



MEN'S GYMNASTICS

UPDATED SEPT. 1, 2026

***2026-27 RULES
MODIFICATIONS***

IF YOU THINK YOU OR YOUR TEAMMATE HAS HAD A
CONCUSSION

DON'T HIDE IT. • REPORT IT. • TAKE TIME TO RECOVER.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

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Rules Overview

Beginning with the 1981 season, the NCAA Men's Gymnastics Committee adopted as its rules the already printed World Gymnastics Code of Points. All NCAA men's gymnastics competition is to be conducted under those rules with any modifications and exceptions made by the NCAA Men's Gymnastics Committee. In the case of differences between World Gymnastics rules, NGJA interpretations, and NCAA modifications and exceptions, the latter will take precedence.

The following modifications have been recommended by the NCAA Men's Gymnastics Committee and approved by the Men's Gymnastics Committee and the Division II and Division III Playing Rules Oversight Panel (PROP). **Recent rules changes are listed in bold print with blue shading.** Recent editorial changes are identified with a blue-shaded background only.

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NCAA Men's Gymnastics Committee

The chart below lists the members of the committee that voted on and approved the rules included in this edition of the modification document. This information is being included for historical purposes.

Name	Institution	Term Expiration
Shane Bell	U.S. Military Academy	9-1-29
Bryant Houk	University of Oklahoma	9-1-28
Colin Payne*	Simpson College	9-1-29
Michael Powell, chair	William & Mary	9-1-27
Daniel Ribeiro*	University of Illinois Urbana-Champaign	9-1-28
Rustam Sharipov	The Ohio State University	9-1-26

"

"*" – Serves on the NCAA/NGJA Skill Evaluation Subcommittee.

1 – COMPETITION RULES

Judging and Score Posting Protocol:

- In all meets, the E judges arrive at their score independently.
- Judges will sit together in a line, with as much separation as possible, D+E to the left and E to the right as viewed from the front. If score-flashing assistants are used, they can perform the score-displaying duties of the judges.
- The head judge (D1+E1) is the judge sitting farthest left as viewed from the front. In all meets, the E judges arrive at their score independently.
- In all events, the D+E judges will flash one routine start value. The start score shown should easily be seen by judges, audience and coaches.
- In the case of a stick, judges will raise a green flag indicating a stick bonus will be awarded. The stick bonus should be displayed separately from the start value if possible, but may be added into the start score flashed at the judge's table if the scoring system doesn't allow for independent display.
- Stick bonuses should be recorded on the scoresheets as follows:

Pro Score

The final start score posted on the score sheet will include the stick bonus in the D column.

Beaver Creek

Record the stick bonus in the BNS column. Do NOT add the stick bonus in the D column.

Virtius

Score sheet will show D score, E score, Individual judges E score, Neutral Deductions, Stick bonus and final score.

- In case of questions of the value of a skill performed in a routine and appropriate deductions for that skill, judges may confer to determine the value awarded and the applicable deductions (e.g., angles or body position). This can happen in mid-routine, but preferably should happen at the conclusion of the routine – the intent is for all judges to evaluate a skill the same and apply appropriate deductions if warranted.
- In all cases, when the routine final score is determined – by either adding the D score to the E score (per World Gymnastics) or subtracting the final execution deduction from the start value – this score will be raised and rotated on a manual or electronic flasher at the event and/or shown on electronic scoreboards so all can see, at the direction of the D1+E1 judge. The final score will remain showing until the next routine is completed. (Individual E scores will not be raised and rotated in all dual meets nor are they required to be posted on electronic score devices if used. Individual E scores will appear on the meet scoresheet, however.)

Note: All neutral deductions shall be noted on the scoresheet. Neutral deductions will be an adjustment to the final score, not to the start value.

- In meets with two judges per event, one will judge D and both will judge E. The two judges should alternate events in which they have D responsibilities.

If three judges are used, two will judge D and two will judge E. The head judge will judge both D and E. During the meet, judges should switch duties sometimes so each has both experiences.

If four judges are used, two judges determine the D score (agree on 1 start value), and all four judges determine the E score. The average of all four E scores is added to the D score and the head judge flashes the routine final score.

If five judges are used, two judges determine the D score (agree on 1 start value), and all five judges determine the E score. The high and low score are removed, the average of the remaining three E scores is added to the D score and the head judge flashes the routine final score.

In the case of six judges at the individual event finals, two judges determine the D score (agree on 1 start value), and all six judge E (the low and high scores are removed, the middle four scores are averaged).

For head-to-head dual meets, a four judge panel consisting of two D and two E judges may be used for in-person competition and is required for virtual events. The D judges will judge every other routine, while the two E judges will judge every routine. Virtual events may have more than four judges per event and the panel format must be approved by the NCAA rules interpreter. Virtual events may not have less than four judges per event.

For virtual tri-meets, a minimum of two judges are required per event.

B. Element Group, Dismount Requirements and Sticks

1. NCAA Element Group Modification:

- The NCAA will use the World Gymnastics Code of Points to apply this rule.

2. Dismounts:

- Regarding the Dismount element group requirements, the World Gymnastics Code of Points rules will apply.

3. Stick Bonus Point Clarification:

- If a gymnast sticks where they cannot get their heels together, it is still a stick but can incur any landing deductions associated with the feet being too far apart (i.e., has to slide feet together since they cannot raise the heels and get their heels together; feet too far apart on landing). If they do not fall, hop, step or slide, they will get a stick bonus. However, if the gymnast slides their feet to bring them together, then they will get that deduction. If they land with their feet greater than shoulder width, then they will get the stick bonus but will get that deduction for the width of the feet on landing and will also get a deduction if they slide the feet together after they stick the landing.
- In the case of a stick, judges will raise a green flag indicating a stick bonus will be awarded.

