

# NAWGJ – GUIDE TO CHANGES (GTC) for RULES & POLIEIS (2022-2026)

**USAG –RULES & POLICIES – 2025-2026 – [rulespolicies.pdf](https://rulespolicies.pdf)**

## JUDGING CHANGES - 2022

## JUDGING CHANGES - 2023

## JUDGING CHANGES - 2024

## JUDGING CHANGES - 2025

### CHAPTER #1 – INTRODUCTION TO THE WOMEN’S PROGRAM

R&P Chapter #1  
Pg 12

Reference to the **USAG Operating Code** - [operatingcode.pdf](https://operatingcode.pdf)

### CHAPTER #2 - MEMBERSHIP

R&P Chapter #2  
Membership  
Pg 12, I,C.5.,6.,7.

The following membership roles \* are **permitted to be on the floor**  
5. Photographer/Videographer\*  
6. Medical\*  
7. Volunteer\*  
\* Must be contracted by Meet Director

R&P Chapter #2  
Proper Attire  
Pg 12, II, B.4.

**Allowable apparel** for competition (both Dev and Xcel):  
1) Sleeveless leotards  
2) Unitards with ankle **or short** length legs, **with or without sleeves**  
3) Tights (**capri** length or longer) and shorts:  
a) May be worn under OR over the leotard  
b) May be **black**, match the leotard, or are skin tone

R&P Chapter #2  
Athletes’ Rights  
Pg 12,II.B.4.

Recommendation to allow **ankle length tights** to be worn under OR over the leotard in competition.

R&P Chapter #2  
Attire  
Pg 12, II.B.4.

**Racerback type of leotard** that meet the description of backless will be subject to a 0.20 attire deduction.

R&P Chapter #2  
Member Resp.  
Pg 12, II. (missing)  
Pg 13, III. (missing)  
Pg 14. IV.G.

**Coaches** and **Judges** shall NOT wear **Earbuds / EarPods** while on the field of play.  
**Athletes** may NOT wear Earbuds / EarPods while competing.

See **Chapter 4 – Sanctions**  
page 19 I. **Prohibited Items**

R&P Chapter #2  
Judges Resp.  
Pg 14 IV.F.

Clarification regarding judges’ use of **electronic devices** to record their scoring worksheets. “Judges must turn off messages, email notifications, etc. by switching their device to airplane mode.

R&P Chapter #2  
Attire  
Pg 12, II.B.4.

**Bra straps** may be black, match the leotard, the gymnasts skin tone, or clear

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CHAPTER #3 – FOREIGN PARTICIPANTS	
R&P Chapter #3 Pg 17-18	Eligibility and Participation Requirements
CHAPTER #4 – SANCTIONS	
R&P Chapter #4 Sanctions Pg 19, I.I. list	At any USAG sanctioned event, the below items are <b>PROHIBITED inside the venue</b> : a. No cigarettes, <b>e-cigarettes/vapes</b> , or <b>any other smoking paraphernalia</b> are allowed.
CHAPTER #5 – MEET DIRECTOR RESPONSIBILITIES	
R&P Chapter #5 Meet Dir. Resp. Pg 23, IV.E.3.	If an athlete requires <b>medical assessment due to injury</b> , they may complete the routine and resume competition within the same session <b>ONCE MEDICALLY CLEARED</b> . A 30-second touch warm-up may be allowed upon return.
CHAPTER #6 – MEET OFFICIALS	
R&P Chapter #6 Affiliation Pg 26, II.A.1.b.	A judge who <b>critiques or coaches more than once a month</b> on an ongoing basis at a specific gymnastics club is <b>considered affiliated</b> with that club.
R&P Chapter #6 Assignments Pg 27, III.G.4.	When assigning judges to a competition with multiple days, <b>assigners are encouraged to change the events each day</b> provided the meet has a separate awards ceremony for each session.
R&P Chapter #6 Accreditation Pg 28, IV.B.	The accreditation year is August 1-July 31. A <b>CPE annual report</b> form is <b>due by May 31st of each year</b> . (see Chart on Page 35)
R&P Chapter #6 Optional Level Judges Pg 32 chart	<b>REGIONAL MEET REFEREE</b> = RTCC, or Brevet or National Must have served as MR or CJ at L6/7 Sectional or State <b>CHIEF JUDGE</b> Level 9; <b>PANEL JUDGE</b> Level 6/7/8; MIN. # of <b>JUDGE PER PANEL</b> = 2 or 4 DEOGRAPHIC REP. (Determined by RAC) Determined by RAC
R&P Chapter #6 Compensation Pg 34, V.B.1.	Judges are <b><u>not</u> required to carpool</b>
R&P Chapter #6 Compensation Pg 34, V.B.2.	Should the <b>IRS make a rate change</b> during the year, the new rate will be posted with an effective date.
R&P Chapter #6 Compensation Pg 34, V.C.2.	Meet Directors are <b>strongly recommended to provide single room accommodations</b> when a hotel stay is required, at no additional cost to the judge.
R&P Chapter #6 Compensation Pg 34, V.C.3.	The form of accommodation ( <b>double occupancy vs. single occupancy</b> ) must be specified in the judge's contract

