Women's Gymnastics 2026-28 Rules Cycle
Rules Newsletter #3
November 15, 2026

Clarification: Floor Exercise Special Requirement

In the last acro pass, if the athlete does not receive CV Bonus due to a fall (with VP), the attempted series can fulfill Special Requirement 5.2.c. (last salto connection with a C salto in CV Bonus combination). If the feet do not land first during the fall on the salto, it is not awarded VP and cannot fulfill SR.

Reference: Rules Modification 5.2.c; USAG Dev Prog COP Section 5 – Chapter 1 General Info – VI.A.5, page FLOOR-6; Clarification by the WCPC

Uneven Bars

Q: If an athlete is attempting a back giant full turn to double back tuck dismount but adds a back giant in between the two skills, would she would lose 0.2 for the SR and 0.1 for CC Dismount?

A: Yes, here's the breakdown of the difference between these two dismount connections:

Giant full (D) + double back tuck (C) = +0.1 CV, +0.1 DV, receives SR for C dismount preceded by a C element, and is awarded CC Dismount for a C dismount preceded by a D/E element.

Giant full (D) + back giant (B) + double back tuck (C) = +0.1 DV; however, the connection does not receive CV bonus, is deducted for SR dismount (-0.2), and is not awarded CC Dismount.

Reference: Rules Modification 3.1.d, 3.2.b.2; USAG Dev Prog COP Section 3 Uneven Bars – Chapter 4.II.A, page BARS – 40 & 41.

Q: Does an overshoot to HS or an Overshoot to horizontal count as an element with a longitudinal turn for Special Requirement?

A: Yes, the overshoot to handstand (D) or to horizontal (if it became a C following a D/E release element or a handstand on HB) counts as a minimum C with a long-axis turn. This Special Requirement can be fulfilled with a pirouette on the hands, a *turn in a flight element*, a turn from a long hang swing, or an underswing with feet on the bar to a turn; however, a mount or a dismount element is ineligible.

Reference: Rules Modification 3.1.c; USAG Dev Prog COP Section 3 Bars, Chapter 2.II.A.3, page BARS-22.

Balance Beam

Q: If I have an athlete that performs a front toss + back handspring, and later performs a front toss + split jump. For the second series, she would receive the +0.2 CV bonus but not the +0.1 DV for the D for the front toss. Is that correct?

A: Yes. The +0.1 DV is not awarded for the second time performing the same D element in a different connection (though it will count as a second D value part). Since the connections are different, CV Bonus is awarded for both series.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 1 General – V.A.3, page BEAM-6.

Q: Would a routine with a cat leap + front aerial + back handspring series and later a switch leg leap ½ turn (E) fulfill both CC Dance and CC Acro so that an additional D acro would not be required?

A: No, the series does not fulfill CC Acro, so the routine needs another D/E acro element. This Beam series is separated into two defined series: one a dance/acro, and the other is an acro series. In terms of CC Acro and Special Requirements:

1. Cat leap (A) + front aerial (D)= dance/acro series
   - Does NOT fulfill SR for dance/acro series (the dance element must be a min C).
   - Receives +0.1 CV Bonus, and may be used towards fulfilling CC Dance (needs another +0.1 in dance bonus).
   - Ariel may count towards CC Acro as a separate D only if there is another acro series without CV Bonus elsewhere in the routine.

2. front ariel (D)+ BHS (B) = Acro series
   - Receives SR for an acro series.
   - Receives NO CV Bonus, so would not fulfill for CC Acro.
   - An additional D/E acro is required elsewhere in the routine to fulfill CC Acro.

3. The separate switch leg leap ½ (E) receives +0.2 DV Bonus and fulfills CC Dance by this element alone. Unlike last year (under UTL), an E dance element no longer can fulfill any requirement for a D/E acro element.

The note at the end of Rules Modification 4.2 that states the D/E acro element included for the dance/acro series for CC Dance may also fulfill CC Acro difficulty refers to use as the separate D/E acro element of paragraph 4.2.b.2.

Reference: Rules Modification 4.1, 4.2, 4.5.c; USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.E, page BEAM-34; Clarification by the WCPC

Floor Exercise

Q: In a 2-acro pass floor routine (a D salto in one acro pass & the other a +0.3 CV Bonus acro pass), would a round off + Arabian step out + round off + back layout 1.5 twist + front layout receive +0.3 connection bonus? Would the acro pass also fulfill the CC Acro Difficulty requirement?

A: Yes, this acro pass receives a total CV Bonus of +0.3. The indirect connection of the Arabian (B)+ back layout 1.5 twist (C) receives +0.1 CV, and the direct connection of back layout 1.5 twist (C) + front layout salto (B) receives +0.2 CV, adding up to +0.3 total bonus. If there is a D salto in the other acro pass, this routine would be awarded CC Acro.

Reference: Rules Modification 5.3.b.3; USAG Dev Prog COP Section 5 Floor Ex – Chapter 4.II CV Bonus, pages FLOOR-31 to 36.

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. Currently the Inquiry/Routine Summary and Video Review Forms are posted on the WCGA Google Drive in the Officiating folder.*

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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