



GYMNASTICS

NCAA Women's Gymnastics Rules Cycle 2024-26 Rules Newsletter Archive for 2024-2025

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This Rules Newsletter Archive document is a compilation of all Clarifications and Q&As that were published in the NCAA Women's Gymnastics Rules Newsletters from October 15, 2024 to March 15, 2025.

With the intention to be an effective source document in conjunction with the current 2024-25 Rules Modifications, all the entries will be grouped by topic in the order of sections in the Rules Modifications. Any entries that were changed or corrected in subsequent Rules Newsletters are merged to represent the complete and correct clarification. The date of the original newsletter is noted at the end of each question or clarification.

Rules Modifications 24-25 Errata (10/15/24)

1. Rules Modification 1.9.f (page 3) range of score should read 8.0-**8.975**.
 2. Rules Modification 3.1.b. (page 6) should read, "Two (2) different **flight** elements..." (the letter "L" was missing).
 3. Rules Modifications Section 8.6.b.2 should say "**15**-minute timed warm-up".
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1 General

Q: If we received a New Element evaluation last season, and this element was not included in the USAG Dev Prog COP after the USAG rules updates, do I need to submit a New Element Form again? (10/15/24)

A: No. The evaluation of a skill is valid until the end of the Code of Points cycle on July 31, 2026 (as indicated on the form). Since the skill wasn't added to the COP, you will still need to present the form to the Meet Referee during each meet where the skill is to be performed.

Reference: New Evaluation Form on USAG website>Dev Program>Forms>Meet Forms

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)? (3/1/25)

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: If a gymnast takes a step or two on her dismount, do we apply the failure to hold the dismount deduction? (2/1/25)

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: 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? (3/1/25)

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: Is it a violation of the rules if student-athletes call out technical verbal cues to their competing teammate? (2/1/25)

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? (2/1/25)

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? (2/1/25)

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. (2/1/25)

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: How late is a coach allowed to change the team lineup after the 4-minute touch? (3/15/25)

A: Changes to the competition lineup may be made before the start of the event (Chief Judge has signaled the first competitor) by notifying the scorer's table and the Chief Judge of the event. After the event has started, a coach may make substitutions by notifying the Chief Judge and replacing the teammate in the same line-up position.

Reference: Rules Modification 8.2.e and 8.2.f.; Rules Modification 1.8

Q: Must a team wear identical leotards in the warm-up time of a competition? (2/15/25)

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: In the manual it says under UNIFORMS (1.10), that a gymnast is considered ‘in-uniform’ when she has her name on her leotard as long as all members use a similar font/color. “Names will include only the first initial of the first name and the full last name.” Does this mean we have to include their first initial or can we just put ONLY their last name on the uniform? (10/15/24)

A: The following are **acceptable options** for names on uniforms:

1. All uniforms with just the last name.
2. All uniforms with first name initial and last name.
3. If the team has chosen just last names on the uniforms, an exception is permitted for when two/more athletes have the same last name, the first name initial may be added to only their specific uniforms.
4. If two/more athletes have the same last name and the first name initials are also the same, an exception is permitted to spell out the first names, regardless of what the rest of the team does.

The intent is that regardless of which option is chosen, the font and color are consistent and only names are used (no nicknames, words, etc.).

Reference: Rules Modifications 1.10.a, page 3; Clarified by the WCGA.

Q: What is the process for applying a Team Neutral Deduction? (11/15/24)

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.

Clarification: The procedure for the application of a Team Neutral Deduction is as follows: (12/15/24)

1. Judging panel determines deduction (may request counsel by the Meet Referee).
2. CJ notifies the Meet Referee of the deduction.
3. Meet Referee takes deduction to scorer’s table for application to the team score.
4. Meet Referee notifies Meet Director of the deduction.
5. Meet Referee notifies the Head Coach of EACH of the competing teams.
6. Coach may submit an inquiry (written or video) if the Team Neutral deduction is in question.
7. Officials verify the Team Neutral deduction on the final score sheet.
8. Meet Referee submits any required reporting forms (Yellow Card, etc).

Reference: WCPC and WCGA BOD

Q: Can a coach submit an inquiry (written or video) about a Team Neutral Deduction? (11/15/24)

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

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

Clarification: 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. (2/15/25)

2 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? (11/15/24)

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; Clarification by the WCPC and WCGA.