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R&P Chapter #6 Compensation Pg 34, V.C.3.b.	<ul style="list-style-type: none"> <li>If necessary to <b>share the cost of the room</b> with the Meet Director, the judge will pay no more than the difference between the actual cost of the room and the standard national IRS rate for overnight accommodation.</li> </ul>
R&P Chapter #6 Compensation Pg 35,V.D.3.b.	<ol style="list-style-type: none"> <li>For a <b>judge traveling by air</b>, meals that occur while the judge is traveling to and from the competition, a per meal per diem may be requested.</li> <li>For a <b>judge traveling by ground</b> and travel time is more than 3 hours or 150 miles one way, a \$20.00 per diem may be requested.</li> <li>For a <b>judge traveling less than 3 hours or under 150 miles one way</b>, there is no per diem request.</li> </ol>
R&P Chapter #6 Compensation Pg 35, VI.A.	<ol style="list-style-type: none"> <li>The daily number of <b>paid hours</b> is calculated from the <b>report time to the end time</b> of the meet.</li> <li>For meets with 3 or more sessions PER DAY, it is <b>recommended</b> that judges are to be <b>provided a minimum of a 30-minute break time</b>.</li> </ol>
R&P Chapter #6 Compensation Pg 35, VI.A.3.bullet	All <b>break time</b> will now be compensated; therefore, the <b>judge MUST remain</b> on the grounds of the venue.
R&P Chapter #6 Meet Complete Pg 35, VI.B.1.d.	The <b>meet is complete</b> when all scores are entered, and any inquiries settled.
R&P Chapter #6 Championship Meet Fees Pg 37	<b>Only</b> for DEV / Xcel Regional meets <b>that utilize a 4-judge panel</b> , any additional time over 8 hours/day will be compensated at the regular hourly rate.
R&P Chapter #6 Championship Meet Fees Pg 37	At all Dev and Xcel <b>Regional Championship Meets</b> that utilize a <b>2-judge panel</b> , daily Championship rates do <u>not</u> apply. Regular hourly fees will be calculated.
R&P Chapter #6 Compensation Pg 37	<b>Chief Judge OR Meet Referee</b> payment (\$10) is <b>NOT paid at:</b> <ol style="list-style-type: none"> <li>State meets with two-judge panels <b>with a separate Meet Referee</b> (non-judging);</li> <li>Local / sectional meets with a <b>separate Meet Referee</b> (non-judging);</li> <li>Local / sectional meets <b>with one-judge panels</b>, such as intrasquad meets, or meets with less than four events running concurrently</li> </ol>
R&P Chapter #6 Compensation Pg 37	A judge serving as <b>Meet Referee OR Chief Judge</b> shall receive \$10.00 per day at the following USA Gymnastics competitions: <ol style="list-style-type: none"> <li><b>Sanctioned local / sectional meets</b> where the Meet Referee also serves as the Chief Judge.</li> <li>Dual compensation (total of \$20/day) is given if the Meet Referee also serves as a Chief Judge at all <b>Regional and above meets and State meets with four-judge panels</b>.</li> </ol>

