



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #6 January 1, 2025

General

Q: When submitting a video routine summary, is the team required to provide separate devices for each judge to review? If one device is used, do all the judges review the video together, and then go do their summaries individually, or does each judge watch it and pass it on to the next judge?

A: The judges may use the same device to view the video, but they would take turns watching it separately. The judges then complete their routine summaries independently.

Reference: Clarification from the WCPC.

Balance Beam

Q: Does a double stag-ring jump (#2.307) fulfill the 180° leap/jump Special Requirement on balance beam?

A: No. The expectation is to perform 180° split in the double stag-ring jump; however, because the front leg is in stag position, it does not fulfill the 180° leap/jump Special Requirement. The specifications for leg split follow the Level 10 Special Requirements description.

Reference: USAG Dev Prog COP, Section 4 Beam – Chapter 1 General Info – F. Specific Element Technique Clarifications – 8. Stag-Ring Jump technique, page BEAM-13; Chapter 2 Compositional Categories, III.A.2.d. on page BEAM-18; Rules Modifications 4.1.c.

Floor Exercise

Q: For the definition of UTL on FX, “Two (2) different D elements (one of which must be an Acro Element)”, does that mean the two Ds must be different skills or does it allow for the same D in two different connections (receiving D value part twice)?

A: The Ds must be two different skills, not the same D skill performed twice in different connections.

Reference Rules Modifications 5.3.d.1.

Q: The gymnast performs a side salto with take-off from one foot to land on one foot and lowers to the knee. Does it count as a salto in NCAA for Special Requirement or Composition?

A: No. While a side salto may land on one foot and lower to the knee and remain as an A salto, the same does not apply to a take-off from one foot. A salto is defined as take-off from two feet. The side salto (#7.101) skill chart specifically states that a one-foot take-off of this skill will not be considered a salto for Special Requirements or Compositional purposes. There is no exception for NCAA.

Reference: Rules Newsletter #13 Nov 1, 2023; USAG Dev Prog COP Section 5 Floor Ex – Chapter 2 Compositional Categories – II.A.2.d.2, page FLOOR-16, and Floor Exercise element #7.101

Q: An athlete performs a back tuck salto, landing on one foot to lower to the other knee as her ending pose on Floor Ex. Is this considered the last salto of the routine, even though it is outside any acro pass?

A: Yes. A back tuck salto to the knee counts as an A salto. Even if it is not in a defined Acro Pass, it is still considered the last salto at the end of a routine. Since it is not the required minimum C value as a last isolated salto, the athlete would receive -0.2 for the Special Requirement. However, the salto will count towards the Special Requirement of 3 different saltos, and may count as a backward salto to fulfill the compositional requirement for acro direction of saltos.

Reference: USAG Dev Prog COP Section 5 FX – Chapter 2 Compositional Categories – II.4.c.2, page FLOOR-18; Rules Modifications 5.2.

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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