



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #15 December 1, 2025

Vault

Q: Is there a rule that NCAA gymnasts must vault on a minimum of 125 cm vault table height? (Can they vault on 120 cm)?

A: No. There is no longer a minimum height of the vault table for Level 10, a new ruling this year. There is no exception made for NCAA. So your athletes may vault at 120 cm.

Reference: R&P Chapter 10 Apparatus Specifications, page 76 under IV. Vault – C.1. Vault Table.

Balance Beam

Q: An athlete performs a switch leg leap to gainer back layout salto full dismount, in which she lands and takes off on the same leg for the connection. What is the requirement for the free leg that swings into the dismount? Would there be any action of the free leg that would break the series or any requirement of the free leg (such as staying below 45 degrees)?

A: For a dance/acro (mixed) dismount series, the free leg of the dance element that drops and lifts again before connecting to the acro element would break the series. In your example, it would break the series if the free leg (back leg) of the switch leg leap, upon landing, drops and lifts again before it swings down-forward-upward to perform the gainer back layout salto full twist. There should be a smooth, continuous connection between elements of the series.

A 45° leg swing between connecting elements breaks an acro series, but not a dance or mixed series.

Resources: USAG Dev Prog COP Section 4 Beam – Chapter 2.III. Clarification Regarding Series, paragraphs A.3.e.1. and A.4.g, page BEAM-24.

Q: An athlete mounts the beam, then sits and performs some choreography facing sideways. Does this action fulfill the composition requirement of movement/choreography for the sideward direction?

A: Yes. Rules Modification 4.2.c.3 specifically states that choreography can be performed at ANY level (standing, semi-low and low to the beam).

Q: An athlete attempts an acro series on beam: side aerial (D) + side salto (D), but breaks the series. I understand that she receives -0.2 SR acro series deduction and does not receive the CV Bonus. Unless she has another D/E acro or E dance element in her routine, she will receive the 0.1 UTL deduction. Since the series is broken, would the side salto count as the additional D acro element for UTL?

A: No. The side salto was part of the attempted series. For UTL, the additional D acro must be separate from the series.

Reference: Rules Modification 4.2.d

Floor Exercise

Q: Does a front toss to the knee count as an A skill on Floor Exercise?

A: Yes. The “front toss” is an A Value Part, element #5.103. It is considered an aerial walkover in a tucked position to land kneeling, which is one of the options in #5.103. As noted at the bottom of this element block, this skill does NOT count as a forward salto for composition or for special requirement purposes.

Reference: USAG Dev Prog COP Section 5 Floor, skill chart element 5.103, page FLOOR-58.

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 **2025-26 NCAA Rules Modification Document and Meet Procedures** direct link: [Rules Modifications 25-26](#)

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, *will be posted soon.*

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](#) This page also contains links to updated COP Appendices and Replacement Pages.

To **update your current version of the USAG Dev Prog COP** follow the directions: [Google Play eBook FAQ](#) The most recent COP version cover page will show “updated Jul 2025” at the bottom.

The **Women’s Program Rules & Policies 2025-26** direct link: [R & P 25-26](#)

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) ([USAG Women's Gym Directory](#))

*Janette Doucette
NCAA Women’s Gymnastics Rules Interpreter
wgym.ncaa.rules@outlook.com*