

2025-26 Rules & Policies Gymnastics Update

Address any questions to laurie.chadwick@mead354.org

GENERAL:

REMINDER: Stud earrings IN THE EARS are the only allowable jewelry.

Found on Page 2 REGULATIONS FOR GYMNASTS
I. REQUIREMENTS OF THE GYMNASTS 18. A.

UNEVEN BARS:

ADDITION: UNEVEN BARS ELEMENTS page 22

Circles & Hechts Difficulty Value "C"

Pike Sole Circle (Front or Back) to Handstand will become # 6.24

CHANGE: page 22

Circles & Hechts Difficulty Value "C"

The current #6.24 (uphill) will become #6.25 - no change in the element itself.

CLARIFICATION: page 21

Uneven Bars "B" Mount Element #1.12

Jump with half turn to low bar MUST be immediately followed by a grip change to catch high bar (with or without a half turn).

OR Jump with half turn to low bar with a stoop thru to rear support

There is no longer a "No Dismount" deduction of .3

All references to this deduction as follows should be deleted:

DELETE from page 6:

II. Calculating Start Values #2. c) Exercises without dismount.

There is no longer a .3 "no dismount" deduction.

DELETE from page 14:

IV. MOUNT AND DISMOUNT REGULATIONS

B. Dismounts 4 & 5 the 0.3 No Dismount deduction

DELETE from page 20:

UNEVEN BARS - CLARIFICATIONS: TECHNIQUE

X. "... the deductions are applied for failure to perform a dismount (0.3) ..."

BALANCE BEAM:

DELETE: page 29 Element 1.21 (element is not a mount)

CLARIFICATION: page 19 Element #2.22 has two different options

- 1.) Start facing end - jump with a $\frac{1}{4}$ turn (now facing side) and show split jump in side position - land facing side.
- 2.) "Beat" = change of legs (minimum 30 degree separation) to a split jump position.
(Like a switch leap off of two legs instead of one)

There is no longer a “No Dismount” deduction of .3

All references to this deduction as follows should be deleted:

DELETE from page 24:

BALANCE BEAM GENERAL I. RECOGNITION OF VALUE PARTS

D. 3. Dismount landing not feet first “if no salto action = 0.3 No Dismount”

DELETE from page 28:

MOUNT AND DISMOUNT REGULATIONS

B. Dismounts 6. Fall, no Salto (not to Soles of feet first) 0.3 No Dismount

FLOOR EXERCISE:

CORRECTION: page 32 III. OPTIONAL REQUIREMENT FORMULA

Execution & Composition should be 5.4 (not 6.0)