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? (2/15/25)

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

3 Uneven Bars

Update: Uneven Bars 3.3 Element Values different from Level 10 – Due to element value changes from the USAG Technical Meetings of May 2024 (see *Supplement to the Rules Newsletter* on pages 5-6 below), some elements in the 3.3 chart changed numbers and values in the USAG Dev Prog COP. (10/15/24)

The following elements are no longer different from Level 10, and are not required to remain on the 3.3 chart.

8.301 (C) -> 8.401 (D) From HB, Toe on front pike ½ twist

8.301 (C)-> 8.401 (D) From HB, Back Stalder front tuck or pike ½ twist

8.301 (C) -> 8.401 (D) From HB Clear support front pike ½ twist

Stalders:

6.301 (C) -> 6.401 (D) Stalder forward straddled, to handstand, with or without ½ turn

6.401 (D) -> 6.501 (E) Stalder forward to handstand with full turn in HS

However, the following elements did NOT change, and therefore will remain on the 3.3 chart:

8.301 (C) From HB Clear support front tuck with ½ twist = D in NCAA

6.304 (C) Stalder backward to handstand, with or without ½ turn in HS = D in NCAA

Clarification: In the USAG Committee Meeting Updates Supplement to the October 15th newsletter, under Element Value Changes for Bars for #8.301, the **TOE-ON** underswing salto tucked with ½ twist dismount was never an exception for NCAA. It is a C element, remaining as #8.301. (11/1/24)

Q: Checking on the new bonus exception rule, what would the bonus be for a toe-on handstand + Maloney + overshoot with no handstand on the low bar? (10/15/24)

A: +0.3 The underswing ½ turn and flight to low bar not to handstand (overshoot, element #4.204) is a B unless it comes from a HS on the HB or from a D/E release element, then it becomes a C. Therefore, following the Maloney (#7.410 – D), the overshoot would be a C. So, the combination example with the pike sole circle to HS (#7.309) + Maloney + Overshoot is C + D + C = +0.2 total CV and +0.1 D/E bonus.

Reference: USAG Dev Prog COP Section 3 Uneven Bars – Connection Value Bonus II.A. and II.B, pages BARS-42 & 43 and Element Charts pages BARS-71, BARS-88, and BARS-89; and Section 3 Bars – Chapter 1 General – I.7. (page BARS-16) under Specific Element Techniques for #4.204.

Q: In the above example, when the overshoot (element #4.204 underswing ½ turn and flight to low bar not to handstand) follows a D/E release element and becomes a C, does that count for the Special Requirement 3.1.b. for two different flight elements minimum C and minimum D? (10/15/24)

A: Yes. The Maloney would be the first minimum D flight element, and the connected C overshoot (#4.204) would fulfill the second minimum C flight element.

Reference: Rules Modifications 3.1.b. Uneven Bars Special Requirements, page 6; USAG Dev Prog COP Section 3 Bars – Chapter 1 General – I.7. (page BARS-16) under Specific Element Techniques for #4.204.

Q: On bars, the gymnast performs a toe-on reverse hecht (#7.511 Ray) and falls with no touch of her hands on the bar. She remounts with jump to kip on HB (#1.106) cast to handstand (#2.201) to bail to handstand (#4.404). She dismounts with Giant 1/1 (#4.403) to double back tuck dismount (#8.304).

She received no VP credit for the Ray. She is missing a Special Requirement for a 2nd C or better release. Does she also receive a UTL deduction? (12/15/24)

A: Yes. Since she receives no value part for the D single bar release element due to not touching the bar with her hands, the element is not eligible for UTL. She will receive the -0.1 deduction.

Reference: Rules Modification 3.2.f; USAG Dev Prog COP Section 3 Bars – Chapter 1 General Info – VII.F.2, page BARS-9

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? (2/15/25)

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; Rules Modification 3.5.

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. (1/15/25)

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.

4 Balance Beam

Q: Does a double stag-ring jump (#2.307) fulfill the 180° leap/jump Special Requirement on balance beam? (1/1/25)

A: No. The expectation is to perform 180° split in the double stag-ring jump; however, because the front leg is in stag position, it does not fulfill the 180° leap/jump Special Requirement. The specifications for leg split follow the Level 10 Special Requirements description.

