



2026 NATIONAL QUALIFER COMPETITION GENERAL AND TECHNICAL INFORMATION

Update: December 2, 2025

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.

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. FIG equipment specifications will be used for the International Level competitors with some adjustments. See pages 8-28 for apparatus specifications.
- B. In addition to the 20 cm of matting in the dismount areas an additional 10 cm of matting must be used and NOT moved.
- C. For beam there will be a designated dismount area which cannot be changed.



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- D. Supplemental Matting
- a. Vault
 - i. A sting mat is allowed to be placed on top of the 10 cm landing mat.
 - b. Bars
 - i. Senior, Junior International, and Hopes Level athletes may use a skill cushion (maximum thickness of 8"/20 cm) in addition to the 20 cm (-2 cm tolerance) competition landing mat for release elements. Matting must be removed after the release move.
 - ii. Senior, Junior International, and Hopes Level athletes may place a manufactured sting or 10 cm mat under the bars during competition in addition to the 20 cm base mat. This matting cannot be moved or placed on top of the 10 cm landing mat.
 - c. Floor
 - i. Up to two of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the Floor Exercise area. Whenever additional matting is placed on the Floor Exercise area and covers any portion of the boundary line(s), the mat must be clearly marked with tape or chalk to indicate the actual boundary line(s). Mats can be removed or left in place. **Note:** Floor matting must be placed prior to the floor routine starting. A mat cannot be added once the routine has started.
- E. 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.
- F. 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.
- G. 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.
- H. 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.



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III. FIG DEDUCTION REMINDERS - National Qualifiers, Winter Cup, American Classic, and US Classic

The following is a reminder of some of the deductions for the behavior of the Gymnast and/or the Coach.

Gymnast's Behavior

Incorrect Padding	0.3
Incorrect advertising	0.3
Incorrect use of magnesia (only small marks on the vault runway and balance beam)	0.5
Missing Start Number	0.3
Incorrect Attire (leotard, jewelry, bandage)	0.3
Exceeding touch warm-up time (one warning given)	0.3
Overtime	0.1
Exceeding fall time (UB 30 seconds, BB 10 seconds) and continuing exercise	0.3
Exceeding intermediate fall time (60 seconds)	Exercise Ended
Unauthorized absence from the Awards Ceremony	Disqualified
Unauthorized remaining on the podium (if used)	0.3
Speaking to active judges	0.3
Starting exercise without signal or when red light is on	Void
Gymnast must refrain from using water on the surface of the balance beam.	0.5 from the Final Score
For application of deduction refer to Article 2.4.	

*This is a FIG rule and it will be in effect for ALL competitions, including USA Championships.

Coach Behavior

Spotting assistance (help)	1.0
Failure to properly use safety collar	Void
Failure to use 10 cm mat	0.5
Raising apparatus without permission	0.5
Removal of springs without authorization	0.5
Placing a springboard on an unpermitted surface	0.5
Use of unpermitted supplementary mats	0.5
Moving the supplementary (10 cm) mats to the unpermitted end of beam	0.5
Unsportsmanlike conduct	Warning - then removal
Speaking to active judges during competition give signals, shouts (cheers) or similar during the exercise etc	1st time - 0.5 and warning
If coach speaks aggressively to active judges	1st time - 1.0 and warning 2nd time - 1.0 and removal

*In addition standing in on bars, Hopes, Junior, and Senior coaches **may** remain on the podium or in the competition area to stand in for vault landings and beam dismounts.



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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 st time – 0.50 (from gymnast/team at event) and Yellow card for coach (warning) 1 st time – 1.00 (from gymnast/team at event) and Yellow card for coach (warning) if coach speaks aggressively to active judges 2 nd 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).

IV. FLOOR EXERCISE MUSIC

- FX electronic versions can be checked for speed and clarity.
- Coaches are responsible for bringing their gymnast's music to the designated music table properly cued. The coach will remain at the music table to play their athlete's music.

V. NEW ELEMENTS OR VAULTS

- Any new elements or vaults not listed in the FIG Code of Points must be submitted for evaluation prior to the orientation meeting to the Technical Director or to Annie Heffernon at aheffernon@usagym.org. Please understand that the evaluations received for any new elements are for within our country only.

VI. VAULT NUMBERS CHART

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

VII. SCORING

- D score and E-scores of each judge on the panel must be made visible to the coaches after each judgment.
- A copy of the final results with D and E-scores will be available to all coaches after the competition.



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VIII. INQUIRIES

- A. All inquiries must be given to the Technical Director.
- B. Inquiries for the Difficulty score 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 as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry.
- D. Inquiries will be accepted for consideration for questions regarding D Scores. Please understand that the D Score and/or Overall Score could be lowered, raised, or remain the same.
- E. If, after the completion of the last event, an athlete's optional AA score is a maximum of 0.10 less than the Winter Cup, Hopes Classic, American Classic, and US Classic qualifying 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.

IX. COMPETITION RULES

- A. International Seniors, Juniors, Hopes 13-14, and Hopes 11-12 optional competition:
 - a. FIG Qualification Rules (Competition I) will be used for all events.
 - b. Traditional international warm up rules will be applied for optional competition.
 - c. Pre meet beam warm up will be 30 seconds per athlete for the entire group followed by 90 seconds per athlete in competition order.
 - d. 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.
 - e. FIG Vault values will be utilized for Hopes 11-12, Hopes 13-14, Junior and Senior athletes.
 - f. Allow three jumps over the table for touch warm-up for Hopes 11-12, Hopes 13-14, Junior, and Senior athletes.
 - g. Vaults with a D-score valued at 5.0 and higher in the FIG code will receive +.2 added to SV for Hopes 13-14 and juniors in 2026.

