



# GYMNASTICS

## Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #20 March 1, 2026

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### Balance Beam

**Q: An athlete performs a cartwheel through a chest stand with creative leg movements in a vertical hold position to finish the cartwheel motion in a straddle sit on the beam. Is this considered a forward/sideward acro element for composition?**

**A: Yes.** This element is a variation listed in #7.103, cartwheel through a chest stand, and is considered a sideward element for composition.

*Reference: Rules Modification 4.2.a.2; USAG Dev Prog COP, Element #7.103, page BEAM-78; Clarification from the USAG NTC.*

**Q: On Beam, does a handstand or a forward roll count for forward/sideward acro element for composition?**

**A:** Permitted elements that count for acro direction composition are in Group 1 - Mounts (those marked FA/SA in the skill chart box), Group 6 - Rolls, Group 7 - Walkovers/Cartwheels, and Group 8 - Saltos. Therefore, a forward roll (#6.101) or cartwheel(#7.103) would count, but NOT a handstand, found in Group 5 - Holds (#5.106).

*Reference: Rules Modification 4.2.a.2*

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### Floor Exercise

**Q: Does a shoulder roll on floor exercise count as an A value part? It is not the skill chart.**

**A: Yes.** A shoulder roll is a variation of a backward roll, #4.102, and is an A value part.

*Reference: USAG Dev Prog COP, Element #4.102, page FLOOR-56; Clarification from the USAG NTC.*

**Q: An athlete's acro passes consist of front layout salto + front 1/1 and a front layout salto + Rudi. The first front layout in each pass is taught to be long and low (about her shoulder height, maybe slightly lower) so the punch angle is deep enough that the second salto can rise. Is this technique allowable so that the front layout saltos would not receive amplitude deductions?**

**A: Yes.** Any forward salto used as an accelerating element in a directly connected forward salto pass receives NO deduction for insufficient amplitude, while the last salto in the connection is expected to have greater amplitude. The forward layout saltos in both of the acro passes in your example are considered accelerating elements, so they should not receive amplitude deductions. However, body and leg form deductions are permitted.

*Reference: USAG Dev Prog COP Section 5 FX – Chapter 1 General Info – VI.F.12, page FLOOR-12*

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## Meet Procedures

**Q: Is it permitted to have more than two exhibitions at each event at a meet? Even if the judges don't judge the extra athletes?**

**A: No.** A maximum of two exhibitions per event will be permitted after the official lineup has completed competition on that event. There is no exception for absence of scoring by the judges.

*Reference: Rules Modification 8.2.k; Clarification from the C&C Committee*

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## 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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