



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; rulesncaagym@embargmail.com

Q: May I submit my rules questions by voice mail or text message?

A: No. Please submit rules questions by electronic mail only. Please provide your name, institution and if a judge your name and region to the email.

Q: Where can I locate the most updated 2020 & 2021 NCAA Rules Modification Document and Meet Procedures?

A: <http://www.ncaa.org/championships/national-collegiate-womens-gymnastics>

Clarifications: 2020 & 2021 Women's Gymnastics Rules Modifications Document.

Meet Referee Checklist should be given to the Meet Director directly.

Uneven Bars

Q: Does the Pritchard # 2.306-(‘C’) Counter swing to front salto in pike or straddle with ½ turn to catch the low bar meet the turning requirement for special requirements on uneven bars?

A: Yes. Refer to the USAG JO Code of Points 2018-2022; Section 3-Uneven Bars- Compositional Categories - Chapter 2; II. Long Axis (LA) Turn; Minimum of (“C”); b. May be: * Turn in a flight element.

Balance Beam

Q: Would a Stag Ring Jump satisfy the 180 degree split requirement on balance beam?

A: No. Refer to the USAG JO Code of Points 2018-2022; Section 4 - Balance Beam - Compositional Categories - Chapter 2; Level 8/9/10- Special Requirements; 2.d.. 180 degree split position in Cross (front-to-back) or Side/Straddle position. 1) Cross position must have Forward Leg extended. 2. No Special Requirement awarded if Forward Leg finishes in a Stag position.

Q: Is a straddle pike or straddle split jump performed with a ¼ turn a C?

A: Yes. Refer to the 2020& 2021 NCAA Women's Gymnastics Rules Modification Document; Balance Beam; 4.3. 2.202.

Q: What is the total bonus for a 1 arm back handspring into a back layout step out ending on the beam?

A: +0.30. +0.10 for D (layout step out). Refer to the NCAA Women's Gymnastics Rules Modifications 2020 & 2021; Balance Beam; 4.3. 8.304. + 0.20 CV for C + D (1 arm back handspring "C" into back layout step out "D"). Refer to the USAG JO Code of Points; 2018-2022; Section 4 - Balance Beam – Bonus- Chapter 4; II. "C" + "D" or more difficulty +0.20, and III. D/E Bonus-Level 10 only; C. 1.

Floor Exercise

Q: Is an aerial cartwheel or aerial walkover done after your last tumbling pass considered a salto?

A: No. An aerial cartwheel or aerial walkovers are not a salto. Refer to the USAG JO Code of Points; 2018-2022; Floor Exercise; Elements; Groups 5 Walkovers, Cartwheels.

Q: If a student-athlete performs a double salto in the last tumbling pass and falls will she be awarded the additional +0.10 bonus?

A: No. Will follow the USAG JO Code of Points 2018-2022; Section 5-Floor Exercise-Bonus-Chapter 4; III. "D/E" Bonus (D/E) - Level 10 ONLY. B. 1, 2, 3.