



# GYMNASTICS

## Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #9 February 15, 2025

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### Clarifications:

**Flight Series for UTL:** On Balance Beam, to better describe the intent of the “flight series” in the UTL paragraph of 4.2.d.1., the wording will change to say, “**If an acro series that fulfills the Special Requirement is performed on the beam WITHOUT CV Bonus...**” See Q1 in Balance Beam below for further discussion. *Clarification by the WCPC.*

**Routine Summaries timeline:** Routine summaries must be submitted to the Meet Referee within 5 minutes following the conclusion of the meet (final score posted or return of the final inquiry, whichever is later). In addition, no routine summaries may be executed post-meet via email. All summaries are executed and distributed while in the competition venue. *Clarification by the WCPC.*

**Team Neutral Deduction application:** Since exhibition routines are not eligible to count in the team score, any team neutral deduction for a violation during an exhibition routine would not apply. *Clarification by the WCPC.*

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### General

**Q: Must a team wear identical leotards in the warm-up time of a competition?**

**A: Yes.** An institution's official uniform and all other items of apparel must be identical if worn on either practice or competition day, with competition day defined as “from when the athletic training room opens for all teams at the competition venue the day of competition to the conclusion of that competition.” The open stretch and event timed warm-up periods occur during competition day.

*Reference: Rules Modification 1.10.a. and 8.3.*

**Q: After a team competition on an event is complete and prior to the two-minute transition, can athletes warm-up for their next event on their current event area? For example, we finish competing on bars and while waiting for the next rotation, are we allowed to do beam skills on the bar mats?**

**A: Yes.** During the waiting period after completing an event competition, but before the 2-min transition, there is no written rule to explicitly permit warm-up activity on the matting surrounding the team's current event area. However, because it is currently common and accepted practice to do so, this practice will be allowed to continue (per direction of the WCGA). It is noted that this is not accepted protocol for post-season competitions.

*Reference: Rules Modification 8.3.b.1; Clarification by the WCGA*

**Q: During the two-minute transition to beam, may athletes warm-up beam skills on the mats?**

**A: Yes.** During the 2-min transition, athletes may warm-up beam skills on the mats surrounding the beam, but may not mount or use the beam for gymnastic skills. *Reference: Rules Modification 8.3.b.2.*

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## Vault

**Q: Does a Yurchenko full on - back pike salto vault (#5.409) have an allowance for a 3/4 turn in the first flight without a twist deduction?**

**A: Yes.** In the COP, it states that “all Group 5 vaults described as having a 1/1 (360°) LA turn in the first flight phase with a salto backward in the second flight phase may be performed with a 3/4 (270°) to 1/1 (360°) LA turn in the first flight phase.” Therefore, a Yurchenko full on – back pike salto vault may have between a 3/4 and full twist onto the table without a deduction for an incomplete twist.

*Reference: USAG Dev Prog COP Section 2 Vault – Chapter 1 General Info – Section F Miscellaneous Vault Rules – F.10, page VAULT-7*

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## Uneven Bars

**Q: An athlete performed a giant with half turn to Jaeger, where she touched the bar as she fell. She then resumes the routine with a giant with half turn to Jaeger to overshoot at 45°, so a C + D + C. What bonus can be awarded, including single bar release additional bonus?**

**A: +0.3.** Following the description in the USAG Dev Prog COP for a situation when a release element has a fall with VP credit, then is repeated with a successful connection instead of a fall, this is the breakdown:

For the first Giant with half turn (C, #4.303) to Jaeger (D #5.405), the athlete receives no CV or DV due to the fall.

For the repeat connection of the giant with half turn to Jaeger, it receives no CV (repeated series); however, the connection of Jaeger to the Overshoot to 45° does receive CV (D + C, +0.1). The Jaeger receives DV (D, +0.1) since it had a different exit connection.

The athlete also receives the single bar release Additional D/E Bonus (+0.1)

*Reference: Rules Newsletter #9 February 15, 2023; USAG Dev Prog COP Section 3 Bars – Chapter 4 Bonus – VII.C.2. page BARS-50*

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## Balance Beam

**Q: If the athlete competes a back handspring + back handspring as her acro series and has an additional E dance element in her routine, will she fulfill UTL? What if she does not attempt, or not complete an acro series in the routine?**

**A: No.** The UTL compositional category defines a desired additional level above minimums met with the choice of acro elements. The intent of the 4.2.d.1. UTL rule use of the term “flight series” is that it meant an acro series that fulfills Special Requirement, which is the minimum level of an acro series expected in the routine. In other words, the minimum must be met in order to fulfill UTL, and the back handspring + back handspring does not meet the minimum (Special Requirement). This wording also allows for the A non-flight + E acro Special Requirement series to receive UTL, which is not a defined flight series at this level (2 flight elements).

This means that if there is no acro series performed that fulfills SR, then a UTL deduction would be taken. There is the exception written in 4.2.d.4. with the acro series that is broken and would not receive SR, but may still be eligible for UTL if another D/E acro or E dance is in the routine.

*Reference: Rules Modification 4.2.d; Clarification from the WCPC.*

**Q: If a gymnast performs a back handspring and her shoulder dips out of line with the beam as she connects to a layout step-out, but she keeps it moving and completes the series on the beam, would it be considered a broken connection?**

**A: Yes, it may.** The “deviation of body movement which is not in line with the beam” is one of the several listed factors considered by judges to determine if a connection is broken or not.

*Reference: USAG Dev Prog COP Section 4 - Chapter 2 - under Clarifications Regarding Series III.A.4., page BEAM-24.*

**Q: Does a gainer back pike salto 1/1 receive bonus for a D and also fulfill the 2<sup>nd</sup> D requirement for UTL?**

**A: Yes.** The gainer back pike salto 1/1 dismount (#9.409) would receive +0.1 DV Bonus and would fulfill UTL as the additional D in a routine, since this UTL rule includes dismounts.

*Reference: Rules Modification 4.2.d.1; USAG Dev Prog COP element #9.409, page BEAM-95*

**Q: Is a 180° leg split required for a cartwheel? What about for a chest cartwheel mount?**

**A: No.** In the COP, it states that “non-flight *walkover-type* elements are required to show the 180° split”. This does not indicate the same requirement for cartwheels. The chest cartwheel mount, since it is considered a variation of chest stand mount #1.108, has no 180° requirement specified in that element.

*Reference: USAG Dev Prog COP element chart section for Group 7 – Walkovers and Cartwheels, notation box on page BEAM-76 (repeated in later pages in that section); Rules Newsletter #3 November 15, 2024.*

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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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