



***WOMEN'S GYMNASTICS
RULES MODIFICATION DOCUMENT
AND MEET PROCEDURES***

2020 & 2021

***EDITED 12/12/2019
UPDATES IN BOLD***

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* Reminder: Be sure to purchase a **Junior Olympic Code of Points** at www.usa-gymnastics.org

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2020 and 2021 NCAA RULES MODIFICATIONS

**** CHANGES/CLARIFICATIONS IN BOLD ****

***** REMINDERS UNDERLINES *****

GENERAL INFORMATION

1. RULES OVERVIEW.

- 1.1 *This document lists the NCAA Special Requirements and Compositional Deductions in total. No other Special Requirements or Compositional Deductions are applicable to collegiate competition unless listed in this document. Please note that the NCAA rules modifications are in effect for both regular and post season competition unless otherwise noted.*
- 1.2 **The National Collegiate Women's Gymnastics Championships and all competition used to qualify for the championships will be conducted according to JO level 10 rules as of 11/1/19. [Note: If the value of a JO skill on events other than vaulting is raised after 11/1/19, the value will be effective immediately. If an element value is lowered after 11/1/19 then it will remain at the higher value for collegiate competition until the change is reviewed by the NCAA women's gymnastics committee.]**
- 1.3 All rules and guidelines for execution deductions as applied to the JO level 10 rules will be used with the following collegiate modifications:
 - a. **9.4 Start Value on Uneven Bars, Balance Beam and Floor Exercise.**
NCAA (instead of Level 10) is eligible to earn bonus points for both Connection Value (CV) and ("D/E") Bonus, with a minimum of +0.10 ("D/E") and a minimum of +0.10 for (CV). The remaining +0.40 may be earned by ("D/E") Bonus or Connection Value (CV). The maximum Start Value is 10.00.
 - b. .10 deduction for competing out of order (taken from team score).
 - c. Choice of elements "up to the competitive level" will now be defined by basic requirements for each event.
 - d. The "up to the competitive level" deduction will be standardized at a flat .10.
- 1.4 Technical Verbal cues by coach to own gymnast (Applied after one warning is given) will incur a -.2 deduction.
- 1.5 Landing deductions are taken for lack of control and/or movement occurring prior to presenting to the judges (i.e., celebrating on the mat presenting to the judges or failing to show controlled landing prior to turning to present to the judges will result in a deduction).

EVENT SPECIFIC MODIFICATIONS

2. VAULT.

- 2.1 For all NCAA competition, the JO Bonus Rule WILL NOT BE IN EFFECT for select 10.0 Start Value vaults.
- 2.2 Vault numbers will be flashed. (see Appendix I, Vault Value Chart)
- 2.3 The gymnast will perform one vault, the score of which will count. A gymnast is allowed three attempts to complete one vault.

- If a gymnast touches the board and/or vault apparatus or inverts on the approach or vault table without going over the vault apparatus, then this counts as one of her three attempts. It is not considered a vault.
- If a gymnast inverts on the approach and/or the table and goes over the vault apparatus, then this would be considered an executed vault and must be scored.

2.4 1.00 deduction for touching the vault table with only one or with no hands taken by each judge.

2.5 1.00 deduction for failure to land on the soles of feet first (includes fall) taken by each judge.

2.6 1.00 deduction for spotting assistance during the vault taken by each judge.

2.7 If a gymnast vaults prior to the judge's hand or flag signal, the gymnast must repeat the vault for score and would receive a .50 deduction.

Note: For items 2.4, 2.5 and 2.6, the 1.00 deduction is taken by each judge. If not in range, then a conference is called.

3. UNEVEN BARS.

3.1 UNEVEN BAR SPECIAL REQUIREMENTS (.20 each taken off Start Value).

One element may fulfill more than one Special Requirement, unless specified

- Minimum of two (2) bar changes.
- Two (2) flight elements, minimum of two (2) different C's OR a D and B (not to include dismount).
- One (1) element with longitudinal axis (LA) turn, minimum of C (not to include mount and dismount).
Note: The JO Compositional deduction of "Insufficient Change of Direction" DOES NOT APPLY to NCAA.
- "C" dismount. If the following modification occurs: C dismount immediately preceded by same two (2) A or B elements = 0.10 deduction (not 0.20).

3.2 UNEVEN BAR SPECIFIC COMPOSITIONAL DEDUCTIONS.

- Lack of variety in choice of elements and/or connections flat .05
Consider:
 - Overuse of one group of elements.
 - Overuse of specific element or variation of that element.
 - Overuse of same element for connections.
 - Elements of highest value connected primarily to elements of lowest value.
- Insufficient distribution of elements flat .05
Consider:
 - Level of difficulty not maintained throughout the exercise.
 - Most difficult elements placed in the same section of the exercise.
- More than one squat/stoop on LB with/without sole circle to grasp high bar each .10
Reminder: After a fall, judging resumes once the gymnast performs an element. Therefore, if she resumes with a glide kip, squat on and has already performed a squat/stoop on, the deduction will be applied.
- Uncharacteristic elements each .10
Examples:
 - Squat on LB bar and ½ turn on feet to grasp high bar.

2. Swing forward on HB, place feet on LB to stand with or without ½ turn unless followed by a circling move.
- e. ¾ giant circle forward with/without grip change each flat .10
Note: This is not considered an element and will break a connection.
- f. Choice of elements not up to the competitive level flat .10
 1. Choice of elements “up to the competitive level” will be defined by the following basic standards:
 - A single bar release with a minimum of “D” value
 - OR a release move valued as an “E”
 - OR minimum of two (2) “D” releases
 - OR minimum two (2) “E” level skills.
 2. Exercise must have minimum of a “D” dismount or “C” dismount in bonus combination.

3.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

Number	Technique Clarification	Value
2.303	Uprise backward to handstand on HB with ½ turn	D
	1 ½ pirouette (turn is in handstand, not a Healy)	E
<i>All elements that include a 1/1 (360 degree) turn completed on one arm after handstand phase in the descent phase (Healy technique)</i>		
2.301	Cast Healy	D
2.303	Uprise Healy	D
3.305	Clear Hip Healy	D
4.303	Back Giant Healy	D
5.302	Front Giant Healy	D
7.308	Front Sole Circle Healy	D
7.309	Back Sole Circle Healy	D
8.303	Flyaway double full twist	D
8.307	Front Flyaway 1 & ½	D
8.307	Front Flyaway 2/1 Twist	E
<i>Value of the Stalder</i>		
	- Stalder (forward or backward), straddled, to handstand with or without a ½ turn	D
	- Stalder (forward or backward), straddled, to handstand with a 1/1 turn	E

3.4 DIFFICULTY BONUS.

Same Bar D release move or any E release move will receive an additional +0.10 bonus DV (Difficulty Bonus)

4. BALANCE BEAM.

4.1 BEAM SPECIAL REQUIREMENTS (.20 each taken off of the Start Value).

- a. Acro series:
 - Minimum of two (2) flight elements, one (1) element must be a minimum of C with/without hand support (this may include mount)
 - OR an “A” non-flight element from Group 7 walkovers and cartwheels connected to an E acro skill (example: back walkover + back tucked full twisting salto).
 - The acro series requirement may not be connected to the dismount and must stop on the beam.

