

NCAA RULES NEWSLETTER COMPILATION FOR 2021-22

Updates/Clarifications

Oct 12, 2021

1. New Skills:

- a. Bars: Dismount - 8.301 "C": From High Bar- Back staldler to immediate salto forward tucked with $\frac{1}{2}$ (180°) turn. CELESTINE
- b. Beam: 2.505 "E": Split leap forward with change of legs (180° separation after leg change) with $\frac{1}{2}$ (180°) turn, landing with free leg lifted backward in a scale. BLUM Beam: 2.505 "E": Split leap forward with change of legs (180° separation after leg change) with $\frac{1}{2}$ (180°) turn, land and swing free leg backward to finish in a scale. DEAN

2. Add the following elements to the USAG Code of Points:

- a. Beam: #9.202 "B": Swing-through free (aerial) walkover forward with 1/1 twist dismount off end of beam.
- b. Beam: #9.302 "C": Swing-through free (aerial) walkover forward with 1/1 twist dismount off side of beam.
- c. Beam: Delete free (aerial) walkover forward with 1/1 twist off side of beam from #9.202 and to add it to #9.302 (C).

Nov 1, 2021

Clarification for Appendix VII – **Meet Referee Checklist**. To clarify the third item regarding confirming measurements for all equipment and address any equipment issues per NCAA Rules Modification 6. The intent of this pre-meet checklist items is to confirm with the meet director and or host institution's facility staff that all competition equipment has been set up in accordance with Rules Modification 6. During the regular season, meet referees are not directed or asked to measure each apparatus prior to the competition. If any equipment issue is raised by the competing institutions prior to or during the competition, the meet referee will work with the meet director and host to rectify the issue.

Dec 1, 2021:

UPDATES: VAULT: The following vaults have been evaluated by the WCGA Board of Directors and have received the following start value and proposed vault numbers for the 2022 competitive season until they can be revisited at the convention in May.

- a. 2.14 Tsukahara $\frac{1}{4}$ – $\frac{3}{4}$ turn front tuck -9.8
- b. 2.15 Tsukahara $\frac{1}{4}$ – $\frac{3}{4}$ turn front pike -9.9
- c. 2.16 Tsukahara $\frac{1}{4}$ – $\frac{3}{4}$ turn front layout -10

Dec 15, 2021:

"UTL" Balance Beam: If a student-athlete's acro series is completed but does not receive connective value (CV) due to a fall at the completion of the series the UTL deduction will not be taken. Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.2.d. If a student-athlete's series is broken due to balance errors, extra steps or fall in the connection of the elements she would not receive connective value (CV) and loses Special Requirement. If there is not another D/E acro element or E dance element in her routine she would receive an UTL deduction. Again, refer to 2022 NCAA Women's Gymnastics Rules Modifications 4.2.d

Feb 1, 2021:

Floor Exercise clarification:

Q: If a student-athlete does a front handspring step out after her last pass would she receive an UTL deduction?

A: No. Refer to 2021-2022 NCAA Women's Gymnastics Rules Modifications; 5.2. E. The Clarification: of an Acro dismount wording has been deleted.

Feb 15, 2022

Meet Referee Check List, Video Review: Meet Referees who did not see the routine may watch the video in regular motion. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; Appendix VII Meet

Referee Check List; During Meet: Judge Video of inquiry routine (if you did not judge the routine in question).

Mar 1, 2022:

Uneven Bars

Q: Does an element preceding a “C” dismount have to have flight for connective value bonus?

A: It doesn't have to have flight but if it is a C element it has to have turn or flight. Refer to USAG Code of Points; Section 3-Uneven Bars-Chapter 4.II. A. Level 10-Direct connections of at least two (2) elements “C” + “C” +0.10. Both elements must have either flight or long axis (LA) turn of at least 180 degrees.

General

Feb 1, 2022:

Q: What is allowed for a 2- minute transition in competition?

