



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle

Rules Newsletter #14

November 15, 2025

Uneven Bars

Q: In Rules Modification Section 3.4.c.1.b, in the example of the giant 1/2 to Jaeger with a fall where hands don't touch, if the gymnast repeats the combination successfully, it indicates that the athlete does not receive CV Bonus for the second giant 1/2 to Jaeger connection. Why not?

A: As stated in *USAG Dev Prog COP Section 3 Bars – Chapter 4.VIII.D on page BARS-50*: “Exact same connection repeated – CV Bonus not awarded.”

In the given example of the back giant 1/2 turn connected to a Jaeger with a fall (no touch of hands), the Jaeger is *incomplete* (0 Value Part) and receives no CV Bonus for the connection due to the fall. In the repeated successful performance, the second back giant 1/2 turn connection to the second Jaeger is identical to the first iteration, thus it cannot receive CV Bonus.

Although the first Jaeger received a 0 VP, it is still considered as an element in terms of connections.

References: Rules Modification 3.4.c.; USAG Dev Prog COP Section 1 General – Chapter 3.I.C Recognition of Value Parts first paragraph, page GENERAL-16; COP Section 3 Uneven Bars – Chapter 1 General Info – VII.A.1.c. & 2.a., page BARS-7; Chapter 4 Bonus – I.D, F & K, pages BARS-38 & 39; Ch 4 – III.D page BARS 49; and Ch 4 – VIII.A, C & D, page BARS-50.

Balance Beam

Q: What is the value for a Pike jump full twist Shushunova, which is not specifically listed in the COP?

A: The pike jump full twist to prone (Shushunova-style) is considered a variation of #1.306 pike jump full twist, with a different landing. It is a C value. A leap/jump/hop NOT found in the COP may be awarded comparable VP credit for the root element with a different landing position.

Reference: USAG Dev Prog COP Section 5 Floor Exercise – Chapter 1 General Info – VI.A.1. page FLOOR-6.

Q: When a swing of the leg above 45 degrees breaks an acro series on Beam, does the series remain eligible for UTL, per Rules Modification 4.2.d.4?

A: Yes. If an acro series on beam breaks by any means as defined in the USAG Dev Prog COP, then the UTL rule in Rules Modification 4.2.d.4. applies. The series does not receive CV Bonus or Special Requirement, but is eligible to fulfill UTL with another D/E acro element or E dance element in the routine.

Reference: Rules Modification 4.2.d.4, page 12; USAG Dev Prog COP Section 4 Beam – 2.III.A., page BEAM-23.

Floor Exercise

Q: I have an athlete who performs front tumbling in her two acro passes, and then performs a cartwheel-back layout step-out at the end of her routine, to fulfill her backward tumbling composition requirement. Is there a penalty to performing the cartwheel back layout step-out at the end of her routine?

A: **Yes.** The cartwheel – step together to back salto layout step-out is an A salto series. If the athlete performs this connected salto pass at the end of her routine, it will receive a 0.2 deduction for Special Requirement of a salto performed as the last isolated salto or within the last salto connection NOT a C salto. If the A salto connection occurs before a last acro pass with a C salto, then there would be no deduction.

Reference: USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – VI.A.2., page FLOOR-6.

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, *will be posted 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](#) 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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