Reference: USAG Dev Prog COP, Section 4 Beam – Chapter 1 General Info – F. Specific Element Technique Clarifications – 8. Stag-Ring Jump technique, page BEAM-13; Chapter 2 Compositional Categories, III.A.2.d. on page BEAM-18; Rules Modifications 4.1.c.

Q: The composition deduction Failure to show movement/choreography in different directions (F/B/S) is a flat 0.05. So, must the athlete show all 3 directions, or she receives the 0.05 deduction? What if she only shows 2 directions? (10/15/24)

A: Yes, the athlete must show all 3 directions, or she receives the 0.05 deduction.

Reference: Rules Modifications 4.2.3.c., page 9; Rules Newsletter Feb 1, 2023.

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. (11/15/24)

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.

Q: Is a 180° leg split required for a cartwheel? What about for a chest cartwheel mount? (2/15/25)

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.

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? (2/15/25)

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: 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? (2/1/25)

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.

Clarification: 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...**” (2/15/25)

Clarification by the WCPC.

The following question gives an example of this clarification:

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? (2/15/25)

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: A gymnast performs the series: cat leap (#2.109) + front aerial walkover (#7.402) + back handspring (#7.208), and does not have another D/E acro or E dance in the routine. Would this gymnast receive a UTL deduction? (12/15/24)

A: Yes. In the definition for the Choice of Elements Up to the Competitive Level (UTL), the flight series (4.2.d.1) applies to acro flight elements in series, not dance elements. Although the cat leap receives bonus as connected to the front aerial, it is considered a mixed series. The subsequent connection of the front aerial to the back handspring is the acro flight series portion that can be used for UTL. In this

case, since the front aerial + back handspring receives no CV bonus, and there is no other D/E acro or E dance element, the gymnast would receive the -0.1 UTL deduction.

Reference: Rules Modifications 4.2.d and 4.4.c.; USAG Dev Prog COP Section 4 Beam – Bonus Chapter 3.I.I Connection of Three or more elements, page BEAM-31

Q: Does a gainer back pike salto 1/1 receive bonus for a D and also fulfill the 2nd D requirement for UTL? (2/15/25)

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: An athlete performs the round-off back handspring mount (#1.415) connected to another back handspring (#7.208) to back layout step-out (#8.304). Does this series count for 3-acro series additional bonus? What is the total bonus? (10/15/24)

A: Yes, with a total of +0.5 bonus. D + B + D receives +0.2 CV, +0.2 for the 2 Ds, and +0.1 additional 3-acro series bonus. The series does receive the extra bonus for 3 acro flight series, since the NCAA rule allows for mounts to be included, but no dismounts. This exact example is listed in the *Rules Modifications Section 4.5.a.2., page 10.*

Q: If the same series above (RO-BHS mount + BHS + back layout step-out) is broken between the round-off BHS mount and the following back handspring to back layout, is it still eligible for UTL? (10/15/24)

A: Yes, the broken series elements can be used towards UTL requirements. The gymnast will receive +0.1 D/E bonus for the mount and +0.1 D/E for the back layout step-out, and no CV bonus. Since her successful series has no CV bonus, her mount will count as the additional D/E acro required to fulfill UTL, as long as the RO BHS mount receives D credit (a foot touched the beam).

Reference: Rules Modifications 4.2.d.1 and 4.2.d.2, page 9 and 4.4.c.1, page 10.

Q: What is the connection bonus for the dismount series: back handspring step-out + back handspring to two-feet + double full layout off the end of the beam? (12/1/24)

A: +0.2 bonus. The back handspring (#7.208) + back handspring to 2 feet (#7.210) + salto backward layout with double twist (#9.306) (D in NCAA) = B + B + D dismount series. It receives either the B+ B + D series bonus (+0.2) OR the Additional CV Bonus for the B acro + C (or more) dismount = +0.1 CV. The better value would be +0.2. In a connection with three or more elements, only one element can be overlapped between bonus rules.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – C.3rd rule on page BEAM-34, and 4.4.E.1. on page BEAM-37; Rules Modification, Section 4.5.a. and b.

