



2024 WOMEN'S
NATIONAL COLLEGIATE
GYMNASTICS
CHAMPIONSHIPS

PRE-CHAMPIONSHIPS
2023-24 MANUAL

NCAA General Administrative Guidelines

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THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

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Section 1 • Introduction

During the 2023-24 academic year, the Association will sponsor 90 national championships – 42 for men, 45 for women and three for both men and women. Of the men’s championships, three are National Collegiate Championships, 13 are Division I championships, 12 are Division II championships and 14 are Division III championships. Of the women’s championships, six are National Collegiate Championships, 12 are Division I championships, 13 are Division II championships and 14 are Division III championships. The combined men’s and women’s championships are National Collegiate Championships.

The Pre-Championship Manual will serve as a resource for institutions to prepare for the championship. This manual is divided into three sections: General Administrative Guidelines, Sport-Specific Information and Appendixes.

Sections one through nine apply to policies applicable to all 90 championships, while the remaining sections are sport specific.

Section 1.1 Definitions

Pre-championship Manual. Resource for institutions to prepare for the championship.

Administrative Meeting. Pre-championship meeting for coaches and/or administrators.

Appendixes. Any supplemental documents to be provided and distributed through the various resources.

Championship Manager. The NCAA staff member(s) responsible for the operational oversight of the championship.

Games Committee. The committee assigned to supervise the conduct of each championship session at a specific site. For finals sites, the games committee is typically the NCAA national committee.

NCAA National Committee. The sport committee with direct oversight responsibilities for the championship.

Non-predetermined Sites. Those sites that are selected to host at the time of the participant/team selections announcement.

Playing Rules. The rules under which the competition will be conducted.

Predetermined Sites. Those sites that are selected to host before the participant/team selections announcement.

Preliminary Rounds. The rounds of the championship before the final or championship round.

Regional Alignment. The geographic location of institutions or regional advisory committees.

Schedule of Events. Official event schedule – includes all required activities (e.g., practices, banquets, etc.).

Selection Criteria. Policies and procedures in place to guide the team selection process.

Site Selection Criteria. Policies and procedures in place to guide the site selection process.

Squad Size. In any championship in which a squad limit has been established by the governing sport committee or by the bylaws, the number of eligible student-athletes in competitive uniform at the start of competition.

Tournament Physician. The physician designated by the host institution/conference to serve as the chief medical advisor for the championship event(s) to be hosted at the host venue.

Section 2 • Championship Core Statement

The championships and alliances staff strives to administer competition in a fair, safe, equitable and sportsmanlike manner so that the experience of the student-athlete is paramount.

This is attained by:

Ensuring student-athletes’ optimal experience.

Executing championship events reflecting appropriate quality and values to/for stakeholders – student-athletes, coaches, administrators, member institutions, sport committees, fans, broadcast partners and corporate champions/partners.

Coordinating all aspects of the championship in an efficient, effective manner through common operating policies and practices, using internal and external resources.

Integrating championships with broadcast and corporate relationships in a manner that maintains the integrity of the championship.

Assuring effective management of the business aspects of the operation.

Enhancing the assets of the NCAA and their value by collaborating with internal and external expertise to achieve heightened exposure (e.g., community programs, fan events, banquets, anniversaries).

Section 3 • Conduct

Section 3•1 Certification of Eligibility/Availability

[Reference: Certification of Eligibility/Availability in Bylaws 12, 13, 14, 15, 16, 20.2.4, 31.2.1.7.1, 31.2.1.7.1.2 and 31.2.2 in the NCAA Division I Manual, Bylaws 7.3.1.5 and 18.2.1.1 in the NCAA Division II Manual and Division II Championships Committee Policy and Bylaws 31.2.1.5, 31.2.1.5.2, and 31.2.2 in the NCAA Division III Manual.]

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. Member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition.

Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championship competition.

DISCOVERY OF INELIGIBILITY OF A STUDENT-ATHLETE AFTER SELECTION

If an institution fails to report an ineligible student-athlete and the omission is not discovered until after the institution is selected to participate in the championship, necessitating the institution's withdrawal from the championship, that withdrawal shall be considered as one of the years of ineligibility, provided another institution participates in the championship in place of the disqualified institution. If the discovery of the ineligible student-athlete occurs so near the beginning of the championship that the governing sport committee does not have a reasonable period of time to replace the disqualified institution in the bracket, that fact shall be taken into consideration in determining the number of years the disqualified institution shall be ineligible to participate.

Section 3•2 Drug Testing

As part of preparation and planning to participate in championship events, member institutions are reminded and encouraged to review all applicable policy and legislative requirements pertaining to banned substances, drug testing and related eligibility requirements with their student-athletes. Student-athletes who compete in NCAA championships may be subjected to drug tests in accordance with legislation and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

Section 3•3 Honesty and Sportsmanship

Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

Section 3•4 Misconduct/Failure to Adhere to Policies

MISCONDUCT

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship, that discredits the event or intercollegiate athletics. Each games committee shall hold an administrative meeting with the representatives of participating institutions to review and explain the policies related to misconduct.

FAILURE TO ADHERE TO POLICIES AND PROCEDURES

A governing sport committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition. [Click here](#) to see the full misconduct/failure to adhere to policies and procedures online.

Section 3•5 Sports Wagering Policy

Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; internet sports wagering; mobile betting; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

The current NCAA legislation against sports wagering prohibits NCAA student-athletes, member institutions' athletics staff and non-athletics staff with athletics responsibilities, and conference office staff from participating in sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics practice or competition in a sport in which the NCAA conducts championship competition, in bowl subdivision football and in emerging sports for women.

A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

STUDENT-ATHLETES

A student-athlete found in violation of the prohibition against knowingly participating in any sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activity that involves intercollegiate, amateur or professional athletics competition shall be ineligible for further intercollegiate competition, subject to appeal to the Committee on Student-Athlete Reinstatement for restoration of eligibility.

POSTSEASON

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

HOSTING OPPORTUNITIES

It is permissible for NCAA championships to be conducted at locations in states that permit sports wagering.

Section 3•6 Student-Athlete Experience Survey

During the NCAA championships, the student-athlete experience is paramount. NCAA staff and hosts dedicate themselves to planning the best experiences for all involved. As part of our commitment to getting better, following the championship, participants will receive a survey to provide feedback on their experience and input on how championships can be improved for future NCAA student-athletes. Institutional administrators and coaches will receive

an email containing a link to the survey and will be asked to forward the survey to student-athletes. Additionally, this survey will be accessible via QR code found on the back of NCAA-issued championship credentials.

We also understand that sometimes certain circumstances or conditions occurring during the events may require real-time consideration. When this is the case, student-athletes may reach out to their site representative or NCAA national office staff on-site.

Section 4 • Elite 90™ Award

The Elite 90 award was created to recognize the true essence of student-athletes by honoring individuals who have reached the pinnacle of competition at the national championship level in their sport, while also achieving the highest academic standard among their peers. The award is presented in every sport, every division, and goes to the student-athlete who has the highest cumulative grade-point average of all student-athletes competing at the finals site. One student-athlete per championship will receive the award, and the announcement of the winner will be made at the finals site.

Institutions that wish to nominate a student-athlete must do so through an online nomination process. For more information or to access the online form and submit a nomination, [click here](#).

Section 5 • Fan Travel

Through support from Marriott International as the Official Hotel Partner of the NCAA, NCAA championships are pleased to provide easy and affordable accommodations for family and fans to follow their favorite student-athlete(s) and team(s) as they participate in NCAA championships competition. Travel arrangements completed through Marriott and NCAA Travel help support NCAA student-athletes. Please direct your fans to [NCAA.com/travel](https://www.ncaa.com/travel) to search and book online hotel reservations.

Section 6 • Health and Safety

As part of preparation and planning to host and/or participate in championship events, member institutions are reminded and encouraged to review all applicable health and safety policy and legislative requirements and guidance including, among others, those relating to concussion management, catastrophic injury prevention, inclement weather and independent medical care. These requirements and related information can be found in applicable division manuals, sports playing rules and the materials located on the [NCAA Sport Science Institute website](#). In addition, a summary of some of the key health and safety considerations related to traveling to championship events can be found in the [NCAA's Guidance for Medical Care and Coverage for Student-Athletes at Away Events](#).

