



2025-26 Men’s Gymnastics Rules Modifications

The following rules modifications were approved by the NCAA Men’s Gymnastics Committee and the Playing Rules Oversight Panel.

Rule	Modification and Rationale						
	Rule 1						
1-B-1 (Competition Rules)	Removal of the NCAA element groups modification (The current NCAA rules modification is listed below for reference).						
	<div>B. Element Group &amp; Dismount Requirements</div> <div>1. NCAA Element Group Modification:</div> <div><div>• Each apparatus, except for Floor Exercise, has three Element Groups designated as I, II, III and a Dismount Group designated as IV. Floor Exercise has four Element Groups.</div><div>• Each element group requirement fulfilled by C or higher element (inside the 7 (8 on Floor) counting elements) is awarded 0.5 by the D-Jury.</div><div>• Each element group requirement fulfilled by A or B element (inside the 7 (8 on Floor) counting elements) is awarded 0.3 by the D-Jury.</div><div>• Per FIG, for Element Group 1 on all apparatus, any A, B, C, or higher elements will receive 0.5 for the element group requirement.</div></div> <div>Rationale: To align with the FIG COP element groups.</div>						
	Rule 6						
6 (Competition Formats)	The following touch warmup rules modification would be permitted for use by conference rule or mutual agreement. The suggestion is for a new option: a touch, beginning prior to the second and occurring before each subsequent event. The touch would be split into two 90-second touches, for each team to have the event unencumbered by the other team. The one-minute transition periods will remain, so no changes to that are necessary. Since the touch would be split into two 90-second touches, the head judge on that event must time to ensure athletes are getting the proper amount of time and not extending their allotted time on the apparatus. As a note and after a verbal warning of the first instance, this modification would include a deduction of 0.3 team neutral deduction for a team’s failure to follow the established time block.						
		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

Rule	Modification and Rationale						
	Rationale: The rationale for 90 seconds per team as compared to the old, five up, five count format, would provide a two-minute (120-second) touch, which was 24 seconds per athlete. The 90 seconds per team equals 22.5 seconds per athlete, near the amount that was offered before, while reducing the overall time added to the competition that offering two minutes per team, per event would add. Additional rationale for the use of this competition format is related to addressing the opportunity to have a touch warmup prior to events 2-6. As noted, this format may increase competition time.						
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	Rule 8						

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8-A-3 (Attire)	<p>Amend the use of jewelry to permit gymnast to be able to wear stud piercings.</p> <p><i>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.</i></p> <p>Rationale: The current rule in the NCAA men's gymnastics rules modifications does not allow for jewelry, including earrings, to be worn at any time. There is no rule in the FIG COP or Technical Regulations regarding jewelry.</p>
8-A-5 (Attire)	<p>Align with the FIG for colors of pants used during competition. Implementation would be delayed until the 2026-27 academic year.</p> <p>Rationale: This modification was recommended by the National Gymnastics Judges Association. Delayed implementation for the consideration of the budget/financial impact.</p>
<b>Rule 9</b>	
9 – D (Equipment and Handgrip Failure)  New	<p>Addition of the following modification for clarification on broken grips during the one-touch warm-up:</p> <p><u>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.</u></p> <p>Rationale: To provide further guidance and clarification on the broken grips during the one-touch warm-up.</p>
<b>Rule 11</b>	
11 – M (Apparatus and Mats)  New	<p>Addition of the following modification for clarification on the use of additional matting:</p> <p><u>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</u></p>

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	<p><u>warmup period, all additional mats must be removed from the competition area. Any use of these mats during competition will receive the standard FIG penalties.</u></p> <p>Rationale: To provide further guidance and clarification on the use of additional matting during regular-season competition. While the rules modifications document pertains to the regular-season competition, the men's gymnastics committee may permit similar policies for the championship.</p>
	<b>Rule 13</b>
<p>13-H (Judges and Judging the Event – Inquiry/Protest System Clarification)</p>	<p>Amend the inquiry/protest system clarification as follows:</p> <p>H. Inquiry/Protest System Clarification</p> <p>(1) <u>Inquiry Process:</u></p> <ol style="list-style-type: none"> <li>a. <u>At the beginning of each competition, each team will be given three (3) inquiry cards.</u></li> <li>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.</li> <li>c. <u>A coach will present an inquiry card to the head judge.</u> <ol style="list-style-type: none"> <li>1. <u>An inquiry card must be presented for each inquiry.</u></li> <li>2. Each team will be allowed up to three (3) denied inquiries per meet inclusive of video inquiries. <u>Note: It is possible to use more than one (1) inquiry on an event.</u></li> <li>3. An inquiry must be presented by only one (1) coach per institution.</li> <li>4. For an inquiry to be honored, an inquiry form including any potential supporting video, along with <u>the inquiry card</u>, must be submitted and reviewed by the judges prior to the start of the next rotation and not at the conclusion of the meet.</li> </ol> </li> <li>d. <u>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.</u></li> <li>e. <u>The judge will then make an evaluation on the inquiry.</u> <ol style="list-style-type: none"> <li>1. <u>If the inquiry is approved, the judge will return the team's inquiry card to the coach.</u></li> <li>2. <u>If the inquiry is rejected, the judge will keep the team's inquiry card.</u></li> </ol> </li> </ol>

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	<p>3. <u>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.</u></p> <p>f. <u>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.</u></p> <p>(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. <u>Note: Score(s) may be adjusted up or down.</u></p> <p>(3) <u>Etiquette to be followed during inquiry process:</u></p> <ul style="list-style-type: none"> <li>a. The Technical Director may not initiate an inquiry on a score;</li> <li>b. The only verbal communication allowed with the head judge is to notify them of an impending inquiry;</li> <li>c. <u>The coach shall briefly explain what they are inquiring and be prepared to show video proof, if necessary;</u></li> <li>d. <u>The coach shall also provide a routine sheet with the correct routine performed;</u></li> <li>e. <u>The coach shall not stand by the table, pressure the judge or carry on a conversation.</u></li> </ul> <p>Rationale: Currently, there is not an official process for the presentation of inquiries by which the judges, coaches or meet directors need to follow for the inquiry process. This process will improve the inquiry process in the following ways: 1) this process will be a better system for tracking and enforcing the three missed inquiries rule; 2) this process will help inform opposing teams and the audience of score adjustments to keep things transparent and understandable; 3) this process creates a visible display of an inquiry submission; and, 4) this process will help tell the story of what is happening on the competition floor.</p>