



MEN'S GYMNASTICS PROGRAM

**Judge
Education
2026**

What is Men's 4x4

- An accessible programme that descends from the Men's NGA competition programme to encourage greater participation in Men's gymnastics

Mission

- To introduce Men's gymnastics using equipment already available to existing women's competition programme with additional purchase of a 'mushroom'
- Allow more boys participation in the Men's NGA programme providing a team environment for better athlete retention

Equipment Requirments

- Uneven Bar (high or low)
- Sprung floor
- Mushroom
- Compulsory Vaulting mat system
 - Springboard
 - Tramp board

Understanding Terminology

- EG = Element Groups
- EP = Exercise Presentation
- SS = Super Skills
- SV = Start Value

Warm Up times

- General Open Stretch: 15-30mins
- Event Warm Up (Levels 1N, 2N): 30 secs
- Event Warm Up (Levels 3N-5N): 45 secs

- Men's 4x4 warm up times must mirror those of the women's competitions when working simultaneously.

Attire

- Athletic shorts and Team T-Shirt or jersey top
- Required to wear socks on single bar and mushroom

Scoring

- Vault SV – 10.0
 - *Tramp board allowed on Vault*
 - *A vault can be repeated if athlete scores 0 with -1.0 deduction*
- Routines composed of **minimum 6** and **maximum 8** skills
- In Levels 1N-3N all NGA Super Skills (SS) **WILL** fulfil EG (+0.5)
- In Levels 1N-3N Spotting assistance for SS/A VP is allowed
 - *YES credit the skill*
 - *NO difficulty credit*

Scoring

- Any skill performed outside of difficulty range (*ie: gymnast performs a B value skill in Level 1N*) – **Credit A VP, deduct - 0.5**
- One skill **CANNOT** fulfill more than 1 Element Group (EG)

Stick Bonus

- +0.1 awarded on **all apparatus at all levels**
 - *With the exception of mushroom*
 - *With the exception of vaults that land on resi*

Understanding Rules

| LEVEL 1N | 5 years & up |
|---|--------------|
| FLOOR EXERCISE – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) 2. (8) NGA SS allowed 3. 'A' FIG VP allowed ● <i>Perform in straight line tumble pass</i> ● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| MUSHROOM – FX EP = 10.0/Full height EP = 9.0 | |
| 1. 1/4 Circle through support 2. 3/4 Circle through support ● <i>Evaluate hip roll (Counter to Circle), lean & extension</i> ● <i>Must show both 1/4 & 3/4 positions</i> ● <i>Landing not evaluated</i> | |
| VAULT – SV = 10.0 | |
| 1. Stretch Jump – Kick HS – Fall flat back to Stack/Resi ● <i>Yes Tramp Board</i> ● <i>Resi/Stack Mats – 10' x 5' x 32"</i> | |
| HIGH BAR – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) 2. (8) NGA SS allowed 3. 'A' FIG VP allowed ● <i>Stick Bonus +0.10</i> | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |



Execution marked from 8.0

Need 4 EG's (0.5 each) to reach the 10.0 SV

+0.1 stick bonus added to final score

Understanding Rules

| LEVEL 2N | 6 years & up |
|--|--------------|
| FLOOR EXERCISE – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) | |
| 2. (8) NGA SS allowed | |
| 3. 'A' FIG VP allowed | |
| ● Perform in straight line tumble pass | |
| ● Stick Bonus +0.10 (Dismount pass only) | |
| MUSHROOM – FX EP = 10.0/Full height EP = 9 | |
| 1. 1-1/2 or more Circles finish thru rear support | |
| ● Evaluate hip roll (Counter to Circle), lean, extension | |
| ● Finish in/thru fully extended rear support | |
| ● Dismount in Rear Support | |
| VAULT – SV = 10.0 | |
| 1. Handspring – flat back onto Resi | |
| ● Yes Tramp Board | |
| ● Resi/Stack Mats – 10' x 5' x 32" | |
| HIGH BAR – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) | |
| 2. (8) NGA SS allowed | |
| 3. 'A' FIG VP allowed | |
| ● Stick Bonus +0.10 | |
| ALL events except VT: SV = EP + FIG VP + NGA SS + Stick Bonus | |