Q: What is the CV and D/E bonus for the following dismount series: side aerial to 2-foot take-off back salto layout 1 ½ twist dismount off the end? (12/1/24)

A: +0.1 CV and +0.1 D/E. The acro dismount series of side aerial (#7.403- D) + back salto layout with 1½ twist (#9.306- C) receives only +0.1 CV for the Additional CV for dismounts with B (or better) acro + C (or better) dismount. The side aerial receives the +0.1 D/E Bonus.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.B, page BEAM-33; Rules Modifications 4.5.b. page 11

Q: Does the acro series front walkover + front salto piked (one foot take-off) have any Connection Value bonus? (2/1/25)

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: 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)? (3/1/25)

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? (3/1/25)

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

Q: An athlete performs three back handsprings (BHS, #7.208) in her routine. The first connection is gainer back layout salto step-out to BHS step-out. The second connection is a BHS step-out to back layout salto, and the third connection is a BHS to a gainer back layout salto with full twist dismount. Is this allowed or will she receive an overuse of elements deduction? (3/15/25)

A: There is no 'overuse of elements' deduction for the acro elements, but there is a negative impact with having an acro element performed a third time.

The first two back handsprings (BHS) both receive B value part, since they are performed with different entrance/exit in the connections, and can count towards bonus and acro series credit. The third BHS, regardless of a different entrance/exit, is NOT awarded B Value part – it is considered a zero element. As such, it is not a part of a dismount series with the gainer back layout full dismount, so that series cannot be awarded the +0.1 Additional CV Bonus for the dismount series.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 1 General – V.4. on page BEAM-7; Rules Modifications 4.5.b.

5 Floor Exercise

Q: For a cartwheel #5.102 valued as an A, does it have to start from a stand, or could it start from one knee? Can a cartwheel also receive an A if it lands in a prone position? (12/1/24)

A: Yes. In both circumstances, the cartwheel will receive an A. There was a new rule added into USAG Dev Prog COP that states, “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 FX – Chapter 1 General – VI.a.2. page FLOOR-6.

Q: On Floor Exercise, is a forward roll finishing in a sit position still an A? (2/1/25)

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.

Q: The gymnast performs a side salto with take-off from one foot to land on one foot and lowers to the knee. Does it count as a salto in NCAA for Special Requirement or Composition? (1/1/25)

A: No. While a side salto may land on one foot and lower to the knee and remain as an A salto, the same does not apply to a take-off from one foot. A salto is defined as take-off from two feet. The side salto (#7.101) skill chart specifically states that a one-foot take-off of this skill will not be considered a salto for Special Requirements or Compositional purposes. There is no exception for NCAA.

Reference: Rules Newsletter #13 Nov 1, 2023; USAG Dev Prog COP Section 5 Floor Ex – Chapter 2 Compositional Categories – II.A.2.d.2, page FLOOR-16, and Floor Exercise element #7.101

Q: An athlete performs a back tuck salto, landing on one foot to lower to the other knee as her ending pose on Floor Ex. Is this considered the last salto of the routine, even though it is outside any acro pass? (1/1/25)

A: Yes. A back tuck salto to the knee counts as an A salto. Even if it is not in a defined Acro Pass, it is still considered the last salto at the end of a routine. Since it is not the required minimum C value as a last isolated salto, the athlete would receive -0.2 for the Special Requirement. However, the salto will count towards the Special Requirement of 3 different saltos, and may count as a backward salto to fulfill the compositional requirement for acro direction of saltos.

Reference: USAG Dev Prog COP Section 5 FX – Chapter 2 Compositional Categories – II.4.c.2, page FLOOR-18; Rules Modifications 5.2.

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? (3/1/25)

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: 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? (2/1/25)

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 & E.6 on page FLOOR-9

Q: A gymnast stopped in her last position on floor exercise, but she continued to bop her head up and down in celebration during the entire time the position was “held.” She never stopped moving her head and then transitioned to her salute and walked off the floor. For the last position on floor, can there be any movement during the 1 second “hold” without incurring the 0.05 deduction? (3/15/25)

A: **No.** The last position of a Floor Exercise routine must be held for one second, meaning with no body part of the athlete is moving (she may breathe). If the gymnast continues to have movements (bop of head, fist pumps, etc.), the 0.05 deduction for failure to hold ending pose for one second would apply.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 3 Execution/Artistry – III. Specific FX Execution Table, first row, page FLOOR-28; Clarification from the WCPC.

