

Girls Gymnastics Rules Changes - 2024-26

By NFHS on June 21, 2024

[*gymnastics-girls*](#)

2-2-1b(9) Apparatus, equipment failure or other interference the gymnast may stop immediately and request permission from the chief judge to continue from the point of interruption after the problem is corrected.

Rationale: Specifies the procedure used by the judge to allow the gymnast to complete the routine when there is an apparatus failure or other interference not within the control of the gymnast.

3-3-4 The change allows gymnasts to wear one stud earring in each ear.

Rationale: Allows one stud earring in each ear in keeping with current trends of other NFHS rules codes.

4-1-2c & d, 7-3-3 & 4, 8-3-3 & 4, 9-3-3 & 4 Revises the value of the Composition category of Scoring to reflect the changes made in Composition on Uneven Bars, Balance Beam and Floor Exercise.

Rationale: Revises the value of the Composition category of Scoring to simplify and maximize efficiency in the evaluation process. The difference in the value of the Composition category will be added to the Execution category.

4-1-2e NOTES 3, 7-3-5 NOTES 3, 8-3-5 NOTES 3, 9-3-5 NOTES 3, APPENDIX A #4 Direct connection of three or more elements, the second and following elements may be used twice when awarding Back-to-Back Superior (BBS).

Rationale: Specifies that Back-to-Back Superior (BBS) credit will be given when combining 3 or more superior or higher value elements to reward a gymnast for the performance of a more difficult combination.

6-1-1e Clarifies that while chalk may end up on table from the gymnast hand's being placed on the table, it cannot be placed there in advance of the vault.

Rationale: Placing chalk on the table is not allowed for risk minimization purposes.

6-1-2f Clarifies that while tape is not permitted on the hand placement mat chalk may be used.

Rationale: Tape leaves a sticky residue on the surface of the hand placement mat and may pose a risk to the next athlete.

6-1-2g Clarifies if the safety zone mat is utilized by a gymnast that it must be placed against the vaulting board.

Rationale: The mat must be placed against the vaulting board for the safety of the gymnast.

6-1-2j (NEW), 7-1-2h (NEW) Identifies that a "pit pillow" is permissible during vault warm-ups only and during uneven bars for release elements that then must be immediately removed following the attempt.

Rationale: Specifies that a specific cushion made of softer foam (pit pillow) is allowable on vault for timers during warm-ups only and for the uneven bars during warm-ups and competition for release elements that must be immediately removed. This mat is NOT allowed for mounts, dismounts or landings on any event.

6-2-1, 7-2-2, 8-2-1b Specifies that the fall time for a gymnast begins when the gymnast is standing on their feet and medical assessment is complete. The change also clarifies that the timer should verbally indicate "15 seconds remaining".

Rationale: Clarifies how to apply the fall time rule as it applies to injuries.

6-4-1b & 6-3-1a Provides a wider range in the deduction of hip angle.

Rationale: Increases the deduction by 0.1 to provide a more accurate deduction for deficiencies in the hip angle of vertical vaults.

6-4-2a(5) Provides a wider range in the deduction for bending knees early in salto vaults.

Rationale: Increases the deduction by 0.1 to provide a more accurate deduction for bending the knees early in salto vaults.

6-4-3a Removed deduction for beginning LA twist in second flight phase too late.

Rationale: Deletes a deduction that is no longer used.

6-4-3m Provides a wider range in the deduction for the under rotation of a salto vault.

Rationale: Allows for .05 to be taken as well as 0.1 to add options for judges.

6-4-4-e, 6-3-4e, 7-3-4a(14), 8-3-4a(13) Greater flexibility when applying a deduction for gymnasts taking small or medium steps on their landing.

Rationale: Allows for a small step deduction and a deduction for medium step for more flexibility in judging.

6-4-4g, 7-3-4c(4), 8-3-4c(3), 9-3-4c(3) Identifies that landing with the hips lower than the knees will incur a deduction.

Rationale: Clarifies that landings with the hips even with the knees is the safest position to avoid injury.

