



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #2 November 1, 2024

Friendly reminder to update your Code of Points and download the new Rules & Policies. The updated 2024-25 Supplemental Procedures and Forms document will be published soon.

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: *coming 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](#) 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).

Clarification:

In the USAG Committee Meeting Updates Supplement to the October 15th newsletter, under Element Value Changes for Bars for #8.301, the **TOE-ON** underswing salto tucked with ½ twist dismount was never an exception for NCAA. It is a C element, remaining as #8.301.

General

Q: Is there an official meet structure for a competition with five teams? Where would the bye be placed?

A: No, there is no published official rotation structure for a five-team competition at this point. It is recommended to use the Quadrangular-Meet structure, with placement of the bye rotation determined by the Meet Director.

Reference: Rules Modifications Section 8.6 Quadrangular-Meet Structure, page 24; Clarification from the Championship & Competition Committee.

Q: The triangular-meet format (in Section 8.5 of the Rules Modifications) is described using 4 judges (two panels). Can a triangular-meet format use 8 judges (four panels)?

A: Yes. A triangular-meet format may use 8 judges and follow the format described in the Section 8.6 Quadrangular-Meet Structure, with “Visitor 3” considered as a bye rotation.

Reference: Rules Modifications Section 8.6 Quadrangular-Meet Structure, page 24

Uneven Bars

Q: If a coach were to use a pit pillow on bars for a release skill, can the pit pillow be placed on top of an 8- and 4-inch mat? The 8-inch and pit pillow would be pulled out right after the release, and the gymnast would dismount only onto the 4-inch mat.

A: Yes. The R&P states in separate paragraphs that an 8-inch and a pit pillow may be used for release elements during a competition. In consideration for safety of the gymnast, it was clarified that these two soft mats may be used at the same time. Therefore, you are permitted to use a pit pillow on top of the 8” skill cushion and the 4” landing mat for release elements, with the pit pillow and 8” skill cushion removed immediately after the release.

Reference: USAG Women’s Rules & Policies Chapter 9 Apparatus Specs – V.J and V.L, page 97; Clarification from the Championship & Competition Committee.

Floor Exercise

Q: For additional difficulty D/E bonus for a 2-acro pass routine on floor exercise, to be clear, must the double flipping salto in a direct/indirect acro connection be in the last acro pass?

A: Yes. In order to receive the additional +0.1 D/E bonus in a 2-acro pass routine, the last acro pass must be either an E salto or a double flipping salto in a direct or indirect acro connection.

Reference: Rules Modifications Section 5.6, page 13

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