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CHAPTER #7 – GENERAL MEET INFORMATION	
R&P Chapter #7 Competition Pg 39, III.A.4.d.	DEV <b>Levels 6-10</b> and Xcel Diamond, Platinum and Sapphire Divisions <b>MUST</b> be judged by a <b>minimum of 2 qualified judges</b> per event.
R&P Chapter #7 Competition Pg 39, III.A.6.b.2)	An <b>Elite athlete</b> —defined as one who has competed as a Junior or Senior International Elite in a Classic Meet, Winter Cup, Junior World Trials, or higher—must be registered as an <b>OPEN athlete</b> when participating in an invitational. These athletes may not be included in awards with non-Elite athletes. <ul style="list-style-type: none"> <li>An <b>Elite athlete</b> is officially considered a Development Program athlete only after the petition has been granted and she competes in her first USA Gymnastics sanctioned event as a <b>Level 10</b>. Any scores earned prior to petition approval are <u>not</u> valid for qualification to State Championships or higher-level events during the current season.</li> </ul>
R&P Chapter #7 Competition Pg 42, VI.D.	An athlete is <b>considered registered/entered in a competition</b> only when her name is listed on the club's entry form and the Meet Director has received full payment of all fees (including, but not limited to entry fees, late fees, etc.).
R&P Chapter #7 General Meet Info. Pg 43, VIII.A.3.e. Pg 48, VIII.D.5.	It is recommended that there be <b>no fewer than 5 gymnasts per squad</b> . <ul style="list-style-type: none"> <li>If a Meet Director is aware before the competition begins that a rotation will have fewer than five (5) (4 or less) athletes, a <b>bye rotation must be scheduled</b> and used for that group.</li> </ul>
R&P Chapter #7 Meet Information Pg 46, 47	<b>Program Format Reference Charts</b> (maximum number of competitors per session): If a competition runs <b>2 events at a time</b> , the number of <b>competitors per session is half</b> of the maximum allowable competitors for that level or division.
R&P Chapter #7 BARS Pg 48, VIII.D.2.c.4)	Update the <b>timed warm-up procedures</b> for <b>Level 9 and 10 Uneven Bars</b> to apply to <b>all sanctioned events</b> (previously limited to State level and above): <ul style="list-style-type: none"> <li>At any sanctioned event, if a <b>Level 9 and/or Level 10 squad</b> has fewer than five athletes (i.e., four or fewer) on Uneven Bars due to onsite scratches or unforeseen circumstances, an <b>additional 2½-minute timed warm-up may be provided</b>.</li> <li>This additional warm-up time must include bar settings.</li> </ul>
R&P Chapter #7 Meet Information Pg 49, VIII.D.9.c.	On <b>Uneven Bars ONLY</b> : If any <b>level 9 or 10 squad</b> is reduced to <b>fewer than 5 athletes</b> (4 or less) due to onsite scratches or unforeseen (not anticipated or predicted) circumstances, an <b>additional 2½ minutes timed warm up may be provided</b> . This <b>WILL</b> include bar settings.
R&P Chapter #7 Warm-ups Pg 51, IX.B.12.b.4)	Regardless of the number of athletes within the squad, <b>timed warm-ups MAY NOT be split</b> . <ul style="list-style-type: none"> <li>Every attempt should be made to <b>keep squads as even</b> as possible.</li> </ul>
R&P Chapter #7 Meet Info Pg 52, IX.G.9.	Any situation regarding <b>additional warm-up time due to a delay of competition on the field of play</b> (i.e. equipment failure, athlete injury, unforeseen circumstances, etc.); the Meet Director, in conjunction with the Meet Referee, will assess the situation to make an appropriate call regarding additional warm-up time.

