



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter # 3 November 15, 2024

The Rules Resources will now be located at the bottom of each newsletter.

Clarification: General

Q: What is the process for applying a Team Neutral Deduction?

A: When a judging panel determines that a Team Neutral Deduction is to be taken, the Chief Judge notifies the Meet Referee of the deduction and reason. The Chief Judge does not enter the deduction into the scoring system; the Meet Referee will do so at the scorer's table, and the neutral deduction would be applied to the team score. The Meet Referee then notifies the Meet Director, who will give the information to the Head Coach of each team in the competition.

Reference: WCPC/WCGA Clarification.

Q: Can a coach submit an inquiry (written or video) about a Team Neutral Deduction?

A: Yes. It falls under Neutral Deductions on the form.

Reference: Rules Modifications Section 7.1.a.; Clarification from the WCPC/WCGA.

Vault

Q: USAG specifies that the flat 1.0 deductions on Vault are now permitted to be averaged without regard to the scoring range (essentially when one judge takes the deduction and the other judge does not). Does this apply to NCAA?

A: No. There will be no setting aside the score range due to the application of a flat 1.0 Vault deduction. If the scores are out of the designated range, the judges must hold a conference to bring their scores within the allowable NCAA range. The Coach may submit a Video Inquiry (under unusual performance occurrence), if there is video evidence to the contrary of the judging panel's decision.

Reference: Rules Modification Section 2 Vault note after 2.6, and Section 7.1.a; WCPC/WCGA clarification.

Balance Beam

Q: If a gymnast performs the following mount, is it considered a side element? Running toward the end of the beam, the gymnast hits the board, performs a cartwheel through chest stand onto the beam, then lands in a straddle/split sit.

A: This element is a variation of chest stand mount #1.108. It is not a side acro element for composition purposes.

Reference: USAG Dev Prog COP Beam element #1.108, page BEAM-46; Clarification in the minutes of the National Development Program/Technical Committee Joint Meeting from May 2024, Discussion item #4, page 5.

Floor Exercise

Q: Is it allowable to place a sting mat on top of or under the 4-inch supplemental mat on Floor Exercise?

A: No. Only one sting or one 4-inch supplemental mat may be used per tumbling pass/leap combination. It is not permissible to stack any combination of two supplemental mats on the Floor Exercise.

Reference: Rules Modifications 6.2.e; WCPC Clarification.

Rules Resources

The NCAA Rules Interpreter is Janette Doucette, email address 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, will be on the Rules of the Game page once updated to 24-25. 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 Women's Program Rules & Policies 2024-25 can be downloaded from [R & P 2024-25](#) Click on current year's version.

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).

*Janette Doucette
NCAA Women's Gymnastics Rules Interpreter
wgym.ncaa.rules@outlook.com*