- b. **Dance OR Dance/Acro series with a minimum of two (2) elements. The dance element must be valued a C or higher. The acro series requirement may not be connected to the dismount and must stop on the beam.**
- c. A leap or jump requiring 180° split (this may be part of the dance series **or acro/dance series**).
- d. Minimum of 360° turn from Group 3 (no hand support permitted).
- e. Minimum of C dismount or B dismount preceded by and directly connected to any D acro element.

4.2 BEAM SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of Acro elements
 - 1. Missing a backward Acro element with a minimum of A value flat .10
 - 2. Missing a forward/sideward Acro element with a minimum of A value flat .10
 The following notes apply to both backward and forward/sideward Acro requirements:
 - Must be from Group 1-Mounts, 6-Rolls, 7-Walkovers/cartwheels or 8-Saltos.
 - Round-off is considered a sideward element.
 - BHS ¼ or ¾ to handstand is considered a backward element.
 - A jump backward BHS with ½ twist to walkover forward (Arabian walkover or salto) is considered a forward element.
 - A tic-toc can be considered either a forward or backward element (to the advantage of the gymnast).
- b. Insufficient distribution of the elements flat .05
Consider:
 - Level of difficulty not maintained throughout the exercise.
 - Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of entire beam apparatus flat .05
 - 1. Insufficient level of changes throughout the exercise flat .05
Consider:
 - Level changes by the performance of elements and/or connections [look for movements that are high off the beam, standing, semi-low and low (kneel, squat, sit, lying)].
 - No longer required to touch the beam with a part of the torso and/or head.
 - 2. Spatially (use the entire length of the beam) flat .05
 - 3. Failure to show movement/choreography in different directions (fwd/bwd/swd) flat .05
- d. Choice of element not “up to the competitive level” flat .10
 Choices of elements “up to the competitive level” now be defined by the following basic standards:
 - If a flight series is performed on the beam WITHOUT Connection Value (considered only those skills performed and stopped on the beam), then an additional D/E Acro element OR E dance element, including mounts and dismounts, is required. **D/E Acro skill directly connected to the dismount CANNOT fulfill the up to the level requirement.**

4.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

Number	Group	Technique Clarification	Value
2.202	2	Straddle pike or straddle split jump performed with a ¼ turn	C
2.307	2	Ring or Stag-ring leap or jump (rear leg at head height)	D

7.412	7	Full twisting BHS swingdown	E
8.301	8	Salto forward take off from one or two legs to a sit	D
8.304	8	Salto backward stretched with step-out	D
8.304	8	Salto backward stretched through vertical and then pike down with legs together	D
3.401	3	Double turn on one foot	E
3.406	3	Double Wolf turn	E
8.401	8	Two-foot front tuck to two feet ONLY	E
9.202	9	From a stand on one leg -- swing free leg backward to front salto <u>STRETCHED</u> with 1/1 twist off side or end of beam	C B (tucked)
9.304	9	Salto forward tucked or stretched with a 1 ½ twist (off two feet)	D
9.308	9	Gainer salto tucked or stretched with 1 ½ twist to side of beam	D
9.309	9	Gainer salto tucked with 1/1 twist off end of beam	D
9.404	9	Salto forward stretched with 2/1 twist (off two feet)	E
9.406	9	Salto Backward stretched with 2 ½ twist	E
9.408	9	Gainer salto backward stretched with 2/1 or 2 ½ twist to side of beam	E

4.4 CONNECTION VALUE EXCEPTIONS.

- a. Principles for awarding Connection Value bonus on beam:
Bonus principles will not apply in the case of a B dismount. (In order for a dismount to add Connection Value to an acro series, the dismount must be a C value).
- b. NO BONUS: 2 Acro Flight Element connection B+C Salto WILL NOT receive Connection bonus.
- c. B+D Acro Flight, BHS + Layout, stretched then pike down with feet together = +0.1 CV (not +0.2 CV)
- d. Back Salto Stretched with Step-out AND Aerial Walkover will receive “D” bonus but will be considered as “C” value for purposes of awarding Connection Value in Back Handspring Series only (Step-out BHS, BHS to 2 Feet, Gainer BHS or BHS Swing down to cross straddle sit; in any order).

Examples:

1. BHS + Layout Step-out, B+D, receives +0.1 D & NO CV (B+C)
 2. Split Jump + Layout Step-out, B+D, receives +0.1 D & +0.2 CV (B+D, not a BHS Series)
 3. Round-off + Layout Step-out, B+D, receives +0.1 D & +0.2 CV (B+D, not a BHS Series)
 4. Aerial Walkover + BHS, D+B, receives +0.1 D & NO CV (B+C)
 5. Aerial Walkover + Back Tuck, D+C, receives +0.1 D, + 0.2 CV
- e. Connection of at least 3 acro flight elements (excluding dismount connections) that includes a minimum of one C element will receive an additional +.1 CV.

Examples:

1. BHS + BHS + Layout-Step-out, B+B+D receives +0.1 D, +0.1 CV, & +0.1 additional
 2. RO BHS Mount + BHS + Layout-Step-out, C+B+D, +0.1 D, +0.2 CV & +1 additional
 3. BHS + Layout Step-out + Layout Step-out, B+D+D, +0.1 D, +0.2 CV & +0.1 additional
 4. Aerial Walkover + BHS + BHS, D+B+B, +0.1 D, +0.1 CV, & +0.1 additional
 5. Aerial Walkover+ BHS + Layout Step-out, D+B+D, +0.2 D, +0.2 CV & +0.1 additional
- f. **B or higher acro skill + C or higher valued dismount = + 0.1 CV (connection value).**
 - g. **C or higher dance skill + C or higher valued dismount = + 0.1 CV (connection value).**

5. FLOOR EXERCISE.

5.1 FLOOR EXERCISE SPECIAL REQUIREMENTS (.20 each taken off Start Value).

- a. One acrobatic series with two (2) saltos (same or different), OR two (2) directly connected saltos. (If the two (2) saltos are not directly connected, they must be included in an acrobatic series, which is defined as a minimum of three acrobatic flight elements, with or without hand support. Aerials are NOT considered saltos).
- b. Three (3) different saltos within the exercise.
- c. The salto performed as the last isolated salto or within the last salto connection must be minimum "C".
- d. Dance passage with a minimum of two (2) different Group 1 elements, directly or indirectly connected, one of which is a leap (one-foot take-off) requiring a 180° cross or side split position. An indirect connection would allow for running steps, small leaps, hops, chassés, assemblés, *or any kind of turn on 1 or 2 feet* between the two dance Value Part elements.