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R&P Chapter #7 Procedures Pg 53, VIII.D.5.	<p>At <b>State meet and above</b>, there must be a written back-up (in the form of a <b>verification heat sheet</b>) to record the individual judges' scores, neutral deductions, and the final average score.</p> <ul style="list-style-type: none"> <li>At local or invitational meets, their use is left to the <b>discretion of the Meet Director</b>.</li> <li>If a verification sheet is not used, the <b>Chief Judge</b> must document both individual scores, the average score, and any neutral deductions.</li> </ul>
R&P Chapter #7 Meet Info Pg 53, X.F.	Levels 6-10 requires <b>Vault numbers</b> to be visually displayed at any sanctioned competition utilizing a <b>4-judge panel</b> . <b>Vault name OR number</b> may be audibly communicated to judges at all other competitions.
R&P Chapter #7 SCORING Pg 53, X.H.3.	Recommendation for <b>State meets and above</b> , Verification sheets (heat sheets) are required to be used. At local or invitational meets, their use is left to the discretion of the Meet Director. If a verification sheet is not used, the Chief Judge must document both individual scores, the average score, and any neutral deductions.
R&P Chapter #7 Scoring Pg 54, X.H.9.d.	<u>Scoring</u> : at a State meet and above, a <b>Meet Referee has the authority</b> to allow a judging panel to <b>review a routine to verify</b> that Special Requirements were fulfilled and restricted elements were <u>not</u> performed.
R&P Chapter #7 Inquiry Reg Pg 54, X.I.4.	A <b>Meet Referee may watch a video</b> (if available) prior to the submission of an inquiry to determine if that inquiry should move forward
R&P Chapter #7 Inquiry Reg. Pg 54, X.I.5.	<u>Inquiry regulations</u> : <b>any inquiry to raise a score 0.10</b> or less on the lowest event score to qualify to the State or Regional meet applies <b>ONLY to All Around athletes</b> . It cannot be used at Regionals to qualify to East/West or Nationals, nor does it apply to IES.
R&P Chapter #7 Video Review Pg 54, X.J.1. Pg 55, X.J.1.a.	<p>At all DEV and Xcel sanctioned competitions, a <b>coach may request a video review</b> by the Meet Referee and highest rated judge <b>unaffiliated</b> with that event (if video is available).</p> <p>a. If the Meet Referee or highest rated <b>judge is affiliated</b> with the athlete in question, the video review will be conducted by the <b>next two (2) highest rated judges unaffiliated</b> with the athlete, or the highest rated unaffiliated judge and a USA Gymnastics officer.</p>
R&P Chapter #7 Inquiry Regulation Pg 55. X.J.3.c.	<p>▪ <b>For levels 8-10 ONLY: Immediate video review is allowed</b> (if available and decisive) when the first vault is awarded a zero (0) for failure to land on any part of the bottom of the feet first. The review <b>MUST</b> be completed prior to attempting the 2nd vault.</p>
R&P Chapter #7 Video Review Reg. Pg 55, X.J.3.f.	<p>To consider <b>floor exercise overtime deductions</b>.</p> <p>▪ In order to <b>submit an inquiry</b> for an overtime deduction, a coach <b>MUST provide a video</b> of the routine in question.</p>
R&P Chapter #7 Video Review Pg 55, X.J.4.	<p>The <b>video review process is NOT allowed</b> to be used to appeal a judgment of <b>degree assessment</b>.</p> <ul style="list-style-type: none"> <li>EXAMPLES: degree of casts, handstands, incomplete turns, direct connection of elements, or leg separation in leaps, <b>timing and degree of twists on Vault</b>, as well as other like skills.</li> </ul>

