

Beginner Routines

Men's Artistic Gymnastics - NAIGC Developmental Level



NAIGC
NATIONAL ASSOCIATION OF INTERCOLLEGIATE GYMNASICS CLUBS

This document contains sample routines for beginner gymnasts participating in the [Developmental Level](#) at NAIGC meets. Individual gymnasts will have various strengths, so it will often make sense to modify these routines to cater to individual strengths. Further information regarding general routine construction principles can be found in the document "Routine Construction Guide - Men's Artistic Gymnastics, NAIGC".

Here are some example routines:

- Floor Exercise (FX) ([video](#))
 - Round off
 - Cartwheel
 - Handstand
 - Dive Roll
 - Scale
 - Back Handspring
 - Back Tuck
 - $SV = 10.0+2.0+0.7 = 12.7$
- Pommel Horse (PH) ([video](#))
 - Single Leg Travel
 - Back Scissor
 - False Scissor
 - Circle
 - Scissor Half
 - Circle to Handstand Dismount
 - $SV = 10.0+1.5+0.7 = 12.2$
- Still Rings (SR)
 - Strength Option ([video](#))
 - Muscle Up
 - L
 - Shoulder Stand
 - Back Lever
 - Dislocate
 - Back Tuck Dismount
 - $SV = 10.0+1.5+0.6 = 12.1$
 - Swing Option ([video](#))
 - Back Uprise
 - Swing forward to swing backward in hang
 - Inlocate
 - Kip

- L
 - Dislocate
 - Back Tuck Dismount
 - $SV = 10.0 + 1.5 + 0.7 = 12.2$
- Vault (VT) ([video](#))
 - Front Handspring or Round Off
 - $SV = 10.0 + 1.6 = 11.6$
- Parallel Bars (PB) ([video](#))
 - Kip
 - L
 - Shoulder Stand
 - Front uprise
 - Forward roll to upper arm
 - Back uprise to support
 - $SV = 10.0 + 1.5 + .6 = 12.1$
- High Bar (HB) ([video](#))
 - Back uprise to support
 - Free hip to horizontal
 - Swing half turn
 - Kip to support
 - Back hip circle
 - Tucked flyaway dismount
 - $SV = 10.0 + 1.0 + .7 = 11.7$
- All Around (AA)
 - $SV = 72.4/72.5$