5.2 FLOOR SPECIFIC COMPOSITIONAL DEDUCTIONS.

- a. Lack of variety in choice of elements:
 1. Lack of variety in dance elements:
 - Lack of Dance Bonus from Groups 1 or 2 (minimum of +0.1 Connection Value or + 0.1 D/E Bonus is required). flat .10
 2. Lack of variety in choice of Acro elements.
 - Missing backward salto with a minimum of A value. flat .10
 - Missing forward/sideward salto with a minimum of A value. flat .10
- b. Insufficient distribution of elements flat .05
Consider:
 1. Level of difficulty not maintained throughout the exercise.
 2. Most difficult elements placed in the same section of the exercise.
- c. Insufficient use of the floor area. Spatially (floor pattern). flat .05
- d. Choice of elements not "up to the competitive level." flat .10
 - One (1) E valued element (Acro or Dance).
 - OR Two (2) different D elements (one of which must be an Acro element).
 - One (1) Acro SERIES with C salto or better.
 - An Acro dismount with a C (minimum) salto in bonus combination OR a D (minimum) salto.
- e. A floor routine with only 2 tumbling passes must include a minimum of a D element in one of the passes, and a minimum of a D or .2CV in the other pass (may be in any order). flat .10

Clarification: Acro dismount is defined as an Acro skill or an Acro combination.

5.3 ELEMENT VALUES DIFFERENT FROM LEVEL 10.

#6.201 Front salto piked = A

#1.310 Ring jump or stag-ring jump with 1/1 turn (360) = D

5.4 CONNECTION BONUS

- a. Turn + Jump:
 - A turn on one (1) foot followed by a jump with a two-foot take-off WILL be eligible for CV Bonus (if directly connected with no stop, extra steps, hops or repositioning of the foot).
Example: 2/1 turn + Popa, C + C = + 0.1 CV.
- b. + 0.1 Connection Value Bonus will be awarded to a MIXED SERIES including an ACRO/DANCE ACRO direct connection on floor that meets the following criteria:
 - Series must include at least two (2) Acro elements and one must be of a C value part.
 - The dance element must be of at least an A value and must be followed by a salto element of at least an A.
 - The dance element breaks the series for all other purposes.
- c. Bonus combination B+B must be two (2) different skills to receive +0.1.
Example: Front layout + front layout receives no connection bonus.
Example: Front layout + front layout ½ receives + 0.1 connection bonus.
- d. +0.2 Connection Bonus for C + C indirectly connected tumbling pass.
Example: RO+FF+salto bwd with 1 ½ twist + RO+FF+salto bwd with 2/1 twist, C+C, +0.2 CV.
- e. **C + C directly connected Acro skills = +0.3 Connection Value.**

5.5 **DIFFICULTY BONUS.**

Double flipping salto OR E Acro in the last pass would receive additional + 0.1 DV (Difficulty Value).

6. **EQUIPMENT and PROCEDURES.**

All equipment must be used as intended by the manufacturer. An institution that does not adhere to the policies and procedures during NCAA championships competition may be subject to further disciplinary action and/or a financial penalty up to a maximum of \$600 per offense by the women's gymnastics committee. Note: A .30 deduction may be incurred for improper use of equipment.

6.1 **EQUIPMENT.**

- a. The only allowable entry pads are the TAC-10 RO pads.
- b. The RO pad may be used only for RO Vaults or Front handspring onto the board entry vaults.
[Same as JO; included as a reminder due to recent change]
- c. **Athletic tape or Velcro strips (NO CHALK) may be placed on the vault runway, provided that such markings are removed no later than the end of the rotation. The tape measure is to be used to determine where to begin the approach for vault. Chalk only may be used on the student-athlete as needed (e.g., hands, feet, legs).**
- d. 1 ¾" padded vault runway is required for all competitions and must extend a minimum of 82 feet from the base of the apparatus. The gymnast may use the entire length of a manufactured runway (beyond 82 feet if available). Exceptions to the minimum requirement will be made in cases where a host institution cannot provide 82 feet of runway due to venue limitations. In such cases, the host institution must notify visiting team(s) in writing, of the distance that will be provided, before meet contracts are signed. No deduction will be taken, if a gymnast starts off the runway to begin her approach.
- e. Low bar must be adjustable to 165 centimeters (AAI 155cm-185cm from floor to top of rail +/- 1cm) and the high bar adjustable to 245 centimeters (AAI 235-265cm from floor to top of the rail +/- 1cm without the bar height adapters).

- f. The uneven bars should be set so that the low bar and the high bar lean at the same angle when the bars are set at the maximum width according to AAI specifications (192 cm +/- 1cm)
- g. If a gymnast has a broken/torn grip, she may repeat her routine as the last team competitor or after the all-around competitor (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 it is safe to do so. However, the time should not exceed five minutes. [Note: Common sense and safety must always prevail.]
- h. 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, etc.) Water, Chalk, AAI solutions and AAI hand Tac/10 towels are the only acceptable substances.
- i. The minimum run distance that must be provided for mounts on uneven bars and balance beam during competition is 27 ½' from the base or leg of the respective apparatus. If more than 27 ½' of matting exists, the maximum run distance may be used. [Note: the host institution need not provide more than the minimum which will be provided at NCAA regional and national competition]. Exceeding the length of the provided manufactured matting will result in .10 deduction from the gymnast's score.
- j. If a plywood board is used under the springboard for mounting bars and beam, then it must be a ½" plywood board with a non-skid surface on both sides.
- k. It is allowable to mount off a "4" mat on top of a sting on Uneven Bars and Balance Beam.
- l. Except for a small mark on the top surface of the beam, chalk may not be applied directly to the beam. A small amount of chalk may be applied to the gymnast's hands and feet as needed for safety.
- m. A minimum of 15 ½' matting must be available on the dismount end of the beam.
- n. A chalk arc line may be placed on the corners of the floor exercise mat.
- o. If a mat used on floor exercise exceeds the boundary lines, the mat must be clearly marked with tape (not chalk) to indicate the actual boundary lines. Failure to mark the mat will result in a .10 deduction taken off the average. Tape may not be placed in the center of the floor exercise mat.
- p. Only one of the following mats: Stingmat, 4" Throw mat, 8" Skill cushion may be used per tumbling pass/leap combination (i.e., a gymnast may not punch off one mat and land on another). EXCEPTION: Sting mat on floor are allowed, but they count as two mats if stacked. There shall be no more than two mats on the floor.
 - Improper use of matting shall incur a .3 deduction for improper use of equipment.
- q. Floor Exercise Field of Play: 12m x12m. +/-3cm. If tape line outside of line; (39.4 ½" x 39.4½ +/- ').
- r. Beam and Vault Table measures from top of the beam and vault to floor. (125cm +/-1/14").

