



## 2026 ELITE COMPULSORY QUALIFIER GENERAL AND TECHNICAL INFORMATION

Update: January 19, 2026

### GENERAL INFORMATION

#### **I. CREDENTIALS AND SECURITY**

- A. All coaches and judges must hold a current USA Gymnastics Professional Membership with all applicable requirements completed. Athletes must be current USA Gymnastics Athlete Members.
- B. No one will be allowed onto the competition floor unless they are participating in the competition.
- C. All Coaches are expected to be in PROPER Professional Gymnastics attire.
- D. Athletes, age 18 or older, must complete the U110 to be in the field of play.

#### **II. ORIENTATION MEETING – Judges/Coaches**

- A. Orientation Meeting will be held just prior to the competition.

#### **III. Medical**

- A. Medical Trainers will be on site for all training and competition sessions.

#### **IV. Elite Compulsory Text**

- A. The Elite Compulsory text is posted on the [USA Gymnastics website](#). Please take a moment to review the information to remain up to date on all current requirements.

### TECHNICAL INFORMATION

#### **I. TRAINING/COMPETITION VENUE**

- A. Athletes may ONLY train in the DESIGNATED gym at the DESIGNATED time.

#### **II. EQUIPMENT - for National Qualifiers, Winter Cup, American Classic, and US Classic**

- A. Development Program equipment specifications will be used for the Elite Compulsory sessions.
- B. Supplemental Matting – refer to the Development Program Code of Points for supplemental matting specifications on each event for the Elite Compulsory sessions.



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- C. Manufactured 100 x 120 cm Round Off Entry mats are required for use in front of the vaulting board for hand placement on Round off entry vaults.
- D. Uneven Bars heights may not be raised above or lowered from FIG specifications. The spread of the uneven bars should be 180 cm, +/- 1 cm. Bars will be marked and a 0.50 deduction will be taken for any gymnast working beyond specifications.
  - a. Bar height increases are allowed in the following case in line with FIG rules:
    - i. Height increases of 5 cm shall be allowed in competitions for gymnasts who touch the mat with their feet during the exercise. This must be announced to the organizers at the time of the entry and verified by the designated judge (Meet referee) during the training/warm-up. Equipment suppliers/organizers must provide trained staff for a safe, fast, and competent height increment if necessary.
    - ii. At the increased height, the inner diagonal distance between the bars shall not be more than 182 cm max, +/- 1.0 cm.
- E. For Hopes 13-14, Junior, and Senior level athletes, there will be two springboard configurations used at Vault – AAI six springs (3-1-2) and AAI eight springs (3-3-2) or Spieth five springs (2-1-2) and Spieth eight springs (3-3-2). Beam and Bars will use only one board (soft). Springs may not be moved or replaced.
- F. For the Hopes 11-12 year-old athletes, the following springboard configurations may be used at Vault. AAI five springs (2-1-2), AAI six springs (3-1-2), and AAI eight springs (3-3-2). Spieth four springs (2-2) and five springs (2-1-2), and Spieth eight springs (3-3-2). For bars and beam boards, you may remove springs to adjust to the Hopes athlete. You must return the spring as soon as your athlete is finished with that event.

Judges will NOT apply the deduction highlighted below from the FIG Code of Points (Section 3, Page 2, see below) at U.S. domestic competitions.

Behaviour of Coach with direct impact on the result/performance of the gymnast/team	
Unsportsmanlike conduct (valid for all phases of the competition) i.e. unexcused delay or interruption of competition, speaking to active judges during the competition, speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise, etc.	1 <sup>st</sup> time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning)
	1 <sup>st</sup> time – 1.00 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks aggressively to active judges 2 <sup>nd</sup> time – 1.00 (from gymnast/team at event) Red card & removal of coach from the competition floor*
Other flagrant, undisciplined and abusive behaviour (valid for all phases of the competition) i.e. incorrect presence of the prescribed persons in inner circle during competition and/or in the preparation of the apparatus, etc.	1.00 (from gymnast/team at event), immediate Red card & removal of coach from the competition floor*

Coaches may not speak directly to the athlete or give coaching cues during the exercise (exception – during a fall, the coach may speak with the athlete per the FIG Code of Points).

**III. VAULT NUMBERS CHART**

- A. A vault chart will be posted at the vaulting event.
- B. Vault numbers must be shown prior to each vault.
- C. It is the coach’s responsibility to flash or call the correct number for the vault the gymnast performs.



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### IV. INQUIRIES

- A. All inquiries must be given to the Technical Director.
- B. Inquiries are allowed, provided that they are made verbally to the Technical Director immediately after the publication of the score or at the very latest before the score of the following gymnast is shown.
- C. For the last gymnast of a rotation, this limit is one minute after the score is shown on the scoreboard. The inquiry must be confirmed in writing as soon as possible, but within 4 minutes at the latest after the verbal inquiry.
- D. Inquiries will be accepted regarding neutral deductions and major elements. Please understand that the overall score could go up, down, or stay the same.
- E. If, after the completion of the last event, an athlete's compulsory AA score is a maximum of 0.10 less than the published qualification score, the coach may submit an inquiry for the gymnast's lowest scoring event in order that the athlete be considered for qualification purposes. Any change of score is official and is included in the final results.
  - a. The process listed above does not APPLY:
    - i. for qualification to Hopes Championships.
    - ii. for qualification to US Championships.

### V. COMPETITION RULES

- A. International Seniors, Juniors, Hopes 13-14, and Hopes 11-12 optional competition:
  - a. Capital Cup, Modified Capital Cup, or Traditional international warm-up rules will be applied for the optional competition.
  - b. Pre meet beam warm up will be 30 seconds per athlete for the entire group followed by 90 seconds per athlete in competition order.
  - c. There will be a 30 second touch warm-up for Beam and Floor and 50 seconds for Bars to include the preparation of the bars.
  - d. Allow three jumps over the table for touch warm-up for Hopes 11-12, Hopes 13-14, Junior, and Senior athletes.

### VI. QUALIFYING SCORES

- A. Hopes 11-12 qualification score is 32.00.
- B. Hopes 13-14 qualification score is 33.00.
- C. Junior and Senior qualification score is 35.00.

### VII. AWARDS

- A. Elite Awards for National Qualifiers
  - a. Compulsory – No awards are given.