



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #4 December 1, 2024

Rules Modifications Errata: Rules Modifications Section 8.6.b.2 should say “15-minute timed warm-up”.

General

Q: Can a pit pillow that is a larger size than what is designated on the NCAA equipment list be used in competitions? The dimensions of this larger pit pillow are 5' x 6' x 12" high.

A: Yes, the larger size may be used for Regular Season meets only. The designated size (4' x 6' x 8") of the AAI “Skill Pillow” on the NCAA equipment list will be the only size of this soft alternate skill cushion permitted in Post Season competitions.

Reference: 2024-25 Host Operations Manual – Appendix C- Equipment List; Championship & Competition Committee Clarification.

Balance Beam

Q: What is the connection bonus for the dismount series: back handspring step-out + back handspring to two-feet + double full layout off the end of the beam

A: +0.2 bonus. The back handspring (#7.208) + back handspring to 2 feet (#7.210) + salto backward layout with double twist (#9.306) (D in NCAA) = B + B + D dismount series. It receives either the B+ B + D series bonus (+0.2) OR the Additional CV Bonus for the B acro + C (or more) dismount = +0.1 CV. The better value would be +0.2. In a connection with three or more elements, only one element can be overlapped between bonus rules.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – C.3rd rule on page BEAM-34, and 4.4.E.1. on page BEAM-37; Rules Modification, Section 4.5.a. and b.

Q: What is the CV and D/E bonus for the following dismount series: side aerial to 2-foot take-off back salto layout 1 ½ twist dismount off the end?

A: +0.1 CV and +0.1 D/E. The acro dismount series of side aerial (#7.403- D) + back salto layout with 1½ twist (#9.306- C) receives only +0.1 CV for the Additional CV for dismounts with B (or better) acro + C (or better) dismount. The side aerial receives the +0.1 D/E Bonus.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.B, page BEAM-33; Rules Modifications 4.5.b. page 11

Floor Exercise

**Q: Would the following acro pass receive bonus for both indirect and direct connection, total +0.3?
Front tuck salto step-out + round off + whip salto ½ + front layout full.**

A: No. This acro series receives either A + B + C for +0.1 indirect bonus, OR B + C for +0.2 for a direct connection. In a connection with three or more elements, only one element can be overlapped between bonus rules. Therefore, the gymnast would be awarded +0.2 CV bonus.

Reference: USAG Dev Prog COP Section 5 Floor Exercise, Chapter 4 Bonus, 5.4.I.I connection of 3 or more elements, page FLOOR-29...and 5.4.II.D Connections of 3 or more elements, Example 3, page FLOOR-38; Rules Newsletter #17, January 15, 2024.

Q: For a cartwheel #5.102 valued as an A, does it have to start from a stand or could it start from one knee? Can a cartwheel also receive an A if it lands in a prone position?

A: Yes. In both circumstances, the cartwheel will receive an A. There was a new rule added into USAG Dev Prog COP that states, “all variations of root acro skills will be awarded an “A” Value Part, regardless of entrance, exit, or final position”.

Reference: USAG Dev Prog COP Section 5 FX – Chapter 1 General – VI.a.2. page FLOOR-6.

Q: Given the following acro series in a FX routine, is it considered a 2-acro or 3-acro pass routine? What would be the impact on the score?

Diagonal 1 acro series: Round-off + Double back pike salto

Diagonal 2 acro series: Front handspring + front layout salto + front layout salto

Diagonal 1 acro series: Round-off + back handspring + double back tuck salto.

A: This is considered a 2-acro pass routine. The second acro series is not considered an acro pass by definition, since it does not include a C salto. The routine is missing two Special Requirements (-0.2 each):

1. An acro pass with 2 saltos in indirect or direct connection.
2. Minimum two acro passes performed on 2 different diagonals, since her two eligible acro passes are on the same diagonal – even if the tumbling occurs in opposite directions on that diagonal.

In addition, since this routine is considered a 2-acro pass routine, the Additional +01 D/E bonus would not be given for the last double tuck, because is not in an indirect or direct connection. The second acro series would not receive CV Bonus for the B + B series, since they are the same elements.

Reference: Rules Modifications Section 5 Floor Exercise, 5.1, 5.2.a, 5.2.e, 5.5.b, 5.6.a

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: [2024-25 Supplemental 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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