



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter # 11 March 15, 2025

General

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?

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: How late is a coach allowed to change the team lineup after the 4-minute touch?

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.

Vault

Q: Are athletes allowed to use chalk to mark their starting place, hurdle line, etc. on the vault runway?

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.

Balance Beam

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?

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.

Floor Exercise

Q: A gymnast stopped in her last position on floor exercise, but she continued to bob 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?

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 (bob 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: 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?

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.

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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