



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle

Rules Newsletter #10

March 1, 2025

General

Q: During the finish position with heels together and arms up, is head movement allowed? Is the gymnast allowed to make hand gestures (#1, college symbol, a heart)?

A: The intent of the hold deduction is for the athlete to stand still in the finish position for one second. This would mean that no head movement is allowed. As for hand gestures – no active gestures are permitted; however, there is no rule as to what position the athlete may place her hands (#1, heart, etc.), as long as the athlete does not move for the designated one second.

Reference: Rules Modification 1.5.c.4.; Clarification from the WCPC

Q: In an inquiry/video inquiry situation, is the coach allowed to ask for clarification on what judges didn't give? If we are allowed to video inquire without penalty on a specific skill/combination, how do we know which elements/combinations received or did not receive credit to utilize the video inquiry?

A: There is no penalty for submitting an inquiry. It is not required to submit the video inquiry specifically for a particular skill/combination, but the coach may ask in general about Start Value, Flat Composition deductions (like UTL), Neutral Deductions and/or Unusual Circumstances. On the inquiry form, the coach submits a list of the elements performed in the routine, and may provide the whole routine in a video for the judges to review. The judges would evaluate the routine on the video pertaining only to those categories on the inquiry form as selected by the coach. The judges mark yes/no on the inquiry form for what skills/combinations received credit or not. The judges then would indicate any changes to the score/Start Value after reviewing the video.

Reference: Rules Modification 7.1.e and 7.1.a.

Q: How much time is allowed between when the judge signals the athlete and when the athlete salutes to start? Where do I find the rule?

A: If the gymnast fails to begin her routine within 30 seconds after the CJ signals, it is a 0.2 deduction. This rule is listed in the Chief Judge Deductions table in the *USAG Dev Prog COP Section 1 General Information – Chapter 1 Judging Panels – 6th line in the Chief Judge table on page GENERAL -7.*

Q: To follow-up the clarifications in the Rules Newsletter #9 February 15, 2025: during a dual meet, for example, after a team competition on floor exercise is complete and prior to the two-minute transition, can athletes warm-up beam skills on the floor exercise mat?

A: No. After a team has completed a competition round on an event and prior to the 2-minute transition, as stated in the newsletter, it's permitted for the athletes to do warm-up activity on the mats surrounding the apparatus, which follows the similar rule during the 2-minute transition. There is a difference for the Floor Exercise mat, since it is considered the apparatus. Because of that fact, athletes are only allowed jumping, bouncing, etc., but no gymnastics skills are permitted on the Floor Exercise mat unless the athletes are competing or in official warm-up time periods. If there are mats

placed around the Floor Exercise mat outside of its boundaries, the athletes may use them for warm-up activity such as they would on beam mats surrounding the Beam.

Reference: Rules Modification 8.2.b.2; Rules Newsletter #9 February 15, 2025; Clarification from the WCGA.

Uneven Bars

Q: If a gymnast's grip slips off her fingers during a routine, is it considered equipment failure?

A: No. The grip is not considered broken if it slips off the fingers, or if the straps around the wrists become loose or unbuckled. If the athlete dismounts the bars to fix the issue, it is treated as a fall.

Reference: Rules Modification 6.1.g.; USAG Dev Prog COP Section 3 Bars – Chapter 1 General Info – II.B. page BARS-2.

Balance Beam

Q: The CV Bonus exception in the Rules Modifications for back handspring + back layout pike down with legs together (B + D) notes that this combination receives +0.1 CV and +0.1 D/E Bonus. What is the bonus for a back handspring (B) to layout to two feet (E)?

A: Total +0.4, with +0.2 CV and +0.2 D/E Bonus. There is no CV Bonus exception for back handspring connected to a back salto stretched with legs together (E, #8.504), so it follows the bonus rules in USAG.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.B bonus with 2 acro flight elements for B + E, Example 3, page BEAM-32; Element Chart #8.504, page BEAM-87.

Q: An athlete successfully performs front aerial walkover (#7.402) + back handspring for her acro series. Later in the routine, she attempts a front aerial to scale, wobbles on her support leg, and eventually lifts her leg up to scale. Because of the wobble, it is understood that an "E" value element (#7.502) is not granted. However, is the front aerial to one-leg landing a separate "D" value element, and should it be eligible for the +.1 DV bonus?

A: No. The unsuccessful element #7.502 attempt would count as a second performance of a front aerial walkover (#7.402). The athlete would receive the +0.1 D/E Bonus for the first front aerial, but not the second. However, since it's the same D element but with a different exit, it does receive a D Value Part, and would fulfill the UTL requirement.

References: Rules Newsletter #20 March 1, 2024; Rules Modification 4.4.2.d.1; USAG Dev Prog COP Section 4 Beam – Chapter 1 General Information – V. Recognition of Value Parts – A.4.a., page BEAM-6; Element chart #7.402 and #7.520, page BEAM-77

Floor Exercise

Q: If a gymnast performs a back salto to prone position at the end of her routine, does it count as a last salto for Special Requirement?

A: No. A salto landing in a sit/prone/sit split position is NOT considered a salto for Special Requirement or Compositional purposes, although it counts as an A skill.

Reference: USAG Dev Prog COP – Section 5 Floor Ex – Chapter 2 Compositional Categories – II.A.2.d., page FLOOR-16, and Section 5 Floor Ex – Chapter 1 General Info – VI.A.2., page FLOOR-6; Rules Newsletter October 15, 2022.

Q: On an athlete's first tumbling pass, the mat exceeds the boundary lines and is clearly marked with tape. During the routine, team members remove the tape and move the mat for the athlete's final tumbling pass. For this tumbling pass, the mat again exceeds the boundary lines, but is not marked with tape. Does the 0.2 deduction off the team score apply here?

A: Yes, the deduction is applied. Anytime there is a supplemental mat on FX that exceeds the boundary lines, it must have the lines marked with tape on top of the mat. There is no exception if the mat was moved to another location during the routine and exceeds the boundary lines again.

Reference: Rules Modification 6.2.d.

Q: There are mats on opposite corners of the floor. The athlete starts a tumbling pass by standing on one of the mats, runs toward the other mat to perform an acro series (but does not punch off the first mat) and lands on the 2nd mat. Does the 0.2 deduction off the team score apply here?

A: No. It is acceptable to have both supplemental mats on separate ends of a diagonal on FX. The athlete is permitted to begin her tumbling pass by running over the supplemental mat on one end (without punching off that mat) to then tumble and land on the other mat.

Reference: Women's Prog R&P – Chapter 9 Apparatus Specs – Floor Ex VII.M.1. on page 100.

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, 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 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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