Women's Gymnastics 2026-28 Rules Cycle
Rules Newsletter #2
November 1, 2026

Uneven Bars

Q: Could you clarify the difference between the bar release elements #5.306 and #5.406 (Khorkina)?

A: The difference would be the timing of the ½ turn in the release. The C value #5.306 (forward giant swing in reverse grip with stoop/straddle vault and ½ turn over HB) describes the ½ turn completing after the vault over the bar, where the straddle/pike position flight starts facing forward then the athlete turns mid-air to finish with a catch facing the other way. The D value #5.406 (Khorkina) shows the front giant swing in reverse grip to ½ turn completing before the vault over, with the flight in the straddle position going backwards over the HB.

Reference: USAG Dev Prog COP Skill Charts for 5.406 and 5.506, page UNEVEN BAR ELEMENTS-23.

Balance Beam

Q: Can a front aerial to scale (#7.502) be connected afterward to a jump, or does the hold break the series?

A: No connection because the hold breaks a series. An acro element with a required 2-second hold can only be used as the last element in an Acro series.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 2.II.A.1.b, page BEAM-17

Q: An athlete performs a back handspring + back layout step-out series (0 CV), and a back gainer full twist off the end of the beam dismount (D), does this element fulfill Composition Credit for Acro?

A: Yes. The separate D element may be a dismount.

Reference: Rules Modification 4.2.b

Q: Does a double stag jump on beam fulfill the 180° leg split special requirement?

A: No. A double stag position does NOT fulfill the 180º leg split requirement. The forward leg must be extended to determine a 180º split.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 2 – II.A.2.d.2, page BEAM-18

Q: An athlete performs BHS + BHS + back layout step-out series, then later has a BHS + back layout double twist dismount (D). Understanding that the third BHS does not receive VP, would the dismount still count for SR and CC Acro?

A: Yes. With the third BHS receiving 0 VP, there is no CV Bonus for the dismount series. However, the dismount receives D VP as a separate element, so it does fulfill the Special Requirement for the

minimum C dismount and is eligible for CC Acro as a D VP separate from the SR series. As a sidebar, the CV Bonus acro series is likewise eligible to fulfill CC Acro.

Reference: Rules Modification 4.1.e and 4.2.b; USAG Dev Prog COP Section 4 Beam – Chapter 1 General Info – V. Recognition of VP – A.4, page BEAM-7; similar example found in Rules Newsletter 10/15/25.

Floor Exercise

Q: If the athlete competes two Rudis in a routine, but they are in different shapes (one tucked, one layout), are they considered different skills? What about a front layout and front layout with ½ turn?

A: Yes, the two Rudis are different skills. Saltos in different body positions or with different degrees of turn are considered different although they are under the same element number.

Reference: USAG Dev Prog COP Section 5 FX – Chapter 1 – VI.B.2.a & b, page FLOOR-7

Q: For a two-pass floor routine, if one pass has an E salto, can the second acro pass be any bonus pass (for example, front full + front layout), or does it need the +0.3 total CV Bonus for Composition Credit?

A: The second acro pass is not required to have +0.3 total CV Bonus for CC Acro. If one acro pass has an E acro, the Composition Credit for Acro has been fulfilled, so the other acro pass may have a lesser amount of CV Bonus. However, there are other considerations for **Special Requirements**: if the E is the only salto in an acro pass, the other acro pass will need to have at least 2 saltos in the pass, one a minimum C; and if the other pass is the last acro pass, it will need to be a minimum C in bonus combination (+0.1 CV Bonus at least).

Reference: Rules Modification 5.3.b.1

Q: An athlete performs a front layout (B) + front layout ½ turn (B) acro series. It receives +0.1 CV Bonus with two different B saltos. But a defined acro pass must have a C salto, so this series does NOT count as an acro pass, despite receiving bonus. If this was one of the tumbling passes in a 3-acro pass routine, would this routine be considered a 2-acro pass routine? What happens with Special Requirements?

A: The front layout and front layout ½ twist saltos are both Bs, therefore this combination is NOT considered an acro pass and the routine would be considered a **2-acro pass routine**. This B + B tumbling pass does not fulfill the Special Requirement for an acro pass with two saltos, and if it is performed at the end of the routine, it would receive the SR -0.2 deduction for a last salto connection not a C in bonus combination. However, these two B saltos can help fulfill the SR of 3-different saltos in the routine, they may count as forward salto direction for the floor specific structure requirement, and the combination receives +0.1 CV Bonus.

Reference: Rules Modification 5.1, 5.2 and 5.6.b; Rules Newsletter Nov 1, 2022.

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 2026-27 NCAA Rules Modification Document and Meet Procedures direct link: 26-27 Rules Modifications on NCAA

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: *coming soon.*

The USAG Women's Developmental Program Optional 2026-30 Code of Points (USAG Dev Prog COP) can be purchased at this link: USAG Dev Prog COP. This page also contains links to updated COP Appendices and Replacement Pages.

The Women's Program Rules & Policies 2026-27 direct link: R&P 26-27

The New Element Evaluation Form can be downloaded from the USAG Dev Prog website under Forms; here is the direct link: USAG New Element Eval Form.

FX Music Approval Form can be downloaded from the USAG Dev Prog website under Forms, to be submitted with a copy of the music. Here is the direct link to the form with directions: FX Music Evaluation Form 2026

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