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R&P Chapter #7 Video Review Pg 55, X.J.6.	<b>Allow the judging panel to review the submitted video</b> once the video review process has been finalized.
R&P Chapter #7 Jury of Appeals Pg 55, X.K.1.	If a coach does <u>not</u> feel the procedures of the inquiry process or video review were properly followed, they may, <b>WITHIN 5 MINUTES</b> of receiving the results of the inquiry or video review, <b>petition for a review</b> by the Jury of Appeals. J
R&P Chapter #7 Score Adjustment Pg 55, X.L.	Justification for <b>changing a score</b> due to a conference, Inquiry, <b>Video Review</b> , or Jury of Appeals:
R&P Chapter #7 Music Regulations Music Failure Pg 56, X.O.2.a.	a. The gymnast may continue her routine. Upon completion of the routine, gymnast and coach must decide whether to <b>resume from point of music failure</b> or accept the score that is given. The judges will post no score until that decision is made. <b>No deduction</b> would be taken for <b>the absence of music</b> if the decision is to accept score.
R&P Chapter #7 Music Regulations Music Failure Pg 56, X.O.2.b.	b. The gymnast may stop her performance immediately and request permission from the Chief Judge to continue from the point of interruption/ <b>music failure</b> . Once permission is granted, after a reasonable amount of rest time, the gymnast <b>may perform from point of interruption or the series / combination when music failure occurred</b> . No score would be given for a partial routine, <b>all deductions prior to the equipment/music failure will still be applied</b> .
<b>CHAPTER #8 – XCEL PROGRAM</b>	
R&P Chapter #8 V.B.7.b.1) Pg 61	<b>Petitions</b> must be submitted to the SACC, with <b>final approval made by the SAC</b> .
R&P Chapter #8 II. Chart Pg 63	MOBILITY QUICK REFERENCE CHART <b>TBD By SAC</b>
R&P Chapter #8 III.C. Pg 64	Any gymnast who has had previous competitive experience other than USA Gymnastics but including USA Gymnastics Xcel program, and who is a minimum of 12 years of age is eligible to petition for entry into Level 7 and below <b>by submitting a formal written request to the SAC</b> . The petition must be accompanied by a video that demonstrates her skill level.
R&P Chapter #8 III.D. Pg 64	Any athlete who has prior competitive experience in the Development Program, competes in State Meet in an alternative program (e.g. Xcel or other organization), must submit a petition to <b>RE-ENTER the Development Program</b> at Level 5 or above. 1. <b>Levels 5 – 8:</b> Petitions must be submitted to the SAC. 2. <b>Levels 9 – 10:</b> Petitions must be submitted to the RAC.
R&P Chapter #8 III.E. Pg 64	<b>Petitions for Levels 8 and below</b> must be submitted to the SACC, with final approval determined by the SAC. For <b>Levels 9 and above</b> , petitions must be submitted to the RACC, with final approval determined by the RAC.
R&P Chapter #8 IV.B. Pg 64	1. The SACC, with the final decision determined by the SAC. • <b>DEV Levels 8 and below</b> 2. The RACC, with the final decision determined by the RAC • <b>For DEV Levels 9 – 10</b>

CHAPTER #9 – DEVELOPMENT PROGRAM	
R&P Chapter #9 Petition Pg 64, III.C.D.E	<p>Recommendation to require any athlete who has <b>prior competitive experience in the Development Program</b> and then competes in a <b>State meet</b> under an <b>alternative program</b> (e.g., Xcel or another gymnastics organization) to <b>submit a petition in order to re-enter</b> the Development Program at Level 5 or higher.</p> <ul style="list-style-type: none"><li>• <b>Levels 5–8:</b> Petitions must be submitted to the State Administrative Committee (SAC).</li><li>• <b>Levels 9–10:</b> Petitions must be submitted to the Regional Administrative Committee (RAC).</li></ul>

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CHAPTER #10 – APPARATUS SPECIFICATIONS	
R&P Chapter #10 GENERAL Apparatus Pg 74 – 83	All apparatus requirements for both the Xcel and Development Programs will be joined together in a new Women's Program Rules & Policies (R&P) chapter for the 2022-2023 season and beyond. Unless a specific deduction applies, <b>apparatus requirements</b> have been <b>removed from the Dev Code of Points</b> and will be reflected in this new chapter
R&P Chapter #10 Spotting Equipment Pg 74, I.D.	<b>Additional warm-up and spotting equipment</b> may be brought to a USA Gymnastics sanctioned competition. <ul style="list-style-type: none"> <li>Exception: members may NOT bring their own alternate skill cushion or “pit pillow”.</li> <li>Additional equipment is NOT required to remain at any specified event, and</li> <li>MUST be manufactured by a recognized equipment manufacturer.</li> </ul>
R&P Chapter #10 Equipment Failure Pg 74, I.I.	If an <b>athlete falls due to equipment failure</b> , judging will resume at the point of interruption or the series / combination when equipment failure occurred. <ul style="list-style-type: none"> <li>Additional information regarding <b>equipment failure</b> can be found in each program's respective <b>Code of Points</b>.</li> </ul>
R&P Chapter #10 Chalk Markings Pg 74, II.B.	<b>Chalk markings</b> are ALLOWED to be placed on landing mats as a <b>visual cue</b> . All markings MUST be removed after the athlete completes competition on that even.t
R&P Chapter #10 Matting Allowance Pg 74, II.C.2.a.	<ul style="list-style-type: none"> <li><b>Adding a 4-inch skill cushion/throw mat</b> (stacked on top of required 10-12 cm (4-inch) CLM) to equal the maximum 24 cm (9 inch) CLM <b>allowance is acceptable and DOES NOT COUNT</b> towards the allowable supplemental matting limit.</li> </ul>
R&P Chapter #10 Floor Mats Pg 74, II.E.	At all USAG sanctioned events, Meet Directors are required to provide the following supplemental matting: <b>Floor Exercise = Two (2) 4” (10-12 cm) Throw Mat</b> supplemental mats required
R&P Chapter #10 Alternate Skill Cushion Pg 75, II.E.5.	If available on an event, an <b>alternate skill cushion</b> made of softer foam (minimum of 4 ft. x 6 ft. x 8 in.) is <b>allowed to be used in warm-ups</b> at all sanctioned competitions.
R&P Chapter #10 Springboards Pg 75, III.A.1.	<b>Remove</b> the allowance of a <b>small “junior board” / preschool type board</b> (35-5/8"x23-5/8"x9-1/2") for all <b>Development Program levels</b> , including removing all instances of the word <b>“junior board”</b> from the Women's R&P and Women's Program Code of Points.
R&P Chapter #10 Springboards Pg 75, III.A.4.c.	<b>Springboards</b> may <b>NOT</b> be placed <b>on the Vaulting Table at any time</b> , including during open stretch and warm-up. • Meet Director is responsible for enforcing this rule.
R&P Chapter #10 Mounting Mats Pg 76, III.A.9.c.1)b)	Any athlete may stand on any of the allowable matting combinations to initiate a jump into a glide swing. The mounting apparatus MUST be <b>removed immediately after the gymnast's feet leave the floor</b> into the glide swing.

