



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #5 December 15, 2024

Correction:

In the Rules Newsletter #3 for November 15, 2024, the answer under Floor Exercise concerning supplemental mats was incorrect. The following is the correction for Rules Modification 6.2.e:

No more than two supplemental mats are permitted on the Floor Exercise at one time. Only one sting mat or 4-inch supplemental mat may be used per tumbling pass/leap combination (i.e. a gymnast may not punch off one mat and land on another). **However, a sting mat may be placed on top of or under a 4-inch mat; but in this case, these mats count as the two mats permitted on the Floor Exercise at one time.** Two sting mats cannot be stacked. Incorrect use of supplemental mats on Floor Exercise will incur a 0.2 deduction off the team score for each occurrence.

Clarification by WCPC and WCGA BOD.

Clarification:

The procedure for the application of a Team Neutral Deduction is as follows:

1. Judging panel determines deduction (may request counsel by the Meet Referee).
2. CJ notifies the Meet Referee of the deduction.
3. Meet Referee takes deduction to scorer's table for application to the team score.
4. Meet Referee notifies Meet Director of the deduction.
5. Meet Referee notifies the Head Coach of EACH of the competing teams.
6. Coach may submit an inquiry (written or video) if the Team Neutral deduction is in question.
7. Officials verify the Team Neutral deduction on the final score sheet.
8. Meet Referee submits any required reporting forms (Yellow Card, etc).

Reference: WCPC and WCGA BOD

Uneven Bars

Q: On bars, the gymnast performs a toe-on reverse hecht (#7.511 Ray) and falls with no touch of her hands on the bar. She remounts with jump to kip on HB (#1.106) cast to handstand (#2.201) to bail to handstand (#4.404). She dismounts with Giant 1/1 (#4.403) to double back tuck dismount (#8.304).

She received no VP credit for the Ray. She is missing a Special Requirement for a 2nd C or better release. Does she also receive a UTL deduction?

A: Yes. Since she receives no value part for the D single bar release element due to not touching the bar with her hands, the element is not eligible for UTL. She will receive the -0.1 deduction.

Balance Beam

Q: A gymnast performs the series: cat leap (#2.109) + front aerial walkover (#7.402) + back handspring (#7.208), and does not have another D/E acro or E dance in the routine. Would this gymnast receive a UTL deduction?

A: Yes. In the definition for the Choice of Elements Up to the Competitive Level (UTL), the flight series (4.2.d.1) applies to acro flight elements in series, not dance elements. Although the cat leap receives bonus as connected to the front aerial, it is considered a mixed series. The subsequent connection of the front aerial to the back handspring is the acro flight series portion that can be used for UTL. In this case, since the front aerial + back handspring receives no CV bonus, and there is no other D/E acro or E dance element, the gymnast would receive the -0.1 UTL deduction.

Reference: Rules Modifications 4.2.d and 4.4.c.; USAG Dev Prog COP Section 4 Beam –Bonus Chapter 3.I.I Connection of Three or more elements, page BEAM-31

Floor Exercise

Q: Can the supplemental mats on FX be moved during the routine, as long as there are only 2 supplemental mats on the FX at any one time? For example, at the start of the routine, the mats are placed as follows:

Corner 1 - sting mat

Corner 2 - 4-inch mat

Corner 3 - no mat

Corner 4 – no mat

Once the gymnast finishes the tumbling into Corner 1, the coach moves the sting mat off the FX from Corner 1 to place in Corner 4 while the gymnast is competing.

A: Yes. The rule allows only 2 supplemental mats on the floor exercise at the same time, and this example follows that rule.

Reference: Rules Modifications 6.2.e.

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 2024-25 NCAA Rules Modification Document and Meet Procedures direct link: [Rules Modifications 24-25](#)

Rules Newsletters and Archive are located on the [NCAA Gymnastics Rules of the Game](#) page.

The Women's Gymnastics Supplemental Procedures and Forms document, which contains Video Review Form, Inquiry /Routine Summary Form and Meet Referee Checklist, direct link is: [2024-25Supplemental Procedures & Forms](#) , within the NCAA Gymnastics Rules of the Game page.

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](#) Click on choice of Full/mini size book or eBook and follow directions. This page also contains links to updated COP Appendices and Replacement Pages.

Updates to the USAG Dev Prog COP are found on the [update page](#) - includes USAG Dev Prog COP replacement pages for paper copies, and Committee meeting minutes. If you have the electronic version, login to Google Play on your computer to have it perform an automatic update (cover page will show “updated Aug 2024”).

The Women’s Program Rules & Policies 2024-25 can be downloaded from [R & P 2024-25](#) Click on current year’s version.

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).

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