

# GymACT RULES MODIFICATION DOCUMENT

## Rules Overview

Beginning with the 1981 season, the NCAA Men's Gymnastics Committee adopted as its rules the already printed International Gymnastics Federation (FIG) Code of Points. With the advent of GymACT as a league of competitive club programs, GymACT has adopted modifications to the FIG Code of Points. Previously, GymACT followed the NCAA Rules Modifications, but felt compelled to create its own GymACT Rules Modifications document.

All GymACT competitions are to be conducted under those rules with any modifications and exceptions included in this GymACT Rules Modifications document. In cases of differences between FIG rules, NGJA interpretations, and GymACT modifications and exceptions, the latter takes precedence.

The following modifications have been recommended by the GymACT Competition Rules Working Group and approved by the GymACT Board of Directors.

**Recent rules changes are listed in bold print with blue shading.**

Any questions concerning rules or interpretations should be directed to:

Jerit Pogue, **GymACT Competition Rules Working Group** chair. Phone: 281-639-2206

Other GymACT Competition Rules Working Group Members:

Will Pichardo

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# 1 – COMPETITION RULES

## Judging and Score Posting Protocol:

- Judges will sit together in a line, with as much separation as possible, D+E to the left and E to the right as viewed from the front. If score-flashing assistants are used, they can perform the score-displaying duties of the judges.
- The head judge (D1+E1) is the judge sitting farthest left as viewed from the front. In all meets, the E judges arrive at their score independently.
- In all events, the D+E judges will flash one routine start value. The start score shown should easily be seen by judges, audience and coaches. In the case of a stick, judges will raise a green flag indicating a stick bonus will be awarded. The stick bonus will be added into the start score flashed at the judge's table.

Stick bonuses should be recorded on the scoresheets as follows:

### **Pro Score**

The final score posted on the score sheet will include the stick bonus in the D column.

### **Beaver Creek**

Record the stick bonus in the BNS column. Do NOT add the stick bonus in the D column.

### **Virtius**

Score sheet will show D score, E score, Individual judges' E score, Neutral Deductions, Stick bonus and final score.

- In case of questions of the value of a skill performed in a routine and appropriate deductions for that skill, judges may confer to determine the value awarded and the applicable deductions (e.g., angles or body position). This can happen mid-routine, but preferably should happen at the conclusion of the routine – the intent is for all judges to evaluate a skill the same, and apply appropriate deductions, if warranted.

- In all cases, when the routine's final score is determined – by either adding the D score to the E score (per FIG) or subtracting the final execution deduction from the start value – this score will be raised and rotated on a manual or electronic flasher at the event and/or shown on electronic scoreboards so all can see, at the direction of the D1+E1 judge. The final score will remain showing until the next routine is completed. (Individual E scores will not be raised and rotated in all dual meets nor are they required to be posted on electronic score devices, if used. Individual E scores will appear on the meet scoresheet, however.)

**Note:** All neutral deductions shall be noted on the scoresheet. Neutral deductions will be an adjustment to the final score, not to the start value.

## A. Make up of Judging Panels

- In GymACT meets, it is highly recommended to use 2-judge panels. If however, only 1-judge panels are available due to a small judging pool or expenses at a meet, communication with the GymACT Commissioner and the Competition Rules Working Group is also highly recommended.
- In meets with two judges per event, one will judge D and both will judge E. The two judges should alternate events in which they have D responsibilities.  
**D1/E1 + E2**
- If three judges are used, two will judge D and two will judge E. The head judge will judge both D and E. During the meet, judges should switch duties sometimes so each has both experiences. **D1/E1 + D2 + E2**
- If four judges are used, two judges determine the D score (agree on 1 start value), and all four judges determine the E score. The average of all four E scores is added to the D score and the head judge flashes the routine final score.  
**D1/E1 + D2/E2 + E3 + E4**
- For head-to-head dual meets, a four judge panel consisting of two D and two E judges may be used for in-person competition and is required for virtual events. The D judges will judge every other routine, while the two E judges will judge every routine. **E1 + D1 + D2 + E2**
- Virtual events may have more than four judges per event and the panel format must be approved by the GymACT Competition Rules working Group. It is recommended to have 2-judge panels at virtual meets but as mentioned above, if only 1 judge is available it should be discussed with the Working Group and the Commissioner.

**B.** For all events (except vault), **dismount requirements and element group awards will be the same as FIG:** Dismount Element Group value equals the Difficulty value of the dismount (e.g. D dismount gets 0.4 for Difficulty Value and 0.4 for Element Group value)

## C. Stick Bonus:

- Judges will award a stick bonus in the following cases:
  - **For flipping vaults and for C dismounts or higher other than pommel horse: 0.2.**
  - **For B dismounts on FX, SR, PB, & HB: 0.1**

In the case of a stick, judges will raise a green flag indicating a stick bonus will be awarded.

