



# Women's Gymnastics 2024-2026 Rules Cycle

## Rules Newsletter # 1

### October 15, 2024

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**REMINDER: please update your USAG Dev Program OPTIONAL CODE OF POINTS and download the USAG Women's Program 2024-25 RULES AND POLICIES.**

### Rules Resources

The NCAA Rules Interpreter is Janette Doucette, email address [wgym.ncaa.rules@outlook.com](mailto:wgym.ncaa.rules@outlook.com) Please submit any questions for rule interpretation by electronic mail only. Coaches: Please provide your name and institution. Judges: please provide your name and state.

The 2024-25 NCAA Rules Modification Document and Meet Procedures direct link: [Rules Modifications 24-25](#)

Rules Newsletters and Archive are located on the [NCAA Gymnastics Rules of the Game page](#).

The Women's Gymnastics Supplemental Procedures and Forms document, which contains Video Review Form, Inquiry /Routine Summary Form and Meet Referee Checklist, direct link is: **coming soon**

The USAG Women's Developmental Program Optional 2022-26 Code of Points (USAG Dev Prog COP) is purchased at this link: [USAG Dev Prog COP](#) Click on choice of Full/mini size book or eBook and follow directions. This page also contains links to updated COP Appendices and Replacement Pages.

Updates to the USAG Dev Prog COP are found on the [update page](#) - includes USAG Dev Prog COP replacement pages for paper copies, and Committee meeting minutes. If you have the electronic version, login to Google Play on your computer to have it perform an automatic update (cover page will show "updated Aug 2024").

The USAG Women's Program Rules & Policies 2024-25 can be downloaded at this link [R & P 2024-25](#)

The new element evaluation form can be downloaded from the USAG women's development program website under forms at [USAG New Element Eval Form](#) .

FX Music approval – contact your Regional Technical Committee Chair (RTCC).

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### Rules Modifications Errata:

1. Rules Modification 1.9.f (page 3) range of score should read 8.0-**8.975**.
2. Rules Modification 3.1.b. (page 6) should read, "Two (2) different **flight** elements..." (the L was missing)

### Updates to Rules Modifications:

**Uneven Bars 3.3 Element Values different from Level 10** – Due to element value changes from the USAG Technical Meetings of May 2024 (see *Supplement to the Rules Newsletter* on pages 5-6 below), some elements in the 3.3 chart changed numbers and values in the USAG Dev Prog COP.

**The following elements are no longer different from Level 10, and are not required to remain on the 3.3 chart.**

8.301 (C) -> 8.401 (D) From HB, Toe on front pike ½ twist

8.301 (C)-> 8.401 (D) From HB, Back Stalder front tuck or pike ½ twist

8.301 (C) -> 8.401 (D) From HB Clear support front pike ½ twist

Stalders:

6.301 (C) -> 6.401 (D) Stalder forward straddled, to handstand, with or without ½ turn

6.401 (D) -> 6.501 (E) Stalder forward to handstand with full turn in HS

**However, the following elements did NOT change, and therefore will remain on the 3.3 chart:**

8.301 (C) From HB Clear support front tuck with ½ twist = D in NCAA

6.304 (C) Stalder backward to handstand, with or without ½ turn in HS = D in NCAA

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## Clarifications:

The NCAA exception for the Beam dismount #9.202 - stand on one leg, swing free leg backward to front salto stretched with full twist off the side or end of beam (“Mabrey” in the layout position) has been deleted. The “Mabrey” in a layout position is the same as an “aerial walkover forward from a swing through” in the element descriptions. It was decided to maintain the same value as in Level 10: #9.202 = B (off the end of the beam), and #9.302 = C (off the side of the beam).

*Reference: USAG Dev Prog Beam element chart on page BEAM-88.*

The minimum run distance for mounts on Uneven Bars and Balance Beam (Rules Modifications Section 6.1.f.) no longer has an associated deduction.