D. Head coaches, in addition to the meet referee and head judge are required to sign and note the time of signature on the official scoresheet. The head coach has until noon local time **Monday** following the competition to initiate a correction to any clerical errors on the scoresheet. The error must be submitted in writing with an explanation of the discrepancy to the opposing head coach(es) and the NCAA Conference Liaison(s). Regular-season scoring issues are the responsibility of the conferences. If coaches cannot mutually agree on resolution of a clerical error, the conference(s) must resolve the matter. Resolution of any clerical errors should be handled within 48 hours of the initiation. If not initiated by Monday at noon local time, the results are final. Errors that are not clerical in nature cannot be corrected after both coaches and the meet referee have signed

the scoresheet. Unsigned score sheets will not be accepted for calculation of the National Qualifying Average.

- E. Point of Emphasis: The NCAA Men's Gymnastics Committee will use the World Gymnastics Code in conjunction with NCAA misconduct provisions to address unsportsmanlike behavior.
- F. The cutoff date for changes to the NCAA rules and clarifications, which used the World Gymnastics Code of Points as its basis, is December 1 or after any changes determined by World Gymnastics at its Intercontinental Course or during future business sessions.
1. The NCAA Men's Gymnastics Committee will review interpretations to the World Gymnastics Code received after this on a case-by-case basis, and reserves the right to adopt changes that are in the best interest of the gymnasts.
 2. Skills in question will be evaluated by the NGJA/NCAA Rules Subcommittee for Skill Evaluation. The NGJA/NCAA Rules Subcommittee shall be comprised of the following members:
 - NCAA Men's Gymnastics Rules Interpreter;
 - NGJA National Technical Vice President;
 - One (1) at-large judge appointed by the NGJA, 4 yr. term coinciding with NGJA officers' terms; and
 - Two (2) coaches from the NCAA Men's Gymnastics Committee.
- G. Gymnast must acknowledge head judge before and after each exercise. As stated by World Gymnastics, failure to do so constitutes unsportsmanlike behavior.
- H. The World Gymnastics zero vault rule will not be followed for NCAA competitions. All vaults will receive a score.

2 – WARM-UP

- A. A 90-minute warm-up period (open or timed) on the meet equipment plus a minimum of 30 minutes of general warm up must be provided for the visiting team(s) prior to the competition. All head coaches must agree on a shorter warm-up period. The warm-up period must be consistent for the competing teams. Only the eligible participants, including substitutes, may warm-up on the meet apparatus.
- B. **Only six (6) student-athletes at a time per competing institution are permitted to warm up at each apparatus during all competition. A warning will be issued followed by a one (1.0) point deduction if more than six (6) gymnasts are warming up at an apparatus.**

3 – TEAM MAKEUP, COMPUTING TEAM SCORES

- A. At each competition throughout the season, teams are limited to a maximum of 12 student-athletes, with four (4) scores counting toward the team score on each apparatus.

Should a gymnast be injured and not be able to complete their routine, their inability to continue must be substantiated by certified medical personnel who will inform the Meet Referee that this is the case. A substitute may be put in with a one (1.0) point deduction from the team score. The substitute will perform at the end of the rotation. The injured gymnast shall not compete for the remainder of the meet. The (1.0) deduction will not be taken if the injury was due to equipment failure, including a torn hand-grip.

- B. Open scoring will be used with the head judge responsible for their team of officials.
- C. Changes in the 12-member roster may be made prior to completion of the warm-up period. Once the competition starts, injury replacements must be made within the 12-member roster.
- D. The Meet Referee is responsible for the competition's judges and overseeing the execution of their responsibilities. The designated head judge on each event is responsible for their respective event(s). Each E judge must arrive at their score independently and scores must be input so each judge's score can be clearly discerned.
- E. For all meets, running totals after each competitor must be displayed. Running totals should be announced whenever practical. If the team scores are not shown as directed, after one warning, a two point (2.00) deduction will be taken from the host team's final score by the Meet Referee.
- F. Each conference liaison shall verify all scores have been entered into the online score system. Any discrepancies shall be reported immediately to the NCAA committee chair.

**Official results must include the following information
(if made possible on the scoresheet)**

Date of Competition	Stick Bonus
Event Lineup	Team Scores
Neutral Deductions	Coaches' Names
Event Totals	Team Names
Neutral Team Deductions	Each Judge's Execution Score
Judges' Names	Performance Score
Site of Competition	All-around Scores
Each Routine's Start Value	Coaches' Signatures

- G. The NCAA Men's Gymnastics Committee will use scores submitted online to determine the team and individual rankings for the NCAA Championship. For a full description of the championship qualification process, please refer to the NCAA Men's Gymnastics Pre-Championship Manual.

4 – EXHIBITIONS AND ALL-AROUND QUALIFIERS

A gymnast may compete for an All-Around (AA) score outside the event lineup if they represent the team on at least three (3) events, as long as no more than one (1) additional athlete is allowed on any one (1) event. For events for qualification to Winter Cup and for AA competitions at conference championships and USAG Collegiate Championship, a gymnast may compete for an AA score outside the event lineup if they represent the team on at least three (3) events, as long as no more than two (2) additional athletes are allowed on any one (1) event.

A. For Winter Cup Qualification, the following is applicable:

- You can compete as many AA athletes as desired in your four (4) counting scores for your team.
- You can compete up to two (2) additional gymnasts per event (total of 6) for Winter Cup Qualifying only.
- The two (2) additional gymnasts can be AA or individual event athletes.
- You can compete as many individuals athletes as desired as long as you don't exceed 12 total gymnasts in your four (4) counting scores for your team.
- If additional gymnast is an AA athlete, they must compete on three (3) events for the team score.
- You can compete as many athletes as desired "separate" and outside of your team (they do not count for a team score in this competition) for Winter Cup Qualifying only.

B. Special Comments:

- Please provide meet directors with clarification of athletes score being tied to team score vs. individual qualifying for Winter Cup.
- Please provide meet directors with clear indication of your permissible all-arounders.

C. Senior Night:

There are no exhibition routines allowed during the regular season, with the exception of Senior Night. Exhibition and extra all-around athlete must compete at the end of the team line-up.

