



GYMNASTICS: Q&A

General Information

Q: Who is the NCAA Rules Interpreter?

A: Chrystal Chollet-Norton; rulesncaagym@embarqmail.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 updated 2018 & 2019 NCAA Gymnastics Rules Modifications?

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

CLARIFICATION UPDATED:

1. NCAA Women's Clarification Appendix VIII-Regular Season Meet Procedures:

Meet Procedures:

- As competitors arrive at each event for competition there will be a 4:00 minute touch warm up on each event. All participants on each event may use the entire touch warm up time and all warm ups will begin at the same time, regardless of duration. Additionally, there will be a 2:00 minute transition between each event beginning at the conclusion of the march in ceremony when all teams reach their respective corrals, and after each rotation when the final competitor's initial score is flashed. (Includes exhibition routines). The PA announcer will announce the beginning of the two-minute transition period.
- Warming up during the two-minute transition period prior to the four-minute touch on each event is prohibited. There will be no warm up activity on the competitive equipment or surrounding mats during this transition to the competitive event.

Dual –Meet Format:

- 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.
 - Gymnast should not be touching or using the equipment prior to the start of the 30-minute open stretch and warm-up.
 - Visualization of routines must be done off the competitive floor if it is before the 30-minute open stretch and warm up. However, if agreed upon by all coaches before it may be allowed 20 minutes before the start of the 30-minute open stretch and warm ups.

2. iPads are allowed for video review. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; 7. Video Review; 7.1.b.
-

Vaulting

Q: Is there a penalty for flashing the wrong vault number?

A: No. Refer to the USAG JO Code of Points 2018-2022; Vaulting; Section 2; Optional Vault; General Information; C.2.

Uneven Bars

Q: Is it allowable to mount off a "4" inch mat on top of a sting on Uneven Bars?

A: Yes. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications 6. Equipment and Procedures; 6.1 k.

Balance Beam

Q: If a student-athlete fails to connect her flight series on balance beam she receives no connective value and no acro series and later in the routine she does an additional D acro would she receive an UTL deduction as well?

A: No. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.2. d.

Q: If a student-athlete performs a Back Handspring, Back Handspring, Layout stepout, Salto backward stretched 1 ½ dismount would she receive the special requirement for the acro series on beam?

A: No. Refer to the 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.1. a. Acro series.

Q: If a student-athlete performs a Back Handspring, Back Handspring, Layout stepout, Salto backward stretched 1 ½ dismount what bonus would she receive?

A: +0.50. BHS + BHS + Layout-Step-out, B+B+D receives +0.1 D, +0.1 CV, & +0.1 additional. Refer to 2018 & 2019 NCAA Women's Gymnastics Rules Modifications; Balance Beam; 4.4 Connection Value Exceptions; e. Example 1. (+0.20 Connection Value Bonus). Refer to the USAG JO Code of Points 2018-2022; Balance Beam; Section 4; Bonus, Chapter 4. C.

Q: What is the value of a straddle ½ jump on beam?

A: D. Refer to the USAG JO Code of Points; 2018-2022; Balance Beam Elements; #2.402 –"D".

Floor Exercise

Q: Does a Rudi, (#6.401-“D”) Split Jump (#1.101-“A”), Front tuck qualify as a two salto pass?

A: No. Refer to the 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.1.a. Also refer to the USAG JO Code of Points 2018-2022; Section 5; Floor Exercise; Chapter 2; II. A.1.e.

Q: What is the bonus for a Rudi (#6.401-“D”) Split Jump (#1.101-“A”), Front Tuck (#6.101- A)

A: +0.30. (+0.10 Connection Value Bonus). Refer to the NCAA 2018 & 2019 Rules Modifications; Floor Exercise 5.4 b. and (+0.10-“D” and 0.10- CV). Refer to the USAG JO Code of Points 2018-2022; Floor Exercise; Section 5-Bonus; Chapter 4. C. and IV. “D/E” Additional Bonus; A.1.

Q: Would the following two passes be considered a two-pass routine? Salto Forward Stretched with 1 ½ twist (#6.401-“D”) and Round off Salto Backward Stretched with 1 ½ twist (# 8.301-“C”) to Salto forward Stretched (#6.201-“B”).

A: Yes. Refer to the 2018 & 2019 NCAA Women’s Gymnastics Rules Modifications; Floor Exercise; 5.2; d. 1. Also refer to USAG JO Code of Points 2018-2022; Floor Exercise; Section 5; Bonus-Chapter 4;B; “B + C” and III. C. 1.

Chrystal Chollet-Norton
NCAA Rules Interpreter - Women’s Gymnastics
rulesncaagym@embarqmail.com