



2023–2024 GymACT Rules Modifications Summary

Competition rules and scoring for GymACT competitions are based on the following documents:

1. 2021–2024 FIG Code of Points with modifications from:
2. 2023–2024 NCAA Rules Modifications with modifications from:
3. 2023–2024 GymACT Rules Modifications

Each series of rules and modifications (FIG, NCAA, GymACT) provide specific changes based on the needs of each league, its athletes, and spectators. In the event a rule question arises that is not specifically covered by any of these 3 documents the GymACT Rules Working Group will make a determination in consultation with the league commissioner.

- I. The following rule adjustments will be utilized for the GymACT Championship Competitions. (All Star Meet, Eastern/Western Conference Championship, and the GymACT National Championship), as well as determination of regular season ranking on RoadtoNationals.com. Head to head competitions between GymACT teams may utilize any competition format for regular season competitions (EG: Bundesliga Match Play Competition, fewer/more counting scores, etc). However, scores utilizing the following modifications are required for RTN ranking.
- II. In mixed NCAA–GymACT competitions the competition format and scoring presented will be determined by the host institution.
- III. In the event that competition scoring deviates from the following modifications, an adjusted set of scores, utilizing GymACT modifications may be provided by the competition judges to comply with GymACT Road to Nationals ranking (EG: A Bundesliga style meet may also keep FIG–GymACT modified scoring for National ranking purposes)

1. GymACT routines will count a total of 8 skills for determination of Difficulty Value (7 skills+Dismount). The requirement of 4 element groups, with a maximum of 5 skills per group remains the same as FIG senior rules.
2. GymACT team scoring will be determined by the top 4 scores per event with a maximum of 5 competitors (5 up, 4 count). Exhibition performances may be allowed as agreed upon by all coaches and meet directors.
3. There will be no qualifying score for teams to qualify to the 2024 GymACT National Championship. The only qualifying requirement will be participation in the GymACT Eastern or GymACT Western Conference Championship.
4. GymACT will utilize the FIG Junior/USAG Level 10 short routine rule (FIG Article 6.3) See below for number of counting skills and appropriate neutral deduction:

8 Skills = 0.0	7 Skills = 0.0	6 Skills = 0.0	5 Skills = -3.0	4 Skills = -4.0	3 Skills = -5.0	2 skills = -6.0	1 skill = -7.0	0 skills = -10.0
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5. Stick Bonus: GymACT will utilize the following values for stuck dismounts (the interpretation on landing position and awarding of the bonus will rely on the definition found in the NCAA Rules Modification Document). There is no stick bonus for any pommel horse dismount. Stick bonus should be noted on score sheets where available.

Value	A	B	C	D	E	F	G	H
Bonus	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7

All Vaults with a stuck landing will receive a bonus of +.2, regardless of difficulty value

6. Dismount Element Group Values are as follows:

A	B	C,D,E,F,G,H
0	.03	0.5

**Note: This modification is very similar to the NCAA rule. Here, a “C” value dismount receives full value.*

7. GymACT will reward the following “Special Element Bonus” on Rings: All Group 2 or Group 3 strength skills “C value or higher, and all listed cross elements will earn a .5 bonus, in addition to the element group. The special element bonus will be awarded as long as the attempt at the qualifying Group 2/Group 3 skill is recognizable. The bonus may only be awarded once per routine, and will be included in the Difficulty value of the routine.