Section 7 • Logo Policy

[Reference: Bylaws 12.5.4, 31.1.7 and 31.1.8 in the NCAA Division I Manual, Bylaw 12.5.4 in the NCAA Division II Manual and Bylaw 12.5.3 in the NCAA Division III Manual .]

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g., celebrations on the court, pre- or postgame press conferences), provided the following criteria are met:

1. Athletics equipment (e.g., shoes, helmets, baseball bats and gloves, batting or golf gloves, hockey and lacrosse sticks, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and

2. The student-athlete's institution's official uniform (including numbered racing bibs and warmups) and all other items of apparel (e.g., socks, head bands, T-shirts, wrist bands, visors or hats, swim caps and towels) shall bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark), not to exceed 2-1/4 square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athlete's institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

Section 8 • Research

In order to avoid inappropriate and unnecessary participant distraction and disruption of championship events, it is expected any data collection or other research efforts conducted at or during championship events will be coordinated through the national office, with notice and a description of any research proposal to be submitted to the NCAA research staff at least six weeks before the championships event begins.

Section 9 • Travel Party

Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. NCAA Travel policies are updated annually and can be found online [here](#). Please reference Appendix A of the travel policies for reimbursable travel party numbers. The travel policies supersede all other documents.

Section 10 • Religious Conflicts

[Reference: Bylaws 31.1.4.1 and 31.1.4.2 in the NCAA Division I Manual.]

Institutional Policy. If a participating institution has a written policy against competition on a particular day for religious reasons, it shall inform the NCAA national office on or before September 1 of each academic year in order for it or one of its student-athletes to be excused from competing on that day. The championship schedule shall be adjusted to accommodate that institution. *(Adopted: 4/22/98, Revised: 8/11/98, 10/28/99, 5/2/13)*

Individual Championships. In individual championships, an athlete must compete according to the institution's policy regarding Sunday competition (if the institution has no policy against Sunday competition, the student-athlete shall compete on Sunday if required by the schedule).

Section 11 • Team Replacement Policy

The Division I Competition Oversight Committee developed a team replacement policy considering the possibility of unforeseen circumstances impacting championship fields. The policy will be implemented in accordance with the terms set forth in the policy document available [here](#) when, despite best efforts, a team within the championship field is impeded or hindered from participating in the championship for reasons beyond its control.

National Collegiate Women's Gymnastics

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Section 1 • General Administration

Section 1•1 NCAA Tournament Operations Staff Contact Information

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P.O. Box 6222 / Indianapolis, Indiana 46206-6222
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Linda Godby

Assistant Coordinator, Championships and Alliances
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317-917-6507 / lgodby@ncaa.org

Section 1•2 National Committee

The National Collegiate Women's Gymnastics Championships are under the control, direction and supervision of the NCAA Women's Gymnastics Committee.

Current members of the committee are:

REGION 1 (CENTRAL)

Shaun Richard

Executive Associate Athletics Director for Sport Admin.
The Ohio State University

REGION 3 (NORTHEAST)

Lauren Procopio

Assistant Athletics Director
University of Pennsylvania

REGION 5 (SOUTHEAST)

Danna Durante

Head Women's Gymnastics Coach
University of North Carolina, Chapel Hill

REGION 6 (WEST)

Jeff Konya

Director of Athletics
San Jose State University

REGION 2 (NORTH CENTRAL)

Guard Young, chair

Head Women's Gymnastics Coach
Brigham Young University

REGION 4 (SOUTH CENTRAL)

Cindy Harris

Executive Associate Athletics Director
Illinois State University

REGION 4 (SOUTH CENTRAL)

Lisa Bowerman

Head Women's Gymnastics Coach
Texas Woman's University

For additional information about the Women's Gymnastics Championships, contact:

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Guard Young, chair

Head Women's Gymnastics Coach
Brigham Young University
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Section 1•3 Conference Score Verification Coordinators

The national committee approves a conference score verification coordinator (score verifier) in each of its respective conferences to assist with verification of scores throughout the season.

CONFERENCE	SCORE VERIFICATION COORDINATOR	EMAIL
Atlantic Coast Conference	Amanda Wellick; Pittsburgh	awellick@athletics.pitt.edu
Big 12 Conference	Jessica Yamzon; West Virginia	Jessica.yamzon@mail.wvu.edu
Big Ten Conference	Quest Hayden; Iowa	quest-hayden@uiowa.edu
East Atlantic Gymnastics League	Jazmyn Estrella; New Hampshire	Jazmyn.estrella@unh.edu
Gymnastics East Conference	Cassie Hageman; Pennsylvania	chageman@upenn.edu
Mid-American Conference	Don Houlton; Western Michigan	donald.houlton@wmich.edu
Midwest Independent Conference	Andavea Alexander; Southeast Mo. St.	aaalexander@semo.edu
Mountain Pacific Sports Federation	Melissa Genovese; Sacramento State	Genovese@csus.edu
Mountain West Conference	Kyle Cottam; Utah State	kyle.cottam@usu.edu
National Collegiate Gymnastics Association-East	Sulekha Zaug; Cortland State	sulekha.zaug@cortland.edu
Pac-12 Conference	Jeffrey Langenstein; Washington	jalang@uw.edu
Southeastern Conference	Kyla Ross; Arkansas	kylar@uark.edu
Wisconsin Intercollegiate Athletic Conference	Doug Byrnes; Hamline	dbyrnes@hamline.edu

The responsibilities of each score verifier include, but are not limited to, the following:

- Prior to the season, collect schedule of meet forms from all teams in their conference.
- During the season, (1) verify that the meet each team competes in matches the meet scheduled on its form; (2) compare official score sheets to the scores listed on Road to Nationals; and (3) email score sheets to Road to Nationals within 72 hours of each meet.
- Remind coaches of score submission deadlines.
- Perform a manual check of the scores for the top 36 teams, 12 all-arounders and 16 specialists per event, then electronically sign.
- Review and approve or deny a team's request to change its schedule of meets in accordance with NCAA rules.

Score verifiers are recommended by coaches or administrators and approved by the Women's Gymnastics Committee.

Section 1•4 Important Dates

Friday, Dec. 1	Deadline for institutions to submit their schedule of meets to the appropriate regional score verification coordinator.
Monday, Feb. 19	Deadline for regional and national participant manuals to be submitted by the tournament director to Linda Godby (lgodby@ncaa.org).
Monday, March 11	Teams ranked 26-36 on Road to Nationals and all head coaches of potential individual qualifiers must verify scores through Road to Nationals.
Saturday, March 23	Deadline for scores used for qualification purposes.
Sunday, March 24	Deadline for institutions to verify all scores used for qualification purposes through Road to Nationals (noon Eastern time).
Monday, March 25	Team, all-arounder and individual event specialist selections to regional competition announced via an online selection show on NCAA.com . Noon Eastern time (subject to change).

NATIONAL COLLEGIATE WOMEN'S GYMNASTICS

Monday/Tuesday, April 1/2	Tournament directors to conduct teleconferences with participating head coaches and administrators [teams, all-arounders (AA) and individual event specialists (IES)], site representatives and meet referees at noon Eastern time. (Four separate calls shall be conducted.) The assigned site representative along with the tournament director will lead the call. Deadline for institutions that have qualified for regional competition to accept or decline the invitation to participate. [Note: Not later than noon eastern time.] Accept by submitting the official entry information via PlanningPoint to the appropriate regional tournament director and the NCAA championship manager. All declines must be in writing to the NCAA championship manager.
Wed-Sun, April 3-7	Regional competition.
Monday, April 8	Selection to the national championships announced. Selection information will be available on the NCAA website not later than noon Eastern time.
Tuesday, April 9	National tournament director to conduct teleconference with participating head coaches and administrators (teams, AA and IES), committee chair and meet referee at noon Eastern time. The committee chair will lead this call along with the tournament director and NCAA staff.
Wednesday, April 10	Deadline for institutions that have qualified for the national championships to accept or decline the invitation to participate. [Note: Not later than noon Eastern time.] Accept by submitting the official entry information to the NCAA championship manager. All declines must be in writing to the NCAA championship manager.
Thu and Sat, April 18 and 20	National Collegiate Women's Gymnastics Championships.