A: Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Appendix VIII-Regular Season Meet Procedures; 3. Regular Season Rules Modifications and Meet Procedures; B. During Competition; 2. 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. A reminder that teams must stay on their event until the 2-minute transition begins.

Q: Is a tongue ring allowed on a student-athlete?

A: Yes. Refer to 2022 NCAA Women's Gymnastics Rules Modifications; 6. Equipment and procedures 6.3. A hoop just as in the ears would not be allowed.

Mar 1, 2022:

Q: Is it permissible for a student-athlete to be granted an opportunity to repeat an exercise on any apparatus due to a phone/camera clash?

A: No. Refer to the USAG Code of Points; Section 1. General Unusual Judging Situations Chapter 4. A.

Mar 15, 2022:

Q: Are Pit Pillows allowed for release moves on Uneven Bars?

A: Yes. Refer to the USAG Code of Points: Section 3- Uneven Bars-General Information- Chapter 1. B. 1,2,3,4.

Vault

Jan 15, 2022:

Q: Gymnast does a RO onto the board, never touches table, straddles back over table to a fall or stand. Does this count as a vault?

A: Yes. Refer to the 2022 Women's Gymnastics Rules Modifications Vault; 2.3 second bullet and also refer to USAG Code of Points; Vaulting- Section 2-Optional Vault, II. General Information, F. Miscellaneous Vault Rules, 7. Unknown vault: if a Gymnast attempts a Vault listed on the Vault Value Chart for her level, but does not complete it, resulting in a vault that is not found on the chart, the Vault is scored “0”(VOID).

Uneven Bars

Nov 1, 2021

Q: Does the cast 1/2 pirouette meet the special requirement of one longitudinal axis turn minimum of a C?

A: Yes. Refer to the USAG Code of Points; Uneven Bars Elements' Group 2 – Cast/Counterswings # 2.301 Cast to Handstand with ½ turn in handstand phase – “C”. Also refer to 2022 Women’s Gymnastics Rules Modifications; Uneven bars 3. 3.1. c.

Dec 1 2021:

Q: Is it acceptable to do two giants before a D dismount?

A: Yes. Refer to the 2021-2022 NCAA Rules Modifications; Uneven Bars; 3.1 Uneven Bar Special Requirements; d. “C” dismount. If the following modification occurs: C dismount immediately preceded by same two (2) A or B elements = 0.10 deduction.

Q: If a student athlete performs a kip cast HS, half pirouette (# 2.301 - C) into an immediate toe front tuck dismount (#8.301- C) does it receive +0.10 CV and fulfill the dismount special requirement of a “C”?

A: Yes, she would receive connective value of +0.10. Refer to the USAG Code of Points; Uneven Bars Section 3 - Bonus - Chapter 4; II. A. 1, 2, 3; “C” + “C” = +0.10. Both (“C”) Elements must have either Flight Phase or Long Axis (LA) turn of at least 180 degree. It would also fulfill the dismount special requirement. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; 3. Uneven Bars; 3.1 d. Q:

Q: If a student-athlete on bars does a toe shoot to handstand (# 7.308 - C) + shoot over to handstand (# 4.404 - D) + toe shoot (#7.308 - C) to handstand (C). Is this +0.10 CV for each connection, even though it's using the same skills, just in a different order?

A: Yes. You would receive +0.20 CV. Refer to the USAG Code of Points; Uneven Bars; Section 3. General Information; VII. Recognition (Counting) of Value Parts. A. Any Uneven Bar Element listed in the Code of Points or USAG updates May Receive Value-Part Credit Two Times Provided the element occurs in a different connection (i.e. preceded or followed by a different value-part element).

Jan 15, 2022:

Q: If a student-athlete does a giant full (#4.403 – “D”) swing down to straddle back to handstand (#2.305-“C”) is this considered a direct connection?

A: Yes. Refer to the USAG Code of Points; Section 3- Uneven Bars-Bonus Level 10- II. A. Direct Connection of at least Two (2) Elements; Example number 5.