Note: Senior night exhibition may only be a graduating senior from the host institution and do not have to count in the 12-team competitors. Failure to comply with the above, will result in a one (1.0) team deduction. Exceptions may be considered by request(s) submitted to the NCAA Men's Gymnastics Committee.

5 – OFFICIAL LINEUP

- A. The head coach must submit the lineup to the scoring table 90 minutes prior to the start of the competition. In all events, changes in the lineup will be permitted until the event has begun. If the head-to-head bracket format is used, lineup changes will be allowed.
- B. Scratches shall not be considered lineup changes. The coach must report any lineup changes to the event head judge, and when performers alternate, to the opposing coach(es) and the announcer/scorer.
- C. A violation of any of the above will result in a 1.0 deduction in the final team score by the head judge. This penalty may only be applied once for each event.
- D. Should a gymnast be injured and not be able to complete their routine, their inability to continue must be substantiated by certified medical personnel who will inform the Meet Referee that this is the case. A substitute may be put in with a 1.0 point deduction from the team score. The substitute will perform at the end of the rotation. The injured gymnast shall not compete for the remainder of the meet. The 1.0 point deduction will not be taken if the injury was due to equipment failure, including a torn hand-grip.

6 – COMPETITION FORMATS AND TOUCH WARMUPS

A. Visiting coaches must be notified of the meet and warm-up format and equipment specifications at least one week before the competition. All dual meet competition must be conducted in the head-to-head or block style format. All head coaches must agree on any deviation from the traditional formats.

1. Block Style – two events at a time, alternating gymnasts from each team.
2. Dual Meet, head-to-head – one event at a time, alternating gymnasts from each team.

	FX	PH	R	V*	PB	HB
Performance Order and Judging Panel	Home – D1+E1+E2	Visitor – D1+E1+E2	Home – D1+E1+E2	Visitor – D1+E1+E2	Home – D1+E1+E2	Visitor – D1+E1+E2
	Visitor – E1+E2+D2	Home – E1+E2+D2	Visitor – E1+E2+D2	Home – E1+E2+D2	Visitor – E1+E2+D2	Home – E1+E2+D2

**Note: Provided there are two (2) D-panel judges, one (1) D-panel judge may be used as a line judge.*

B. Tri- and quad-meet formats listed below:

- Tri-meet 3 events alternately

Home	FE	PH	R	V	PB	HB
Team #1	PH	R	FE	PB	HB	V
Team #2	R	FE	PH	HB	V	PB

- o When competing in the first three events, each rotation will begin with FX and follow Olympic order.
- o When competing in the second three events, each rotation will begin with VT and follow Olympic order.

- Quad-meet 3 events alternately

Home	Bye	FE	PH	R	Bye	V	PB	HB
Team #1	FE	PH	R	Bye	V	PB	HB	Bye
Team #2	PH	R	Bye	FE	PB	HB	Bye	V
Team #3	R	Bye	FE	PH	HB	Bye	V	PB

- o When competing in the first three events, each rotation will begin with FX and follow Olympic order.
- o When competing in the second three events, each rotation will begin with VT and follow Olympic order.

C. One-touch warmup options (applicable to all competition formats):

1. Teams are guaranteed a two-minute warm-up (not a guaranteed one-touch) for each apparatus. This period is controlled by the announcer, and begins 30 seconds to a maximum of two minutes after the last performance of a rotation. When the announcer calls time, all warm-up must cease and the competition begins again. Should a team exceed the warm-up time, a warning is given by the head judge (D1). A second infraction of this kind will receive a 1.0 unsportsmanlike conduct deduction from the team score. For block style dual meets, the host institution must inform the

opposing team if there is a deviation in the two-minute warm-up format. The two-minute warm-up may be modified, provided each team receives at least two minutes per event.

2. The following touch warmup competition formats may be permitted for use by conference rule or mutual agreement. The touch shall be split into two 90-second touches, for each team to have the event unencumbered by the other team. A one-minute transition periods will remain. The head judge (or designee as identified by the head judge and/or host institution) on the event must time the warmup to ensure the allotted time is enforced properly. *Note: All one-touch violations will be assessed 1.0 team neutral deduction following a verbal warning of the first instance.*

	Prior to FX	Prior to PH	Prior to SR	Prior to VT	Prior to PB	Prior to HB
Home Team	No Touch	Second 90	First 90	Second 90	First 90	Second 90
Away Team	No Touch	First 90	Second 90	First 90	Second 90	First 90

3. The following touch warmup competition formats may be permitted for use by conference rule or mutual agreement. The touch shall be split into two 90-second touches, for each team to have the event unencumbered by the other team. A one-minute transition periods will remain. The head judge (or designee as identified by the head judge and/or host institution) on the event must time the warmup to ensure the allotted time is enforced properly. *Note: All one-touch violations will be assessed 1.0 team neutral deduction following a verbal warning of the first instance.*

	Prior to FX	Prior to PH	Prior to SR	Prior to VT	Prior to PB	Prior to HB
Home Team	No Touch	First 90	Second 90	First 90	Second 90	First 90
Away Team	No Touch	Second 90	First 90	Second 90	First 90	Second 90

4. A 6-minute haltime or two 4-minute breaks may occur during dual meet competition. If using the 6-minute haltime format, the intermission will occur following the third event (Still Rings). If using the two 4-minute breaks, the intermissions may occur following the second event (Pommel Horse) and fourth event (Vault).
5. All warmups conclude once time has expired. No additional gymnast may mount the equipment once time has expired (*Note: Any gymnast on the event will be permitted to finish their turn if time has not expired prior to starting*).

7 – PARTICIPANTS IN COMPETITION AREA

- A. Only competitors and officials (plus a spotter where allowed) are permitted on the competition floor. During routine performance, only one coach is permitted within the competitive area. The only exceptions are the horizontal bar, where a second coach can move the mat, and vault, to secure the landing. Meet directors have the duty to keep the floor clear so that the contestants will be the center of attention at all times.
- B. **Unless otherwise determined, all gymnasts and team personnel must remain in their designated team area, which is restricted to the official team party.** This area is defined as the chairs and/or benches assigned to them for the competition. A 1.0 point deduction will be taken from the team score per occurrence, after prior warning from the Meet Referee. This excludes a gymnast on deck who is moving to the area to prepare for their performance. The team videographer must remain in the corral, the stands or on the perimeter of the field of play.
- C. The seating placement of the teams should not give a distinct competitive advantage to either team.

