



GYMNASTICS

Women's Gymnastics 2024-26 Rules Cycle Rules Newsletter #13 November 1, 2025

Clarifications:

July 2025 changes to USAG that are clarified as different for NCAA competitions:

1. **Injury assessment** – no change to current NCAA rules. Unlike USAG, the injury assessment is a timed procedure, and the athlete may not leave the equipment area to then return later in the competition to continue her routine. *Rules Modification 1.7.*
2. **Beam end cap** – no changes to current NCAA rules. If the Beam end cap falls off the beam during any time in the routine, it is NOT considered equipment failure. *Rules Modification 6.1.h.*
3. **Floor Ex supplemental mats** – no change to current NCAA rules. Coaches may add or relocate supplemental mats during a routine performance. *Rules Modifications 6.2.d & e.*
4. **Additional Beam matting** to the right and left of each Beam dismount area is RECOMMENDED BUT NOT REQUIRED at competitions for the 2025-26 season. See the new Beam mat specifications in *Rules & Policies Chapter 10 Apparatus Specifications – IV. Balance Beam A.2, page 81*).
5. **Adding chalk/water to bars during routine** – no change to current NCAA rules. Coach or teammate may apply chalk/water to bars during a fall, within the fall time. Clarification: violation of the rule is a **0.2 TND**. *Rules Modification 6.1.o, clarified by the WCPC.*

General

Q: Can the judges initiate a conference for a Team Neutral Deduction? Can a coach inquire or submit a Video Review for a TND?

A: Yes. Any neutral deductions (team or individual) can be a reason for a conference, an inquiry, or a Video Review. A TND is considered a circumstance that may be a reason to call a conference, and will be specifically added to Rules Modification 1.9.g.

Reference: Rules Modifications 1.13.a and 1.13.f, page 5, and 7.1.h, page 20; Clarification from the WCPC.

Balance Beam

Q: When an element that lands on one foot connects to a 2-foot takeoff element, such as a switch split leap to straddle jump, or a cat leap to straddle jump, how is it connected without counting a step in between?

A: To understand how to make a direction connection of a leap to a jump, the COP states: **the landing leg or free leg on the first element must be the take-off leg for the next element.** For a leap landing on one foot directly connecting to a 2-foot take-off jump, the free leg closes to join the landing leg of the leap (in front or back) to perform the jump off two feet. To describe this technique using your examples:

1. To connect a cat leap to a straddle jump – the free leg of the cat leap (poised in front upon landing) closes to meet the landing leg of the cat leap (usually to the front) to jump off two feet for the straddle jump.
2. To connect a switch-leg leap to a straddle jump – the front landing leg is used to plant for the jump, while the free leg (coming from behind upon landing) closes to the landing leg (behind or in front) to then jump off two feet to straddle.

Reference: USAG Dev Prog COP – Section 4 Beam – Chapter 2 Compositional Categories – III. Clarification Regarding Series, paragraph A, page BEAM-24

Floor Exercise

Q: On Floor Ex, the C+C direct connection receives +0.3 in connection bonus. Does it have to be with two different C elements (similar to the B+B connection), or would a front layout salto full + front layout salto full receive +0.3 CV?

A: The Floor Exercise direct connection C + C that receives +0.3 CV Bonus does not require that the two elements be different. So a front layout salto full twist + front layout salto full twist will receive the +0.3 CV Bonus.

Reference: Rules Modification 5.5.c; USAG Dev Prog COP Section 5 Floor Exercise – Chapter 4 Bonus – B. Direct Connection, page FLOOR-35.

Q: For Floor Exercise element #1.203 turning leap, does this skill fulfill the Special Requirement of a leap with a 180° split in the dance passage?

A: Yes, the #1.203 Jeté en tournant (turning leap) may fulfill a leap with a 180° split as an element of the dance passage Special Requirement, because it takes off from one leg, and it has the expectation of a 180° split. Remember that the front leg must be extended, and a split that is less than 180° but greater than 135° would receive up to 0.2 deduction for insufficient split.

Reference USAG Dev Prog COP Section 5 Floor Ex – Chapter 2 Compositional Categories – II.A.3.c. dance passage specifics, page FLOOR-16.

Q: If an athlete performs a front aerial that lands on her lead foot and her back, does it count as an A element?

A: Yes. A front aerial walkover(#5.301) landing on her foot and her back as a final position would fall under the USAG Dev Prog rule as a variation of a root acro skill with optional final position, counting as an A element.

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

Q: When landing the final acro element of the acro pass, is it permitted for the athlete to do a small rebound to land in a lunge position?

A: No. There is no penalty for taking a small, controlled step forward (from a forward acro skill) or backward (from a backward acro skill) to finish in a lunge position. However, a small hop (moving both feet) would incur an up to 0.1 deduction for landing.

Resources: USAG Dev Prog COP Section 5 Floor Exercise – Chapter 3 Execution – Table II, second row, page FLOOR-25, and Chapter 3.II.A.1. page FLOOR-28.

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](#) Click on choice of Full/mini size book or eBook and follow directions. This page also contains links to updates to 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 can be downloaded from the USAG website. The 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) ([R & P 2025-26](#) pages 2-9)

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