



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #16 December 15, 2025

Clarification

Uneven Bars

In Rules Modification 3.4.c, which presents the examples of repeating a connection after a fall on bars from a Jaeger:

The intent of the originating USAG Dev Prog COP rules dealing with the repeat of elements on bars after a fall with NO TOUCH of hands was to count the resulting zero Value Part on bars as a different element in terms of connection. Therefore, the 3.4.c.1 example of the repeated connection of giant ½ + Jaeger would receive CV Bonus the C+D.

HOWEVER, in the 3.4.c.2 example, when the athlete TOUCHES her hands then falls on the Jaeger, she receives the D Value Part for the Jaeger (but no D/E Bonus). This value part credit then makes the repeat giant ½ + Jaeger the same connection, and would not receive the CV Bonus for the second C+D connection. The paragraph remains as written.

This clarification supercedes the previously published answer in the December 1, 2025 newsletter, and adds +0.1 CV Bonus for the giant ½ + Jaeger connection in 3.4.c.1.b.

Reference: Clarification from the USAG National Technical Committee

General

Q: Did NCAA adopt the elimination of the 0.3 deduction for no dismount on UB, BB, and FX?

A: Yes. The NCAA did adopt the change from USAG Dev Program of the elimination of the 0.3 deduction for no dismount/dismount of no value.

Reference: WCPC Clarification

Balance Beam

Q: College made the exception for the Beam dismount element #9.202, a gainer entry front salto layout full dismount off the side (a "Mabrey" in stretched position), to earn a C value in college. I do not see that element listed in this year's modifications in the "Element values different from Level 10" table. Does that mean it is no longer a C for us?

A: It is still a C. It is element #9.302 in the USAG Dev Prog Code, so it no longer required to be listed as an element with a different value from Level 10 in the NCAA Rules Modification table. This element is an aerial walkover with full twist dismount off side of beam, also from a swing through (gainer

style). Note: the skill chart block for element #9.302 (page BEAM-88) is tucked into the bottom of the “D” value column to accommodate the spacing on that page.

Reference: USAG Dev Prog COP Skill Chart #9.302, page BEAM-88.

Q: Does a switch leg leap + back handspring swing down (#7.212) fulfill the leap series Special Requirement?

A: Yes. A mixed series of a switch leg leap (C) + back handspring with high flight phase to swing down (B, #7.212) would fulfill the dance/acro series Special Requirement. The dance element is a C, and the series does not end in a dismount.

Reference: Rules Modification 4.1.b.

Q: I understand the specific clarifications for BHS + front aerial and BHS + back layout step-out; are those the only exceptions where they do not receive CV bonus? I saw that a front toss tucked + BHS received a +.20 for that connection. Is it only those two specific instances where we wouldn't give the CV bonus?

A: Yes. The back layout step-out (D) or the aerial front walkover (D), when connected to any style of back handspring (#7.208, 7.210, 7.211, or 7.212), the D elements are considered as C's for CV Bonus calculations. These elements are the only two D elements where this happens. Under NCAA rules, the B + C 2-acro flight combination does NOT receive CV Bonus.

Any other D element connected to a back handspring – such as the front toss (salto forward tucked with one leg take-off, #8.401) + back handspring – will be considered its original D value for CV Bonus. In this example, the B + D receives +0.2 CV Bonus. Please refer to the examples of this rule in Rules Modification 4.4.

Reference: Rules Modifications 4.4.a. and 4.4.c; USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.A., page BEAM-32.

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 2025-26 NCAA Rules Modification Document and Meet Procedures direct link: [Rules Modifications 25-26](#)

Rules Newsletters and Archive are located on the [NCAA Gymnastics Rules of the Game page](#) or on the [NAWGJ NCAA Rules page](#)

The Women's Gymnastics Supplemental Procedures and Forms document, which contains the Inquiry /Routine Summary Form, Video Review Form, and other competition-related forms, is located on the [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](#) This page also contains links to updated COP Appendices and Replacement Pages.

To update your current version of the USAG Dev Prog COP follow the directions: [Google Play eBook FAQ](#) The most recent COP version cover page will show “updated Jul 2025” at the bottom.

The Women's Program Rules & Policies 2025-26 direct link: [R & P 25-26](#)

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) ([USAG Women's Gym Directory](#))

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