CHAMPIONSHIP DATES

2024 Regionals: April 3, 4 and 6

Arkansas Regional University of Arkansas, Fayetteville

Michigan Regional University of Michigan

2024 Regionals: April 4, 5 and 7

California Regional University of California, Berkeley

Florida Regional University of Florida

2024 Finals: April 18-20

Fort Worth, Texas Texas Woman's University and Knight Eady, hosts.

FUTURE DATES

Regional and National Competition

April 2-6, 2025, and April 17-19, 2025

April 1-5, 2026, and April 16-18, 2026

DATE FORMULA

Two regional competitions will occur on a Wednesday, Thursday, Saturday format, and two regional competitions will occur on a Thursday, Friday, Sunday format. All competition will conclude the weekend of the first Saturday in April. Any teams that are prohibited from Sunday competition will automatically be assigned to a regional that concludes competition Saturday.

The national championship will be two weeks later, on a Thursday and Saturday format, or a Friday and Sunday format.

ANNUAL FORMS

Schedule of Meets Forms. Teams complete this form with their schedule of meets for the season. The form must be submitted to the score verifier by Dec. 1. Only scores from meets conducted between Jan. 1 and March 23, 2024, and listed on this form will be accepted for qualification purposes. If a schedule requires a change due to extenuating circumstances, teams must contact their score verifier and Jennifer Mervar (jdmervar@ncaa.org) for approval. Failure to submit this form or receive approval for a meet change may result in scores not counting towards national qualifying score for postseason qualification. The schedule-of-meets form is located at ncaa.org/sports/2013/11/6/national-collegiate-women-s-gymnastics.aspx.

Judges Evaluation Form. Coaches will submit the online judges' evaluation form within 72 hours of each meet. Host institutions shall provide each coach with the judges' names, event and state of residence. The online judges' evaluation form is available at <https://roadtonationals.com/results/1974/jas/meets.php>. Hard copies of the evaluation form will not be accepted.

Section 1•5 Eligibility for National Collegiate Championships

[Reference: Bylaw 20.8 in the NCAA Manual.]

An active member institution in good standing, regardless of division, is eligible for the National Collegiate Championships if a division championship in the respective sport is not offered. Such an institution normally is required to meet only the institutional individual eligibility requirements of its division that govern the sport in question.

Section 1•6 Equipment

American Athletic, Inc., will furnish the equipment that will be used at the National Collegiate Women's Gymnastics Championships. Teams, all-around competitors and individual event specialists may bring one vaulting board and one small beam pad (not a sting or suede mat) to be used at regional competition and the national championships. The small beam pad may not be left on the floor during the competition (both regionals and nationals). All other equipment and matting (e.g., sting mats, vault entry pads, plywood) will be provided by the host institution and/or equipment manufacturer.

NEW FOR 2024: An AAI representative will be on-site throughout the championships at each regional site to assist with equipment needs.

Equipment Specifications. All equipment must conform to USA Gymnastics equipment specifications as outlined in the USA Gymnastics Women's Rules and Policies, Operating Code (Junior Olympic-Level 10). Copies may be obtained from USA Gymnastics, 132 East Washington Street, Suite 700, Indianapolis, Indiana 46204 (317-237-5050). It also can be downloaded at https://usagym.org/pages/women/pages/rules_policies.html. Additionally, NCAA rules modifications will be used as referenced in Section 1.7.

Foreign Substance. Foreign substances may NOT be placed on the hands and/or feet of the gymnasts or any piece of equipment (e.g., honey and sugar, tuff skin).

Grips. A broken or completely torn hand-grip will be treated as equipment failure, and the gymnast has the right to repeat the exercise. Loose grips, unraveled wrist straps, etc., do not constitute broken grips. *Note: If an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch per student-athlete will be allowed.*

The gymnast will repeat her routine as the last team competitor or after the all-around competitor/individual event specialist. If this does not allow for a sufficient amount of time to change grips or enough time to prepare, the gymnast will repeat the routine as soon as safely possible. The time should not exceed five minutes (common sense and safety must prevail).

Regional Mat Color. Regional hosts may use any solid color floor exercise carpet, provided any corporate logos are covered. If the host institution rents or borrows a mat for regional competition, then a blue AAI mat shall be used.

Vault Height. The vault table may be raised to the maximum height specified by the equipment manufacturer.

Vault Table. Institutions and individuals must compete using the vault table apparatus that is approved by USA Gymnastics for Level 10 developmental program competition in order for the scores from a meet to be used in the calculation of national qualifying scores (NQS). Please note that the TAC/10 LZT vault table will be used at NCAA regional and national competition.

Section 1•7 Rules

[Reference: Bylaw 31.1.6 in the NCAA Manual.]

The NCAA Women's Gymnastics Rules Modifications are available on the NCAA website at ncaa.org/sports/2013/11/6/national-collegiate-women-s-gymnastics.aspx.

Per NCAA Bylaw 17.30, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with NCAA rules or those rules adopted by an outside organization.

The National Collegiate Women's Gymnastics Championships, and all meets used to qualify for them, will be conducted according to USA Gymnastics Development Program Code of Points (Level 10 Rules) and the NCAA Women's Gymnastics Rules Modifications.

Section 1•8 Uniforms

[Reference: Bylaw 12.5.4 in the NCAA Manual.]

For all sessions of the National Collegiate Women's Gymnastics Championships, an institution's official uniform and all other items of apparel (i.e., tights, T-shirts, warmups, tennis shoes) must be identical if worn on either practice or competition day. During the march-in and awards ceremony, team members must be in identical warmup apparel.

For NCAA women's gymnastics competition, the following uniform policies must be followed:

All competitors are required to be in identical team-issued uniforms for all official practices, warmups and competitions, including the awards ceremony.

1. Gymnasts must wear one-piece leotards that include briefs and sports bra that are the same color as the leotard or are skin-tone in color.
2. Swimsuit apparel is permitted during practice and warmup only, provided the apparel meets all other requirements.
3. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform." The gymnast must comply with the uniform rules or a .30 team deduction will be taken during team competition or a .30 deduction off the individual's score during individual competition.

When a team (or individual qualifiers from the same school) is on the competition floor, the competitors must be in identical team uniforms. Individual qualifiers may wear their own team leotards.

LOGOS

[Refer to General Administrative Guidelines, Section 7.](#)

Section 2 • Determination of Championship Participation

Section 2•1 Championships Format

Championships Regionals. The top 36 teams based on NQS will be selected for regional competition. NQS is determined by taking the top six scores, three of which must be away, dropping the highest and averaging the remaining five. Nine teams, three all-around competitors and four individual specialists per event (all of whom are not on a qualifying team) will be assigned to one of four regions. The number of all-arounders and event specialists assigned to each region may vary depending on the number of individuals qualifying from a given school. Overall, 12 all-arounders and 16 event specialists for each event will be selected nationwide.

The first round will consist of two teams, the second round will consist of eight teams and individuals, and the regional final will consist of four teams. At each regional, the top team in round one qualifies to round two; the top two teams in each session in round two qualify to the final round; and the top two teams in the final round qualify to the national championship. The top all-arounder and event specialist at each regional (who is not on an advancing team) qualifies to the national championship in their respective event(s).

Championships Finals. The National Collegiate Women's Gymnastics Championships will consist of eight teams, four all-around competitors and 16 event specialists. Semifinals and individual competition will be conducted in two sessions April 18. The top two teams from each semifinal will advance to the final competition April 20. The individual all-around and event champions (considering all competitors) will be awarded to the individuals with the top scores considering scores from both semifinal competitions. The team champion will be awarded to the team with the highest cumulative team score from the final competition.