**\*\*Stick Bonus Point Clarification:** If a gymnast sticks where they cannot get their heels together, it is still a stick but can incur any landing deductions associated with the feet being too far apart (i.e., has to slide feet together since they cannot raise the heels and get their heels together; feet too far apart on landing). If they do not fall, hop, step or slide, they will get a stick bonus. However, if the gymnast slides their feet to bring them together, then they will get that deduction. If they land with their feet greater than shoulder width, then they will get the stick bonus but will get that deduction for the width of the feet on landing and will also get a deduction if they slide the feet together after they stick the landing.

A stick bonus is awarded for any stuck landing, regardless of other landing deductions incurred (i.e. feet too far apart on landing, chest position, arm circles.)

#### **D. Element Group 2 & 3 Requirements; Event Specifics Modifications; Deductions for Short Routines:**

- Requirement fulfilled by a D or higher value element is awarded with 0.5 by the D jury
- Requirement fulfilled by a C value element is awarded with 0.4 by the D jury
- Requirement fulfilled by A & B value elements is awarded with 0.3 by the D jury
- FX:
  - no scale required
  - no double flipping dismount required, however a double flipping skill is required in the routine
  - If a double flipping dismount is performed, there will be a +0.1 bonus.
- PH:
  - Handstand dismounts will be recognized under all circumstances (except a fall). All FIG deductions will apply.
- SR:
  - All Routines with one or more C and higher value strength moves (EG 2 & 3) will receive a +0.3 Bonus
- V:
  - see attached adjusted Start value chart (Appendix A):
  - +0.2 stick bonus for all flipping vaults
- PB:
  - No deduction for no change of direction after a swing to handstand
- HB:
  - on bar + release move connection bonus: C + C = + 0.1 bonus.
  - flight to flight connection bonus: C + C = + 0.1 bonus
- Deductions for less than 6 skills: 1.0 for 5 skills; 2.0 for 4 skills; 3.0 for 3 skills; and so forth.

**E.** Teams are guaranteed a two minute warm-up (not a guaranteed one-touch) for each apparatus. This period is controlled by the announcer, and begins 30 seconds to a maximum of two minutes after the last performance of a rotation. When the announcer calls time, all warm-up must cease and the competition begins again. Should a team exceed the warm-up time, a

warning is given by the head judge (D1). A second infraction of this kind will receive a 1.0 unsportsmanlike conduct deduction from the team score.

**F.** Head coaches, in addition to the meet referee and head judge, are required to sign and note the time of signature on the official scoresheet. The head coach has until noon local time Tuesday following the competition to initiate a correction to any clerical errors on the scoresheet. The error must be submitted in writing with an explanation of the discrepancy to the opposing head coach(es) and all members of the GymACT Competition Rules Working Group. Regular-season scoring issues are the responsibility of the GymACT Competition Rules Working Group. If coaches cannot mutually agree on resolution of a clerical error, the GymACT Competition Rules Working Group must resolve the matter. Resolution of any clerical errors should be handled within 48 hours of the initiation. If not initiated by Tuesday at noon local time, the results are final. Errors that are not clerical in nature cannot be corrected after both coaches and the meet referee have signed the scoresheet.

**G.** Point of Emphasis: The GymACT Competition Rules Working Group will use the FIG Code of Points to address unsportsmanlike behavior.

**H.** The cutoff date for changes to the GymACT rules and clarifications is December 1, 2024. The GymACT Competition Rules Working Group will review interpretations to the FIG Code received after Dec 1st, 2024 on a case-by-case basis, and reserves the right to adopt changes that are in the best interest of the gymnasts. Skills in question will be evaluated by the GymACT Competition Rules Subcommittee for Skill Evaluation. The GymACT Competition Rules Subcommittee shall be comprised of the following members:

- NGJA JD Technical Vice President - **Paul Evatt**
- NGJA Technical Vice President - **Peter Wieging**
- One (1) at-large judge appointed by the NGJA, 4 yr. term coinciding with NGJA officers' terms - **Devin Debacker**
- Two (2) coaches from GymACT, one Eastern and one Western Conference representative. - **Eli Richardson (W) & Mike Burns (E)**

## J.. Video capture positions and angles for virtual competition.

- All video recording must be in landscape viewing mode.
- An athlete's full body MUST stay within frame at all times during routines.
- All performers must be visible from the initial salute to the judge at the beginning of a routine until the presentation salute at the conclusion of the routine. In other words, DO NOT stop the video recording as soon as the athlete dismounts. The judges need to see if the athlete saluted the judge after the routine.
- Video must continue uninterrupted if there is a fall during the performance.
- Each team is responsible for providing a dedicated videographer to capture each routine on video.
- All teams need to conform to the same angles.
- It is HIGHLY RECOMMENDED to mount recording device (iPhone, iPad, etc) on a stable tripod to avoid unnecessary movement of recording device

