

# NGA Overview

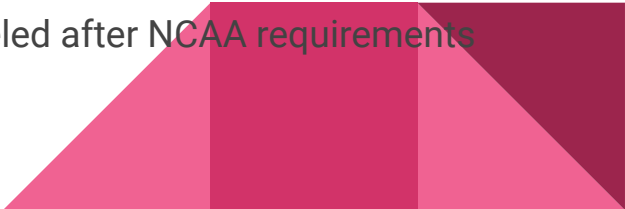
A crash course

# Sources

- 2021-2022 Rules and Regulations Manual (R&P)
- 2021-2022 Technical Handbook (COP)
- 2022-2023 Partial Technical Handbook (COP)
  - Some clarifications are expected once the 2023 NCAA rules are available. Estimated late July early August



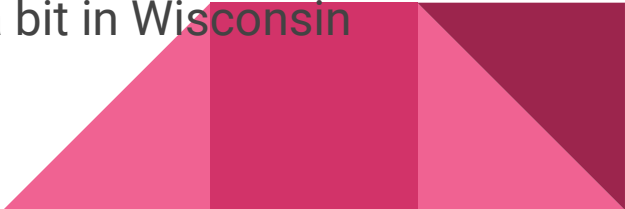
# NGA vs. USAG

- NGA program is structured with college competition as the long-term goal
    - NCAA major updates are on two year cycles, NGA follows suit
    - All clarifications are published on the 15th and/or 30th of each month
  - NGA can skip 2 levels at a time with a qualifying score
    - Do not have to stick with all “Xcel” or all numbered levels
  - NGA has an animated skills app
  - NGA Zones (Regionals) and Nationals are hosted by NGA. They do this to keep costs down for members
  - Minimal difference in deductions and levels
    - Levels 9N and 10N have the most changes as those are modeled after NCAA requirements
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# Judges - Membership

- Concussion protocol course is not required for judges, but nice to have.
- NCSI Background results for USAG can also be used for NGA, no need to pay for a second check. This may change in the future.
- NGA membership must be up to date to judge a meet
- SafeSport results from USAG can still be used this year, that will change in the future
- 16-17 year olds can judge levels 1N-5N only
- Judging certification will be online next cycle
- Judges do get access to the animated app for free, must contact National Office for code.

# Judges - Testing

- USAG judges must become members of NGA prior to July 31, 2023 to be grandfathered in with same rating
  - If not a member prior to July 31, 2023 judges will have to test online and start at a “state” rating
  - In order to test up, there will be rules regarding length of time judging
  - Background check and Safesport currently carry over. This is going to change in the future.
  - 2021/2022 Pay was \$1 more than USAG rates
  - There may be opportunities for MN judges to judge a bit in Wisconsin
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# Judges - Uniform

- Women's judges permitted to wear any official NAWGJ licensed apparel, in addition may wear black pants, all blouses or shirts must be white, cardigans/vests worn over shirts may be red, white or navy.
- With direction of Competition Director judges may wear themed attire or NGA apparel
- Year-end championships uniform - Judges must wear any official NAWGJ licensed apparel



# Judges - Assigning of officials

- One (1)-Judge panel: L1N - L5N (Bronze & Silver)
- Two (2)-Judge panel: L6N - L10N
  - 1-Judge panel may be used if judges are not available within 150 mile radius
  - Judges for one (1) judge panel must have a Level 10 (NGA National) rating or higher (L6N-10N)
  - Not enough judges in a state, may request to use a one (1) judge panel for all levels Requests go to: NGA National Judges Administrator
- USAG & NGA athletes may on compete on the same day, but NOT in the same session.



# Boys 4x4

- Designed to be a cost effective way to start a boys program
  - FX
  - Mushroom
  - Vault
  - “High” Bar
- Mushroom and vault will be more like compulsory routines, Bars and Floor will be able to create routines from a list of requirements
- 4x4 groups will be able to compete in either boys or girls meets
- NAWGJ Judges will need to take an online open-book test
  - NGA is putting together a study guide to help women’s judges learn men’s deductions



# Judging Materials

Judging sheets with Requirements and Basic information is available on the web-site.

<b>UB</b>  <b>1N</b> Warm Up 0:30	<b>Mounts - Add*1 A VP</b> Jump to front support Pullover - 1 or 2 feet, w/or w/o run Glide swing to stand Single leg jam from glide or run Run out glide kip	<b>Skills - Add*1 A VP</b> Cast with hips leaving bar Stride circle fwd or bwd Single leg basket swing to clear support Cast shoot through Long hang pullover from swing Single leg cut fwd or bwd Tap swing-counterswing	<b>Dismounts - Add*1 A VP</b> Underswing (2 VP when preceded by cast) Tap swing 1/2 turn Cast off to stand (1 VP) 3/4 forward circle to stand Squat on - jump down (2 VP)	<b>Clarifications</b> No extra cast/swing deductions No cast amplitude deductions No "B" or higher skills May not go to High Bar Award VP/SR if athlete completes > 1/2 of the skill unassisted before falling Same skill LB & HB = diff elements
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### Requirements (0.5 Each)

Mount	
Cast (any angle)	
Circling Skill	
Dismount	

### Value Parts

A (4) 0.1 each	
B+ (restricted)	0.5 off SV

SV	
Execution	
Rhythm	/ 1
Dynamics	/ 2
Short Routine < 5 VP	N/A

Judge 1 \_\_\_\_\_ Judge 2 \_\_\_\_\_ Neutral Deductions \_\_\_\_\_ Final Score \_\_\_\_\_ *courtesy score 5.0*

# Routine Comparison - NGA N6 Bars



# Routine Comparison - USAG L6 Bars



# NGA In Minnesota

- 2 Scheduled Meets with both NGA & USAG sessions
- 5 NGA Only meets scheduled
- NGA State - April
- NGA Regional Zone Championships - May - Indiana
- NGA Nationals 2023 - June - Location TBD



# Q&A