In Section 8.1 Judging (Regular Season Meet Procedures) and in Appendix III.2. Affiliation (Standards/Duties of Judges), it lists a judge who is a parent of an NCAA competing gymnast or a current coaching-staff member as *affiliated* with a school. However, the JAS Judges Manual (page 13) specifies that a parent or coaching-staff member of any university program is ineligible to judge NCAA competitions. **The JAS Judges Manual takes precedence for NCAA/WCGA Judges Affiliation Policy.**

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## General

**Q: If we received a New Element evaluation last season, and this element was not included in the USAG Dev Prog COP after the USAG rules updates, do I need to submit a New Element Form again?**

**A: No.** The evaluation of a skill is valid until the end of the Code of Points cycle on July 31, 2026 (as indicated on the form). Since the skill wasn't added to the COP, you will still need to present it to the Meet Referee during each meet that the skill is to be performed.

*Reference: New Evaluation Form on USAG website>Dev Program>Forms>Meet Forms*

**Q: In the manual it says under UNIFORMS (1.10), that a gymnast is considered ‘in-uniform’ when she has her name on her leotard as long as all members use a similar font/color. “Names will include only the first initial of the first name and the full last name.” Does this mean we have to include their first initial or can we just put ONLY their last name on the uniform?**

**A:** The following are **acceptable options** for names on uniforms:

1. All uniforms with just the last name.
2. All uniforms with first name initial and last name.
3. If the team has chosen just last names on the uniforms, an exception is permitted for when two/more athletes have the same last name, the first name initial may be added to only their specific uniforms.
4. If two/more athletes have the same last name and the first name initials are also the same, an exception is permitted to spell out the first names, regardless of what the rest of the team does.

The intent is that regardless of which option is chosen, the font and color are consistent and only names are used (no nicknames, words, etc.).

*Reference: Rules Modifications 1.10.a, page 3; Clarified by the WCGA.*

**Q: Is there a reference for open stretch rules? Do all teams stretch on the floor exercise mat or on their starting event? Can the coach remove the low bar to allow for gymnasts to run, etc, on the uneven bar matting?**

**A:** The Rules Modifications do not specify open stretch activities for regular season (Section 8.3.1.). Instead reference USAG's rules or receive a specific NCAA clarification. There is a definition of open stretch activities in the *USAG Women's Program Rules & Policies Chapter 6 – General Meet Information – V. Meet Warm-ups, A.1. Pre-meet timed warmups, page 57*. These rules would apply.

However, as clarified by the Championship & Competition Committee, the low bar may not be removed during open stretch. The coach may raise the low bar as high as it will go to lock into place.

**Q: If the beam end cap falls off when a gymnast is performing a dismount, and she does NOT fall (performs a round off to single back salto instead), can she repeat her dismount for VP/SR/Bonus?**

**A:** When the end cap is knocked off, it is NOT considered equipment failure. This means that the gymnast will receive the Value Part, Special Requirement, UTL, Bonus and execution deductions for what was performed – with a fall onto the floor or not. The gymnast has no option to continue the exercise from the point of interruption. If the gymnast chooses to mount the beam again and perform her planned dismount series, it is scored as usual; however, because she landed on the floor and climbed up again, she would receive a -0.5 deduction for a fall (if not already taken from the landing on her first attempt).

*Reference: Rules Modifications 6.1.h; USAG Dev Prog COP Section 1 General Info – Chapter 4.II Equipment Failure.*

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## Uneven Bars

**Q: Checking on the new bonus exception rule, what would the bonus be for a toe-on handstand + Maloney + overshoot with no handstand on the low bar?**

**A: +0.3** The underswing ½ turn and flight to low bar not to handstand (overshoot, element #4.204) is a B unless it comes from a HS on the HB or from a D/E release element, then it becomes a C. Therefore, following the Maloney (#7.410 – D), the overshoot would be a C. So, the combination example with the pike sole circle to HS (#7.309) + Maloney + Overshoot is C + D + C = +0.2 total CV and +0.1 D/E bonus.