REGIONAL FORMAT AND SCHEDULE (ALL TIMES ARE LOCAL)

There will be a total of four sessions of four rotations. The first-round meet will start at 2 p.m. For the second round, the two meet times are 2 p.m. and 7 p.m. The regional final will start at 5 p.m. All-arounders and event specialists will compete after the teams in each event. The order of events will be as follows:

Vault – Bars – Beam – Floor

Regional team, all-around and event specialist competition and warmups will be conducted in the same manner as at the championships.

The Women's Gymnastics Committee conducted a random draw for 2024 regional competition and all regions will follow the same draw.

First Round: No draw for dual meet. The higher NQS team receives Olympic order. The lower NQS team follows bars, vault, floor, beam. The first competitor will compete on vault, followed by the first competitor on bars. Teams will alternate individuals competing one at a time (same as regular-season dual meets).

Second and Final Rounds: (NEW for 2024) Teams will compete in the alternating competitor format as outlined in Appendix D.

EVENT	TEAM
Vault	Team NQS 1
Bars	Team NQS 4
Beam	Team NQS 3
Floor	Team NQS 2

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Regional Final:

EVENT	TEAM
Vault	NQS 3
Bars	NQS 2
Beam	NQS 1
Floor	NQS 4

Wednesday, April 3 or Thursday, April 4: Competition Day - First Round

10 a.m.	Look through for teams
10:59 a.m.	Training room opens
11:59 a.m.-12:19 p.m.	Open stretch
12:19-12:21 p.m.	Transition
12:21-12:36 p.m.	Warmup Rotation I
12:36-12:38 p.m.	Transition
12:38-12:53 p.m.	Warmup Rotation II
12:53-12:55 p.m.	Transition
12:55-1:10 p.m.	Warmup Rotation III
1:10-1:12 p.m.	Transition
1:12-1:27 p.m.	Warmup Rotation IV
1:48 p.m.	March-ins and National Anthem
1:54 p.m.	Prepare for first event
1:57:30 p.m.	Touch warmup start
2:01 p.m. on ESPN+	Competition begins
7 p.m.	Look through for teams/individuals participating in second round.

Thursday, April 4 or Friday, April 5: Competition Day - Second Round

10:46 a.m.	Training room opens
11:46 a.m.-12:06 p.m.	Open stretch
12:06-12:08 p.m.	Transition
12:08-12:25 p.m.	Warmup Rotation I
12:25-12:27 p.m.	Transition
12:27-12:44 p.m.	Warmup Rotation II
12:44-12:46 p.m.	Transition
12:46-1:03 p.m.	Warmup Rotation III
1:03-1:05 p.m.	Transition
1:05-1:22 p.m.	Warmup Rotation IV
1:43 p.m.	March-ins and National Anthem
1:54 p.m.	Prepare for first event
1:56:30 p.m.	Touch warmup start
2:01 p.m. on ESPN+	Competition begins for Session I
4:46-5:06 p.m.	Open stretch for Session II
5:06-5:08 p.m.	Transition
5:08-5:25 p.m.	Warmup Rotation I*
5:25-5:27 p.m.	Transition
5:27-5:44 p.m.	Warmup Rotation II
5:44-5:46 p.m.	Transition

5:46-6:03 p.m.	Warmup Rotation III
6:03-6:05 p.m.	Transition
6:05-6:22 p.m.	Warmup Rotation IV
6:43 p.m.	March-ins and National Anthem
6:54 p.m.	Prepare for first event
6:56:30 p.m.	Touch warmup start
7:01 p.m. on ESPN+	Competition begins for Session II

*Timing subject to change. Refer to regional participant manual for detailed schedule.

Friday, April 5 or Saturday, April 6: Rest Day - Regional Final

Open Stretch and Visualization

- This is optional, but if your team is not attending, you are required to let the host know on the Regional/National call.
- 20-minute open stretch on the floor exercise (as stated in NCAA manual) and 25 minutes of visualization (as stated in the NCAA rules modifications).
- Visualization may be done on the competition area or in the stands by any gymnast. Matting surrounding each event (including FX itself and V runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.
- After the 20-minute open stretch, make the following announcement: "Open stretch is complete. All athletes, please remove yourselves from the floor exercise and provide room for visualization."

Rotation is as follows:

Teams #1 and #2 from Session I

10:00-10:20 a.m.	Open stretch on floor exercise
10:20-10:45 a.m.	Visualization open to all events
10:45-11:30 a.m.	Athletic training available for teams #1 and #2 from Session I

Teams #1 and #2 from Session II

11:00-11:20 a.m.	Open stretch on floor exercise
11:20-11:45 a.m.	Visualization open to all events
11:45 a.m.-12:30 p.m.	Athletic training available for teams #1 and #2 from Session II

Saturday, April 6 or Sunday, April 7: Competition Day - Regional Final

1:54 p.m.	Training room opens
2:54-3:14 p.m.	Open stretch
3:14-3:16 p.m.	Transition
3:16-3:31 p.m.	Warmup Rotation I
3:31-3:33 p.m.	Transition
3:33-3:48 p.m.	Warmup Rotation II
3:48-3:50 p.m.	Transition
3:50-4:05 p.m.	Warmup Rotation III
4:05-4:07 p.m.	Transition
4:07-4:22 p.m.	Warmup Rotation IV
4:43 p.m.	March-ins and National Anthem
4:54 p.m.	March to first event
4:57:30 p.m.	Touch warmup start
5:01 p.m. on ESPN+	Competition begins for Regional Final

Ties – Regionals. In regional team competition, ties for second place will be broken by counting six scores per event. If a tie still exists, the team score will be determined by using six scores per event, dropping the high and the low scores and adding the four middle scores. Ties for the advancing all-arounder will be broken by evaluating the highest event score, then the next highest, and will continue until the tie is broken. If not broken, all four judges' scores will be counted for all four events. Ties for advancing event specialists will be broken by counting all four scores on the event. If not broken, the head judge score will be the tiebreaker. If a tie still exists, the advancing individual will be the one with the higher NQS.

NATIONAL FORMAT AND SCHEDULE

Order of Events. Semifinal team, all-around and individual event specialist competition will be conducted in two sessions Thursday, April 18. The top two teams from each semifinal will advance to national championship competition Saturday, April 20. The event order for each session is as follows:

Vault – Bars – Beam – Floor

Semifinals and Final Rounds: (NEW for 2024) Teams will compete in the alternating competitor format as outlined in Appendix D.

Wednesday, April 17: Practice Day

Two practice sessions will be conducted jointly for the teams, all-arounders and individual event specialists (11:30 a.m. and 2 p.m. local). All practices will be one hour and 48 minutes – one 20-minute stretching period and four 20-minute rotations. A two-minute transition period will be allotted after open stretch and between events. Bars and beam will be timed in the same format as the competitive warmup with any remaining time shared between the team and the individual. Since a team's/all-arounder's semifinal placement and starting event is determined by random draw, a team's/all-arounder's practice session will be based on its semifinal placement and starting event, as follows:

SEMIFINAL & STARTING POSITION	PRACTICE SESSION	PRACTICE STARTING EVENT
Semifinal I Vault	Session 1	Vault
Semifinal I Bars	Session 1	Bars
Semifinal I Beam	Session 1	Beam
Semifinal I Floor	Session 1	Floor
Semifinal II Vault	Session 2	Vault
Semifinal II Bars	Session 2	Bars
Semifinal II Beam	Session 2	Beam
Semifinal II Floor	Session 2	Floor

Thursday, April 18: Semifinals, All-Around and Individual Event Specialist Competition

Team. The top two teams from each of the four regionals advance to semifinal competition. The remaining team with the highest ranking shall be assigned to the evening session of nationals semifinals. This formula will be applied to the bracket by indicating that the side of the bracket that includes this team is designated the evening session of nationals semifinals.

All-Around and Event Specialists. The all-arounder and individual event specialists each with the highest NQS shall be assigned to the evening session. The bracket shall not be used for all-around or individual competitors.

Individual Event Specialists. All event specialists will be placed by committee discretion.