6.2 UNIFORMS.

- a. An institution's official uniform and all other items of apparel (i.e., tights, t-shirts, warm-ups, 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. In addition, for NCAA competition, a gymnast will be considered "in uniform" if she has a name and/or number on her warm-up apparel and leotard as long as all

team members use a similar font type and color. Names will include only the first initial of the first name and the full last name. Nicknames are not permitted. If two or more gymnasts have the same first initials and last names, the first name may be spelled out.

1. **Gymnasts must wear one-piece leotards that include briefs and sports bra that are the same color of the leotard or are skin tone in color.**
2. Leotard straps must be a minimum of 2 cm ($\frac{7}{8}$ "") in width.
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.

6.3 JEWELRY.

Gymnasts are only permitted to wear stud piercings. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.

6.4 UNSPORTSMANLIKE CONDUCT.

The following procedures may be executed by any panel judge, chief judge or the meet referee (MR) and will appear as a neutral deduction on the score sheet.

- a. Gymnast's unsportsmanlike conduct:
 1. First time will be a warning (MR notified).
 2. Second time the MR is notified and there will be a .10 deduction taken from the gymnast's score for that event by the MR or chief judge.
- b. Coach's unsportsmanlike conduct:
 1. First time will be a warning – yellow card (MR is notified).
 2. Second time MR is notified there will be a .10 deduction taken from the team score by the MR.
 3. A .10 deduction will be taken from the team score by the MR for each additional violation.
 4. The coach in violation may remain on the competition floor for safety purposes only (i.e. spotting, equipment adjusting).

6.5 OPEN SCORING, START VALUE, SCORING RANGE and INQUIRIES.

- a. Open scoring will be used during the regular season, regional competition and the national championship.
- b. Judges are to sit apart.
- c. All scores will be flashed and rotated, but only the average score will be raised and rotated.
- d. Both the Start Value and the score will be flashed simultaneously.

First, judge shall give final score to flasher. Judges shall then simultaneously flash his/her Start Value while final scores and average score are being displayed.

- e. Score verification procedures will be in place at regionals and for each session at nationals.
- f. The range of scores is determined by the two or four counting scores. If the average score is between those listed below then the two or four counting scores must be within the range of:

9.5 – 10.0	.20
9.0 – 9.475	.30
8.0 – 8.975	.50
Below 8.0	1.0

Conferences should only occur when the counting scores are out of range, if there is an impossible Start Value or an UTL that can have an impact on the average score, OR if there is an inquiry submitted.

Example: Judge 1 score is 9.5 and Judge 2 score is 9.8, the average is 9.65. Since the average (9.65) falls in the top range, the two scores must be no more than .20 apart. Since they are .30 apart a conference between the judges is warranted.

- g. Once a student-athlete signals the Head Judge to begin her routine on any event, she MAY NOT be substituted with another student-athlete regardless of what occurs following the signal.
- h. Routine inquiries will be allowed throughout regular and postseason competitions.
 - Start value
 - UTL
 - Specific (flat) compositional deductions
 - Neutral deductions or unusual performance occurrences/fall

7. VIDEO REVIEW PROCESS.

7.1. The following video review process will be used during all NCAA competition.

In the event that an inquiry response is unsatisfactory to the coach, a video may be used for the purpose of review under the following conditions:

- a. Each team is allowed one review per meet.
- b. An institutional team video or television production footage must be used for the review. The video may be taken from any vantage point.
- c. A review that fails results in a .10 deduction from the TEAM score.
- d. All reviews must be specific to the performance or nonperformance of a particular VALUE PART, combination of skills or neutral deductions (i.e., out of bounds).
- e. Reviews may not be used to evaluate a question of execution, composition or up to the level deductions. These requests will result in a .10 deduction.
- f. **Reviews should be viewed in the speed that is to the advantage of the student-athlete. If necessary, video should be viewed in multiple speeds.**
- g. The review must be submitted to the meet director or host institution designee within five (5) minutes following the conclusion of the meet (as determined by the final score posted OR the return of the final inquiry, whichever is later). During this time, the scores are being verified by the judging panel and the head scorer's table.
- h. The coach requesting the review must provide a signed Video Review Form (VRF) (Appendix II), cued video and team camera to the meet director (or host institution designee). The meet director (or host institution designee) will be responsible for delivering this information to the meet referee and event panel (the judges who judged the particular event) for their review on the competition floor following the conclusion of the meet. The coaches may not be present during the review.
- i. Reviews must be conducted in the presence of the meet referee and the event panel ONLY. If the meet referee is on the panel, the next highest rated official must participate. A simple majority of the review panel will determine success or failure of the review. If the review fails, judges may not change their scores, the .10 will be deducted from the TEAM score. If the review is successful, the INDIVIDUALS score will be adjusted accordingly and TEAM score if it is a counting score.
- j. The results of the review will be noted on the VRF by the meet referee and returned to the meet director (or host institution designee) who will take the VRF to the score table. The official score will be adjusted (up or down). Then the judges will sign the official score sheet and the meet director will deliver the VRF to the coach.
- k. Decisions rendered by the judges' review panel are final and cannot be overturned.

Recommend that this process be provided on the back side of the NCAA Video Review Form