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R&P Chapter #10 <b>VAULT</b> Pg 76, IV.C.1.chart	Recommendation to remove the <b>height requirement for the Vault table</b> at <b>Levels 8-10</b> and update to reflect the same as <b>Levels 4-7: Vault table</b> : All age divisions may use any manufacturer setting, with a <b>maximum of 135 cm</b> (+ 1 cm).
R&P Chapter #10 <b>VAULT</b> Pg 76, IV.C.1.	VAULT TABLE HEIGHT REQUIREMENT = <b>No minimum height required</b>
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.D.3.	The <b>hand placement mat</b> must be manufactured by a gymnastics equipment manufacturer and must be a minimum of 39.4 x 51.2 in length and cannot exceed 5 cm (2 inches) in height.
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.D.4.	Allow <b>chalk only</b> (no tape) on <b>hand placement mat</b> .
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.D.5.	Clubs may <u>NOT</u> bring their <b>own competitive equipment</b> to be used by athletes during a competition, including hand placement mats.
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.D.6.	All Meet Directors of DEV LEVEL 6 and above and XCEL PLATINUM and above competitions MUST provide a minimum of one manufactured <b>Round-off hand placement mat</b> .
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.H.1.b.	<b>Mat Stack may be placed</b> on the floor, on the runway, or on the competition landing mat (CLM) or on top of a solid foam pit.
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.H.3.a.3)	Any combination of CLMs, skill cushions and/or port-a-pit, inflatable mat <b>and/or sting</b> mat may be used in the configuration of matting to meet the <b>required height</b> .
R&P Chapter #10 <b>VAULT</b> Pg 77, IV.H.5.	For DEV LEVELS 8-10 and XCEL DIAMOND AND ABOVE <b>warm-ups only</b> : If available (NOT REQUIRED), an alternate skill cushion made of softer foam ( <b>minimum</b> of 4 ft. x 6 ft. x 8 in.) is allowed at all sanctioned competitions to perform a “timer” for a Salto vault. <ul style="list-style-type: none"> <li>For <b>DEV Level 7 ONLY</b>: An alternate skill cushion made of softer foam (<b>minimum</b> of 4 ft. x 6 ft. x 8 in., i.e. Pit Pillow) is allowed at invitationals and is REQUIRED at State Championships and above. <b>This alternate skill cushion does NOT count towards the required mat stack height but rather would be an addition once the required mat stack height has been achieved.</b></li> </ul>
R&P Chapter #10 <b>VAULT – Mat Stack</b> Pg 78, IV.H.1.b Pg 78, IV.H.2.b. (should be Section - I)	Recommendation to clarify the allowable placement of the <b>Vault Mat Stack</b> for <b>Levels 2, and 3</b> : The mat stack may be placed on the floor, on the Vault runway, or on the competition landing mat (CLM).