*Reference: USAG Dev Prog COP Section 3 Uneven Bars – Connection Value Bonus II.A. and II.B, pages BARS-42 & 43 and Element Charts pages BARS-71, BARS-88, and BARS-89; and Section 3 Bars – Chapter 1 General – 1.7. (page BARS-16) under Specific Element Techniques for #4.204.*

**Q: In the above example, when the overshoot (element #4.204 underswing ½ turn and flight to low bar not to handstand) follows a D/E release element and becomes a C, does that count for the Special Requirement 3.1.b. for two different flight elements minimum C and minimum D?**

**A: Yes.** The Maloney would be the first minimum D flight element, and the connected C overshoot (#4.204) would fulfill the second minimum C flight element.

*Reference: Rules Modifications 3.1.b. Uneven Bars Special Requirements, page 6; USAG Dev Prog COP Section 3 Bars – Chapter 1 General – I.7. (page BARS-16) under Specific Element Techniques for #4.204.*

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## Balance Beam

**Q: My athlete performs the round-off back handspring mount (#1.415) connected to another back handspring (#7.208) to back layout step-out (#8.304). Does this series count for 3-acro series additional bonus? What is the total bonus?**

**A: Yes, with a total of +0.5 bonus.** D + B + D receives +0.2 CV, +0.2 for the 2 Ds, and +0.1 additional 3-acro series bonus. The series does receive the extra bonus for 3 acro flight series, since the NCAA rule allows for mounts to be included, but no dismounts. This exact example is listed in the *Rules Modifications Section 4.5.a.2., page 10.*

**Q: If the same series above is broken between the round-off BHS mount and the following back handspring to back layout, is it still eligible for UTL?**

**A: Yes,** the broken series elements can be used towards UTL requirements. The gymnast will receive +0.1 D/E bonus for the mount and +0.1 D/E for the back layout step-out, and no CV bonus. Since her successful series has no CV bonus, her mount will count as the additional D/E acro required to fulfill UTL, as long as the RO BHS mount receives D credit (a foot touched the beam).

*Reference: Rules Modifications 4.2.d.1 and 4.2.d.2, page 9 and 4.4.c.1, page 10.*

**Q: The composition deduction Failure to show movement/choreography in different directions (F/B/S) is a flat 0.05. So, must the athlete show all 3 directions, or she receives the 0.05 deduction? What if she only shows 2 directions?**

**A: Yes,** the athlete must show all 3 directions, or she receives the 0.05 deduction.

*Reference: Rules Modifications 4.2.3.c., page 9; Rules Newsletter Feb 1, 2023.*

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## Floor Exercise

**Q: What is the bonus for a front layout salto (#6.201) + Rudi (front layout 1 ½ twist, #6.401) + split jump (#1.101) series?**

**A: +.4 total bonus:** Front layout + Rudi = B + D with +0.2 direct acro CV; Rudi + split jump = D + A with +0.1 mixed CV; and the D receives +0.1 D/E bonus. The bonus rules allow for overlap of the center skill.

*Reference: USAG Dev Prog COP Section 5 Floor Exercise, Chapter 4 Bonus, 5.4.I.I connection of 3 or more elements, page FLOOR-29...and 5.4.II.D Connections of 3 or more elements, Example 3, page FLOOR-38.*

## 2024 USAG Committee Meeting Updates that Impact NCAA Rules

Note: These changes are now incorporated in the USAG Women's Program Rules & Policies, and in the updated electronic version of the USAG Dev Prog COP (Aug 2024). The updates are available in replacement pages format for any printed COP: [COP Update link](#) . The 2024-25 R&P is available here: [Link to R&P](#)

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From the National Technical Committee and from the Joint National Development Program Committee/ National Technical Committee meetings on May 13-15, 2024, items that PASSED.

*(notes from Rules Interpreter in italics)*

### GENERAL / MEET INFORMATION

1. Update the Women's Program Rules & Policies (R&P) and add to the DEV Code of Points (DEV COP): Any situation regarding additional warm-up time due to a delay of competition on the field of play (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director, in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.