### ● Floor Exercise

- Camera must be positioned centered along the side of the floor between four feet (90cm) and not exceeding six feet (180 cm) above floor level, and no farther than 25 feet (762cm) from the floor.
- Camera operator MUST follow athlete in the viewfinder during their routine.
  - Stable camera mount with ability to swivel camera smoothly required.
- Boundary lines must be clearly visible when an athlete approaches corners or sides of the floor area.
- Here's the suggested FX angle:
- <https://drive.google.com/file/d/1R9S4SE1BOg37QLYXIFzBs37PuwVLMJ4/view?usp=drivesdk>

### ● Pommel Horse

- Camera must be positioned at or as close to the top of the pommel horse as possible, not exceeding three feet (90cm) above or below the top of the pommel horse.
- Camera should be placed on a stable mount directly in front of the side of the horse, centered, no more than 20 feet (610cm) away. Preference at 45-degree angle (USAG standard).
- Here's the suggested PH angle:
- <https://drive.google.com/file/d/1P44RCWWju4PGpLI-90oCOxT8LXmrNhA9/view?usp=drivesdk>

- **Still Rings**

- Camera must be positioned no more than six feet (180cm) above floor level, no more than 30 feet (900cm) away.
- Camera should be placed on a stable mount to the side of the rings tower. Preference at a 45-degree angle (USAG standard).
- The top of the landing mat must be visible at all times during routine.
- The feet must be in the viewfinder while in a handstand.
- Do NOT move the camera and follow the gymnast as he swings throughout the routine. Keep camera in one position for the entire routine
- Here's the suggested SR angle:
- [https://drive.google.com/file/d/1cTiF\\_hk4089OrEgVQb3YMvCvSp9HIE2i/view?usp=sharing](https://drive.google.com/file/d/1cTiF_hk4089OrEgVQb3YMvCvSp9HIE2i/view?usp=sharing)

- **Vault**

- Camera must be positioned at or as close to the top of the vault as possible, not exceeding three feet (90cm) above the top of the vault or two feet (60cm) below it and no more than 30 feet (900cm) away.
- Camera should be placed on a stable mount at a 45-degree angle to the table and should be located behind or in front of the table.
  - Camera operator must include the athlete in the viewfinder during the run.
  - Stable camera mount with ability to swivel camera smoothly required.
- Here's the suggested V angle:
- [https://drive.google.com/file/d/1d4\\_anrLNAQ\\_wJM5RIWmP4T9e3iN0xBA2/view?usp=sharing](https://drive.google.com/file/d/1d4_anrLNAQ_wJM5RIWmP4T9e3iN0xBA2/view?usp=sharing)

- **Parallel Bars**

- Camera must be positioned no more than three feet (90cm) above the top of the parallel bars, no more than 22 feet (670cm) away.
- Camera should be placed on a stable mount to the side of the parallel bars.
- The top of the landing mat must be visible at all times during routine.
- The feet must be in the viewfinder while in a handstand.
- Do NOT move the camera and follow the gymnast as he swings throughout the routine. Keep camera in one position for the entire routine
- Here's the suggested PB angle:
- <https://drive.google.com/file/d/1Mf165ldzqXDEKwLR5tyr3BQTWGW10dIQ/view?usp=drivesdk>
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- **Horizontal Bar**

- Camera must be positioned no more than six feet (180cm) above floor level , no more than 30 feet (900cm) away from the side of the upright.
- Camera should be placed on a stable mount to the side of the high bar. Preference at a 45-degree angle (USAG standard).

- The top of the landing mat must be visible at all times during routine.
- The feet must be in the viewfinder while passing through the handstand.
- Do NOT move the camera and follow the gymnast as he swings throughout the routine. Keep camera in one position for the entire routine
- Here's the suggested HB angle:
- <https://drive.google.com/file/d/1A6XHQAJn8v8LQm5JxSakVeTrJoLuXMgN/view?usp=drivesdk>

## **2 – WARM-UP**

A 1.5 hour warmup period on the meet equipment plus a minimum of 30 minutes of general warm up is recommended for the visiting team(s) prior to the competition. All head coaches must agree on a shorter warm-up period. The warm-up period must be consistent for the competing teams. Only the eligible participants, including substitutes, may warmup on the meet apparatus.

## **3 – TEAM MAKEUP, COMPUTING TEAM SCORES**

**A.** Teams are limited to a maximum of 15 student-athletes. Through the entire competition season, five (5) gymnasts may perform per event, with four (4) scores counted toward the team score.