8 – ATTIRE

- A. Each gymnast must conform to the following regulations relative to competition attire:
- (1) Gymnasts must have their name on the back of their competition shirt. The lettering must be at least 2 inches in height.
 - (2) Official team clothing, including shirts (all team colors accepted), must be worn by all participants during warm ups as well as in competition. Official team bags should be used to improve the meet appearance. *Note: The above rule does not apply to "open practice" or "open warm-up" at regular-season competitions.*
 - (3) Gymnasts are permitted to wear stud piercings. *Note: No other jewelry is permitted. After a warning, a 0.3 deduction will be taken from the gymnast's score for each occurrence for attire violation.*
 - (4) Compression sleeves are permitted to be worn by participants during competition.
 - (5) The color of competition pants shall conform with the World Gymnastics Code of Points.
- B. A warning followed by failure to conform will result in 1.0 being deducted from the team's score, a maximum once per competition, for team attire deductions. The Meet Referee will apply the 1.0 deduction to the team score on the first event on which they compete at that event.
- C. Student-athletes are permitted to wear a commemorative/memorial patch and a commemorative/memorial patch that is supported by the NCAA National Student-Athlete Advisory Committee. Both commemorative/memorial patches are restricted to a size not larger than 4 square inches and must be worn on the front of the uniform. Team members are not required to wear the patch(es); however, patches must be identical for those who do wear them.

9 – EQUIPMENT AND HANDGRIP FAILURE

- A. Any tearing of the handgrip will be considered to be not within the control of the gymnast. A second trial will be allowed in the case of a torn handgrip. The gymnast will perform at the end of the rotation. If the gymnast is the last competitor in the rotation, they will be allowed a minimum of two (2) minutes, but not more than five (5) minutes for recovery and re-gripping. Loss of dowel or slippage of grip does not constitute handgrip failure.
- B. The final judgment is still at the discretion of the head judge and the tear in the handguard must have occurred within the routine for which the handgrip failure rule is being applied.
- C. In the event of broken equipment (i.e., broken rail or ring, stripped turnbuckle, etc.), the gymnast will be permitted to redo their routine without penalty at the end of the rotation. If the gymnast is the last competitor in the rotation, they will be allowed a minimum of two (2) minutes, but not more than five (5) minutes for recovery and re-gripping. If the gymnast is injured due to equipment failure, including a torn handgrip, a substitute may perform at the end of the rotation with no deduction taken from the team score, if the substitution is made from the initial 12-member roster.
- D. Should a gymnast break their grip during the one-touch warm-up, the athlete will be expected to replace their grip and perform their exercise in the normal order.
- E. In the event of broken apparatus during a competition (i.e., broken rail or ring, stripped turnbuckle, etc.), each gymnasts who has not competed prior to the failure, will be permitted a 30-second one-touch on the replacement equipment. PB = 50 seconds.

10 – ROUNDOFF ENTRY VAULTS

Protective matting (i.e., the vault safety zone) must be used when roundoff-entry vaults are performed. A sting mat (or similar mat) will be provided by the host institution. Gymnasts are not required to use this mat. Any student-athlete who performs a roundoff-entry vault without the use of the vault safety zone will be disqualified from the entire competition.

11 – APPARATUS AND MATS

- A. The host's equipment must comply with World Gymnastics specifications for warm-up as well as competition. If the host's equipment does not comply, a two (2.00) point deduction will be taken from the host team's score by the Meet Referee. Under extenuating circumstances and should the equipment not comply, the host must notify the visiting institution(s), the meet Meet Referee and all members of the men's gymnastics committee of the deviation two (2) weeks prior to the competition in writing. All coaches shall mutually agree to the deviation. For example, if an LZT cover is used on a board or vault table, the visiting team should be notified.

Note: For virtual competitions, all events should conform to normal competition equipment and matting standards. If standard competition equipment or landing surface is not available, then equipment or landing surface may be accommodated to use for competition. Resi pit accommodation must replicate as closely as possible normal competitive matting requirements and include the use of a panel mat to ensure adequate firmness of the landing area. The Meet Referee will inspect the equipment.

- B. Within the limits of legal equipment specifications the host coach should make every effort to accommodate all gymnasts. If equipment (parallel bars height, configuration of vault board springs, mats, etc.) is modified for a gymnast, it must be returned to its original state immediately following that performance.
- C. New equipment and major modifications must be available for purchase by September 1 and must be fully approved by the NCAA Men's Gymnastics Committee by October 1 if they are to be used at the NCAA championships that season.
- D. **Floor Exercise.** World Gymnastics Specs: 12 M x 12 M +/- 3 cm (39' 4.5" x 39' 4.5"), with a border of 1 M at a 20% maximum slope. The line marking the border of the performance area is within the World Gymnastics specified area. Height of the floor surface is 3.5" – 8". **Through the Winter Cup weekend, extra mats up to 10 cm will be allowed for any tumbling skill, for landings only. However, mats may not be moved during the exercise. Any misuse of matting will result in a 0.5 deduction from the gymnast's score.**
- E. **Pommel Horse.** World Gymnastics Specs. 115 cm from the floor or 105 cm (41.35" +/- 0.5") from top of horse body to the top of the mat. Minimum Mat Area: 12'x12'. Mat Thickness: 10 cm +/- 1 cm (3.55" – 4.35").
- F. **Rings.** World Gymnastics Specs: 290 cm +/- 1 cm (113.78" – 114.57") from the top of the ring grip to the floor or 270 cm +/- 1 cm (105.91" – 106.69") from the top of the ring grip to the top of the 20 cm base mat. Rings must be taped to the straps. Minimum mat area: 6 feet (8 feet preferred) by 12 feet. Mat thickness: 7.50" – 8.25". It is permissible to use additional mats (a 10 cm / 4-inch landing mat or a "sting mat" up to 1.5 inches) for landings on rings.
- G. **Vault.** A 10 cm mat is required on vault. World Gymnastics Specs: 135 cm +/- 1 cm (52.8" – 53.6") from the center of the table to the floor. Minimum mat area: 8 feet by 18 feet. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for vault landings. The landing zone must be marked by the meet host. An additional sting mat may be used for landing on vault. When an additional sting mat is used, the marking of the landing zone is the responsibility of the competing team. It is the meet host or home team responsibility to provide the appropriate tape to competing teams. If a team fails to mark the sting mat landing zone with tape, that team will incur a 1.0 deduction

