



2024-2025 GymACT Rules Modifications Summary

Version 1 - 10.10.24

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

1. 2025-2028 FIG Code of Points with modifications from:
2. 2024-2025 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.

5 Skills = -1.0	4 Skills = -2.0	3 Skills = -3.0	2 Skills = -4.0	1 Skill = -5.0
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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 = 0.5	EG IV (Except FX) Value of the Dismount.
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4. GymACT Stick Bonus: Applies to (FX, SR, PB, HB)

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

1. **Floor Exercise:**
 - a. Scale **not** Required
 - b. Routines not containing a double salto element shall incur a -0.3 neutral deduction
 - c. Dismount **not** required to be 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 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. +0.2 Stick Bonus shall be awarded for any flipping vault
 - b. See GymACT modified Vault Difficulty Table for vault values (Pg 2).
5. **Parallel Bars:**
 - a. There shall be No deduction taken for a change in direction after a skill/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/D -> C = +0.1	D or Higher -> D or Higher = +0.2

GymACT Vault Modification Table:

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