



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #8 February 1, 2025

General

Q: If a gymnast takes a step or two on her dismount, do we apply the failure to hold the dismount deduction?

A: The *Failure to hold the finishing position* deduction is separate from the landing deductions. If she takes any steps upon landing, you would deduct for those steps – and then look for the athlete to hold in a finishing position. If she fails to stop after the steps and hold the finishing position (legs straight, arms up) for one second, you ALSO take the deduction for not showing the hold (-0.05).

Reference: Rules Modifications Section 1.5.c.3.

Q: Is there a required equipment list for regular season meets?

A: No. The host team is to provide a “sufficient number” of landing mats and boards, and communicate details of springboards and vault runway length; however, no specific equipment is indicated in the rules for regular season competitions. The list for post-season can be used as a guideline.

Reference: Rules Modifications 8.2.a; 2024-25 Host Operations Manual, Appendix C – Equipment List.

Q: Can a springboard be placed on top of a 4-inch mat with a sting mat placed underneath, while on top of the Competition Landing mat?

A: Yes. It is permitted to mount onto Beam and Bars using a springboard placed on top of a 4-inch supplemental mat stacked on top of a sting mat. This is an exception for college, since it's different in USAG.

Reference: Rules Modification 6.1.m.

Q: During the 2-minute transition before the 4-minute touch warm-up period, an athlete on the Floor Exercise mat was jumping in a split jump. Is this allowed?

A: No. The 2-minute transition period allows for athletes to use the matting around the apparatus for initial warm-up movements, but not to mount or perform gymnastics skills on the apparatus. For the Floor Exercise apparatus, the rule specifies that only jumping, bouncing, running and stretching type of warm-up is allowed on the mat, but no gymnastics skills. A split jump is a gymnastics skill found in the USAG Dev Prog COP (#1.101). The intent of the rule is to let the athletes acclimate to the bounce of the floor springs and to warm the body, but not start to practice their routine elements on the apparatus.

Reference: Rules Modification 8.3.a.3, page 22.

Q: Is it a violation of the rules if student-athletes call out technical verbal cues to their competing teammate?

A: No. Only technical verbal cues made by coaches to their own gymnasts are not permitted.

Reference: Rules Modification 1.6.

Q: Are cheering teammates permitted to stand on/touch the Floor Exercise carpet, outside the boundary lines but occasionally touching the tape line?

A: No. There is no rule specifically addressing this particular situation; however, the foam border underneath the carpet is considered matting of the floor exercise. As a result, cheering teammates should not stand on the foam border any more than they would stand on the matting used for landing areas of the other equipment. The Meet Referee can issue a reminder to the team not to stand there. However, it is always permitted for Coaches to stand just off of the carpet in a corner of the Floor Exercise mat in preparation to prevent an athlete from injuring herself during a potential over-rotation in a tumbling pass.

Reference: USAG Women's Program Rules & Policies – Chapter 9 Apparatus Specifications – VII. Floor Exercise, K.1. pages 99-100; Section 5 Floor Ex – Chapter 1 General Info – V. Coach Spotting Regulations, paragraph D & E, page FLOOR-5; Clarified by the C&C Committee.

Q: Are the cheering teammates permitted to slap their hands on the floor exercise matting?

A: No. This behavior may fall into the category of “excessive cheers or behavior disruptive to competition by teammates or coach”, especially if the teammates are slapping on the equipment being used by a competing athlete. If slapping the floor (or any of the matting around any of the equipment) is deemed disruptive, the Chief Judge would report to the Meet Referee, who would indicate to the team that this behavior is not appropriate.

Reference: USAG Dev Prog COP Section 1 General – Chapter 1 Judging Panels – Meet Referee list paragraph m., page GENERAL-5, and on the Chief Judge deductions list, paragraph 13.c on page GENERAL-6.; Section 5 Floor Ex – Chapter 1 General Info – V. Coach Spotting Regulations, page FLOOR-4 and 5; Rules Modification 1.12 (unsportsmanlike conduct); Clarified by the C&C Committee.

Q: Does an injury assessment time period apply to all events? And if so, would there be a fall time on VT and FX for NCAA? For example: a Vault first attempt runs into the table without vaulting with potential injury, or a gymnast who falls with a potential injury on Floor Exercise.

A: Yes, the injury assessment period applies to all four events, as clarified in *Rules Newsletter #2 November 15, 2022*, and has been verified again that this is still true. This means that it would necessitate a fall time period on FX and during a balk on Vault.

Because there is no specified procedure to manage a fall time on FX in USAG, the WCPC provided a clarification to explain how an injury assessment and fall time would occur: “When an athlete falls with a potential injury on FX, the routine time is stopped, and the team personnel assesses the athlete (up to 2 minutes). If an athlete is deemed able to resume her routine, then a 45-second fall time is allotted for team personnel to leave the floor exercise mat and for the athlete to resume her routine from the point of interruption (with continuation of music). The routine time resumes with the first movement of the gymnast.”