[Note: If a gymnast qualifies in more than one event, she will compete in only one session. An additional two-minute warmup will be added to accommodate these individuals (2:10 added to beam).]

Each semifinal will include four teams, two all-arounders and eight individual event specialists. The last competitor will be the all-arounder unless an individual event specialist also is competing. If injuries or scratches result in a team having fewer than five gymnasts in an event, it still shall compete as a team with a zero being included for each missing score.

The Women's Gymnastics Committee conducted a random draw for 2024 semifinal competition:

EVENT	TEAM
Vault	NQS 1
Bars	NQS 4
Beam	NQS 3
Floor	NQS 2

SEMIFINAL I – 3:30 P.M. ON ESPN2

SEMIFINAL II - 8 P.M. ON ESPN2

All times listed are local (Central) and are subject to change.

The warm-up timing detailed schedule will be listed in the participant manual.

NEW FOR 2024: For both sessions of the semifinal, student-athletes will open stretch in the back-of-house gym.

This is for open stretch only, not warmups.

Friday, April 19: Rest Day - National Championship

Open Stretch and Visualization

- This is optional, but if your team is not attending, you are required to let the host know on the Regional/National call.
- Twenty-minute open stretch on the floor exercise (as stated in NCAA manual) and 25 minutes of visualization (as stated in the NCAA rules modifications).
- Visualization may be done on the competition area or in the stands by any gymnast. Matting surrounding each event (including FX itself and V runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.
- After the 20-minute open stretch, make the following announcement: “Open stretch is complete. All athletes, please remove yourselves from the floor exercise and provide room for visualization.”

Rotation is as follows:

Teams #1 and #2 from Session 1

10:00-10:20 a.m.	20-minute open stretch on floor exercise
10:20-10:45 a.m.	25-minute visualization open to all events
10:45-11:30 a.m.	Athletic training available for teams #1 and #2 from Session 1

Teams #1 and #2 from Session 2

11:00-11:20 a.m.	20-minute open stretch on floor exercise
11:20-11:45 a.m.	25-minute visualization open to all events
11:45 a.m.-12:30 p.m.	Athletic training available for teams #1 and #2 from Session 2

Saturday, April 20: National Championship - 3 p.m.

The top two teams from each semifinal will advance to the national championship competition. The draw for the 2024 National Championship is as follows:

EVENT	TEAM
Vault	Semifinal II, Team 1
Bars	Semifinal II, Team 2
Beam	Semifinal I, Team 2
Floor	Semifinal I, Team 1

The warm-up rotation is as follows:

TBD	Training room opens
12:58-1:18 p.m.	Open stretch for National Championship
1:18-1:20 p.m.	Transition
1:20-1:35 p.m.	Warmup Rotation I
1:35-1:37 p.m.	Transition
1:37-1:52 p.m.	Warmup Rotation II
1:52-1:54 p.m.	Transition
1:54-2:09 p.m.	Warmup Rotation III
2:09-2:11 p.m.	Transition
2:11-2:26 p.m.	Warmup Rotation IV
2:47 p.m.	March-ins and National Anthem
2:58 p.m.	March to first event
3:02:30 p.m.	Touch warmup start
3:06 p.m. ABC	Competition begins for national championship
Post Competition	Award ceremony

***All times listed are local (Central) and are subject to change.**

Ties – Nationals

- Day 1 – Semifinals (team competition): Ties for second place in each semifinal will be broken by counting six scores per event. If a tie still exists, the team score will be determined by using six scores per event, dropping the high and low scores, and adding the four middle scores.
- Day 2 – Team Finals: Ties will not be broken.

WARMUPS

Practice Day. Teams will use the matting surrounding their first event on practice day for open stretch. Individuals may share the floor with the team starting on the floor regardless of their first event. Gymnasts warming up on vault, bars and beam may use the apparatus for stretching purposes without mounting the equipment. There are no restrictions on flight or inverted skills for the duration of the open stretch.

Competition Day. Teams will use the matting surrounding their first event for open stretch. In regionals round two and nationals semifinals, individuals may share the floor with the team starting on the floor regardless of their first event. In regionals round one, both teams will be permitted to warm up on each half of the floor. In regionals final round and nationals final, the team that starts on vault will be permitted to warm up on half of the floor exercise. Gymnasts warming up on vault, bars and beam may use the apparatus for stretching purposes without mounting the equipment. There are no restrictions on flight or inverted skills for the duration of the open stretch.

After a 20-minute stretch and two-minute transition, each rotation will be 17 minutes (15 for finals) plus two minutes for transition between events. There will be no pausing of the timer on bars to make adjustments; bar changes must be made within the time allotted. Each team or group will begin the warm-up session on the same event on which it begins the competitive rotation and will follow Olympic order. **TEAMS ARE NOT PERMITTED TO WARM UP MORE THAN EIGHT INDIVIDUALS.**

For all events, individual event specialists and all-arounders must be interwoven in the team’s warmup rotation starting after the first turn. For example, team rotation followed by individual event specialist and repeat.

Teams with one individual may use the entire 17 minutes for warmup. If a team does not have an individual on any particular event, they may not begin warmups until the clock reaches the 15-minute mark. Teams will not rotate until 17 minutes expires, regardless of early finishes.

(Note: Timing is subject to change. Refer to detailed schedule in the participant manual.)

TOUCH

During NCAA postseason competition, as competitors arrive at each event for competition there will be a 4:00 touch warmup on each event. At the NCAA regionals and national championships, 0:30 will be added for each all-around and individual competitor. Teams and individuals should begin their touch at the time allotted based on the number of individuals at that event. For example, an event with two individuals should begin touch when the clock starts at 5:00. An event with one individual should begin touch when the clock hits 4:30. At the NCAA regionals and national championships, the two-minute transition between events will begin at the conclusion of the march-in ceremony, when all individuals and teams reach their respective corrals. After each rotation and the initial score is flashed, the PA announcer will announce the beginning of the two-minute transition period. This protocol is also recommended for regular-season events. For the NCAA regionals and national championships, the 2:00 transition will be announced and any adjustments may be made to extend the time, as necessary, for an orderly processional between events. [Note: During the competition, all participants and coaches must remain in uniform and on the competition floor (or in team seating) until the completion of the awards ceremony.]

(Note: For all competition, if an injury or equipment failure occurs and competition is halted for 20 minutes or more, a 30-second touch warmup per student-athlete will be allowed.)

Section 2•2 Qualifying Procedures

CRITERIA

To qualify for regional competition and the national championships, each institution must comply with the following criteria. Failure to do so may result in the assessment of a financial penalty in accordance with Bylaw 31.1.11.1:

1. **Schedule of Meets.** Each team must submit its schedule of meets form to its score verifier by Dec. 1. Only scores from meets conducted between Jan. 1 and March 23, 2024, and listed on this form will be accepted for qualification purposes. If a schedule requires a change due to extenuating circumstances, teams must contact their score verifier and Jennifer Mervar (jdmervar@ncaa.org) for approval. Failure to submit this form or receive approval for a meet change may result in scores not counting towards NQS for postseason qualification.
2. **Regular-Season Scoresheets.** Complete, electronic scoresheets must be submitted and uploaded to Road to Nationals within 72 hours of the meet. Only results that have been submitted on either a typed NCAA scoresheet or a computer printout will be accepted. The scoresheet must include the judges' names and ratings, all judges' scores, neutral deductions, the all-around scores, the final team score, attendance figures and the coach's signature. Each judge also must sign the scoresheet verifying the accuracy of each gymnast's average score.
3. **Score Verification through Road to Nationals.** Teams ranked in the top 25 do not need to verify individual scores. Teams ranked 26-36 and all scores used for individuals and/or all-arounders must be verified. Head coaches (or designee) must verify all scores used for qualification purposes on Road to Nationals by March 23. (Scores from meets between March 11 and March 23, the cut-off date, must be verified through Road to Nationals by noon Eastern time, March 24.) Score verification coordinators are responsible for ensuring all schools in their regions have submitted scores by the appropriate deadlines.