APPENDIX I – NCAA VAULT VALUE CHART

Group 1 – Handsprings				Group 3 - Front Handspring onto Board Entry - continued			
1.01	Handspring		8.80	3.08	FHS (onto board) Handspring	2/1 Twist off	10.00
1.02	Handspring	1/1 Twist off	9.20	3.09	FHS (Onto Board) Tsukahara	Repulsion off	8.90
1.03	Handspring	1 ½ Twist off	9.50	3.10	FHS (Onto Board) Tsukahara	Back Tuck	9.60
1.04	Handspring	2/1 Twist off	10.00	3.11	FHS (Onto Board) Tsukahara	Back Tuck 1/2	9.90
1.05	Handspring	2 ½ Twist off	10.00	3.12	FHS (Onto Board) Tsukahara	Back Tuck 1/1	10.00
1.06	Handspring	3/1 Twist Off	10.00	3.13	FHS (Onto Board) Tsukahara	Back tuck 1 1/2	10.00
1.07	Handspring	Front Tuck	9.80	3.14	FHS (Onto Board) Tsukahara	Back Pike	9.70
1.08	Handspring	Front Tuck ½	9.90	3.15	FHS (Onto Board) Tsukahara	Layout	9.90
1.09	Handspring	1/2 Back Tuck	9.90	3.16	FHS (Onto Board) Tsukahara	Back Layout 1/2	10.00
1.10	Handspring	Front Tuck 1/1	10.00	3.17	FHS (Onto Board) Tsukahara	Back Layout 1/1	10.00
1.11	Handspring	1/2 Back Tuck ½	10.00	3.18	FHS (Onto Board) Tsukahara	Back Layout 1 1/2	10.00
1.12	Handspring	Front Tuck 1 ½	10.00	3.19	FHS (Onto Board) Tsukahara	Back Layout 2/1	10.00
1.13	Handspring	Front Pike	9.90	3.20	FHS (Onto Board) Tsukahara	Back Layout 2 1/2	10.00
1.14	Handspring	Front Pike ½	10.00	3.21	FHS (Onto Board) Tsukahara	Double Back Tuck	10.00
1.15	Handspring	1/2 Back Pike	10.00	Group 4 - Round-Off Entry			
1.16	Handspring	Front Layout	10.00	4.01	RO, FF	Repulsion off	8.80
1.17	Handspring	Front Layout ½	10.00	4.02	RO, FF	1/1 Twist Off	9.20
1.18	Handspring	1/2 Back Layout	10.00	4.03	RO, FF	1 1/2 Twist Off	9.50
1.19	Handspring	Front Layout 1/1	10.00	4.04	RO, FF	2/1 Twist Off	9.90
1.20	Handspring	Front Layout 1 ½	10.00	4.05	RO, FF	Back Tuck	9.50
1.21	Handspring	Front Layout 2/1	10.00	4.06	RO, FF	Back Tuck 1/2	9.80
1.22	Handspring	Double Front Tuck	10.00	4.07	RO, FF	1/2 Front Tuck	9.80
1.23	1/2 on	1 1/2 Twist off	9.50	4.08	RO, FF	Back Tuck 1/1	9.90
1.24	1/2 on	2/1 Twist off	9.90	4.09	RO, FF	Back Tuck 1 1/2	10.00
1.25	1/2 on	2 ½ Twist off	10.00	4.10	RO, FF	Back Tuck 2/1	10.00
1.26	1/1 on	Handspring	9.60	4.11	RO, FF	Back Pike	9.60
1.27	1/1 on	½ Twist off	9.60	4.12	RO, FF	1/2 Front Pike	9.90
1.28	1/1 on	1/1 Twist off	9.80	4.13	RO, FF	Back Layout	9.75
1.29	1/1 on	1 ½ Twist off	10.00	4.14	RO, FF	Back Layout 1/2	9.95
1.30	1/1 on	2/1 Twist off	10.00	4.15	RO, FF	Back Layout 1/1	9.95
1.31	1/1 on	Front Tuck	10.00	4.16	RO, FF	Back Layout 1 1/2	10.00
1.32	1/1 on	Front Pike	10.00	4.17	RO, FF	Back Layout 2/1	10.00
1.33	1/1 on	Front Layout	10.00	4.18	RO, FF	Back Layout 2 1/2	10.00
Group 2 - Tsukaharas (1/4 to 1/2 on)				4.19	RO, FF	Double Back	10.00
2.01	Tsukahara	Repulsion off	8.80	4.20	RO, FF 1/2	1/1 Twist Off	9.30
2.02	Tsukahara	Back Tuck	9.50	4.21	RO, FF 1/2	1 1/2 Twist Off	9.50
2.03	Tsukahara	Back Tuck 1/2	9.80	4.22	RO, FF 1/2	2/1 Twist Off	10.00
2.04	Tsukahara	Back Tuck 1/1	9.90	4.23	RO, FF 1/2	Front Tuck	9.95
2.05	Tsukahara	Back Tuck 1 1/2	10.00	4.24	RO, FF 1/2	Front Tuck 1/2	10.00
2.06	Tsukahara	Back Pike	9.60	4.25	RO, FF 1/2	1/2 Back Tuck	10.00
2.07	Tsukahara	Back Layout	9.80	4.26	RO, FF 1/2	Front Tuck 1 1/2	10.00
2.08	Tsukahara	Back Layout 1/2	10.00	4.27	RO, FF 1/2	Front Pike	10.00
2.09	Tsukahara	Back Layout 1/1	10.00	4.28	RO, FF 1/2	Front Pike 1/2	10.00
2.10	Tsukahara	Back Layout 1 1/2	10.00	4.29	RO, FF 1/2	1/2 Back Pike	10.00
2.11	Tsukahara	Back Layout 2/1	10.00	4.30	RO, FF 1/2	Front Layout	10.00
2.12	Tsukahara	Back Layout 2 1/2	10.00	4.31	RO, FF 1/2	Front Layout 1/2	10.00
2.13	Tsukahara	Double Back Tuck	10.00	4.32	RO, FF 1/2	1/2 Back Layout	10.00
Group 3 - Front Handspring onto Board Entry				4.33	RO, FF 1/1	1/1 Twist Off	9.70
3.01	FHS (onto board) Handspring	Handspring	8.80	4.34	RO FF 1/1	1 1/2 Twist Off	9.90
3.02	FHS (onto board) Handspring	Front Tuck	9.90	4.35	RO, FF 1/1	2/1 Twist Off	10.00
3.03	FHS (onto board) Handspring	Front Tuck 1/2	10.00	4.36	RO, FF 1/1	Back Tuck	10.00
3.04	FHS (onto board) Handspring	Front Pike	10.00	4.37	RO, FF 1/1	1/2 , Front Tuck	10.00
3.05	FHS (onto board) Handspring	Front Pike 1/2	10.00	4.38	RO, FF 1/1	Back Pike	10.00
3.06	FHS (onto board) Handspring	1/1 Twist off	9.30	4.39	RO, FF 1/1	Back Layout	10.00
3.07	FHS (onto board) Handspring	1 1/2 Twist off	9.60	4.40	RO, FF 1 1/2	1/1 Twist Off	10.00

APPENDIX II – NCAA VIDEO REVIEW FORM

Name of Institution: _____

Event: _____ Competitor's # _____

Signature of Head Coach: _____

☐ **Special Requirement:** Describe the special requirement in question:

☐ **Neutral Deduction** (Out of bounds, Over Time on BB and FX): Describe the neutral deduction in question:

☐ **Individual Skill:** Describe the individual skill in question:

☐ **Connection or Combination:** Describe the connection or combination in question:

Additional Comments: _____

Judges Response:

Head Judge _____ Signature _____

Please print

2nd Judge _____ Signature _____

Please print

Meet Referee _____ Signature _____

Please print

Score Adjusted to: _____

Decision not changed = .10 deduction off of overall team score _____

Additional comments: _____

APPENDIX III – NCAA ROUTINE SUMMARY FORM

(Will be used for Regular season and Conference Championship)

The Routine Summary Form is a method for a coach to obtain information from the judge(s) in order to clearly understand the deductions applied. It is intended as an educational tool for the student-athlete and coaching staff. Regardless of the comments written by the judge, no scores will change as a result of the Routine Summary Form.

