



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #17 January 15, 2026

Corrections:

In the November 15th 2025 Rules Newsletter, the first question under Balance Beam should be under Floor Exercise.

In the December 15th 2025 Rules Newsletter, the Uneven Bars updated clarification supersedes the Uneven Bars entry in the **November 15th** 2025 Rules Newsletter.

General

Q: A gymnast lands with feet apart and holds her arms up in that position for a second, then, she closes her heels and holds that position with arms up for less than a second before turning to salute. Would the first held position with feet apart count as the hold in finish position and have the feet apart deduction? Or would the second held position after her feet were closed be the hold in finish position and receive the deduction for being held less than one second?

A: In the Rules Newsletter Archive 2023-24, page 23, the Attached Supplement gives several examples of how the hold in finish position deduction works. If you review the 2nd example, you will see how to handle this given circumstance: there would be no deduction for closing heels (considered while in the landing position), but deduct 0.05 for not holding the finish position (once she put her heels together and showed the correct finish position).

Reference: Rules Modification 1.5.c; Rules Newsletter Archive 2023-24, page 23, Attached Supplement (originating from the November 1, 2023, Rules Newsletter).

Uneven Bars

Q: How much bonus does this combination receive: Shaposhnikova (clear hip from low bar to high bar, #3.401 - E) + overshoot to 3/4 handstand (#4.204 – C after D/E release).

A: +0.4 total bonus: +0.2 for the D/E Bonus, +0.1 for the CV Bonus, and +0.1 Additional Bonus for the E release.

Reference: Rules Modification 3.5; USAG Dev Prog COP Section 3 Bars – Chapter 4 Bonus – II.A. page BARS-41 and III.D.1, page BARS-49.

Q: Can you clarify the specific body position of the #8.301 Bars dismount (clear support front tuck salto with 1/2 twist) that has an NCAA value different than in USAG? I want to clarify that the wording “clear support” means clear hip entry (like Group 3 elements) is the D exception and that a toe-on entry (like Group 7 elements) into the front tuck 1/2 is NOT a D exception.

A: In the USAG COP chart for Bars dismount element #8.301 (page BARS-91), there are several variations listed. To understand the two body positions of this dismount: if you look at the artwork of #8.301, the first variation of the underswing shows a **toe-on** position (pike body with feet touching the bar), and the second variation shows the **clear** position (body in hollow, hips close to the bar) – yes, as you noted, similar to Group 7 & Group 3 elements. The only variation of this dismount that is considered a D in NCAA is the clear underswing to salto forward tucked with 1/2 twist. The description and shorthand (with no artwork) of this NCAA element exception is listed as the very last variation of element #8.301.

Reference: Rules Modification 3.3 table; USAG Dev Prog COP Section 3 Bars skill chart #8.301, page BARS-91.

Balance Beam

Q: An athlete performs a front toss salto (#8.401), wobbles and takes some steps backwards. She then performs a front toss salto + back handspring but breaks the series due to a balance error. There is no other D/E acro or E dance in the routine. Does the gymnast receive a UTL deduction?

A: Yes. If an element receives zero VP, it is not eligible to fulfill UTL. So, if a gymnast performs the front toss, walks back, performs a front toss + back handspring broken series, then the second front toss receives 0 VP (as identical) and would not fulfill UTL.

Note: in a previous clarification in Rules Newsletter November 15, 2023 (see Rules Newsletter Archive 2023-24, page 12), example Q-2 clarification is no longer valid because of the updated Rules Modification 1.5.b.

Reference: Rules Modification 1.5.b and 4.2.d.4; USAG Dev Prog COP Section 4 Balance Beam – Chapter 1 General Info – V. Recognition of Value Parts A.4, page BEAM-7; Clarification from the WCPC.

Floor Exercise

Q: If a performance of a “D” dance element on floor is insufficient and receives a lower value part, and there is only one other D (an acro) element in the routine, would this routine receive a UTL deduction for not having the required two D elements, although I know the athlete was attempting a D element?

A: Yes, the UTL deduction is taken in this example. There is no stipulation for an “attempt” fulfilling UTL on Floor Exercise.

Reference: Rules Modification 5.3.d.1

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, 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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