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<p>R&amp;P Chapter #10 <b>VAULT – Level 6/7</b> Pg 78, IV.H.3.a.4)</p>	<p>Recommendation that the <b>sting mat</b> be included as an allowable component in the configuration of the <b>Level 6/7 Vault Mat Stack to meet the required height</b>—specifically, that the matting must be equal to or higher than the underside of the top of the vault table.</p> <p>Approved configurations may include any combination of:</p> <ul style="list-style-type: none"> <li>• Competition Landing Mats (CLMs)</li> <li>• Skill cushions</li> <li>• Port-a-pits or inflatable mats</li> <li>• <b>Sting mats</b></li> </ul> <p>An alternate skill cushion made of softer foam (minimum of 4 ft. x 6 ft. x 8 in.) does <u>NOT</u> count towards the required mat stack height but rather would be an addition once the required mat stack height has been achieved.</p>
<p>R&amp;P Chapter #10 <b>VAULT – Level 6/7</b> Pg 78, IV.H.3.a.3) IV.H. I.3.a.3).b)</p>	<p><b>Level 6/7 Mat Stack:</b> Height (including base mat): Must be equal to or higher than the underside of the top of the table.</p> <ul style="list-style-type: none"> <li>○ This alternate skill <b>cushion does NOT count towards the required mat stack height</b> but rather would be <b>an addition once the required mat stack height</b> has been achieved.</li> </ul>
<p>R&amp;P Chapter #10 <b>UNEVEN BARS</b> Pg 80, V.C.2.a.</p>	<ul style="list-style-type: none"> <li>• <b>Adding a 4-inch skill cushion/throw mat</b> (stacked on top of required 10-12 cm / 4-inch CLM) to equal the maximum 20 cm CLM allowance is acceptable and <b>DOES NOT COUNT towards the allowable supplemental matting limit.</b></li> </ul>
<p>R&amp;P Chapter #10 <b>UNEVEN BARS</b> Pg 80, V.E,F.</p>	<p>Require AAI EVO Elite <b>Uneven Bars</b> – effective 2025-2026 season.</p> <ul style="list-style-type: none"> <li>• at Level 9 Eastern and Westerns</li> <li>• at Level 10 National Championships</li> </ul>
<p>R&amp;P Chapter #10 <b>UNEVEN BARS</b> Pg 80, V.K.</p>	<p><b>Spotting Enhancements:</b> When a raised surface is needed to spot release moves, it is recommended that a spotting block(s) or folded mat(s) be used; however, there is no penalty for standing on the board, provided that the board (or spotting device(s) is removed immediately after the release move is performed.</p>
<p>R&amp;P Chapter #10 <b>UNEVEN BARS</b> Pg 80, V.M.1.2.</p>	<p><b>Uneven Bars</b> and Balance Beam apparatus set up over a <b>loose foam pit</b> is NOT ALLOWED FOR COMPETITIONS:</p> <ul style="list-style-type: none"> <li>• <b>Unless</b> the entire area (mount / dismount) is <b>covered by a stable (wooden or metal) surface.</b></li> <li>• Exception – set up over a Resi pit is allowable if the landing surface is <b>deemed firm</b> by the Meet Referee and Meet Director prior to competition.</li> <li>• All competition matting specifications must be met, when utilizing either of these options.</li> </ul>
<p>R&amp;P Chapter #10 <b>UNEVEN BARS</b> Pg 80-81, V.N.</p>	<ul style="list-style-type: none"> <li>• Once an athlete has begun competition and is <b>actively competing on the equipment</b>, chalk or water MAY NOT be added to the rails or mats <ul style="list-style-type: none"> <li>○ If a coach sprays water or adds chalk to the bar <b>when the athlete is actively competing</b>, a deduction will be applied. NO WARNING will be given.</li> <li>○ <b>This does NOT apply if the athlete has fallen and is off of the equipment.</b></li> </ul> </li> </ul>