Q: For the definition of UTL on FX, “Two (2) different D elements (one of which must be an Acro Element)”, does that mean the two Ds must be different skills or does it allow for the same D in two different connections (receiving D value part twice)? (1/1/25)

A: The Ds must be two different skills, not the same D skill performed twice in different connections.

Reference Rules Modifications 5.3.d.1.

Q: Given the following acro series in a FX routine, is it considered a 2-acro or 3-acro pass routine? What would be the impact on the score?

Diagonal 1 acro series: Round-off + Double back pike salto

Diagonal 2 acro series: Front handspring + front layout salto + front layout salto

Diagonal 1 acro series: Round-off + back handspring + double back tuck salto. (12/1/24)

A: **This is considered a 2-acro pass routine.** The second acro series is not considered an acro pass by definition, since it does not include a C salto. The routine is missing two Special Requirements (-0.2 each):

1. An acro pass with 2 saltos in indirect or direct connection.
2. Minimum two acro passes performed on 2 different diagonals, since her two eligible acro passes are on the same diagonal – even if the tumbling occurs in opposite directions on that diagonal.

In addition, since this routine is considered a 2-acro pass routine, the Additional +01 D/E bonus would not be given for the last double tuck, because is not in an indirect or direct connection. The second acro series would not receive CV Bonus for the B + B series, since they are the same elements.

Reference: Rules Modifications Section 5 Floor Exercise, 5.1, 5.2.a, 5.2.e, 5.5.b, 5.6.a

Q: An athlete performs the following acro passes:

1. Round off – back handspring – double back tuck salto
2. Front handspring – front layout salto – front layout salto with full twist
3. Round off – back handspring – double back tuck salto

Does the athlete receive the Additional +0.1 D/E Bonus for the double flipping salto in her last acro pass? Would she receive UTL? (3/15/25)

A: **No.** The third pass is IDENTICAL to the first pass; the double back tuck salto is not performed with a different entrance/exit. This means that the gymnast receives NO VALUE PART for the double back tuck salto in the last pass: it is a zero element. She performed A + A + 0.

The athlete receives the following:

1. No D value for the second double back tucked salto (and no +0.1 D/E bonus)
2. No +0.1 Additional D/E bonus for the last pass with double flipping salto
3. Missing Special Requirement of last salto minimum a C: -0.2 deduction from the Start Value
4. May be missing Special Requirement of two acro passes on different diagonals (if the first and second acro passes are performed on the same diagonal)
5. A deduction for last salto (dismount) of no value: -0.3 deduction from the Start Value
6. A UTL deduction for last acro pass with minimum D/C bonus combination: -0.1.

References: Rules Modifications 5.2.c., 5.3.d.2; USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – VI.A.4. page FLOOR-6; Chapter 1- VI.C.3. page FLOOR-8; Chapter 2 Compositional Categories – II.A.4.a.2. page FLOOR-18.

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? (2/1/25)

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? (2/1/25)

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: What is the bonus for a front layout salto (#6.201) + Rudi (front layout 1 ½ twist, #6.401) + split jump (#1.101) series? (10/15/24)

A: +.4 total bonus: Front layout + Rudi = B + D with +0.2 direct acro CV; Rudi + split jump = D + A with +0.1 mixed CV; and the D receives +0.1 D/E bonus. The bonus rules allow for overlap of the center skill.

Reference: USAG Dev Prog COP Section 5 Floor Exercise, Chapter 4 Bonus, 5.4.I.I connection of 3 or more elements, page FLOOR-29...and 5.4.II.D Connections of 3 or more elements, Example 3, page FLOOR-38.

Q: For additional difficulty D/E bonus for a 2-acro pass routine on floor exercise, to be clear, must the double flipping salto in a direct/indirect acro connection be in the last acro pass? (11/1/24)

A: Yes. In order to receive the additional +0.1 D/E bonus in a 2-acro pass routine, the last acro pass must be either an E salto or a double flipping salto in a direct or indirect acro connection.

Reference: Rules Modifications Section 5.6, page 13

Q: Would the following acro pass receive bonus for both indirect and direct connection, total +0.3? Front tuck salto step-out + round off + whip salto ½ + front layout full. (12/1/24)

A: No. This acro series receives either A + B + C for +0.1 indirect bonus, OR B + C for +0.2 for a direct connection. In a connection with three or more elements, only one element can be overlapped between bonus rules. Therefore, the gymnast would be awarded +0.2 CV bonus.

