



nederlandse studenten turn bond



Overview of changes to regulations and composition requirements

Compared to:

Women's Gymnastics regulations 2022-2025

and

Women's Gymnastics regulations 2025-2029

version 1 - October 2025

Version 2, May 2026

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Modifications after NSK 2026

1. Regulations

General

Vault

- Specified that there is no vault bonus in team competitions.

Apparatus specific determinations

Bars

- Text corrected for stop, empty swing and intermediate swings. Now the same as WG and NTS.
 - Added: multiple empty swings and intermediate swings between counting elements do not give multiple deductions.
 - Added: no technical E-score deductions for empty or intermediate swings.

Floor

- Gymnastic leap bonus can now be received multiple times
- Reviewed definition of acro lines for Women's level 6 (D6)

Beam

- Seriebonus can now be received multiple times

2. Supplements

All levels

- D-score contents: added that the dismount is always one of the acrobatic elements that gets rewarded difficulty value.
- Gymnastic leap bonus can now be received multiple times
- Vault bonus can only be awarded in individual competitions

Women's 1

- Beam: seriebonus can now be received multiple times

Women's 2

- Beam: seriebonus can now be received multiple times
- Floor: connection value for indirect somersaults is worth 0,2

Women's 4

- Bars SE2: cast swing minimum 15 degrees **below** horizontal

Women's 5

- Neutral deduction table for short exercises is now in agreement with the regulations

Women's 6

- Floor SE3: WAS 'An acrobatic series', NOW 'A connection of two acrobatic elements'

Modifications t/m NSK 2026 compared to regulations 2021/2025

1. Regulations

General

- Clearer references to supplementary documents from NSTB and KNGU.
- Bandages and tape are **always** permitted, as well as other injury prevention or -support materials. (In contrast to the KNGU)
- Clarification: Originality bonus totals towards a maximum of 0.3. Each element of originality is worth 0.1.
- Repetitive elements are explained more clearly and are therefore judged more strictly.
- New deduction tables, copied from the national regulations (NTS).

Apparatus specific determinations

Vault

- Clarification of the number of requested/counting jumps and permitted approaches.
- The take-off device (board or trampoline) may not be changed after the first jump.
- Vault bonus added for all levels (see supplements). Awarded only if both vaults are performed without a fall and are valid in the supplement.
- Jury informs athlete after vault 1 when vault element has **not** been awarded (e.g., half in, not turned in enough). In light of the vault bonus, the athlete can then choose a different element for the second vault. The total D-score is not disclosed verbally, only which element the first vault is recognized as. This is due to, for example, a possible D-score deduction for the take-off device used (board or trampoline) and whether the vault is valid in the supplement or not.
- Additional deductions for D6 that are not listed in the NTS deduction table. These are the same as those used in previous NSTB regulations.
- In addition to the NSTB vault table, D1 may also choose another vault from the NTS element table or the KNGU supplemental vault table for supplements A-D. The maximum D-score for D1 is 4.2. If this maximum D-score is exceeded with a vault outside the NSTB vault table, the vault is still valid, but the D-score for that vault becomes 4.2 (regardless of any vault bonus).

Uneven bars

- Any castswing in exercise can be used for composition requirement.
- The cast needs to meet the required height for composition requirement **exactly**.
- In all supplements you can jump from two feet on the low bar to hang on the high bar without deduction (in contrast to KNGU).
- Empty swings, intermediate swings and stops are specified. Intermediate swings are not the case for D4-D6, equal to KNGU.
- Added example of how the height of a castswing is determined.
- There is no deduction for exceeding the 30 second fall time.

Beam

- Specifies whether rolls, handstands, flairs, and holds are valid for composition requirements. Note: Rolls/flairs may only be used for CR2 in D1; handstands, rolls, and flairs may be used for all CR's in D2 through D6; and in D6, holds may also be used to complete SEs. See the regulations for element specifications.
- Balance disturbances without a fall are a maximum of 0.5. Holding the beam is not considered a fall.
- Added description for valid connections.
- Series bonus only applies to D1-D4.
- Artistic deduction maximum 0.8

Floor

- Artistic deduction maximum 0.8

2. Supplements

All supplements

General

- Layout similar to KNGU
- Added that each composition requirement is worth 0.50 and this is a maximum of 2.00 on beam, uneven bars and floor.
- The order in which elements are performed is free for granting connection value, unless stated otherwise.

Vault

- Vault bonus added

Beam

- Separate connection values for general dance connections and connections between specifically turns.
- Formulation SE 1: not a minimum number of degrees of leg separation, but a minimum difficulty value for the jump. This means that a jump with leg separation may have a deviation of the ideal leg separation and still count towards the CR.
- Added that the regulations specify which acro elements may or may not be used for the fulfilment of CR's 2 to 4 and for which supplements.

Floor

- Dance passage in accordance with the **NSTB** definition, instead of the **NTS** definition. This means a direct or indirect connection of at least two different gymnastic jumps, the first of which must be taken off from one leg and landed on one leg, and the second jump must be taken off from one leg and may land on one or both legs.
- Gymnastic jump bonus added and specified that it is only granted once.
- No longer a connection value between directly connected gymnastic jumps, but in supplements D1-D4 there is a connection value between directly connected gymnastic turns.

