

## 2024-2026 WIAA Gymnastics Changes

### General

- 1) In the case of interference or equipment failure, a gymnast may stop immediately and request permission to continue from **the point of interruption** only.
- 2) Athletes may wear **stud earrings** in the ear only and may not exceed one per ear.
- 3) There must be a **warning for improper uniform** before taking a deduction. If not corrected, deduction is taken on next event, one time only.
- 3) An alternate skill cushion, "**pit pillow**", is allowed on vault in warm-ups only for timers for salto vaults and on bars for releases only.
- 4) New deduction for steps - **medium step** = 0.15 each, maximum deduction is 0.4
- 5) Squat on landing (up to 0.3) is defined as **hips lower** than the knees
- 6) **Hip angle** (pike) = up to 0.3 (was up to 0.2)
- 7) **Composition** is valued at 0.6 (lowered from 1.0)
- 8) **BBS's** - In a direct connection of 3 or more elements, middle elements may be used twice to receive BBS credit. Example - S+S+S = 2 LLBBS's (0.2); S+HS+HS = 1 LL and 1 HL (0.3)

### Vault

- 1) Legs bent in support for vaults with saltos (**early tuck**) = up to 0.3 (was up to 0.2)
- 2) **Under rotation** of salto vaults = up to 0.1 (was 0.1)
- 3) **Vault value** changes:
  - a) Squat vault has been deleted, straddle vault remains
  - b) 1/1 - 1/1 = 10.0 (was 9.8)
  - c) RO-FF on - repulsion = 8.8 (was 8.6)
  - d) RO-FF on - 1/2 off = 9.0 (was 8.8)
  - e) Tsuk - Tuck 1/2 = 10.0 (was 9.8)
  - f) RO-FF on - Back tuck 1/2 = 10.0 (new vault)

### Bars

- 1) **New event requirement** - 360° clear hip, stalder circle, or pike sole circle (all must end in a clear support). Replaces the direction change which moved to composition.
- 2) **Composition:**
  - a) Variety of elements = up to 0.2
  - b) 2 bar changes = 0.1 (was up to 0.1)
  - c) Space and levels = up to 0.1
  - d) Distribution = up to 0.1
  - e) Direction change = 0.1 (was an event requirement)
- 3) **New Medium dismount** added - swing forward from high bar with 1/2 turn (contact of bar with free hand required)

### Beam

- 1) **Changed event requirement** - Dance series **OR** mixed series (can have one or the other)
- 2) **Composition:**
  - a) Variety of acro and dance = up to 0.2
  - b) Balance in quantity and level of acro vs. dance = up to 0.1
  - c) Acro element in 2 directions = up to 0.1
  - d) Level changes and distribution = up to 0.1
  - e) Artistry/choreography = up to 0.1

- 3) Relaxed/incorrect **footwork** throughout = up to 0.3 (was up to 0.2)
- 4) **New elements:**
  - a) pike jump 45° = HS
  - b) pike jump 45° w/ 1/2 = AHS
  - c) split jump 180° followed by 1/4 from side landing in cross = HS
  - d) side split jump 180° followed by 1/4 from side landing in cross = AHS
  - e) straddle pike jump followed by 1/4 from side landing in cross = AHS

**NOTE for c, d, e** - shape must be shown while in the side position facing out

## **Floor**

- 1) **Composition:**
  - a) Variety of acro and dance = up to 0.2
  - b) Balance in quantity and level of acro vs. dance = up to 0.1
  - c) Acro element in 2 directions = 0.1
  - d) Use of floor and distribution = up to 0.1
  - e) Artistry/choreography = up to 0.1
- 2) Relaxed/incorrect **footwork** throughout = up to 0.3 (was up to 0.2)
- 3) Poor relationship of **music** and movement throughout = up to 0.3
  - a) failure to hold ending pose for one second = 0.05 (**new**)
  - b) failure to end with music = 0.1
- 4) **Coach on the floor** exercise mat inside the border marking = 0.3 (was 0.5)
- 5) **Elements:**
  - a) stag ring jump w/ 1/1 at head height (front leg bent) = HS
  - b) ring jump w/ 1/1 at head height (front leg straight) = AHS (was HS)