(Note 1: The NQS must be carried out to four digits.)

4. Scores from meets conducted between Jan. 1 and March 23, 2024, may be used for qualification purposes. Meets that may be used for qualification purposes are as follows: (a) Dual meets; (b) quadrangular, triangular or other invitational meets; and (c) conference championship meets. (Note: A conference championship held at an institution's home facility counts as a home score for that institution.) All-around meets and any meets in which gymnasts from private clubs compete may not be used for qualification.
5. An NCAA team is permitted to compete against a non-NCAA team (i.e., NAIA); however, there must be another NCAA team participating in competition for the score to count towards any NCAA team's NQS.

PROCESS

For regional competition, the top 36 teams based on the NQS will be selected, with the top 16 teams seeded. Qualification for regional competition is based on a team's, an all-around competitor's and an individual event specialist's six best regular season meet scores, three of which must be contested away. To obtain the NQS, the high score is eliminated and the remaining five scores are averaged. Meet officials must be assigned using the Judges Assigning System.

In case of ties for the last berth into the regional competition and for seeding purposes, the team, all-around competitor or event specialist with the highest score, not including the six used for the regional qualifying score, will qualify. If a tie still exists, the process is continued until the tie is broken.

The top 12 all-arounders and top 16 event specialists based on national qualifying score and not on a qualifying team will be selected. The list of top 12 all-arounders and top 16 individual event specialists will include individual qualifying scores from the teams competing in the first round to ensure those individuals compete in the individual competition, regardless of whether their teams advance from the first round. Individuals will compete in the second round at regionals. Scores achieved in the second round will be used to determine advancing individuals once the regional final is finished (to account for individuals on teams that are eliminated in the regional final) and then the top all-arounder (not on an advancing team) and top specialist for each event (not on an advancing team) will advance to the national championship, in that event only. This method ensures 4 all-arounders and 16 specialists advance to the championship.

Ties for the advancing all-arounder will be broken by evaluating the highest event score, then the next highest, and will continue until the tie is broken. If not broken, all four judges' scores will be counted for all four events. Ties for advancing event specialists will be broken by counting all four scores on the event. If not broken, the head judge score will be the tiebreaker. If a tie still exists, the advancing individual will be the one with the higher NQS.

ALTERNATES

At selections for regionals and the announcement of national qualifiers, the next highest individual competitor in each event and the all-around will be named as an alternate. If a qualifier declines the invitation within the 24-hour period after the announcement of qualifiers, the alternate will be informed and given the opportunity to accept. The alternate must then accept within 24 hours of notification.

TRAVEL PARTY

[Reference: Per Diem and Transportation in the Division I General Section and Bylaw 31.1.5 in the NCAA Manual.]

Participating teams are limited to a maximum of 15 student-athletes plus five non-athletes; and a maximum of six gymnasts per event may compete. Institutions qualifying one to three student-athletes are permitted two non-athletes and those qualifying four to six student-athletes are permitted three non-athletes.

TRAVEL INFORMATION

Please refer to the NCAA Travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online at [ncaa.org/championships/travel/championships-travel-information](https://www.ncaa.org/championships/travel/championships-travel-information).

Transportation expenses and per diem shall be paid only for competition at the site of the national championships; reimbursement is not provided at regional competition.

Section 2•3 Seeding and Pairing Guidelines

The format for 16 seeded teams is as follows:

1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13

All-around competitors and event specialists will be placed geographically at one of the four regional sites. All-around competitors and event specialists from the same team will be placed at the same regional. If feasible, those from the same team will be assigned to the same session and rotational order. An individual all-around competitor who competed in regionals round one will be assigned to the evening session of round two.

Teams will be allowed to make modifications to the roster of 15 gymnasts from an established competitor list of 18 gymnasts between each day of competition in the postseason. Any changes to the 15-student-athlete roster must be made before 10 p.m. Eastern time the day before competition. All changes should be made in writing to the meet director, NCAA committee chair, and NCAA championships manager.

For both regionals and national championships, if an institution declines an invitation to participate, the NCAA championship manager at the NCAA national office must be notified in writing immediately.

Bracketing Principles. A team's NQS at the conclusion of the regular season (as of March 23, 2024) is the score that is used for regional selections and bracket seeding. That NQS score is not updated again throughout the championships for qualification or seeding purposes. The remaining team with the highest ranking shall be assigned to the evening session of regionals round two and the evening session of nationals semifinals. Additionally, the all-arounder and individual event specialists each with the highest NQS shall be assigned to the evening sessions, respectively. The remaining team with the lowest ranking shall also compete in the evening session of regionals round two and the evening session of nationals semifinals, while the remaining teams with the second and third highest rankings shall compete in the afternoon sessions, respectively. The bracket shall not be used for all-around or individual competitors.

Teams will be seeded 1-16 on a national basis, based on NQS, and placed in the bracket. Standard bracketing procedures will be followed with teams seeded 1, 4, 5, 8, 9, 12, 13 and 16 placed on the left side of the bracket and teams seeded 2, 3, 6, 7, 10, 11, 14 and 15 placed on the right side of the bracket (Appendix A). Seeding determined at the time of selections will be maintained throughout the championships. Seeds in the bracket will not always correspond to NQS ranking due to pre-determined host sites.

1. Each of the four host sites will consist of four seeded teams (i.e., 16 seeds).
2. Because of pre-selected hosts, the following guidelines will be used to place seeded teams into regional sites:
 - Pair according to the recognized 16-seed format.
 - Identify hosts.
 - All host teams stay home to compete, whether they are a top-16 seed or not.
 - If two or three host teams are paired, the lowest-seeded host in the group will be adjusted with respect to a non-host that holds a spot not greater or less than two seeded positions (and preferably one position), when possible in order to maintain the integrity of the bracket.
 - When teams are paired or when a seeded pairing does not have a seeded host, every effort will be made to maintain geographic proximity for the higher-seeded team, when possible.
 - Teams 17-36 will be placed geographically at one of the four regional sites, while at the same time trying to avoid, when possible, pairing conference rematches of the teams.
 - Hosts will be placed into the bracket based on NQS to maintain the integrity of the bracket.
 - All-around competitors and event specialists will be placed geographically at one of the four regional sites. All-arounders and individuals from the same team will be placed at the same regional, but not necessarily in the same session.
 - To ensure the top-seeded teams have the least number of individuals competing with them, the committee will pair the highest-ranked all-arounder at the site with the lowest-seeded team (or lowest NQS team at the site first, then proceed to the seeded teams), the next highest all-arounder with the next lowest-seeded team, etc., to ensure the top-seeded teams have the fewest number of individuals competing with them, which maintains integrity of the bracket and fairness for both teams and individuals.
 - The winner of round one will be assigned to the second session of round two. An all-around competitor in round one who qualifies to compete in round two as an individual will be assigned to the second session.
 - The committee reserves discretion with individual and all-arounder pairings since part of the process is dependent on how many individuals are selected from teams placed at each regional and on what events those individuals are competing.

Notification. All teams, all-around competitors and event specialists will be notified of their selection and competitive rotation for regionals and the national championships via email from the NCAA March 25 and April 8, 2024, respectively. An online selection show on [NCAA.com](https://www.ncaa.com) will air March 25, 2024, announcing all teams and individual competitors for regional competition. (Noon Eastern time show; subject to change.)

Once an institution has been notified that a team or individual(s) has qualified for the competition, it must submit the following materials to the host institution and NCAA championship manager, as designated:

1. Official Entry Information to the regional tournament director at the host institution and the NCAA championship manager by Wednesday, March 27 (noon Eastern time).

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2. Official Entry Information to the national tournament director at the host institution and the NCAA championship manager by Wednesday, April 10 (noon Eastern time).

Teams will be allowed to make modifications to the roster (15 gymnasts) between each day of competition in the postseason. Any changes to the 15-student-athlete roster must be made before 10 p.m. Eastern time the day before competition. All changes should be made in writing to the meet director, NCAA committee chair, and NCAA championships manager. For both regionals and national championships, if an institution declines an invitation to participate, the NCAA championship manager at the NCAA national office must be notified in writing immediately.

