502a BM - Y Scale MUST be on releve.
 2. B-503 BM Diagram for the Clear Straddle Hold is incorrect and has been updated for the 2025 season. The athlete must execute and hold a clear straddle L or pike V for two (2) seconds to receive the B value part.
 3. **B-204a Beam – Split leap with $\frac{1}{4}$ turn (Side Leap) (land on 1 or 2 feet) = C**
 4. **C-309 Beam - Supine Turn with $1 \frac{1}{4}$ = D**
 5. **C-805b Toe FWD $\frac{1}{2}$ (Tuck) = D**
 6. **D-805a Toe FWD 1/1 (Tuck) = E**
 7. **D-805c Toe FWD 1/1 (Pike) = E**
 8. **D-804b Clear hip FWD tuck 1/1 = E**
 9. **D-804d Clear hip FWD pike 1/1 =E**
 10. **D-806b Stalder FWD tuck 1/1 = E**
 11. **D-806d Stalder FWD pike 1/1 = E**
- **Please be aware that the NCAA will have updates later this year. We will do our best to parallel their system, but the elements, special requirements, and composition will only be modified next season.**