



# GYMNASTICS

## Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #18 February 1, 2026

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### Clarification

#### Meet Procedures - Open Stretch

Rules Modification 8.3.a.1 will now read: "A 20-minute open stretch, in which the athletes may stretch on the Floor Exercise mat and matting around the other equipment, as desired. In the last 5 minutes of the 20-minute open stretch period, all equipment is open to mount or use as desired. This period is immediately followed by a 2-minute transition period."

*Reference: Clarification from the Championship & Competition Committee*

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### Uneven Bars

**Q:** What are the specifics for fulfilling the Special Requirement of two (2) bar changes? Does a college athlete need to perform at least one (1) value part element on each bar to meet this requirement? For example: gymnast mounts the HB, performs 3 elements with an Overshoot  $\frac{1}{2}$  turn from HB to LB (one bar change) ending with a fall (hands collapse, arms bend, body position bent into the fall), with no glide kip. Gymnast remounts the LB by crawling up onto the LB and jumps to the HB, continues her routine to dismount off the HB. No value part element is performed on the LB.

**A:** Referring to the *USAG Dev Prog COP*, Level 10 has the composition requirement for two bar changes, and it points to the Level 9 Special Requirement definition of bar changes as a reference. Therefore, the Level 9 SR#1 specifications for fulfilling the two bar changes SR applies.

Referring to this definition – paragraph 1.b states that the athlete must perform Value Parts on both bars. Paragraph 1.d specifies that after a fall from the HB, if the athlete climbs up on the LB to jump to the HB, this action is NOT considered a bar change. So, to answer your question – yes, there would be a 0.2 deduction for Special Requirement because no element was performed on the low bar. The athlete could fulfill the SR by performing a recognized element on the low bar (such as a cast squat on) before jumping to the high bar.

*Reference: USAG Dev Prog COP Section 3 Uneven Bars – Chapter 2 Compositional Categories – chart III, page BARS-29; Section 3.2.II.B.1. b & d, page BARS-21; Rules Modification 3.1.a.*

**Q:** A gymnast performs back giant  $\frac{1}{2}$  turn to Jaeger, touches her hands and falls. She repeats the giant  $\frac{1}{2}$  turn to Jaeger, catches and does a tap swing/counterswing before an overshoot to handstand on the low bar. Would the repeat Jaeger receive the D +0.1 Bonus and Additional D/E Bonus for the single bar release?

**A: No.** When the athlete catches the bar on the repeat performance after a fall with touch on the first attempt, the second Jaeger is considered the same as the first attempt because the tap

swing/counterswing (considered an extra swing) that follows is not an element in the Code of Points (0 VP).

For your example: First giant  $\frac{1}{2}$  (C) + Jaeger (D), touch bar and falls = receives D VP for the Jaeger, no CV or D/E Bonus due to the fall, but is eligible for UTL with the single bar release (*Rules Modification 3.4.c.2*).

Repeat: giant  $\frac{1}{2}$  + Jaeger, catch the bar, extra swing, then performs the overshoot to handstand = receives 0 VP for the Jaeger, no D/E Bonus, no Additional D/E Bonus for the release (since no D/E Bonus), no CV Bonus for the giant  $\frac{1}{2}$  to Jaeger (*Rules Modification 3.4.c.2 and the clarification in the Rules Newsletter December 15, 2025*).

**As a side note:** in *USAG Dev Prog COP Section 3 Uneven Bars – Chapter 3 execution – III. Specific Execution Deductions Intermediate (extra) swing, page BARS-32*, paragraph 4 states that an “extra swing after the last element in a direct connection of a C/D/E, apply CV and D/E Bonus”. This rule would apply if a giant  $\frac{1}{2}$  turn + Jaeger was performed with a catch and extra swing as a FIRST performance – receiving CV Bonus for the connection, D VP, D/E Bonus, Additional D/E Bonus and UTL eligibility for the Jaeger, but also would receive -0.3 extra swing and no connection any following element.