### EQUIPMENT

2. Apply a 0.20 Chief Judge (CJ) deduction if a coach sprays water or adds chalk to the bar once the exercise has begun. No warning will be given. *(the rule changed last season, but this year they added a deduction).*
3. Apparatus Specifications Chapter of the R&P – FLOOR (maximum number of mats on floor at a time): ADD - An athlete may NOT utilize the 2 mats end to end on any one tumbling pass, i.e. punch off one mat to land on another. If using a sting mat in addition to the 2 supplemental mats, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.

### DEDUCTIONS CHANGES

1. VAULT (L10) - Recommendation to apply the **up to** 0.10 deduction for under-rotation to **ALL** Level 10 Vaults.
2. BEAM, FLOOR- Remove references to the up to 0.20 deduction for insufficient leg separation for Leaps / Jumps that achieve **less than 135° split**, and update with "apply appropriate deductions to the applicable VP performed". *(This means if the split is less than 135°, it would be considered a different jump skill and apply execution deductions with that in mind.)*
3. VAULT **clarification** - Addressing the possible factors in the lack of separation between the Layout vs Full Twisting Layout Vaults at Level 10: it is noted that an up to 0.30 deduction for insufficient stretch may be applied in the 2nd Flight phase AND an up to 0.30 deduction may be taken for Failure to maintain stretched body position (pike down of stretched vaults to facilitate landing) if these faults occur.
4. VAULT - update the Dev Prog COP: Whenever a 1.00 deduction or greater flat deduction is applied, the allowable score range does not apply, and the scores will be averaged. Examples include, but are not limited to, performance of a one-arm Vault (all Levels), not landing on the bottom of the feet first (Level 6), or a spotting deduction during the Vault (Level 8).

ELEMENT VALUE CHANGES: BARS

1. Raise the value of #8.301 dismount variation - Underswing (toe-on or clear) to salto forward piked with  $\frac{1}{2}$  (180°) twist to #8.401 (“D”).  
*Note: underswing (toe-on or clear) to salto tucked with  $\frac{1}{2}$  is still an NCAA exception as a D.*
2. Raise the value of #8.301 dismount variation - Back Stalder to forward salto tucked (Celestine) or piked with  $\frac{1}{2}$  twist to #8.401 (“D”).
3. Raise the value of #8.401 dismount variation - Underswing (toe-on or clear) to salto forward piked with  $\frac{1}{1}$  (360°) twist to #8.501 (“E”).
4. Raise the value of #6.301 - Stalder forward, also with  $\frac{1}{2}$  turn in handstand phase (“C”) to #6.401 (“D”).  
*Note: the stalder backward, also with  $\frac{1}{2}$  turn is still an NCAA exception as a D.*
5. Raise the value of #6.401 - Stalder forward with  $\frac{1}{1}$  turn in handstand phase (“D”) to #6.501 (“E”).

ELEMENT VALUE CHANGES: BEAM

1. Increase the value of #2.201 variation - Split or stag-split leap forward (take-off from one leg) with  $\frac{1}{4}$  turn (90°) turn to straddle position (side leap) (“B”) to #2.301 (“C”).
2. Increase the value of element # 3.307 -  $1 \frac{1}{4}$  (450°) turn on back in kip position (hip-leg angle closed) (“C”) to # 3.407 (“D”).
3. Clarification of a variation to Balance Beam element #8.401 (D) -Salto forward tucked, take-off from one leg to stand **ADD also with  $\frac{1}{4}$  turn.**

ELEMENT VALUE CLARIFICATION: BEAM AND FLOOR EX

All variations of root Acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position. *(as an example, a front salto tucked on FX from one leg (“front toss”) would be an A.)*

FLOOR EXERCISE MUSIC CHANGE:

**Beginning August 1, 2026,** the use of human or synthesized voice in floor music to create words, sounds, chanting, etc. will no longer be allowed. A 1.00 CJ deduction will be taken for any floor music with voice.

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