**B.** Open scoring will be used with the head judge responsible for their team of officials.

**C.** Changes in the 15-member roster may be made prior to completion of the open warm-up period. Once the competition starts, injury replacements must be made within the 15-member roster.

**D.** For all meets, running totals after each competitor must be displayed. Running totals should be announced whenever practical.

**Official results must include the following information  
(if made possible on the scoresheet)**

Date of Competition	Stick Bonus
Event Lineup	Team Scores
Neutral Deductions	Coaches' Names
Event Totals	Team Names
Neutral Team Deductions	Each Judge's Execution Score
Judges' Names	Performance Score
Site of Competition	All-around Scores
Each Routine's Start Value	Coaches' Signatures



## **4 – EXHIBITIONS AND ALL-AROUND QUALIFIERS**

A gymnast may compete for an All-Around (AA) score outside the event lineup for National Ranking if they represent the team on at least three (3) events, as long as no more than two (2) additional athlete are allowed on any one (1) event, either as an exhibition or all-around qualifier. In rare instances a team may want to put a third additional gymnast on an event (only to secure a score for his All Around). If this occurs, it must be approved by all coaches in the meet prior to the date of the competition. Exhibition and extra all-round athletes must compete at the end of the team line-up. A gymnast may compete as an exhibition athlete outside of the team event lineup for National Ranking. No more than two additional athletes are allowed on any one (1) event, unless previously agreed upon by all Coaches and Judges prior to the start of the meet. The Exhibition athletes must compete at the end of the team lineup, and will not count towards the team total.

## **5 – OFFICIAL LINEUP**

**A.** The head coach must submit the lineup to the scoring table 90 minutes prior to the start of the competition. In all events, changes in the lineup will be permitted until the event has begun. If the head-to-head bracket format is used, lineup changes will be allowed.

**B.** Scratches shall not be considered lineup changes. The coach must report any lineup changes to the event head judge, and when performers alternate, to the opposing coach(es) and the announcer/scorer.

**C.** A violation of any of the above will result in a 1.0 deduction in the final team score by the head judge. This penalty may only be applied once for each event.

## **6 – COMPETITION FORMATS**

Designation of home team for virtual competition.

- For competitions originally scheduled as in-person meets but taking place virtually, the originally scheduled home team will be the home team for rules-based responsibilities. Both teams will be considered the host team for rules-based purposes. For competitions originally scheduled as virtual events (where there was not a previously scheduled in-person meet), one team is designated as home team via coin flip for any rules-based responsibilities. The coin flip will be administered by the meet referee or technical director. Both teams will be considered the host team for rules based purposes.
- Virtual events will be considered home competitions for NQA purposes.

**A.** Visiting coaches must be notified of the meet and warm-up format and equipment specifications at least one week before the competition.

**B.** All head coaches must agree on any deviation from the following formats:

- Tri-meet 3 events alternately

- Home

FX	PH	SR	V	PB	HB
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- Team #1

PH	SR	FX	PB	HB	V
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- Team #2

SR	FX	PH	HB	V	PB
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(In rounds one, two and three, the last competitors of the round must perform in order on floor exercise, pommel horse and rings. In rounds four, five and six, the last competitors of the round must perform in order on vault, parallel bars and horizontal bar.)

- Quad-meet 3 events alternately

- Home Team

BYE	FX	PH	SR	BYE	V	PB	HB
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- Team #2

FX	PH	SR	BYE	V	PB	HB	BYE
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- Team #3

PH	SR	BYE	FX	PB	HB	BYE	V
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- Team #4

SR	BYE	FX	PH	HB	BYE	V	PB
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(In rounds one, two, three, and four, the last competitors of the round must perform in order on floor exercise, pommel horse, and rings. In rounds five, six, seven, and eight, the last competitors of the round must perform in order on vault, parallel bars, and horizontal bar.)

## **7 – PARTICIPANTS IN COMPETITION AREA**

**A.** Only competitors and officials (plus a spotter where allowed) are permitted on the competition floor. During routine performance, only one coach is permitted within the competitive area. The only exceptions are the horizontal bar, where a second coach can move the mat, and vault, to secure the landing mats. Meet directors have the duty to keep the floor clear so that the contestants will be the center of attention at all times.

**B.** Unless otherwise determined, all gymnasts and team personnel must remain in their designated team area, which is restricted to the official team party. This area is defined as the chairs and/or benches assigned to them for the competition. A one (1.0) point deduction will be taken from the team score per occurrence, after prior warning from the Technical Director or meet referee. This excludes a gymnast on deck who is moving to the area to prepare for their performance. The team videographer must remain in the corral, the stands or on the perimeter of the field of play.

