Women's Gymnastics 2026-28 Rules Cycle
Rules Newsletter #1
October 15, 2026

Rules Modifications Errata:

Balance Beam 4.6.c.3 example had a change in value of the straddle jump ½ turn (cross position) to a C, so the example is no longer accurate. It can be deleted, for the other examples are enough to illustrate the point of C dance + C dismount receiving the +0.1 Additional CV for dismounts.

Clarification: Uniforms

Q: Is the design of a leotard permitted to include university slogans, or the name of the university?

A: Words or slogans that are deemed appropriate by standards of the university for competitive uniforms are permitted. It is important to note that all team leotards or official apparel must match when worn by the athletes in competition. Nicknames of athletes are still not permitted.

Clarification from the WCGA BOD

Uneven Bars

Clarification of CV Bonus Exceptions:

The CV Bonus exception also applies for the Maloney #7.410 connected to #4.304 Underswing ½ turn and flight to LB (Overshoot) <u>without handstand</u>. This D + C connection receives 0 CV Bonus & +0.1 DV.

Reference: Clarification by the WCPC

Balance Beam

Clarifications of Composition Credit

1. **CC Acro:** If the SR acro series with CV Bonus is BROKEN, it is not a SR series, and it is <u>not</u> awarded CC Acro under 4.2.b.1. The routine needs another D/E acro <u>separate</u> from this series to be awarded CC Acro under 4.2.b.2. The now isolated elements of this broken SR series cannot count as the separate D/E acro for CC Acro.

   <u>Example:</u> An athlete performs a side aerial (D) + Back handspring (B) and breaks the series – no SR, no CV Bonus for the series. This now isolated D side aerial cannot count as a separate D element for CC Acro under 4.2.b.2. If the athlete later performs a front aerial (D), this front aerial fulfills CC Acro under 4.2.b.2.

2. **CC Acro:** If an acro series is completed but not awarded CV Bonus due to a fall (with VP), the series is awarded CC Acro. In other words, when there is a fall w/VP (meaning touch the beam) at the end of the SR series, the athlete receives SR acro series credit and is awarded CC Acro for a CV series.

   Example: An athlete performs a side aerial (D) + Back handspring (B) but falls (touching a foot on the beam). There is no CV Bonus for the series due to the fall, but the series receives SR and is awarded CC Acro for the attempted CV series.

3. **CC Acro:** For 4.2.b.2, the D/E acro element separate from the acro series may be the same D/E acro element as within the acro series to receive CC Acro, as long as it is awarded VP.

   Example: The routine has a back handspring + back layout step-out (D) as the acro series with no CV Bonus. Then the athlete separately performs an isolated back layout step-out to fulfill CC Acro for the separate D element.

4. **CC Dance:** If a D/E dance element has a fall while receives VP (i.e. foot/feet touch the beam), and receives no DV Bonus due to the fall, the D/E dance element is eligible for CC Dance. The expected DV counts toward the +0.2 total bonus required to be awarded CC Dance.

   Example: An athlete performs a switch side leap (D), and her feet touch the beam then she falls, she does not receive +0.1 DV Bonus for the D, but does receive +0.1 bonus value towards CC Dance.

5. **CC Dance:** If a dance/dance or dance/acro connection is BROKEN and does not receive SR nor CV Bonus, it is not eligible for CC Dance.

   Example: An athlete performs a switch leg leap (C) + split jump (B), but breaks the series, she does not receive SR credit for the series and thus does not receive CV Bonus. The series is NOT eligible for CC Dance.

6. **CC Dance:** If a dance/dance or dance/acro connection is completed but does not receive CV Bonus due to a fall (with VP), the series is eligible for CC Dance.

   Example: An athlete performs a cat leap (A) + switch side leap (D), and her feet touch the beam then falls, she does not receive +0.1 CV for the series nor +0.1 DV Bonus for the D due to the fall. However, the athlete does receive SR credit for the series and fulfills CC Dance for the attempted +0.2 total bonus.

Reference: Rules Modification 4.2; Clarifications by WCPC

Repeating elements of a broken acro series: examples for how it affects VP, SR and CC Acro:

Q1: An athlete performs a front toss salto (#8.401), wobbles and takes some steps backwards. She then performs a front toss salto + back handspring and succeeds with the series.

A1: Athlete receives SR for the acro series, CV Bonus for the acro series, and receives CC Acro for the acro series -OR- the first front toss salto. She receives DV Bonus for the first front toss salto, but not the second one (repeat of same D element).

Q2: 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. There is no other D/E acro in the routine.

A2: The athlete receives no SR acro series (-0.2), no CV Bonus for the acro series, and no VP for the second front toss salto. However, she receives VP and DV Bonus for the first front toss salto and receives CC Acro for a separate D for the first front toss salto.

Q3: An athlete performs a front toss salto + back handspring but breaks the series due to a balance error. Later she performs an isolated front toss salto. There are no other D/E acro in the routine.

A3: The athlete receives no SR acro series (-0.2), no CV Bonus for the acro series. However, she does receive VP and DV Bonus for the front toss salto, and it is part of an attempted series so it cannot be used as a separate D acro element. The second isolated front toss salto receives 0VP, so not eligible for CC Acro. The routine is not awarded CC Acro.

Reference: Rules Modification 1.5.a.2 and 4.2.b; USAG Dev Prog COP Section 4 Balance Beam – Chapter 1 General Info – V. Recognition of Value Parts A.4, page BEAM-6-7; Clarification by WCPC

Beam Q&A:

Q: For the split or straddle jumps with turns on beam, what determines whether the jumps are considered in cross or in side position?

