

GYMNASTICS NEWS

LATEST UPDATES

2026–2030 Optional Code of Points

REQUIREMENTS AND SCORING

WHAT'S CHANGING
IN THE 2026–2030
OPTIONAL CODE?

KEY REQUIREMENTS
FOR ATHLETES & COACHES

HOW SCORING
WILL BE CALCULATED

The 2026–2030 Optional Code of Points

The current cycle (effective August 2026) · Development Program Levels 6–10

Start Value + Bonus – Execution – Penalties = Final Score. Start Value (up to 10.0) comes from the gymnast's best Value Parts (A–E difficulty) plus meeting the four Special Requirements on each event. **Each missed Special Requirement is –0.50 off the Start Value.** Bonus = Connection Value (connecting hard elements) + Composition. Then execution and penalties come off.

Difficulty & Start Value by level

Level	A	B	C	Max Start Value
Level 6	4	2	—	10.0
Level 7	4	3	—	10.0
Level 8	4	4	—	9.8
Level 9	3	4	1	9.5
Level 10	3	3	2	9.2

L10 can earn +0.10 extra with a 10.0 SV, 0.6+ total bonus and an "E". Count the 8 best Value Parts.

Uneven Bars — Special Requirements

Level	The four Special Requirements
L6	1) One cast min. 45° above horizontal 2) Min. one bar change 3) One 360° clear-circle from Grp 3/6/7 (no hips on bar) 4) Salto dismount min. "A"
L7	1) One cast to handstand (45° fulfills) 2 & 3) Two 360° clear-circles (no hips), one a "B", one from Grp 3/6/7 4) Salto dismount min. "A"
L8	1) One cast to handstand 2 & 3) Two "B" elements (one w/ flight not in dmt, or one w/ LA turn) AND one "B" clear-circle Grp 3/6/7 4) Salto dismount min. "A"
L9	1) Two bar changes 2) Min. one "B" flight 3) 2nd diff. flight min. "C" or "B" elem. w/ LA turn 4) Salto dismount min. "B"
L10	1) Min. one "C" flight 2) 2nd diff. flight min. "B" 3) Min. "C" elem. w/ LA turn (no mt/dmt) 4) Salto dismount min. "C"

Balance Beam — Special Requirements

Level	The four Special Requirements
L6	1) Non-flight acro series OR one acro flight elem. 2) Leap/jump w/ 180° cross or side split 3) Min. 360° Grp 3 turn on one foot 4) Aerial/salto dismount min. "A"
L7	Same as L6, except #1: acro series (w/ or w/o flight) AND one acro flight element.
L8	1) Acro series min. two elems., one w/ flight 2) Leap/jump w/ 180° split 3) Min. 360° turn on one foot 4) Aerial/salto dismount min. "A"
L9	1) Acro series – 2 directly connected flight elems. 2) Leap/jump w/ 180° split 3) Min. 360° turn 4) Aerial/salto dismount min. "B" (or min. "B" conn. acro series)
L10	1) Acro series – 2 conn. flight, min. one "C" (or "E" flight + "A" non-flight) 2) Leap/jump w/ 180° split 3) Min. 360° turn 4) Dismount min. "C" (or conn. acro series w/ "C" flight)

Floor Exercise — Special Requirements

Level	The four Special Requirements
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L6	1) Acro pass – min. 2 conn. flight, one a salto 2) 2nd acro pass, diff. salto 3) Dance passage – 2 diff. Grp 1 elems., one a 180° split leap 4) Min. 360° turn on one foot
L7	Same as L6, except passes: one w/ backward salto, one w/ forward salto, one stretched salto.
L8	1) Acro pass w/ 2 saltos 2) 3 diff. saltos (no aerials) 3) Dance passage – 2 diff. Grp 1, one a 180° split leap 4) Min. “A” salto to finish last acro pass
L9	Same as L10, but last acro pass finishes with a min. “B” salto.
L10	1) Acro pass w/ 2 saltos 2) 3 diff. saltos (no aerials) 3) Dance passage – 2 diff. Grp 1, one a 180° split leap 4) Min. “C” salto to finish last acro pass

Vault & Bonus

Vault: each vault has a fixed Start Value; the judge deducts through four phases — 1st flight, support/repulsion (the block), 2nd flight, and landing. Watch: bent arms in support (up to –0.50), failing to pass through vertical (up to –0.30), insufficient height/distance in 2nd flight (up to –0.50).

Bonus (CV & CC): directly connecting harder elements earns Connection Value (+0.10 or +0.20 each). Composition caps: L8 +0.20, L9 +0.20, L10 +0.30. Connect “C”+ at L9 and “C/D/E” at L10 for the biggest bonus.

Execution deductions & penalties (quick reference)

Area	Deductions (↑ = up to / judge's range)
Landings	Feet > hip-width 0.10 · small hop up to 0.10 · large step up to 0.20 (steps max 0.40) · squat up to 0.30 · brush w/ hand up to 0.30 · fall / support on hands 0.50
Form	Flexed/sickled feet 0.05 · legs crossed up to 0.10, separated up to 0.20 · bent arms/legs up to 0.30
Amplitude	Low leaps/jumps up to 0.20 · low saltos/aerials up to 0.30 · insufficient split up to 0.20
Event notes	Bars: extra swing/cast 0.30 · Beam: extra balance move up to 0.30, pause 0.10 · Floor: out of bounds 0.10 ea., music w/ words or none 0.50
Penalties	Missed SR –0.50 · restricted element –0.50 · short exercise up to –2.00 · spotting assist = no VP/SR/CC +0.50 · coaching/verbal 0.20 · attire 0.20

Simplified coaching reference. For official rules, element values and the complete connection grid, always use the current USA Gymnastics Development Program Optional Code of Points.