Each institution is permitted to submit up to a total of six (6) Routine Summary Forms per competition. The Routine Summary Forms are to be given to the meet referee, who will distribute and complete with the event officials following score verification and return them to the respective coach. It is the responsibility of the head coach to provide the skill information or two copies of inquiry form to assist the timely completion of this process.

The procedure is in place for regular season meets only. Routine summaries shall be detailed in written form (judging shorthand shall not be used) and provide the skill deduction description along with the amount of the deduction. Judges are encouraged to use the comment section to give additional feedback to coaches.

Part I: To be completed by coach

Name of Gymnast: _____ Team: _____

Number in Line-up: _____ Event (Check event): Vault Bars Beam Floor

Signature of Head Coach: _____

Part 2: Routine Summary should be completed independently by each judge. Judges should sit apart to complete the form. (judging shorthand shall not be used) Judges Number: _____

Skills/Combinations	Description	Deductions
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Neutral Deductions/Unusual Occurrences _____

Comments: _____

APPENDIX IV – NCAA WOMEN’S GYMNASTICS INQUIRY FORM

Check one: Vault_____ Bars_____ Beam_____ Floor_____

Gymnast’s Number: _____ Gymnast’s Name: _____ Score: _____

Coach’s Signature: _____ Team: _____

Inquiries must be made in writing before the beginning of the next event, and must pertain strictly to (a) Start Value (difficulty, special requirements and bonus values); (b) Compositional Requirements; and (c) Clarification of Neutral Deductions or Unusual Performance Occurrences/Falls. *When all Start Values are 10.0, only inquiries about items b. and c. are permissible* (circle the appropriate item below).

- a. Start Value: _____
- b. Specific (flat) Compositional Requirements
& UTL: _____
- c. Neutral Deductions or Unusual Performance
Occurrences/Falls: _____

Judges’ Use Only

Value/Bonus	No. in USAG Code of Points and/or Description of Element(s)	Y	If No, List reason

Judges’ Deductions:

- a. Start Value: _____
- b. Compositional Deductions: _____
- c. Neutral Deductions/Unusual Occurrences/Falls: _____
- d. **Rational:** _____

	Judge #1	Judge #2	Judge #3	Judge #4	Average
Start Value					
Score					
Adjusted					
	Score Not Adjusted: _____				
Signature of chief judge/meet referee: _____					

APPENDIX V – CODE OF ETHICS FOR COACHES

1. It is the responsibility of each coach to ensure that all competition is conducted according to USA Gymnastics Junior Olympic Women's Code of Points (Level 10 Rules) as of November 1, and NCAA women's gymnastics collegiate rules modifications. Coaches are required to act in a sportsmanlike, positive, polite, respectful and disciplined manner, with complete integrity. It is their responsibility to see that their teams handle themselves in a sportsmanlike manner.
2. Judges may be greeted by a representative of the host institution before the start of competition. In addition, coaches are permitted to formally acknowledge and greet judges in a cordial manner prior to the start of the competition.
3. Conversations with a chief judge or meet referee for purposes of discussing an inquiry after it has been filed and decision rendered remain permissible.
4. Conversations with a chief judge or meet referee for purposes of checking and changing a lineup remain permissible.
5. Coaches shall avoid even the appearance of soliciting partisanship from the judges. Discussions (other than those involving meet administration) with judges should include the opposing coach (es).
6. It is the responsibility of each coach to see that every meet is conducted with full regard for the safety of and most fair competition for all gymnasts.
7. Areas should be designated for the teams and coaches separate from the spectators. Coaches and gymnasts shall remain within their designated areas, except when adjusting equipment or spotting. The competition floor shall be clear of all extraneous personnel.
8. No coach or competitor shall participate in a judges' conference or be within hearing distance of such conferences.
9. Each coach should assist actively in promoting positive relations among all participants, who are striving to achieve athletics excellence.
10. Coaches shall ensure that competitors exhibit dignity in manner and dress when representing their institution.
11. All NCAA policies regarding sporting conduct shall be enforced. In addition to attending all required media news conferences and interviews, all coaches are expected to cooperate with all reasonable media requests in the best interest of the sport.

APPENDIX VI – STANDARDS/DUTIES OF JUDGES

It is imperative to the dignity and growth of women's gymnastics that judges be well educated in the details of gymnastics and the current rules, thoroughly prepared for each assignment and able to cover all possible circumstances. Toward that end, the NCAA Women's Gymnastics Committee has adopted the following code of ethics for judges: All meets should be regarded as part of the national qualifying system for teams and individual competitors. Judges should strive for consistency in scoring at all collegiate meets, regardless of division, location or type of meet (i.e., dual, triangular or quadrangular). USA Gymnastics Junior Olympic Women's Code of Points (Level 10 Rules) as of November 1 each year, and NCAA collegiate modifications shall be followed to the letter for all collegiate competition.

- 1. Qualifications.** It is the duty of all judges to prepare themselves thoroughly and constantly update their preparation by being appropriately recertified. They should not accept any collegiate assignment for which they are not well qualified. NCAA regional and national championships require a Level 10 or higher rating. In addition, judges assigned to the regional and national championships competitions should not accept such assignment unless they have judged a minimum of four regular-season collegiate meets during that year.
- 2. Affiliation.** No judge with an affiliation with an NCAA institution that sponsors women's gymnastics will be assigned to the national championships; however, a judge may be assigned to a regional competition where he or she 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 to serve as a judge.
- 3. Appearance.** Each judge should enter the competition site in uniform at least 30 minutes before the start of the competition.
- 4. Duties and responsibilities.** Judges shall be greeted by a representative of the host institution before the start of competition. In addition, coaches are permitted to formally acknowledge and greet judges in a cordial manner before the start of the competition. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after initiated by the judge remain permissible.
 - Discussions with student-athletes, parents, alumni and/or recruits, should not occur at the competition site.
 - Judges should avoid any appearance of particular friendship or fraternization with any coaches or competitors.
 - At regular, conference championships and post season competitions judges are prohibited from entering the competition floor until the floor is cleared after warm ups.
 - Event standards should be strictly enforced in all meets (e.g., timing of falls and routines, boundary deductions) and be noted on the official score sheet.
 - Judges must be seated separately on the competition floor.
 - Individual judges' scores and start value must be flashed. Reminder: NCAA allowable range of scores is to be followed for collegiate meets.
 - Judges will be responsible to indicate when they take an "up to the level" deductions on bars, beam, and floor. An ORANGE card; 4" by 6" with "UTL" in large letters, will be displayed only after (but as soon as) the start value and score is flashed. The home team is responsible for providing this card and holder.
 - Inquiries should be handled by the meet referee/chief judge. In the event that an inquiry response is unsatisfactory to the coach, a videotape may be used for the purpose of review following the conclusion of the meet (see NCAA rules modifications for video review process).
 - Judges must process all inquiries before the start of the next event.
 - Only a spotter(s) or persons moving boards or mats should be within the judges' area during the competition.
 - All judges must check the score sheet at the end of the competition and verify by signatures the accuracy of the scores. Judges are encouraged to report any infractions to the respective regional assignor and NCAA Women's Gymnastics Committee chair.

