



Women's Gymnastics 2022-24 Rules Cycle Rules Newsletter # 18 February 1, 2024

Rules Resources

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Please submit any questions for rule interpretation by electronic mail only. Please provide your name and institution, or if a judge, include your name and state.

The 2023-24 NCAA Rules Modification Document and Meet Procedures direct link is
https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/2023-24PRWGY_RulesModifications.pdf

The Women's Gymnastics Supplemental Procedures and Forms document, which contains Video Review Form, Inquiry /Routine Summary Form and Meet Referee Checklist, direct link is:
https://ncaaorg.s3.amazonaws.com/championships/sports/gymnastics/rules/2023-2024PRWGY_SupplementalForms.pdf

The USAG Women's Developmental Program Optional 2022-26 Code of Points (USAG Dev Prog COP) is purchased from <https://usagym.org/women/development/optionals/> Click on choice of Full/mini size book or eBook and follow directions.

Updates to the USAG Dev Prog COP are found on <https://members.usagym.org/pages/women/updates/jo.html>
Includes USAG Dev Prog COP replacement pages, Committee meeting minutes and a slideshow overview.

The Women's Program Rules & Policies can be downloaded from <https://usagym.org/women/rules/> Click on current year's version.

General

Q: On Vault, Bars and Beam: Does the one second hold occur before or after heels come together?

A: After. The clarification of the hold deduction states, "All applicable landing deductions will be taken until the gymnast holds a controlled finish position for 1 second." Since putting the heels together is considered a required landing adjustment (must be together or 0.05 - 0.1 deduction), there would be a deduction if the heels are not together when showing the hold. Therefore, ideally, for no deduction, the gymnast should put her heels together, THEN hold 1 second in the finish position (legs straight, arms up).

References: Rules Newsletter #13 Nov 1 23, Clarification for hold in finish position deduction, and Supplemental Examples of hold deduction – last Q&A; USAG Dev Prog COP, Section 1 General – Chapter 3 Optional Exercises – V. Execution – C. General deduction listing, Small Faults – Lands with Feet Apart, page GENERAL-21.

Q: Is a pit pillow an allowable mat at an NCAA competition?

A: The "pit pillow" (alternate skill cushion) is not allowed for use in competition as a landing mat. It is allowed only for use in vaulting warm-ups or for bar releases (in and out as needed), if it is available at the meet site.

References: USAG Women's Prog Rules & Policies, Chapter 10 Equipment Specifications – Vault VII.H.4. on page 107, - and – Uneven Bars X.G, page 109.

Q: Is there a deduction for a mat sliding when a gymnast lands?

A: No, there is no deduction for mat sliding in the rules. However, any landing deductions would be taken.

Vault

Q: If an athlete is performing a Yurchenko vault and the hand mat slides during the roundoff portion of the vault, is this considered equipment failure? Would she be able to repeat the vault?

A: No. In USAG Dev Prog COP, Section 2 Vaulting – I. Apparatus Specifications, 2.I.E.2. (page VAULT-2), it states that “If hand placement mat slips on the runway, it is NOT considered apparatus or personal equipment failure” and “This is NOT a reason to repeat the Vault without penalty”.

Balance Beam

Q: Is there a minimum number of dance shapes required on beam?

A: No. There is no requirement in the rules.

Q: A gymnast performs back handspring (#7.208) connected to back layout (#8.304) in series but falls on the layout without touching the beam with either foot. Will she get the UTL deduction, no D bonus and no acro series credit?

A: The athlete will NOT receive the following: acro series, D value part, +0.1 DV, CV bonus for the series, nor will the series attempt be eligible to fulfill UTL. The acro series received no credit due to a 0 VP, not because of a break in the series or a fall on the second value part element.

References: USAG Dev Prog COP Section 4 Beam – Chapter 1 General Info – V. Recognition of VP, 4.1.V.D.2. Element incomplete, page BEAM-10; Rules Modifications 4.2.d.; Rules Newsletter #14 November 15, 2023, Clarification for UTL.

Q: A gymnast on beam performs the following: a front aerial landed with a large wobble and falls off the beam. She gets back up, does another front aerial, stops, performs some backward choreography and then performs a third front aerial connected to a back handspring. How do I count value parts, bonus, acro series, and UTL?

A: Referring to the rule of using an element multiple times, value part credit is awarded when an element is performed a third time in the case that the first or second time it was NOT awarded.

- First time front aerial walkover (#7.402) = D. It is performed isolated. The gymnast receives no +0.1 DV due to the fall.
- Second time front aerial walkover (#7.402) = 0 value part. It is performed isolated, so considered the same as the first front aerial walkover.
- Third time front aerial walkover (#7.402) connected to back handspring (#7.208) = awarded D+B acro series (fulfills SR), D value part for the front aerial, and it receives the +0.1 DV.
- The gymnast receives 0 CV acro series bonus, due to the NCAA connection value exception rule for that particular series (*Rules Modifications 4.4.c.*)
- UTL is awarded: since the acro series does not have CV bonus, an additional D/E acro or E dance element is required (*Rules Modifications 4.2.d.*). She did perform a separate front aerial walkover (first time performance) that received a D, so it fulfills this requirement.

References: USAG Dev Prog COP, Section 4 Beam – Chapter 1 General Information – V. Recognition of Value Parts, 4.1.V.A.4.d. EXCEPTION, page BEAM-7; Section 4 Beam – Chapter 4 Bonus – V. Bonus Restrictions, 4.4.V.B.2. Repeated D/E Element, page BEAM-41.

Q: Gymnast performs a switch split leap #2.305 and takes 2 steps forward. Later in the routine Gymnast performs switch split leap #2.305 + switch split leap #2.305. For the 3rd Switch Split Leap, will the gymnast receive "C" value part credit, Special Requirement Dance Series 0.2 credit, and + 0.2 (C+C) CV credit?

A: No. VP credit is awarded for an element performed for the third time only if NOT previously awarded VP credit for the first and second time.

- The first switch split leap (#2.305) is performed isolated (standing to standing) = C VP awarded.
- The second switch split leap (#2.305) is performed from standing -to- connect to a switch split leap = C VP awarded (different exit than the first time).
- The third switch split leap (2.305) = 0 VP, regardless of connections. This means that the series of switch split leap - switch split leap is considered C + 0 in VP, therefore no special requirement dance series is awarded, and no connection value (CV) bonus is awarded.

Reference: USAG Dev Prog COP, Section 4 Beam – Chapter 1. General Information – V. Recognition of Value Parts, 4.1.V.A.4.d EXAMPLE 2, page BEAM-7.

Floor Exercise

Q: Is a waterfall (front toss to seated position) a value part skill on floor?

A: Yes. The element is listed in the USAG Dev Prog COP as element #5.103 - an aerial walkover forward in a tucked position to a two-foot landing. It is noted in the box within the diagram that it would “appear as a kick-over salto forward”. This is an A element and is NOT considered a salto for Special Requirement or Compositional purposes. It is an allowable variation to land on one leg to a seated position and maintain the A value.

Reference: USAG Dev Prog COP Floor Exercise element #5.103

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