**C.** The seating placement of the teams should not give a distinct competitive advantage to either team.

## **8 – ATTIRE**

**A.** Each gymnast must conform to the following regulations relative to competition attire:

- (1) Gymnasts must have their name on the back of their competition shirt. The lettering must be at least 2 inches in height. Gymnasts must also show their number on the back of their competition top. If a GymACT Team needs to utilize a competition top without a gymnast's name or number due to costs and/or timing of ordering, a gymnast may compete with a blank uniform (no name or number) as long as all coaches present have been informed prior to the competition.
- (2) Official team clothing, including shirts (all team colors accepted), must be worn by all participants during warmups as well as in competition. Official team bags should be used to improve the meet appearance.
- (4) Compression sleeves are permitted to be worn by participants during competition.
- (5) All athletes from the team must compete in the same color competition pants. Teams are permitted to compete in any team color competition pants.

**B.** A warning followed by failure to conform will result in 1.0 being deducted from the team's score on any event where the infraction occurs. Non-Correctable infractions (such as not having names on competition shirts) are a one-time deduction. The 1.0 deduction will be subtracted from each gymnast's score on the first event on which they compete by the Technical Director at that event.

## 9 – EQUIPMENT AND HAND-GRIP FAILURE

- Any tearing of the handgrip will be considered to be not within the control of the gymnast. A second trial will be allowed in the case of a torn handgrip. The gymnast will perform at the end of the rotation. If the gymnast is the last competitor in the rotation, they will be allowed a minimum of two (2) minutes, but not more than five (5) minutes for recovery and re-gripping. Loss of dowel or slippage of grip does not constitute handgrip failure.
- The final judgment is still at the discretion of the head judge and the tear in the handguard must have occurred within the routine for which the handgrip failure rule is being applied.
- In the event of broken equipment (i.e., broken rail or ring, stripped turnbuckle, etc.), the gymnast will be permitted to redo their routine without penalty at the end of the rotation. If the gymnast is the last competitor in the rotation, they will be allowed a minimum of two (2) minutes, but not more than five (5) minutes for recovery and re-gripping. If the gymnast is injured due to equipment failure, including a torn hand-grip, a substitute may perform at the end of the rotation with no deduction taken from the team score, if the substitution is made from the initial 15-member roster.

## 10 – ROUNDOFF ENTRY VAULTS

- Protective matting (i.e., the vault safety zone) must be used when roundoff-entry vaults are performed. A sting mat (or similar mat) will be provided by the host school. Gymnasts are not required to use this mat. Any student-athlete who performs a roundoff-entry vault without the use of the vault safety zone will be disqualified from the entire competition.

## 11 – APPARATUS AND MATS

**A.** The host's equipment must comply with specifications for warm-up as well as competition. If the host's equipment does not comply, a 2.00 deduction will be taken from the host team's score by the Technical Director unless the visiting coach has been notified, in writing, one week prior to the competition and mutual agreement has been reached. For example, if an LZT cover is used on a board or vault table, the visiting team should be notified. NOTE: For virtual competitions, all events should conform to normal competition equipment and matting standards. If standard competition equipment or landing surface is not available, then equipment or landing surface may be accommodated to use for competition. Resi pit accommodation must replicate as closely as possible normal competitive matting requirements and include the use of a panel mat to ensure adequate firmness of the landing area. The technical director will inspect the equipment.

**B.** Within the limits of legal equipment specifications the host coach should make every effort to accommodate all gymnasts. If equipment (parallel bars height, configuration of vault board springs, mats, etc.) is modified for a gymnast, it must be returned to its original state immediately following that performance. C. New equipment and major modifications must be available for purchase by September 1 and must be fully approved by the NCAA Gymnastics Committee by October 1 if they are to be used at the NCAA championships that season.

**D. Floor Exercise.** FIG Specs: 12 M x 12 M +/- 3 cm (39' 4.5" x 39' 4.5"), with a border of 1 M at a 20% maximum slope. The line marking the border of the performance area is within the FIG specified area. Height of the floor surface is 3.5" – 8". Through the Winter Cup weekend, extra mats up to 10 cm will be allowed for any tumbling skill, for landings only. However, mats may not be moved during the exercise. Any misuse of matting will result in a 0.5 deduction from the gymnast's score.