Feb 15, 2021:

Q: Does an element preceding a “C” dismount have to have flight for connective value bonus?

A: The element requires turn or flight. Refer to USAG Code of Points; Section 3-Uneven Bars-Chapter 4.II. A. Level 10-Direct connections of at least two (2) elements “C” + “C” +0.10. Both elements must have either flight or long axis (LA) turn of at least 180 degrees.

Q: Is hitting the foot on uneven bars an execution deduction?

A: Yes. Refer to USAG Code of Points; Section 3-Uneven Bars- Execution & Amplitude; IV. Medium Faults: 0.20. Hit on Apparatus with Foot/Feet.

Mar 15, 2022: (clarified, replaced Mar 1, 2022, with new answer)

Q: A student-athlete mounts the uneven bars with back to low bar, jumps to High Bar, Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 – “B”) connected to a Back Giant Half Turn (#4.303-“C”) connected to Pike Jaeger (#5.505-“E”) falls touching the bar. Coach lifts gymnast to high bar and she precedes to perform the exact combinations of skill; Long Hang Kip (#1.106-“A”); Cast to Handstand (#2.201 – “B”) connected to a Back Giant Half Turn (#4.303-“C”) connected to Pike Jaeger (#5.505“E”) connected to Overshoot Half Turn to low bar (#3.203-“C”). She dismounts with +0.10 dismount bonus. How would you count the repeated value parts?

A: On the first combination she would receive Jump to High bar, Long Hang Kip “A” Cast Handstand “B” + Back Giant ½ turn “C” Pike Jaeger “E” fall. She remounts and performs Long Hang Kip “A” Cast to Handstand “B” Back Giant ½ “C” Piked Jaeger “E” to Overshoot ½ Turn to low bar “C”. Since the Back Giant ½ turn “C” is performed a second time in the exact same connection value part credit is not awarded, no

special requirement credit awarded and no connection value bonus (CV) awarded. Because the Pike Jaeger "E" is different with "C" Overshoot $\frac{1}{2}$ "C" turn she would receive +0.10 CV ("E" + "C"), +0.10 D/E single bar release and +0.20 D/E/ bonus. Refer to the USAG Code of Points; Section 1- General Information Evaluation of Optional Exercises - Chapter 3. A. and C.

Balance Beam

Oct 15, 2021

Q: If a student-athletic performs a round-off back handspring mount (#1.315 "C") into a back layout (#8.304 "D") what would the total bonus be for this combination?

A: +0.30. C + D = +0.20. Refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus Chapter 4; II, B. Plus +0.10 for D. Also refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; III. D/E Bonus; B.

Q: If a student-athletic performs a round-off back handspring mount (#1.315 "C") into a back layout step out (#8.304 "D") would this total combination fulfill the acro series special requirement?

A: Yes. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; 4. Balance Beam; 4.1.a.

Q: If a student-athletic performs the following cat leap (#2.102 "A") connected to front aerial (#7.402 "D") connected to a split jump (#2.201 "B") what would the total bonus be for this combination?

A: +0.40. A+D = +0.10 CV, D + B = +0.20 CV. Refer to the USAG Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; II, D. Plus +0.10 for D. Also refer to the USAG JO Code of Points; Section 4 – Balance Beam – Bonus – Chapter 4; III. D/E Bonus; B.

Q: If an athlete does back handspring (#7.208 "B")--layout step out-(#8.304 "D") layout step out(#8.304 "D") back layout full dismount(#9.206 "B")? do they get credit for a series since the first back handspring-layout start and finish on the beam?

A: No. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1.a. Acro series; last indent; -The acro series requirement may not be connected to the dismount and must stop on the beam.

Q: If an athlete does back handspring (#7.208 "B")-layout step out (#8.304 "D")-layout step out (#8.304 "D") -back layout full dismount (#9.206 "B") do they meet the dismount Special Requirement?

A: Yes. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1.e.