from their final team score by the Meet Referee. For the purpose of defining the landing zone and Per World Gymnastics Code, the landing zone dimensions are 1 meter in width from the end of the table and the zone widens to 1.5 meters 6 meters from the end of the table. As the minimum mat length is 18 feet, it is possible that the 1.5 meter line will be off of the landing mat. This may be done to accommodate the correct angle needed for defining the landing zone. The Meet Referee will check the measurements prior to the start of competition. The runway length is 25 M (82' ¼"). The vault safety zone must be provided by the meet host or the home team will receive a 1.00 team score deduction. The vault runway must be secured directly to the competition floor.

The number of springs in the board may be adjusted for each athlete, but the competing team must return it to the standard FIG spring count before rotating to the next event (e.g., AAI Stratum hard board is 8 springs, soft board is 6 springs).

- H. **Parallel Bars.** World Gymnastics Specs: 200 cm to the floor or 180 cm +/- 1 cm (70.5" – 71.25") from top of rail to the top of the required 20 cm base mat. Minimum mat area: 14' x 16'. Mat thickness: 7.50" – 8.25". The mat surface must be one level, including the area under the bars, and must remain intact, except as noted in the next paragraph, throughout the routine (i.e., portions of the mat may not be removed). Matting used for mounts and dismounts on the end of the bars must be level with the rest of the matting. A piece of plywood or similar material may be placed under the board to prevent mat depression during mounts, but the board and plywood must be removed once the routine begins. Although a board may be used for a mount, a mat section may not. It is permissible to use additional mats (a 10 cm / 4-inch landing mat or a "sting mat" up to 1.5 inches) for landings on parallel bars.

The height of the bars may not be adjusted without permission from the head judge. If a tall gymnast touches their feet when in an upper arm support, or touches their knees when in a long hang (giant swing with extended hips and flexed knees), the head judge may allow the bars to be raised or the matting between the bars reduced, as long as the base and the floor are covered with mats. The bars must be at regulation height for all other gymnasts.

Note: The requirement to place the vault board on a solid board surface (per the COP) is not required during regular-season and conference competition.

- I. **Horizontal Bar.** World Gymnastics Specs: 280 cm from the floor or 260 cm +/- 1 cm (101.95" – 102.75") from top of bar to the top of the 20 cm base mat below the bar. Minimum mat area: 18' each side of the bar by 8' wide. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for horizontal bar dismount landings. If there is a tall gymnast whose feet hit, the bar may be raised 10 cm for everyone, and other gymnasts will add 10 cm of mats. It is permissible to jump from a skill cushion to the horizontal bar. An additional "sting mat," up to 1.5-inch, may be used for landings on horizontal bar. If the gymnast falls to the 8-inch supplementary mat during the routine, the penalty will only be the deduction for falling from the apparatus. Use of an 8" skill cushion for dismounts is not allowed, and shall incur the 0.5 deduction for misuse of matting.

Note: Winter cup matting – Any special matting exceptions provided for winter cup will be applied to NCAA competitions up through the winter cup weekend.

- J. **Flashing Scores and Start Values:** The start value must be shown clearly, in addition to the performer's final score. The performer's score must remain up until the next

performer's routine is completed. Failure to provide equipment to flash the start values will result in a 1.0 deduction from the team score of the meet host.

- K. A skill cushion (8" mat) may be used on horizontal bar as an additional mat during the routine. If the gymnast falls to the mat during the routine, the penalty will only be the deduction for falling from the apparatus. Use of an 8" skill cushion for dismounts is not allowed.
- L. The use of floor plates, especially on horizontal bar (rather than freestanding equipment), is recommended. Adequate weight must be provided to stabilize freestanding equipment. If a host institution is using freestanding equipment, they must notify the visiting head coach a minimum of one week prior to competition.
- M. During the one-touch warmup period during all competitions, additional matting may be used for the safety of the gymnast. 8" skill cushions, 10 cm matting and sting mats may be used at any event during this period. Following the one-touch warmup period, all additional mats must be removed from the competition area. Any use of these mats during competition will receive the standard World Gymnastics penalties.

12 – EQUIPMENT COMPANY RELATIONS

The Chair of the NCAA Men's Gymnastics Committee is the liaison to the equipment companies.

13 – JUDGES AND JUDGING THE EVENT

- A. In all meets, all judges must be nationally certified. There must be a minimum of two and a maximum of six.

Judging Format	
2 judge panel –	D1/E1 + E2
3 judge panel –	E1 + D1 + E2
4 judge panel –	D1/E1 + D2/E2 + E3 + E4
4 judge panel (head to head competition only) –	D1 + E1 + E2 + D2 (2 D judges judge every other routine). Refer to 6.B.
6 judge panel –	D1/E1 + D2/E2 + E3 + E4 + E5 + E6

Note: For Vault and provided there are two (2) D-panel judges, one (1) D-panel judge may be assigned as a line judge.