**E. Pommel Horse.** FIG Specs. 115 cm from the floor or 105 cm (41.35" +/- 0.5") from top of horse body to the top of the mat. Minimum Mat Area: 12'x12'. Mat Thickness: 10 cm +/- 1 cm (3.55" – 4.35"

**F. Rings.** FIG Specs: 290 cm to the floor or 270 cm +/- 1 cm (101.95" – 102.75") from the top of the ring grip to the top of the 20 cm base mat. Rings must be taped to the straps. Minimum mat area: 6 feet (8 feet preferred) by 12 feet. Mat thickness: 7.50" – 8.25". It is permissible to use additional mats (a 10 cm / 4-inch landing mat or an up to 1.5-inch "sting mat") for landings on rings.

**G. Vault.** A 10 cm mat is required on vault. FIG Specs: 135 cm +/- 1 cm (52.8" – 53.6") from the center of the table to the floor. Minimum mat area: 8 feet by 18 feet. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for vault landings. The landing zone must be marked by the meet host. An additional sting mat may be used for landing on vault. When an additional sting mat is used, the marking of the landing zone is the responsibility of the competing team. It is the meet host or home team's responsibility to provide the appropriate tape to competing teams. If a team fails to mark the sting mat landing zone with tape, that team will incur a 1.0 deduction from their final team score by the Technical Director. For the purpose of defining the landing zone and Per FIG Code, the landing zone dimensions are 1 meter in width from the end of the table and the zone widens to 1.5 meters 6 meters from the end of the table. As the minimum mat length is 18 feet, it is possible that the 1.5 meter line will be off of the landing mat. This may be done to accommodate the correct angle needed for defining the landing zone. The Technical Director will check the measurements prior to the start of competition. The runway length is 25 M (82' ¼"). The vault safety zone must be provided by the meet host or the home team will receive a 1.00 team score deduction. The vault runway must be secured directly to the competition floor.

**H. Parallel Bars.** FIG Specs: 200 cm to the floor or 180 cm +/- 1 cm (70.5" – 71.25") from top of rail to the top of the required 20 cm base mat. Minimum mat area: 14' x 16'. Mat thickness: 7.50" – 8.25". The mat surface must be one level, including the area under the bars, and must remain intact, except as noted in the next paragraph, throughout the routine (i.e., portions of the mat may not be removed). Matting used for mounts and dismounts on the end of the bars must be level with the rest of the matting. A piece of plywood or similar material may be placed under the board to prevent mat depression during mounts, but the board and plywood must be removed once the routine begins. Although a board may be used for a mount, a mat section may not. It is permissible to use additional mats (a 10 cm / 4-inch landing mat or an up to 1.5-inch "sting mat") for landings on parallel bars. The height of the bars may not be adjusted without permission from the head judge. If a tall gymnast touches their feet when in an upper arm support, or touches their knees when in a long hang (giant swing with extended hips and flexed knees), the head judge may allow the bars to be raised or the matting between the bars reduced, as long as the base and the floor are covered with mats. The bars must be at regulation height for all other gymnasts.

**I. Horizontal Bar.** FIG Specs: 280 cm from the floor or 260 cm +/- 1 cm (101.95" – 102.75") from top of bar to the top of the 20 cm base mat below the bar. Minimum mat area: 18' each side of the bar by 8' wide. Mat thickness: 7.50" – 8.25". An additional 10 cm mat must be used for horizontal bar dismount landings. If there is a tall gymnast whose feet hit, the bar may be raised 10 cm for everyone, and other gymnasts will add 10 cm of mats. It is permissible to jump from a skill cushion to the horizontal bar. An additional sting mat may be used for landings on horizontal bar.

**J. Flashing Scores and Start Values:** The start value will be shown by the D+E1 judge and the performer's score will be shown on a separate device. The performer's score must remain up until the next performer's routine is completed.

**K.** A skill cushion (8" mat) may be used on horizontal bar as an additional mat during the routine. If the gymnast falls to the mat during the routine, the penalty will only be the deduction for falling from the apparatus. Use of an 8" skill cushion for dismounts is not allowed.

**L.** The use of floor plates, especially on horizontal bar (rather than free standing equipment), is recommended. Adequate weight must be provided to stabilize free standing equipment. If you are using freestanding equipment, you must notify the visiting head coach a minimum of one week prior to competition.

## **12 – JUDGES AND JUDGING THE EVENT**

**A.** In all meets, all judges must be nationally certified. There must be a minimum of two and a maximum of six. Exceptions may be made for the use of a 1-judge panel.

**B.** The head judge on each event will be asked to check and sign an event scorecard at the conclusion of each event. These signed event scorecards will be the official scores and should be used to check all scores entered on a computer (or the meet score sheet). Judges will check during a meet to ensure that their scores are accurately flashed. Head coaches, in addition to the meet referee and head judge are required to sign and note the time of signature on the official scoresheet to ensure the accuracy of the scoring.

**C.** A local judging association of the NGJA must assign nationally certified judges for all competitions. This approval will not apply to conference assignments providing the conference maintains its own judging assignments.