Q: What would be the total bonus awarded if an athlete does back handspring (# 7.208 "B")--layout step out-(#8.304 "D") layout step out (#8.304 "D") -back layout full dismount (#9.206 "B")?

A: +0.40. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4.e. example 3. BHS + Layout Step-out + Layout Step-out, B+D+D, +0.1 D, +0.2 CV & +0.1 additional.

Q: What is the connection bonus of a switch leap (#2.305 "C") directly connected to a gainer pike salto dismount (#9.309 "C") on balance beam?

A: +0.10 CV. Refer to the 2021-2022 NCAA Women's Gymnastics Rules Modification; 4. Balance Beam; 4.4; g.

Q: Would the connection bonus of a switch leap (#2.305 "C") directly connected to a gainer pike salto dismount (#9.309 "C") on balance beam fulfil the special requirement of a leap pass/danceacro of .2?

A: No. Refer to the NCAA Women's Gymnastics Rules Modification; 4. Balance Beam; 4.1; b.

Nov 1, 2021:

Q: What is a switch leap half worth on beam?

A: A switch leap half on beam is an E. Refer to USAG Code of Points; Balance Beam Elements; # 2.505 "E".

Q: What is a standing split half worth when done facing the end of the beam?

A: A standing split half on beam when done facing the end of the beam is a C. Refer to USAG Code of Points; Balance Beam Elements; # 2.301 -"C".

Q: What is the bonus of a front handspring (B) connected to an aerial walkover with 1 ½ twist off beam?

A: +0.10 CV. Refer to the USAG Code of Points; Balance Beam Elements; Dismounts #9.302. Also refer to the 2022 Women's Gymnastics Rules Modifications; Balance beam; 4.4; f.

Q: What is bonus of a Front handspring (B) connected to rudi off of two feet (D) off the end of beam?

A: +0.10 CV + 0.10 D. Refer to the 2022 Women's Gymnastics Rules Modifications Balance Beam; 4.3; Elements Value different from Level 10; 9.304 on chart (D) and 4.4.f.

Dec 1, 2021:

Q: If a student-athlete performs a salto forward tucked to cross or side stand (#8.401, D: or NCAA "E" if take-off 2 feet and land on two feet) connected to a backhand spring would she lose connection bonus similar to the front aerial?

A: No. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.4 .d.

Dec 15, 2021:

Q: If a student-athlete performs a handstand + lay out step out (#8.304 -D) + lay out step out (#8.304D) for her series does she still need a D acro or E dance element?

A: No. Refer to the 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam 4.2.d. Also refer to the USAG Code of Points; Balance Beam – Section – 4; Bonus; Chapter Four; II. Principles for Awarding Connection Value Bonus; (CV); "D" + "D" + 0.20.

Q: Would a side salto (#8.402 "D") meet the requirement of a forward/side salto for compositional deductions?

A: Yes. Refer to the USAG JO Code of Points; Floor Exercise; Group 7-Salto Sidewards, Abrabians.

Q: What is the value of a Round off on to the board to a layout step out on beam?

A: D. Refer to the USAG JO Code of Points; Balance Beam; Group 1- Mounts; # 1.416 -D.

Jan 15, 2022:

Q: If a student-athlete does a back handspring (#7.208-"B") Salto back stretch with Step-out (#8.304"D") then later in her routine she performs a switch leap (#2.305-"C") Salto back stretch with Step-out (#8.304-"D:), does the layout step-out in combination with her leap count towards the additional D/E needed even though she wouldn't get D value the second time for the layout step-out?

A: Yes. Refer to USAG Code of Points; Balance Beam-Section 4 -General Information-Chapter 1; V. A. Any Balance Beam Element listed in the USAG Code of Points or Updates may receive Value-Part Credit Two Times provided the element occurs in a Different Connection.

Q: What is the value of a double back dismount off beam?

A: E. Refer to the USAG Code of Points; Balance Beam Elements; Group 9-Dismounts #9.507-"E".