- B. The head judge will confirm scores at the conclusion of each apparatus. Judges will confirm that their scores are accurately displayed. Head coaches, in addition to the Meet Referee and head judge on each event are required to sign and note the time of signature on the official scoresheet to ensure the accuracy of the scoring.
- C. The NGJA must assign nationally certified judges for all competitions. This approval will not apply to conference assignments providing the conference maintains its own judging assignments.
- D. The Chair of the NCAA Men's Gymnastics Committee will be the liaison to the NGJA Technical Committee.
- E. Coaches are encouraged to submit a "Pre-Competition Judges Information Form" for each event to the head judge at least 30 minutes prior to the competition. This form will include:
- (1) Gymnasts' names;
 - (2) Bonus possibilities for appropriate skills or connections;
 - (3) A list of significant skills in each gymnast's routine;
 - (4) Letter values of each listed skill;
 - (5) Any special requirement fulfilled;
 - (6) Final start values.

Judges will use these forms during the competition for reference, and to potentially assist in resolving inquiries; however, judges are reminded that each gymnast must be judged on what they actually do. Improperly completed forms will not be accepted.

- F. Duties of the Meet Referee:

A Meet Referee will be required on site in each competition venue for any competition held virtually. The Meet Referee will manage inquiry logistics and equipment certification.

- (1) Conduct judges' meeting & review Pre-Competition Judges Information Forms 30 minutes prior to the competition;
- (2) Determine that the competitive environment is safe, that apparatus and mats meet specifications;
- (3) Control the pace of the meet;

- (4) Ensure uniform and scoring specifications are met;
- (5) Ensure scoring procedures and meet protocol are followed. The start value, execution and final score should be properly displayed on the score sheets;
- (6) Ensure score sheets are verified and signed, including the time, by all head coaches, the meet referee and head judge;
- (7) Judges are reminded that deductions will be assessed for:
 - Improper lineup procedures or changes (1.0);
 - Except for the Meet Referee, judges are not to be approached during the competition (1.0);
 - Uniform discrepancies (including jewelry) (1.0);
 - Failure to remain in designated team area (1.0);
 - Non-compliant matting (0.5 – per violation);
 - Failure to display running team scores (2.00);
 - Unsportsmanlike behavior, including excessive celebration, of individuals (0.5) and teams (1.0). *Note: Judges are encouraged to have yellow and red cards to display the notification of unsportsmanlike behavior;*
 - Injured athlete substitution (1.0). The deduction will be taken from the team score. The deduction will be taken on the event in which the substitution occurred.
- (8) Be familiar with the Code of Ethics for Judges and Coaches (#15).

G. All coaches are strongly encouraged to complete post-meet evaluations on judges.

H. Inquiry/Protest System Clarification

(1) Inquiry Process:

- a. At the beginning of each competition, each team will be given three (3) inquiry cards.
- b. The event announcer will address the teams at the conclusion of each rotation to ensure they are ready to rotate to the next event. If an institution is preparing an inquiry, the head coach shall indicate to the head judge that they are not ready to rotate as they are submitting an inquiry.
- c. A coach will present an inquiry card to the head judge.
 1. An inquiry card must be presented for each inquiry.
 2. Each team will be allowed up to three (3) denied inquiries per meet inclusive of video inquiries. *Note: It is possible to use more than one (1) inquiry on an event.*
 3. An inquiry must be presented by only one (1) coach per institution.
 4. For an inquiry to be honored, an inquiry form including any potential supporting video, along with the inquiry card, must be submitted and reviewed by the judges prior to the start of the next rotation and not at the conclusion of the meet.
- d. An announcement (e.g., public address or videoboard announcement, etc.) shall be made once an inquiry has been submitted. *Note: This procedure may vary for each host institution.*
- e. The judge will then make an evaluation on the inquiry.

1. If the inquiry is approved, the judge will return the team's inquiry card to the coach.
 2. If the inquiry is rejected, the judge will keep the team's inquiry card.
 3. If a coach loses three (3) inquiries, they will no longer have inquiry cards and therefore will no longer be able to inquire during the competition.
- f. An announcement (e.g., public address or videoboard announcement, etc.) shall be made once the outcome of the inquiry has been determined. Note: This procedure may vary for each host institution.
- (2) An inquiry can be based on D jury content, all neutral deductions and NCAA stick bonus for team members start value for your team. *Note: Score(s) may be adjusted up or down.*
- (3) Etiquette to be followed during inquiry process:
- a. The Meet Referee may not initiate an inquiry on a score;
 - b. The only verbal communication allowed with the head judge is to notify them of an impending inquiry;
 - c. The coach shall briefly explain what they are inquiring and be prepared to show video proof, if necessary;
 - d. The coach shall also provide a routine sheet with the correct routine performed;
 - e. The coach shall not stand by the table, pressure the judge or carry on a conversation.

14 – SCORE FLASHING PROCEDURES

- A. D-Panel judges show a start value (see Section 1.A. for judging format). A clear, separate value on an electronic scoreboard or flip cards are recommended. In addition, a start value, rather than a D score, will be posted - for example, 15.2, not 5.2.
- B. The head judge observes that each judge is ready to report their E score. At the head judge's call, all E scores are reported to the head judge.
- C. Since the start value is shown separately, it is only necessary to show the final score and not the individual judge scores nor the start value on the flasher. Judges must verify that their correct scores are flashed and remain visible until the next competitor finishes their routine.
- D. Although the host institution will train score flashing assistants, each judge should check to see that their assistant understands these procedures.
- E. These instructions should be copied and taped to the back of the score display devices (if used at the events).

15 – CODE OF ETHICS FOR JUDGES AND COACHES

It is imperative to the dignity and growth of the sport of gymnastics that judges be well educated in the details of gymnastics and the current rules and thoroughly prepared for each assignment to cover all possible circumstances. The following code of ethics for judges and coaches is mandated and coaches in violation (public statements critical of judging for example) may be subject to NCAA misconduct provisions.

Qualification: It is the duty of each judge to prepare themselves thoroughly and constantly update their preparation by re-certifying their national card each year. The judge shall not accept any judging assignment for which they do not feel well qualified. All judges must be nationally certified.