**D.** The GymACT Competition Rules Working Group will be the liaison to the NGJA Technical Committee.

**E.** Coaches are encouraged to submit a “Pre-Competition Judges Information Form” for each event to the head judge at least 30 minutes prior to the competition.

This form will include:

- (1) Gymnasts’ names;
  - (2) Bonus possibilities for appropriate skills or connections;
  - (3) A list of significant skills in each gymnast’s routine;
  - (4) Letter values of each listed skill;
  - (5) Any special requirement fulfilled;
  - (6) Final start values must be calculated. Judges will use these forms during the competition for reference; however, judges are reminded that each gymnast must be judged on what they actually do. Improperly completed forms will not be accepted.
- F. Duties of the Technical Director:** A technical director will be required on site in each competition venue for any competition held virtually. The technical director will manage inquiry logistics and equipment certification.

**F. Duties of the Technical Director:** A technical director is recommended on site in each competition venue for any competition held virtually. The technical director will manage inquiry logistics and equipment certification.

- (1) Conduct judges’ meeting & review Pre-Competition Judges Information Forms 30 minutes prior to the competition;
- (2) Determine that the competitive environment is safe, that apparatus and mats meet specifications;
- (3) Control the pace of the meet;
- (4) Ensure uniform and scoring specifications are met;
- (5) Ensure scoring procedures and meet protocol are followed. The start value, execution and final score should be properly displayed on the score sheets;
- (6) Ensure score sheets are verified and signed, including the time, by all head coaches, the meet referee and head judge;

- (7) Judges are reminded that deductions will be assessed for:
- Improper lineup procedures or changes (1.0);
  - Except for the Technical Director, judges are not to be approached during the competition (1.0);
  - Uniform discrepancies (including jewelry) (1.0);
  - Failure to remain in designated team area (1.0);
  - Non-compliant matting (0.5 – per violation);
  - Failure to display running team scores (2.00);
  - Unsportsmanlike behavior, including excessive celebration, of individuals (0.5) and teams (1.0);
  - Injured athlete substitution (1.0). The deduction will be taken from the team score. The deduction will be taken on the event in which the substitution occurred.
- (8) Be familiar with the Code of Ethics for Judges and Coaches (#15).

### **G. Inquiry/Protest System Clarification**

- (1) An inquiry can be based on D jury content, all neutral deductions and NCAA stick bonus for team members start value for your team.
- (2) Each team will be allowed up to three denied inquiries per meet and video inquiries are authorized. Note that it is possible to use more than one inquiry on an event.
- (3) Score may be adjusted up or down.
- (4) An inquiry must be presented by only one coach per institution.
- (5) The only verbal communication allowed with the head judge is to notify them of an impending inquiry.
- (6) An inquiry form must be submitted and reviewed by the judges before the next rotation begins, not at the conclusion of the meet, for it to be honored
- (7) The event announcer will address the teams at the conclusion of each rotation to ensure they are ready to rotate to the next event. If an institution is preparing an inquiry the head coach will need to indicate to the head judge that they are not ready to rotate as they are submitting an inquiry.
- (8) The Technical Director may not initiate an inquiry on a score.

## **14 – SCORE FLASHING PROCEDURES**

**A.** D-Panel judges show a start value (see Section 1.A. for judging format). Flip cards are recommended. In addition, a start value or a D score may be posted - for example, 15.2 or 5.2.

**B.** The head judge observes that each judge is ready to report their E score. At the head judge's call, all E scores are reported to the head judge.

**C.** Since the start value is shown separately, it is only necessary to show the final score and not the individual judge scores nor the start value on the flasher. Judges must verify that their correct scores are flashed and remain visible until the next competitor finishes their routine.



**D.** If the execution scores are not in range, the head judge calls a conference. After the conference, the adjusted scores are processed and the procedure above is followed.

**E.** Although the host institution will train score flashing assistants, each judge should check to see that their assistant understands these procedures.

**F.** These instructions should be copied and taped to the back of the score display devices (if used at the events).

## **15 – CODE OF ETHICS FOR JUDGES AND COACHES**

It is imperative to the dignity and growth of the sport of gymnastics that judges be well educated in the details of gymnastics and the current rules and thoroughly prepared for each assignment to cover all possible circumstances.

The following code of ethics for judges and coaches is mandated and coaches in violation (public statements critical of judging for example) may be subject to misconduct provisions.

**Qualification:** It is the duty of each judge to prepare themselves thoroughly and constantly update their preparation by re-certifying their national card each year. The judge shall not accept any judging assignment for which they do not feel well qualified. All judges must be nationally certified.