Q: Would a double back dismount off beam satisfy the additional D/E requirement for college?

A: Yes. Refer to the 2022 Women's Gymnastics Rules Modifications; Balance Beam. 4.2. d. If a flight series is performed on the beam WITHOUT Connection Value (considered only those elements performed and stopped on the beam), then an additional D/E Acro element OR E dance element including mounts and dismounts, is required.

Feb 1, 2022:

Q: What can count as a front/side acro skill on beam?

A: Refer to 2022 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.2. a. 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.

Q: If a student-athlete does a back handspring layout step out (8.304-D) for her series then later in her routine she does a handstand hold (# 5.106-A) to layout step out (8.304-D) into a full dismount would she receive +0.10 CV for the A+D in the dismount combination?

A: No. Refer to the USAG Code of Points; Section 4-Balance Beam-Bonus-Chapter 4. II. A. ConnectionsTwo (2) Acro Flight including One (1) ("C") Salto (excluding Mount and Dismount).

Feb 15, 2022:

Q: If a student-athlete does a dive cartwheel (#7.203-B) connected to a salto forward take off from one or two legs to extended tuck sit hand support (#8.301 -D) how much bonus would she receive?

A: +0.30. Refer to the USAG Code of Points; Section 4-Balance Beam – Bonus - Chapter 4. II. B. Connections-Two Acro Flights (excluding dismount) "B" + "D" = +0.20 and III. D/E Bonus; C.

Q: What is the deduction for not showing movement or choreography in different directions?

A: Flat .05. Refer to the 2022 NCAA Rules Modifications; Balance Beam; 4.2. Beam Specific Compositional Deductions; c. Insufficient use of entire beam apparatus; 3.

Q: If the student-athlete does a back hand spring (#7.208-B) connected to a back layout step out (#8.304 -D) back layout step out (#8.304 - D) with her feet hitting the beam and falls off. What bonus would she receive for this triple series?

A: +0.10-"D". Refer to the USAG Code of Points; Section 4-Balance Beam – Bonus-Chapter 4. I. L. and III. C. 1. Also refer to the 2022 NCAA Rules Modifications; Balance Beam; 4.3. 8.304.

Q: If the student-athlete does a side aerial (#7.403- D) connected to a beat jump (#2.108-A) then on her last pass performs a cat leap (#2.109-A) side aerial (#7.403-D) with her feet hitting the beam and falls off. She remounts the beam and performs a cat leap (#2.109-A) side aerial (#7.403-D) into a back full dismount (#9.206-B). Would you give her credit to fulfill the special requirement of D acro + B salto?

A: No. Refer to the USAG Code of Points; Section 4-Balance Beam – General Information; V Recognition of Value Parts: A. Any Balance Beam Element listed in the USAG Code of Points; or USAG Updates May receive Value-Part Credit Two times: provided the element occurs in Different Connection.

Mar 1, 2022:

Q: What is the value of a standing switch leap jump off two feet and landing on two feet?

A: C. Refer to the USAG Code of Points; Balance Beam elements; Group 2 –Leaps, Jumps and Hops; #2.301-"C"; Split Jump with change of legs (minimum of 30 degrees leg separation) prior to split position.

Q: If a student-athlete competes switch leap (#2.305-"C") connected to another switch leap (#2.305-"C") what connection value would she receive?

A: +0.20. Refer to the USAG Code of Points; Section 4 –Balance Beam-Bonus-Chapter 4 elements; D. 1.

Mar 15, 2022:

Q: On beam, what is the difference between 2.301 Split jump with 1/2 turn (C skill) and 2.402 Straddle or Side Split jump with 1/2 turn from a cross or side position (D skill).

A: 2.301 is done with legs split front to back with a half turn. "(first example in Code)" This is a "C" skill. This split position is not included in 2.402. 2.402 refers to the straddle and side split positions only. These jumps can be done with 1/2 or 3/4 turn. They may all be performed from cross or side positions. These are "D" skills. In the straddle position, the knees are up. In the side split, the legs are out to the side.

