



# GYMNASTICS

## Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #19 February 15, 2026

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### General

**Q: If the competition venue can accommodate, may a judge move tables to get a better view? For example, on floor exercise moving the judges' tables so one judge can better see one diagonal, and the other judge the second diagonal.**

**A: Yes,** judges are permitted to move tables to a more favorable vantage point related to their responsibilities; however, this must be requested before competition begins and with the approval of both the Meet Ref and the Meet Director facilitating the event. Many factors are considered before committing to the move, such as wiring for judging software, wiring for television broadcasts, as well as equipment layout in the venue. Existing table location recommendations place judges on opposing sides on all events whenever possible. Moreover, judges' tables on floor exercise should be positioned diagonally from one another on opposing sides.

*Reference: Rules Modification 8.1.a & c, Appendix III.B.1.c; Clarification from the C&C Committee.*

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### Floor Exercise

**Q: What is the specific technique (split timing, split position, degree of turn) required to receive the D value part in NCAA for the switch-side leap with  $\frac{1}{2}$  or  $\frac{3}{4}$  turn?**

**A: For switch-side leap with  $\frac{1}{2}$  or  $\frac{3}{4}$  turn (C in USAG, D in NCAA), the proper technique is stated in the USAG skill chart for #1.305. A *Switch-side leap* is defined as "a split leap forward with leg change ( $180^\circ$  separation) and  $\frac{1}{4}$  ( $90^\circ$  turn) to side-split leap ( $180^\circ$ ) or straddle-pike position ( $180^\circ$ )."  
Additional switch-side leap specific element technique (having a  $45^\circ$  leg split before switch,  $\frac{1}{4}$  ( $90^\circ$ ) turn must occur in the air, etc.) is described in *USAG Dev Prog COP* in Specific Element Technique Clarifications.**

In the switch-side leap with  $\frac{1}{2}$  or  $\frac{3}{4}$  turn, if the side-split position is overturned beyond the specified initial  $\frac{1}{4}$  ( $90^\circ$ ) turn, it would receive a deduction for lack of precision (up to 0.1).

The switch-side leap  $\frac{1}{2}$  turn would show a total  $\frac{3}{4}$  turn from the take-off to landing to receive the D value part. The switch-side leap  $\frac{3}{4}$  turn would show a total full turn from take-off to landing to receive the D value part. Any deviation from these turn completions may receive up to 0.2 for incomplete turn.

If the switch leap with a turn shows a (front) split position, it is a switch-leg leap with  $\frac{1}{2}$  turn (#1.304, C), or switch-leg leap with full turn (#1.404, D). There is no switch-leg leap  $\frac{3}{4}$  turn in the COP. Therefore, the turn of the switch-leg leap is evaluated within  $90^\circ$  of the turn in relation to either the switch-leg leap with  $\frac{1}{2}$  turn or with full turn, with up to 0.2 for incomplete turn. The timing of the turn is not specified.

*Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – VI.B.2.b, page FLOOR-7; Section 5.1.VI.E.6, page FLOOR-9; Section 5.1.VI.F.5, page FLOOR-11; Skill charts #1.304, 1.404 & 1.305; Rules Modification 5.4; Clarification from the WCPC.*

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## Equipment

**Q: An 8” skill cushion mat was held at a nearly vertical angle by the coaches in a way to potentially catch an athlete during a bar release while in a competition. Would there be a deduction?**

**A: No.** A skill cushion mat can be picked up and used at an angle for safety purposes related to specific uneven bar releases in warm-up and competition without deduction. Any existing rules related to contact with the mat (raised or resting on the competition matting surface) by the competing athlete would apply in this situation as in any other.

*Reference: USAG Dev Prog COP Section 3 Bars – Chapter 3 Execution – Table II, pages BARS-30-31; Clarification from the C&C Committee.*

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## Routine Inquiries/Meet Procedures

**Q: Can an athlete who is next to compete warm-up elements on mats of open equipment? For example, a gymnast is performing on floor, and the next athlete goes over to the beam mats (no team is currently competing on beam) to do a standing back tuck on the mats.**

**A: Yes.** During regular season competition, the 20 cm mats surrounding vault, bars, and beam, as well as the vault runway, may be used for this specific warm-up activity and is not required to be on the event where this athlete is competing. Warm-up on another event matting is only permitted if the event is open or if competition has concluded on the event for that rotation. The floor exercise or other apparatus cannot be used for this purpose. It is permissible to jump or bounce on the floor exercise; however, no elements or inverting can be performed on the floor exercise within boundaries. When possible, panel matting should be provided as an additional warm-up space and would be available with the 20 cm usage listed above. For example, a dual meet is now in the third rotation, and an athlete performing on beam goes over to use the 20 cm bar mats where competition has concluded and does a flight series. This is permitted.

*Reference: Rules Modification 8.3.b.5; Clarification from the C&C Committee.*

**Q: During the waiting period after completing an event competition but before the 2-minute transition, may the coach walk over to the team’s next competitive event, if open, to set the equipment?**

**A: Yes.** However, the athletes must remain at their completed event until the 2-minute transition period is announced.

*Reference: Rules Modification 8.3.b.1.a; Clarification by the C&C Committee.*

**Q: Our team begins on bars immediately following march-in. Would it be permissible for only the six bar competitors to have their jackets tied around their shoulders during walk-in, or would all team members need to wear jackets tied the same way?**

**A:** During regular season march-in ceremonies, if athletes who are competing on Uneven Bars for their first competitive rotation choose to wear their grips in preparation, they are permitted to adapt how they wear their uniform apparel or jackets to accommodate the grips. The athletes that choose to wear grips MUST match each other in how they wear their apparel. Those Uneven Bar competitors who choose not to wear their grips during march-in will wear their uniforms to match the rest of the team. The intent of this rule is to have the teams look their best during march-in and be as close to identical as possible.

*Reference: Rules Modification 1.10.a; Clarification from the WCGA.*

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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 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, direct link: [2026 Supplemental P&F](#).

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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