**A. Appearance:** Each judge shall be prompt and shall dress and conduct themselves with the dignity appropriate to the status. Coaches shall help set and maintain such standards. Judges shall wear a dark blue coat, gray slacks, and a shirt and tie.

**B. Activities:** Each judge shall confine their activities to the purpose for which they are assigned. This does not include coaching, demonstrating, or recruiting. Coaches will not ask judges to double as coaches.

**C. Impartiality:** Every judge will avoid even the appearance of partisanship. For example, a judge will avoid: Judging a meet involving an institution they attend or at which they are employed in the athletic department.

(1) Judging any meet when they feel prejudice toward any competing team.

(2) Traveling with one of the competing teams to or from the meet, except on commercial transportation.

(3) Accepting overnight lodging invitations with competitors or coaches before or after a meet.

(4) Accepting social invitations from the host coach before or after the meet unless the opposing coach also is included.

(5) Giving any appearance, especially at the meet, of any particular friendship with any coach or competitor.

**D. Coaches' Restrictions:** Coaches will avoid even the appearance of courting partisanship or unprofessional behavior. For example, coaches may not:

- (1) Discuss with judges before the meet the rules and their interpretations unless the opposing coach also is included.
- (2) Offer gifts, favors or privileges to judges that can be interpreted as attempts to influence their judgments in favor of their team.
- (3) As home coaches, act as announcers of their own competition.
- (4) Make public statements critical of judging.

**E. Conduct of Competition:**

- (1) It is the duty of officials and coaches to see that every gymnastics competition is conducted with full regard for the safety of and justice to all competitors and the edification and pleasure of the spectators.
- (2) Judges must maintain appropriate separation in order to arrive at scores independently and adhere strictly to score-flashing procedures in accordance with the GymACT Modifications and Exceptions to the FIG Code of Points.

**F.** No coach or competitor shall be within the competition-event perimeter unless they are spotting. The officials' chairs define the perimeter.

**G.** No coach or competitor shall participate in a judges' score conference or be within hearing distance during such a conference. Judges are not encouraged to engage in dialogue with coaches during the meet.

**H.** No competitor shall approach a judge during the competition. After the competition, they may approach the judge only with their coach and with the judges' consent.

**I.** Deduction for violations of the above shall be 1.0 from the team score but cannot be invoked until after one warning has been issued by the judge. The Director of Officials will make the deduction at the scoring table.

**J.** An employee or student of an institution may officiate their university meets if the coaches from all colleges competing against that institution notify the assignment chair in writing of their acceptance of this employee or student as judge before the assignment chair makes their selection. At no time can the employee or student make the actual assignment of judges involving the university at which they are employed or attending.

**Note:** *The GymACT Rules Modifications Document and the GymACT Nationals Directives and the FIG Code of Points should be distributed to AAI, Inc., and each NGJA regional and national technical director.*

### APPENDIX A - MODIFIED VAULT START VALUES

<b>FHS Entry Vaults</b>	<b>FIG SV</b>	<b>GymACT SV</b>	<b>Yurchenko 1/2 twist to table Entries</b>	<b>FIG SV</b>	<b>GymACT SV</b>
Tucked	2.0	same	Tucked	2.2	same
Piked	2.4	2.8	Piked	2.6	3.0
Tucked 1/2 twist	2.4	same	Tucked 1/2 twist	2.6	same
Piked 1/2 Twist	2.8	3.6	Piked 1/2 Twist	3.0	3.8
Tucked 1/1 Twist	2.8	same	Tucked 1/1 Twist	Not in Code	
tucked 3/2 Twist	3.2	same	tucked 3/2 Twist	Not in Code	
piked 1/1 Twist	3.2	4.4	piked 1/1 Twist	Not in Code	4.6
Str	3.4	3.8	Str	3.6	4.0
piked 3/2 Twist	3.6	4.8	piked 3/2 Twist	Not in Code	5.0
Hdspr str. 1/2 Twist	3.6	4.0	Hdspr str. 1/2 Twist	3.8	4.2
Hdspr Str. 1/1 Twist	4.0	4.4	Hdspr Str. 1/1 Twist	4.2	4.6
Hdspr Str. 3/2 Twist	4.4	4.8	Hdspr Str. 3/2 Twist	4.6	5.0
Hdspr Str. 2/1 Twist	4.8	5.2	Hdspr Str. 2/1 Twist	5.0	5.4
Double Front	4.8	5.2	Hdspr Str. 5/2 Twist	5.4	5.8
Hdspr Str. 5/2 Twist	5.2	5.6	Hdspr Str. 3/1 Twist	Not in Code	
Double	5.2	5.6			

Front 1/2					
Double Pike	5.2	5.6			
Double Pike 1/2	5.6	6.0			
Hdspr Str. 3/1 Twist	5.6	6.0			