Q: If a student-athlete performs a Front Aerial (#7.402 -D) connected to Back Handspring step out (#7.208-B), Back Handspring step out (#7.208-B) and then performs a Back Handspring (#7.208-B) connected to a "C" dismount would she receive connective bonus for the B + C dismount?

A: No. Refer to the USAG Code of Points; Section 4 – Balance Beam – General Information Chapter 1.VA.3.

Floor Exercise

Oct 15, 2021:

Q: What is the total bonus for Switch Leap (#1.204 "B") connected to Switch Ring ½ (#1.411 "D")

A: +0.20. Refer to the USAG Code of Points; Floor Exercise; Section 5. - Bonus; Chapter 4.II.C; and III D/E Bonus; C.

Q: What is the total bonus for Switch Ring (#1.311 "C") connected to Switch Ring ½ (#1.411 "D")

A: +0.30. Refer to the USAG Code of Points; Floor Exercise; Section 5. - Bonus; Chapter 4.II.C; and III D/E Bonus; C.

Dec 15, 2021:

Q: A student-athlete on floor performs a 2 pass floor routine with the following skills in the following order: Round off, 1 ½ twist step out (#8.301 "C") connected to a Round off back handspring, 2/1 twist (#8.301 "C"); and Round off back handspring+2/1 tuck salto (#8.403 "D"). Would she meet the special requirements for a 2 pass routine?

A: Yes. Refer to the NCAA Rules Modification 2021-2022, Floor Exercise; 5.2.d.2

Feb 1, 2022:

Q: Is there a deduction for using 3 of more straddle shape jumps on floor exercise?

A: No. Refer to the 2022 NCAA Rules Modifications; 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.

Q: A student-athlete performs the following routine. First pass, round off (5.105-A) back handspring (5.106-A) double salto in pike position (8.403-D), second pass; front handspring (5.102-A) front layout (6.201-B) front layout ½ twist (6.201-B) and third pass round off (5.105A) back handspring (5.106-A) Double salto in tuck position (8.403-D) would she receive a deduction for UTL for not having an acro series of 3 acro flight elements with a C.?

A: No. Refer to the 2022 NCAA Rules Modifications; Floor exercise; 5.1 a. acro series which is defined as a minimum of three acrobatic flight elements with or without hand support. Also, refer to 5.2. d. One (1) Acro Series (3 acro flight elements) with a C salto or higher. Also, one floor pass may fulfill more than one special Requirement or UTL requirement. See as well USAG Code of Points; Section 5-Floor Exercise-Compositional Categories-Chapter 2.1.a.

Mar 15, 2022: (clarified, replaced Mar 1, 2022, with new answer)

Q: If a student -athlete does a Front tuck (#6.101- "A") Round-off (#5.105-"A") Back Handspring (#5.106- "A") Double Salto in tuck position (#8.403-"D") in her first pass in her floor routine, falls and injures herself and unable to continue, what would the start value be?

A: 7.1. Missing 3 "B" and 1 "C" total 1.4. And missing exercise without dismount 0.30. Missing Special requirements; 3 different saltos; dance passage and no "C" in last pass total 0.6. Refer to the USAG Code of Points; Section 1- General Information Evaluation of Optional Exercises Chapter 3.1. A. and V.II and V.III. Also, a 2.00 deduction is taken from the final average score by the Chief Judge if a gymnast performs a completed or incomplete exercise that is less than 30 seconds. Also refer to the 2022 NCAA Women's Gymnastics Rules Modification; Floor Exercise; 5.1.

Mar 15, 2022:

Q: Is there an execution deduction for a student-athlete pulling down her leotard during her floor routine?

A: No. Refer to the USAG Code of Points; Section 1-General Information-Evaluation of Optional Exercise; Chapter 3. V.C. and Section 5- Floor Exercise- Execution and Artistry-Chapter 3.I. and II.