

NFHS Gymnastics Rules Changes 2026-28

March 31, 2026

Rule 1: Clarifies that pivoting on both feet breaks a directly connected series, affecting connection credit.

Rationale: Emphasizes that pivoting on both feet will break a series of two directly connected elements.

2-2-1b(9): Expands examples of equipment failure (uneven bars and balance beam) to ensure consistent application when a second trial is permitted.

Rationale: Clarifies equipment failure on uneven bars and balance beam.

3-1-2e: Updates language allowing use of a softer foam skill cushion during both warm-ups and competition for risk minimization.

Rationale: Clarifies the language for the use of a softer foam skill cushion during warm-ups and competition.

3-3-1-4: Refines uniform regulations for clarity and consistency.

Rationale: Clarifies uniform regulations.

6-3-1h NEW: Adds new requirement that the vault take-off must be from two feet to promote proper take-off from the board and for risk minimization.

Rationale: Specifies a vault is required to take-off from two feet for risk minimization.

7-1-2a: Specifies the required padded length for the working and dismount areas on the uneven bars.

Rationale: Specifies the length of the working and dismount area of the uneven bars that needs to be padded for risk minimization.

7-2-4b: Clarifies that a clear hip circle, stalder circle, or pike sole circle may finish in either a clear support or handstand position.

Rationale: Clarifies that a clear hip circle, stalder circle or pike sole circle can end in either a clear support or handstand.

7-3-6: Removes an unnecessary deduction, simplifying scoring.

Rationale: Eliminates an unnecessary deduction in scoring.

8-1-2g: Requires the dismount landing area on beam to be padded to minimize risk.

Rationale: Ensures that all areas of the dismount landing area are padded for risk minimization.

9-1-2e: Reinforces that adding mats during a routine is not permitted.

Rationale: Specifies that adding mats during the routine is not allowed.

9-2-3(a2c): Defines regulations for a two-element acro pass.

Rationale: Specifies the regulations for a two-element pass.

9-2-3(a2d): Defines regulations for a single acro element pass.

Rationale: Specifies the regulations for a single acro element pass.

9-3-3(3): Clarifies the deduction for lack of acro passes in two different directions.

Rationale: Clarifies the deduction for lack of a pass in two different directions.

9-3-5 NOTE 3: Clarifies that a single element in a series may be counted twice for back-to-back superior credit, whether connected directly or indirectly.

Rationale: Clarifies a single element in a series may be counted twice to receive backto-back superior credit whether the connection is direct or indirect.

9-3-5 NOTE (4a): Removes redundant language.

Rationale: This statement is repeated under 9-3-5, Note 4b.

9-3-7p: Revises the music deduction to make it consistent with other event deductions.

Rationale: Clarifies that the music deduction is now consistent with other similar deductions.

2026-28 Editorial Changes

6-2-1-2, 7-2-1-3, 9-2-1-2

2026-28 Element Changes

Vault Box: 6.6.1, 6.6.3 Beam Box: 8.6.1