Reference: USAG Dev Prog COP Section 5 Floor Exercise, Chapter 4 Bonus, 5.4.I.I connection of 3 or more elements, page FLOOR-29...and 5.4.II.D Connections of 3 or more elements, Example 3, page FLOOR-38; Rules Newsletter #17, January 15, 2024.

6 Equipment

Q: Is there a required equipment list for regular season meets? (2/1/25)

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: If a gymnast’s grip slips off her fingers during a routine, is it considered equipment failure? (3/1/25)

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

Q: If the beam end cap falls off when a gymnast is performing a dismount, and she does NOT fall (performs a round off to single back salto instead), can she repeat her dismount for VP/SR/Bonus? (10/15/24)

A: When the end cap is knocked off, it is NOT considered equipment failure. This means that the gymnast will receive the Value Part, Special Requirement, UTL, Bonus and execution deductions for what was performed – with a fall onto the floor or not. The gymnast has no option to continue the exercise from the point of interruption. If the gymnast chooses to mount the beam again and perform her planned dismount series, it is scored as usual; however, because she landed on the floor and climbed up again, she would receive a -0.5 deduction for a fall (if not already taken from the landing on her first attempt).

Reference: Rules Modifications 6.1.h; USAG Dev Prog COP Section 1 General Info – Chapter 4.II Equipment Failure.

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? (1/15/25)

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 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? (2/1/25)

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: For beam dismounts off the side, is an athlete allowed to use an 8-inch mat to land on? (1/15/25)

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.

Q: If a coach were to use a pit pillow on bars for a release skill, can the pit pillow be placed on top of an 8- and 4-inch mat? The 8-inch and pit pillow would be pulled out right after the release, and the gymnast would dismount only onto the 4-inch mat. (11/1/24)

A: Yes. The R&P states in separate paragraphs that an 8-inch and a pit pillow may be used for release elements during a competition. In consideration for safety of the gymnast, it was clarified that these two soft mats may be used at the same time. Therefore, you are permitted to use a pit pillow on top of the 8" skill cushion and the 4" landing mat for release elements, with the pit pillow and 8" skill cushion removed immediately after the release.

Reference: USAG Women's Rules & Policies Chapter 9 Apparatus Specs – V.J and V.L, page 97; Clarification from the Championship & Competition (C&C) Committee.

Q: Can a pit pillow that is a larger size than what is designated on the NCAA equipment list be used in competitions? The dimensions of this larger pit pillow are 5' x 6' x 12" high. (12/1/24)

A: Yes, the larger size may be used for Regular Season meets only. The designated size (4' x 6' x 8") of the AAI "Skill Pillow" on the NCAA equipment list will be the only size of this soft alternate skill cushion permitted in Post Season competitions.

Reference: 2024-25 Host Operations Manual – Appendix C- Equipment List; Clarification from the C&C Committee.

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? (2/1/25)

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: Clarification from the C&C Committee.

Q: Are athletes allowed to use chalk to mark their starting place, hurdle line, etc. on the vault runway? (3/15/25)

A: No. Athletes may not use chalk to mark the Vault runway (may use tape or velcro), or it is a **0.2 Team deduction per occurrence**. Athletes are permitted the use of chalk on their hands and/or feet.

Reference: Rules Modification 6.2.f.1.a. and 6.2.b.

Q: Is it allowable to place a sting mat on top of or under the 4-inch supplemental mat on Floor Exercise? (11/15/24 & 12/15/24)

A: Yes. No more than two supplemental mats are permitted on the Floor Exercise at one time. Only one sting mat or 4-inch supplemental mat may be used per tumbling pass/leap combination (i.e. a gymnast may not punch off one mat and land on another). **However, a sting mat may be placed on top of or under a 4-inch mat; but in this case, these mats count as the two mats permitted on the Floor Exercise at one time.** Two sting mats cannot be stacked. Incorrect use of supplemental mats on Floor Exercise will incur a 0.2 deduction off the team score for each occurrence.

Reference: Rules Modification 6.2.e., Clarification by WCPC and WCGA BOD.