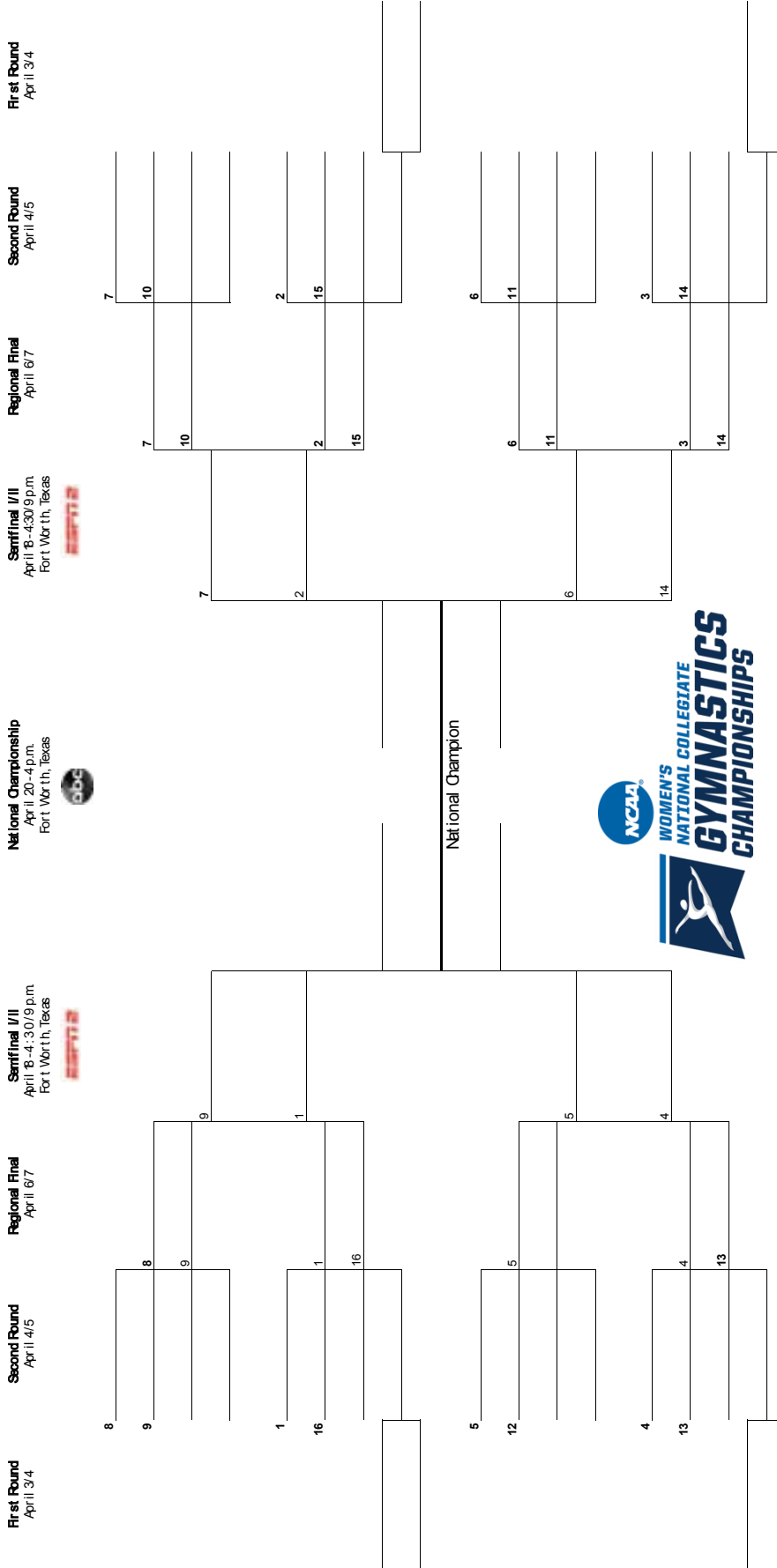
Appendixes

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Appendix A • Bracket

2024 National Collegiate Women's GYMNASTICS CHAMPIONSHIPS



All times are Eastern Standard Time.
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Appendix B • Sport Sponsorship

REGION 1 (CENTRAL)

Division I (12)

University of Alabama
 Auburn University
 Ball State University
 Bowling Green State University
 Central Michigan University
 Eastern Michigan University

Kent State University
 University of Kentucky
 Louisiana State University
 Michigan State University
 The Ohio State University
 Western Michigan University

Division II (0)

Division III (1)

Centenary College (Louisiana)

REGION 2 (NORTH CENTRAL)

Division I (9)

Brigham Young University
 University of Denver
 University of Iowa
 Iowa State University
 University of Minnesota, Twin Cities

Southern Utah University
 U.S. Air Force Academy
 University of Utah
 Utah State University

Division II (0)

Division III (9)

Gustavus Adolphus College
 Hamline University
 Simpson College
 Winona State University
 University of Wisconsin-Eau Claire

University of Wisconsin-La Crosse
 University of Wisconsin-Oshkosh
 University of Wisconsin-Stout
 University of Wisconsin-Whitewater

REGION 3 (NORTHEAST)

Division I (11)

Brown University
 Cornell University
 Long Island University
 University of Michigan
 University of New Hampshire
 University of Pennsylvania

Pennsylvania State University
 University of Pittsburgh
 Rutgers, The State University of New Jersey,
 New Brunswick
 Temple University
 Yale University

Division II (3)

University of Bridgeport
 Southern Connecticut State University

West Chester University of Pennsylvania

Division III (7)

State University of New York at Brockport
 State University of New York at Cortland
 Ithaca College
 Rhode Island College

Springfield College
 Ursinus College
 Utica University

REGION 4 (SOUTH CENTRAL)

Division I (10)

University of Arizona
 Arizona State University
 University of Arkansas, Fayetteville
 Illinois State University
 University of Illinois at Urbana-Champaign
 *Lindenwood University (active 2026-27)

University of Missouri, Columbia
 University of Nebraska, Lincoln
 Northern Illinois University
 University of Oklahoma
 Southeast Missouri State University

Division II (1)

Texas Woman's University

Division III (1)

Greenville University

* Not eligible for NCAA championship competition.

REGION 5 (SOUTHEAST)

Division I (10)

Clemson University
 University of Florida
 George Washington University
 University of Georgia
 University of Maryland, College Park

North Carolina State University
 University of North Carolina, Chapel Hill
 Towson University
 West Virginia University
 College of William & Mary

Division II (0)

Division III (0)

REGION 6 (WEST)

Division I (10)

University of Alaska Anchorage
 Boise State University
 California State University, Sacramento
 University of California, Berkeley
 University of California, Davis

University of California, Los Angeles
 Oregon State University
 San Jose State University
 Stanford University
 University of Washington

Division II (0)

Division III (0)

Appendix C • Judges' Selections

GENERAL POLICIES

The committee will attempt to assign, for both regional competition and the national championships, judges who have judged at least four regular-season collegiate meets during that year.

No judge with an affiliation with an NCAA member institution that sponsors women's gymnastics will be assigned to the national championships; however, a judge may be assigned to a regional competition where she/he is not affiliated. Examples of affiliation would be, but are not limited to, coaching-staff member, works for spouse or relative of a coach, former team member, relative of a gymnast or parent of a team member, an athletics-related booster club member, gymnastics alumni and/or coach that has been away from the program for less than five years. Any individual with a current financial interest in a coach or team is not eligible.

All officials must have a Brevet, National or Level 10 rating. All chief judges and the meet referee must have at least a National rating. At regional competition, four judges will judge each event. At the national championships, six officials will judge each event in the team and all-around competition. Judges will judge a different event during team finals than they judged during the semifinals. At regionals, days one and two will be the same panels. Day three will be a different panel.