APPENDIX VII – MEET REFEREE CHECKLIST

Pre-Meet Checklist

The following are the responsibilities of all Meet Referees prior to the beginning of competition at NCAA Gymnastics Meets:

- ☐ Conduct an Officials' Meeting 30 minutes prior to competition and review the following procedures (even if it is assumed all judges are experience)
- ☐ Logistics of the meet - To include (but not restricted to) the scoring system, seating of the judges, warm-ups, guidelines, introductions of auxiliary judges and site for signing scores sheets at the end of meet.
- ☐ Collegiate modifications.
- ☐ Information from the Meet Director.
- ☐ Remind judges to follow the "Code of Professional Responsibility."
- ☐ Review open scoring procedures.
- ☐ Review when conferences may occur.
- ☐ Review the inquiry process.
- ☐ Review the routine summary process and purpose (both judges must contribute, not just the chief judge's duty.)
- ☐ Remind judges to refrain from commenting on Facebook or any other social media platform concerning the meet/skills/scores etc.
- ☐ Remind the judges to judge what you see not what was on YouTube, etc.
- ☐ Review the video review process.
- ☐ Remind duties with auxiliary judges.
- ☐ Remind judges that score sheets will be signed in the judges' room after the meet.

Meet Referee
During Meet Checklist

Non-Officiating Meet Referee	Officiating Meet Referee
<input type="checkbox"/> Judge as many routines as possible. <input type="checkbox"/> Judge video of inquiry Routine (if you did not judge the routine). <input type="checkbox"/> In case of video review, judge the routine in question independently. <input type="checkbox"/> Act as final authority in all technical matters. <input type="checkbox"/> Review and deliver all inquires during competition. <input type="checkbox"/> Gather any routine summary forms to be completed by the judges following competition. <input type="checkbox"/> Be available for consultation with meet officials. <input type="checkbox"/> Note any warnings given by chief judges concerning non-performance neutral deduction. He or she will then notify the chief judges on the other events and coaches that a warning has been given. <input type="checkbox"/> Work with scorer's table on score changes resulting from inquiries, including delivery to inquiry back to the head coach. <input type="checkbox"/> Handle all team-neutral deductions with the scorer's table. <input type="checkbox"/> Step in as an acting judge in an emergency or in the case that a judge does not report for duty. <input type="checkbox"/> Reinforce open score protocol.	<input type="checkbox"/> Judge video of inquiry Routine (if you did not judge the routine). <input type="checkbox"/> In case of video review, judge the routine in question independently. <input type="checkbox"/> Act as final authority in all technical matters. <input type="checkbox"/> Review and deliver all inquires during competition. <input type="checkbox"/> Gather any routine summary forms to be completed by the judges following competition. <input type="checkbox"/> Be available for consultation with meet officials. <input type="checkbox"/> Note any warnings given by chief judges concerning non-performance neutral deduction. He or she will then notify the chief judges on the other events and coaches that a warning has been given. <input type="checkbox"/> Reinforce open score protocol.

Post-Meet Checklist

- ☐ Record all warnings and or yellow cards given during the competition on the official score sheet.
- ☐ Send a detailed report of the yellow card/team deduction incident to the regional and national assignor.
- ☐ Ensure routine summaries are independently completed and submitted.
- ☐ Be available to head coaches for a minimum of 5 minutes following the signing of the official score sheet.

Notes:

APPENDIX VIII – REGULAR SEASON MEET PROCEDURES

The NCAA Women's Gymnastics Committee has accepted the following procedures for regular-season competition: (Note: Coaches may agree, in writing, to alter the warm-up and competition format. If coaches do not agree, then the established format outlined below will be followed.)

- 1. Judging.** A minimum of two judges per event must be used, and all must have a minimum Level 10 rating. No present coaching staff member or parent of a gymnast may judge a meet involving the institution with which he or she has such an affiliation.
 - Judges may be on the competition floor preparing for the meet during team introductions and four-minute touch.
 - Coaches shall be permitted to formally acknowledge and greet judges in a cordial manner prior to the start of the competition. Conversations with a chief judge or meet referee for purposes of changing a lineup or discussing an inquiry after initiated by the judge remain permissible.
 - Judges must be seated separately on the competition floor.
 - A copy of the NCAA Women's Gymnastics Rules Modifications shall be made available to all judges of regular-season meets.
 - One judge on each event must be designated as the chief judge.
 - One judge must be designated as the meet referee to respond to inquiries during the meet.
 - Open scoring must be used. All scores and start values will be flashed simultaneously and rotated, but only the average score will be raised and rotated. First, the judge will give his or her final score to the flasher. When all scores are posted to their respective score flash unit, judges will simultaneously display their start values and scores. The runner will pick up all judges' score slips and present them to the head judge only AFTER the scores have been displayed. The head judge will tally the average score and it will be raised and rotated.
 - Judges are required to leave the floor immediately after the processing of inquiries on the final event and sign score sheets off the competition floor in a neutral area.
- 2. Meet Procedures.** The following procedures apply to all meets, regardless of the number of participating teams:
 - The host team must let the visiting team know what boards are available and the length of the vault runway. There should be a sufficient number of landing mats and boards for warm-ups and competition, according to the number of teams and events occurring simultaneously (regular season).
 - Institutions shall require a system (not necessarily a scoreboard) to post each team's running score updated after each routine during every competition.
 - Lineups must be handed in to the scorer's table at least 1½ hours before the start of the competition. Changes may be made before the start of the event by notifying the scorer's table and chief judge.
 - Squad size is limited to a maximum of six gymnasts per event per team.
 - Substitution(s) may be made after an event begins (i.e., flag raised for team's first competitor on that event) by notifying the chief judge at that event. The substitute must replace the teammate in the same lineup position.
 - Timing requirements:
 - Beam routines and falls on beam and bars must be timed. There will be a **45-second fall time for beam** and a 45-second fall time for bars.
 - Floor routines must be timed.
 - Sounding devices may be voice, bell or whistle.
 - Open scoring is required. (See Bullet 7 in the Judging section above.)
 - Computing scores:
 - Two judges — by averaging the two scores.
 - Four judges — by dropping the highest and lowest scores and averaging the other two judges' scores.
 - Six- judges — by dropping the highest and lowest scores and averaging the other four judges' scores.
 - Event scores are computed by totaling the five highest individual scores for each team.
 - All-around scores are computed by totaling an individual competitor's score from all four events.
 - Team scores are computed by totaling all four event scores.