On mushroom there is only 1 requirement

As long as they do their 1 ½ or more circle they will achieve their 10.0 SV

All routines in 2026 will be marked out of 10.0 – floor mushroom not required



Understanding Rules

| LEVEL 3N | 7 years & up |
|---|--------------|
| FLOOR EXERCISE – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) 2. (8) NGA SS allowed 3. 'A' FIG VP allowed <ul style="list-style-type: none">● <i>Perform in straight line tumble pass</i>● <i>Stick Bonus +0.10 (Dismount pass only)</i> | |
| MUSHROOM – FX EP = 10.0/Full height EP = 9.0 | |
| 1. 3-1/2 or more Circles finish thru rear support <ul style="list-style-type: none">● <i>Evaluate hip roll (Counter to Circle), lean, extension</i>● <i>Finish in/thru fully extended rear support</i>● <i>Dismount in Rear Support</i> | |
| VAULT – SV = 10.0 | |
| 1. Front Handspring over resi to landing mat <ul style="list-style-type: none">● <i>Landing evaluated</i>● <i>Yes Tramp Board</i>● <i>Stick Bonus +0.10</i>● <i>Resi/Stacked Mats – 5' x 32"</i> | |
| HIGH BAR – EP = 8.0 | |
| 1. (4) Required Element Groups (EG) 2. (8) NGA SS allowed 3. 'A' FIG VP allowed <ul style="list-style-type: none">● <i>Stick Bonus +0.10</i> | |
| ALL events except VT: $SV = EP + FIG VP + NGA SS + Stick Bonus$ | |

All Vaults SV = 10.0



Compulsory Vaults

Specific heights / requirements for each level

Vault Specific Rules

- Tramp board is allowed for all levels

Floor Element Groups

- EG 1: Non-Acrobatic Elements (*ie balances, holds, jumps*)
- EG 2: Acrobatic elements forwards (*ie forward roll, cartwheel to land facing forwards, headspring*)
- EG 3: Acrobatic elements backwards / forwards (*ie cartwheel to land facing backwards, backward roll, backward walkover*)
- EG 4: Dismounts – rebound from non-salto VP (*ie flic rebound, round off rebound, headspring rebound*)

Bar Element Groups

- EG 1: Long hang swings and turns (*ie tap swing, hang ½ turn, swing ½ turn*)
- EG 2: Flight elements (*ie swing with re-grasp, straddle cut, swing hop from one grip to another*)
- EG 3: In Bar and Adler Elements (*cast to horizontal, cast to HS, back hip circle, clear circle, toe on, upstart*)
- EG 4: Dismounts (*ie back swing drop, undershoot, toe shoot, tuck backaway*)

General Errors & Deductions

- Small error: -0.1
 - Medium error: -0.2
 - Large error: -0.3
 - Intermediate Swing: -0.3
 - Fall: -0.5
-
- Skills performed out of difficulty range: -0.5

For repeated skills:

- No repetition deduction
- No Value Part awarded

Short Routines

- If a routine is performed with **LESS THAN 6 SKILLS** (SS or A VP):
 - deduct -1.0 for each missing skill

Sample Routines

Level 1

MENS 4X4 COMPETITION RULES & ROUTINE SUGGESTIONS

| | General Rules | | Floor | Mushroom | Vault | Single Bar |
|----------------|--|-----------------------|--|---|---|--|
| Level 1 | <p>Event Warm Up = 30s</p> <p>Super Skills (SS) WILL fulfill Element Group (EG) requirement = +0.5</p> <p>Min 6 skills Max 8 skills on Floor and Bar</p> <p>Can use SS or A VP</p> <p>4 EG required on Floor and Bar</p> | Sample Routine | <p>Arabesque</p> <p>Tuck jump</p> <p>Jump 1/2 turn</p> <p>Forward roll</p> <p>Backward roll</p> <p>Round off rebound</p> <p>SV 10.0</p> | <p>1/4 circle through support</p> <p>3/4 circle through support</p> <p>SV 10.0</p> | <p>Straight Jump on, under arm reach, kick to handstand flat back on resi</p> <p>SV 10.0</p> | <p>From Hang</p> <p>1/2 turn</p> <p>Leg lift</p> <p>Chin up circle round</p> <p>Cast</p> <p>Fwd circle to hang</p> <p>Tap swing to re-grasp</p> <p>Tap swing to land</p> <p>SV 10.0</p> |

Level 1 Floor VIDEO

Level 1 Floor

1. 4 x EG

- Non-Acro Element
- Acro fwd
- Acro Bkwd
- Dismount

2. (8) NGA SS Allowed (min 6)

3. A Value FIG VP allowed

- Perform in straight line tumble pass
- Stick bonus +0.1 (dismount pass)