6-4-4-g NOTE (NEW), 7-3-4c(4) NOTE (NEW), 8-3-4c(3) NOTE (NEW), 9-3-4c(3) NOTE (NEW) Specifies that a deduction is taken for both the squat on landing and a fall if both occur.

Rationale: Clarifies that both the fall deduction is taken as well as the deduction for the squat on landing an vault/element with hips lower than knee.

6-5-2e, 2-2-1b(10), 7-3-7f, 8-3-7g, 9-3-7h Clarifies that the gymnast should be given a warning for an improper uniform before a deduction. If it cannot be corrected at the meet the deduction is taken one time only.

Rationale: Does not penalize the gymnasts for improper uniform without a warning. When a deduction is applied after the warning it is assessed one time if it cannot be corrected rather than on every event.

6-6-1, 2, 4, 5 Provides new vault values.

Rationale: Deletes a vault no longer performed because of risk to the gymnast. Raises the value of vaults in the vault chart in comparison to other vaults. Adds a new vault and its value to the existing vault list.

7-1-3b & c, 8-1-3b Clarifies that a board may not be placed on a 8 inch skill cushion but a folded panel mat or mount trainer mat may be used.

Rationale: Clarifies the board may not be placed on an 8 inch skill cushion but a folded panel mat and a mount trainer mat may be placed on top of an 8 inch skill cushion.

7-2-4b Event requirements changed to add a choice between clear hip circle, stalder circle and pike sole circle.

Rationale: the directional change was added to composition requirement and hip circles, Stadler circle or pike sole circle were added to event requirements to encourage gymnasts to raise the level of a routine.

7-3-3 Revised the composition category to maximize efficiency.

Rationale: Simplifies and maximizes efficiency in evaluating the composition category.

7-3-4b(3), 8-3-4b(8), 9-3-4b(8) Provides a wider range in the deduction for deficiencies in the hip angle on bars, beam and floor.

Rationale: Increases the deduction by 0.1 to provide a more accurate deduction for deficiencies in the hip angle on bars, beam and floor.

8-2-3e Provides more options for the gymnast's routine by adding a mixed series or dance series to beam event requirements.

Rationale: The inclusion of a mixed series or dance series would increase the variety of combinations available to be used in routines and allow gymnasts more options for unique routine construction.

8-3-3 Revised the composition category to maximize efficiency.

Rationale: Simplifies and maximizes efficiency in evaluating the composition category.

8-3-4b(2), 9-3-4b(2) Specifies footwork deductions is increased to reflect current trends.

Rationale: Specifies that the relaxed/incorrect footwork deduction is increased by 0.1 to reflect current trends in evaluating deficient footwork.

8-3-5 NOTES 4 Clarifies when awarding Back-to-Back Superior credit for dance elements must be from group 1, 2, or 3 and dance balances and body waves may not be used.

Rationale: Clarifies that dance balances and body waves may not be used in a Back-to-Back Superior (BBS) series. This is consistent with the event requirement of a dance series which does not allow body waves and balances.

9-3-3 Revised the composition category to maximize efficiency.

Rationale: Simplifies and maximizes efficiency in evaluating the composition category.

9-3-4b(15), 4c(7) Revises the deduction for poor relationship of music and movement to be an up to 0.30 deduction. Additionally, if the gymnast fails to hold the ending pose for one second there will be a 0.05 deduction and if the gymnast fails to end with the music a 0.10 deduction is taken.

Rationale: Combining two very similar deductions will further clarify and eliminate double deducting for the same error and encourage gymnasts to show control at the end of a routine before immediately saluting the judges.

9-3-7o Clarifies that a coach may adjust or remove additional matting without a deduction.

Rationale: Reduces the penalty for the coach inside the border marking and specifies that the coach may adjust or remove additional matting.

2024-26 Editorial Changes

Supplemental #9, 28, 29, Dance Criteria/Technique

2024-26 Element Changes

Vault Box: 2.502, 4.501, 5.201, 5.202, 5.505

Uneven Bars Box: 9.103,

Beam Box: 1.404, 1.409, 2.306, 2.304c, 2.404c, 2.407, 2.408

Floor Box: 1.312, 10.402