X. QUALIFYING SCORES

- A. International Senior qualifying score to Winter Cup/American/US Classic is 50.50 All Around.
- B. 3 Event Senior qualifying score to Winter Cup/American/US Classic is 39.30.
- C. 2 Event Senior qualifying score to Winter Cup/American/US Classic is 26.60.
- D. International Junior qualifying score to Winter/Cup/American/US Classic is 48.50 All Around.
- E. Hopes qualifying score to American Classic is 44.50 for 11-12 year-olds and 46.50 for 13-14 year-olds.



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XI. AWARDS

- A. Elite Awards for National Qualifiers
 - a. Compulsory – No awards are given.
 - b. National Qualifier Optional –
 - i. International Level Juniors and Seniors will receive All-Around medals only and no individual event medals.
 - 1. If there are 5 or less gymnasts competing, award first place.
 - 2. If there are 6 or more gymnasts competing, award first through third place.
 - 3. Announce the athletes who have achieved the optional qualification score.
 - ii. Hopes athletes will receive both All-Around and Individual Event Medals.
 - 1. If there are 5 or less gymnasts competing, award first place.
 - 2. If there are 6 or more gymnasts competing, award first through third place.
 - 3. Announce the athletes who have achieved the optional qualification score.

XII. HOPES MODIFICATIONS

Vault – 13-14 modifications

1. Allow two vaults, same or different - the highest score of the two counts as the official score.
2. To be considered for a vault medal, athletes must perform two different vaults. The average score of the two vaults will determine placement.
3. A bonus of 0.20 will be awarded for performing two vaults with saltos in different directions (bwd/fwd) in the second flight.
4. Allow three jumps over the table for touch warm-up for Hopes athletes, regardless of the number of vaults performed.

Bars – 13-14 modifications

1. The FIG deduction for an empty swing following a Schaposhnikova-type element will not be in effect.
2. Gymnasts will be permitted to squat, pike or straddle on and jump from LB to HB one time without incurring the .50 deduction. No casting deductions apply to the cast prior to the squat, pike, or straddle on.

Beam and Floor – 13-14 follow the USA Junior Elite Rules.

Vault – 11-12

1. Allow two vaults, same or different. The highest score of the two counts as the official score.
2. Allow the vault table to be set at 120 cm or 125 cm.
3. Allow three jumps over the table for touch warm-up for Hopes athletes, regardless of the number of vaults performed.



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Bars – 11-12 Equipment/Matting Modifications

1. Boards - May remove springs to adjust to the Hopes athlete. Must return springs as soon as athlete finished on event.
2. Hopes athletes may use skill cushion (maximum thickness of 20 cm) in addition to the 20 cm base mat and 10 cm (-2 cm tolerance) landing mat for release elements on bars. Matting must be removed after release move.
3. May place a manufactured sting or 10 cm mat under the bars during competition in addition to the 20 cm base. This matting cannot be moved or on top of the 10 cm landing mat.

Bars – 11-12 Composition Modifications from FIG:

1. Flight from HB to LB and same bar flight will become:
 - a. 1 release skill of C or higher / Value of 0.50
 - b. 1 release skill of B or higher / Value of 0.50
2. One different grip element per FIG / Value of 0.25
3. Two close bar complete circle elements from different families (from groups 2, 4 and 5) / Value 0.25
4. 180 degree non-flight turn / Value 0.25
5. Minimum B dismount / Value 0.25
6. The FIG deduction for an empty swing following a Schaposhnikova-type element will not be in effect.
7. The gymnast may run or take steps under the low bar to mount after presenting with no deduction.
8. Gymnasts will be permitted to squat, pike or straddle on and jump from LB to HB one time without incurring the 0.50 deduction. No casting deductions apply to the cast prior to the squat, pike, or straddle on.

Beam – 11-12 Equipment/Matting Modifications

1. Designated dismount area - cannot be changed.
2. In addition to the 20 cm of matting in the dismount area an additional 10 cm of matting must be used and NOT moved.
3. Boards - May remove springs to adjust to the Hopes athlete. Must return springs as soon as the athlete is finished on the apparatus.

Beam – 11-12 Composition Modifications from FIG:

1. A turn/roll from Group 3 OR Group 4, as per FIG / Value 0.25
2. Minimum of C dismount / Value 0.25
3. No dismount or A or B = 0.00 / Award DV Only

Floor – 11-12 Equipment/Matting Modifications

1. Up to 2 of either manufactured sting mats or 10 cm mats are allowed to be placed separately on the FX area.
2. Additional mats on the floor must be clearly marked with tape or chalk to indicate boundary line if the mats cover the lines.
3. Additional matting must be placed prior to the routine starting. A mat can't be added once routine has started. Mats may be removed or left in place.

Floor – 11-12 Composition Modifications from FIG:

1. Dance passage as per FIG / Value 0.25
2. Minimum C Dismount / Value 0.25
3. No dismount or A or B = 0.00 / Award DV Only



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**2026 NATIONAL QUALIFIER
New Element/Vault/Combination Form**

Please complete and submit the following form in advance to Annie Heffernon (aheffernon@usagym.org) or to the Technical Director prior to the Orientation Meeting.

Name of Club: _____

Phone number: _____

Apparatus: _____

Gymnast Name: _____

Gymnast Number: _____

Details of New Element, Vault, or Combination: _____

Evaluation: _____