Judging breakdown – Level 1 Floor

- Arabesque **Bent bottom leg – 0.1, relaxed foot – 0.1 (medium fault 0.2)**
- Tuck Jump **Knees not high enough – 0.1, (small fault 0.1)**
- Jump ½ turn **Feet apart – 0.1 (small fault 0.1)**
- Forward roll **Feet not together – 0.1, feet leaving floor nonsimultaneously – 0.1, relaxed feet – 0.1 (large fault 0.3)**
- Backward roll **Leg separation – 0.1 (small fault 0.1)**
- Round off rebound **Lack of rhythm – 0.1, Feet wide on landing – 0.1, small step on landing – 0.1 (large fault 0.3)**

Execution Score 8.00 – 1.10 = 6.90

EG = 2.00

Final Score = 8.90

Level 1 Bar VIDEO

Level 1 Bar

1. 4 x EG

- Long hang swings / turns
- Flight elements (re grasp)
- In bar elements
- Dismount

2. (8) NGA SS Allowed (min 6)

3. A Value FIG VP allowed

- Stick bonus +0.1 (dismount pass)

Judging breakdown – Level 1 Bar

- ½ turn
- Leg lift **Feet not touching bar – 0.1, shoulder angle – 0.1**
- Chin up Circle over **Body alignment – 0.1, Bent knees – 0.1**
- Cast **Bent arms – 0.1**
- Forward circle to hang **Lack of control – 0.1**
- Trolley Swing **Bent knees – 0.1**
- Swing with re – grasp **Height of swing – 0.2**
- Swing to drop and land **Adjustment on landing – 0.1**

Execution Score 8.00 – 1.00 = 7.00

EG = 2.00

Final Score = 9.00

Sample Routines

Level 2

MENS 4X4 COMPETITION RULES & ROUTINE SUGGESTIONS

| | | | | | | |
|-----------------------|--|------------------------------|---|--|---|---|
| <p>Level 2</p> | <p>Event Warm Up = 30s</p> <p>Super Skills (SS) WILL fulfill Element Group (EG) requirement = +0.5</p> <p>Min 6 skills Max 8 skills on Floor and Bar</p> <p>Can use SS or A VP</p> <p>4 EG required on Floor and Bar</p> | <p>Sample Routine</p> | <p>Candlestick Pike jump Jump full turn Forward roll to straddle Backward roll to straddle Round off rebound SV 10.0</p> | <p>1 1/2 OR MORE circles to finish through rear support SV 10.0</p> | <p>Handspring flat back SV 10.0</p> | <p>From Hang 1/2 turn Leg lift Chin up circle round Cast Cast back hip circle underswing Tap swing to re-grasp Tap swing to land SV 10.0</p> |
|-----------------------|--|------------------------------|---|--|---|---|

Level 2 Vault VIDEO

Judging breakdown – Level 2 Vault

Run **Lack of speed - 0.1**

1st Flight Phase **Hip angle – 0.1, feet apart – 0.1**(medium fault 0.2)

Repulsion Phase **Shoulder angle – 0.1, feet apart – 0.1**(medium fault 0.2)

2nd Flight Phase **Hip angle – 0.1, feet apart – 0.1**(medium fault 0.2)

SV = 10.00

Execution total = -0.7

Final Score = 9.30

Level 2 Pommel VIDEO

Judging breakdown – Level 2 Pommel (Mushroom)

- Circle 1 **Small fault 0.1**
- Circle 2 **Small fault 0.1**

SV = 10.00

Execution total = -0.2

Final Score = 9.80

Sample Routines

Level 3

MENS 4X4 COMPETITION RULES & ROUTINE SUGGESTIONS

| | | | | | | |
|-----------------------|--|------------------------------|--|--|--|--|
| <p>Level 3</p> | <p>Event Warm Up = 45s</p> <p>Super Skills (SS) WILL fulfill Element Group (EG) requirement = +0.5</p> <p>Min 6 skills Max 8 skills on Floor and Bar</p> <p>Can use SS or A VP</p> <p>4 EG required on Floor and Bar</p> | <p>Sample Routine</p> | <p>Bridge L Hold Handstand Forward roll Cartwheel Round off-Back handspring SV 10.0</p> | <p>3 1/2 OR MORE circles to finish through rear support SV 10.0</p> | <p>Handspring over resi block SV 10.0</p> | <p>From Hang Leg lift Chin up circle round Cast back hip circle underswing Tap swing to re-grasp Swing 1/2 turn Tap swing to land SV 10.0</p> |
|-----------------------|--|------------------------------|--|--|--|--|

Level 3
VIDEOS

Thank you for coming!



Any questions contact me on: judging@ngauk.co.uk

Equipment Required

- > Vaulting block (recommend as per picture, 60cm x 1m x 2m)
- > Single bar of A bars (low bar or high bar permitted)
- > Mushroom (floor height as pictured)
- > Floor