A: The direction the athlete is facing at the point of take-off determines if a jump is in "cross" position or "side" position. All the jump descriptions in the COP skill charts for Balance Beam Group 2 (Leaps, Jumps and Hops) begin with "from cross position…" or "from side position…".

Reference: USAG Dev Prog COP Balance Beam Element Charts, Group 2.

Q: The acro series of a cartwheel (A) + brani (aerial round-off) (E) receives Special Requirement. Does it receive CV Bonus?

A: No, there is no CV Bonus an A+E acro Special Requirement series. Only acro elements <u>with flight</u> are eligible for bonus. However, a mixed series of A dance + E acro flight element has a CV Bonus option.

Reference: USAG Dev Prog COP Section 4 Beam – Chapter 4 Bonus – II.A. & D. Pages BEAM-31-33.

Q: Does a cartwheel on forearms through the chest stand to sit on the beam count as a sideward acro element on Beam (not a mount)?

A: Yes. The described skill is a variation of a cartwheel #7.103 (A) and is considered a sideward acro element on Beam. It would fulfill the requirement for Beam Specific Structure.

Reference: Rules Modification 4.3.a.2; USAG Dev Prog COP Balance Beam Element chart for #7.103, page BALANCE BEAM ELEMENTS-31.

Floor Exercise

Clarifications of Composition Credit

1. **CC Acro 2-acro pass:** for option 5.3.b.2, with one D acro in each of the two acro passes: <u>the two D acro elements</u> <u>must be different</u>**.**

Example: the two acro passes are:

Roundoff + BHS + double back tuck (D)
Front tuck salto (A) + roundoff + BHS + double back tuck (D)

Although the last acro pass is different and receives bonus, the two D saltos are the SAME (same shape), so this routine will not be awarded CC Acro.

2. **CC Acro 2-acro pass:** for option 5.3.b.3, with one D acro in one pass and +0.3 CV total bonus in the other pass and a D/E dance element in the routine:

a. A D/E dance element that fulfills CC Dance <u>can also be used</u> for CC Acro 2-acro pass routine requirement. The athlete does not need an *additional* D (2 dance Ds total) beyond what was there for CC Dance.

b. If the +0.3 CV Bonus acro pass received no CV Bonus <u>due to a fall (with VP),</u> the acro pass is still able to fulfill CC Acro if it would have received +0.3 total CV Bonus without the fall.

Example: one acro pass is a front layout full twist + front layout full twist and falls on the last salto (feet touch first, so VP), the series does not receive CV Bonus due to the fall, but it does receive CC Acro for the attempted +0.3 total bonus.

3. CC Dance: An applicable dance element is not required to be a leap or jump. It may be a turn.

Reference: Rules Modification 5.3; Clarification by WCPC

Floor Ex Q&A:

Q: If a gymnast performs a 3-acro pass routine with a front salto tuck + round-off + double back tuck in the first pass and front layout full + front layout in the second pass, could she perform a round-off + double back tuck in the last pass and receive credit for the D for DV Bonus, for Composition Credit, and for the extra +0.1 DV Bonus for a D in the last series?

A: With the first pass as a combination of a front salto + RO + double back tuck (D) and the last pass with the same double back tuck (D) but in different combination, the athlete would receive the D VP for the second double back tuck. The other impacts to start value would be:

- She would receive SR for the last salto connection with a D salto.
- She would not receive the DV Bonus a second time for the last double back tuck (same D element but in different connection).
- She would not receive Composition Credit in Acro Difficulty– she needs 2 DIFFERENT Ds (one must be an acro). BUT if she has a D dance somewhere, then she would receive CC Acro.
- She would receive the +0.1 Additional DV Bonus for the D acro element performed in the last acro pass in a 3-acro pass routine.

Reference: Rules Modification 5.2.c, 5.3.c, 5.7.b; USAG Dev Prog COP Section 5 Floor Ex – Chapter 1 General Info – VI.A.3, page FLOOR-6.

Q: For a 2-acro pass routine, if a gymnast has a D in the first pass and a D dance skill, does the second acro pass of front layout salto + front layout full twist + front tuck salto (B+C+A) direct connection, earning +0.2 CV (B+C) and + 0.1 CV (C+A), count as a +0.3 total bonus combo and fulfill CC Acro for the routine?

A: Yes.

Reference: Rules Modification 5.3.b.3; USAG Dev Prog COP Section 5 Floor Ex – Chapter 4 Bonus – II.D, page FLOOR-36

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 2026-27 NCAA Rules Modification Document and Meet Procedures direct link: 26-27 Rules Modifications on NCAA

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: *coming soon.*

The USAG Women's Developmental Program Optional 2026-30 Code of Points (USAG Dev Prog COP) can be purchased at this link: USAG Dev Prog COP. This page also contains links to updated COP Appendices and Replacement Pages.

The Women's Program Rules & Policies 2026-27 direct link: R&P 26-27

The New Element Evaluation Form can be downloaded from the USAG Dev Prog website under Forms; here is the direct link: USAG New Element Eval Form.

FX Music Approval Form can be downloaded from the USAG Dev Prog website under Forms, to be submitted with a copy of the music. Here is the direct link to the form with directions: FX Music Evaluation Form 2026

Janette Doucette
NCAA Women's Gymnastics Rules Interpreter
wgym.ncaa.rules@outlook.com