REGIONAL COMPETITION

1. The meet referee from each region will be selected first. This selection will be based on experience, recommendations from coaches and regional chairs, and approval by the committee. A regional meet referee will serve not more than two consecutive years. An alternate meet referee will be selected and will serve as a panel judge at regionals (and count for one of the in-region judges).
2. This selection will be based, in part, on experience and recommendations from the coaches, submitted to the NCAA after each regular-season meet.
 - All remaining judges will be selected and assigned based on geographic proximity. The committee will consider number of meets judged the previous year and coach input. The committee will also remove judges' names when making selections to remove bias and ensure all quality judges are considered. Best efforts will be made to assign not more than two judges from the same state to a regional.
 - The state of California will be divided into two regions: north and south. Two judges from the north or two judges from the south can be assigned to a regional. However, not more than three judges from the state will be assigned to one regional.
 - Alternate judges will be selected according to the criteria above while also considering geographic proximity.

NATIONAL CHAMPIONSHIPS COMPETITION

1. An official must judge regional competition to qualify to judge at the national championships.
2. Meet Referee. The selection of the national meet referee will rotate regionally. The meet referee will serve a two-year term. Additionally, an alternate meet referee will be selected. In years in which a new meet referee is selected, the committee will switch the predetermined judges' rotation (see below) with the subsequent year (e.g., 2015 becomes 2016 and 2016 becomes 2015).
3. Chief Judges. The remaining regional meet referees will judge at nationals. The four regional meet referees will be the chief judges at nationals.
4. Panel Judges. The remaining panel judges will be selected from each of the four regionals. The selection will be based on experience and input from coaches.
5. Alternate Judges. A local alternate judge will be identified for the host region.
6. Every attempt will be made to select only one judge per state (excluding the meet referee and the state of California). The rotation of judges selection (nationals) will be as follows:

MEET	MEET REFEREE
2021 & 2022	Region 6 - West
2023 & 2024	Region 2 - North Central
2025 & 2026	Region 4 - South Central
2027 & 2028	Region 1 - Central
2029 & 2030	Region 3 - Northeast
2031 & 2032	Region 5 - Southeast

Appendix D • Competition Format



08.23.2023
ESPN / NCAA

NATIONAL COLLEGIATE WOMEN'S GYMNASTICS 2024

CHAMPIONSHIPS COMPETITION FORMAT

ESPN DESCRIPTION OF FORMAT

The competition format for four teams competing simultaneously (quad meet) applies alternation that is similar to a dual meet to create structure and ensure that no more than two events compete at the same time. In this format, **vault** and **beam** routines alternate and **uneven bars** and **floor** routines alternate, irrespectively. The four teams will still rotate in **Olympic order** – vault, uneven bars, beam and floor exercise.

After one-touch, and at the beginning of every rotation, the first athletes on vault and uneven bars receive the green flag from the judges and compete their routines while the first athletes on beam and floor exercise wait. Once the vault has finished competing, the first beam routine will wait approximately 20 seconds and then receive the green flag to begin the routine. When the beam routine is finished, the next vaulter waits approximately 20 seconds before receiving the green flag to compete. Vault and beam alternate through the remainder of the rotation until the last beam competitor has competed. Separately, once the first bar routine has finished, the first floor routine will wait approximately 20 seconds and then receive the green flag to compete while the bar routine is being judged. Uneven bars and floor exercise alternate, with approximately 20 seconds between routines, through the remainder of the rotation, with floor ending last.

Pre-competition warm-ups and one-touches remain unchanged in this format.

EXPLANATION OF CHANGE

It proved to be difficult to follow simultaneous competition on four events in-venue and on the broadcast from a viewing and scoring perspective. Competitions are also running slightly faster. Recently, broadcasters have had to add time outside of TV holds just to fill a two-hour TV window. This new format will add a predictive timing structure to a quad meet while respecting integrity and natural flow of competition by applying a format that athletes and coaches are already familiar with.

2024 NATIONAL COLLEGIATE WOMEN'S GYMNASTIC CHAMPIONSHIPS FORMAT DETAILS

- A maximum of two events to compete at the same time;
- Maintain possibility of only one routine competing or routines starting while another is in progress;
- Similar to a dual meet, 20 seconds between alternating routines unless waiting on score;
- Events end closer together, rather than vault and bars ending significantly earlier than beam and floor;
- Vault will be impacted the most, with longer time between vaults from traditional quad meet format. This is more similar to a dual meet;



EXAMPLE ROTATION TIMING BREAKDOWN

- Vault and bars start the rotation while beam and floor wait;
- Beam competes 20 seconds after the gymnast completes her vault;
- Floor competes 20 seconds after the gymnast lands her uneven bar dismount;
- The remaining vaults and bar routines compete while beam and floor routines are being judged; and
- Each row represents :30 seconds.

LEGEND	Each row represents 30 seconds
Vault/Beam Athlete	
Bars/Floor Athlete	
Judging time	
Wait time after score	

PROJECTED TIME	PROJECTED DURATION	ROTATION 1	Avg. Routine Time: 13 sec	Avg. Routine Time: 35 sec	Avg. Routine Time: 1:10	Avg. Routine Time: 1:30
			VAULT (1:30)	BARS (2:00)	BEAM (3:00)	FLOOR (3:00)
			Warm-up	Warm-up - :50	Warm-up - :30	Warm-up - :30
			TEAM 1	TEAM 2	TEAM 3	TEAM 4
3:02:00 PM	0:04:00	Warm-up begins				
		Intro Judges				
3:06:00 PM	0:00:00	Warm-up ends				
3:06:00 PM	0:00:30	Competition - All Events Begin	609 Athlete 1	508 Athlete 1	20 seconds after VT	
3:06:30 PM	0:00:30		TEAM 1	TEAM 2	302 Athlete 1	20 seconds after UB
3:07:00 PM	0:00:30				TEAM 3	801 Athlete 1
3:07:30 PM	0:00:30					TEAM 4
3:08:00 PM	0:00:30		20 seconds after BB			
3:08:30 PM	0:00:30		611 Athlete 2	20 seconds after FX		
3:09:00 PM	0:00:30		TEAM 1	505 Athlete 2		
3:09:30 PM	0:00:30			TEAM 2	309 Athlete 2	
3:10:00 PM	0:00:30				TEAM 3	803 Athlete 2
3:10:30 PM	0:00:30					TEAM 4
3:11:00 PM	0:00:30					
3:11:30 PM	0:00:30		606 Athlete 3			
3:12:00 PM	0:00:30		TEAM 1	514 Athlete 3		
3:12:30 PM	0:00:30			TEAM 2	306 Athlete 3	
3:13:00 PM	0:00:30				TEAM 3	810 Athlete 3
3:13:30 PM	0:00:30					TEAM 4
3:14:00 PM	0:00:30					
3:14:30 PM	0:00:30		601 Athlete 4			
3:15:00 PM	0:00:30		TEAM 1	507 Athlete 4		
3:15:30 PM	0:00:30			TEAM 2	315 Athlete 4	
3:16:00 PM	0:00:30				TEAM 3	813 Athlete 4
3:16:30 PM	0:00:30					TEAM 4
3:17:00 PM	0:00:30					
3:17:30 PM	0:00:30		602 Athlete 5			
3:18:00 PM	0:00:30		TEAM 1	513 Athlete 5		
3:18:30 PM	0:00:30			TEAM 2	310 Athlete 5	
3:19:00 PM	0:00:30				TEAM 3	811 Athlete 5
3:19:30 PM	0:00:30					TEAM 4
3:20:00 PM	0:00:30					
3:20:30 PM	0:00:30		614 Athlete 6			
3:21:00 PM	0:00:30		TEAM 1	504 Athlete 6		
3:21:30 PM	0:00:30			TEAM 2	312 Athlete 6	
3:22:00 PM	0:00:30				TEAM 3	809 Athlete 6
3:22:30 PM	0:00:30					TEAM 4
3:23:00 PM	0:00:30					
3:23:30 PM	0:00:30					
3:24:00 PM	0:00:30					
3:24:30 PM	0:00:30					
3:25:00 PM	0:00:30					
3:25:30 PM	0:00:30	End Rotation				
3:26:00 PM	0:02:00	Countdown Clock/March				