- A. **Appearance:** Each judge shall be prompt and shall dress and conduct themselves with the dignity appropriate to the status. Coaches shall help set and maintain such standards. Judges shall wear a dark blue coat, gray slacks, and a shirt and tie.
- B. **Activities:** Each judge shall confine their activities to the purpose for which they are assigned. This does not include coaching, demonstrating, or recruiting. Coaches will not ask judges to double as coaches
- C. **Impartiality:** Every judge will avoid even the appearance of partisanship. For example, a judge will avoid: Judging a meet involving an institution they attend or at which they are employed in the athletic department.
 - (1) Judging any meet when they feel prejudice toward any competing team.
 - (2) Traveling with one of the competing teams to or from the meet, except on commercial transportation.
 - (3) Accepting overnight lodging invitations with competitors or coaches before or after a meet.
 - (4) Accepting social invitations from the host coach before or after the meet unless the opposing coach also is included.
 - (5) Giving any appearance, especially at the meet, of any particular friendship with any coach or competitor.
- D. **Coaches' Restrictions:** Coaches will avoid even the appearance of courting partisanship or unprofessional behavior. For example, coaches may not:
 - (1) Discuss with judges before the meet the rules and their interpretations unless the opposing coach also is included.
 - (2) Offer gifts, favors or privileges to judges that can be interpreted as attempts to influence their judgments in favor of their team.
 - (3) As home coaches, act as announcers of their own competition.
 - (4) Make public statements critical of judging.
- E. **Conduct of Competition:**
 - (1) It is the duty of officials and coaches to see that every gymnastics competition is conducted with full regard for the safety of and justice to all competitors and the edification and pleasure of the spectators.
 - (2) Judges must maintain appropriate separation in order to arrive at scores independently and adhere strictly to score-flashing procedures in accordance with the NCAA Modifications and Exceptions to the World Gymnastics Code of Points.

- F. No coach or competitor shall be within the competition-event perimeter unless they are spotting. The officials' chairs define the perimeter.
- G. No coach or competitor shall participate in a judges' score conference or be within hearing distance during such a conference. Judges are not encouraged to engage in dialogue with coaches during the meet.
- H. No competitor shall approach a judge during the competition. After the competition, they may approach the judge only with their coach and with the judges' consent.
- I. Deduction for violations of the above shall be 1.0 from the team score but cannot be invoked until after one warning has been issued by the judge. The Meet Referee will make the deduction at the scoring table.
- J. An employee or student of an institution may officiate their institution's meets if the coaches from all colleges competing against that institution notify the assignment chair in writing of their acceptance of this employee or student as judge before the assignment chair makes their selection. At no time can the employee or student make the actual assignment of judges involving the institution at which they are employed or attending.
- K. The engagement to work as a judge during the National Collegiate Men's Gymnastics Championships is conditioned on the Men's Gymnastics Committee, in its sole discretion, remaining of the opinion that the judge's character, fitness, rules knowledge and regular and postseason judging performance are all of the highest order.

Note: The NCAA Men's Gymnastics Championships Pre-Championships Manual and the World Gymnastics Code of Points should be distributed to AAI, Inc., and each assigned Championships judge and each NGJA National and Regional Technical Directors.

APPENDIX A - VIRTUAL COMPETITION INFORMATION

Designation of home team for virtual competition:

For competitions originally scheduled as in-person meets but taking place virtually, the originally scheduled home team will be the home team for rules-based responsibilities. Both teams will be considered the host team for rules-based purposes.

For competitions originally scheduled as virtual events (where there was not a previously scheduled in-person meet), one team is designated as home team via coin flip for any rules-based responsibilities. The coin flip will be administered by the Meet Referee. Both teams will be considered the host team for rules-based purposes. *Note: Virtual events will be considered home competitions for NQA purposes.*

Video Capture for virtual competition:

Video capture positions and angles for virtual competition. All video recording must be in landscape viewing mode. An athlete's full body MUST stay within frame at all times during routines. All performers must be visible from the initial salute to the judge at the beginning of a routine until the presentation salute at the conclusion of the routine. Video must continue uninterrupted if there is a fall during the performance. Each routine filmed must also be recorded simultaneously. Each team is responsible for providing a dedicated videographer to capture each routine on video. Any deviation from the below must be agreed upon by all head coaches. Both teams need to conform to the same angles. The recording will be the back-up system to judge any routine if the live video cuts out during competition.

- Floor Exercise:
 - Camera must be positioned centered along the side of the floor between four feet (90cm) and not exceeding six feet (180 cm) above floor level, and no farther than 25 feet (762cm) from the floor.
 - Camera operator MUST follow athlete in the viewfinder during their routine.
 - Stable camera mount with ability to swivel camera smoothly required.
 - Boundary lines must be clearly visible when athlete approaches corners or sides of the floor area.
- Pommel Horse:
 - Camera must be positioned at or as close to the top of the pommel horse as possible, not exceeding three feet (90cm) above or below the top of the pommel horse.
 - Camera should be placed on a stable mount directly in front of the side of the horse, centered, no more than 20 feet (610cm) away. Preference at 45-degree angle (USAG standard).
- Still Rings:
 - Camera must be positioned no more than six feet (180cm) above floor level or two feet (60cm) below floor level, no more than 30 feet (900cm) away.
 - Camera should be placed on a stable mount directly to the side of the rings tower. Preference at 45-degree angle (USAG standard).
 - The top of the landing mat must be visible at all times during routine.

Note: The lower camera angle of "No more than 2 feet below floor level" is applicable when a podium is being used for the event.

- Vault:
 - Camera must be positioned at or as close to the top of the vault as possible, not exceeding three feet (90cm) above the top of the vault or two feet (60cm) below it and no more than 30 feet (900cm) away.
 - Camera should be placed on a stable mount at a 45-degree angle to the table and should be located behind or in front of the table.
 - Camera operator must include the athlete in the viewfinder during the run.
 - Stable camera mount with ability to swivel camera smoothly required.
- Parallel Bars:
 - Camera must be positioned no more than three feet (90cm) above the top of the parallel bars or two feet (60cm) below floor level, no more than 22 feet (670cm) away.
 - Camera should be placed on a stable mount directly to the side of the parallel bars.
 - The top of the landing mat must be visible at all times during routine.