*Reference: Clarification from USAG NTC.*

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## Balance Beam

**Q: Would a switch leap mount (#1.401) to a split jump (#2.201) fulfill the dance/dance series Special Requirement with a minimum of a dance C, and the SR of leap/jump with 180° split?**

**A: Yes.** The dance series Special Requirement may include a dance mount, which is designated in the *USAG Dev Prog COP* skill charts with a “(D)” marked in the skill box. The switch leg leap mount (D VP) connected to a split jump (B VP) will fulfill SR for the dance-dance series, and the split jump will fulfill the leap/jump with 180° split SR.

*References: Rules Modification 4.1.b&c; USAG Dev Prog COP Section 4 Beam – Chapter 2.II.2.b, page BEAM-18 and 2.IV.F, page BEAM-26; Chapter 4 Bonus II.D, page BEAM-35; Element chart for #1.401, page BEAM-43.*

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## Floor Exercise

**Q: What bonus would the athlete receive with the following two acro passes within a routine?**

**First pass: Punch front layout salto + Rudi (front layout salto 1  $\frac{1}{2}$  twist) (B + D)**

**Second pass: Punch Rudi + front layout salto (D + B)**

**A:** The connections with the same elements but in different order are considered different. Therefore, both acro passes will receive +0.2 CV Bonus for direct connection of B + D. The first Rudi receives +0.1 D/E Bonus; however, the second Rudi would not receive D/E Bonus, because the same D/E element is eligible for D/E Bonus one time only. The total bonus for both acro passes is +0.5.

*Reference: USAG Dev Prog COP Section 5 Floor Exercise – Chapter 4 Bonus – I.G page FLOOR-29; 5.4.II.B page FLOOR-34; 5.4.III.D.2, page FLOOR-40.*

**Q: An athlete performs a round off + back tuck salto off 2 feet to land prone – not land feet first. Does this acro element fulfill the backward salto composition requirement?**

**A: No.** For the composition deduction for lack of variety in choice of acro elements, there must be both forward/sideward and backward saltos in the routine. A salto landing in a prone position is not a defined salto and does not fulfill this composition requirement.

## Equipment

**Q:** In the Equipment Penalties Rules Modifications 6.2.f.b states that a 0.2 TND will occur for use of tape on BB. Is it permissible to place tape in an "X" shape on the BB landing mat or on the beam support leg protective padding at floor level? The assumption is that these are visual spotting cues for the gymnast.

**A:** Tape is not permitted on landing mats, but chalk marks are permitted as a visual cue for the athlete. The markings must be removed after the athlete completes competition on that event.

*Reference: USAG Women's Rules & Policies - Chapter 10 Apparatus Specs - II.B in Matting Specs, page 74.*

**Q:** Is tape permitted on the springboard? Where are matting guidelines for landings and for vault?

**A:** There is no rule stating that tape is not permitted on the springboard, so it is allowed. Matting specifications for vault and other equipment are found in the *USAG Women's Program Rules & Policies, Chapter 10*, starting on page 74. The specifications for the white lines on the vault mats are in *Rules Modification 2.8 and Appendix I.2*.

## Routine Inquiries/Meet Procedures

**Q:** What is permissible on a meet day walk-through? For example, when a team arrives to a competition site the day of the meet to check out the equipment, are the gymnasts allowed to mount the equipment?

**A:** **No.** Prior to competition, only visualization and/or stretching activities are permitted. Matting surrounding each event (including FX itself and VT runway only) may be used for visualization, provided the equipment is not mounted or used for gymnastics-specific or inverted skills.

*Reference: Rules Modification 8.3.a*

**Q:** As the Meet Referee in a Quad meet, there were multiple inquiries resulting in score changes which required that I notify all the Head Coaches. Given the size of the venue and the amount of activity I had as Meet Referee, I was hindered from notifying each Head Coach in a timely manner. Is there some guidance to help apply this notification rule?

**A:** A duty of the Meet Referee is to notify the Head Coaches, at the earliest convenience, of score changes that occur after initial flashing of scores. However, if the Meet Referee is detained and not able to perform this duty in a timely manner, then the Meet Referee may ask the Meet Director to assist in completing the notifications, as needed.

*Reference: Rules Mods 1.9.i, 1.13.e, and Appendix III.B.2.b&e; Clarification from the Officiating Committee*

## Rules Resources

The NCAA Rules Interpreter is Janette Doucette, email address: [wgym.ncaa.rules@outlook.com](mailto: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, direct link: [2026 Supplemental P&F](#).

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](#)).

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