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<p>R&amp;P Chapter #10 <b>BALANCE BEAM</b> Pg 81, VI.A.2.</p>	<p>For competitions held in <b>outside facilities</b>, the area to the right and left of the <b>Beam dismount area</b> MUST be padded with a minimum of 4 feet by 4 feet of padding. Acceptable padding options include (but are not limited to) unfolded panel mats, carpet bonded foam, or other such matting.</p> <ol style="list-style-type: none"> <li>The matting MUST extend a minimum of four (4) feet out from <b>the side edge of the Beam dismount area</b> and extend a minimum of four (4) feet from the end of the under-Beam matting.</li> <li>Every attempt should be made to match the <b>height of the CLM's</b> to this additional padding to remove the possibility of athlete injury from uneven surfaces.</li> <li>The <b>padding should be attached</b> (with Velcro or something similar) to the floor (concrete, foam, carpet, etc.) to avoid separating or slipping. An example of the additional matting at one corner is shown below:</li> </ol>
<p>R&amp;P Chapter #10 <b>BALANCE BEAM</b> Page 81, VI.F.</p>	<p><b>Beam matting:</b> If available (not required): maximum of 9 inches using Sting mats, 4-inch throw and / or 8-inch skill cushions may be placed on top of allowable CLM's in ALL matted areas (under the Beam and / or dismount area.)</p>
<p>R&amp;P Chapter #10 <b>BALANCE BEAM</b> Page 81, VI.G.1.2.</p>	<p>Uneven Bars and <b>Balance Beam</b> apparatus set up over a <b>loose foam pit</b> is NOT ALLOWED FOR COMPETITIONS:</p> <ul style="list-style-type: none"> <li><b>Unless</b> the entire area (mount / dismount) is <b>covered by a stable (wooden or metal) surface</b>.</li> <li>Exception – set up over a Resi pit is allowable if the landing surface is <b>deemed firm</b> by the Meet Referee and Meet Director prior to competition.</li> <li>All competition matting specifications must be met, when utilizing either of these options.</li> </ul>
<p>R&amp;P Chapter #10 <b>FLOOR EXERCISE</b> Pg 82, VII.M.1.2.</p>	<ol style="list-style-type: none"> <li>It is acceptable to have both mats on <b>separate ends of a diagonal</b>. <ul style="list-style-type: none"> <li><u>Example</u>: an athlete begins her tumbling pass by running over a sting mat, then performs her tumbling pass and lands on a 4-inch throw mat on the opposite end of the diagonal.</li> </ul> </li> <li>Only if a sting mat is placed <b>under or on top</b> of the skill cushion/throw mat, it does NOT count as one of the <b>two (2) allowable mats</b> on the Floor Exercise at any one point in time. <ul style="list-style-type: none"> <li>If using a sting mat in addition to the <b>two (2) supplemental mats</b>, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.</li> </ul> </li> </ol>
<p>R&amp;P Chapter #10 <b>FLOOR EXERCISE</b> Pg 82, VII.M.5.</p>	<ol style="list-style-type: none"> <li>An athlete may NOT utilize the 2 mats end to end on any one tumbling pass, <ul style="list-style-type: none"> <li><u>Example</u>: punch off one mat to land on another. If using a sting mat in addition to the 2 supplemental mats, the sting mat must be under or on top of the 4" throw mat or 8" skill cushion.</li> </ul> </li> </ol>
<p>R&amp;P Chapter #10 <b>FLOOR EXERCISE</b> Pg 83, VII.M.2.</p>	<ol style="list-style-type: none"> <li><b>Two (2) 4-inch skill cushions/throw mats</b> are allowed to be used during the routine.</li> <li><b>One (1) 4-inch skill cushion/throw mat per tumbling pass</b> may be used for take-off and/or landing.</li> <li><b>May be stacked on top of each other</b> for a single tumbling pass.</li> </ol>

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<p>R&amp;P Chapter #10 <b>FLOOR EXERCISE</b> Pg 83, VII.M.6.a.b.</p>	<p>All matting must be in place <b>PRIOR to the start of the routine</b> and <b>cannot be added once the routine has started.</b></p> <ul style="list-style-type: none"><li>a. A <b>0.30 unauthorized use of matting deduction</b> will be applied if matting is added <b>AFTER the exercise has begun.</b></li><li>b. <b>Mats may be removed during a routine</b> only if taken from the nearest boundary line. The person removing the matting should stay outside the floor area as much as possible. Briefly stepping inside the border marking to remove mats will not result in a deduction.</li></ul>
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