Note: The lower camera angle of "No more than 2 feet below floor level" is applicable when a podium is being used for the event.
- Horizontal Bar:
 - Camera must be positioned no more than six feet (180cm) above floor level or two feet (60cm) below floor level 30 feet (900cm) away from the side of the upright.
 - The top of the landing mat must be visible at all times during routine.

Note: The lower camera angle of "No more than 2 feet below floor level" is applicable when a podium is being used for the event.

APPENDIX B - CONCUSSIONS**REVISED MAY 2025**

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. Signs and symptoms may present immediately or evolve over minutes or hours.

Game officials are often in the best position to observe student-athletes after they have had a blow to the head or body, and may be the first to notice the behaviors that indicate a concussion may be present. An official may observe the following behaviors by a student-athlete with a suspected concussion:

- Appears dazed or stunned.
- Appears confused or incoherent.
- Shakes head.
- Stumbles; has to be physically supported by teammates.
- Moves clumsily or awkwardly.
- Shows behavior or personality changes.

Student-athletes with a suspected concussion must be removed from competition so that a medical examination can be conducted by the primary athletics healthcare provider (i.e., athletic trainer or team physician).

Importantly, a game official is not expected to evaluate a student-athlete. Instead, if an official notices any behavior that suggests a concussion, the official should stop play immediately and call an injury timeout so that an appropriate medical examination can be conducted. A simple guide to the official's role is: "When in doubt, call an injury timeout."

A student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion, must be removed from practice or competition and may not return to sport activity on that day. The athlete must undergo medical evaluation and follow a return-to-learn/return-to-sport protocol under the supervision of the team physician, and may not return to sport until cleared by an appropriate health care professional. Sports have injury timeouts and player substitutions so that student-athletes can receive appropriate medical evaluation.

IF A CONCUSSION IS SUSPECTED:

- 1. Remove the student-athlete from play.** Look for the signs and symptoms of concussion if the student-athlete has experienced a blow to the head. Do not allow the student-athlete to just "shake it off." Each student-athlete will respond to concussions differently.
- 2. Ensure that the student-athlete is evaluated immediately by an appropriate health care professional.** Do not try to judge the severity of the injury. Call an injury timeout to ensure that the student-athlete is evaluated by one of the primary athletics healthcare providers.
- 3. Allow the student-athlete to return to play only if the primary athletics healthcare provider has determined that the student-athlete did not suffer a concussion.** Allow athletics medical staff to rely on their clinical skills and protocols in evaluating the student-athlete to establish the appropriate management.

Additional information and details regarding concussions can be found at [ncaa.org/sports/health-safety](https://www.ncaa.org/sports/health-safety).

APPENDIX C - ACCOMMODATIONS FOR STUDENT-ATHLETES WITH DISABILITIES

The NCAA encourages participation by student-athletes with disabilities (physical or mental) in intercollegiate athletics and physical activities to the full extent of their interests and abilities. An NCAA member institution will have the right to seek, on behalf of any student-athlete with a disability participating on the member's team, a reasonable modification or accommodation of a playing rule, provided that the modification or accommodation would not:

1. Compromise the safety of, or increase the risk of injury to, the student-athlete with a disability or any other student-athlete;
2. Change an essential element that would fundamentally alter the nature of the game; or
3. Provide the student-athlete an unfair advantage over the other competitors.

To request any such modification or accommodation, the member's director of athletics, or their designee, must submit a rule waiver request, in writing, to the secretary-rules editor. Such written request should describe:

- a. The playing rule from which relief is sought;
- b. The proposed modification or accommodation;
- c. The anticipated duration of the requested modification or accommodation;
- d. Any modification or accommodation the student-athlete has received from the university or college and/or any sports governing body;
- e. Current, signed documentation of diagnosis/condition (including relevant test data and recommended treatment) from the treating professional (e.g., medical doctor, clinical psychologist, or another qualified individual);
- f. The original date of diagnosis of condition/disability;
- g. Modification or accommodation being recommended and rationale for this recommendation;
- h. Clarification if this is a temporary issue/injury or a permanent condition/disability; and
- i. A written statement from the school's healthcare provider (e.g., team physician) indicating that the student-athlete has been cleared to participate in competition. Please specify the date of this medical clearance.

Upon receipt of a complete waiver request, the NCAA staff liaison will consult with other NCAA staff, sport governing bodies, and/or external subject matter experts, to conduct an individual inquiry as to whether the requested modification or accommodation can be made. In making this assessment, the NCAA may request additional information from the member institution. The information will then be forwarded to the applicable sports committee, who will make a final decision. A member of the NCAA staff will communicate the decision in writing (which may be via email) to the requesting member institution. If the request is granted, the member school should be prepared to provide the written decision to the head official and tournament director (if applicable) for each competition in which the student-athlete will participate. NCAA members are directed to consult Guideline 1L of the NCAA Sports Medicine Handbook for further considerations regarding participation by student-athletes with disabilities.

Please allow a minimum of two weeks following submission for this process to be completed.

APPENDIX D - GUIDANCE FOR FIELD OF PLAY STOPPAGE DURING COMPETITION

If a gymnast falls during a routine and requires an on-podium medical response, the 30-second clock will not be started, if not already activated at the time of medical response. If the clock was already started prior to the medical response, the 30-second clock will be stopped and reset. If the athlete is medically cleared to continue the routine, the medical staff will provide a thumbs up signal to indicate clearance to the event head judge. At this time, the 30 second clock will start and the athlete will prepare to continue the routine.

For an athlete, if an injury occurs on the floor exercise during competition, requiring an on-podium medical response, the 70-second clock will be paused. Following medical assessment, if the athlete has been cleared to continue the routine, the clock will continue to run, beginning at the same time it was stopped.

Field of Play Stoppage for Medical Assessment Courtesy of USA Gymnastics.



MEN'S GYMNASTICS MODIFICATIONS

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