Q: Can the supplemental mats on FX be moved during the routine, as long as there are only 2 supplemental mats on the FX at any one time? For example, at the start of the routine, the mats are placed as follows:

Corner 1 - sting mat

Corner 2 - 4-inch mat

Corner 3 - no mat

Corner 4 - no mat

Once the gymnast finishes the tumbling into Corner 1, the coach moves the sting mat off the FX from Corner 1 to place in Corner 4 while the gymnast is competing. (12/15/24)

A: Yes. The rule allows only 2 supplemental mats on the floor exercise at the same time, and this example follows that rule.

Reference: Rules Modification 6.2.e.

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? (3/1/25)

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? (3/1/25)

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.

7 Routine Inquiry Process

Clarification: 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.* (2/15/25)

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? (3/1/25)

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: When submitting a video routine summary, is the team required to provide separate devices for each judge to review? If one device is used, do all the judges review the video together, and then go do their summaries individually, or does each judge watch it and pass it on to the next judge? (1/1/25)

A: The judges may use the same device to view the video, but they would take turns watching it separately. The judges then complete their routine summaries independently.

Reference: Clarification from the WCPC.

8 Meet Procedures

Q: Are line judges required on Floor Exercise for regular season meets? (2/1/25)

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.

Q: Is there a reference for open stretch rules? Do all teams stretch on the floor exercise mat or on their starting event? Can the coach remove the low bar to allow for gymnasts to run, etc, on the uneven bar matting? (10/15/24)

A: The Rules Modifications do not specify open stretch activities for regular season (Section 8.3.1.). Instead reference USAG's rules or receive a specific NCAA clarification. There is a definition

of open stretch activities in the *USAG Women's Program Rules & Policies Chapter 6 – General Meet Information – V. Meet Warm-ups, A.1. Pre-meet timed warmups, page 57*. These rules would apply.

However, as clarified by the Championship & Competition Committee, the low bar may not be removed during open stretch. The coach may raise the low bar as high as it will go to lock into place.

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? (2/15/25)

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 from the WCGA

Q: During a dual meet, 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? (3/1/25)

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.

Q: During the two-minute transition to beam, may athletes warm-up beam skills on the mats? (2/15/25)

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.

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? (2/1/25)

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: 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? (1/15/25)

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

Q: A gymnast was warming up her beam routine on the mat at beam during the competition rotation, between competing teammates. She was doing the entire routine, acro skills and all. Is this permitted? (3/15/25)

A: No. An athlete may not warm-up her entire routine on the mats during the rotation between teammate competitors. It is permitted that a gymnast, immediately prior to performing her own routine, may perform an element on the mats surrounding the Beam prior to the CJ signal.

Reference: Rules Newsletter January 15, 2025; USAG Dev Prog COP Section 4 Beam – Chapter 1 General – II.A.2.b. page BEAM-2.

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? (1/15/25)

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. (Jan 15, 2025 Rules Newsletter)

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? (1/15/25)

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.

Q: The triangular-meet format (in Section 8.5 of the Rules Modifications) is described using 4 judges (two panels). Can a triangular-meet format use 8 judges (four panels)? (11/1/24 & 1/15/25)

A: Yes. A triangular-meet format may use 8 judges and follow the format described in the Section 8.6 Quadrangular-Meet Structure. The open event in the rotations is determined by the host institution Meet Director.

Reference: Rules Modifications Section 8.6 Quadrangular-Meet Structure, page 24; Clarification by the Championship & Competition Committee.

Q: Is there an official meet structure for a competition with five teams? Where would the bye be placed? (11/1/24)

A: No, there is no published official rotation structure for a five-team competition at this point. It is recommended to use the Quadrangular-Meet structure, with placement of the bye rotation determined by the Meet Director.

Reference: Rules Modifications Section 8.6 Quadrangular-Meet Structure, page 24; Clarification from the Championship & Competition Committee.

Appendices

Clarification: In Section 8.1 Judging (Regular Season Meet Procedures) and in Appendix III.2. Affiliation (Standards/Duties of Judges), it lists a judge who is a parent of an NCAA competing gymnast or a current coaching-staff member as *affiliated* with a school. However, the JAS Judges Manual (page 13) specifies that a parent or coaching-staff member of any university program is ineligible to judge NCAA competitions. **The JAS Judges Manual takes precedence for NCAA/WCGA Judges Affiliation Policy.** *Clarification by NAWGJ & JAS Committee (10/15/24)*

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) ([R & P 2024-25](#), pages 2-8)

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