Supplement D1

Vault

- **Maximum D-score: 4.2.** Corresponds to KNGU supplement B.

Uneven bars

- CR1 emphasized that the mount can be used to fulfill the requirement.

Floor

- Text in header: Floor **-SE 2 to 4 must be performed in an acro line**
- CR3:**Somersault with double rotation** or acro line with 2 directly connected saltos
- Gymnastic jump bonus: C or higher = 0.10; **D or higher = 0.20**

Supplement D2

Uneven bars

- 7 elements instead of 8 elements count towards the difficulty value. This is consistent with previous NSTB regulations.

Beam

- CR4: Two different acrobatic elements **in different directions (backwards and forwards/sideways)**. May also be fulfilled with rolls.

Floor

- Text in header: Floor **-SE 2 to 4 must be performed in an acro line**
- CR3: An acroline with 1 layout salto *or* **an acro line with 2 saltos**.

Supplement D3

Uneven bars

- 6 elements instead of 7 elements count towards the difficulty value. Corresponds to KNGU supplement D.
- CR3: 2 different **circle** elements from group 2, 3, 4 or 5 (no flight) or 1 element with a minimum B value from group 2, 3, 4 or 5 (no flight)

Beam

- CR3 WAS: Two different acrobatic elements (minimum 1 element minimum A value). IS BECOMING: **An acrobatic element backwards or minimum B value.**
- CR4 WAS: An acrobatic element through or to a handstand (minimum A value). IS BECOMING: **Two different acrobatic elements, of which at least 1 element goes through or up to a handstand.**

Floor

- Text in header: Floor **-SE 2 to 4 must be performed in an acro line**
- CR2 WAS: Somersault forward and backward. IS BECOMING: **Forward somersault.**
- CR3 WAS: An acrobatic line of at least 2 different elements with flight. IS BECOMING: **Backward somersault.**
- CR4 WAS: Layout somersault forward or backward, or a somersault with a twist turn of at least 180°. BECOMES: **Layout salto or tempo salto or a salto with a twist turn of at least 180°**

Supplement D4

Vault

- Apparatus competition: "2 vaults must be performed, the average of the 2 scores counts. **These may be the same vaults.**"

Uneven bars

- CR2: Closed castswing at least **15°** below horizontal (somewhere in the exercise).
- Connection value combination, made from KNGU supplement E and F:
 - TA+A in A+A = 0.1
 - TA+B and A+B = 0.2

Beam

- Text in header: Beam - **All CR's** must be performed on the beam

Floor

- Text in header: Floor -**SE 2 to 4 must be performed in an acro line**

Supplement D5

Vault

- Apparatus competition: "2 vaults must be performed, the average of the 2 scores counts.**These may be the same vaults.**"

Uneven bars

- CR1 aligned with KNGU supplement G:
 - 1 tapswing instead of 2 in NSTB supplement 2022-2025
 - 30° below horizontal **in forward tapswing** instead of in both front and back part of the tapswing
- CR2 aligned with KNGU supplement G:
 - Closed castswing **45°** below horizontal

Beam

- Text in header: Beam - **All CR's** must be performed on the beam
- Mistake fixed from version 1 supplements 2025-2029
 - Connection value mix: $TA + A = 0.1$

Floor

- Text in header: Floor - **Dismount only recognized with at least 2 acro lines**
- SEs 2 to 4 aligned with KNGU supplement G:
 - CR2: An acrobatic element forward/sideways **and backwards**
 - CR3 WAS: An acrobatic element backward. BECOMES: **An acroline.**
 - CR4: A 2nd acro line with at least 2 different elements ~~of which at least 1 with flight.~~

Supplement D6

General

- SA elements are also valid and worth 0.10.

Vault

- Apparatus competition: "2 vaults must be performed, the average of the 2 scores counts. **These may be the same vaults.**"

Uneven bars

- SEs 1 to 3 aligned with KNGU supplement H
 - CR1: "**Stretch swing 45° below horizontal in the fore-swing**"
 - CR2: "An element on the low beam (**no mounting or dismounting**)"
 - CR3: "A circle element from group 2, **3**, 4 of 5 of **minimum A value** (no flight)"
- Connection value equal to supplement D6 2022-2025: TA + TA or higher = 0.10.

Beam

- Text in header: Beam - **All CR's** must be performed on the beam
- CR1: Leg separation requirement according to KNGU Supplement H, tested during NSTC 1 2025 → Restored to the requirement from Supplement D6 2022-2025: "A connection of at least two different dance elements (leg separation not required)"
- Error fixed in supplement 2025-2029 version 1: connection value dance and mix is both TA + TA = 0.10.

Floor

- Text in headline: "Floor - Exercise on music is not mandatory"
- SEs 1 and 3 aligned with KNGU supplement H:
 - CR1: Dance passage according to NSTB definition with leg separation TA value
 - CR3: An acro line
- Connection values changed to a combination of KNGU supplement H and supplement D6 2022-2025:
 - Acro - 2 elements of which 1 with flight → TA + TA or higher = 0.1
 - Gymnastic jump ~~with leg separation~~ - one time → A or higher = 0.1
 - Mix performed in the order shown → TA-acro or higher + TA-dance or higher = 0.1