



2025-2026 GymACT Rules Modifications Summary

Version 2 - 10.27.25

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

1. 2025-2028 FIG Code of Points
2. 2025-2026 GymACT Rules Modifications

General GymACT Modifications

1. 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.
2. GymACT Short Routine Rule has been modified to the following.

Number of Recognized Elements	6 or more	5	4	3	2	1	0
Neutral Deduction (ND)	0.0	1.0	2.0	3.0	4.0	5.0	10.0

3. GymACT Element Group D-Score Values have been modified to the following:

EG I A or Higher = 0.5	EG II & EG III (& EG IV for FX) A/B = 0.3, C = 0.4, D or Higher = 0.5
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4. GymACT Stick Bonus: (FX, SR, VT, PB, HB)

A = none	B = +0.1	C or Higher = +0.2	All Flipping Vaults = +0.2
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Event Specific GymACT Modifications:

1. Floor Exercise:

- a. Additional 2 mats, up to 4"(10cm), allowed for landing - may be removed
 - i. Applicable for the full season.
- b. Routines not containing a double salto element shall incur a -0.3 neutral deduction
- c. Final pass is **not** required to be a double salto element.
- d. Gymnasts shall be awarded a +0.1 Bonus in D-Score for performing a double salto as final pass.

2. Pommel Horse:

- a. Handstand Dismounts that achieve a recognizable handstand, shall be recognized, under all circumstances (except a fall). All FIG deductions shall apply.

3. Still Rings:

- a. Gymnasts shall receive a one-time +0.3 "Special Element" bonus in D-score for performing a recognized C-value or higher EG II or EG III skill.

4. Vault:

- a. See GymACT modified Vault Difficulty Table for vault values (Pg 2).
- b. The FIG zero vault rule will not be enforced at GymACT competitions. All vaults receive a score.

5. Parallel Bars:

- a. There shall be no deduction taken for a change in direction after a swing to handstand that finishes with a 2 sec hold.

6. Horizontal Bar:

- a. Connection Bonus Modifications:

EG I (Long-Hang) or EG III (In-Bar) to EG II (Release)	C or D -> C or D = +0.1	D or Higher -> E or higher = +0.2
EG II (Release) to EG II (Release)	C -> C = +0.1 D -> C = +0.1	D or Higher -> D or Higher = +0.2

GymACT Vault Modification Table:

Front Handspring Entry Vaults	GymACT SV
Handspring Tucked Salto	2.0
Handspring Piked Salto	2.8
Handspring Tucked Salto w/1/2 twist	2.4
Handspring Tucked Salto w/1/1 Twist	2.8
Handspring Tucked Salto w/3/2 Twist	2.8
Handspring Stretched Salto	3.8
Handspring Pike Salto w/1/2 Twist	3.6
Handspring Stretched Salto w/1/2 Twist	4.0
Handspring Piked or Stretched Salto w/1/1 Twist	4.4
Handspring Piked or Stretched Salto w/3/2 Twist	4.8
Handspring Piked or Stretched Salto w/2/1 Twist	5.2
Handspring Double Front	5.2
Handspring Stretched Salto w/5/2 Twist	5.6
Handspring Double Front 1/2	5.6
Handspring Double Pike	5.6
Handspring Double Pike 1/2	6.0
Handspring Stretched Salto w/ 3/1 Twist	6.0