For Vaulting, a procedure exists in USAG, so it can be used in NCAA in this way: For a fall with potential injury on Vault during the first attempt (not going over the table), the injury assessment period applies, after which 45 seconds is allotted for the athlete to salute for a second attempt. The Chief Judge is responsible for monitoring the fall time.

References: Rules Modifications 1.7; Rules Newsletter #2 November 15, 2022; USAG Dev Program – Section 1 General – Chapter 1 Judging Panels – Chief Judge 12.a, and Section 2 Vault – Miscellaneous Vault Rules 12, page VAULT-7; Clarification from the WCPC.

Q: Are line judges required on Floor Exercise for regular season meets?

A: No. It is not written anywhere in the Rules Modifications, nor is it required in USAG. As stated within the General clarification in *Rules Newsletter #19 Feb 15, 2024*: “The out of bounds determination is assigned to the line judge, or, in the case of no designated line judge, to the judging panel.”

However, it is recommended that if there are no line judges present, then the judging panel tables are placed so the judges (as a panel) can have a clear view of all the boundary lines.

Reference in USAG Dev Prog COP Section 5 FX – Chapter 1.IV.F on page FLOOR-4.

Uneven Bars

Q: Are teammates permitted to push/pull/lay on the bar cables of uneven bars, or sit on the water jugs for freestanding sets, in an effort to make the bars more secure?

A: There is no rule specifically preventing this situation. If the equipment's existing system is deemed not sturdy enough after all possible tension adjustments, teams are permitted to use other means, including the body weight of teammates, to improve the stability of the structure.

Reference: Clarified by the C&C Committee.

Balance Beam

Q: Does the acro series front walkover + front salto piked (one foot take-off) have any Connection Value bonus?

A: No. Front walkover (#7.201) + front salto pike with one foot take-off (#8.501) = B + E does not receive CV Bonus. The connection requires 2 acro FLIGHT elements for bonus. However, this acro series does fulfill the Special Requirement.

Reference: USAG Dev Prog COP – Section 4 Beam – Chapter 4 Bonus – II.A. on page BEAM-32; Rules Modification 4.1.a.1.

Q: In a back handspring step out (#7.208) to side aerial (#7.403) series, what are the requirements for arm movement and leg height between the two skills to count as a connected series?

A: There are a several ways to break a connection in a beam series. The reference of “leg height” refers to the rule where the acro series is considered broken if the free leg has a kick/leg-swing greater than 45° (from support leg at the hip) as it is leading into the second element. A small swing of the leg is permitted between elements, as long as it swings less than a 45° angle at the hip.

As for the question of arm movement with a counter Acro-flight series in your example, there is no rule preventing arm movement. The expectation of the connection is to have a continuous body movement with good tempo between the elements.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 2 Composition – III.A.4.g and III.A.2., under Clarifications Regarding Series, on page BEAM-24.

Floor Exercise

Q: A gymnast's final pass is a C+B direct connection (round off + back layout 1 ½ twist + front salto layout) and she falls after her feet hit on the front layout. She would not receive the +0.2 CV Bonus. Would she receive the 0.1 UTL deduction for last acro pass?

A: No. The front salto layout receives B Value Part since the salto landed feet first, but does not receive the CV Bonus due to the fall. However, the acro pass is considered an attempted combination pass with bonus, so the UTL deduction will not be applied. This clarification applies to two of the

requirements within UTL on FX – as the last acro pass, or as one pass of a 2-acro pass routine (assuming the other pass contains a D/E acro). This clarification is consistent with the Beam UTL acro series with a fall at the end of the series.

Reference: Rules Modification 5.3.d.2; Clarification from the WCPC

Q: An athlete finished her routine with a Round-off to back layout 1 ½ twist, and attempted a punch front tuck salto connection but landed on her back (feet do not touch first). Because it was a "zero" skill, does she also receive a 0.1 UTL deduction for not having a D or bonus combo in the last acro pass?

A: Yes. Since the athlete falls on the front salto tucked without landing on her feet first, then the element receives 0 Value Part. Then the successful portion of the acro pass prior to the 0 VP front salto --round off (A) + back layout salto with 1 ½ twist (C)-- does not receive CV Bonus, which would not fulfill UTL for her last acro pass.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – VI.A.5.b. page FLOOR-8; Rules Modification 5.3.d.

Q: If a gymnast performs a turning leap/jump combination and the first leap's turn is incomplete, but the second jump's turn is complete in reference to its starting position, would you deduct for the turn of the combination being incomplete or just the first leap's turn?

A: Each turning leap/jump is evaluated individually by the defined technique for turns. The degree of turn is determined by the direction of the foot/feet position at the point of take-off and landing of each leap/jump, not the combination.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – E.5 and E.6 on page FLOOR-9.

Q: On Floor Exercise, is a forward roll finishing in a sit still an A?

A: Yes, a forward roll that ends in a sit is an A. The new rule that passed in USAG this season states that “All variations of root Acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position”.

Reference: USAG Dev Prog COP – Section 5 Floor – Chapter 1 General Info – VI.A.2. on page FLOOR-6.

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 [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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