



# GYMNASTICS

## Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #7 January 15, 2025

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### Clarification:

Clarification to the Rules Newsletter #2 Nov 1, 2024: Using a Triangular Meet format with four judging panels, the open event in the rotations is **determined by the host institution Meet Director**. Clarified by the C&C Committee, applies to Rules Modification 8.5.

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### General

**Q: While an athlete is up next to compete on an event, may she invert (go upside down) on the mats right before she competes? For example, can this athlete do a handstand to lunge on the beam mats right beside the beam before she competes?**

**A: Yes.** An athlete, who is next in line to compete, may perform an element on the beam mats immediately prior to the Chief Judge signal to begin. If the gymnast performs the element after the signal, it is a deduction for exceeding warm-up (0.2). However, on Floor Exercise, the gymnast may only jump on the FX mat within boundaries, no inverted skills are permitted.

*Reference: USAG Dev Prog COP in Section 4 Beam – Chapter 1 General Information – II.A.2.b. on page BEAM-2; Section 5 FX – Chapter 1 General Information – II.A.5, page FLOOR-2; Section 1 General – Chapter 1 Judging Panels – Chief Judge Deductions table, warm-up time, page GENERAL-7.*

**Q: Can a team compete more than 15 athletes in regular season? Or out of conference?**

**A: Yes.** The Rules Modifications, which covers Regular Season, does not limit the number of gymnasts who may compete. However, Post-Season is different: for Regionals and Nationals, there is a limit number of fifteen (15) competitors per team. Each Conference is different, so you will need to check your Conference Championship documentation to see if there is a limited number of competing athletes specified for Conference competition.

*Reference: NCAA Pre-Championships Manual 2024-25, Travel Party on page 20.*

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### Vault

**Q: Can you please confirm that a springboard isn't allowed to be placed on top of a vault table, even during the regular season? Who oversees administering the team deduction?**

**A: The springboard is not allowed on top of the vault table in any competition.** This is considered improper use of equipment per manufacturer's specifications (it can damage equipment) and would incur a 0.2 Team Neutral Deduction during regular season competitions.

The Meet Referee oversees the administration of the team deduction during competition, to be applied to the Team score at the scorer's table. In the case that the Meet Referee/Chief Judge are not present

to witness the infraction (such as during timed event warm-ups), the attending coaches are responsible for enforcing the rules.

*References: Rules Modifications 6.2.a., and Appendix II.1 Coach Ethics; Rules Newsletter #3 November 15, 2024, Clarification section.*

**Q: Can an athlete later in the lineup sprint down the runway after a preceding teammate competes? For example, if athlete #2 just vaulted, can athlete #4 sprint down the runway before athlete #3 competes?**

**A: No.** Only the NEXT competitor may run down the runway following her predecessor's vault, which does not count as additional warm-up. So athlete #3 may sprint in this example, but athletes later in the lineup are not permitted to do so at that time. Please note that the athlete may not run in front of the judges' tables.

*Reference: USAG Dev Prog COP Section 2. Vault – II General Info – F.11.a.1, page VAULT-7*

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## Uneven Bars

**Q: Please clarify that the Gonzales dismount on bars (#8.310) includes a giant circle swing (with or without 1/2 turn) in the skill. It appears that back giant blind 1/2 immediate dismount is just one element (C), and it also appears that back giant immediate dismount is one skill (C). The connection in question is giant blind 1/2 turn to giant in the dismount (C+C). Just wanted to clarify that the giant is part of the dismount and does not break the connection.**

**A: Yes,** the Gonzales dismount of #8.310 description is written to include a preceding “giant circle backward (facing LB) to a back salto tucked over the high bar” or “giant circle backward with 1/2 turn (facing HB) to back salto tucked” dismount. Most dismount elements use the terminology of a “swing down between the bars” before the release to dismount; however, the Gonzales completes the giant circle nearly to the top before releasing, so it warrants using “giant circle” in the description.

So if the athlete performs a giant circle backwards with 1/2 turn (C) to giant circle backwards with back salto tucked over the HB (Gonzales) (C), it is a combination of a C + C.

*Reference: USAG Dev Prog COP Bars Element #8.310 (second listing), page BARS-98.*

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## Balance Beam

**Q: For beam dismounts off the side, is an athlete allowed to use an 8-inch mat to land on?**

**A: Yes.** The 8-inch supplemental mat may be placed on top of the competition landing mat, or may be stacked with a sting mat. The 8-inch mat cannot be stacked with a 4-inch mat. The maximum height of supplemental mats on top of the competition landing mat is 10 inches.

*Reference: Rules Modification 6.2.f.2 on page 16.*

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## 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: [2024-25 Supplemental Procedures & Forms](#) , within the NCAA Gymnastics Rules of the Game page.

**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).

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