

United Club Gymnastics (UCG) Women's Rules

(Note: Changes this competition year highlighted in red)

I. Purpose

- A. The purpose of this document is to prescribe the rules to be used in Women's Artistic Gymnastics competitions at UCG sanctioned events.
- B. Women's competitions in sanctioned events may use any combination of the rules specified below.

II. Levels & Rules

- A. UCG Open Scoring Level
 - 1. The full rules documentation for this level can be found [here](#).
- B. UCG Xcel Sapphire will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points) and Xcel Sapphire requirements. Differences from USAG and other items of note are listed below.
 - 1. There will be no difficulty restrictions, including no limit to the number of Ds/Es
 - 2. On vault, any vault that is not in the Xcel Sapphire vault table, but is in the USAG level 9 or 10 vault table will be eligible in UCG Xcel Sapphire with a 10.0 start value.
 - 3. Athletes will be permitted a maximum of 3 warm up vaults over the vault table and one salto or jump from the vault table to the landing mats.
- C. UCG Xcel Diamond will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points), Xcel Diamond requirements, and Xcel Diamond difficulty restrictions.
 - 1. Athletes will be permitted a maximum of 3 warm up vaults over the vault table and one salto or jump from the vault table to the landing mats.
- D. UCG Xcel Platinum will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points), Xcel Platinum requirements, and Xcel Platinum difficulty restrictions.
 - 1. Athletes will be permitted a maximum of 3 warm up vaults over the vault table and one jump from the vault table to the landing mats.
 - 2. Following the USAG change in early 2026, Xcel Platinum floor routines will be a maximum of 1 minute and 15 seconds for the 2026-2027 season.
- E. UCG Xcel Gold will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points), Xcel Gold requirements, and Xcel Gold difficulty restrictions. Differences from USAG and other items of note are listed below.
 - 1. A warm up time of 1 minute and 30 seconds will be given on all events.
 - 2. Athletes will be permitted a maximum of 3 warm up vaults over the vault table and one jump from the vault table to the landing mats.

3. On vault, an alternative springboard apparatus (mini-trampoline) may be used for a 9.5 Start Value if it is available. However, UCG or UCG sanction meet hosts are not required to offer this springboard alternative.
 4. On balance beam and floor exercise, UCG Xcel Gold routines will have a maximum routine time of 1 minute and 15 seconds. On beam, a warning will be given at 1 minute and 5 seconds.
- F. UCG Xcel Silver will use the USAG Xcel skill values (from the 2022-2028 Xcel Code of Points), Xcel Silver requirements, and Xcel Silver difficulty restrictions. **Differences from USAG and other items of note are listed below.**
1. A warm up time of 1 minute and 30 seconds will be given on all events.
 2. **Athletes will be permitted a maximum of 3 warm up vaults over the mat stack and one jump from the mat stack to the landing mats.**
 3. On vault, an alternative springboard apparatus (mini-trampoline) may be used if it is available. However, UCG or UCG sanction meet hosts are not required to offer this springboard alternative.
 4. On balance beam and floor exercise, UCG Xcel Silver routines will have a maximum routine time of 1 minute and 15 seconds. On beam, a warning will be given at 1 minute and 5 seconds.
 5. On floor exercise, athletes may compete Roundoff-Rebound or Roundoff-Rebound with Half Turn as part of an acro pass. (ex. Roundoff - Half Turn Stepout - Roundoff)
- G. Communication with athletes during competition routines
1. Athletes and coaches may speak to a competing athlete during their competition routine at any point with no deduction.

III. Safety Note

- A. As per UCG Safety and Equipment Standards policy: Gymnasts are expected to include in their exercise(s) only elements which they can perform with complete safety. If a judge or meet official deems an athlete cannot complete their routine safely based on practice or warm up turns, they have the ability to request that the athlete not perform the skills in question. If the athlete denies or ignores the request, the judge or meet official has the ability to scratch the athlete from the event prior to their competition routine.

IV. Uniform

- A. There are no uniform deductions in the women's competition. The judge however should not allow the gymnast to begin their routine if their attire is unsafe. (e.g. baggy clothing, dangerous jewelry, etc.) In case of disagreement, the meet referee's decision will be final.

V. Inquiry Procedure

- A. Each UCG sanctioned meet shall have an appointed meet referee selected from the judges attending. The meet referee will oversee the enforcement of UCG rules and interpretations and handle any inquiries.
- B. The inquiring party must completely fill out a UCG Score Inquiry Form (provided by the Meet Director). All Inquiries must be submitted prior to 5 minutes following the last routine of the session. The recommended time frame is before the end of the rotation following the one to which the inquiry applies.
 - 1. <https://naigc.org/wp-content/uploads/NAIGC-Score-Inquiry-Form.pdf>

VI. Skill Submissions

- A. To have an original skill or a variation of a skill considered for evaluation by UCG, please fill out this form (<https://bit.ly/UCGskillsubmission>). Skills must be submitted at least 2 weeks prior to competition during the regular season and at least 6 weeks prior to nationals for skill valuation. Once a skill has a preliminary valuation, the first person to submit a video of themselves competing the skill with no large deductions, will have it named after them. If you have any issues submitting the form, please email rules@unitedclubgymnastics.org
NOTE: Only new skills will be considered. Modified valuation of skills currently in the USAG or Xcel Code of Points will not be considered.
- B. All current accepted skills can be found in the UCG WAG Code of Points Additions. They are also linked on the UCG WAG Rules webpage.

VII. Amendments

- A. This document may be amended by the UCG Women's Rules Team Lead if the changes are minor. If the sum total of changes are big enough that a majority of WAG members need to know about it, the changes must be approved by the UCG Board.
- B. The most up-to-date and authoritative version of this document is on the UCG website.