- Inquiries must be made in writing before the beginning of the next event and may pertain only to the value of the difficulty, special requirements, bonus values and clarification of neutral deductions or unusual falls.
- When all Start Values are 10.0, only inquiries about UTL, compositional requirements and clarification of neutral deductions or unusual performance occurrences/falls are permissible.
- Judges must process all inquiries prior to the start of the next event.
- The vault number for vault must be flashed during regular-season meets.
- A maximum of six routine summary forms may be requested per competition.
- A maximum of two exhibitions per event will be permitted after the official lineup has completed competition on that event. It shall be the responsibility of the host institution to inform visiting team(s) not later than one week before competition whether or not exhibitions will be permitted and, if so, how many.
- An iPod must be available.
- One athletic trainer per competing institution will be permitted in a designated area in close proximity to the vault landing area in instances where the vault corral is located at the beginning of the vault runway. The athletic trainer is there to observe and must refrain from engaging in any communication and/or cheering with the student-athlete, coach or other team personnel while in the vault landing area.

3. Regular season Rules Modifications and Meet Procedures.

The following governs only from the time the athletic training room opens for all teams at the competition venue the day of the competition to the conclusion of that competition.

Gymnasts may not mount the equipment or use it for gymnastics-specific or inverted skills prior to the start of the 30-minute open stretch & warm-up period listed in #1a below (see #3 below for further clarification). Any event not used by a team during the allowable periods listed in #1a & #1b below may be used by any gymnast.

All teams must make an effort to ensure the integrity of the competition by respecting the rules below and allowing all aspects of the warm-up and competition to move at a consistent and steady pace.

1. PRIOR TO COMPETITION The following periods must start at the same time and be provided for all teams prior to the start of competition:

- A 30-minute open stretch & warm-up followed immediately by a 2-minute transition period.**
- 15-minute event warm-up on each event in each team's competitive order, to be followed immediately by a 2-minute transition period for the first 3 event warm-up rotations.**
- 2-minute transition as listed in #1a and #1b. Gymnasts are allowed to use matting around the apparatus to stretch, invert and prepare as needed, however the apparatus must not be mounted or used for gymnastics skills during this time. On floor exercise, jumping, bouncing, running, stretching type of warm up activity is allowed however gymnastics skills are not allowed on the floor exercise apparatus. Gymnasts may use the vault runway to prepare for the warm up on vault.**
- At the conclusion of the march-in ceremony, a 2-minute transition will begin when teams arrive at their corrals or seating area.**
- A 4-minute touch warm-up immediately after the 2-minute transition provided in #1d above and prior to each team's initial competitive event.**

2. DURING COMPETITION The following periods must start at the same time and be provided for all teams during competition:

- A 2-minute transition at the conclusion of each remaining competitive event, to begin when the final competitor's initial score is flashed (to include exhibition competitors) or when teams arrive at the corral for podium style competition. Teams must transition immediately to their next event after the last score is flashed and allowable activity may be performed only at the next competitive event.**

- b. During the 2-minute transition, gymnasts are allowed to use matting around the apparatus to stretch, invert and prepare as needed for the 4-minute touch, however the apparatus must not be mounted or used for gymnastics skills during this time. On floor exercise, jumping, bouncing, running, stretching type of warm up activity is allowed however gymnastics skills are not allowed on the floor exercise apparatus. Gymnasts may use the vault runway to prepare for the 4-minute touch warm up on vault.
- c. A 4-minute touch warm-up immediately after the 2-minute transitions provided in #2a above and prior to the start of competition on each remaining competitive event
- d. The start of time periods #1a, #1b, #1d, #1e, #2a & #2c must be announced by the competition's PA announcer.

3. VISUALIZATION. Visualization and/or stretching activities are allowed when the athletic training room opens for the event and may be done on the competition area by any gymnast prior to the 30-minute open stretch & warm-up period listed in #1a. Matting surrounding each event (including FX itself & V runway only) may be used for visualization, provided the equipment itself is not mounted or used for gymnastics-specific or inverted skills.

4. Dual-Meet Format.

- Either one or two events should be conducted at a time, at the host institution's preference.
 - If one event is conducted at a time, Olympic order must be followed (vault, bars, beam, and floor). Gymnasts from opposing teams should alternate on each event. The home team should begin vault and beam, and finish with bars and floor. The visiting team should begin bars and floor, and finish with vault and beam. If an institution is competing with fewer than six gymnasts in each event, competitors should alternate from the end of the lineup toward the beginning, interrupting the alternating order near the beginning of the event only to allow the proper team to begin the event.
 - If two events are conducted simultaneously, the home team should begin vault and the visiting team should begin bars, in the first half of the competition. The home team should begin beam and the visiting team should begin floor, in the second half of the competition.
- Warm-ups before the competition should be as follows:
 - 30-minute open stretch and warm-up. Gymnasts may stretch and use equipment as desired.
 - 15-minute warm-up on each event in competition order.
 - Any event not used by an institution during the 15-minute/event warm-up period may be used by any gymnast.

5. Triangular-Meet Format.

- Two events should be run simultaneously in the following order:

Vault	Bars	Bye	Beam	Floor	Bye
Home team	Visitor 1	Visitor 2	Home team	Visitor 2	Visitor 1
Visitor 2	Home team	Visitor 1	Visitor 2	Visitor 1	Home team
Visitor 1	Visitor 2	Home team	Visitor 1	Home team	Visitor 2

Bars and vault competition should be conducted in the first half of competition; beam and floor in the second half.

- Warm-ups should be as follows:
 - 30-minute open stretch and warm-up. Gymnast may stretch and use equipment as desired.

- 15-minute timed warm-up on each event rotating in Olympic order.
- The event not used by an institution during this 15-minute/event warm-up period may be used by any gymnast.

6. Quadrangular-Meet Structure.

- Four events should be run simultaneously, with each team beginning and anchoring one event in the following order:

Vault	Bars	Beam	Floor
Home team	Visitor 3	Visitor 2	Visitor 1
Visitor 1	Home team	Visitor 3	Visitor 2
Visitor 2	Visitor 1	Home team	Visitor 3
Visitor 3	Visitor 2	Visitor 1	Home team

- Warm-ups should be as follows:
 - 30-minute open stretch and warm-up. Gymnast may stretch and use equipment as desired.
 - 15-minute timed warm-up on each event rotating in Olympic order.

Note: For further meet procedures; please refer to the current JO rules and policies